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44 percent of college students reported feeling symptoms of depression

Parkland College hosts National Depression Screening Day

By Brittany Webb | Staff Writer

College is a stressful time for many students, in fact 36.4 percent report feeling some level of depression in 2013, according to Parkland's counseling and advising webpage. This is why Parkland College will be hosting an event sponsored by Parkland's Counseling and Advising Center and the Champaign-Urbana Mental Health Public Education Committee. The National Depression Screening Day is an event which takes place on Wednesday, Nov. 4 this year.

"Symptoms of depression can include prolonged sadness or unexplained crying spells, significant changes in eating and sleeping patterns, irritability or agitation, pessimism, lethargy/loss of energy, feelings of guilt or worthlessness, inability to concentrate, inability to take pleasure in former interests, social withdrawal, unexplained aches and pains, and recurring thoughts of death or suicide," according to the counseling and advising

website.

Wyatt Simmons, a sophomore in industrial engineering at Parkland says there is a lot of pressure to do well for students, and he has seen a lot of friends fall into depression over it.

"There is this standard now that you have to be an honor roll student or have a 4.0 GPA graduate of high school and college to get anywhere," Simmons said.

The film "The Truth about Suicide: Real Stories of Depression in College" will be shown as part of the event.

"It's a film about prevention," said Dennis Cockrum, a counselor in Parkland's department of counseling and advising. "Then we will have a panel of experts to discuss it after."

The panel includes experts from Parkland, the Pavilion Behavioral Health System, NAMI (National Alliance for the Mentally Ill), the Depression/Bipolar Support Group, a representative from Community Elements, and a

representative from the Mental Health Board.

After the panel, the panel will be opened for questions from the crowd, and following that is the opportunity to do a depression screening in counseling and advising.

The counseling and advising department at Parkland College hopes students benefit from this event, as well as members from the community.

"We hope that students who may struggle with depression are able to understand more accurate information," Cockrum said.

Cockrum says the department also hopes other students they call allies—or people that may be

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If you or someone you know
needs help, please call
the Crisis Line:
217-359-4141

Top statistic courtesy of psychcentral.com

Former student cycles for a cause



Photo courtesy of Shagun Kumar Pradhan

Shagun Kumar Pradhan is bicycling across America to raise awareness about the conditions in Nepal following the earthquake that happened this past April. Pradhan plans to cycle from Urbana, Ill. to Seattle, Wash.

 Scott Barnes
 Staff Writer

Shagun Kumar Pradhan is currently bicycling across America to raise awareness about the conditions in Nepal following the earthquake that happened this past April. He hopes to raise money as well as awareness of the reality that the Nepalese people are facing today. He began his journey in Urbana, Ill. on June 29, 2015. His final destination is Seattle, Wash.

Pradhan is a former student who attended classes at Parkland from 2009 to 2011. He majored in mass communications and was also a member of The Prospectus.

John Eby is the program manager for the community education department at Parkland. He was an advisor for the newspaper at the time Pradhan was a staff member.

"I'm not surprised that Shagun would dream up such a huge goal, and then jump on a bicycle to reach it," Eby said. "He is a person with great big ideas, and a great big heart to match. I really admire his energy and his generous nature."

Pradhan transferred from Parkland College to Iowa State University but returned to Urbana to attend classes at the University of Illinois at Urbana-Champaign. While at UIUC, Pradhan met Jermaine Martinez through a mentoring program. Martinez was a PhD student and a teaching assistant for a couple of Pradhan's courses. Pradhan explained that he enjoyed working with Martinez.

"He made sure that the students understood. He

SEE CYCLE PAGE 5

Local entrepreneur Sean Baird visits Parkland

 Zach Trueblood
 Staff Writer

Local business owner and entrepreneur, Sean Baird, came to speak at Parkland on Thursday, Oct. 22. Baird was a guest speaker in an ongoing series of the Parkland Entrepreneurial Network or PEN talks. He provided his own experiences and business advice for those interested in entering the restaurant business.

"Sean is a great example of someone who had passion and ideas, but has also now a really well-honed sense of the business side of following your passion. And this is also not an end game for him. I fully expect him to continue to develop other ideas and projects," Parkland College Vice President for Institutional Advancement Seamus Reilly stated.

Baird's story is a local


 Photo by Cindy Smith | Parkland College
Local entrepreneur Sean Baird visits Parkland College to speak at a Parkland Entrepreneurial Network (PEN) talk on Thursday, Oct. 22, 2015.

one. He grew up in the Champaign-Urbana area. He's been in the hospitality industry for as long as he can remember. He later attended Southern Illinois University Carbondale and received a degree in

hospitality and tourism with a focus in restaurant management.

"I was pretty lucky that it was easy to come to the conclusion of what I wanted to do," Baird said in his PEN talk on October 22.

His first round of success came with the launching of a food truck in the Champaign-Urbana area, which was started with Baird and two other co-owners. The truck's name was Cracked: The Egg Came First.

Baird said that there was really a lack of competition in the food truck scene when he first started. In fact, there were only three other ones in town, now there are around 15.

When the trio came up with the plan to launch a food truck, their only other competition was two trucks that offered Mexican cuisine and the Crave Truck, a business started by Parkland student Zach Ware.

Cracked became a hit among the locals and the truck was offered invitations to music festivals all over the

SEE BAIRD PAGE 5

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Fact or Fiction

Walmart makes more money
than any other company in the
world.

Answer on page 7



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NEWS

From Egypt to Illinois: The travels of a Parkland professor



Graphic by Billi Jo Hart | The Prospectus

Matthew Moss

Staff Writer

From the cold of the Baltics to the scorching heat of the Sahara, one of Parkland's professors has seen the world and encourages others to do the same.

Joseph Walwik is a social sciences professor and the department chair of the social sciences and human services department. He has lived in six countries and interacted with many different cultures throughout his life.

Walwik's first experience living abroad came in 1993, which saw him travel to the ex-Soviet state of Latvia, a small country situated in the cold Baltics of northeastern Europe.

Working toward his doctorate from the American University, Walwik and other graduate students from other universities under the auspices of the then-newly-founded Open Society Institute went to Latvia to learn about the ex-Soviet educational system. He taught at the University of Latvia in the practical philosophy department, which he said at one point in time was

known as the Marxism department.

"There I was in what would have been the department of Marxism teaching the history of American philosophy," Walwik said.

It was a tumultuous time for the country during Walwik's stay. It was a time of great political and instability, as different factions—not all of them reputable—struggled for influence in the virgin political system.

Despite this, he said it was an interesting time to be in the country, as the political environment fluctuated and the descendants of people who emigrated when the Soviet Union took control of the country flocked back.

"It was a fascinating kind of time to be there," Walwik said. "In the midst of all of this, you had people who were trying to revitalize and democratize the Soviet model, and that's what my job was."

He returned to Washington and continued his doctoral work in 1994. However, he was not done travelling and living abroad. The next year saw him in Buenos Aires, Argentina, where he helped to orchestrate a study abroad program.

