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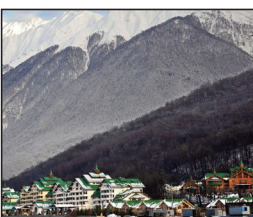
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# Study tips to avoid stress

## READY OR NOT?



Illustration by Amber Walters/Prospectus News

**PN** Ken Smith  
Staff Writer

Now is the best time to change up your habits and start preparing for finals so you are less stressed and get more done resulting in better grades. Early on, things seem pretty manageable, and classes are low stress with lots of free time. At this point you might even enjoy your classes.

After about 2-3 weeks, due dates start to appear along with quizzes, papers, labs, and eventually exams. This may not be too bad, but after about 7-8 weeks things really start to pick up.

Perhaps your first exam score was a little lower than you wanted, or you missed a homework assignment, a quiz, or a lab because you were sick. Midterms approach and suddenly you have no free time and everything is due at once.

Finally, about week ten or 11, your instructors go even faster, trying to squeeze in that last chapter before the end of the semester. People will often have multiple assignments and tasks all in the same week, and some even the same day!

This pace just seems to build until there are only 3-4 weeks left before

finals.

Some students feel there isn't enough time to study because they're too busy attending school, and if that wasn't enough, many have jobs in addition to their classes! Sound familiar?

Luckily there are several things you can do to reduce the stress and help maintain focus.

First, use your class syllabus. This is your first defense against a mounting schedule.

Use them to map out and possibly color code exams, papers, midterms, and other major course events from all your classes. Knowing about a crowded week in advance allows you to prepare and adjust for it.

Shift a study session, move a work shift, or even read ahead on subjects you can't get to during that busy week. You may be surprised how crowded things will get, but can plan accordingly well in advance eliminating stress from what would be the unexpected week of hell!

Second, use your syllabus not only to map out work assignments, but for reading as well.

Many students don't read a chapter until after the instructor covers it in class. This strategy means you're

always playing catch up, trying to understand the topics from last class while listening to that day's lecture.

You should always enter class having already done that day's reading beforehand. That way, class becomes more of a discussion about something you have at least heard of instead of a lecture on a topic which you know nothing about.

Also, reading assignments prior to class can often explain details that aren't covered in lecture because there just isn't time. Class lecture may also answer questions from your reading and provide the opportunity to ask about those still unanswered.

By the time class is over, you will have seen the material twice, hopefully understood it, cleared up any questions, and are ready for the new material.

"Larger reading assignments can seem overwhelming and may not be possible by next class, so at least skim the chapter taking note of main headings, section titles, bold captions, or graphs," Jennifer Satterlee, Professor of Humanities at Parkland, said, "you should always be sure to read the summary or conclusion beforehand."

Either way, Satterlee added, "It is important to ask your instructor about

the reading material, and see if they expect you to read it prior to class or not."

Remember, a little extra work now to make learning easier and more effective throughout the semester will ease the strain of reviewing at the end of the term.

Third, review your lecture notes as well as any reading notes, if you made any, before the next class period. Do this quickly, 10-15 minutes maximum.

This will be the third time you have seen the material and without any extra effort, you're already reviewing for the final. Also, for math, chemistry, physics, or other equation type subjects, you should rework all problems from returned assignments.

This will only take a few minutes, certainly less than your first attempt, and is an excellent way to solidify your comprehension and practice working quickly. You should especially rework problems you got wrong.

Instructors are notorious for using commonly missed questions on finals, hoping you eventually learned the material. Reworking returned assignments locks in your

See **STRESS** on P. 5

# Preview: "Wait Until Dark" at Parkland Theatre

**PN** Mackenzie Eisenmann  
Staff Writer

"Wait Until Dark" is a thriller mystery play, written by Fredrik Knott. When Sam agrees to carry a mysterious doll across the border, he has no idea what trouble will come to him and his blind wife, Susy. Sam is suspected of murder and Susy must keep the doll protected from three deadly conmen.

"Wait Until Dark" is famous for its hair-raising final scene. The show's director, J.W. Morrisette, admitted that he is forbidden to reveal the ending of the story.

"I can say that live theatre is really the only way to experience the last 15 minutes of the show. It is almost a haunted-house experience-something that can't be captured on screen," Morrisette explained.

Morrisette describes the show as a fabulous, thrilling, exciting story and a great night out for anyone who likes a suspense thriller.

Morrisette is a theatre professor at the University of Illinois at Urbana-Champaign. He has been involved with shows at the Parkland Theatre for 15 years, usually

directing one show a year.

Last year, he directed the play "Too Much Light Makes the Baby go Blind" and in 2012 the children's show "Pinkalicious."

"Wait Until Dark" was first premiered on Broadway in 1966. In 1967, the story was adapted into a movie starring Audrey Hepburn.

Since then, "Wait Until Dark" has been performed in major playhouses all over the world.

"Wait Until Dark" is the third show of Parkland Theatre's 2013-2014 season. The season opened with "How I Became a Pirate" in October, "Pride and Prejudice" in November and closes with the musical "Monty Python's Spamalot" in April and May.

Business major Nicole Anderson admitted that she wasn't usually a fan of live theatre, but her experience at Parkland Theatre's show "How I Became a Pirate" was a lot of fun.

"I went because one of my friends wanted to. I wasn't really looking forward to it. Surprisingly I actually really enjoyed the play, I might even go to another," Anderson said. This play will run Feb. 13- 22

at 7:30 p.m. and on Feb. 23 at 3:00 p.m. and is recommended for audiences of 13 years and up.

According to the Parkland Theatre's website, tickets cost \$14 for adults and \$12 for students and seniors. Groups of 15 or more will receive a discounted price at \$10 per ticket.

Like most shows at the Parkland Theatre, opening night is "pay what you can night," where the price of tickets is left to the attendee's discretion.

Tickets for Thursday, Feb. 20 are half-price.

On Friday, Feb. 21, the Parkland College Hospitality Department is hosting a pre-show dinner prepared by Parkland hospitality students at their on-campus restaurant.

Tickets are \$30 each including show admission and must be bought in advance. To reserve tickets for the dinner, call 217-373-3874.

Purchase your show tickets for "Wait Until Dark" online at theatre.parkland.edu or over the phone at 217-373-3874.

