



the PROSPECTUS

Photo by Kelcey Williams | The Prospectus

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Meet the STAFF EvyJo Compton



Photo provided by EvyJo Compton

Emma Gray Editor

"I'm going to Parkland for general studies and I am part time at the [University of Illinois]... I'm in what's called the Parkland Pathway, so you take the majority of your classes at Parkland and then you take at least one class at the U of I, no more than six credit hours. When you're done getting your general studies degree you then get a guaranteed spot at the U of I in your major. So for me it would be animal science.

To be a vet you have to have some kind of science background or animal background so I chose animal science... I've decided to be a large animal

SEE STAFF PAGE 4

Parkland athletics summer camps begin registration

Greg Gancarz
Staff Writer

Parkland's athletic department has opened registrations for this year's upcoming sports summer camps, whose spots fill up rapidly according to Athletic Assistant Mickey Cler.

"We have to turn people away," says Cler. "It's that full - for all those camps."

Parkland's summer camps include women's softball on June 20, women's volleyball throughout the month of July, and men's basketball from June 5-9. A baseball camp held in late summer is also a possibility, but dates and additional information regarding it are pending.

Both skill level and age varies from sport-to-sport, with volleyball and basketball typically being for girls in grade school through middle

school, and the women's softball being geared towards middle school and high school aged girls.

All camps are coached by Parkland athletic staff and coaches. Each camp utilizes student athletes to help train campers as well.

The camps have been operating annually for numerous years, with the softball camp in particular having been active for nearly two decades, according to Head Coach Chuck Clutts.

Clutts says the 40-camper roster for advanced skill softball usually fills up quickly. He says it's a great chance to be seen by a college coach and the staff and student athletes "really like seeing the talent come out."

"We're very individualized and it's really some great

exposure," Clutts says.

Although Clutts had plenty of good things to say about the camp, putting it on does not come without its fair share of headaches. From time to time, there are some problems the staff can do little about.

"The weather is the most challenging part of running the camp," Clutts says. In the past, three straight days of rain forced the camp to be postponed.

Storms aside, the camp has proven to be an excellent way for youth to get collegiate instruction, and the Cobras in particular have played in the NJCAA National Tournament over half a dozen times since 2002.

The camp also serves to raise funds for the college's softball department, an important role each of the camps play for their respective sports.

The basketball camp will engage students ages 8-14. Suitable for all skill levels, Head Coach Anthony Figueroa says campers should "just be ready to have fun and work hard," as they learn all basic basketball skills like ball handling, footwork, and shooting. Figueroa believes the best part for the campers, who usually number around 50 each year, is taking part in the games and enjoying the competition.

Figueroa has been involved with the basketball camp for five years and says the best part of the experience for him is "meeting new kids, and seeing the returning kids who have improved over the last year."

Eight-year Parkland coaching veteran Ron Hoppe coordinates the volleyball camps. Held from late June

through late July, different camps serve as training for various skill specializations like setting and serving. Campers are typically grouped by age range within each camp.

"We start each camp in groups based by age and then move athletes up to different age groups as we see fit to ensure they're learning and being pushed, but also continuing to have fun," Hoppe says.

The number of slots available ranges from 20 in the more advanced camps to 60 for more general skill training. According to Hoppe, the more volleyball advanced camps are typically for athletes "interested in pursuing Parkland as a recruiting option."

In addition to coordinating six different camps, Hoppe and the coaching staff

SEE CAMPS PAGE 3

Parkland musicians perform in Student Union

Derian Silva
Staff Writer

Students, parents, and faculty gathered in the Student Union on April 20 for a musical performance put on by students.

The show consisted of five musicians performing the songs they had recorded earlier in the year for the compilation album "Perspectives of Parkland" featuring Parkland students, and was broadcast on 88.7 WPCD FM as well. There was also a video crew recording the entire event to be released at a later date.