Like in Latvia, the political climate in Argentina was shaky. The country was still rebuilding and reorganizing itself in the wake of a 1976 military coup which held power for eight years and its campaign of anti-communist, government-sponsored terrorism aptly known as the Dirty War, where political dissidents were targeted, oppressed, and even eliminated.

"Our students were having to navigate all these political waters not really knowing enough about it," Walwik said. "Most of them were righteously indignant about all things having to do with the disappeared and the junta, and they would talk about it way more than anybody there would ... they didn't know that it was something you couldn't quite talk about."

Walwik enjoyed the beauty and diversity of Argentina, citing the splendor of the city as well as the natural landscape.

He returned to the United States after Argentina, working for the internet wing of Public Broadcasting Service when the web was still in its infancy. He taught part-time in

Washington during this time and eventually found full-time teaching positions in Florida and Kansas City.

In 2001, he received a Fulbright fellowship which sent him to teach in the Muslim-dominant Kyrgyz Republic in Central Asia, another ex-Soviet state. Walwik was in Kyrgyzstan on September 11.

On the walk to work the day after, Walwik said he felt everything but hostility from the Kyrgyz people, who would stop him and express their sorrows and sympathies for the disaster. However, Walwik said the environment changed when the United States and its coalition invaded Afghanistan.

"It was one thing to be sympathetic towards us because of what happened in New York and Washington, but then they could start see on television Americans bombing people who looked a lot like them," Walwik said. "It wasn't like there was any hostility about it, but there were attitudes."

After Kyrgyzstan came Egypt, where Walwik taught at the American

SEE TRAVEL PAGE 5

Math literacy course good option for non-stem majors

Jacob Kenter

Staff Writer

Sitting in math class many students have wondered if they really needed to learn this and how it was going to be useful in their future. The Parkland College Mathematics Department has worked together to create an entry level math course that is more applicable than standard algebra courses.

According to first year professor Cody Marlar,

"This class is more centered on group work as opposed to him standing in the front of the class room lecturing for the entire 50 minutes. The students really seem to enjoy it." That is one of the things that makes this class quite unique and also makes it a good alternative to other entry level math courses.

Parkland mathematics professor Dr. Erin Wilding-Martin has recently received the Central Region Outstanding Faculty Award, which she got for her role in starting the mathematical literacy course at Parkland College. Wilding-Martin started her career at the University of Illinois where she taught for nine years before coming to Parkland College.

"At the University of Illinois I realized that I wanted to teach math as opposed to doing other things with math, there are two differences like over there they are more focused on the research side of things as opposed to teaching," Wilding-Martin said.

Wilding-Martin also said that she likes how at Parkland she has the ability to get to know the students in her class, as opposed to the U of I where she was teaching 200-person lectures.

She has been teaching the math

literacy course since it first started at Parkland three years ago.

"Anyone who goes into teaching never does to win awards, but getting the recognition for the hard work that they put in was nice," Wilding-Martin said.

The math literacy course's use of group work helps the class have a more real world feel, because it allows the students to work with a variety of partners, which teaches them to solve problems and work with people with whom they might not have the closest relationship.

"This course is designed to prepare non-stem courses. By non-stem I mean students who don't need a whole lot of math in their program area," mathematics professor Brian Mercer said.

That makes this a great course for students who are going for a liberal arts degree, or more of a technical degree.

According to Mercer, the reason they started this course was that for a long time every student has had to take beginning and intermediate algebra in order to be deemed ready to take transfer-level courses.

Now at the state and national level, educational leaders have decided that rather than having the students retake algebra courses, they can create a class that better prepares them for statistics and liberal arts math, because those programs don't need a lot of algebra to complete them.

The goal of creating the mathematical literacy course was to create a class that was challenging and different; a course that has a lot of math in it, but wasn't all algebra.

According to Mercer, these were the



Photo by Billi Jo Hart | The Prospectus
Dr. Erin Wilding-Martin received the Central Region Outstanding Faculty award for her role in starting the mathematical literacy course at Parkland College.

basic guidelines they started with, then from there they wanted to create a course that allows them to work on the skills that businesses want students to have, like the ability to work in groups and good communication.

To accomplish these goals, the students do a lot of reading and writing, plus explaining of their reasoning to work on communication skills.

"The course helps improve the students excel, which is a skill companies want students to have," Marlar said.

Math literacy has been around for three years now and offers a unique perspective on math giving students more real world problems to better prepare them for their future endeavors.

Registration started for spring 2016

Register online at my.parkland.edu

Parkland College

Registration for Parkland College Spring Semester 2016 classes begins Monday, Oct. 26, for continuing students and Nov. 2 for new students. Spring instruction begins the week of Jan. 11. The spring class schedule is available online; copies will be available at the campus next week. Register early for best course selection.

Interested in taking college courses for the first time? You may apply to Parkland: in person at the admissions office, Room U214; online; by faxing a completed application form to 217/353-2640; or by mailing a completed application to Admissions and Records, Parkland College, 2400 W. Bradley Avenue, Champaign, IL 61821-1899.

Course registration for full-term classes will continue through Jan. 5 for new, degree-seeking students and Jan. 7 for all other students. For more information on registration steps, call the Office of Admissions and Records at 217/351-2482 or email admissions@parkland.edu.

LIFESTYLE

More cases of E. coli expected in Washington, Oregon

Donna Gordon Blankinship
Associated Press

SEATTLE (AP) — Health officials expect the number of people sickened by an E. coli outbreak linked to Chipotle restaurants in Washington state and Oregon to grow while they investigate the cause of the infection.

As of Friday, three people in the Portland area and 19 people in western Washington had become sick from E. coli. Seventeen of them had eaten at a Chipotle restaurant during the past few weeks.

Eight people have been hospitalized but no deaths have been reported.

After people started hearing about the outbreak, more people will probably go to the doctor and join the list of potential cases, said Marisa D'Angeli, medical epidemiologist with the Washington State Department of Health.

"We actually would expect there might be a jump in cases on Monday," she said.

D'Angeli encouraged anyone who has been sick with intestinal symptoms and has eaten at Chipotle since mid-October, to go see their doctor and get tested. She also said anyone with bloody diarrhea should go to the doctor whether they have eaten at Chipotle or not.

"We're very early in the investigation," D'Angeli said. It's possible their investigation will find that the E. coli came from a fresh food product delivered to Chipotle restaurants and other places.

Everyone who comes forward helps in providing extra clues that could help identify the source of the



Photo by Elaine Thompson | AP Photo

A pedestrian walks past a closed Chipotle restaurant Monday, Nov. 2, 2015, in Seattle. An E. coli outbreak linked to Chipotle restaurants in Washington state and Oregon has sickened nearly two dozen people in the third outbreak of foodborne illness at the popular chain this year. Cases of the bacterial illness were traced to six of the fast-casual Mexican food restaurants, but the company voluntarily closed down 43 of its locations in the two states as a precaution.

infection, she said.

The investigation started with talking to everyone diagnosed with E. coli and finding out what they ate and where. Test samples from those individuals will go to state labs in Washington and Oregon.