**WAIT UNTIL DARK**

By Frederick Knott  
Directed by J.W. Morrisette

February 13, 14, 15 20, 21, 22 at 7:30pm  
February 23 at 3pm  
2014

Reservations: 217/351-2528 • www.parkland.edu/theatre

Illustration by Rebecca Grosser/Parkland College

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Cats always land on their feet.  
(Find the answer on page 4)

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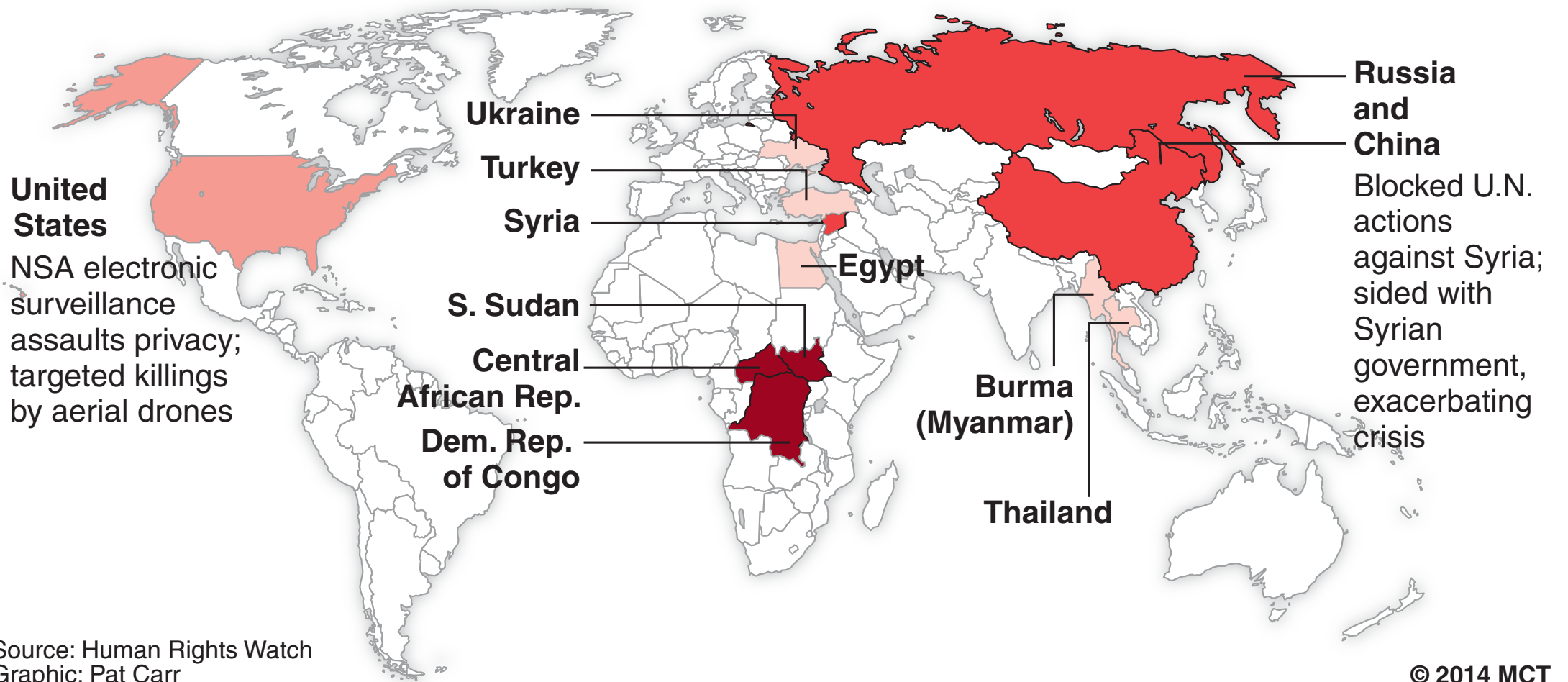
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# News

## Human rights issues around the world

Highlights of Human Rights Watch 2014 annual report, which summarizes human rights practices and abuses in more than 90 countries:

- Killings, horrific abuses by Syrian government and rebels, which world leaders fail to curb
- U.S. government abuses extending from antiterrorism efforts
- Failure of newly 'democratic' governments to protect minority rights, subsequent protests
- Mass atrocities, curbed somewhat by international intervention



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W I N T E R G A M E S

sochi 2014

# An event like no other

## Costs, climate and security among the many concerns heading into Sochi

By WILLIAM DOUGLAS  
McClatchy Washington Bureau

Ski jumpers are yet to fly and hockey pucks yet to be dropped, but the 2014 Winter Games in Sochi, Russia, is already one for the record books for its cost, locale and, seemingly, for controversy.

When 6,000 athletes file into Fisht Olympic Stadium for the opening ceremonies on Feb. 7, they will launch the most expensive Olympics ever: a \$50 billion price tag that's a testament to Russian President Vladimir Putin's drive to stage a flawless games and a legacy, his critics say, of rampant corruption.

The Olympians from 85 countries may literally bask in the warmth of the first Winter Games held in a subtropical location, Sochi, a summer resort destination nestled between the Black Sea and the Caucasus Mountains where temperatures average in the mid-50s in February.

The political climate surrounding the games could also heat up. A recently enacted anti-propaganda law — widely viewed as an anti-gay measure — has prompted several key world leaders, including President Barack Obama, to say "nyet" to attending the games' opening and closing ceremonies.

And Russian intelligence agencies and armed forces will have their hands full protecting Sochi from potential terrorist and security threats from volatile regions only a snowball's throw away from the Olympics site.

Concerns about terrorism have increased after an apparent suicide bomber destroyed a crowded trolley bus in Volgograd in December. That attack came in the aftermath of the bombing of the city's railroad station. The two incidents killed 32 people.

"This is going to be probably, besides Beijing, the most heavily (monitored) games and probably the most militarized," said Janice Forsyth, director of the International Centre for Olympic Studies at Western University in London, Ontario, Canada.

But despite the laundry list of potential worries, officials from Russia, the International Olympics Committee and experts on the games are upbeat about their prospects for success.

"I can't remember a time when there was absolute confidence that the games were going to be perfect," said Cindy Gillespie, a former senior federal relations officer for the 2002 Winter Olympics in Salt Lake City and the 1996 Olympics in Atlanta. "Then there's a last-minute scramble, and it comes together, it comes off. What you really have to get done, the most important thing is have an absolutely perfect field of play for the athletes. Once you get centered like that, then the games come off."

These Winter Olympics might as well be called "The Putin Games." He aggressively lobbied the IOC to host the games at a Guatemala City meeting in 2007 and surprised many when Sochi beat out Salzburg, Austria, and Pyeongchang, South Korea.

"The games are important for Putin as a symbolic demonstration of Russia being back as a power following its difficulties in the 1990s," said Andrew Kuchins, director of the Russia and Eurasia program for the Center for Strategic and International Studies. "It's especially important for his legacy."

To that end, Russia has spared no expense. The \$50 billion spent thus far on the games exceeds Russia's initial \$12 billion estimate to the IOC.

The costs eclipse the \$43 billion China spent on the larger 2008 Summer Olympics in Beijing, the \$13.9 billion for the 2012 London Summer Games and the \$8.9 billion for the 2010 Winter Games in Vancouver, British Columbia. The 2002 Salt Lake City games, which were plagued by a bribery scandal, cost \$2 billion.



CHRISTOPHER REYNOLDS/LOS ANGELES TIMES/MCT

The 2014 Winter Games will include many events at the Laura Biathlon and Ski Complex, which stands upslope from the green-roofed Grand Hotel Polyana in Sochi, Russia.

Russian Olympic and government officials contend that the high price tag stems from building a Winter Olympics from scratch: Converting summertime Sochi into a winter wonderland with multi-million dollar venues and accompanying accommodations and infrastructure.

