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Smoking ban considered on campus



Photo by Jojo Rhinehart/Prospectus News

Parkland considers a controversial campus-wide smoking ban which could affect many students and faculty who would no longer be allowed to smoke on campus.

PN Ted Setterlund
Staff Writer

A Parkland affiliated task force is in the processing of connecting with students this semester regarding their opinions on banning smoking on campus. This has led to some controversy amongst students who feel that the ban will take away their rights.

According to John Eby, Student Life Activities Program Manager and head of the Campus Smoking Policy Task Force, the issue has been discussed since the State of Illinois passed the Smoke Free Illinois Act in 2008.

"In early Spring semester 2013, Student Government was asked by numerous students to 'do something

about smoking' at Parkland. This initiated a campus-wide survey, a petition drive, and then the establishment of the Campus Smoking Policy Task Force," Eby said.

The Campus Smoking Policy Task Force has met since spring, and will continue to meet until they are satisfied with a resolution.

History major Benjamin Ross is one of the opponents against the banning of smoking on campus.

"It is not really fair for the people who smoke. What it does is that once the ban goes into effect, people will just not listen and continue what they are doing," Ross said.

Business major Ally Wright also agreed that banning smoking privileges

was not a good idea.

"It is not fair for the students who have the right to smoke there, especially since they are already restricted to smoke outside," Wright said.

While some students may think that a smoking ban hinders their rights, the task force believes that many of Parkland's students, faculty, and staff would welcome the healthier smoke-free environment around campus.

"Parkland is still operating under a policy that was revised and approved in 2008, prior to the passage of the Smoke Free Illinois Act. For smokers, further restricting or eliminating smoking on campus would certainly be seen as a great inconvenience," Eby explained.

"Some may think it's a violation of their

rights. For the majority of Parkland's students and employees, it creates a healthier environment in which to study and work, and comes closer to the intended effect of state's smoking law."

If Parkland does end up banning smoking on the premises, they will not be the only school in the area to do so recently. Last Oct. 2012, The University of Illinois in Urbana-Champaign approved its intention to be smoke free on January 1, 2014.

"We want to ensure a healthy environment for our entire campus community. There is incontrovertible evidence that smoking is a dangerous

See BAN on P. 5

Second annual Zombie Run slated for Oct. 19

PN Matthew Jackson
Staff Writer

This year marks the second annual Zombie Run, happening on Saturday, Oct. 19, 2013 in Dodd's Park, Champaign.

"Zombie Run is one of a series of fitness events that we run here at the Champaign Park District," Megan Kuhlenschmidt, Sports & Aquatics manager for the Champaign Park District, said.

"Zombie Run is part fun run, part zombie movie, and part haunted house - and it has a well-developed plot from start to finish," Kuhlenschmidt continued.

According to Kuhlenschmidt, in last year's event people were casted as survivors when a zombie outbreak begins. They tried to get to safety with a flag football belt that represented three "lives," solved plot puzzles, were guided by military guides, and avoided zombies along the way.

Thomas Ramage, President of Parkland College, made an appearance at the first Zombie Run.

"Me and my son were patient-zero in a scenario last year. I hope to be involved this year but like last year, I usually know the day of, and I won't know to what extent until the day of," Ramage said.

This year the plot changes, while some of the elements remain the same, such as military guides and flags representing lives

"It's year two and our survivors are settling into a new (although admittedly strange) life in a survivor's compound," Kuhlenschmidt explained.



Graphic by Amber Walters/
Prospectus News

"Just as they begin to settle into a routine, they begin hearing whispers of a strange doctor working in the outlands searching for a cure, and rumors that containment protocols at outlying compounds are failing and some survivor colonies have fallen." Kuhlenschmidt continued

Kuhlenschmidt went on to explain that the survivors will be brought back to headquarters for their routine medical checkpoint, and that's where the race begins.

Zombie Run brings in people from all over the community.

"Zombie Run is for anyone, and we mean anyone, over the age of 15. We see runners, college students, young professionals, Baby Boomers, families, sororities and fraternities, friends, couples, you name it. Zombie fans, of course, are especially welcome!" Kuhlenschmidt said.

