Parkland College

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Prospectus 2012

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The horror of driving on campus is one that many students experience on a daily basis. There is a gut wrenching moment when you see your speed flash in the radar as you turn the corner.

their morning caffeine fix think they still have the capability to stav within their lane. They believe they can glance at the road long enough to watch the unconcerned swarm of students cross the road on the way to their classes. Campus police have been on the lookout for those who violate Parkland's driving rules and regulations. Public Safety has been issuing tickets to those violating the rules. First offenders receive a \$5 fine, which then jumps to \$10 if not paid within a week. Those who violate any of the city's traffic regulations are subject to pay a fine of up to \$250 or may face the removal or impoundment of their vehicle.

Parkland also has the right to refuse registration for a new term to those students that fail to make their payments.

The police aren't the only ones taking a stand against distracted driving on campus. AT&T Illinois' officials, as part of their "It Can Wait" campaign, visited Parkland on Wednesday, August 19, to spread awareness about the dangers of texting and driving.

Parkland College

has posted information on their website as well as their social media pages regarding the

Sports

Cobras volleyball continues to dominate

Full Story - Page 7



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Cont

A review of Borderlands II

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It blares to the world that you're going 35 mph instead of the posted 25. Your head around frantically, twists attempting to find the nearest Public Safety vehicle, as you gracefully crash into the car stopped in front of you.

Admittedly, this doesn't happen to everyone. Some people are great drivers. These drivers have their phones stowed away, two hands firmly grasping the wheel and their seat placed in an upright position.

consequences for The those who refuse to pay their Those texting frantically to fines include the withholding

Fortunately, if you're able to obey the rules of the road and posted signs around Parkland, campus police are very helpful. They are able to jump-start your car and can even unlock it if your keys are left inside.

Campus police are also available within minutes if you are having an emergency or have been involved in a car accident. Music major Haley Andrews admitted to having been in a car crash recently on campus.

"I called the Parkland police," Andrews explained. "They responded right away and they were nice when they answered the phone. I really liked the campus police; they

The representatives provided free cookies, candy and bumper stickers that declared "No Text on Board." Students who wanted to take action were invited to sign the petition online at www. itcanwait.com.

AT&T's website also provides a free 3D simulation of texting and driving. Your phone syncs to the application and you are able to text while the simulation takes you on a drive. The simulation shows that it is very difficult to pay attention to the road if you're

campaign. They have also sent out a challenge to Parkland students, encouraging them to invite their friends to take the pledge with them, and put an end to texting and driving on campus.

"For anyone who posts a positive message regarding taking the pledge and tags the main Parkland Facebook page, we'll put them in a drawing to receive items like a Parkland sweatshirt and Food For Thought gift certificates," Director of Marketing & Public RelationsPattyLehnexplained. Parkland's Facebook page can be found at www.facebook. com/pc.community.

See CARS on P. 5

Parkland named to Military Friendly Schools list

Marketing αnd **Public Relations**

Parkland College services for student veterans just earned a nationwide nod of approval.

The school was recently named to the Military Friendly Schools® list by Victory Media, a veteran-owned business assisting military personnel with transitioning into civilian life.

The list is available at www. militaryfriendlyschools.com.

The annual list honors the top 15 percent of colleges, universities and trade schools that are "doing the most to embrace America's military service members, veterans, and spouses as students ensure their success and on campus," according to a Victory Media spokesperson.

"Inclusion to the 2013 list shows Parkland College's commitment to providing a supportive environment for military students," said Sean Collins, vice president of Victory Media and director for G.I. Jobs magazine. "We're thrilled to provide the military community with transparent, world-class resources to assist in their search for schools."

Parkland College officials were equally thrilled with the

designation.

"Being a military veteran myself, it's an honor to help provide veterans with the support, and resources. advocacy needed to succeed," said Tim Wendt, Parkland's director of Financial Aid and Veteran Services. "Parkland College has always tried to be sensitive to the needs of our student veterans, and it supports the Student Veterans' Association at Parkland, a chapter of Student Veterans of America, with its mission."

Now in its fourth year, the Military Friendly Schools list was compiled through research and a data-driven

survey of more than 12,000 VA-approved schools nationwide. The 1,739 colleges, universities and trade schools onthis year's list exhibit leading practices in the recruitment and retention of students with military experience. Complete survey methodology is available at http://www. militaryfriendlyschools.com/ Article/methodology-presskit.

Military students visiting the Military Friendly Schools website can find the list, interactive tools and search functionality to help them find the best school to suit their unique needs and preferences.

The list also will be highlighted in the annual G.I. Jobs Guide to Military Friendly Schools®, which is distributed in print and digital format to hundreds of thousands of active and former military personnel in early October. Additionally, Victory Media's list is published in Military Spouse and Vetrepreneur magazines, republished in national and local periodicals and frequently cited on national TV stations.

The survey tabulation process, methodology and weightings that comprise the

See LIST on P. 5



westgateapts.com

Fact or Fiction?

Champaign, IL was originally called West Urbana after its sister town.

(Find the answer on page 5)

Students and Staff - Show current ID and receive \$10 off application fee at Westgate Apartments

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The celebration of Hispanic Heritage Month

Javier Murillo Staff Writer

Many people have never heard of Hispanic Heritage Month - a month in which Hispanic families celebrate their roots, culture and what they have contributed to the United States of America.

Immigrants have always been an essential part of America, which is generally categorized as a big melting pot and the land of opportunities.

It all began when President Lyndon Johnson approved a Hispanic Heritage Week during his presidency. Later, President Ronald Reagan expanded it into a full month and it was approved into law in 1988. It begins on September 15 and ends on October 15.

According to the Library of Congress website, Hispanic Month begins Heritage on September 15 in honor of five Central American countries who celebrate their independence on that date. Throughout the month, a total of eight Hispanic nations celebrate their independence day.

Hispanic Heritage Month honors Christopher also Columbus, who led his Spanish conquistadors to the discovery of the Americas on Oct.12, 1492.