Then samples of food from the restaurants will be tested at a U.S. Food and Drug Administration laboratory to see if bacteria from the food matches the human cases.

The source of the E. coli was most likely a fresh

food product, D'Angeli said, because it probably could not be traced to one sick individual or one instance of cross-contamination of food since the cases are connected with so many restaurants.

D'Angeli noted that Chipotle has been cooperative and voluntarily shut down all its restaurants in the two states.

The reopening of the 43 Chipotle restaurants in Oregon and Washington will be dictated by the investigation, said company

spokesman Chris Arnold. "Right now, that is the priority," he said.

The company has not made plans to close any other restaurants in other states as there is no evidence of a link to other restaurants, Arnold added.

Before U.S. markets opened Monday, shares of Chipotle tumbled more than 5 percent to levels not seen in about three months.

People have reported symptoms of infection in Clackamas and Washington

counties in Oregon, and Clark, King, Skagit and Cowlitz counties in Washington.

There are hundreds of E. coli and similar bacteria strains in the intestines of humans. Most are harmless, but a few can cause serious problems.

Symptoms of E. coli infection include diarrhea, abdominal cramps, nausea and vomiting. Health officials say the best defense against the bacterial illness is to thoroughly wash hands with soap and water.

New push for pint-sized medical devices to treat sick kids

Lauran Neergaard
AP Medical Writer

WASHINGTON (AP) — Improve isn't a word parents want to hear from their kid's doctor. Yet pediatric specialists too often have to jury-rig care because many of the medical devices needed to treat sick children were built for adults.

Part of the problem is size. Doctors fixed Alice de Pooter's faltering heartbeat by wedging an adult pacemaker into a baby's body. But the device's large battery bulged so badly under her rib cage that she struggled to sit upright until her first birthday.

It's also an engineering problem. Children aren't just miniature adults; their bodies are growing and changing. When adult devices haven't been formally studied in children, using them in youngsters can raise safety questions.

"It affects patient care. We need to find a resolution," Dr. Matthew Oetgen, chief of orthopedic surgery and sports medicine at Children's National Health System, said at a recent grants competition that the Washington hospital hosted to help spur development of innovative pediatric devices.

There's little financial incentive to create and test pint-sized devices because children overall are healthier than adults and make up a fraction of the treatment market.

But families are starting to demand solutions.

A birth defect left Miyah Williams with one leg missing at mid-thigh. The prosthetic leg she received as a toddler came with such



Photo by Manuel Balce Ceneta | AP Photo

Miyah Williams, 3, wearing her prosthetic leg, rests in Washington, Friday, Oct. 23, 2015, at a meeting on the need for new pediatric medical devices hosted by Children's National Health System. Miyah struggled with a painful and hard-to-move socket attaching her prosthesis until last August, when she received a new softer and more flexible kind. Miyah's old prosthesis lays on the floor.

a painful, sweat- and sore-inducing socket — a rigid cup connecting the leg to her thigh — that she refused to wear it. Her mother eventually found a small San Francisco company willing to design a softer, adjustable socket able to grow some as Miyah does.

Miyah, now 3, dances to show off a leg finally comfortable enough to wear all day.

"She told them earlier today that her bone no longer hurts," Tamara Williams of Fayetteville, North Carolina, said of manufacturer LIM Innovations. "They made her a socket that changed her life."

The industry acknowledges medical devices designed specifically for children often

lag five years to 10 years behind new technology for adults, and Food and Drug Administration statistics illustrate the disparity. In 2013, eight of the 38 novel or higher-risk devices FDA approved were labeled for use by patients younger than 22. In 2014, six of 33 such device approvals were for pediatric use; so were two devices for rare disorders allowed to sell under a special fast-tracking program.

Consider pacemakers. Children account for only about 1 percent of pacemaker implants, said Dr. Charles Berul, co-director of Children's National Heart Institute. Adult pacemakers such as the biventricular version implanted into Alice

de Pooter when she was 4 months old can save lives, but improvising has drawbacks, he said.

Adults typically have a pacemaker's electrical leads, or wires, easily threaded into the heart through a vein, but babies require open-chest surgery attaching them to the outside of the heart, explained Berul, Alice's longtime cardiologist. Faster child heartbeats wear out the batteries more rapidly, and the leads can stretch out of place as tots grow.

Now 3 and living near Houston, Alice has a well-functioning heart and while the battery's outline remains visible in her belly, "she's running and happy," said her mother, Charlotte

Vanheusden.

Manufacturers are developing a tiny wireless pacemaker for adults. If it works, Berul hopes eventually that could be adapted for children, too. Meanwhile, he's developing a less invasive way to place today's wires in tots, with aid from a tiny camera normally used in the urinary tract.

It's an example of partnerships between doctors and bioengineers that are springing up at numerous children's hospitals and universities, sparked in part by 2007 legislation establishing an FDA program with a small budget to help fund early pediatric device development. This year, FDA awarded \$3.5 million to eight such consortia around the country. Some experts argue more far-reaching incentives are needed, such as tax credits and patent exclusivity that in recent years have spurred an increase in medications for rare diseases.

Another incentive: Make a device that works first in kids, and "absolutely there will be benefit for the adult population. It's not as easy the other way around," said Dr. Vasum Peiris, FDA's new chief medical officer for pediatric devices.

Doctors point to some successes. The Berlin Heart child-sized implantable pump was approved through a special FDA program in 2011 to help children survive the wait for a heart transplant, an option long available for adults. OrthoPedic Corp. of Warsaw, Indiana, recently created a device to repair a common knee injury, a torn ACL, without damaging

ENTERTAINMENT

Police backlash pressures Tarantino's 'Hateful Eight'



Photo by Patrick Sison | AP Photo

In this Oct. 24, 2015 file photo, director Quentin Tarantino, center, participates in a rally to protest against police brutality in New York. Calls by police groups to boycott Quentin Tarantino's "The Hateful Eight" are putting pressure on one of December's most anticipated releases and inserting one of Hollywood's top directors into a pitched cultural battle. In recent days, a growing number of police groups have called for the boycott of the upcoming Weinstein Co. release.

Jake Coyle
AP Film Writer

NEW YORK (AP) Calls by police groups to boycott Quentin Tarantino's "The Hateful Eight" are putting pressure on one of December's most anticipated releases and inserting one of Hollywood's top directors into a pitched cultural battle.

In recent days, a growing number of police groups have called for the boycott of the upcoming Weinstein Co. release. After local police organizations in New York, New Jersey, Chicago, Philadelphia and Los Angeles, the National Association of Police Organizations recently joined the ranks opposing Tarantino after remarks the

director made during a recent rally against police brutality.

"We ask officers to stop working special assignments or off-duty jobs, such as providing security, traffic control or technical advice for any of Tarantino's projects," the organization said in a statement. "We need to send a loud and clear message that such hateful rhetoric against police officers is unacceptable."

Tarantino attended the Brooklyn rally against brutality on Oct. 24 where he told The Associated Press: "I'm a human being with a conscience. And if you believe there's murder going on then you need to rise up and stand up against it. I'm here to say I'm on the side of

the murdered."

