

Parkland College

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Parkland College

Matthew D. Moss

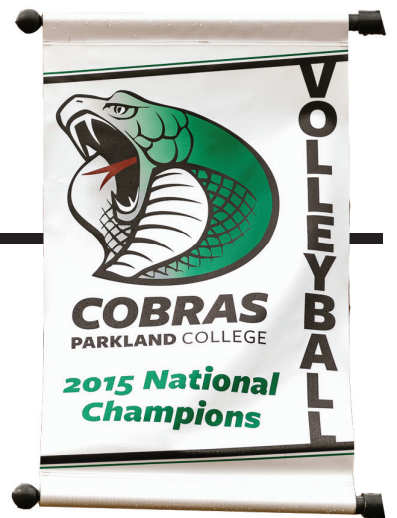
Scott Wells

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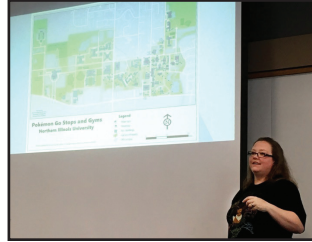
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Photo by Scott Wells | The Prospectus

Coach Hastings instructs his team during a time-out on Aug. 20, 2016. The Cobras faced off against University of Illinois at Springfield in preparation for the start of the new season. Read more on page 4.

HUMANS
OF PARKLAND
Sybil Phillips

Photo by Scott Wells | The Prospectus

Scott Wells
Staff Writer

Sybil Phillips has been interested in flying ever since she was a child, and this translates to her position as the director and chief pilot of Parkland's Institute of Aviation.

"I grew up on a farm that is located under an MOA (Military Operations Area) that was used by [...] the Air National Guard base in Springfield," she said. "Whenever I saw any plane fly over I wondered where they were going and what did the world look like from their vantage point."

Originally an agricultural communications major, Phillips took an aviation class in college and it changed the course of her life.

"I earned my private pilot certificate at the Institute of

SEE HUMANS PAGE 3

Parkland offers counseling alongside academic advising**Matt Moss**
Editor

Parkland's Counseling and Advising Center serves two different functions for students.

Most of the center's educational advisers double as qualified social workers, helping to provide Parkland students with the personal counseling and mental health tools they may require to cope with life's stresses and stay on the course of academic success.

Parkland's student advising office has eight counselors—who are also advisers—alongside five strictly academic advisers.

Marilyn Ryan, a two-decade veteran at the advising center, is one of its eight counselors.

Ryan says at one point counseling and advising were separate functions in separate spaces. In the early 2000s the two merged to create the modern Counseling and Advising Center, streamlining the system.

She says that for a while before the merger, counselors were worried that Parkland may do away with its personal counseling function and just stick with advising, though such fears never came to fruition.

"Parkland has been great over the years recognizing that we need trained counselors to deal with the issues that students bring," Ryan says.

With the functions

combined comes the dilemma of time and resource management, between academic advising and personal counseling.

Katie Schacht is the newest counselor on Parkland's staff, but nonetheless has been at the Counseling and Advising Center for two years. She says sometimes she struggles with balancing her work as a counselor and as an advisor.

"While our main goal is supposed to be counseling, it does tend to take a second seat to advising a lot of the time," Schacht says. "When you try to juggle the counseling and the advising [...] then you get really full, really quickly."

She emphasized the fact that she is the staff's newest member and highlighted her belief that other counselors may be better at managing the two jobs.

However, Ryan also says it is an odd dynamic sometimes giving one person advice on what classes they should take next semester and less than an hour later counseling another person who is dealing with intense grief or coping with depression.

While Schacht believes the number of personal counselors is at a good value, the center could do well to have more strictly academic advisers to alleviate some of the stress placed on counselors to aid with educational advising.

"I think that increasing academic advising numbers would be of help," she says.

"That would maybe take some of the pressure off counselors to fill in the gaps of advising."