According to the Catholic Relief Services website, as of July 1, 2008, Hispanics make up 15 percent of the nation's total population, about 46.9 million. This makes people of Hispanic descent the nation's largest ethnic or race minority and it is also the fastest growing.

The Catholic Relief Services website also states that projections indicate that by July 1, 2050, there will be 132.8 million Hispanics in the United States. That means Hispanics will make up 30 percent of the nation's population.

Many communities with



Illustration by Alisha Kirkley/Prospectus News

As a part of Hispanic Heritage Month, The Art Theater in Champaign is currently hosting a Latin American Film Festival from September 21-27, featuring various Hispanic films. Also, Club Latino will be mentoring Leal Elementary School and Urbana High School students throughout the month.

large Latino populations celebrate the month by helping their communities and organizing special events in honor of Hispanic Heritage Month.

Parkland College hosts Club Latino, a club that meets every Thursday at noon in D-145. They discuss different ways of giving back to the community.

The Club assists elementary and high school students. They also find ways to have fun as a group. Club Latino is open to all nationalities and it does not matter whether you are Hispanic or not.

Charles Larenas is an Professor of Associate Education and the Faculty

Advisor of Club Latino.

"I was born in Ecuador and I moved to the U.S. when I was about a year and a half old," Larenas said. "I spoke Spanish at home and my parents would feed us some of the traditional food."

"I think that we can learn a lot from each other and take some of the good from all over the world to help make society a great place," Larenas said. "I believe that the diversity of this country helps to make it such a wonderful place to live in."

Parkland has Latino students from all over North, Central and South America. There is a very diverse Hispanic

ELECTION 70

college; wants incentive

plan to get colleges to

hold down costs

population on campus.

Pre-Veterinarian Medicine student Carolina Jimenez was born in Bogota, Colombia. She came to the United States when she was seven and is fluent in both English and Spanish.

"I grew up in Colombia so I know a lot about my heritage," Jimenez said. "We celebrate Colombia's independence on July 20 and we celebrate Christmas, as well."

"We actually celebrate the day before Christmas and we go home at five in the morning to open presents," Jimenez remarked.

Champaign has a growing population of Hispanics. There are 16 states with at least a half-

million Hispanic residents. Illinois is one of them.

If you are interested in celebrating Hispanic Heritage Month, The Art Theater located on 126 W. Church St. in Champaign is having a Latin American Film Festival. It will feature various Hispanic films from September 21-27.

Club Latino continues to organize special events for elementary and high school students. Two weeks ago, students from the club went to Westview Elementary for a parade of nations.

Givingbacktothecommunity of Hispanic Heritage Month is very important. It shows the appreciation that Latinos have

towards the place they call home.

With this in mind, Club Latino members will be going after school to Leal Elementary and Urbana High School to help mentor students and assist in taking care of children. The club has made a soccer team that plays in a tournament every Friday at Soccer Planet located on 2310 North Willow Road in Urbana.

Juan Portillo, general studies student, is of Mexican decent and was born in Chicago. "Hispanic Heritage to me, means not forgetting your roots and where you came from," Portillo said. "I like my traditions, I like the festivities and the celebrations we do."

"Some of my favorites include Las Posadas which is our version of Christmas and the Day of the Dead," Portillo remarked. "I think speaking Spanish is an advantage because jobs are more likely to hire you if you are bilingual."

There are many famous Hispanics who have entertained us. Baseball players like Alex Rodriguez, who is of Dominican descent, and comedians such as George Lopez, who is of Mexican descent.

Then there are the heroes. Franklin Chang-Díaz, who is of Costa Rican descent, was the first Hispanic person to enter a space program. He later became an astronaut and has been on six space missions.

Hispanic Heritage Month is a month of celebration, where Latinos come together and celebrate everything that they have accomplished. It doesn't matter if they come from a big city like Buenos Aires, Argentina or a small town like Huandacareo, they are all proud Hispanics and this is the month where they honor their roots.

On education issues

Where the presidential condidatos stand

candidates sta	and:		
	Romney	Obama	SP
Pell grants	Restrict only to poorest students; no details on how much he would cut	Increased spending from \$16 billion to \$36 billion are bigger, r students red says expans with savings moving stud from private Dept. of Edu	more beive them; sion paid for s from lent loans banks to
Federal role	Would want Congress to revise the education law to eliminate the federally required steps that failing schools must take to improve; instead, he'd require that states grade the schools so parents could easily tell how they are doing	provide ince	n 2002 No ehind law to entives to such things ndards, d teachers poor ones; are less ent of total
School choice	Would allow parents of low-income and special-needs children to decide how tax dollars for their children's educations should be spent	Supports so within the pu system; has encouraged investments charter scho opposes vor	ublic school is in public pols but
Cost of college	Wants to return student lending to private banks	Wants stude borrowers to cap loan pa 10 percent o started tax o low-, middle families pay	b be able to yments at of income; credit for -income

© 2012 MCT Source: McClatchy Washington Bureau Graphic: Judy Treible, Robert Dorrell

States of debt

America's 50 state governments owe \$4.19 trillion, including outstanding bonds, unfunded pension commitments and budget gaps, according to a new report by State Budget Solutions, a research and nonpartisan advocacy group. Here's a look at the lay of the land.

