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Parkland College, February 10, 2016

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Women's basketball: Parkland vs. Lincoln Land 73-61.

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Photo by Scott Wells | The Prospectus

Athlete Kerstyn Lowery defends the ball against the opposition during the game against Lincoln Land on Feb. 3, 2016. The Cobras defeated the Loggers by a score of 73-61.

Dean of students receives award for work in innovation, engagement



Photo by Scott Wells | The Prospectus

Parkland's Dean of Students Marietta Turner stands outside her office on Feb. 4, 2016. Turner has been with Parkland for over seven years, serving as an advocate for student rights and responsibilities.

Peter Floess
Staff Writer

Parkland College Dean of Students Marietta Turner received the Champaign County Innovation in Engagement Award from Parkland College during the annual Innovation Celebration for her work on the food insecurity at Parkland College and in the surrounding local community.

According to Communications Director at the Champaign County Economic Development Corporation Carly McCory the award "recognizes an individual or group at Parkland College who has shown support of the college's community engagement mission."

"[It] is not merely an award for accomplishment, but a benchmark of success for those outstanding individuals, organizations and corporations who are nominated and selected to receive this prestigious award," McCory said.

Dean Marietta Turner remembers the food pantry at Parkland started because over two years ago, one of the

directors of the college was on the board of the Eastern Illinois Food Bank. President and CEO of the Eastern Illinois Food Bank Jim Hires approached the Director on the board to see if Parkland would want to host a food pantry.

Hires had been reading a lot about food insecurity among American college students, so he was interested in making Parkland one of the first community colleges with a food pantry in the Eastern Illinois Food Bank district.

The director set up a meeting with the Parkland vice president at the time and Turner. Turner agreed to organize the Food Pantry.

Before the Food Pantry came to Parkland, Dean Turner had a drawer with "oatmeal cup, milk cup, apple sauce, granola bars, and macaroni cups" that students would ask for, because they were hungry and she thought to herself a food pantry would be better than this.

Turner also agreed to help setting up the food bank for two other reasons: from an educational point of view, she understands how hunger can impede learning; from a

The award recognizes an individual or group at Parkland College who has shown support of the college's community engagement mission.

moral point of view, she says the idea of "people going to bed hungry bothers her."

"Dean Turner was instrumental in securing the space the pantry currently uses to distribute food," said director of Wesley Food Pantry Katalyna Thomas. "In short, she helped obtain the needed approval from Parkland administration to set up a pantry on campus by successfully advocating for its need. She has also been indispensable in increasing awareness on campus about the food pantry and thus helping us secure volunteers and donations to help support the food pantry."

Dean Turner is proud that the Food Pantry which is in S building is now opened on the first and third Saturday of each month from 10 AM

SEE DEAN PAGE 5

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Answer on page 5

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NEWS

Ramping up sustainability awareness

Scott Barnes
Staff Writer

Parkland College is working to raise awareness for its environmental sustainability initiatives through efforts such as classroom lectures, honors programs, and working with student organizations.

Sustainability Coordinator Thor Peterson was hired on to fill the new position late last year. Now in his second semester here at Parkland, he has been busy developing and implementing new ways in which students can learn about sustainability.

Peterson explained that sustainability is about much more than just environmental consciousness or conservation, it is a forward way of thinking that will shape the way in which future generations live.

“Businesses, nonprofits and governments will all be learning to operate successfully in a more uncertain and resource-depleted world, and working hard to avoid creating environmental and health messes that they’ll be obliged to clean up down the road,” Peterson said.

Many employers in various professions are looking for employees who are savvy about sustainable practices.

“By learning about sustainability issues now, students will have a leg up on future jobs, and have a base of knowledge that will help them identify whole new career paths as they emerge,” Peterson said. “And ultimately, a good grasp of sustainability issues translates into an ability to identify and solve challenges. Effective problem solving, I believe, is one of the main skill sets just about any

employer or angel investor is looking for.”

Peterson is helping create a specialization within the honors program that focuses on sustainability. The honors program was designed to provide opportunities to ambitious students who are interested in enhancing their academic abilities through various projects and

“And ultimately, a good grasp of sustainability issues translates into an ability to identify and solve challenges.”

Thor Peterson
Sustainability Coordinator

community events. Students who are a part of the program are required to complete three projects during their time at Parkland.

At least one of the projects has to be a service learning project, and that is where the concept of sustainability comes into play. Peterson will be on hand to help students who are interested in sustainability develop project ideas for the honors program.

Honors Program Director Marsh Jones explained that students are interested in sustainability and said that students have taken on sustainability projects in the past.

“It’s definitely a popular approach or project for honors students to do across the nation. There’s a lot more people doing sustainability as an option,” Jones said.