88.7 WPCD FM, Parkland College's radio station, will be involved with this year's Zombie Run as well.

"We will be promoting the event through on air promotions and Facebook and Twitter updates. We will also be giving away registration packets." WPCD Radio Director Eleni Kametas said.

According to Kametas, WPCD will also have an adapted War of the Worlds broadcast playing while the event is taking place.

The War of the Worlds broadcast would be an adaptation on the 1938 broadcast of the same name, which was a series of news bulletins that was made to make people believe aliens

See RUN on P. 5

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Fact or Fiction?

Pumpkins are fruits.
(Find the answer on page 5)

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Are you covered?

INDIVIDUAL MANDATE

Beginning in 2014, the Affordable Care Act requires most individuals and their dependents to have health insurance or pay a penalty. Although a key factor in reducing the number of uninsured Americans, the mandate is the most unpopular part of the law. But it's necessary to make the law's insurance market reforms work properly. The ACA bars insurers in the individual and small-group markets from denying coverage to people with pre-existing health problems, charging higher premiums based on their health and placing annual and lifetime limits on covered benefits.

Without the individual mandate, these new consumer protections would cause sharper premium hikes because they would encourage older, sicker people to get coverage, while healthy people would wait until they get sick to buy insurance. The mandate is designed to discourage this behavior and promote a mix of healthy and less-healthy people to enroll for coverage.

That diversity of new enrollees is designed to help keep premium costs in check.

Do I have to buy coverage?

No if ...
... you have insurance through

- Your employer
- Medicaid or CHIP (Children's Health Insurance Program)
- Tricare or veteran's health program
- Medicare
- Private insurance you bought that's at least the bronze coverage level
- A grandfathered plan from before ACA was enacted

No if ...
... you're a member of one of the following exempt groups

- Part of religious group opposed to accepting health insurance benefits
- An undocumented immigrant
- In prison
- Part of an Indian tribe
- Too poor to file a tax return (\$10,000 single, \$20,000 family)
- Paying more than 8 percent of income for health insurance, minus employer contribution or tax credits

Penalties for the uninsured

	2014	2015	2016
Adult	\$95.00	\$25.00	\$95.00
Child	47.50	162.50	347.50
Family*	285.00	975.00	2,085.00

Penalties will increase yearly by cost-of-living adjustment after 2016

*Family penalty is whatever is greater: \$285 or 1 percent of family income for 2014; \$975 or 2 percent, 2015; \$2,085 or 2.5 percent, 2016

Source: Kaiser Family Foundation
Graphic: Judy Treible
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MEDICAID EXPANSION

Hoping to reduce the ranks of nearly 49 million uninsured Americans, the Affordable Care Act allows states to expand the number of people eligible for Medicaid, the state/federal health insurance program for the poor and disabled. This so-called "Medicaid Expansion" will extend coverage in 2014 to an estimated 8 million nonelderly adults who earn up to 138 percent of the federal poverty level. That's about \$15,900 for an individual in 2013 or nearly \$32,500 for a family of four. The federal government has pledged to pay all medical costs for the newly eligible Medicaid enrollees in 2014, 2015 and 2016 and no less than 90 percent of their costs there-

On Oct. 1, Americans can begin enrolling for health coverage next year on the new state insurance marketplaces. The Affordable Care Act becomes fully operational three months later in 2014. That's when most people must have health insurance or face a fine for noncompliance. Most of the roughly 260 million Americans with job-based, individual or government coverage probably have nothing to worry about. But if you're unsure — or among the nearly 49 million uninsured Americans — we've prepared a guide to bring you up to speed.

—Tony Pugh, McClatchy Washington Bureau



Online, telephone resources

- HealthCare.gov: <http://www.healthcare.gov>
- "The YouToons get ready for Obamacare" video: <http://kff.org/health-reform/video/youtoons-obamacare-video/>
- CuidadoDeSalud.gov (resource for Spanish speakers): <http://www.cuidadodesalud.gov>
- BusinessUSA.gov/healthcare (federal ACA information website for business owners): <http://business.usa.gov/healthcare>
- HHS Affordable Care Act hotline: 1-800-318-2596
- HHS ACA hotline for hearing-impaired callers with TTY/TTD technology: 1-855-889-4325

after. The June 2012 Supreme Court decision allows states to decide whether to participate in the Medicaid expansion. As of July 1, 23 states and the District of Columbia are moving forward with expansion, 21 states are not and six others are still debating the issue, according to the nonpartisan Kaiser Family Foundation, which studies health care issues.