However, such a joint advising-counseling arrangement does have its advantages. Schacht says being both an academic advisor and a personal counselor permits her the ability to meet with people who may want or need counseling but are not seeking that help—or are afraid or too nervous to do so.

"I will meet with students in an advisory way [...] they'll come to an advisor to get help with class," Schacht says. "But, they would never dream of coming to counselor. When they come to an advisor and they start talking about issues that they're having—academic struggles that they're having—you can hear this stuff that's going on underneath all of that."

Schacht places much of the blame on the modern American culture itself for fostering a fear of mental health and social issues, and making it seem as though seeking help for such issues is a negative thing, which is a major deterrent to those whom it need it.

"That's the American society, right?" Schacht says. "It's cultural stigma. While it's changing, it's still very stigmatized—anxiety, depression, all that stuff—especially in the American pull-yourself-up-by-your-bootstraps society."

Ryan seconds the idea of a stigma preventing people

from seeking behavioral therapy, but says such stigma is not "as bad as it used to be."

Ryan says one of the major advantages of the Counseling and Advising Center is just that—the functions are together, in the same office. Such a setup helps to undermine the idea of a perceived embarrassment for seeking personal counseling by maintaining ambiguity about why a student is there.

"Some people think it would be good to have the counseling and advising functions separate, but in a way it's nice that everyone goes in the same waiting room, so that you don't know [...] that someone's here just to pick up another English class or get a graduation audit, and there's no way to tell who's here for personal counseling," she says.

Parkland counselors can act as an important first step in working through an issue. While their emphasis is on the short-term—semesters and academic years—they can dish out referrals to get clients in with longer-term mental health programs and professionals.

"Parkland is short-term therapy," Schacht says. "So, if we are presented with a student that has an issue that is beyond the scope of short term—bipolar, schizophrenic, needing medication, needing significant long-term

SEE COUNSEL PAGE 3

Cobra baseball to play at Busch Stadium

The Parkland College Baseball team is excited to be playing at Busch Stadium in St. Louis on Wednesday September 14th and we want you to be there. The Chicago Cubs will take on the Cardinals starting at 12:45 p.m. that afternoon with the Cobras then taking on the Billikens of St. Louis University immediately after. The baseball team is selling tickets at \$40 per ticket with admission being good for both games.

Tickets can be purchased by contacting Dave Garcia in the Cobra Athletic Department at 351-2226 or by stopping by the Athletic Office.

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Fact or Fiction

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Answer on page 3

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NEWS

Intoxicated in the air: drunk pilots make news but are rare

SCOTT MAYEROWITZ, AP Airlines Writers
DAVID KOENIG, AP Airlines Writers
NEW YORK (AP) — Every few months, a pilot somewhere in the world is stopped before a jet takes off because of suspicion of drunkenness. It makes headlines and gives nervous travelers another reason to avoid flying.

Despite their notoriety, such cases are extremely rare.

Each day, there are 90,000 flights around the world, carrying more than 8 million people. And the overwhelming majority of pilots in those cockpits are sober.

Pilots take being fit to fly seriously and act accordingly," says former US Airways pilot John M. Cox, now CEO of the consulting firm Safety Operating Systems. "Pilots know they are one of the most carefully monitored professions and therefore, are very conservative."

There are occasional lapses. The latest incident occurred Saturday morning

when two United Airlines pilots were pulled from their flight — and arrested — as they prepared to fly 141 passengers from Scotland to the United States.

But don't think this will end the pilots' careers.

United has removed both men from flying duties — for now.

Many pilots caught drinking on the job have later returned to the skies.

The United pilots, Paul Brady Grebenc, 35, and Carlos Roberto Licona, 45, were released on bail Monday. Grebenc, from Columbus, Mississippi, and Licona, from Humble, Texas, made no plea and are free until a later court hearing.

The Federal Aviation Administration has a process that allows recovering alcoholics back in the cockpit if they pass a medical evaluation and stay clean during monitoring for the next five years. Since the union-backed program started in the 1970s, about 5,300 pilots — more than 100 a year — have gone through rehab and regained their

licenses, according to a program official.