But critics complain that Putin allies and business oligarchs have benefited from Olympics construction. Last May, Putin critics Leonid Martynuk and Boris Nemtsov authored a report that claimed that \$30 billion of the Olympics budget disappeared in "kickbacks and embezzlement."

"An absence of fair competition, clan politics and the strictest censorship about anything related to the Olympic Games have led to a sharp increase in costs and a low quality of work," their report said.

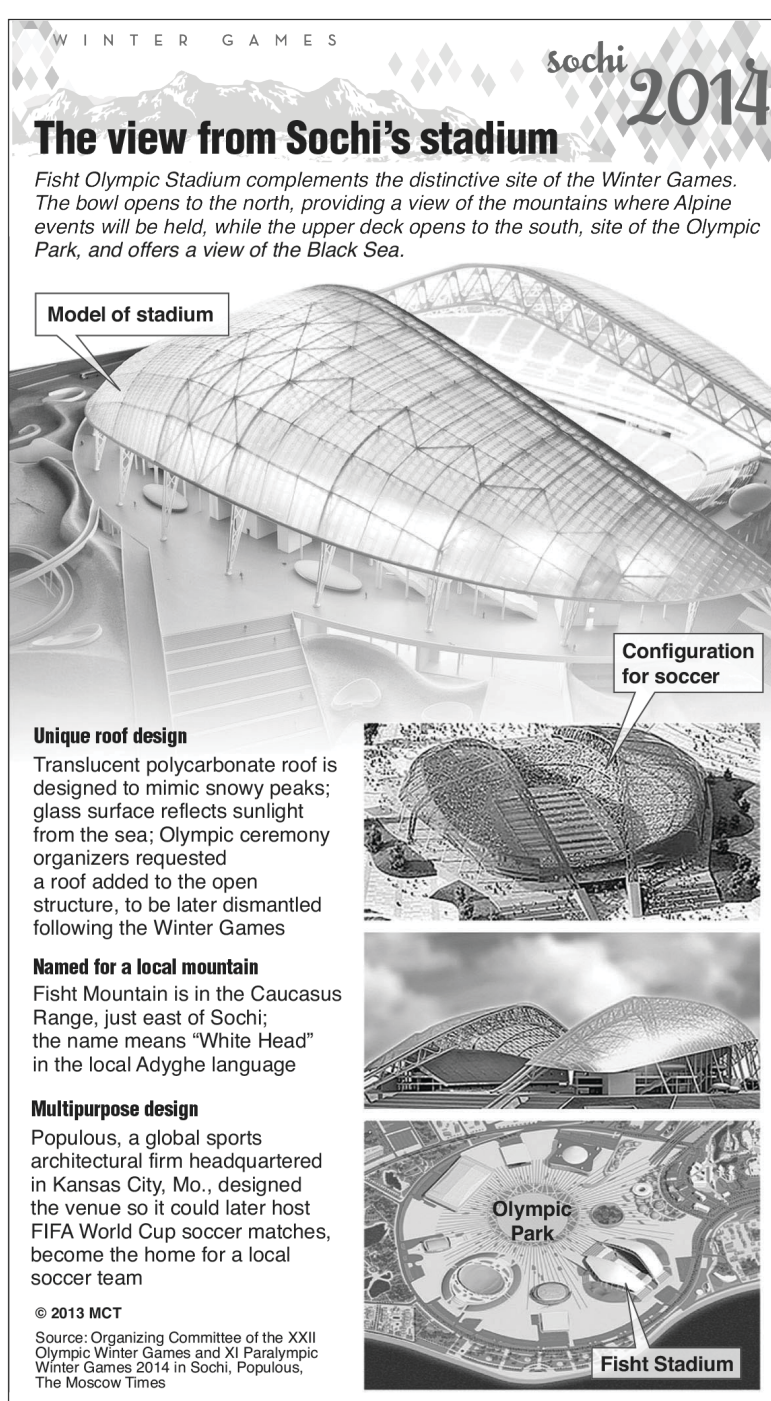
Russian government and Olympic officials have denied corruption complaints. Still, Putin fired Akhmed Bilalov, vice president of Russia's Olympic Committee, last February and chastised him for cost overruns on a \$245 million ski jump complex. The Russian prosecutor general's office followed up last April with a criminal investigation alleging that Bilalov misused funds as head of government-owned OAO Northern Caucasus Resorts.

Weather is always a concern at the Winter Games. Too much snow, like the near white-out conditions at the 1998 Winter Games in Nagano, Japan, is bad. Too little snow, which challenged the Vancouver Games, can be a disaster.

Russian officials insist they've got the snow thing covered if the mountains aren't. They've warehoused 710,000 cubic meters of the white stuff since last winter, and they have 500 snow guns at the ready to make artificial snow.

But it might be easier for Russia to cover a bald mountain than a potential avalanche of political and security problems the games may face.

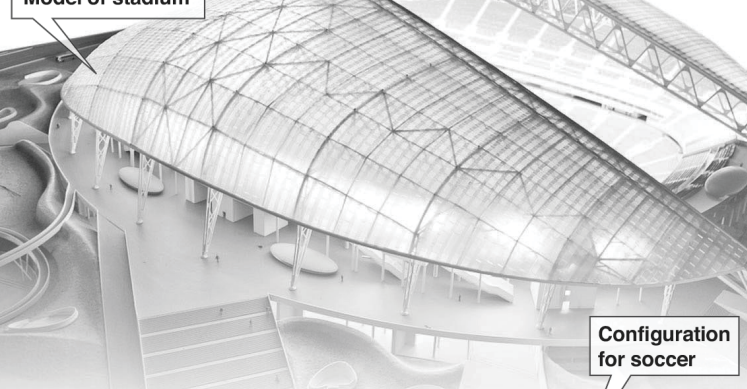
IOC and Russian government officials assure the anti-propaganda law, which prohibits individuals from promoting "homosexual behavior" and spreading "propaganda of nontraditional relations" among minors, won't be a problem during the games.



### The view from Sochi's stadium

Fisht Olympic Stadium complements the distinctive site of the Winter Games. The bowl opens to the north, providing a view of the mountains where Alpine events will be held, while the upper deck opens to the south, site of the Olympic Park, and offers a view of the Black Sea.