INSURANCE MARKETPLACES

As part of broad changes to the way health insurance is bought and sold, the Affordable Care Act creates new online health insurance marketplaces where individual and small-group coverage can be purchased from qualified health plans. Each state will have a marketplace that will launch in October with open enrollment for coverage in 2014.

An estimated 7 million people will purchase insurance on the marketplaces between October and March 2014, according to the Congressional Budget Office.

The marketplaces will either be federally operated, state-run or administered jointly.

Marketplace plans will be divided into four categories based on the portion of medical expenses they cover: Bronze plans cover 60 percent; silver plans cover 70 percent; gold plans cover 80 percent and platinum plans cover 90 percent. Plan members pay the remaining portion.

The marketplaces will also offer "catastrophic coverage" for people under age 30 and those age 30 and over with low incomes who can't get affordable insurance or who have a hardship exemption from the individual mandate. Catastrophic plans protect against high medical costs from accidents or a major illness.

Small employers and their workers will also be able to purchase coverage through the marketplaces, using the Small Business Health Options Program, or SHOP. Some small employers with less than 25 workers will be eligible for a tax credit worth up to 50 percent of their premium contribution.

In states with federally-operated marketplaces, employers can only offer worker coverage through one SHOP plan in 2014, but multiple plans in 2015 and thereafter.

Help for the uninsured

In states that participate, more people will be covered by Medicaid, the state/federal health insurance for the poor and disabled

Policy by state

- Expanding
- Not expanding
- Debate ongoing

The annual income cutoff for Medicaid will rise to:

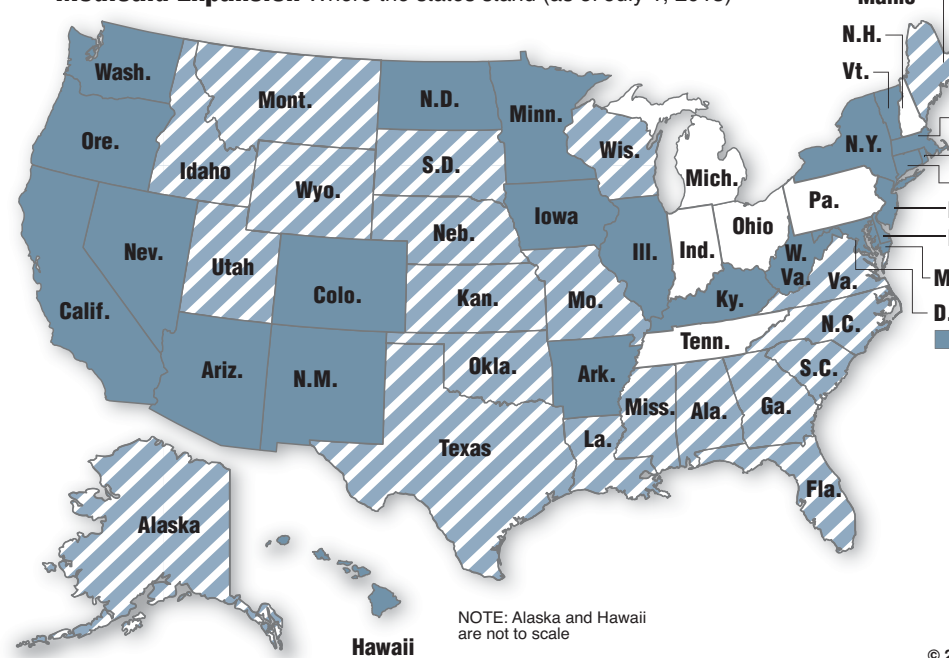
Individual	\$15,900
Family (4)	\$32,500

About 138 percent of the federal poverty level**

**Federal poverty level in 2013: individual, \$11,490; family (4), \$23,550

Source: Kaiser Family Foundation
Graphic: Judy Treible

Medicaid Expansion Where the states stand (as of July 1, 2013)



NOTE: Alaska and Hawaii are not to scale

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Essential health benefits

All insurance plans, both in and out of the marketplaces, must cover these 10 "essential health" benefits