"Pilots aren't any different than other people in the respect of having occasions they probably regret," says airline analyst Robert Mann.

U.S. rules prohibit pilots from flying if they have a blood-alcohol content of .04 percent or higher. (The United Kingdom has a stricter limit of .02 percent.) By comparison, the legal threshold to drive a car in the U.S. is twice that level at 0.08 percent.

Pilots must also wait several hours after having a drink to fly. The FAA has a saying for this: "Eight hours from bottle to throttle."

Last year, random alcohol tests were given to 12,480 U.S. pilots. Only 10 failed.

Pilots in the U.S. and most of Europe are only tested randomly or if there is a suspicion that they are drunk. There are also random drug tests.

But in India, all pilots and flight attendants are tested before departing. That's every single one on every outbound flight. With that stricter



Photo by Charlie Riedel | AP Photo

In this Tuesday, Feb. 26, 2013 file photo, a waning moon rises in the distance as a passenger jet takes off at Phoenix's Sky Harbor Airport. A handful of U.S. pilots each year fail random sobriety tests. Those who fail can fly again if they prove rehabilitation.

policy, 43 pilots tested positive for alcohol before flights last year, according to India's civil-aviation agency. India has about one-tenth the number of annual flights as the United States.

Fliers might take solace in knowing

that the danger from drunk drivers is much greater. Each year, about 10,000 people are killed on American highways because of drunk drivers — almost a third of all driving fatalities — according to the National Highway Traffic Safety

Administration. But there is a mental disconnect between statistics when it comes to flying. There's something unsettling to many fliers about being buckled into a metal tube, racing through the

SEE PILOT PAGE 3

Illinois Regional College Fair comes to Parkland College

Wednesday, Sept. 21
6-8 p.m.
Donald C. Dodds Jr. Athletic Center
FREE

CHAMPAIGN ILL. — Area high school students and their parents can explore a wide variety of higher education options at the 2016 Illinois Regional College Fair on Wednesday, September 21, 6-8 p.m. at Parkland College's Donald C. Dodds Jr. Athletic Center.

The event is free and open to the public.

Designed for high school students and community college transfer students, IRCF participants can speak one-on-one with representatives from 90 U.S. educational institutions. Students and parents may also visit displays from various colleges and universities and gather important information about education planning, financial aid, scholarships, and career choices.

The Illinois Regional College Fair is sponsored by the Illinois Association for College Admission Counseling in conjunction with Parkland College. For more information, students may contact their high school guidance counselors, visit online at www.usd116.org/uhs/guidance/ircf.html, or call Admissions at 217/353-2636.

New community ed 'maker' classes for fall in food, handcrafts

CHAMPAIGN, Ill. — Area residents can enjoy new workshops in food and handcrafts opening at Parkland College this fall that satisfy the 'maker' in them.

Parkland College's Business Training and Community Education has released its fall 2016 Discover brochure of personal-interest and professional development noncredit classes.

From computer skills, youth programs, and health and wellness classes to classes that improve creative expression, home and garden, money matters, travel, and leisure, the fall guide features enrichment opportunities for just about any interest.

New workshops in food and handcrafts are described below. Registration deadline for most classes is seven days prior. To view more

available classes, visit the *Discover* brochure online, or call 217/353-2055 to have a brochure mailed and to sign up for classes.

FOOD
The Story of Cheeses, Sept. 6 Novice and experienced cheese lovers will take a culinary journey from the artisanal producers of the United States through the ancient traditional cheeses of Europe.

Super Smoking, Sept. 15 Learn how to develop your own personal process for smoking meats, to feed your outdoor cooking obsession.

Parmesan in Particular, Oct. 4 Take your taste buds on a tour that will surprise and support your quests to know the best of the best in this cheese variety.