#### Model of stadium



#### Unique roof design

Translucent polycarbonate roof is designed to mimic snowy peaks; glass surface reflects sunlight from the sea; Olympic ceremony organizers requested a roof added to the open structure, to be later dismantled following the Winter Games

#### Named for a local mountain

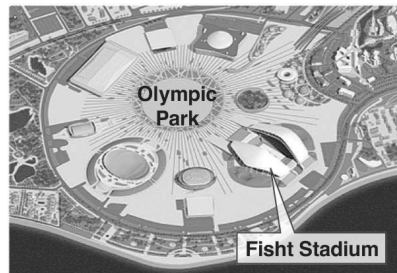
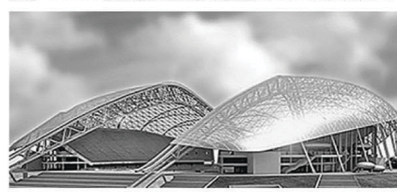
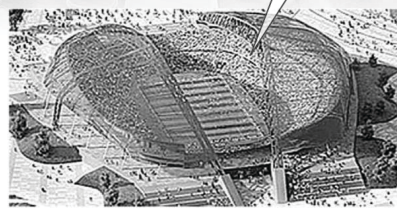
Fisht Mountain is in the Caucasus Range, just east of Sochi; the name means "White Head" in the local Adyghe language

#### Multipurpose design

Populous, a global sports architectural firm headquartered in Kansas City, Mo., designed the venue so it could later host FIFA World Cup soccer matches, become the home for a local soccer team

© 2013 MCT

Sources: Organizing Committee of the XXII Olympic Winter Games and XI Paralympic Winter Games 2014 in Sochi, Populous, The Moscow Times



Human rights and lesbian, gay, bisexual and transgender organizations aren't sure how Russian officials will react if there are individual or group protests to the law in Sochi or other parts of the nation.

In December, the IOC announced that Sochi will have designated public zones where protestors can demonstrate, similar to areas established at the Beijing and Vancouver Games. That hasn't lessened the worries of human and gay rights advocates.

"It's not clear what happens if people at the games decide to be out or hold hands in public," said Rachel Denber, deputy director

for Europe and Central Asia for Human Rights Watch. "We don't know how the Russian government will respond."

In an apparent effort to soothe human rights concerns, Putin granted amnesty last month to two members of the feminist punk band Pussy Riot. The two women had served most of their two-year prison for hooliganism related to an anti-Putin "punk prayer" they performed in Moscow's main Russian Orthodox cathedral in 2012.

Still, a number of world leaders have said they're not attending the opening or closing ceremonies in Sochi. Some, like European

Union Justice Commissioner Viviane Reding, say it's because of the Russian law.

Others, like Obama, are more indirect. The White House announced that it's sending a low-level official delegation to Sochi that includes three prominent gay athletes — tennis great Billie Jean King, Olympic gold medal skater Brian Boitano and U.S. women's hockey player Caitlin Cahow.

"I think the delegation speaks for itself," Obama said during his year-end news conference. "And the fact that we've got folks like Billie Jean King or Brian Boitano, who themselves have been world-class athletes that everybody acknowledges for their excellence but also for their character, who also happen to members of the LGBT community."

On the security front, international analysts don't sugar coat the daunting task ahead of Russian forces for keeping the games safe.

More than 300 miles separates the Olympic venues from Chechnya, the scene of two civil wars, home of anti-Putin Muslim rebels and homeland of the family of the two Boston Marathon bombing suspects.

Sochi abuts Abkhazia, a rebel enclave and breakaway Georgia territory. It's also about 62 miles from Karachay-Cherkessia and nearly 125 miles from Kabardino-Balkaria, also trouble spots.

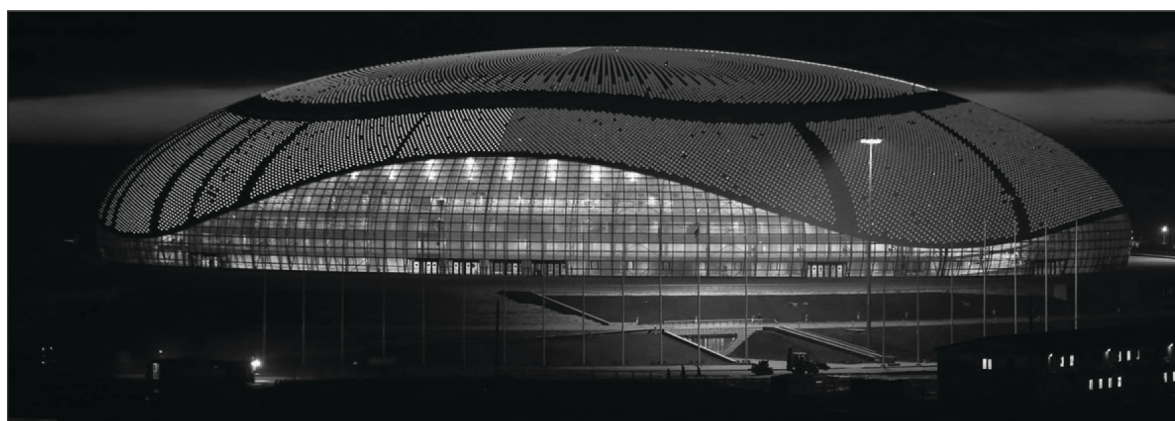
"I don't think ever has a Winter or Summer Olympic Games been held in a place so close in proximity to a region — the Northern Caucasus — which is so rife with conflict, instability and acts of violence, many of them terrorist acts," Kuchins said.

Doku Umarov, a Chechen rebel leader, released a video last July calling for an attack during the Olympics. A declassified Canadian intelligence report obtained in December by that country's National Post said that Umarov's view "that Israeli, U.S. and U.K. interests are legitimate targets raises concerns any Westerners could be targeted."

"The Jihadists, they would like to spoil Putin's party in Sochi," Kuchins said. "Obviously, on the other side, the Kremlin and Russian authorities are aware of that."

Like London, Beijing and post-9/11 Salt Lake City, Sochi will be heavy on security. Aerial drones, reconnaissance robots and high-speed boats will be deployed to patrol areas, according to security report by Stratfor, a Houston-based private security and intelligence analysis firm.

In addition, Russia's Federal Security Service will have nearly 100,000 members patrolling venues in Sochi, along with 30,000 members of Russia's armed forces. A computer system also will monitor Internet and other communications by Sochi residents, visiting athletes and spectators, according to the Stratfor report.



COURTESY OF THE SOCHI 2014 ORGANIZING COMMITTEE

The roof of the Bolshoy Ice Dome in Sochi, Russia, is lit up Dec. 9, 2013. The building will host the men's and women's ice hockey events during the 2014 Winter Games.

# Opinions

## Prospectus News

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# How safe is your credit card? Just how safe should it be?



Los Angeles Times

The blockbuster theft of credit card data from Target during the holiday shopping rush was just one example of the way outdated cards are leaving Americans more vulnerable to fraud and identity theft than shoppers are in other developed countries. The good news is that the credit card industry is in the process of fixing part of the problem. The bad news is that squabbling among retailers, banks and payment processors is getting in the way of a more complete solution.

The United States is one of the few remaining places where credit and debit cards rely on a magnetic stripe, rather than a microchip, to store and transmit account information.

Magnetic stripes are easy to steal information from and to counterfeit, but that's next to impossible with chips. That's why, as other countries switched to chip-based "smart cards," hackers shifted their attention to U.S. targets.

Belatedly, the companies that process credit card transactions (such as Visa and MasterCard) have given banks and retailers until October 2015 to adopt smart cards.