Peterson explained that he is also currently involved in a pilot project

to introduce sustainability-focused awards—badges and certificates—that can be applied to multiple courses here at Parkland. These badges and certificates will recognize a student’s action to supplement basic course requirements with sustainability-related learning, research and activities.

According to Peterson, in some cases, at the faculty’s discretion, these badges will allow the student to earn extra credit, and the certificates will be both printable and portable into Mozilla Backpack to serve as a long-term record of achievement.

Peterson also encourages students to get involved and share their own ideas.

“I’m hoping to work with existing student clubs to initiate environment and sustainability-focused projects,” Peterson said. “Any student is welcome and encouraged to stop by my office in Student Life to chat about potential projects and ideas to improve Parkland’s sustainability performance.”

Heidi Leuzler is a professor in the natural sciences department at Parkland. She does a myriad of things both in the classroom and around campus to promote and teach sustainability. She explained that learning about sustainable practices in a classroom setting helps students develop comprehensive skills that can be applied to real life situations.

“Looking at real-life situations also helps us to see how complex sustainability can be because many people will have differing views of the situations. That means students will also have differing trade-offs, and differing solutions,” Leuzler



Photo by Scott Wells | The Prospectus
Parkland College provides students opportunities to learn more about sustainable practices.

said. “Working through such complexities in the classroom will hopefully encourage students to work through the same complexities in the workplace, in their communities, and in the world.” Students who would like to get involved and are interested in learning more about sustainability can visit Peterson in his office, which is located in student life.

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LIFESTYLE

Parkland dental clinic resource for students, community



Photo by Scott Wells | The Prospectus

Sophomore Carly Adams works at the Parkland Dental Hygiene Clinic on Feb. 5, 2016. Students in the program learn to provide clinical services such as oral exams, dental cleanings, and teeth bleaching.

Debbie Skinner
Staff Writer

The dental hygiene clinic at Parkland College offers many opportunities not only for the dental hygiene students, but also for Parkland College students, faculty, staff, and community members.

Peg Boyce, the co-director of the Dental Hygiene Program at Parkland College mentioned how one of the program's goals "is to offer services to the public and we are deliberate about using our knowledge and skills to help others."

Kim Pankau, the co-director of the Dental Hygiene Program, explained a recent update to the clinic.

"This year, thanks to the generous donation by Carle Oral and Maxillofacial Surgery Department, our program was able to transition completely from film radiography to digital radiography," Pankau said.

Said donation was an x-ray device which would have cost the clinic around \$25,000. The machine was installed in August 2015, and incorporated into the dental hygiene curriculum in October 2015.

The x-ray machine saves Parkland College over \$5,000 a year from film development costs.

Chad Seeber, a student in the Dental Hygiene Program at Parkland College, mentioned how he has had a great experience in the program.

"The knowledge and teaching abilities of the staff...have enabled us to become great professionals of dental hygiene," Seeber

said. "The facilities are also great and provide us with the opportunity to work in a clinical setting and treat patients with the highest standard of care...I can't imagine attending a better program with better staff and better fellow students."

Fareha Kazmi, a student in the second year of the dental hygiene program, described how the clinical skill opportunities in the clinic help prepare for a real career.

"Being a part of the dental hygiene program at Parkland College has made me realize the different aspects of dental hygiene from being a clinician, doing service, to even being an active part in legislature," Kazmi reflected. "The Parkland dental hygiene clinic allows me to help and appreciate a variety of patients."

Not only does the dental hygiene program serve its students, but the clinic serves the local community.

The available services at the clinic include blood pressure screenings, oral cancer screenings, dental cleanings, fluoride treatments, sealants, oral hygiene instruction, and radiographs.

The cost for most treatments including those listed previously is \$10.00 for patients over 12 and under 65 years of age. Patients who qualify for Medicaid, children under 12, military veterans, and patients of 65 and over may qualify for free services.

Whitening and bleaching are also available for an additional cost.

The clinic features 17 dental chairs, electronic charting

and radiographs. When the clinic is in session, there is always a dentist present, along with 3 to 4 instructors present per 15 to 16 students.

Renee' Catlin, the administrative assistant at the dental hygiene clinic, described how students in the program are always needing patients to service for clinical board hours, such as patients who have not had their teeth cleaned in several years. Pankau explained how the second year students in the program serve these patients.

"The second year students are required to select and treat a patient with moderate, subgingival calculus [hardened plaque or tartar] in order to pass their regional clinic exam," Pankau said.

The clinic is open to the public, and there are no restrictions about where the patients live. The clinic may even see patients who travel a few hours to Champaign in order to attend the clinic.

The fourth annual Day of Healthy Smiles is a free dental clinic hosted by Parkland College for clients who cannot afford to pay for dental care, and will be held on April 9. In order to attend the event, patients must have been previously seen in the clinic at Parkland, and must schedule an appointment.