The show began with an introduction by Adam Porter, a Parkland radio broadcasting instructor who works with Parkland's radio station,

about what Perimeter Road, the organization on campus that put on the show, has done over the past year, as well as how students could win t-shirts, get a copy of the album, and get involved.

Everyone in the audience was clapping and cheering after the first performer LG the Real Kid took to the stage and put forth his message of positivity, wishing everyone to think for him or herself and realize they have the power and ability to love.

He started his set with energy and finished it just the same. Running back and forth across the stage, he put his heart and soul into the performance. After he finished his song he reminded the audience again about his message

of love.

Lezley Grey was introduced next as he took the stage with an acoustic guitar and a couple of jokes that had the audience laughing. He talked in a raspy voice about how his acting career was over and he couldn't find roles anymore.

After he stopped the jokes, he began playing a soft guitar melody that, intertwined with a powerful and poignant voice, had everyone clapping and cheering.

Trevor Wood took the stage next. He described what his song was about and started plucking some strings in a folksy fashion. The piece was about a time he and his girlfriend were far apart from each other and unable to meet up for a time.



Photo provided by Cindy Smith | Fine and Applied Arts

Lezley Grey, who recorded his song "Do You Remember" for Perimeter Road's "Perspectives of Parkland" record, takes the stage for his performance.

After his song finished, the next performer came up and began to play a song with Wood about a time when he was unsure

SEE UNION PAGE 4

COMMUNITY

Art, design open house features Parkland talent

Destiny Norris
Staff Writer

On Thursday, April 20, Parkland opened its doors to the public for an art and design open house.

With a come-and-go format, the college was open 5:30–7:30 p.m. to any visitor interested in touring the art and design buildings. Classes scheduled for the evening continued as normal, though some modifications were made to allow visitors to come and go freely.

Art and Design Program Director Denise Seif was instrumental in making the event happen.

“For years we [have] had the High School Art Seminar where area High School Art Students come and have a hands-on experience in the Parkland art studios and engage with a visiting artist,” Seif said. “We wanted to expand on this idea and allow the community to have an opportunity to see the studio classrooms and to talk with art & design faculty and students.”

Though Seif plays a role, the entire art and design faculty is involved in

making the open house happen.

“This involves the entire Art & Design faculty,” said Seif. “Some classes are in session that night and faculty have prepared their classes so visitors can come see the class activities. Other faculty have developed demonstrations related to what they teach. Kelly White who teaches art history will be talking about the types of things that are covered in an art history class as well. Visitors will be able to really get a feel for what is offered within the Art & Design area.”

Demonstrations and classes were held in both the C-wing art annex and the photography and graphic design studios in the basement of the D-wing.

Current students were also highly involved in the event. The Art & Design Student Exhibit, which premiered on April 13 and will run until May 6, was a key factor in deciding when the open house was to be held. The juried exhibit, held in the Giertz Gallery, showcases student work from previous and present semesters.

“The Art & Design Student Exhibition [was] up in the Giertz

Gallery so visitors can take a look at artwork created by current students,” said Seif.

Students were also involved in other ways.

“A few of our students were on hand to show their portfolios, talk about their experience at Parkland and answer questions,” Seif said. “Several of the classes that are in session during the event have their doors open and visitors were invited to see what the studio classroom experience is like.”

The intent of the open house was to give prospective students and the community a chance to see the studio classrooms, meet art faculty and students, and to experience a studio class, as well as see what sorts of courses are offered. Visitors also had the opportunity to take a look at work produced by current art and design students, largely due to the student exhibit.

“As a community college our classes are open to traditional students but also to those who are interested in taking a class as an elective or for personal enrichment,” Seif said. “You

do not have to be an art major to take studio art class.”