If a bank issues the new cards but a retailer doesn't equip itself to read them, liability for any losses caused by fraud will shift from the bank to the



Illustration by SW Parra/The Fresno Bee/MCT

retailer. That's as far as banks and credit card companies want to go; thus far they're refusing to require consumers to use personal identification numbers

with smart cards, arguing that many retailers don't have the necessary PIN pads.

But requiring PIN use would help combat the unauthorized use of

legitimate cards, which seems worth the cost that the added equipment would impose on some retailers.

Unfortunately, even more sophisticated cards can't stop fraud in online shopping, where there are no smart-card readers or PIN pads.

The key there is to prevent hackers from stealing account information in the first place, which means that any company storing such data must keep it encrypted.

Several Senate Democrats have called for federal regulators to set minimum standards for protecting stored data. As tempting as this may be, however, the federal government should not be telling companies which technologies to use.

Such mandates can't possibly keep pace with the techniques being developed by hackers and the security companies trying to stop them. Instead, lawmakers should make it more expensive for companies that lose credit card data by requiring them to do more to protect customers in the event of a breach.

For starters, companies could be required to cover the cost of issuing new cards and, in the case of stolen debit card data, new checks.

Today, too many retailers behave as if it's costlier to protect credit card numbers than to lose them. It's time to flip that equation around.

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(c)2014 Los Angeles Times

# If you're sick enough to need medicine, do everyone a favor and just stay home



Wendy Orent

Los Angeles Times

Doctors used to call influenza "knock-me-down" fever, and there was a reason for that. Anyone who's suffered through a bout of it knows the miseries: the headaches, the throat that feels scrubbed with sandpaper, the fever so high you're floating on the edge of delirium.

And then there is the cough, the muscle pain, the general misery. Worse still: Flu can kill, though not often, and typically only the very young, the elderly and those with compromised immune systems.

So what do you do? Because fever-reducing medicines make you feel better, the natural thing is to reach for that bottle of ibuprofen or acetaminophen and power through. New research, however, suggests that may be exactly the wrong approach.

A recent study published in the Proceedings of the Royal Society by researchers at McMaster University found that reducing your fever is likely to extend your illness. Moreover, fever-reducing medicines can increase the rate of transmission by making you feel well enough to go back to work or school and cough and spread your germs.

The fact that you feel better doesn't mean that you are better, just that you've become a more likely virus delivery vehicle.

Paul Andrews, an evolutionary biologist at McMaster and one of the coauthors of the Royal Society article, puts it this way:

"I think it's pretty darn clear that fever is an evolved adaptation. Fever activates, regulates and promotes the immune system."

In warm-blooded organisms such as birds and mammals, Andrews explains, "our brain kicks in to regulate our body temperature." Cold-blooded reptiles and fish have their own strategies:

"Fish move into warmer water to raise core body temperature when they have an infection." So fever is what evolutionary biologists call evolutionarily conserved: It's there for a purpose, and during acute illnesses, it can be good for the host. High temperatures may kill some germs, but even more important, fever sets in motion an entire immunological process.

The idea that reducing fever with medication might make you sicker is not new. Studies of rhinovirus (a cause of the common cold), chickenpox and malaria have suggested that lowering temperatures prolongs and worsens infections.

According to evolutionary biologist Paul Ewald of the University of Louisville, it's not only the reduction in fever per se that's dangerous but the reduction in inflammation.

That suggests that aspirin and ibuprofen, which curb inflammation as well as fever, might be worse to take when you have the flu than acetaminophen, which doesn't.

But acetaminophen is no answer. According to a 1989 study in the Journal of Pediatrics, children with chickenpox who took acetaminophen remained sick and infectious longer than those who didn't.

And what about taking that mixed cocktail of over-the-counter medication to stop the sneezing and coughing? Ewald says that although this might cut down on spreading infections, it's unlikely to help you get better faster. Sneezing and coughing help clear irritants from your respiratory system.

Stopping sneezing and coughing might reduce transmission, but, as virologist Earl Brown of the University of Ottawa says, it also means you're not clearing out irritants. Sneezing and coughing gets virus out of your



Illustration by Eddie Thomas/Minneapolis Star-Tribune

nose and lungs, so stopping that sneeze might keep you sicker longer.

And there's still another twist: Fever isn't always your friend. As Ewald argues, fevers and inflammation in chronic as opposed to acute infections might actually be harmful. If persistent infections keep causing inflammation and damaging cells, the harm done to the body could be significant.

You want to cut down on persistent inflammation, which is why anti-inflammatory drugs are used in arthritis and other inflammatory conditions. Long-term inflammation, Ewald says, can cause cancer and other harmful effects.

Untangling these runic complications will take much more research. But what we can say unequivocally is that there's likely to be a real evolutionary benefit to staying at home while you're acutely

sick. Andrews points out that taking fever reducers may push circulating influenza toward virulence by allowing nastier strains to spread.

Ewald makes the same point in reverse: One way to push influenza strains toward mildness is to keep everyone sick enough to medicate at home instead.

If you had a case of flu so mild you barely noticed it, you'd only spread mild germs.

So, logically, if the really sick didn't go out, the influenza strains that managed to spread would likely evolve toward mildness. That's good for everyone.

The long and short of it: If you're sick enough to need medicine, do yourself and everyone else a favor. Just stay home.

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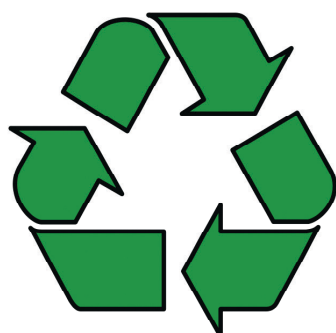


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# STRESS

continued from page 1

understanding, and again you are already studying for the final.

Fourth is to eliminate distraction. Even the most serious student with the best of intentions will be unproductive when subjected to constant interruption.

Turn off the radio, TV, your phone, home theater, et cetera. Go somewhere quiet, and use earplugs or your unplugged headphones to block out extra noise. Keep your study area clear of clutter, or anything that can distract you or cause your attention to wander.

Daniel O'Brien, a Parkland peer tutor and 'A' student, said he prefers to study with someone that will help him stay focused,

"Without them helping me to keep on task

its much easier to get distracted." Finally, get some help. Some subjects are hard, such as vector calculus, dynamics or organic chemistry. Fortunately, Parkland has a peer tutoring program to help.

The Center for Academic success, located in D-120, is a place where students can ask questions and get help on a variety of topics. Students log in with their Parkland ID, and get matched up with a tutor.

Most tutors are students that have already taken the courses with good grades. From the logged hours the school can compare study hours with grades and there is a correlation.

Omar Adawi, the director of the Center for Academic Success and Math & Physics Professor, said the data shows that students who come in on a regular basis at least eight times during the semester do noticeably better in their class subjects.

Even if you don't have any immediate

questions, D-120 is a great study environment because the tutors can help in case you do get stuck. It also promotes studying in general by encouraging good use of that hour or two you might have in between classes that might ordinarily be wasted.