"We invite local dentists, oral surgeons, dental personnel and Ragle Dental Lab to work in our clinic and students assist the dentists, provide oral hygiene instruction... and give injections," Boyce said. "Surgical Technology students and faculty provide post-op care and education and nursing students and faculty provide medical

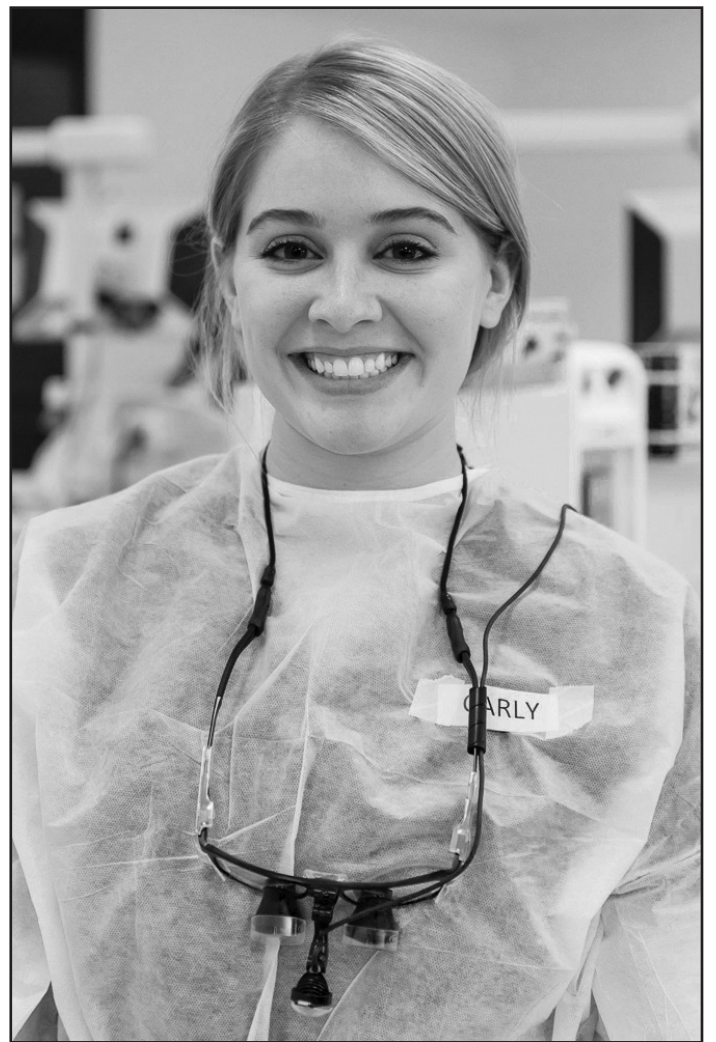


Photo by Scott Wells | The Prospectus

Pictured above is sophomore Carly Adams, who works at the Parkland Dental Hygiene Clinic.

history review and blood pressure screenings. We will have around 100 volunteers and will see almost 125 patients that day, providing extractions and fillings for free."

"Last year we provided dental services that would have cost \$98,000," she said.

Give Kids A Smile, which is open to the public, will be held in the dental hygiene clinic from 9 AM to 12 PM

on March 12. Children of all ages may receive a range of free dental procedures, which will be provided by students, faculty, and local dental health professionals.

For more information about the dental hygiene clinic or to schedule an appointment, call 217- 351-2221. The clinic is open 8 AM to noon and 1 PM to 5 PM, Monday through Friday. The clinic is located at L149.

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NATION

Gun, drug, car deaths loom large in US longevity gap: Study

Lindsey Tanner
AP Medical Writer

CHICAGO (AP) — Guns, drugs and cars contribute substantially to the life-expectancy gap between the United States and other developed nations, a study found.

Deaths from old-age ailments sometimes get more attention in longevity research, but deaths from these three causes tend to happen at younger ages, contributing to many decades of life lost, the researchers said.

Data from the Centers for Disease Control and

Prevention show injuries including violence, car crashes and drug poisonings and overdoses are the leading cause of deaths for Americans up to the age of 44.

U.S. death rates from these three injury categories exceed those in 12 other developed countries included in the study: Austria, Denmark, Finland, Germany, Italy, Japan, the Netherlands, Norway, Portugal, Spain, Sweden and the United Kingdom, the researchers said.

Among men, life expectancy in 2012 in those countries was 78.6 years versus 76.4 in the United States. Injury-related

deaths accounted for almost half of that difference, the study found.

Among women, life expectancy was similarly higher — 83.4 years versus 81.2 years in the United States. Injury-related deaths accounted for less of the difference — about 20 percent.

Gun deaths were a major factor among men: The U.S. rate was 18.4 such deaths per 100,000 men, versus 1 per 100,000 in the comparison countries.