Total debt, by state, and states with highest total debt (ranking of 50 equals the most total debt)

0-\$25 billion 26-50 billion 51-100 billion 101-200 billion More than 200 billion

California 2012 debt rank 50 Illinois 2011 debt rank 50 **New York** 2012 debt rank 46 Economic outlook rank 38 2012 debt rank 49 2011 debt rank 47 2011 debt rank 48 Economic outlook rank 48 Economic outlook rank 50 \triangleright New Jersey Texas 2012 debt rank 2012 debt rank 47 48 2011 debt rank 46 2011 debt rank 49 Economic outlook rank 42 16 Economic outlook rank

Most debt per resident

State	Total debt	Debt per resident
New Jersey	\$282.4 billion	\$32,120
Alaska	22.5	31,689
Hawaii	39.9	29,372
Connecticut	98.6	27,591
Illinois	271.1	21,130
Ohio	239.5	20,764
Rhode Island	1 8.9	17,971
New Mexico	35.2	17,084
California	617.6	16,579
Delaware	14.5	16,176
Source: U.S. Cens Graphic: Chicago		State Budget Solutions

Least debt per resident

State	Total debt	Debt per resident
Nebraska	\$7.8 billion	\$4,287
Tennessee	34.2	5,396
Indiana	37.1	5,726
Florida	134.9	7,175
Idaho	11.6	7,387
South Dakota	a 6.5	8,026
Virginia	64.3	8,038
lowa	25.2	8,288
Arkansas	24.9	8,557
Arizona	56.0	8,766
		© 2012 MCT

Care for your back(pack)



Photo by Ross Hailey/MCT



Lugging around a heavy backpack with textbooks, a computer, and everything you think you'll need for a day on campus can be a real pain! You might think you need full notebooks and every bit of technology for class, but do you really?

Carrying all this and the kitchen sink can really weigh you down, resulting in unnecessary back pain. Recent information from the National Institutes of Health indicates that many students carry backpacks or shoulder bags that exceed 10-15 percent of their body weight. This is upwards of a 15 lb. bag for most students! Research published in the Journal of Manipulative and Physiological Therapeutics has shown that carrying such a load, coupled with physical inactivity (such as sitting for long periods in class or in front of a computer), can lead to pain and discomfort.

You can enhance your carrying power through strengthening your body (and mind). Indeed, data collected California Polytechnic at State University indicates that students who exercise 3–6 days a week had far less back pain than others. (Those who exercised more or less

Room to Study: Creating space to concentrate Amanda Holst Student Health 101

While school has just started, it's not too soon to start creating a study space that will maximize your ability to concentrate. Studying more often isn't the only thing that will help you get good grades; studying effectively is just as important. Setting aside a regular place to focus on your work can reduce stress and help make it easier and more pleasant to prioritize, focusing on the tasks that affect how well you do in school. Whether you live on- or off-campus, having a good study plan is a key to succeeding this semester.

Physical Comfort

For Beth R., a sophomore at Jamestown College in North Dakota, studying and getting good grades are mandatory. "I have to make sure my grades stay high in order to keep my scholarship at the school," she explains. By finding time to study late at night, early in the morning, and during her down time, Beth manages to get in 20-30 hours of study time a week while maintaining her job at the school newspaper. Even though she doesn't have a designated spot for studying, she likes to find study spaces that are comfortable. "You don't want to be thinking about uncomfortable chairs or how hot it is in your study spot," Beth says. "You want to be thinking about the material."

Being physically comfortable is only part of the whole equation, says Alan Hedge, a professor at Cornell University specializing in ergonomics. "A lot of the time people don't think about the way that they are working until they start to hurt," he says. Where you study, how you study, what kind of equipment you use, and even what time of day you study not only protect you from injury, but also can help you do better in school. "If you can find a neutral [body] position, you are going to be more healthy, you are going to be more alert, you are going to or finding computer programs perform better," Hedge says. **Make It Yours** Feeling ownership of your study area can offer motivation and comfort as well. Sarah M., a junior at Troy University in Dothan, Alabama, lives offcampus with her husband and two sons, ages 18 and 12. She sits on her couch and uses a coffee table that lifts up as a



Photo by Tom Fox/Dallas Morning News/MCT

University of Texas-Dallas grad student Tamara Robertson, left, uses her laptop, calculator and phone to study for a summer course at The Pearl Cup, July 2, 2011, in Dallas, Texas. In the background, accounting advisor Kate Cohagan studies for a CPA exam on her laptop.

desk. "I have sticky notes, a calendar, pens, highlighters, my laptop, iPad®, and papereverything I need within reach," Sarah notes. "I know if I have to get up to go look for something I need, I'll find something else to do instead." Study areas that bring everything to your fingertips can decrease the likelihood of getting distracted.

If you're not sure how to set up a study area, "simply rely on your own sensitivities," recommends Judy Morris, Master of Feng Shui at the Feng Shui Research Center in Austin, Texas. "If you want things to work better in your life, have the proper environment for it," she says. "It's best to have a chair that is close to the wall, but not facing it, and a lamp that hangs above your shoulder to shine on your work." Morris recommends getting a bamboo water plant

chair, a nice piece of art, and good light. If you find yourself stressed or losing concentration, "clear some clutter," Morris suggests.

Manage Distractions

"The Internet is a big distraction, but I find the worst thing I try to do while studying is listen to music with lyrics," notes Beth R. Some students find they need to move their phones and laptops away so they can focus on their books.

While you may like to be in control of your space, sometimes other people need to be a part of the study equation. More than 40 percent of the respondents to a recent Student Health 101 survey of students across the United States and Canada said that the presence of roommates and family at home had an impact on their choice of study location, and almost 50 percent said the most pressing distraction when studying is other people.

or classmates wanting to talk to me," he says. Professor Hedge explains that having roommates or interruptions doesn't have to be disruptive. "There are times when people work together collaboratively, there will be times when they work in parallel collective time, and then times when they want to work alone. Remember: it's okay to set boundaries. Speak with the people with whom you share space to balance each of your needs for quiet and plan a strategy for making it clear when you don't want to be disturbed.

By way of example, when unexpected guests come over while Erin F., a junior at Mount Royal University in Calgary, Alberta, Canada, is studying, she is straightforward with them. "I usually ask them to come back another time or let them know I can only talk for a short time," she says.

and talk about rules of the room. Minimize conflict by writing a roommate contract about visitors and quiet time. You can do the same if you live at home with parents or family members. Discuss which areas will be available for studying, at what times, and how to manage multiple responsibilities. Doing this before things get harried can prevent stress and conflict later on.

