



# the PROSPECTUS

Photo by gregGANCARZ | Prospectus News

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Spring Rosters

See the players for Parkland's 2018 basketball and softball teams.

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**Entertainment |**  
Orpheum Museum

The local science museum hosts monthly educational activities for area children.

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**Meet the STAFF**  
Emma Gray



Photo provided by Emma Gray

davidSAVEANU | Staff Writer

Emma Gray is a student at Parkland studying biological sciences with an array of things she wants to do on her educational path and career.

"When I transfer I will be studying either biomedical science or biology depending on which four-year institution I go to," she said.

She said her "dream job would be being a rural primary care physician. I also at some point want to explore working in public health and doing research in public health to figure out how society can better serve rural populations and other underserved populations in both the U.S. and abroad."

But public health and being a primary care physician aren't her only aspirations.

"I want to do scientific

SEE MEET PAGE 4

## Wesley Food Pantry repacks rice in "day of service" for community

emmaGRAY | Editor

The Wesley Food Pantry at Parkland held a rice and bean repack on Martin Luther King Jr. Day, as they have done for the last few years.

Due to the snow the repack started a few minutes late, but the old cafeteria in the X-wing was still full of volunteers. Parkland staff members, students, and community members worked to repack large bags of rice and beans into smaller bags to be distributed at Parkland's food pantry. People of all ages came, including many children who scooped rice into bags before adults put them in the press to seal them.

The pantry partners with Parkland to hold "days of service" like this two or three times a year. In the future, the pantry is looking at doing another repack similar to this one sometime during the spring semester according to the director of the food pantry Katie Thomas.

The goal of the Wesley Food Pantry is to provide students and community members with food to help fight food insecurity. The pantry also strives to help with other issues their clients might have. One way the Parkland site does this is by giving out books for children. According to Thomas parents are able to get up to three free books at the pantry. In the past the pantry has also handed out free school



Photo provided by Della Jacobs, board member, Wesley Food Pantry  
Volunteers repackage rice for the Wesley Food Pantry in the X-wing of Parkland on Martin Luther King Jr. Day, Jan. 15, 2017.

supplies to parents.

The food pantry occasionally has other resources like nutrition classes available for clients and usually has fliers with information on other resources available around town. For information on resources like this, clients simply need to ask at the pantry.

The only requirement to use the pantry at Parkland is photo identification. The pantry requires this so that it can keep track of how many people it is serving and how many times a person has come to the pantry. Patrons are only permitted to visit the pantry at either of its two locations twice a month.

For patrons who do plan on attending the pantry twice in a given month, Thomas suggest that they try to attend once at Parkland and once at the

Wesley Student Center because the two locations have slightly different food choices available. The Parkland location is a USDA commodity pantry and so it has more things like frozen chicken and canned pork than the other location.

Both pantries are set up like grocery stores so that clients pick what food they want. Clients at the Parkland pantry are not limited in how much food they can take, but are limited in how much of any item they may have, according to Thomas.

The food pantry has been open since 2006 but has only had a second location at Parkland since the fall of 2013 when it opened to help students once a month in the S-building.

Thomas said there was a "recognition of growing food insecurity of college stu-

dents," which prompted the pantry to go to Parkland.

In the 2014 the pantry became a USDA commodity pantry and opened its services to everyone weekly. In January of 2017 the pantry moved into the M-wing where it currently is.

Parkland's food pantry has grown in size tremendously this last year, according to Thomas. She estimates that now the pantry serves between 200-250 families a month whereas they used to serve only 40-50 families a few years ago.

The food pantry relies on the help of volunteers to set up and run the pantry and is always looking for new volunteers. Dawn Longfellow, the operations manager of the Wesley Food Pantry, says they run the Parkland Pantry with four to six volunteers.

Volunteers are given a half-hour of training before and a brief orientation.

"The main thing we ask of volunteers is to be warm, welcoming, and helpful," said Longfellow.

While volunteering students can gain experience and learn more about their local community and the pantry.

"I think the biggest lesson to take away from volunteering comes from breaking the stereotypes we each have in our minds about who might need to use a food pantry," Longfellow said. "The reality is our clients are extremely diverse in age, nationality, eating preferences, and family size. It is not unusual for a volunteer to need food or a client to volunteer. We are all more similar and closer to needing help than we think."