Among women, drug-related deaths explained most of the injury-related difference: the U.S. rate was

10 per 100,000 women versus fewer than 2 per 100,000 among women in comparison countries.

The researchers' estimates are based on an analysis of 2012 data from the U.S. government and the World Health Organization. The government study was published Tuesday in the Journal of the American Medical Association.

"If we brought mortality from car crashes, firearm injuries and drug poisonings down to levels that we see in these other countries, we'd gain about a year of life expectancy," said lead author Andrew Felton, a sociologist

with the CDC's National Center for Health Statistics.

The injury data include accidental and intentional deaths and suicides, and deaths from prescription medications and illicit drugs.

The study bolsters the argument that improving U.S. life expectancy will require addressing premature deaths among younger ages, said Jessica Ho, a Duke University sociologist who has done similar research.

Strengthening U.S. gun laws, making safer cars and addressing the root causes of drug use, including income inequality, are among policies that might help, she said.

N.H. voters take to polls in 1st-in-nation primary

The Associated Press

New Hampshire hosts the first-in-the-nation presidential primary, featuring candidates for the Republican and Democratic nomination. Of the state's 1.33 million residents, more than 870,000 residents are registered to vote. Polls started opening at 7 a.m., except for a handful of communities that begin voting just after midnight. In Dixville Notch, voters in that tiny town gave Republican Ohio Gov. John Kasich two votes, Republican Donald Trump got two and U.S. Sen. Bernie Sanders won four votes for his Democratic bid.

Here are snapshots of voters who went to the polls Tuesday:

Tracy Carl, 38, of Merrimack resident, voted for Trump after weighing between him and Sanders.

"I found him to be the most appealing and the most likely to win," Carl, an unaffiliated voter who tends to vote Republican, said of Trump. "Also, I don't want Hillary."

The owner of a child care center, she said being a small-business owner was a factor in considering the two candidates.

"I think they're more for small business than the other candidates," Carl said, stressing she hasn't yet decided how she'll vote in the general election. "It's time for America to see itself as a business."

Kathleen Bowles, 60, of Merrimack, who voted with Carl on Tuesday, said she also cast her ballot for Trump largely because of his success in the business world.

"I went with him because I feel like we need a change from the political arena to the business part of America," said the cafeteria worker, who is also unaffiliated but tends to vote Republican.

Going forward, Bowles said, she'd be watching to see if Trump starts to "calm down" his rhetoric.

"It was a tough call," she said. "I'm still really undecided right now."

Jack Wimme, 56, of Merrimack, said he picked Kasich after also considering New Jersey Gov. Chris Christie.

"I think he best represents my views, which are a little bit more moderate," said Wimme, who is unaffiliated but voted Republican in the past two presidential elections.

"It was a coin toss, to a certain extent. They're both governors, and they have that experience. But I just felt Kasich best represents where I stand. Plus, I met him. That



Photo by Kristopher Radder | The Brattleboro Reformer via AP
Carol Jeffery, from Swanzey, N.H., casts her ballot for Democratic presidential candidate Bernie Sanders at the Swanzey, N.H. polling station during the New Hampshire primary on Tuesday, Feb. 9, 2016.

helps."

Greg St. Laurent, a 68-year-old computer engineer who lives in Manchester and works over the border for a small Massachusetts firm, cast his ballot for Kasich in the GOP primary.

"I think the bulk of the country is indicating its displeasure with the establishment. So, I think it's important that everyone comes out to vote in the primary to indicate whatever pleasure or displeasure they have," he said.

"The division between the parties is greater than it has been. Being a kid, I remember people a lot more united behind a particular candidate."

Cait McKay, 29, of Manchester, voted for Sanders, who is locked in a tough battle with Hillary Clinton for the Democratic nomination. McKay works as a supervisor at a residential care facility for children with special needs.

"The biggest issue that I hear from everyone is the economy, the economy, the economy, the economy," McKay said. "But, those aren't the biggest issues to me. I am more interested in gender equality, in equal pay and equality for everyone in health care — in just building a better society for everyone. Other countries all over the world have it so why is it so crazy to think that we can have it, too?"

"I really find it odd that one side is scrabbling so hard against each other to find

one person that they're all supposed to support. I mean, how is everyone going to pick someone so specific if they can't even get along with each other inside their party? That's one of the reasons that I really like Bernie. He's not taking the negative ads or the negative stabs at everyone."

Merton Grant, 87, and his wife, Phyllis, 80, say they voted for Texas U.S. Sen. Ted Cruz because he's a born-again Christian like them.

"It was a tough choice. There were a lot of candidates, but we had to agree. Otherwise, why cancel each other's votes?" said Merton Grant, a retired real estate agent.

The Nashua couple, lifelong Republicans married for 58 years, said they paid close attention to the debates but met just one candidate face-to-face: Ben Carson, who attended Sunday services at their church this past weekend. "Nice guy. Not sure he has a chance, though," said Merton Grant.