Just like setting up a consistent study area that meets your needs can improve your concentration, talking with friends and loved ones about your need to study can also help you be more productive, focused, and experience less stress as the semester unfolds.

Maximizing Limited Space

Organization is key. If the area is cluttered, it can be counterproductive.

Stack clear or labeled containers full of supplies nearby, keeping just the essentials close at hand.

Use totes to hold books and notes for each class. Bring each one closer when you need

Tuck things you use less often into hidden areas, such as in the foot well under your desk.

Attach wall-mounted file holders or a bulletin board above your desk for notes, a calendar, or a to-do list. Decorate with inspirational pictures and quotes to keep motivated.

Take Action!

Find or create a study space that can be tailored to your needs.

Pay attention to your comfort: ergonomics, lighting needs, noise levels, and temperature.

Minimize distractions, such as the Internet, your phone, other people, and clutter.

Keep materials you need close at hand to avoid getting up and losing focus.

Talk with roommates, friends, and family members to

than that had more pain, emphasizing the importance of moderation.)

Back saving tips:

Figure out what is essential. What does your day truly require you to carry? Emily S., a senior at Radford University in Virginia, suggests: "Carry a lighter load and make more trips to your car or dorm room. This helps increase physical activity and puts less strain on the back."

Consider removing the heaviest items in your bag, such as large binders and notebooks. Instead, carry relevant notes in a folder and some blank paper.

At the end of each day, sort papers into larger binders for each class. This is a great time to also review notes!

Limiting laptop days can take a huge burden off your back and help minimize distractions during class. Ashley W., a junior at the University of Maryland-College Park, points out, "Instead of carrying your own laptop, take advantage of technology resources on campus."

Consider an e-reader or tablet computer instead of hard-copy books. E-books are often less expensive.

Traditional backpacks with supportive and balanced shoulder straps are much better than a simple shoulder or cross-body bag. Use all straps available to distribute the weight evenly and stabilize the bag.

A rolling bag or backpack, adjusted properly for your height, can be a good option.

Melody Y., a senior at Rice University in Texas, notes, "A lot of people bike around campus. Install a bike rack to [carry] your backpack so you can give your back a few minutes of relief.'

Students can access the Parkland College Student Health 101 magazine online http://readsh101.com/ at parkland.html. Copyright 2012 Student Health 101

that play soothing chime sounds to create a relaxed environment. As Albert R., a junior at Colgate University in New York, offers, "Jazz and bossa nova music [plus] a cup of tea, and you have a relaxed and classy study space."

It is important to keep only things that allow you to study close by, such as a comfortable

Effective communication with roommates or friends can makeabig difference. Brandon P., a junior at Troy University in Dothan, Alabama, is able to study at his job at a local news station, but finds it hard at times. "The biggest challenge that I face when I'm trying to study is my friends

"I sometimes feel bad, but usually the guests that show up know I am in school and completely understand."

Albert R. feels the same way. "[It's important to] learn how to say 'no' to your friends when they want to do something else," he explains.

If you are living in a residence hall this semester, sit down with your roommate address potential disruptions and create a study plan that meets everyone's needs.

Students can access the Parkland College Student Health 101 magazine online http://readsh101.com/ at parkland.html. Copyright 2012 Student Health 101

Healthy Living Fast and fatty

Fast food meals with large amounts of fat and few or no vegetables have high "calorie density," which promotes weight gain.

Calorie count Typical calorie density, in calories per 3.5 oz. $(100 \, \text{g})$

Fast food at burger or fried chicken chain

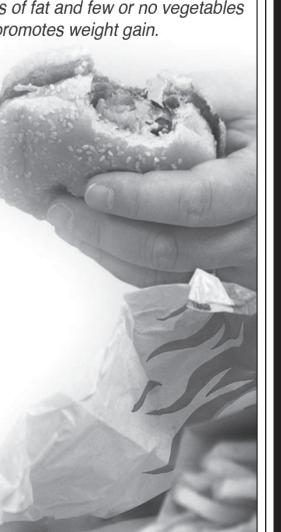
263



Healthy low-calorie meal 125

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Source: Obesity Reviews, MCT Photo Service





Socially unsociable: A look at social barriers on campus



Parkland student Andrew Kwon bumps into a bystander, knocking over his books, while trying to juggle two phones and listening to music at a Champaign apartment complex Friday Sept. 12,2012.

Prospectus News

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All submissions must follow the Parkland College code of conduct. All violations of said code will be turned over to Parkland College Administration and Public Safety

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Spencer Brown Staff Writer

buds or earphones cranked to the maximum level. Other students either are, or pretend to be, using their mobile device.

provided his insight.

be and how people segregate come to that conclusion," she "You have people that themselves," Powers said.

continued. "But social media

Photo by Matt Crosby/ Prospectus News

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Did you know?

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



If the world were to end in the next three hours, where would you most likely find out about it? The majority would likely answer Twitter or Facebook. And as likely as not, the information would come from a source or person you've never even met.

Let's be clear that this editorial is not intended as a bash on those social media. These sites are but a small component of the issue at hand. There is a growing perception in the decline of face-to-face social interaction.

Are there hard statistics to fully support this? Of course there aren't. There are far too many variables to consider in doing such a study. Decades of observation would need to be compiled in order to draw even the slightest conclusion.

It doesn't take a genius, however, to notice that things have changed.

As you read this article, take a glimpse around Parkland College. Talk to friends, professors and colleagues. That's assuming you haven't put up too many social barriers of your own.

There are tons of these bubbles that students put up in ordertoavoidsocialinteraction. Some students have their ear

There are even a few of you pretending to read this article just so the person at the table next to you doesn't make eye contact.

Taking a step back for a second, cases exist where social ineptitude is classified as a disorder.

One such instance is classified as social anxiety. This is defined as emotional discomfort, fear, apprehension worry about social or situations, interactions with others or being evaluated or scrutinized by other people. The key word here is fear.