The Wesley Food Pantry's location at Parkland College in M138 is open every Wednesday 11 a.m.-1 p.m. and the first and third Saturday of each month 10 a.m.-12 p.m. The food pantry also has its original location at the Wesley Student Center on Green St. and Goodwin Ave. which is open to everyone 5:30-7:30 p.m. every Thursday and open exclusively to students with a student ID the first Monday of every month 3-5 p.m.

For more information on the Wesley Food Pantry, visit wesleypantry.org.

## New Year's resolutions: there's an app for that

ewjocCOMPTON | Staff Writer

2018 is here, and because of that it's time to start making—and following through on—New Year's resolutions.

And whether it be planning, working out more, breaking or mak-

ing habits, or even traveling more, there are apps to help make those resolutions a reality.

Everyone deals with stress or stressful things at one time or another. For those wishing to reduce the stress as part of new year's resolutions, there are

several apps out there that can help.

One of the more popular free apps is an app called To Do List. 216,376 people have reviewed this app, and it is rated 4.7 out of five stars on Google Play. It has been downloaded over one million times

and is rated for everyone.

To Do List, also referred to as SplenDO, is an app that allows users to make lists to organize their life. Whether it be calling the dentist, cleaning the house, or even getting your resolutions

in order, this app was made to help.

It has a simple design where the downloader can add tasks via text or voice, and can get notifications in a variety of ways; sound, vibration, or in-app notifications.

SEE APP PAGE 4

### Fact or Fiction

Trees can explode from freezing.

ANSWER ON PAGE 2

# SPORTS

## Men's Basketball



NUM	Name	HT	YR	POS	Hometown
3	Jalen Addison	6-1	Fr	PG	Milwaukee, WI
10	Marcus Latham	6-3	So	PG	Alton, IL
14	Tyohn Trimble	5-7	Fr	PG	Alton, IL
20	Myles Simmons	6-3	So	PG	Indianapolis, IN
22	Jordache Mavunga	6-4	So	G/F	Brownsburg, IN
24	Devonte Daniels	6-5	So	F	Brampton, Ontario
30	Malcom Taylor	6-1	R-Fr	G	Mahomet, IL
32	Quin Nottingham	6-1	R-Fr	PG	Champaign, IL
34	Dirk Jordan	6-4	So	G/F	Chicago, IL
40	Darin Bellinger	6-6	Fr	F	Dingsman Ferry, NJ
42	O'Neal Swint	6-5	Fr	G	Louisville, KY
44	Brook Watson	6-6	R-Fr	F/C	Brooklyn, NY
50	Isaiah Curry	6-6	So	F	Windermere, FL
52	Kemonte Hall	6-7	Fr	F/C	Kenosha, WI
54	Shelton Parker	6-4	Fr	F	Memphis, TN

## Women's Basketball



NUM	Name	HT	YR	POS	Hometown
10	Karlee Ziliak	5-6	SO	G	Evansville, IN
12	Olivia Babcock	5-6	FR	G	Rock Falls, IL
13	Alexus Cole	5-6	FR	G	Patoka, IL
14	Heather De Luca	5-4	SO	G	Germantown Hills, IL
20	Hannah Martinez	5-7	SO	G	Champaign, IL
21	Ryan Dooley	5-6	SO	G	Assumption, IL
22	Janiece Thomas	5-11	FR	F	Chicago, IL
23	Crystal Mathis	5-5	FR	G	Rockford, IL
24	Micah Tapscott	5-10	FR	F	Petersburg, IL
40	Kyrsten Cox	5-11	FR	C	Champaign, IL
54	Madelyn Brouwer	6-1	FR	C	Paris, IL

## Softball



NUM	Name	YR	POS	High School
4	Lauren Spelich	SO	INF	LaSalle-Peru
7	Shelby Youngblood	SO	OF	Mattoon
8	Brigitte Belt	SO	INF	Clinton
11	Kyliegh Basham	SO	INF	Mattoon
26	Lexie Black	SO	P	Casey-Westfield
3	Ivy Nichols	FR	INF	Mattoon
22	Makenzie Ruppert	FR	C	Sullivan
6	Lauren Wendling	FR	OF	Unity
29	Makayla Reedy	FR	OF	Monticello
23	Lauren Block	FR	C	Lincoln
24	Morgan Parrish	FR	P/INF	Lawrenceville
2	Bre Riemenschneider	FR	OF	Chatham-Glenwood
10	Tori Witruk	FR	P/INF	St. Joe-Ogden
14	Kirbie Mendenhall	FR	P/INF	Robinson
21	Madysen Butkauskas	FR	OF	Pana



**DO YOU  
HAVE  
WHAT IT  
TAKES?**

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### Fact or Fiction

**FACT:** Cold weather can cause some trees to explode by freezing their sap, which contains water. Water is one of very few molecules that expands when it freezes. This expansion can split the bark on a tree, making the sound of a gunshot.