Phyllis Grant, a retired nurse, said the two were ultimately swayed by the way Cruz handled himself in debates.

Cody Langis, 23, an unaffiliated voter who works in sales, voted for President Barack Obama, a Democrat, in 2008 but skipped the primary in 2012. This time, the Concord resident voted for Trump.

"I believe he's probably the best candidate to protect the constitution. I was a little undecided going into it. I thought Bernie has a lot

of great ideas to protect the economy," Langis said. "I'm very against gun control. I don't believe that stripping citizens of arms is going to do anything for this country at all."

"I'm hoping that Trump ends up not being as crazy as he's coming off in the moment."

Not everyone votes in New Hampshire, despite its prominence in the presidential primary season.

Richard Kipphut, 61, moved to New Hampshire in 2006 from his native Connecticut. He has yet to take advantage of voting in the first-in-the-nation primary.

A librarian at Plymouth State University, Kipphut says it's just too early to cast a vote and he doesn't like to have to declare for one of the major parties to vote in the primary.

Kipphut is an unaffiliated voter, and he usually votes for Democratic candidates — though he says he voted for Republican Richard Nixon in his first presidential election.

"I know you're supposed to say every vote matters. I don't think it's going to matter much, at least not for me," he said.

He plans to vote in the general election.

John Starer, 72, of Bedford, a Republican who owns a company that makes glue sticks, voted for Cruz.

"I think he's about the only one who could possibly get elected as a Republican. I'd like to think Trump had a chance, but no," he said.

He said Florida U.S. Sen. Marco Rubio, also vying for the GOP nomination, lacks the experience to be president. "Maybe next time around."

Starer said he made up his mind about five minutes before he voted after narrowing down his choice to Trump or Cruz.

"The most important thing is to get back to our original values. We have to have someone who can put a coalition together, someone who's closer to a Reagan Republican."

Megan Tolstenko, 33, an unaffiliated voter from Manchester, voted in the GOP primary for Christie.

"He pulled on my heartstrings," said Tolstenko, who works in the financial services industry.

She described herself as "scared out of my mind" about the Islamic State group and thinks Christie would be best able to manage the country's defenses.

"It's nice to see someone who's not forgetting about our role in the world," she said.

She met Christie last summer.

"I didn't think I was going to vote for him then. Today, I woke up this morning and something clicked," she said. "At the end of the day, I need someone who has compassion and cares about the world as well as the United States. It seems like some candidates have lost sight of that, but for some reason, it just seemed like he always had that on his mind, and he talked about it in every speech. There was some integrity there, and that resonated with me."

Nicole Reitano, a 24-year-old embroiderer from Nashua, says she voted for Sanders because she likes his economic policies and the fact that he supports abortion rights.

"I felt like he was the most honest," Reitano said. "He's had the same views forever, and he's never budged. That makes me feel confident in him."

An independent who voted for President Obama in 2012, she briefly considered voting for Clinton.

"She seems to flip flop a little bit, but if she ended up winning instead of Bernie, I would be OK with that. Anybody but Trump is good for me. Pretty much."

Associated Press writers Holly Ramer in Bedford, Alex Sanz in Manchester, Philip Marcelo in Nashua, Lisa Lerer in Concord and Lisa Marie Pane in Plymouth contributed to this report.

FROM PAGE 1
DEAN

to noon and the second and fourth Wednesday, from 11 AM to 1 PM and from 4 to 6 PM.

Dean Turner is proud of the fact that the Eastern Illinois Food Bank is now receiving goods from the U.S. Department of Agriculture,

such as chickens and eggs. Food insecurity is a major problem in Champaign County.

“One-in-three children in Champaign County are food-insecure,” said Turner. “The American Association of Community College Trustees says one-in-five students at a community college are food insecure.”

A fact that Turner believes in Illinois is caused by the

cutting of the funding of social services by the state and the lack of funding of personal scholarships for students.

Turner feels that many students would choose buying school supplies over buying food.

Turner says a family can be provided with enough food for a week for only six dollars. She gave the example of the soccer team

of both genders in the past has hosted a fundraiser for the Food Pantry.

Turner wants people to remember that if they are blessed with food, they should help people who do not have enough food.

There are many ways to help the food pantry at Parkland College. A student organization could host a food collection for non-perishable items or a

fundraiser.

Parkland students can volunteer at the Parkland College Food Pantry. Volunteers can do a number of tasks from unloading trucks to helping customers shop.

If you interested in helping the food pantry at Parkland contract Turner, or Activities Program Manager for Student Life Chaya Sandler.