Tarantino's comments drew condemnation from, among others, New York Police Department Commissioner William Bratton. "Shame on him," he said, speaking shortly after the recent fatal shooting of NYPD officer Randolph Holder in East Harlem. "There are no words to describe the contempt I have for him and his comments at this particular time."

The response has made Tarantino a regular topic on Fox News and at Hollywood soirees, alike. Fox News' Bill O'Reilly last week said Tarantino "lives in a world of his own." At the Hollywood Film Awards on Sunday night in Los Angeles, Jamie Foxx,

star of Tarantino's "Django Unchained," defended the director. Foxx urged him: "Keep telling the truth and don't worry about none of the haters."

Tarantino's father, Tony Tarantino, has even issued a statement through the New York Police Patrolmen's Benevolent Association saying his son is "dead wrong" about police officers. The director has previously said that his father "was never part of my life."

Tarantino has yet to respond publicly to the backlash. Representatives for the director didn't respond to messages Monday.

Expectations are high for "The Hateful Eight," which opens Christmas Day

exclusively in film projections of 70mm before expanding to nationwide theaters January 8. Starring Samuel L. Jackson and Kurt Russell, it's a wintery Western about a group of bounty hunters holed up together during a blizzard.

Tarantino's last film, 2012's "Django Unchained," earned \$425.4 million globally and won two Oscars, including best screenplay for Tarantino.

Harvey Weinstein, co-chairman of the Weinstein Co., has a long history of using media storms to stoke interest in a movie. This time, the fortunes of "The Hateful Eight" for better or worse risk being altered by a controversy not of his making.

Marley's heirs control rights on images of Bob Marley

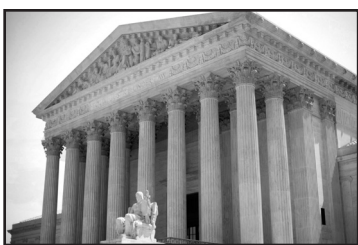


Photo by Pablo Martinez Monsivais | AP Photo

WASHINGTON (AP) — The Supreme Court has rejected an appeal from clothing companies that claim they have legal rights to sell shirts with the image of reggae icon Bob Marley.

The justices on Monday let stand a lower court ruling that said the merchandisers had used his likeness to sell clothing at Walmart, Target and other stores without permission from Marley's children.

Marley's heirs control the rights to the reggae star's image through a company called Fifty-Six Hope Road Music. The company sued rivals A.V.E.L.A. and others in 2008, arguing that their sales of Marley merchandise violated federal trademark law. A federal court ordered the companies to pay more than \$1 million in profits and damages.

A federal appeals court agreed, citing evidence that consumers were confused about who endorsed the merchandise.

Sanders spends \$2M on 1st ad campaign

Ken Thomas
Associated Press

WASHINGTON (AP) Democratic presidential candidate Bernie Sanders launched his first television ads in the early voting states of Iowa and New Hampshire on Sunday, pouring \$2 million into an ad buy that casts his campaign as a sharp break with the status-quo.

The ads give voters a fuller look at the Vermont independent senator's biography, as a longtime fighter against injustice and inequality, his humble upbringing in Brooklyn, New York, and his attendance at Dr. Martin Luther King's March on Washington in 1963. There's also his work as mayor of Burlington, Vermont, in Congress and his pledge to take "on Wall Street and a corrupt political system."

The ad, entitled "Real Change," mentions the 1 million contributors to his campaign and shows footage of his large rallies around the nation. The tag line of the ad calls him, "An honest leader building a movement with you, to give us a future to believe in," calling to mind President Barack Obama's 2008 slogan of "Change We Can Believe In."

"Thousands of Americans have come out to see



Photo by Jim Cole | AP Photo

Democratic presidential candidate Sen. Bernie Sanders, I-Vt, speaks during a campaign stop at the William B. Cashin Senior Activity Center, Friday, Oct. 30, 2015, in Manchester, N.H.

Bernie speak, and we've seen a great response to his message," said Sanders campaign manager Jeff Weaver. "This ad marks the next phase of this campaign. We're bringing that message directly to the voters of Iowa and New Hampshire."

The 60-second ad, which was first aired on NBC's "Meet the Press," is also a not-subtle dig at the Clinton political brand. It notes Sanders' vote opposing the Iraq War in 2002, which Clinton supported and later said she regretted. "People are sick and tired of establishment politics,

and they want real change," Sanders says in footage from a campaign rally.

Sanders is competitive with Clinton in the first contests of Iowa and New Hampshire, and he has raised more than \$40 million through the end of September, mostly online.

His performance in the first two states could be pivotal in his challenge to Clinton. The Democratic front-runner enjoys strong support among black and Latino voters who play an influential role in South Carolina and Nevada, respectively, which follow

the first two states.

"If we win Iowa and New Hampshire, it opens up for us a path toward victory," Sanders said Friday in New Hampshire.

Sanders has a history anchored in the civil rights movement, but a political career rooted in mostly white Vermont. The ad seeks to underscore his career working on progressive causes, showing a photo of him leading a campus sit-in while attending the University of Chicago, an image of King's March on Washington and walking a picket line.

FROM PAGE 1

SCREEN

concerned about their friends or family are able to find out what to do if someone they know may be struggling with depression.

"It's an event that can prevent someone from suffering any further with serious depression," Cockrum explained.

Resources are available for students at Parkland College. The counseling and advising department offers personal counseling for students wishing to be seen.

Setting up an appointment

is easy. Students should go to the front desk of the counseling and advising center and say they are looking to make a personal counseling appointment.

Students will be given an intake form with questions such as what they want to talk about with a counselor, who referred them (could be the student himself/herself) and how the student is feeling emotionally that day. The office will match the student with a counselor and set up an appointment.

Another resource for students is the Wellness Center at Parkland, located in the Office of Student Life.

The Wellness Center has a

meditation room which can be used for meditation, praying, or just a quiet get away if a student isn't feeling well or overwhelmed, said Sarah Estock, Wellness Center Coordinator.

"I want students and staff to know the meditation room is here," Estock said. "It's almost like our best kept secret back here in Student Life."

There are some strategies for students going through rough times.

"Being mindful can help ground you if you are feeling anxious or depressed," Estock explained. "Breathing techniques can be helpful. 4-7-8 breathing is essentially

inhaling for a count of 4 seconds, holding your breath for 7 seconds and exhaling slowly for 8 seconds."

Cockrum suggests self-care. Exercise, good nutrition, adequate sleep, and time management are all things that can help when a person is feeling overwhelmed.

"Making time for praying, walking in the woods, or meditation can help bring you some peace," Cockrum said.

Students should not feel alone in their battles with depression, anxiety or other mental illness. If you or someone you know is having trouble coping with school or personal matters, contact the counseling and advising

department by stopping in from 8 a.m. to 5 p.m. Monday through Friday in U-267 or give them a call at 217-351-2219.

The Wellness Center is open from 8 a.m. to 5 p.m. Monday through Friday and is located in U-112 (inside Student Life).