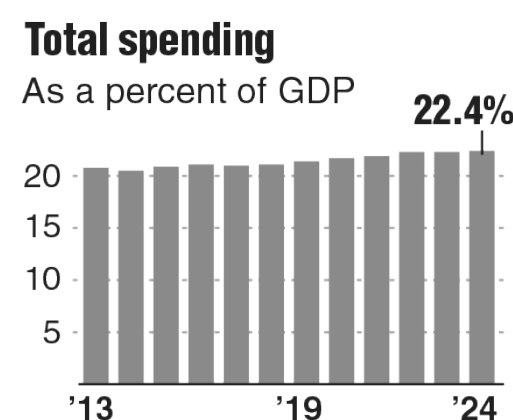
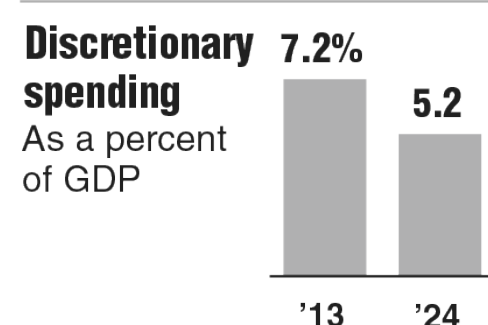
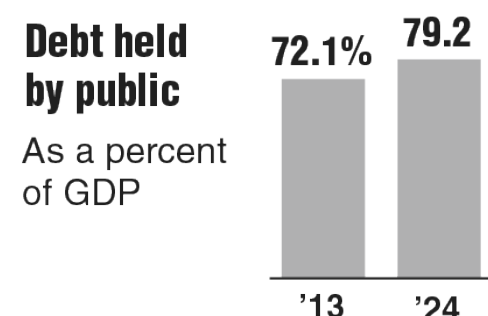
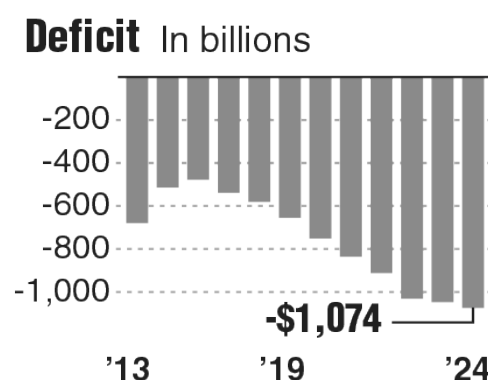
These are just a few of the strategies students can use to improve their learning experience. Best of all they can do so by reducing stress, minimizing effort, and more effectively using their time.

Not every strategy will work for everyone, or may not work all the time, but these few have shown to be very helpful to many students. So before you lose your mind, and pull your hair out this semester, make these few changes and see how much you can accomplish.

For more information on the Center for Academic success, visit their room in D-120 on Parkland's main campus or go to <http://www.parkland.edu/resources/cas/>.

## U.S. economic outlook

*The retirement of the baby boomer generation means big changes in U.S. fiscal picture; federal budget projections for the next 10 years:*

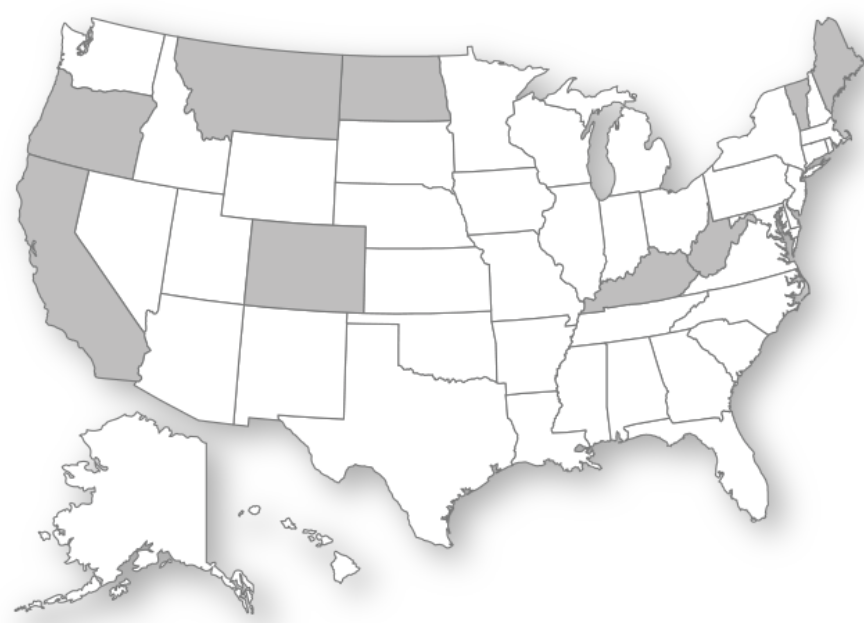


Source: Congressional Budget Office  
Graphic: Judy Treible © 2014 MCT

## Growing hemp in the U.S.

*The farm bill would allow state departments of agriculture and universities to grow hemp for academic research and marketing purposes in nine states that have voted to make cultivation legal.*

### States allowed to grow hemp



**Nearly \$500 million** Retail value of U.S. hemp products in 2012 from hemp imported from countries where it is legal to grow; includes food, cosmetics, clothing, auto parts, building materials

Source: Vote Hemp, Congressional Research Service  
Graphic: Judy Treible

### Hemp vs. marijuana

- Plants are the same species, Cannabis sativa, but different varieties
- Hemp has a small trace of THC, marijuana's main psychoactive chemical
- Marijuana refers to the flowering tops and leaves of cannabis varieties with THC levels of 10 percent or more
- Different growing methods used for hemp and marijuana

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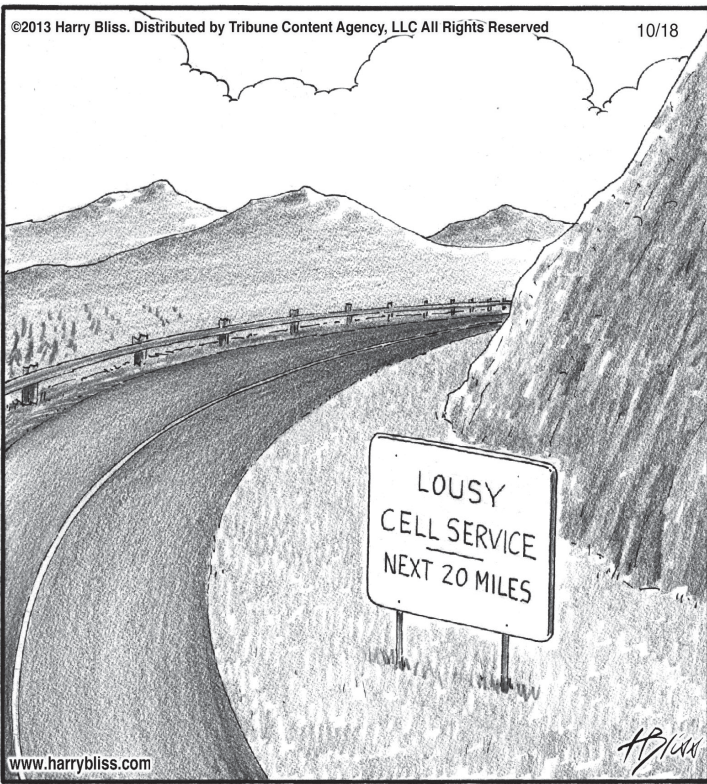


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# Puzzles & Comics

Bliss



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### LOST: Gold and diamond bracelet

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Change your thoughts and you change your world.