Another special occurrence Avoidant Personality is Disorder. This disorder is characterized by a pervasive pattern of social inhibition, feelings of inadequacy, extreme sensitivity to negative evaluation and avoidance of social interaction.

Those, and other disorders like it, are the exception.

For the sake of argument, let's assume we are not dealing disorders. The best question to ask first about the decline in face-to-face interaction may be, "Why?"

Associate Professor of Psychology Ted Powers

will do things to insulate themselves from the outside world but they seem to be less aware of it," Powers said. "They're not interacting their environment. with It's not uncommon that if someone finds a situation to be uncomfortable, that they find a safe place."

Powers drew an interesting parallel that complemented his statements. When toddlers are placed in a new environment or around a new place, they tend to hover around mom and dad. It's what makes them comfortable until they adapt, if they adapt.

"If you find that there's something you can do that will calm you down and remove the stress, then you're probably going to be doing that," Powers explained.

Face-to-face interaction has not reached extinction. It just appears that multiple social barriers are detrimental to its growth.

Are these barriers easier to overcome if a commonality between two or more people is discovered?

It's possible. Some such commonalities which seem to do so are race or ethnicity followed by social class.

"It seems as if race is not as much of an issue as it used to

see non-traditional students, older students, rely on each other, because they have a similar experience of coming back to school. International students may be from very different countries," he continued.

"They have the similar experience of 'I'm not from this country. I feel uncomfortable.' And smokers, we are the demons of society. We try to get into big groups outside and put up the shields against everyone going 'You Bad people!' It seems to be more of an experiential type reason for the grouping," Powers said.

The elephant in the room, when it comes to this steady decline, is technology. The biggest factor is social media. Social media seems to have taken a generation away from the willingness and possibly the ability to interact face-toface.

There are differing opinions on this subject.

Mass Communication instructor Kendra McClure stated, "I think there's a perception that social media is ruining society's ability to communicate face-to-face."

"When we see students in the hallway busy on their phones rather than talking to each other, it might be easy to

itself isn't positive or negative. People use it in different ways for different reasons experience different and outcomes."

Powers also had an interesting perspective.

"It enhances our strengths and increases our faults," Powers said.

His argument is that if you are already a very social person, then social media can be used in such a way that social skills will develop. However, if face-to-face interaction is not your cup of tea, then social media will become your means of communication.

Those are two completely different ends of the spectrum.

McClure assigns an interesting project in her COM 101 class. For one week, students must log their media usage. The next week, they must go completely mediafree, unless it's for school or work use.

"During the media-free week, we begin each class period talking through some activities the students are doing instead of using media," McClure said.

"They usually include things like sleeping more, getting more homework done,

See LOOK on P. 5



LOOK

exercising more, picking up old hobbies, talking to friends and family members they've been meaning to reconnect with, and even meeting new people," she continued. "One student this semester said she met someone new in the parking lot because she wasn't using media to shut out the world."

It's difficult to definitively say that

social media is to blame, but it cannot be exonerated altogether. Neither can the multiple social barriers individual students place around themselves.

One thing is for sure, more faceto-face interaction needs to be conducted.

So, if you actually made it to the end of this article, do this poor writer a favor. Stop reading and talk to the person across from you. I'll be here when you return, ready to block the world out again.

allowed to talk on their cell phone

while driving. Cell phone usage is

absolutely prohibited in school zones



Unfortunately, many students still don't understand the risks of texting and driving. A recent study conducted by Beck Research on behalf of AT&T found that 75 percent of the teens surveyed claimed texting and driving was actually common among their friends.

In the state of Illinois, drivers are

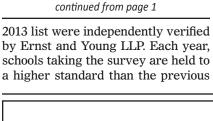
and construction sites, however, and texting is prohibited for all drivers. Parkland College doesn't have plans to recreate what the "It Can Wait" campaign is doing. Student groups, however, are encouraged to start up their own campaign to end distracted driving which would then

be supported by the college.

Have you seen us online?



Also on fe

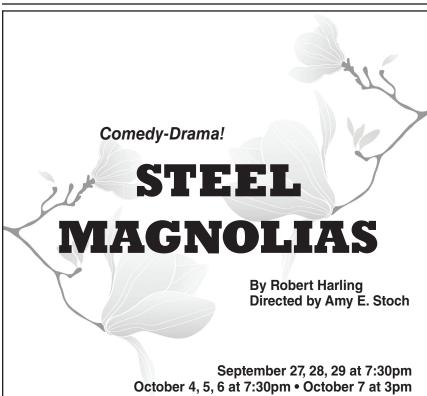


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criteria and weightings developed with help from an Academic Advisory Board (AAB) of educators from schools across the country. A full list of board members can be found at www.militaryfriendlyschools.com/ board.