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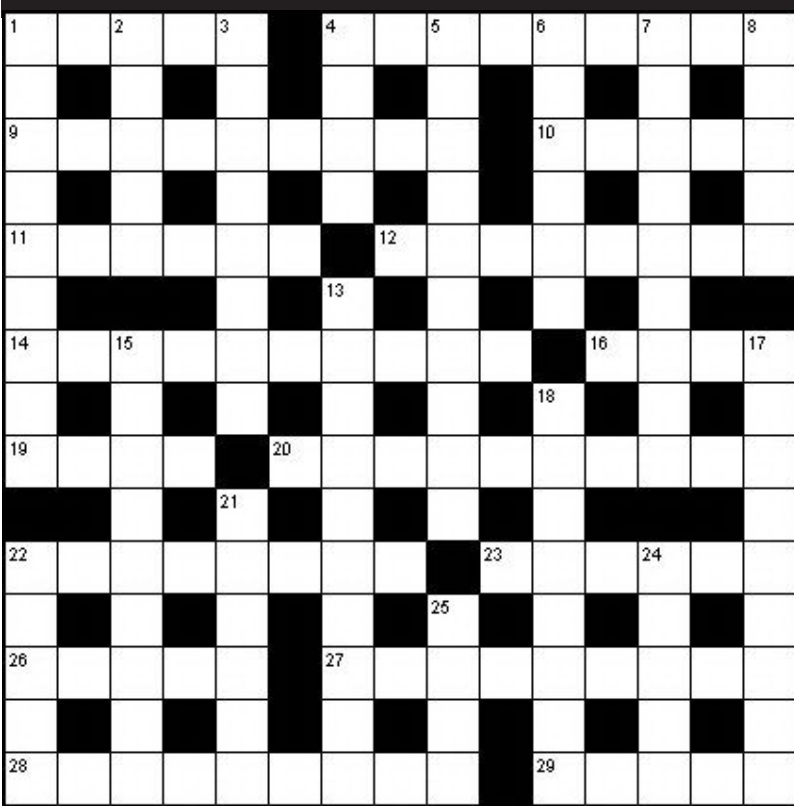
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Crossword (solve for the answers below)



ACROSS

- 1 Primarily, sherry here is dry (5)
- 4 Cheap paper wrongly prioritising what informative daily should do? (9)
- 9 Newlywed's healthy in prison (9)
- 10 Tent peg initially pronounced suitable for tent (5)
- 11 Salesman is obliged in speech to give information (6)
- 12 It helps one get into Oxford perhaps (8)
- 14 Miranda's father goes to America to get rich (10)
- 16 See good chap run out (4)
- 19 Recognised tennis player's told to give up (4)
- 20 Make one's way to unknown building to find place for the kids to play (5.5)
- 22 It's given to election campaign perhaps when party goes to the country (8)
- 23 Ancient language old Pict possibly used after a century (6)
- 26 Cat found in Oz (5)
- 27 Class of plants producing silver-cyanide compound maybe (9)
- 28 Judge taken in by a revolutionary showed partiality (9)
- 29 Fine vessel (5)