The 2015 International Survivors of Suicide Loss Day is also coming up on November 21. It is a community day where survivors of someone who has committed suicide can come together and get the support they need. Anyone interested in going can contact Marilyn Ryan at mryan@parkland.edu. Registration is required.

FROM PAGE 1

BAIRD

country.

The truck served festival attendees at festivals like Bonnaroo and Electric Forest. At Bonnaroo, an event that hosts around 90,000 patrons, Cracked made around \$46,000 in sales their second year.

About eight months ago Baird decided to part ways with the food truck aspect in order to expand his hospitality career. He's in the process of opening a restaurant in the downtown area of Champaign. The restaurant is named Watson's Shack and Rail.

Baird's success and expertise with hospitality earned him a spot as presenter in the most recent PEN talk. The network's goal is to support entrepreneurial learning at Parkland. Reilly takes input from everyone on potential speakers and tries to promote entrepreneurial opportunities for students on

campus.

"As a result of a proposal from prominent individuals in our community, we developed an Entrepreneur of the Year competition, support various projects and initiatives to support students, and instituted a PEN Talks series. The talks are intended to introduce students to common principles connected with learning, entrepreneurship, and general work ethic and practical advice," Reilly said.

Reilly has known Baird for many years and felt him to be a good fit as presenter for a PEN talk. Baird is 25, and Reilly felt that it's important to showcase younger entrepreneurs.

"Sometimes it is hard for students to see the links between starting off and achieving success. Earlier speakers had clearly reached the pinnacle of their achievement. Their talks were great and had excellent practical advice, but often it was reflections. Younger entrepreneurs offer something closer to the

action," Reilly stated.

Baird's newest venture is his downtown restaurant Watson's Shack and Rail. Watson's is located at 211 North Neil Street, in the spot the former Boltini Lounge was in.

There has been about 11 months of planning and preparation going into the launch of Watson's. Baird and his crew are hard at work to get it up and running. The planned open date will be around the middle of December.

"It's going to be southern style comfort food with regional and local products. I've gotten a lot of inspiration from the Chicago restaurant scene with places like Honey Butter and Parson's. We didn't want to be too southern but have things like Nashville hot chicken and rotisserie chicken. You don't see too many places doing rotisserie chickens," Baird said.

There is still renovation work being done at the restaurant. A paint scheme has been selected and various

interior design aspects are being worked out. Baird and his Head Chef Mark Hartstein have even been rolling up their own sleeves and getting dirty.

"Everybody's been super nice throughout the whole process. Carlos and Tiffany from Jupiter's have helped out a lot," Hartstein said, regarding the support of other downtown establishments.

Watson's boasts the appeal of an authentic chicken shack. Tin roofs will be added for aesthetic appeal. The very back area that used to be a dance floor in Boltini is being converted to a kitchen.

The color scheme has a prominent burnt sienna that is similar to the original brick color. Baird has also employed the services of local artist Jason Mack. Mack has designed a number of the light fixtures in the restaurant. They are made of recycled beer glass and formed into a dome shape.

There are more artistic accents to come and will be revealed when the restaurant

launches.

Baird has many plans for Watson's. He really wants to stress the importance of using local and regional meats and produce. He believes the farm to table aspect is really catching speed in the downtown area. Baird predicts the average check per person will be around \$11 or \$12.

Watson's is also a bar and will be open late night. The full menu won't likely be available late into the night. Baird hopes to offer innovative drinks like frozen bourbon slushies and more. Watson's will also have live music.

For those interested in attending a PEN talk, Reilly stated that there would be more in the future, most likely in the spring semester. The presenters will likely be younger and more relatable to the student body.

If you're a fan of fried chicken, be looking for the Watson's Shack and Rail opening set tentatively for middle December.

FROM PAGE 2

TRAVEL

University in Cairo for three years. He said he and his family eventually adjusted to the ups and downs of life in the city.

"It was where I lived," Walwik said. "Cairo was ... full of difficulties, but at the same time every day was a fascinating trip."

South Dakota was the next stop for Walwik, but he would be returning to the Sahara. He taught at an English-language university in the mountains of Morocco from 2008 to 2009, but

was forced to return to the States when the school his children were attending fell apart.

Coming back to a weak job market, he considers himself lucky he ended up at Parkland. He does not think he simply settled for the job and loves the Champaign-Urbana community, but has not ruled out possibility of doing another teaching abroad program.

Walwik encourages Parkland students to pursue their dreams and see the world.

"Just go do something," Walwik said. "There's a big world out there, and you only think you don't have the ability to go out and find it and explore it."

FROM PAGE 1

CYCLE

connected with the students. He put feelings and emotions into his students," Pradhan said. "He wasn't just telling us to memorize stuff, he was telling us why and the reason for it. I really, really just liked the way he presented himself and the way he taught."

Martinez explained that Pradhan had a strong work ethic and a lot of enthusiasm.

"The guy is just kind of a force of energy," Martinez said. "I don't think I've ever interacted with him, whether when he was my mentee or afterwards as just friends, where he wasn't just active."

Pradhan and Martinez formed a close relationship during this time period. Pradhan credits Martinez for being a source of inspiration and helping him get to where he is in his life now.

Not only is Pradhan hoping to help out the people of Nepal, he is also raising money to fund a book he wants to write about his life experiences.

During his college years Pradhan struggled with the heavy work load of being a student. He completed a program at an accelerated pace and received a degree in communication after only one year of attending classes at UIUC. In addition to attending college he also worked three jobs to help make ends meet. Along the way he developed some unhealthy lifestyle habits and fought a

battle with depression. After college he moved to Seattle to pursue a career but he did not find fulfillment in what he was doing, so he returned back home.

He explained that the plan of bicycling across the country came to him during a meditation session, and said that the trip also serves as personal journey for him.

He is documenting his experiences along the way and sharing them via the Internet. According to one of his GoFundMe pages, he hopes that this book will be a source of inspiration.

"My vision is to write a book that will help college graduates get past post-graduation depression, relate to people and help guide them towards finding themselves (aka happiness), and to give inspiration to the dreamers in this world we live in," his page read.

Pradhan explained that he believes his life experiences serve a higher purpose.

"I see myself as a healer and a helper," Pradhan said. "Because I've overcome it, I can help other people overcome it because I understand it. People who try to help others, that haven't been through it, don't understand it. This bike ride for me is nothing compared to what I've been through."

Students who are interested in supporting this cause can learn more about it at www.processthereset.com. They can also make a donation to aid Nepal at www.gofundme.com/nepalneedshelp or provide financial support for Pradhan's book at www.gofundme.com/shaggybikerider.

FROM PAGE 3

KIDS

young children's still-growing bones.

Last month's competition by Children's National's innovation institute highlighted early prototypes attempting to wind through the pipeline, from a device by Ireland's AventaMed to implant ear tubes in youngsters without requiring full anesthesia

to a test by Prospira Inc. in Galveston, Texas, showing if breathing tubes are inserted properly.