# COMICS & PUZZLES

## Crossword

(solve for the answers below)

1		2		3		4		5	6		7		8
9								10					
								11					
12						13							
16		17											
18													
21				22						23			
24						25							
26								27					

- ACROSS**
- 1 Returning drunkard sees several more (8)
  - 5 Chap captures knight with queen – that’s how Arab may move? (6)
  - 9 Worry oneself about a feature of some bats (4-4)
  - 10 Causes alarm and anxiety on board (6)
  - 12 Build sports ground in abandoned encampment (5)
  - 13 Good man consumes small dinner perhaps – like some biscuits (9)
  - 14 Try comic line to start to soothe raving road user (5-7)
  - 18 Not easily wound up, happening to lose one’s rag about politician sacking son (4-8)
  - 21 Some bad fielding leads to defeat (9)
  - 23 Island institute gets rid of Academician (5)
  - 24 Clergyman’s wife dismisses first couple to show affection (6)
  - 25 After short trip, detective has extremely communicable disease (8)
  - 26 Noisily knocked back a delicious drink (6)
  - 27 The majority should be kept in the warm – it stops bleeding (as American has it) (8)
- DOWN**
- 1 Insectivore that’s often recognisable? Not entirely (6)
  - 2 Most strict, keeping one’s woman in order (6)
  - 3 Craft shop’s closing and left a bit too untidy (5-4)
  - 4 With yours truly absent, teaches class about mounting special electrical items (12)
  - 6 Necktie accepted by Hamish? (5)
  - 7 Spice sexual excitement up with married man (8)
  - 8 Determined to rule out taking pills (8)
  - 11 We had a celeb dancing outside hotel, maybe right on the Strand? (7,5)
  - 15 Cut short street party that’s getting noisier (9)
  - 16 One cuts corners, sloppily producing chemical used in dyeing (8)
  - 17 Satisfied by interpretation of Eroica except the last bit, which is very fast (8)
  - 19 Refuse to take exam again around start of semester (6)
  - 20 Fresh money to support soldiers (6)
  - 22 Opera for La Scala at heart? (5)

# SUDOKU

		9	8		7	2	4	
				6		8	5	7
					3	1		9
				7	1	6		
	4		2		6		7	
		2	9	4				
9		6	5					
1	7	5		3				
	2	3	7		8	5		



## Answers from last week

J	A	N	A	D	A	8	9	7	4	6	2	1	3	5	
L	E	T	D	R	O	P	U	N	C	H	A	I	N		
A	D	L	P	A	A	R	1	6	3	5	9	7	8	4	2
U	N	S	U	R	E	A	S	T	E	R	I	S	K		
N	C	S	L	O	M	H	2	5	4	1	3	8	6	9	7
F	I	A	T	S	T	E	A	M	R	A	D	I	O		
E	O						9	4	8	7	1	5	3	2	6
G	R	I	D	D	L	E	C	A	K	14	15	16	17	18	19
T	O	I					3	2	5	6	4	9	7	1	8
I	S	O	G	L	O	T	T	I	C	S	P	I	V		
A	U	R	H	O	H	D	7	1	6	8	2	3	9	5	4
T	R	A	N	S	K	E	I	S	A	I	K	E	I		
I	I	N	C	M	N	L	5	8	2	9	7	1	4	6	3
U	N	C	T	I	O	N	6	7	9	3	5	4	2	8	1
A	E	B					4	3	1	2	8	6	5	7	9

REINVENTING ALTERNATIVE

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PARKLAND COLLEGE

# LOCAL

## Orpheum museum kicks off year with “evening drop-off events”

gregGANCARZ | Editor

On Saturday, Jan. 13, the Orpheum Children's Science Museum in downtown Champaign hosted its second monthly drop-off event for children.