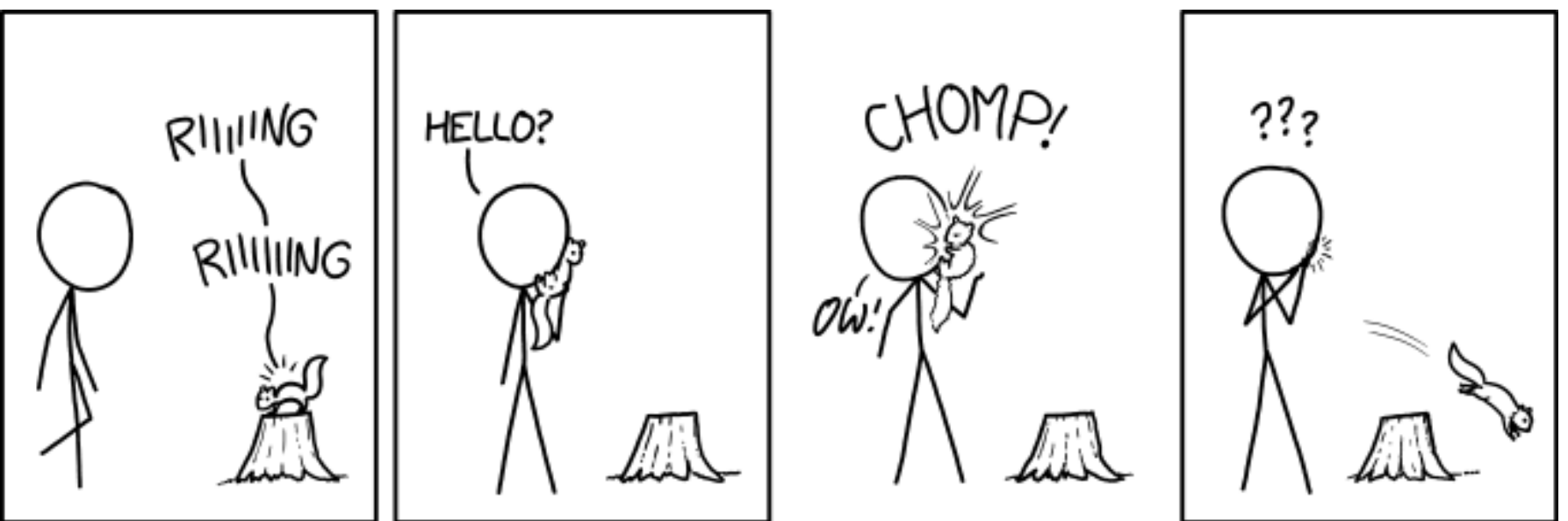
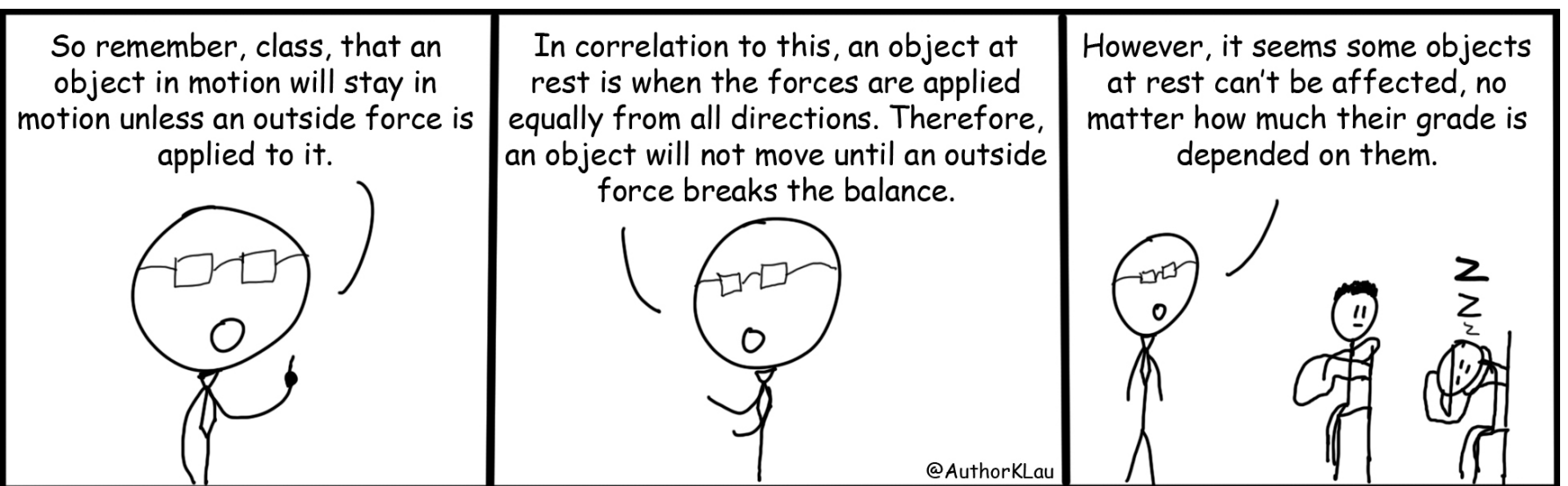
DOWN

- 1 Having hot climate, but crop is failing (9)
- 2 Caught Pakistan's opener around edge of crease (5)
- 3 Old bigwig embraces sin, taking Ecstasy to get high (8)
- 4 Born and died in poverty (4)

Last week's answers

1	I	S	O	C	H	A	S	M	I	C	S	P
11	A	L	D	H	E	L	M	U	N	B	A	R
13	A	U	O	I	A	G	I	O	T	A	G	E
15	D	E	R	V	L	A	T	N	A	L	O	D
17	I	D	L	Y	E	T	H	A	I	Q	U	E
21	A	N	E	U	R	Y	S	M	L	U	I	C
	P	O	S	A	P	O	L	L	I	N	E	
26	H	U	S	T	L	E	N	U	O	L	L	A
29	O	M	E	R	A	F	M	E	J	L	I	S
33	R	E	V	E	N	A	N	T	O	A	A	E
34	O	N	E	G	A	C	O	I	N	I	N	G
	N	A	B	A	L	E	N	C	I	A	G	A

- 5 Dogs, and what they may do if ravenous cannibals? (10)
- 6 One at the wheel's to dawdle along (6)
- 7 I'm on cue, but intrinsically unrehearsed (9)
- 8 Wooden articles obtained from box number? (5)
- 13 Stevedore working for nothing? But he's a sponger! (10)
- 15 Regulation of guns restraining one (9)
- 17 In such a state one prays for guidance? (9)
- 18 Pressed editor to follow Royal in skimpy clothing (8)
- 21 How to spell one Scottish goddess? (6)
- 22 Decline daughter's inferior turnover (5)
- 24 Some musicians go over the joint (5)
- 25 Hit with a missile (4)



SPORTS

Parkland vs. Lincoln Land 73-61



Kassidy Alderman #20



Photo by Scott Wells | The Prospectus
Freshman guard Charity Godbold drives to the net during the game against Lincoln Land on Feb. 3, 2016. The Cobras defeated the Loggers by a score of 73-61.