Salad Dressings, Oct. 18 Learn how to make a variety of salad dressings and find out which are the best greens to wear them. You will taste and take

some home, too.
Oysters: The Original Superfood, Nov. 1 Sample classic dishes such as Oysters Rockefeller, learn to shuck oysters, and enjoy them "on the half shell."

Squash and Kale: Superfoods, Nov. 8 Get great ideas for combining two fall-harvested superfoods in recipes with fantastic flavor and nutrition.

The Perfect Charcuterie Board, Dec. 6 Putting together the perfect cheese and dried meat pairings is demystified by local cheese experts.

In addition to the new food classes, a few favorites have returned for fall, including Pickle It!, Introduction to Homebrewing, Wine Making, Knife Skills for the Home Chef, Make-Ahead Thanksgiving, and Mead: The Ancient Beverage of Vikings.

HANDCRAFTS
Beginning Loom

Weaving, Oct. 17–Nov. 7 Weave a sampler and an original project under the careful guidance of an expert weaver.

Everlasting Fall Orb Centerpiece, Oct. 22 Create a fresh, natural fall centerpiece with plant materials that will dry and become everlasting.

Fabric Basket Weaving, Nov. 3 and 10 Use cotton rope and cotton wrapping materials to make a decorative and washable basket.

Multipurpose Holiday Wreath, Dec. 3 Decorate a premade fresh foliage wreath that can be used as a centerpiece or a wall hanging.

In addition to the new handcrafts classes, a few favorites have returned for fall, including Elements of Embroidery, Beginning Tatting, Beaded Kumihimo, and Beginning Knitting.

Prospectus News is hiring!

Your Name Here
Prospectus News

The Prospectus News, an award-winning student run news publication, is now hiring new writers, photographers, graphic designers, web designers, editors, webmasters, videographers and cartoonists. Students interested should apply if person by going to the Student Life Office, or by going online to ProspectusNews.com. The Prospectus News is known for its awesome and sometimes ground-breaking pieces. Students who are looking to expand their portfolios and get in on some great stuff should apply to be a part of the team.

Want a chance to gain valuable experience in the field, win awards, add value to your portfolio and be part of a team at Parkland College? Grab an application in Student Life, located in the Student Union building, today!

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PICK OF THE WEEK

The Hunna "You & Me"

FEATURE

Student sees benefits of 'Pokémon Go'

Keith Hernandez

The (DeKalb) Daily Chronicle

DEKALB, Ill. (AP) — A doctoral candidate in the Northern Illinois University Department of Geography argues that augmented reality gaming has educational benefits for those who otherwise would stay indoors.

Centering a discussion on "Pokemon Go" on Aug. 13 in the Northern Illinois University Campus Life Building, Autumn James said that augmented reality - a live direct or indirect view of the world augmented by computer graphics, sounds or GPS data - gives players a strong sense of the space around them.

"Pokemon Go" is a game for mobile devices in which players use GPS data to find and catch digital creatures known as Pokemon.

"They're not just sitting in their living rooms playing in a virtual world. They're going out in the real world, talking to people, interacting, learning about what is around them," James said. "It's teaching them how to more directly relate to

the real world."

"Pokemon Go" players James has spoken to said they are more aware of landmarks, streets and cardinal directions than they were before playing the game, she said.

James said she thinks this visualization of data is more than just a gimmick and will continue to evolve.

"For a long time, I thought this was going to be very short-lived," James said. "But I have found, with the number of students I interact with, that it's not just a kids thing, that parents are involved and people that wouldn't necessarily be out and about. I think it's going to be around for a while."

All four members of the Ford family listened intently to the presentation in yellow shirts that stand for Instinct, one of three teams "Pokemon Go" players are able to choose from when they have advanced far enough into the game.

Ashley Ford, who plays the game with her husband, Rick, and two sons, Gabrielle and Seth, said the family was



Photo by Keith Hernandez | Daily Chronicle via AP

In this Aug. 13, 2016 photo, Autumn James, a doctoral candidate in the Northern Illinois University Department of Geography, gives a presentation on how GPS data is used to create augmented reality games such as "Pok'mon Go." in DeKalb, Ill.

eager to attend an event that mixed learning and catching Pokemon.