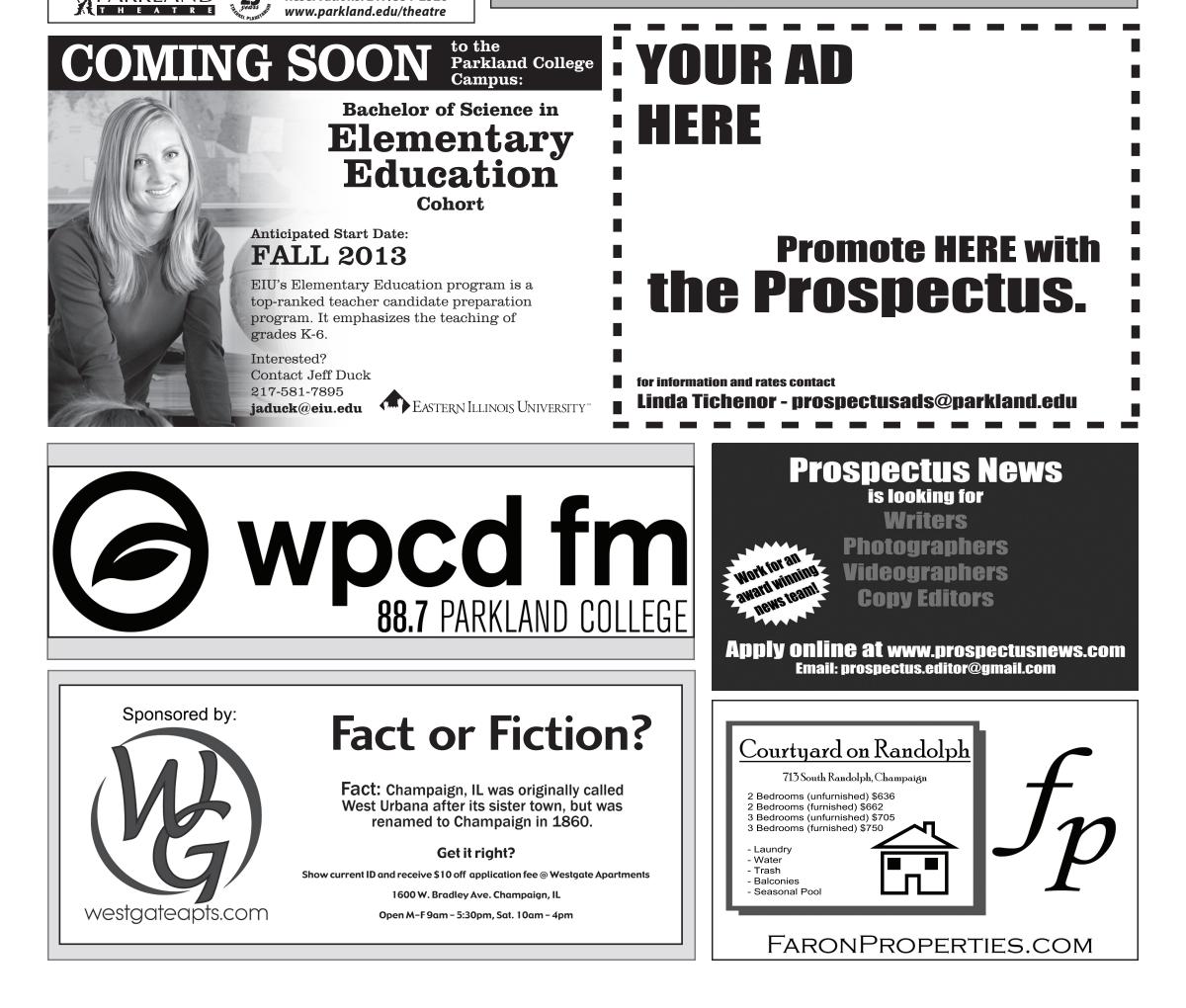
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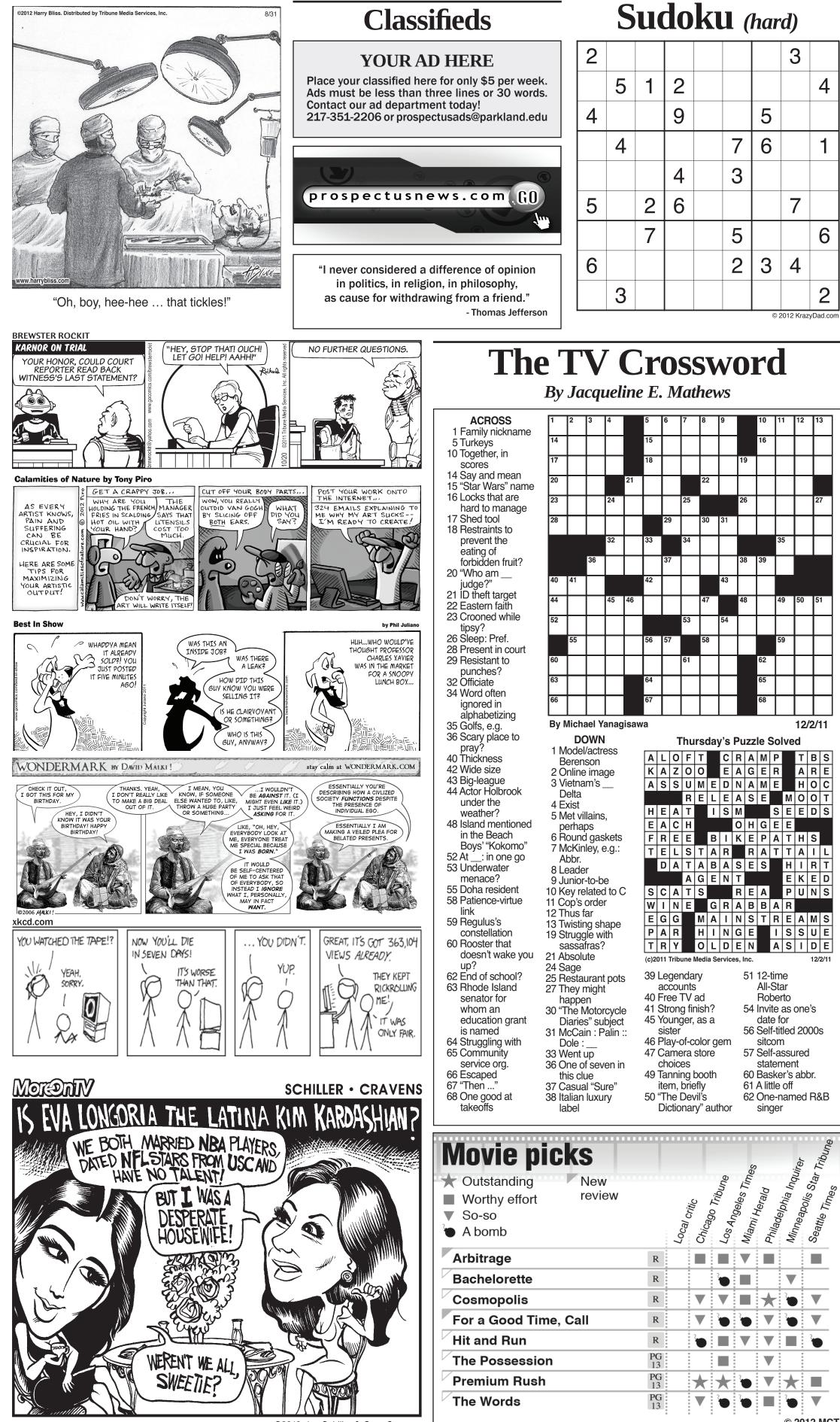
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Sports

Cobras volleyball continues to dominate

Alex Wallner Staff Writer

Volleyball season is progressing and the Lady Cobras are heating up. With their victory over Lewis and Clark on Sept. 18, they look better than ever.