Layne Buzan # 23 | Lauren Moses #21



Josie Zerrusen #32



Taylor Jordan #12



Haley Toohill #10



Kerstyn Lowery #24



Lauren Moses #21



Megan Jackson #40

ENTERTAINMENT

Parkland hosting Valentine's festivities

Sierra Benson
Staff Writer

Parkland will be hosting a Valentine's Day event complete with a dinner and other festivities, including a guest speaker, confections, and dancing.

A common misconception amongst students is that you need a significant other to enjoy the event, when in fact you can bring a group of friends or show up alone to meet someone new.

"One thing that you should know about the Valentine dinner and dance is that just because it's a Valentine dinner does not mean you have to come with a partner," Cuevas said. "We'll have tables set up by the dance floor. It's mainly just to socialize."

The only stipulation is if a student were to invite one other guest who is not currently a Parkland student, they must have graduated high school.

According to Sandler, the goal for this event is to be fun while also educational.

"The office of Student life chooses a speaker that will be really engaging to students while also being cool and contemporary," Sandler said. "This is the second year that I've chosen the speaker and I've looked for speakers who really are able to talk to students...a practical speaker with outcomes you can definitely take and use as a student."

Since it is held exclusively at Parkland, it will also be a safe environment,

"It's obviously an alcohol free environment and so there's no pressures or



Event

Valentine's Dinner
February 12 | 6 p.m.
\$5 tickets
tickets refunded at door

Photo by Billi Jo Hart | The Prospectus
Pictured above is one of the stuffed animals that Student Life provided to students to stuff and keep or give to a loved one. The shirt says hashtag "KnowYourself," this year's slogan for Parkland's annual Valentine's Dinner and Dance.

anything," Sandler said. "Basically, it's four hours to hang out at Parkland with your friends and make it what you want with free dinner and dessert."

Dinner will be spaghetti, meatballs, and eggplant parmesan.

The speaker, Josie Ahlquist, who has traveled far and wide speaking on the topic of social media, explains why she thinks it plays an important role in the lives of college students.

"Unlike any other generation before, social media has the power to fuel your life in college and either to surge you on to your future goals after graduation

or unfortunately hurt your reputation and possibilities the rest of your life," Ahlquist said.

Ahlquist is future-minded and hopes to inspire educators to utilize social media and other technology in their classrooms, instead of being afraid or frustrated with it.

"I encourage educators to flip their fear and frustrated view of technology-slash-social media with youth to one of empathy and possibilities," she said. "For example, I am a faculty member, so I integrate Twitter, Instagram and even Snapchat into my courses... these tools aren't perfect, but the more we openly explore our experiences with them,

[they] will better prepare us for the future."

Ahlquist has a rule to help anyone determine whether or not something should be posted online.

"My rule: if my grandma would call me about it, don't post it," Ahlquist said. "Maybe your grandma is cooler than mine, but for me that usually includes things like language, tone and attire."

Her husband, Lloyd Ahlquist, is highly involved with the YouTube series "Epic Rap Battles of History," which she will go further into depth about during her talk.

Tickets can be bought in student life from 8 AM to 5

PM, Monday through Friday, or in the U Wing Lounge from 11 AM to 2 PM, Tuesday through Friday. You must pay five dollars up front, but your money will be refunded to you when you attend the dance.

The Valentine's Day dinner and dance will be held on Friday, Feb. 12, kicking off at 6 PM.

To learn more about guest speaker Josie Ahlquist, you can find her on Twitter @josieahlquist, Instagram @Josieahlquist, Snapchat at www.snapchat.com/add/josieahlquist.

You can also check out her website at www.josieahlquist.com.



Photo by Billi Jo Hart | Adventure Hart
(Left) T.R.U.T.H. and (right) Klevah make up the hip-hop duo Mother Nature, who opened for Exmag on Saturday, Feb. 6, 2016.



Photo by Billi Jo Hart | Adventure Hart
Jordan Nolan spins poi during Exmag.



Photo by Billi Jo Hart | Adventure Hart
Rachel Ziegler, aka DJ Ray, opens for Exmag.

PANIC IS PERFECT

Headphone graphic courtesy of Freepik

Cellspace



Photo by Billi Jo Hart | Adventure Hart
Rachel Pflum spins poi during Exmag.