- Ambulatory patient services
- Emergency services
- Hospitalization
- Maternity and newborn care
- Mental health services
- Prescription drugs
- Rehabilitation services
- Laboratory services
- Preventive and wellness care
- Pediatric services

Insurance industry reforms

Rules designed to make new policies more generous, affordable and transparent

Accessibility Guarantees access to individual coverage regardless of current or past health problems

Value of coverage Each plan must cover at least 60 percent of costs

Out-of-pocket limits Insurers must limit annual out-of-pocket costs such as co-pays, deductibles

Rating requirements Limits amount older plan members may be charged, no annual benefit-spending limits, rates can't vary based on gender, occupation or claims history

Source: Kaiser Family Foundation, Alevre Health, acaexplained.org
Graphic: Judy Treible
© 2013 MCT

families earning roughly between about \$23,550 and \$94,200 annually.

The amount of the tax credit is based on the price of the "benchmark plan," which is the second-lowest cost "silver" plan in your area.

INSURANCE MARKET CHANGES

The health care law engineers a complete makeover of individual and small group coverage next year through a series of changes designed to make newly issued policies more generous, accessible, affordable and transparent.

The individual, or "non-group," market has long been problematic for consumers. It's known for high customer dissatisfaction and turnover, high coverage denial rates, lean benefits and premiums subject to frequent increases.

The new rules guarantee access to individual and small-group coverage regardless of current or past health problems.

They also require each plan to cover at least 60 percent of medical costs, and limit annual out-of-pocket costs, like co-payments and deductibles. The new consumer protections also limit the amount that older plan members may be charged; outlaw annual benefit-spending limits; and no longer allow insurers to vary rates based on gender, occupation or medical claims history.

The law requires all individual and small-group health plans in 2014 to cover a list of "essential health benefits," including substance abuse services, pediatric dental and vision care, mental health treatment and others often excluded from current policies.

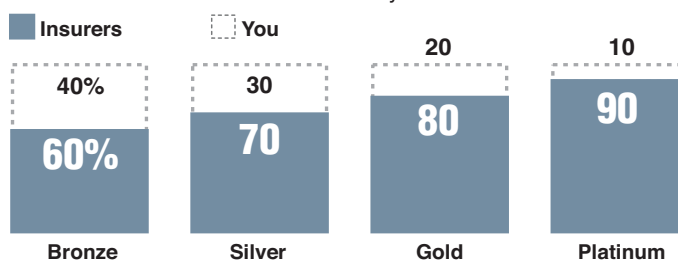
Just 15.4 million people purchase individual coverage, according to the Kaiser Family Foundation. But that number is expected to increase substantially next year, when premium tax credits become available to help people buy individual coverage through the new online insurance marketplaces in October. About 24.5 million people have small-group coverage through companies with 50 or fewer employees, according to federal estimates.

Insurance marketplace coverage

Who will use marketplaces? People purchasing individual and small-group coverage

How the coverage levels vary

Percent of health care costs covered by:



Catastrophic plans typically have lower premiums than a comprehensive plan, but individuals are usually responsible for initial health costs — often up to \$6,000 — before coverage kicks in. Tax credits cannot be used to purchase catastrophic coverage.

Source: Kaiser Family Foundation
Graphic: Judy Treible
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TAX CREDITS

Nearly 26 million low- and moderate-income people will be eligible for tax credits to help pay for coverage on the new marketplaces, according to Families USA, a nonpartisan patient advocacy group. The tax credits are structured to protect people from spending more than a set portion of their income on coverage. The amount of the tax credit depends on the applicant's income and the cost of coverage. The tax credits could range from a few hundred dollars to more than \$10,000. Low-

income people will get larger tax credits than those with higher incomes. The amount of the tax credit is revealed after submitting an online application through the marketplace. The money is sent directly to the applicant's insurance company to be applied to the premiums.