"It's been a fun summer bonding experience," Ashley said. Her favorite Pokemon is Eevee, a small, foxlike

Pokemon whose form changes based on its surroundings. "We get out a lot more. Not only is it more exercise, but what's been really fun is how much fun everybody is having with it."

"Pokemon Go" pushed augmented reality to the mainstream when it hit the app stores July 6, gaining more than 38 million downloads since, according to app marketing company Sensor Tower. T-Mobile

is one of the many companies that have jumped on the Pokemon bandwagon, offering free data for up to a year for "Pokemon Go" players, according to a July statement.

FROM PAGE 1

COUNSEL

[therapy]—then we can assist them in being successful; we can be like their secondary[therapist][...] understanding that they have to have a counselor, medical doctor, or psychiatrist in the community providing long-term care."

This does not mean Parkland's counselors do not see clients who are suffering from more serious issues, like those who are actively suicidal or require prescription drugs.

Even though they are not equipped to deal with such issues on the long-term, no student presented with such issues should be afraid to come in and speak with Parkland's counselors; a referral from a counselor has the capacity to greatly expedite the process of getting set up with someone that is better able to help with such issues.

Even then, Parkland counselors still meet with those who may be seeing outside mental health professionals in a secondary, more academic-oriented counseling role.

"A lot of these folks who have counselors or psychiatrists [...] we encourage them to have someone here

to check in with about their school stuff," Ryan says. "So, we might not go into the issues that they are working on with their therapist, but we're not just in an advising role either."

Schacht believes there is a misconception among some of those who fear seeking counsel—that they must be suffering from serious mental issues to make good use of a counselor's time. She wishes to make clear this is not the case.

"I think a lot of people assume they need to be really, really, bad-off," Schacht says. "But, there is this misunderstanding that they're not having bad enough issues to come and talk. [...] If you're struggling in anything, no matter the level of struggle, why ever do it alone? [...] We are here to help."

The Counseling and Advising Center is located in U267, at the southwest corner of the student services wing's second floor. Fall semester hours are 8 a.m.-5 p.m. on Tuesdays, Wednesdays, and Fridays, while it is open for another hour in the afternoon on Mondays and Thursdays.

The center can also be reached by phone at 217-351-2219 for academic advising, and 217-351-2461 for personal counseling. Additional information on the center can be found online at parkland.edu/counseling.

FROM PAGE 1

HUMANS

Aviation and then completed all the other pilot and flight instructor certificates and ratings on my own with an institute instructor," she said. "Eventually I was hired as a flight instructor at the Institute of Aviation and worked there for a few years. Then I spent a year or so at a regional airline just to see what it was all about."

Phillips soon realized that her heart was still at the institute, so she quickly returned.

The Institute of Aviation was originally part of the University of Illinois until the transition to Parkland in 2014.

"The transition was interesting because I quickly learned that there are many differences in the ways of Parkland and the U of I," she said. "Fortunately there are very nice people at Parkland who are patient as I travel the learning curve."

Phillips says that no two days at work are alike, and that is one of the things she loves.

"The chief pilot part of the job

involves working with the FAA and TSA to satisfy their requirements and in turn train my staff to assure that we are maintaining excellence in instruction," she said. "The director part of my job involves [...] dealing with the airport, the control tower, our fixed-base operator, vendors, students, staff, and faculty."

With the start of fall semester, Phillips looks forward to the success of her students.

"I'm flying with some more students this semester and I look forward to seeing them grow in their knowledge and skills," she says. "Several airlines will be visiting to meet our students and start recruiting them for future jobs."

She says one of the best perks of her positions is seeing her students earn their well-deserved certificates at the end of their training.

"Every time I get to issue a temporary pilot or flight instructor certificate to a student [...] That's a really big deal in the student's life and it's a privilege to celebrate their hard work and diligent effort."