In addition to the open house, a wine tasting is to be held today, on April 26 at ArtMart, located at 1705 S. Prospect Ave. in Champaign, in support of Giertz Gallery. The event will be held 4–7 p.m. The event is a fundraiser for the gallery and will have a silent auction of ceramic works and a print by Don Lake, who previously was one of the art and design professors at Parkland. There will also be hand dyed silk scarves and jewelry for sale and a floral demonstration will.

Seif, part of the gallery board, is in attendance.

“I am involved as a member of the Gallery board, but I also helped with the scarves and had my fall metals students create a piece of jewelry to contribute for the sale,” Seif says.

Tickets for the event are \$30, and can be purchased through Parkland’s website. For more information, visit artgallery.parkland.edu/2017/wine_tasting.html.

Community artworks to be featured in upcoming Giertz exhibit

Peter Floess
Staff Writer

Through Friday, April 29, the Giertz Gallery of Parkland and the Champaign County Arts Council will be collecting online submissions to be displayed in “Around the Block II: Artists from Our Neighborhood.”

“Around the Block II” is a show of local artists aged 18 and over from around Champaign County or the 505 Community College district. District 505 includes, along with Champaign County, Ford, Coles, DeWitt, Douglas, Edgar, Iroquois, Livingston, Moultrie, McLean, and Vermillion counties.

Artists can submit up to three pieces of work, but only one piece will be accepted. There is a \$20 entry fee. Pieces including frames cannot be larger than 36 inches in any direction and pieces made for a Parkland class will not be accepted. Parkland arts faculty cannot apply, but non-art related Parkland faculty and staff can. Work cannot have been completed before January 2014, however.

The works included in “Around the Block II” will be selected by Gisele Atterberry, an art history faculty member at Joliet Junior College. In the past, Atterberry has taught at the University of Illinois and Illinois State University. She has also been a curator at the Krannert Art Museum.

Giertz Gallery director Lisa Costello enjoyed “Around the Block I” when it took place two years ago. She liked the excitement and talent that she got to see in the show. Costello says the idea behind “Around the Block I” was to invite regional artists to Parkland, since a community college should support the local community. She got to see many works she had been unaware of in the past.

Costello said “Around the Block I” had 56 works, representing a wide variety of media from wood-carving to painting, drawing, prints, ceramics,

and sculpture, and had a lot of works by Parkland faculty and alumni. Costello believes Giertz Gallery is stronger when it works in collaboration with 40 North: Champaign County Arts Council.

“We are always thrilled to help support opportunities for local artists to display their work and the Giertz Gallery is such an amazing venue,” says executive director and Art History Instructor at Parkland Kelly White. “We also help with promoting the exhibition itself and I assist Lisa Costello in laying out the exhibition once the guest curator has chosen the selected pieces.”

White says she also enjoyed “Around the Block I.”

“It was such a remarkable display

of the quality and astounding diversity of artistic talent we have in this community,” White says. “The reception was packed and it was so inspiring to see all the artists together, some who had known each other for years and others meeting for the first time.”

White is enthusiastic about “Around the Block II.”

“I always look forward to seeing what pieces the guest curator selects for the show and working with Lisa to lay out the show is a wonderful chance to experience the work first hand,” White says. “I have taught classes at Parkland for more than 10 years and Giertz Gallery is such an important resource for this community. ‘Around the Block’ is such a great way to

celebrate and enjoy the long-standing relationship of local art with Parkland College!”

Costello says the Giertz Gallery tries to reach local artists to spread the word through Facebook, news releases, the U.S. mail, email, and different arts organizations in the area.

Costello encourages community members to come out and see the exhibition, June 19–August 9.

For more information and to find the application form for “Around the Block II,” visit the gallery’s website at artgallery.parkland.edu and click on the “call for entries” bulletin on the homepage.



Image provided by Lisa Costello | Art and Design

Fact or Fiction

The United States’ national anthem “The Star-Spangled Banner” was written during the American War of Independence.