The ideas don't have to come from pediatricians: "Just ask patients what they want," said Dr. Andrew Pedtke, an orthopedic surgeon who co-founded LIM Innovations after seeing adult amputees struggle with painful sockets and had a small team beginning pediatric work when Miyah's mother made her request.

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COMICS & PUZZLES

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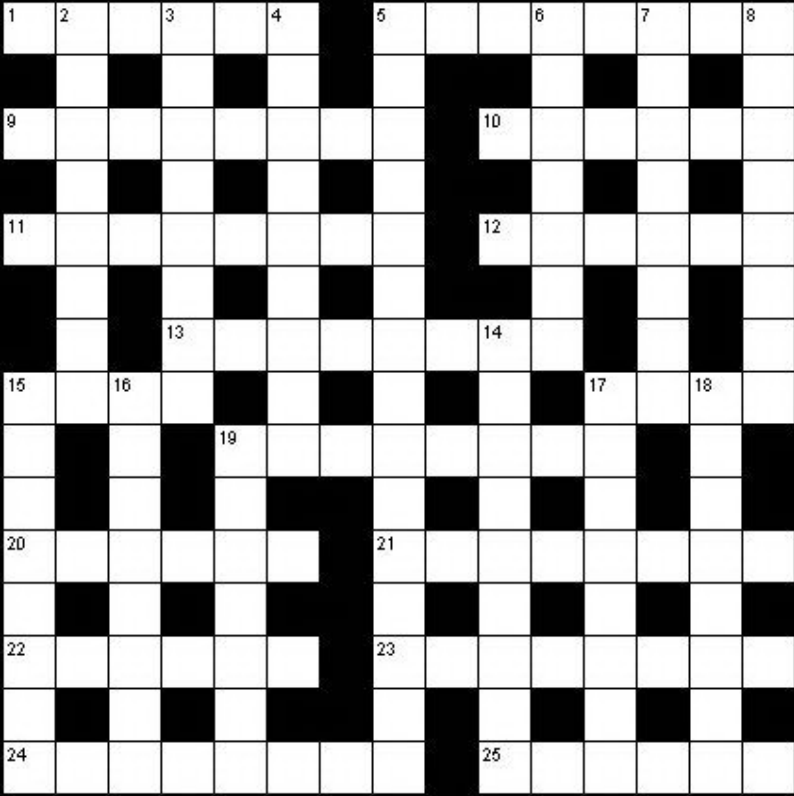
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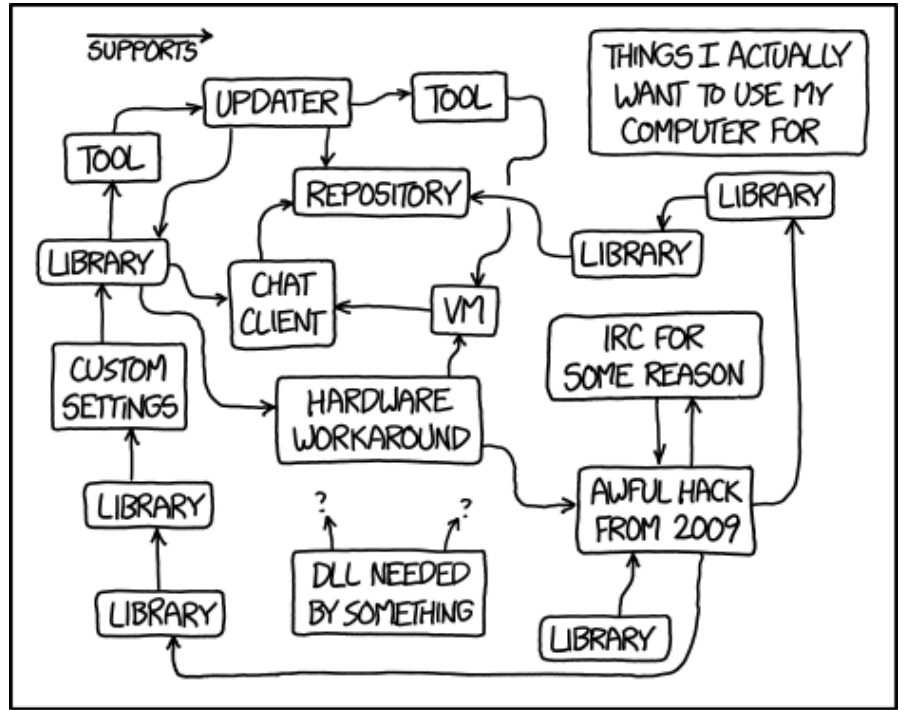
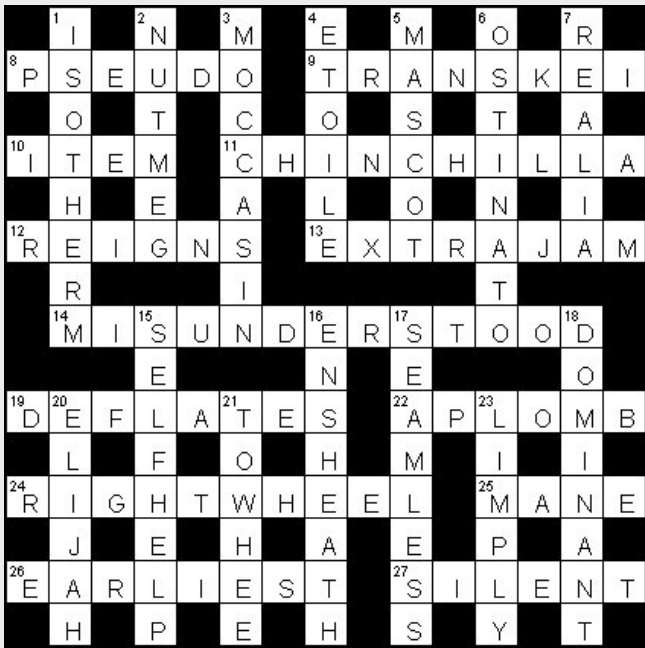
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Crossword (solve for the answers below)



Last week's answers



EVERY NOW AND THEN I REALIZE I'M MAINTAINING A HUGE CHAIN OF TECHNOLOGY SOLELY TO SUPPORT ITSELF.