FROM PAGE 2

PILOT

air near the speed of sound without being able to see who is at the controls.

"If you are in a taxi and you think your driver is drunk, you ask them to pull over and get out," says John DiScala, who runs the travel advice site JohnnyJet.com. "You can't ask a pilot to pull over."

Since the 1970s, airline pilots have had a confidential

program in which they can be treated for alcohol abuse and return to the cockpit. Those in the program, called the Human Intervention Motivation Study or HIMS, must be evaluated by an FAA-certified doctor. The pilot is interviewed monthly by a flight manager and a committee of other pilots. Because of the risk of relapse, monitoring usually continues for several years after a pilot returns to flying.

Paul Hayes, director of air safety for aviation

consultancy firm Ascend, says that it is extremely rare that alcohol is a factor in an accident.

But there have been a handful of crashes tied to drinking.

In 1977, the American pilot of a Japan Air Lines DC-8 cargo jet was drunk when he crashed the plane during takeoff from Anchorage. All five people onboard — all crew — died.

In September 2008, an Aeroflot flight within Russia crashed on its landing

approach, killing 88 people. One of the factors, according to investigators, was that the pilot became disoriented as a result of his drunkenness.

Back in the U.S., there are a handful of cases where pilots were caught actually flying passengers drunk.

A JetBlue Airways pilot was charged with flying two flights between New York and Orlando in 2015 while under the influence. An Alaska Airlines pilot was charged with being drunk on two 2014 flights between Oregon and

California.

The most famous case though might be a 1990 Northwest Airlines flight from Fargo, North Dakota, to Minneapolis.

The pilots had been out at a bar the prior night. One had more than 15 rum and colas while the other two shared at least six pitchers of beer. Their flight left at 6:30 a.m. but two of them had been out at the bar until 10:30 p.m., the other staying until 11:30 p.m.

The plane landed safely; the pilots ended up in prison.

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Fact or Fiction

FACT: The disorder is called "Facebook Addiction Disorder." It has been said that approximately 350 million people suffer from the disorder.

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SPORTS

Cobra volleyball hopes to continue last season's success



Photo by Zonghui Li | The Prospectus

Parkland's Volleyball team faces off against Lewis University during a scrimmage match in the Donald C. Dodds Jr. Athletic Center on Tuesday, August 23, 2016.

Peter Floess
Staff Writer

How does a team improve upon perfection, following an undefeated season and national championship victory?

Such is the paradox facing Parkland's volleyball for the coming season.

In the fall 2015 semester, the team went 57-0 and won the NJCAA championship in Phoenix on Nov. 21.

Rod Lovett, director of Parkland's athletics, feels that the 2015 team "was a talented group that was driven by the fact they had come up just short by finishing second in both 2013 and 2014."

Coach Cliff Hastings says his favorite memory of the 2015 season, was seeing the team develop their camaraderie and push each other to strengthen their skills.

"It was the single closest-knit team I've coached," he said. "That was really fun to be part of."

Hastings remembers the 2015 team as a particularly hard-working and tenacious group.

"The 2015 team didn't lack for any confidence or fight to ensure success day-in and day-out," he said.

Hastings says last season's team has similarities and differences to the group that is currently preparing for the coming trials of 2016's

tourney, although he says it is too early in the season to accurately compare performance differences between the teams.

He says the returning

“It was the single closest-knit team I’ve coached. That was really fun to be part of.”

-Coach Cliff Hastings

sophomores have begun to reclaim the roles they filled last season, whilst the new freshman players work to take their places within the team.

"It is fun [...] to watch the returning sophomores start to define their new emotional [and] physical roles this year," Hasting says. "They had a certain role set last year, and with a new year and new team, they are looking to redefine who they are on the court. It takes a while for them to do that. Concurrently, the incoming freshmen are coming off being the stars of their high school teams, and they're trying to figure out how they fit into the puzzle, where to be a leader, where to be a follower, and where to just be them without worrying about anything else."