The three-hour long event took place from 5–7 p.m. and was meant to give parents a chance to enjoy a night out, while enjoying peace-of-mind knowing that their children were enjoying a safe, fun and educational evening at the museum. January's event was polar themed.

Alex Dour, the education coordinator at the Orpheum museum, says that it's been highly successful.

“We are having an event to give parents an opportunity for them to drop off their kids and kind of have a night out on their own, and for the kids to be in a safe place where they don't need to worry about anything. They get a bit of a science activity as the night goes on, plus getting to play in the museum. Everybody wins with this,” Dour said, who has been with the museum for nearly three years.

Glenda Wold, a museum associate, believes the events are a great outlet

for local children.

“These monthly events are important for the kids because they get to learn new things about the world around them through group activities, experiments, and play. They're learning at a rapid pace because they're having fun, and I'm glad we're able to provide another outlet for them,” Wold said.

The next drop-off event, Valentine's Day Chemistry, is scheduled for Saturday, Feb. 17 from 5–8 p.m. Beside the chemistry theme, the event's activity details are yet to be divulged.

In addition to the supervision and activities, children are provided a pizza dinner with the \$25 fee for the events. The cost is reduced to \$20 for Orpheum members. Parents can pre-register to make sure they get a spot before the 25-child cap is reached each month. Although the limit was not reached for January's polar themed event, the first drop-off event in November ran out of spaces.

“All of the holidays and all of our other activities kind of prevented us from running one in December,” Dour said. “The plan is, this year, we

are going to attempt these once every month. We already have one for February planned. It's chemistry themed for Valentine's day that month. Some of our board members and community members proposed an idea like this so we found a way to make it work.”

Activities at this month's event were based on a number of chilly topics.

“The first [activity] we did, we talked about how penguins stay so dry because they have oil on their feathers so we recreated this by actually using wax. We covered their penguin pictures with it and then we sprayed them down with water and instead of soaking into the paper, it beads up on top so that you can wipe off all the water beads just like a penguin and it's dry afterwards,” Dour said.

“The second one we did was polar bear fur, so we inflated a glove around their hands [to] provide an air insulation just like a polar bear has pockets of air in its fur which keeps it warm in water. Then the kids stuck their hands in freezing cold water, just for a second, but enough to feel that one hand

was definitely colder than the other,” Dour said.

“And right now, they're making borax crystals. So it's a similar idea to water crystals just in a little more visible way that they can see and take home and it won't melt on them,” Dour said.

Overall, museum employees like Wold are glad their jobs allow them to make a positive impact in their community.

“I enjoyed working at the [event] because I know that this is beneficial to many people. Of course it's beneficial to the museum, but most importantly, it's advantageous for the members of our community. I love interacting with the children,” Wold said. “These nights are also good for parents because they get to have a night to themselves knowing that their kids are safe, having fun and getting tired before bedtime, and possibly making a new friend. I'm proud that I get to serve and impact my community in a positive way.”

FROM PAGE 1

## APP

There is a handy widget placed on the home page that shows all tasks, upcoming or overdue. The downloader can make a variety of tasks, such as tasks with a due date, tasks meant to be completed over one day, or goals that don't have a due date.

One of the most popular resolutions is getting in shape. Whether it is for health or personal goals, one popular app out there is called 7 Minute Workout.

7 Minute Workout is free, and is rated 4.5 out of 5 stars on Google Play with over 388,000 reviews, and 10 million downloads. It contain ads and in-app purchases and it is rated for everyone to use.

The best part about 7 Minute Workout is the user can do it at home. The workouts are literally seven minutes

long and there are even shorter workout versions for those who are not ready for the intense seven minutes or those who only have a few minutes to spare.

This app is based off high-intensity interval training. It is meant to get your heart beating fast, your blood flowing and your muscles working hard in a short amount of time.

The programmed circuit consists of 12 exercises and movements that are each completed in 30 seconds, with breaks in between. Though this is the original workout, the downloader can change the circuit time to less or more than 30 seconds and can adjust the rest time. There are also notifications to do the daily workout.

Old habits are hard to break as the saying goes, but with a new year, there can be a new way of life. For those looking to break habits or form good habits, Habit Bull is the app for you.