ACROSS

- 1 He could be consumed with a lust to become crystal-user (6)
- 5 Very delicate material available from the Web (8)
- 9 Vessel containing pills primarily? (8)
- 10 Kingdom that's in possession of year-old Japanese painting (5-1)
- 11 Defeated party bouncing back as poll for Euro is decided (8)
- 12 In just under a month German replaces new car (6)
- 13 Introductory radio broadcast given by Liberal after European vote (8)
- 15 Slav girl has year off (4)
- 17 Nest's located by English woman (4)
- 19 I attempt to keep a certain equality of measure (8)
- 20 Loathing produced by crone hoarding money (6)
- 21 It's fired from Winchester perhaps (8)
- 22 Enjoy the taste (6)
- 23 Paisley for example puts marriage first (8)
- 24 Making certain to telephone after being given place by university (8)
- 25 A series that's tied? (6)

DOWN

- 2 Combine fossil fuel energy with significantly cleaner energy sources (8)
- 3 What old newspaper did, having cowardly editor (8)
- 4 Sent academician translation of Proust that's about acceptable (9)
- 5 German poet said to have blasted "mostly dumb German opera" (15)
- 6 Tree from Lusaka's gone astray (7)
- 7 Summer festival's leading lady finds setter's packing a most powerful piece (3,5)
- 8 Gypsy gentleman needs money for food (8)
- 14 Passed examinations? (9)
- 15 Piece of music much performed in Copenhagen? (8)
- 16 Marine being risqué in speech, almost drunk (8)
- 17 Cosmetic from the Orient found on the old ship (8)
- 18 No rep is substituted, note, when one appears thus (2,6)
- 19 One charges, taking pound from hero-worshiper (7)

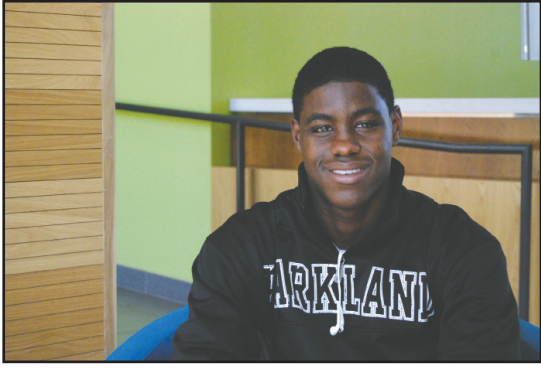


GREEN APPLES by Jeff Harris



FEATURE

HUMANS OF PARKLAND



Sarah Powers
Staff Writer

Lakeith Bolk

“Where I come from, back in Joliet, I had a pretty messed up life. That’s why [my family] moved down here two years ago, to try and change. So, we came down here and I really got into woodshop. I liked it, and decided to give it a go.

I don’t usually like to tell people my life story, but my family was related in some gang activity, and after we left, our house was boarded up and everything. I think it’s boring down here, but it’s definitely safer, so I’ll take it.

I’m at Parkland for construction, specifically carpentry.

In my high school they had a summer program I did that taught me a lot about building houses. It was a lot of fun, I saw that I could make good money, and decided to go for it.

Woodworking makes me feel like I’m helping out, because in the program that we did, we were working for Habitat for Humanity, building houses for people. It felt really good, because I was helping people and at the same time doing something I enjoy.”

HUMANS OF PARKLAND
We want to hear your story!
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In Review: ‘Lesser Beasts: A History of the Humble Pig’ by Mark Essig

Peter Floess
Staff Writer

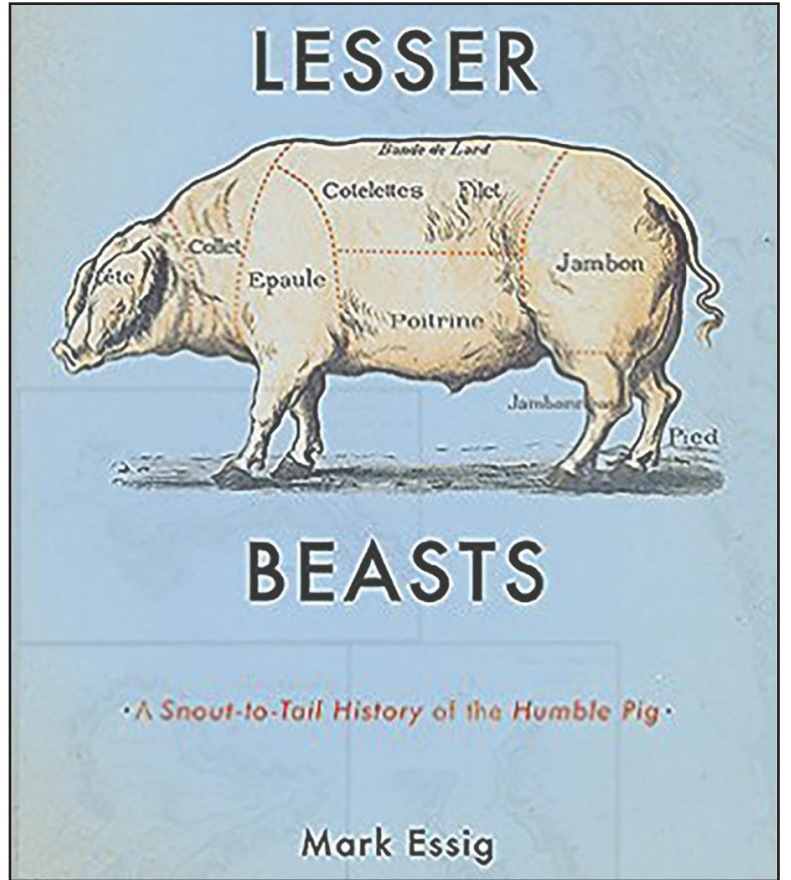
The book by historian Mark Essig, “Lesser Beasts: A Snout-to-Tail History of the Humble Pig,” is a history of pig and human interaction in North America, the Middle East and Western Europe. The title of the book stems from Essig’s opinion that pigs in traditional American agricultural histories are treated as less important than cattle, even though he feels that pigs played a more important role in American history than people believe.

In the history of the United States, pigs represent a way for the American working-class, the rural and the urban poor to become self-efficient. In the 1800s, a farmer in the Blue Ridge Mountains of North Carolina wrote that the region, “truly, it is a paradise for the poor man,” because with a herd of pigs, a poor farmer could build a nice house. In 1860, a physician wrote the United States “might properly be called the Republic of Porkdom.”

Essig feels that the history of pigs shows a darker side of United States history and other societies. The tendency to create hierarchies is another reason why older, more elitist historians may have considered pigs “lesser beasts,” because pork was the meat of the common person.

One example of this is in the decades that followed the Civil War. Many southern elites worried that there would not be enough labor to work their plantations, since the slaves were free. State legislatures closed the public grazing land in most states, thus reducing the amount of pig ownership, and forcing many rural blacks and whites to become sharecroppers and tenant farmers for the plantation owners.

Even in modern times the pork industry tends to reinforce hierarchies. According to Essig, meat packers, one of the most injury-prone industries in the United States, tend to be done by de-unionized, low-skilled, low-wage, non-English speaking workers.



Essig believes in some of the ideas of the slow food movement, where “food is produced or prepared in accordance with local culinary traditions, typically using high-quality locally sourced ingredients [from Oxford Dictionaries].” He is not against the eating of pork; at one point he takes a workshop called “Advanced Meat Curing.” Essig feels that pigs are one of the more intelligent animals that humans have domesticated. He believes that industrial agriculture changed the way humans interact with pigs, and not for the better.

An example of one of the methods used in modern-day pig farming is called gestation crates, which are metal pens about seven long and two feet wide” in which most sows are housed on industrial farms for most of their lives. The pork industry claims that the crates prevents the pigs from fighting each other, allows for more equal distribution of food, and prevents the sow from crushing her piglets. Many animal rights experts believe that gestation crates should be

banned, because in the words of the animal scientist Temple Grandin, “basically you’re asking a sow to live in an airline seat.”