"They're starting to put the initial puzzle together, and

I think they're collectively doing a great job of figuring out how to get started together," he says.

Last season's championship title was Parkland volleyball's second in its history. The team brought home the national victory in 1999.

Lovett points out that for any Parkland sports team, a perfect record isn't what is important.

"Going undefeated is never the goal," he said. "Winning the title is."

However, the undefeated streak of last season was a nice bonus to their national victory.

Hastings says a few of the important matches of the 2016 season are on the weekend of Sept. 9-10 in Kirkwood, Iowa, as well as on Sept. 21 against Lincoln Land Community College and Oct. 5 versus Illinois Central College.

"[W]e'll play against three likely top 10 teams in that one weekend which is always a test to see if we're making great strides," Hastings said. "[M]atch-ups with Lincoln Land and Illinois Central College are always fun and hotly contested matches that we look forward to each year."

Cobra volleyball's season schedule, as well as the schedules for Parkland's other sports, can be found online at Parkland athletics' web portal, parkland.edu/athletics.

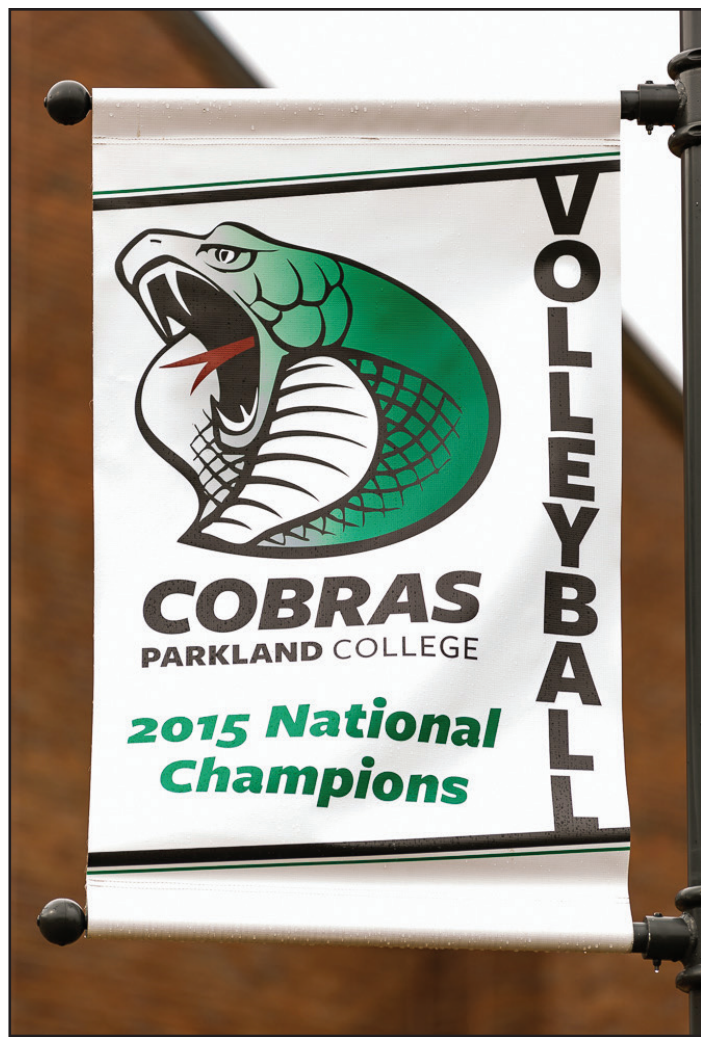


Photo by Scott Wells | The Prospectus

A banner recognizing Parkland Volleyball's championship victory hangs outside the gym entrance. The Cobras went undefeated during the 2015 season.



Photo by Zonghui Li | The Prospectus

Parkland Volleyball vs. Lewis University



Photo by Zonghui Li | The Prospectus

Parkland Volleyball vs. Lewis University