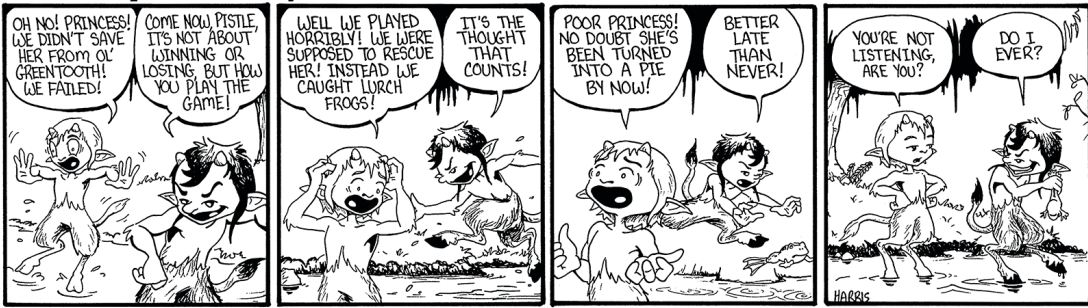
- Norman Vincent Peale

## Sudoku (easy)

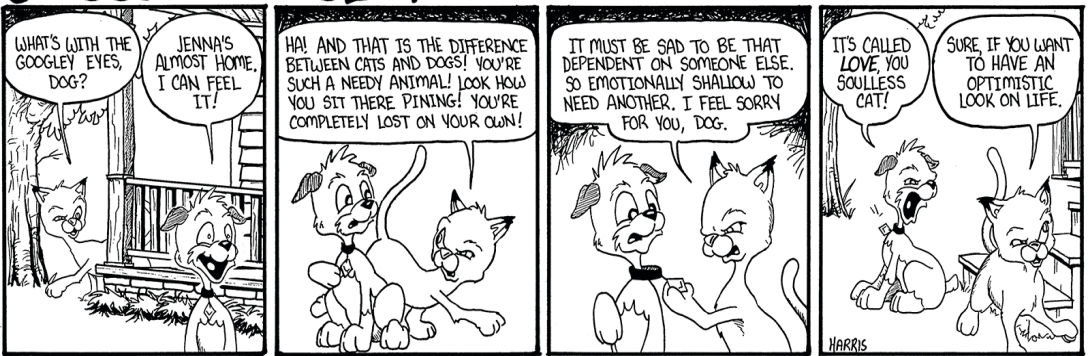
6	9			2	5	1	8
		5		8			
					6	9	4
	4	5	6				1
8	3		2	4		6	5
5			8	9		4	
3	5	2					
			1		4		
1	6	4	9		2		3

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## Imps! by Jeff Harris



## GREEN APPLES by Jeff Harris



## Best In Show



## THE TV CROSSWORD

by Jacqueline E. Mathews

	1	2	3	4		5	6	7	
	8					9			10 11
12						13			
14					15				16 17
18					19				20
		21	22				23		
		24					25		
26	27						28		
29					30	31			32 33 34
35					36				37
	38		39					40	
	41							42	
								43	
								44	

Created by Jacqueline E. Mathews

10/13/13

### ACROSS

- "The \_\_\_ and the Beautiful"
- "Murder, \_\_\_ Wrote"
- "She's Out \_\_\_ League"; Jay Baruchel movie
- Actress \_\_\_ Berry
- \_\_\_ Ryan of "The Beverly Hillbillies"
- Long-running prime-time serial about the Ewing family
- \_\_\_ Domini; A.D.
- Green gemstone
- \_\_\_: Miami
- Ryan or Tilly
- "\_\_\_ of Honor"; Patrick Dempsey movie
- Sandra and Ruby
- Sitcom for Sherman Hemsley
- Lovers' secret meeting
- Hackman or Wilder
- Julia Child or Emeril Lagasse
- Actress Sally
- Wolf's doleful wail
- "Desire Under the \_\_\_"; film for Sophia Loren
- "The A-\_\_\_"

- Actress Longoria
- "\_\_\_ Another Day"; James Bond movie
- Gritty residue
- Bovary and Butterfly: abbr.
- Deputy Barney Fife's portrayer
- Comment from Trigger
- Lucy's landlady
- Actress Paquin
- Have debts
- Elmer Fudd's nemesis

### DOWN

- \_\_\_ away; carried off
- "Rules \_\_\_"
- Center of the alphabet
- Actor John of "Touched by an Angel"
- "Evening \_\_\_"
- Actor on "Gilligan's Island"
- Perpendicular addition to a building
- Role on "Body of Proof"
- Curvy letters
- "\_\_\_ Legend"; Will Smith movie
- "American \_\_\_!"
- Seymour or Pauley
- Suffix for cartoon or violin
- Repair
- "The Price Is Right" host
- Diner where Alice worked
- Actor \_\_\_ Barry
- Informal talk
- Nourished
- "What \_\_\_ About You"; Jennie Garth series
- Info on a book spine
- Golfer Ernie
- Recent Dennis Quaid series
- Bit of sooty residue
- One-dish meal
- Restaurant's list of dishes
- Expression of mock surprise

### Solution to Last Week's Puzzle

G	A	B	L	E			L	A	S			
A	V	A	I	L		A	G	E	N	T		
L	A	C	E	Y		P	I	R	A	T	E	
A	S	H			D	O	R	A				
			E	A	S	E	D		C	A	S	E
			L	I	O	N			E	Y	E	D
C	A	R	O	L	S		G	I	V	E	N	S
O	M	A	R			R	O	M	A			
T	Y	N	E		S	E	D	A	N			
			T	W	I	N			P	T	A	
P	O	T	T	E	R		E	B	E	R	T	
A	R	I	E	S			S	A	L	E	M	
T	E	N					P	A	T	E	S	

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# Your Elmhurst Experience



## Sonia Pedapati

Elmhurst is a good fit for me because professors talk to you without having to look up your ID number. The community here is so close knit and intimate that the College seems like a second home.



## Jacob Scott

At Elmhurst it's easy to get involved at a high level. I was news editor for the newspaper, I have an internship, and I'm a fellow with the Interfaith Youth Core. Regular people can make a real difference here.

**A warm welcome.** As a transfer student at Elmhurst, you'll get to know plenty of people with experiences like yours. About one in three of our students comes to us from another college, and we welcome more than 300 transfer students to campus each fall. We understand your needs and concerns, and we're deeply committed to your success.