That win not only marked their seventeenth of the season, but also secured their record in the Mid-West Athletic Conference at a perfect 3-0. The victory also stretched their winning streak to an impressive 10 games after the Kankakee Invitational.

The Kankakee Invitational is an important tournament and a big boost of confidence for the Lady Cobras. Not only did they demolish the field, but in doing so, did not lose a single set. The Lady Cobras went a perfect 15-0 in their five games; something any team should be proud of.

Regarding the team's current winning streak, Head Coach Cliff Hastings had this to say, "I think our losses early were important for us, as it really exposed a few important weaknesses in our team."

"But, the good news is that those weaknesses weren't in our personnel; they were simply in what our girls were doing," Hastings continued. "Thus, we've invested some really hard work and focus in practice to improve those things. Lots of credit goes to the girls in their efforts at practice that led to the current success they are having in matches,"

Shelby Geers, middle-hitter, responded, "I think it's good for us to peak now instead of too early in the season. I think we will have good momentum going into Regionals and carrying us into Nationals."

Megan Scharnett, libero, replied, "I feel like the target on our backs has gotten even bigger now that we're 17-6."



Photo by JoJo Rhinehart / Prospectus News The girls' volleyball team prepare themselves in a group huddle before facing their opponent Lewis and Clark on Tuesday, September

Getting off to a slow start is something every team faces during a season. What creates a good season in the end is trying to stay confident and build off of it.

18th's game in the Parkland gymnasium.

Getting a helping hand from the sophomores on the team is a big step. Having as many freshmen as Parkland does on the team, they also get an additional boost from them.

When asked who has stepped up the most on the team, Geers said, "Allyn Krenz, she's one of our right sides. She is a really big block on the outside and she's a go-to hitter for us." i "Our sophomore leadership has been outstanding, and the four of them are playing very well right now. Shelby Geers currently leads the country in total number of kills, total h number of block assists h

and total blocks," Hastings responded. "Additionally, she is fifth in the country in hitting percentage showing not only success in aggregate but also

in the country in hitting percentage showing not only success in aggregate but also in efficiency. Megan Scharnett is also leading the country in total number of digs. I'm really

it was in the national tournament last year," she

said. "I'm trying to build my hitting back up also

Over the summer Kimble didn't pitch as much

as during a regular season and saw velocity and

movement drop in her pitches. She has made

because my hitting is really down right now."

impressed with how well they have progressed since last season and the first few weeks of this season," Hastings concluded.

Scharnett added, "Allyn Krenz and both of our setters have been standing out a lot, especially as freshmen. I feel like they have taken on a pretty big position, filling in for Melanie Moore, who we lost last year. All three of them have really stepped up and have taken on the leadership of the outside hitters and setters." With the upcoming annual Parkland Invite September 21-23, the Lady Cobras are looking to not only continue their winning streak, but also repeat their performance from last year's tournament, where they went undefeated.

"I never worry too much about undefeated, wins, losses or how many sets it takes to win," Hastings replied. "Now that I'm in my fourth year coaching at Parkland, I know what our team needs to look like to contend for a national championship and that's where my eye constantly resides."

Geers said, "I think it should be good for us, there's a couple teams that are in our region that are playing so those should be good games for us to come out and fight for. I think it will be good for us to get a couple more wins as well. I would expect to go undefeated."

Always going into a match or tournament with a full head of steam is good for any team. For Parkland though, they are doing much more than that. They are beating teams handily, which shows how good this team actually is, despite a tough start to the season.

The Lewis and Clark game was an example of how dominant Parkland can be. There was a tough start to the match, but the Lady Cobras came out with a stunning win.

Regarding Tuesday's game, Hastings said, "I was actually a bit disappointed with our effort on Tuesday – especially in the first set. When we have a home match, we should be so excited to play in front of our home crowd and execute those things from practice. However, on the positive, we responded well in sets 2 and 3 and cleaned up our play immensely."

Scharnett added, "This game was big in that if we lost it could determine how we do in region and at the same time we knew that it had to be done. It was a boost, because we are now 3-0 in conference, and it's good to know that we're first in region, and this weekend against ICC will be another tough test to see if we can put another win under our belt for seventeen years running."

Knowing that to a beat a team, playing well is something every team must do. The main focus is to recover from a bad set and win, which is what the Lady Cobras did Tuesday night and secured yet another conference victory.

Cobras Softball working hard during the fall season



As the fall semester started, Parkland's cobra softball team looked like a completely different team than the one we saw in the spring.

The 11 freshman that are new to the current Cobra roster arrived for the first day of practice not knowing what to expect. It didn't take them long to learn Head Coach Chuck Clutts' expectations.

"They were scared to death," Clutts said jokingly about his team's initial reaction to college softball. "The lifting and conditioning was a little bit of a surprise for them."

"In high school we didn't condition or lift," freshman Jordan Wheeler said. "I'm really sore."

"The first day it seemed kind of rough for the freshman," sophomore pitcher Ali Kimble said. "I was the same way the year before though."

An important part of the fall season for the lady Cobras is getting into better shape than when they started the semester. Clutts admits he has seen great improvement already in just three weeks.

"We've been here three weeks now, and they're doing so much better in conditioning and running," Clutts said. "They're doing a great job lifting and getting stronger. They're doing things they never knew they could do."