Answer on page 4

HEALTH

Parkland offers ways to help manage stress

EvyJo Compton
Staff Writer

Stress affects everyone on a daily basis—some more or less than others. Every person has a different way of coping with stress, but if not taken care of or coped with appropriately, stress can have harmful effects on the body.

Sarah Maxwell is the Wellness Coordinator at Parkland. Part of her job is assisting students with stress.

“I work with students on wellness initiative, as well as faculty and staff,” Maxwell says. “I help people understand stress, and how to cope with it.”

Stress is usually caused by what is happening in someone’s life. For students this often includes events like midterms and finals.

“If we’re going by the textbook definition,” Maxwell says, “[Stress] is a mental or physical strain caused by circumstances or even by specific life events. We see a lot more stress around midterms and finals. College is something that... can be very stressful—keeping up with classes and grades can be hard to do, especially if you throw in work or a family.”

Stress doesn’t just put a mental strain on a person, but can do the body harm as well.

“Thinking about stress in a biological sense... it affects the body in a physical and mental way,” Maxwell says. “For example, you might feel a little bit moodier, or you might even compromise some friendships because you’re not managing your stress— you aren’t being true to yourself. Some other things that can happen physically are blood pressure, heart disease, obesity or weight gain/loss.”

Maxwell helps students with managing their stress. She focuses



Photo by Lindsay Cox | The Prospectus

Wellness Coordinator Sara Maxwell lounges at her desk making good use of one of her stress relievers.

specifically on time management, and all the factors that go along with time management.

“A huge thing for students is time management,” Maxwell says. “I have an open-door policy. Students can come in and talk about the stresses of their day, or if they need help with stress management.”

“A good sleep schedule is what helps students—a specific time of night and morning. For example, some people may need eight hours to function normally, whereas some other people may need only six hours. If you know how much time you need

to sleep, you can then look at the time you have during the day. You will find pockets of time that you really aren’t managing your time well. These are the times that students can focus on leisure activities.”

Parkland offers a variety of activities for students to use to help manage stress levels. These include relaxation workshops, a relaxation room, and the Center for Academic Success.

“At Parkland College, we have what’s called a relaxation workshop,” Maxwell says. “We have one more this semester. We do a little bit of stretching, we practice 4-7-8 breathing technique, and we do some guided meditation.”

The purpose the of 4-7-8 breathing technique is to slow down the body’s breathing to allow students take a moment away from their stress.

“When you become stressed, you start to breathe very shallow,” Maxwell says. “The 4-7-8 breathing technique makes you take a step back from your stress and allows you to relax. So, to do the technique, you breathe in for a count of four, hold for a count of seven, and then breath out for a count of eight.”

After practicing the breathing technique, the workshop moves on to guided meditation with relaxing music. Maxwell says that they hope to add more to the workshop in the future.

“Also in the student life, we have a relaxation and meditation room,” Maxwell says. “There’s some recliners back there; it’s temperature controlled and aromatic controlled. All you must do is go to the front desk and ask to use it.”

Maxwell lists Parkland’s fitness center as another resource available to students, as well as the Center for Academic Success and counseling center.

“Parkland also has a fitness center that people can use for the exercise part of relieving stress, but you have to sign up for Introductory Kinesiology class, or a community course,” Maxwell says. “If you’re struggling

with academic success, we have our Center for Academic success. If you think that your stress is branching into clinical anxiety or depression, we do have our Counseling and Advising Center to help.”

Along with the opportunities that Parkland offers, students can manage stress on their own time. They can do this by participating in leisure activities such as art, exercise, and meditation.

“People will participate in leisure activities,” Maxwell says. “It can be talking your dog on a walk, other form of exercise, meditate, and many other things.”

Stress can be caused by many different factors, and being a student in college can exasperate other stressors, which in turn can have a negative effect on a student’s academics.