Habit Bull is a free app that is rated 4.5 out of five stars on Google Play. It

has been reviewed by 36,093 people and has been downloaded one million times.

This app is colorful and easy to use. The downloader can make daily goals, make good habits a little easier, and slice bad habits out.

The downloader can make customizable goals such as going on runs every three days, not biting nails for a week, or doing 50 sit ups every day except Saturday. Each habit is trackable and there is a streak counter and graph with how successful the downloader is at breaking or making a habit. There are also motivational quotes and images for categories of habits, as well as reminders for every habit that is put into Habit Bull.

Traveling can be a hassle, especially when it seems as if you cannot find anything to do in a certain area. Roadtrippers-Trip Planner is a free app that is made to help travelers plan their trip and find interesting things to do. This app is paired with roadtrip-

pers.com and is based in the United States.

Roadtrippers is rated 3.6 out of five stars on Google Play, and is made for everyone. 3,241 people have reviewed it, and there have been over 500,000 downloads.

To create a road trip, the user can either make trips based off content found in the app or off the website. Everything from roadside attractions to small diners can be found in the app. Once a base plan is made, the itinerary can be shared with friends or family. Once received, friends and family can make suggestions or change the itinerary.

2018 is here and so are the resolutions that come with a New Year. Sometimes, making or keeping to our resolutions can be difficult, but in the age of technology, there is an app for keeping up and making our resolutions a reality.

FROM PAGE 1

## MEET

journalism at some point and try to find an effective way for the medical community to communicate research findings to the general public,” she said. “And I want to teach at a community college maybe when I'm near retirement, that or open a small farm to table restaurant. I want to do a lot of things and try to make the world a better place. On the other hand, I also want to try to half retire early so I can enjoy my life and have a small farm.”

“It's hard to pin down what exactly got me interested in medicine, it's just always been this dream in the back of my mind I suppose,” said she, regarding how her interests in medicine

came about.

Gray did not initially plan to go the path she describes.

“A few years ago I was in the process of starting a small coffee shop. I had gotten the permits, signed a lease, gotten insurance and payroll set up, found equipment and suppliers, etc. and was all ready to go, but unfortunately two different locations fell through and so I had to reevaluate what I wanted to do with my life. I realized that I had always had this idea in my head that I would go back to school someday and become a doctor so I decided to just make that the priority and stop worrying about whether or not I thought I was smart enough and just go for it. It was scary and hard to fail at opening the cafe but it taught me a lot,” Gray said.

Outside of her studies Gray likes to

keep busy.

“I'm one of the editors at the Prospectus and a member of Parkland's debate team,” she said. “I love doing both of those and all the different people they allow me to meet. I also was part of Science Debates last semester. I thought that was a really cool intersection between science and policy debate. Also this semester I will be starting as a tutor in D120, which should be a lot of fun.”

“I like to paint, felt, hangout with my family and friends, and baby my goldfish Percy. I also just started a beginners' adult ballet class through the park district, so I'm hoping I don't fall on my face too many times and learn something new.”

Overall, she tends to have a pretty packed schedule being involved in so much.

“I get up pretty early during the school year, then I eat a hardboiled egg or toast and take the bus to school. I go to class and study in the newsroom most of the day. Sprinkled throughout my week are things like debate and staff meetings or work. Then I go home, eat something and curl up for a little bit, maybe finish my homework or work on an article. I sometimes get to see my girlfriend in the evenings for dinner or to study. Then I watch some TV and go to bed,” Gray said.

Gray spends a lot of her time at school, around 8 hours a day, because of her heavy involvement in her job at the Prospectus, the debate team, and her classes.

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### thePROSPECTUS

Parkland's campus-wide student newspaper since 1968

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*The Prospectus works to proliferate information relevant to Parkland-goers and provide its student workers with a space conducive to the learning environment.*

The Prospectus is Parkland College's campus-wide student newspaper, and has been in constant production since late 1968. Our reporters and editors are exclusively students of Parkland College with a variety of majors and career interests, not just communications and journalism. We set out to provide an outlet for students to further develop their writing, photography, communication, time management, and critical thinking skills while producing a quality, trusted source of news for Parkland-goers. The Prospectus publishes weekly during Parkland's spring and fall semesters and three times during the summer semester.

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Did you know?  
All unused issues of the Prospectus are recycled or donated to the Parkland College Veterinary Technology program.