The front cover flap of Lesser Beasts has phrases such as “pork has been prized in societies from Ancient Rome to dynastic China,” makes it sound like part of the book will be a global history of pigs, when the book only covers dynastic China in one paragraph together with the Pacific Islands. That being said the book is a very effective overview of pig-human interactions in the regions it does cover and of modern industrial pig farming. Anyone who is involved in agriculture or the food industry, or just wants a more unusual aspect of history, might find this book interesting.

Essig does not have solutions to the many problems of industrial agriculture. The pork the system produces is just too cheap to create a mass movement against it. Essig believes that people should know where and how their pork is produced, and they should care about the welfare of the animal they eat.

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SPORTS

Rod Lovett talks Parkland success

Adam Vilmin
Staff Writer

Fall is turning into winter, and with the changing leaves has come unprecedented success for Cobra athletics. Men's and women's soccer, golf and volleyball have, for the first time in Parkland history, simultaneously held the Mid West Athletic Conference (MWAC) championship in all four fall sports.

Presiding over the success has been Parkland College Athletic Director Rod Lovett, who has been with the program for the past 15 years. Today, he's at the office, taking care of business with the NJCAA, with whom he also sits on the board as the Region 24 men's director. Thankfully, he's found some time to reflect on the success at Parkland with the Prospectus.

You have all four sports with fall seasons taking home championships. Was that a possibility in your mind, going into the season?

We always hope that's a possibility going into the season. One of the things we tell our recruits in summer orientations is everyone here

has a chance to win their conference and make a run at nationals. We've been really proud to have that kind of diversity in our programs. You never know in two-year athletics. One year you can be really, really good, then lose everyone and be really, really bad the next year. That said, every one of the coaches was feeling good at the start, but again, you never know.

Success like this then is pretty extraordinary. Where does your contribution come in?

Guidance and support is my biggest thing. One thing you have to understand: these coaches are part time. They all have other duties and full time jobs. I'm here to help them shuffle and deal with all that stuff. We really take advantage of text and email, because that might be the only way we can get a hold of them, so that's really improved things over the past 10 years. We can now assist them easier when recruits are here and get them information they might need. I also make sure to be there supporting the teams. I'm at probably 90 percent of the home games or making it

out to the golf tournaments, letting the students know the department is behind them and supporting them.

As well as that support, are you trying to impart your vision on the program as a whole, or do you leave it up to your coaching hires to succeed and bring the "Parkland brand" to their squads?

A little bit of both. We have a summer orientation program, and we talk very strongly about being a "student athlete." Yes, we have some athletes make it professional or to a Division I scholarship, but at the end, most of these kids aren't making money off this. You're here to get an education. For me, a kid playing two years here and has a positive experience, has a lot of fun, but at the end saying, "Hey, I want to be a business major, and I got into the U of I, so I am not going to play anymore and that's O.K." The same goes for someone who sees they can't play at a D-I school, but might have an opportunity to play at a smaller school and still get a good education. Both of those things are great.

Is academics the only

off field characteristic you expect the coaches to be pushing on their athletes?

All of our coaches, we tell them, "we are a community college", so we stress being part of a community. We want them involved in at least one significant outreach in the community and they do a great job of involving the kids in volunteering. When we're looking for athletes, we obviously want good players and students, but also ones who are ready to be active in the community.

When you're looking for these "Parkland type" athletes, if someone isn't an obvious fit for the culture, are they automatically excluded?

Not necessarily. We might get some kids, who have some little things, like say a drinking ticket or minor arrest in high school, and you have to look at it knowing everyone makes stupid mistakes at that age. It all comes back to us being a community college, and community college is frequently about second chances for people, so we understand we might have to guide those students a little more. We hope that we can bring a good mix of kids

who are already successful so they can help lead. Having that dynamic makes everyone more successful in the long run.

Finally, while obviously the winning is a reward, what do you feel like is biggest takeaway for you that has kept you here for so long?

Good question! (laughing). I really do believe in what Parkland stands for. It's a great place for people to get started. It gives people a chance to get used to what they might want from life. While we have some people playing professionally, you also get to see all the kids who were naive, 18 year olds, turning into doctors, lawyers, farmers, and having their own families. Even right now, we have athletes who had parents playing here when I first started. While that makes me feel old, it speaks a lot about our program, that they want their kids sharing an experience they had. We also have coaches who played here. That's a great reward, getting to see people who you made a difference for, coming back and wanting to do the same.

3

Coaches are former Parkland athletes

6

Current players are children of former Parkland athletes

2

National championships for baseball

1

National championship from golfer David Keenan

20

Straight volleyball conference championships



- | | | | |
|---|-----------------|----|----------------------|
| 0 | Kate Keller | 10 | Kaljit Atwal |
| 1 | Jenna Ashley | 11 | Bophia Travis |
| 2 | Anna McHatton | 13 | Alyssa Jones |
| 3 | Shania Maddux | 14 | Olivia McCafferty |
| 4 | Terri Wendle | 16 | Michaela Ward |
| 5 | Ellie McKenzie | 17 | Catherine McHale |
| 6 | Dalia Santana | 18 | Shante Tremblett |
| 7 | Leticia Rebello | 20 | Monica Armendariz |
| 8 | Maria Pelayo | 22 | Brittany Johnson |
| 9 | Marie Lukusa | 24 | Demetria Varygiannes |



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|----|------------------|----|------------------|
| 0 | Luke Dobbelare | 15 | Aidan Reilly |
| 1 | Matt Sharman | 16 | Carlos Martinez |
| 4 | JD Pletsch | 17 | Emmanuel Komba |
| 5 | Brennan Crose | 18 | Feli Ketii |
| 6 | Jake Sanders | 19 | Gustavo Giordani |
| 7 | Gracson Torres | 20 | Victor Santos |
| 8 | Dominic Crawford | 21 | Dan White |
| 9 | Salar Samimi | 22 | Dan Musasa |
| 10 | Daniel Kadima | 23 | Keenan Meddings |
| 11 | Jonathan Lukusa | 24 | Sergio Duran |
| 12 | Caine Huart | 25 | Paulo Pereira |
| 14 | Alex Zarco | | |



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|----|-----------------|----|-----------------|
| 1 | Virtuous Thomas | 11 | Laura Gross |
| 2 | Rowan Crozier | 12 | Ayla Dew |
| 3 | Courtney Moritz | 14 | Taylor Bauer |
| 4 | Hayley Gray | 15 | Gabby Pearl |
| 5 | Sofi Kelemete | 16 | Jaime Johnson |
| 6 | Madison Harpest | 17 | Kailey Kleinert |
| 7 | Lizzy Barnard | 18 | Paige Griffith |
| 8 | Miaya Peacock | 19 | Kelly Lean |
| 10 | Jacey Lewis | 20 | Jordan Deer |



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| David Gerig | Nick Patton |
| Garrett Hixenbaugh | Chris Tate |
| Christian Khachaturian | Thomas Webster |
| Dom Knight | |