“Stress affects everyone— just in different ways,” Maxwell says. “It really depends on how people balance and cope with stress. A student is a well-rounded individual. They aren’t affected just by school. It could be a new job, getting married, moving is stressful. Also, death in the family can impact the stress levels of students. It really can leave an impact on the academic side of things.”

Stress is not a one-time event either; it comes in all shapes, sizes and forms. It is a daily occurrence that must be dealt continuously.

“Stress needs to be managed constantly,” Maxwell says. “It can’t be something that you find yourself in a stressful situation, and then you decide to manage it. For example, if you are one who practices meditation, you can’t wait until you get stressed out, and then meditate to feel better. You need to meditate consistently to stay centered and manage stress... If you need help, reach out to family members, friends, or even your professors.”

For more information on the resources listed above, students can make an appointment to meet with Maxwell.

FROM PAGE 1

CAMPS

also host three high school volleyball tournaments over the summer, which usually have a combined total of over 50 different teams.

While Hoppe notes there are numerous aspects to hosting the camps that he finds positive, he particularly enjoys the community interaction.

“I love seeing people in the community come out and spend time with us [and] get to know us,”

Hoppe says. “Sharing a city with the University of Illinois, our athletic programs often get overlooked, so these camps help people learn about us and get excited about us.”

Hoppe himself has about 20 years of volleyball experience, and head coach Cliff Hastings has over 30 years. The coaching staff’s experience shows with the Cobra’s NJCAA National Championship victory in 2016.

Interested parties can gather more information by visiting Parkland Athletics’ website at www.parkland.edu/athletics or by calling the department directly at 217-351-2226.

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ENTERTAINMENT

Nineteenth Ebertfest comes to C-U

David Saveanu
Staff Writer

From blocks away, you can hear the sound of people scrambling for tickets—the old Virginia Theater is seeing movie veterans and newcomers return to Ebertfest once more this year.

Roger Ebert's film festival, Ebertfest, has been a long-time tradition in Champaign, making its debut in 1999 and returning every April since Roger Ebert, renowned Champaign-Urbana-born film critic, started the festival in the town he spent his childhood and college years to celebrate movies.

This year's fest was yet another success, with a big turnout to watch movies which could otherwise not be seen in the theater.

Directors, actors, producers, etc., came to talk about their films, and connect with their audiences and fans.

Fans waiting outside were excited to begin their cinematic journeys at the five-day festival. Many had been coming since the festival first started, while others were coming for the first time.

Fans raved about two movies primarily.

The first was an American film originally released in 1990 called "To Sleep with Anger," which is a drama that gained a cult following after its release. It was displayed

on Thursday at 4 p.m.

The second was a new German and French film released last year called "Elle," which was a greatly anticipated film, based on a French novel named "Oh..." by author Phillipe Djian. The film was displayed Friday, April 21 at 8 p.m.

Co-President of Sony, and visitor of Ebertfest for over 15 years, Michael Barker, came to support this "Elle" this year.

"I'm here with Isabelle Hupert, I'm presenting a tribute to her tonight, she was nominated for an Oscar for "Elle" this year," Barker said.

"It's great to be here, and I've come every year with special guests," Barker said. "It's very exciting, you see films on screen that you don't get to see on the screen anymore and they're films that deserve to be on the screen because of the ultimate experience of appreciating those films is to see them on the big screen."

Barker's guest, Hupert, said her experience at the festival was her first.

"It's wonderful; we just arrived and we've seen all these people, cheering and being very happy, it's really great you feel immediately the love of films and cinema," Hupert said.

Hupert presented her movie on stage at the festival.

"The people are watching "Elle", it's a film I did with Paul



Photo by Lindsay Cox | The Prospectus

The bronze statue of Roger Ebert is seen outside the Virginia Theatre in downtown Champaign during the 19th Ebertfest.

Verhoeven [the director], based on a French novel... it's a very ambitious, [and] personal film; not always easy to understand, to watch and receive, but in the end very rewarding I'd say," Hupert said. "I've heard about this festival for years, and when I was introducing the film on the theater you feel Roger Ebert's presence, he was a very important man for [the] history of cinema."