Individuals and families who earn between 100 percent to 400 percent of the federal poverty level will be eligible for the tax credits. In 2013, that would be individuals who earn roughly \$11,500 to \$46,000 annually, or four-person

Lifestyle

Simple ways to stay focused in any classroom

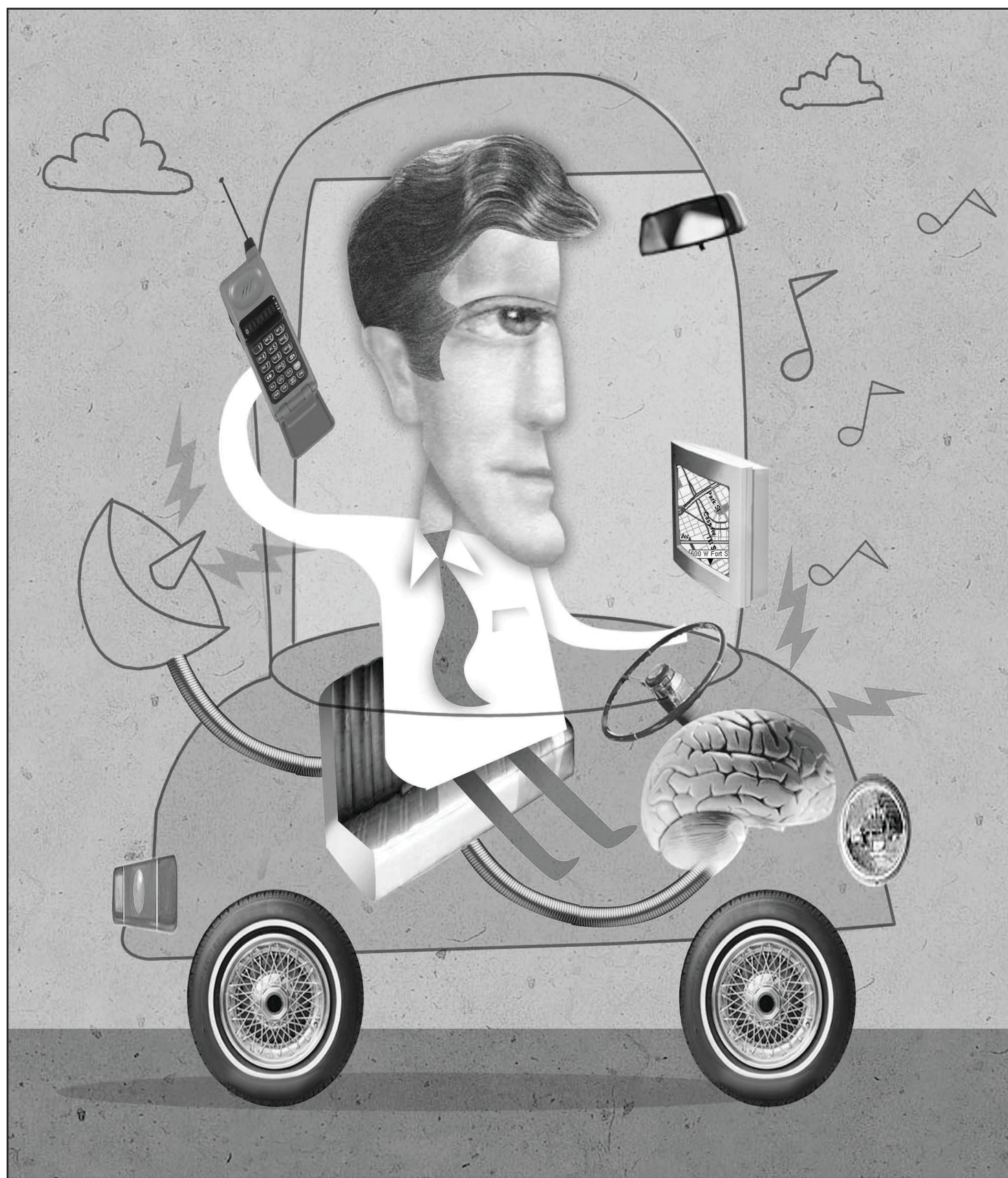


Illustration by Rick Nease/Detroit Free Press

Lisa Ciarfella
Student Health 101

Chances are, you've been there. Trying your best to pay attention in class either on campus or online, when your focus gets sidetracked. In fact, 44 percent of students responding to a recent Student Health 101 survey said other students' behaviors in class distracted them, and 71 percent said that their minds wander due to other things they're thinking about during class: family issues, social media, work, noise, and even pain.