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# Entertainment

## Review: Lego Movie perfect for every viewer

**Mace Mackiewicz**  
Staff Writer

"The Lego Movie" hit theatres Friday, Feb. 7, and is the first feature length film to be focused on the Lego toys, and made a story out of the different franchises and figures the company has put out for years.

The movie follows a construction worker named Emmet Brickowski, the "average Joe" in the Lego world. He finds a red brick which a prophecy said only "the special" can find and is thrown into a world where he must stop Lord Business, the main villain, from freezing everyone in the universe.

The voice acting in the movie is one of its strong points, created with the help of an all-star cast. With actors like Will Ferrell, Chris Pratt, Morgan Freeman, Liam Neeson and Will Arnett behind this film there's a ton of personality and they all work together well.

Morgan Freeman voices a wizard character that is all knowing, a Lego parody of Freeman in all the god-like roles he's been in. His lines are

sometimes so ridiculous and yet said so deadpan that it's hard not to laugh when he's on screen.

Will Ferrell, playing as the villain of the film, works really well. His character as the main villain named Lord Business is the most over the top evil character to exist in a while. And since the film is displayed in Legos they get away with some actions that in any other film would be considered too dark for kids.

The stand out voice in the film is definitely Will Arnett as Batman. The best way to describe his character is if Gob from the "Arrested Development" TV series decided he wanted to become Batman.

All of the jokes and references at the expense of the Batman character are downright hilarious and definitely stole the show.

EIU alumni Griffin Knight remarked that he really enjoyed Batman in this movie.

"The moment he popped up on screen everyone in the theater started to laugh at just how ridiculous he was," Knight said, "His lines in the film were hilarious and at some points

the laughter got so loud I missed what was being said."

Another thing the Lego movie has going for it is the visual style. There's never really been a feature film about Legos and after seeing this film it's kind of a shame. The colorful blocks make the film fun to look at and make it so just about anything can happen on screen.

The Lego movie isn't stop motion action but the way it is animated makes it look pretty close to that style of film. The set pieces with explosions or other special effects use different Lego blocks for flames, lasers, et cetera to make a visually stunning yet plastic look on screen.

It's fun just to watch characters build things on screen. The movie does a good job at utilizing the fact that it's in a universe made of Legos so literally anything can be made, from spaceships to laser guns.

The movie does an excellent job at capturing what a child's imagination is like, especially given all the creativity of Legos and all the character's outrageous and hilarious roles.

The cameos in this film are also really well done. Characters from Harry Potter, Star Wars, The Justice League and others make appearances in the film.

The films pacing was perfect as both a comedy and a children's movie. The jokes don't stop in this film except for a couple of parts where something emotional happens. The movie doesn't allow for the viewer to be bored which is why it works so well as a comedy.

"I was kind of worried going in that some things would be too aimed at kids," EIU alumni Tucker Knight said, "But the film honestly had me laughing and entertained the entire time. I can't recommend this movie enough to adults to go see it's hilarious."

The only real problem with the movie is it left out some of the more iconic Lego products from the past. "Bionicles" are only mentioned and never seen in the film once. It would also have been nice to see more characters from the Justice League, Harry Potter or even a mention of "Minecraft."



Illustration by Kurt Strazdins/MCT

The Lego movie is perfect for kids as the pacing will keep their attention and everything happening on screen will keep them entertained.

It's also perfect for adults as the nostalgia in the film is everywhere. Also, many of the jokes and references will soar over some kid's heads but will make adults laugh.

The film deserved an eight out of ten for being a great comedy for everyone, and currently sits at a 97 percent on Rotten Tomatoes.

Head out to the nearest theatre and see this movie, and prepare to laugh as the Lego world unfolds in front of your eyes.

## Popular toy, popular movie

In North America, "The Lego Movie," featuring the popular construction toy, opened at No. 1 in its first weekend, with \$69.1 million.

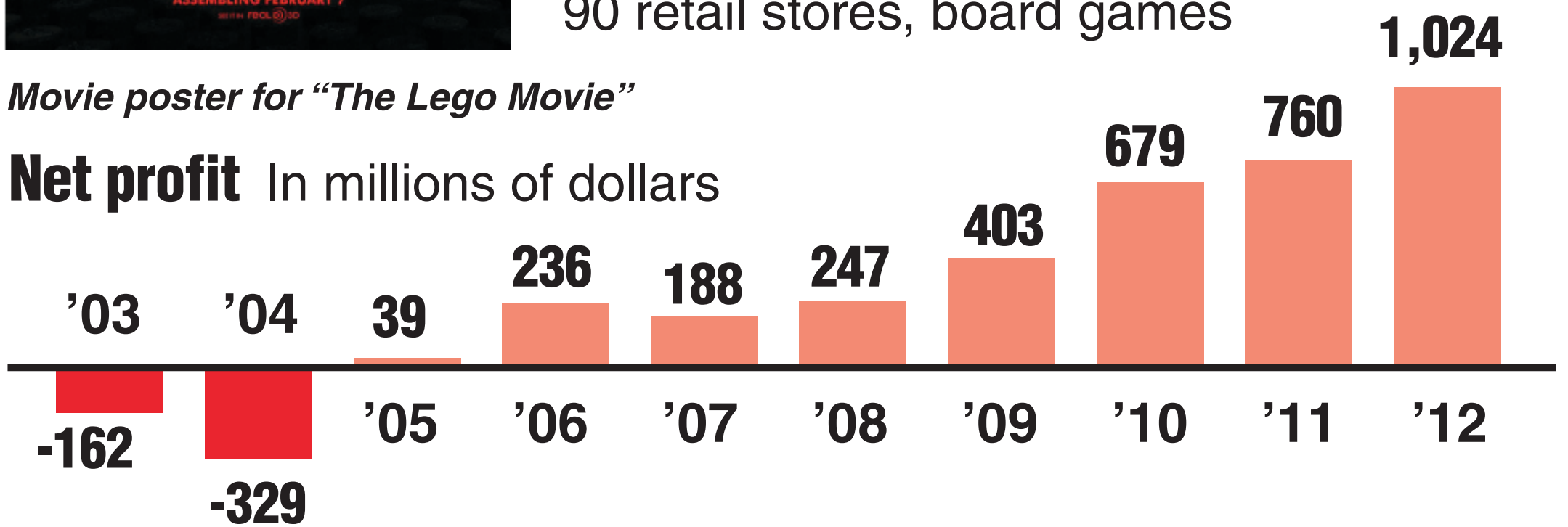


### About the toys

- **Founded** 1934 by Ole Kirk Christensen; named from the Danish phrase *leg godt*, which means "play well"
- **Headquarters** Billund, Denmark
- **Employees** 10,400 (2012)
- **Around 560 billion** LEGO elements manufactured since 1949
- **Related products** Video games, six Legoland amusement parks, 90 retail stores, board games

Movie poster for "The Lego Movie"

### Net profit In millions of dollars



NOTE: All figures at exchange rate as of Feb. 10

Source: LEGO, Warner Bros. Pictures

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