The Cobras conditioning consists of an hour of running on the track and lifting in the new fitness center weight room each day.

Not only is the fall season key for the Cobras conditioning, but it also provides time to gel with one another. This is an important factor when more than half the team is new.

"Once you spend so much time with a group of people every day it's easy to get to know them," Kimble said. "All of (the freshmen) have really impressed me."

"At first I was really scared," Wheeler said about getting to know her sophomore teammates. "They're all really nice and really fun, so it was an easy transition too."

Aside from the chemistry aspect, which is extremely good for the very young team that the cobras are, the focus is put on improving essentials and basic softball skills in the fall season.

"Our emphasis is on finding out where everybody can play at, and working on fundamentals," Coach Clutts said. "Also having the freshman learn what college softball is like, too."

Kimble sees the importance of the fall season not only for the team but for her own personal game.

"I'm trying to get my pitching back to where

Illustration by Mark Hoffer/MCT

that her main goal of the fall season.

Through 11 games she owns an ERA of 1.83 which is very good, but only a .176 batting average, roughly half of the clip she performed at last year.

For the returning sophomores, it's maintaining

that consistency that made them so dominant a year ago.

Sophomore Kelsey Kniepmann continues to hit at a remarkable pace throughout her softball career as the talented infielder is producing at a .421 mark for the 8-3 cobras.

Freshman Shelby Franzen, a St. Joseph-Ogden product, is leading the freshman hitters with a .571 batting average and seems to be handling the adjustment to the college game just fine.

Despite the solid production received from Raeshel Braden, Erin Hettinger, Alex Jacobs, Lauren Klein, Tana Rentschler, and Kniepmann, the Cobras are still not where they want to be as a team. Yes it's early but the expectations for a Clutts coached team are always high.

"Our hitting really sucks right now," Clutts said. "We're only hitting .290 and that's not good enough."

Clutts knows that the results will come if they keep practicing as well as they've been practicing.

"We've hit well in practice, but we're just not hitting well in games," he said. "I'm not worried about that."

A constant staple of Cobras softball has been a dominant pitching staff. That trend looks as though it will continue as their collective ERA through 11 games is a 1.87.

Clutts is very optimistic about his current staff.

"The depth is really good," he said. "The pitching has just been really good so far."

The schedule the Cobras play this time of year differs from their spring schedule in that they only play games on weekends leaving the weekdays free for more practice time. The schedule consists of just 25 games, roughly half of that of the spring season.

The idea is that the younger players gain valuable college experience while hopefully avoiding injuries due to a lighter load.

Even though its just three weeks into the fall and championships aren't being determined this point in time, the Cobras have focused goals in place.

"I would like to improve our mental game a lot more from day one," Kimble stated. "I feel like we have improved, but I know we have a lot more room to improve."

Wheeler has the same set of ideas in mind.

"I would like to see a lot more difficult plays being made and less mental mistakes," she said. "Towards the end I think we'll be looking really sharp."

The Cobras will host Robert Morris September 30 at 1:00 p.m. at the softball field. Catch a sneak preview of what your 2013 Parkland Cobras softball team looks like. The fall season ends October 14 with the annual alumni game.

Prospectus News www.prospectusnews.com

Migrip





Borderlands II is the sequel to the 2009 game, Borderlands, developed by Gearbox Software. The game is a first-person shooter with an RPG twist. The gameplay involves leveling up, increasing your character's stats and collecting items and guns with different types of damage options.

There are four options for the character and class that can be

macro-customization to microenhancements.

Borderlands II is much faster paced starting out than its predecessor was. The first level boss is faced within 10-20 minutes. In the first game, there was about an hour of gameplay leading up to the first encounter. The enemies also come in bigger waves than they did in the previous game.

Robert Bales, a fan of both games, said, "I personally think it completely surpassed the first game," he explained. "The characters are so much more developed. The new types of things you can do with characters, all of the new guns and new people/ things to kill are interesting."

antagonist and a reason to do the tasks that are assigned instead of blindly following, like the previous game.

The dialogue and storyline in Borderlands II is also superb. The jokes reference a lot of other series and source materials which ends with humorous results.

Other improvements in Borderlands II are substantial as well. For instance, the original version of Borderlands for PlayStation 3 had a huge problem with screen tearing during cut scenes. Borderlands II is as smooth as possible in both cut scenes and gameplay. The only lag that was experienced was on the multi-player screen.

the extra mile and made it comicstyle. It's like art on the screen.

The game keeps things fresh each play-through by randomizing the loot that is retrieved from chests, bosses and enemies. One play-through there might be a shield from defeating a boss, whereas in another, there might be a shotgun or sniper rifle.

The guns in Borderlands II are diverse. It's likely that no matter how times the game is played, the same gun will never be revealed twice. Unique aspects of the guns are the damage they can induce and more intriguing add-ons. The damage types that can be caused are fire, explosive, corrosive, electric and slag. When reloading a gun, it can be thrown and it becomes a grenade with a new one materializing.

have gone a step further with the customization of the guns. "I think they should have added a system to customize your own gun," he said. "So you can choose the elemental properties and add-ons. As you level up, you can buy different parts or the other parts can upgrade."

This game isn't without its faults, however.

The controls of the vehicles are clunky and hard to maneuver. There were also unexplainable invisible walls on ramps that were supposed to be used to travel. Overall, this game does deserve a rating of 9 out of 10. It is a major improvement from its predecessor and really fun to boot. It's still too early to say, but this game might also be a personal choice for game of the year.

played. Players can choose to be Zero, an assassin; Maya, a Siren; Salvador, the Gunzerker or Axton, the Commando. Each character has their own play style and each has their own special abilities and proficiency with certain types of weapons.

The customization for your character includes everything from

The story in Borderlands II is significantly better than the previous game because it actually has a cohesive plot. There is a clear

The graphics for Borderlands II are unique and are comic book-like. They have always been stylized and cell-shaded, but the producers went

Bales believes that they could

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