Roger Ebert originally created the festival to give recognition to films that didn't receive recognition on their original release dates.

The films that are chosen to be displayed on the Virginia Theater screen are often movies reviewed by Roger Ebert himself, but since his death in 2013, it have been a mix between older movies he's reviewed and newer movies selected by co-founder and current host, Chaz Ebert, along with festival director Nate Kohn. The festival does not take submissions.

The festival is partially put on by the University of Illinois College of Media as well, and has always been held at the Virginia Theater, a historic performing arts center, that

is owned by the park district.

The festival relies on volunteers to help put it on every year.

Celebrities often come to pay their respects to Roger Ebert, and the impact he's had on the world of cinema.

If you missed Ebertfest this year, it returns every year in April. You can find more information about it on the festival's website, ebertfest.com. The Virginia theater is also home to many shows, which you can learn more about at thevirginia.org.

FROM PAGE 1

UNION

if someone was into him. A beautiful duet between the two extremely talented musicians was a great finish after a relaxing and relatable song.

Leah Grey was up next, alone with a piano and her voice. Before her performance, she thanked Porter who had given her a lot of motivation and inspiration in performing her music live. She was unable to deliver this message without choking up a bit and becoming a bit tearful, but they were tears of joy, an emotion she managed to carry into her song. It was a beautiful melody and well-written.

As the show came to an end, the last performer took to the stage. Matt Wheeler began his set by describing what the first song was about. Then suddenly, he played a song that many in the audience knew. He played his second song saying, in a half joking manner, that it was about being cheated on. The audience reacted with sympathy and he went into the song on. His last song was the first performance of a song he had written for his cousins wedding.

The show overall managed to show the energy, talent, and musicianship of the Parkland students involved.

FROM PAGE 1

STAFF

veterinarian. I would treat horses, cows, sheep— you name it. I would love to also go to a farrier school down in Oklahoma. Once I have obtained both degrees— veterinarian and farrier—I would open up a practice where I would rescue abused animals, and then turn them into therapy animals for disabled persons.

I've always really, really liked animals, ever since I was little. I grew up with cats, dogs, and chickens. Then, around nine or ten years old I got my first horse and I've had horses ever since. I thought, 'Why not become a vet and return the favor for

everything they've given to me.' I've wanted to be a vet since I was in fifth grade...

[I have] two [horses]. I've had horses for nine years. My first horse, Cassie, passed away in October 2015. I've owned my horse Lucky since she was a baby. I trained her from foal to the riding horse [she is] now. I adopted Sunshine in August 2016 to be a companion to Lucky.

I'm also a volunteer at Society for Hooved Animals' Rescue and Emergency, which is a horse rescue outside of Dewey, Ill. I've been volunteering there for six, maybe more, years... What I've been doing for the past six years is I go, either in the morning or the night, to feed. We feed and water them and put them to bed. If there's time left, we brush them or

we walk them around.

We don't really do any of the riding because at the moment all they have is really abused horses, so we don't want to put someone on a horse and then [the horse] gets injured because we didn't know [it] wasn't broke to ride or it has scars from its past life...

[The rescue] does a lot of open houses, where we, the volunteers, go and the public can come. They can meet the horses; they can brush ponies, ride the draft horses. There's face painting and stuff like that. They also have a dinner every year that people can go to and buy horse-y stuff."

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Did you know?

All unused issues of The Prospectus are donated to the Parkland College Veterinary Technology program or the Champaign County Humane Society.

Fact or Fiction

The poem from which "The Star-Spangled Banner" is derived was penned amidst America's second war with Britain, the War of 1812. Francis Scott Key, the poem's author, was present for the British siege of Baltimore's Fort McHenry in 1814, and was inspired by the American flag hoisted over the bastion that survived the bombardment.