So how can you overcome this common problem? Here are simple strategies to help you focus, regardless of where you're studying.

In the Classroom

Engage With Classmates

From an instructor's viewpoint, classmate interaction can be an important strategy. Trini Travis, an instructor and librarian at California State University, Long Beach, encourages her students to work together. She says,

"Take advantage of in-class group work to interact with your classmates and also online. It guarantees engagement."

Dr. Lesley Farmer, a professor and coordinator of the Librarianship and Educational Technology & Media Leadership program at California State University, Long Beach, agrees. "Consider creating an ad hoc study group," she explains.

Avoid Concrete Distractions
Shut down electronic devices that you're not using specifically to take notes. You want to focus on your professor and class discussion, not other media.

Concentrating Online

If you study online, you may find yourself tempted to

multitask or thinking about lots of things other than class. Perhaps it seems like a great time to pay some bills or create your weekly grocery list, or you're simultaneously taking care of your children.

Prepare Your Study Environment

If you still find yourself distracted, some light stretching or meditation before you start class can help clear your head and put you into the right mindset. Your body posture can make a difference, too.

Actively Participate

In a 2009 study about engaging online students, Eman M. El-Sheikh at the University of West Florida found that collaboration kept students participating and focused. Some of the activities that were helpful included:

- Participation in discussion forums and chat rooms
- Active emailing
- Collaboration tools, such as live online lectures

These methods allowed students to interact directly with the instructors and one another, creating an environment similar to a brick-and-mortar classroom.

At the start of the semester, make sure you know how to use the different technologies that will be employed.

Dr. Farmer suggests, "Visit discussion boards often, and try to keep a course blog. Comment on peers' blogs a couple of times a week."

Attending class with these strategies in your pocket, whether in person or online, can go a long way toward helping you focus and reap the benefits.

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

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Also on   

Opinions

Obamacare may cause dizziness

Chicago Tribune

The online health insurance exchanges promised by Obamacare promptly opened for business last week and just as promptly crashed. People seeking to sign up for insurance, or just peruse plans, waited and waited ... and waited.

Eventually, we're sure, the computer problems will be resolved. But many people will find that when they can get through, they're confronted with a bewildering online experience. They'll have to sort through dozens of plans from different insurers.

This is a complex decision. Some people may be tempted to throw a dart and pick one with the lowest premiums, assuming all plans are about the same.

Warning: They're not.

In recent weeks federal officials touted some of the low premium prices available under the new exchanges. What they didn't stress, and what careful consumers will find on the exchange market site, is that insurers have tamped down prices in some cases by greatly narrowing the hospitals and doctors available in the coverage network. That means if you favor a particular hospital, say, the University of Chicago Medical Center, you'll want to make sure that your plan covers that hospital and your doctors.

If not, you could be on the hook for much higher medical bills for out-of-network coverage, even though you have insurance.

Let's backup for a second. Obamacare sets four levels of coverage: platinum, gold, silver, bronze. The law requires that every plan provide a basic menu of services, including maternity care, mental health services, prescription drugs and hospital visits. Insurers can

offer more than that, but they can't offer less.

The different levels of coverage indicate how you and the insurer will split your health care costs. In a bronze plan, for instance, you'll pay 40 percent of the costs and your insurance will cover 60 percent. You'll pay 30 percent in a silver plan, 20 percent in a gold plan, 10 percent in a platinum plan.

In the lower tiers, you'll generally pay lower premiums but will have higher out-of-pocket costs. For instance, the deductible - the amount owed for covered services before insurance kicks in - will be higher when you visit a doctor or go to a hospital.

That doesn't mean all gold plans - or silver or bronze - are created equal.

The differences within a tier can be huge. Blue Cross and Blue Shield of Illinois, for instance, offers some customers its Blue PPO Gold plan for 314.19 a month or its Blue Choice Gold PPO for \$234.02. The plans have the same deductible. Same coinsurance. Same copays. So what accounts for the \$80.17 difference in monthly premium? One major factor: The higher-priced plan has 54 hospitals in its network, including world-class Northwestern Memorial Hospital, and more than 23,000 doctors. The lower priced plan has 26 hospitals, excluding Northwestern. It has about 10,000 doctors.

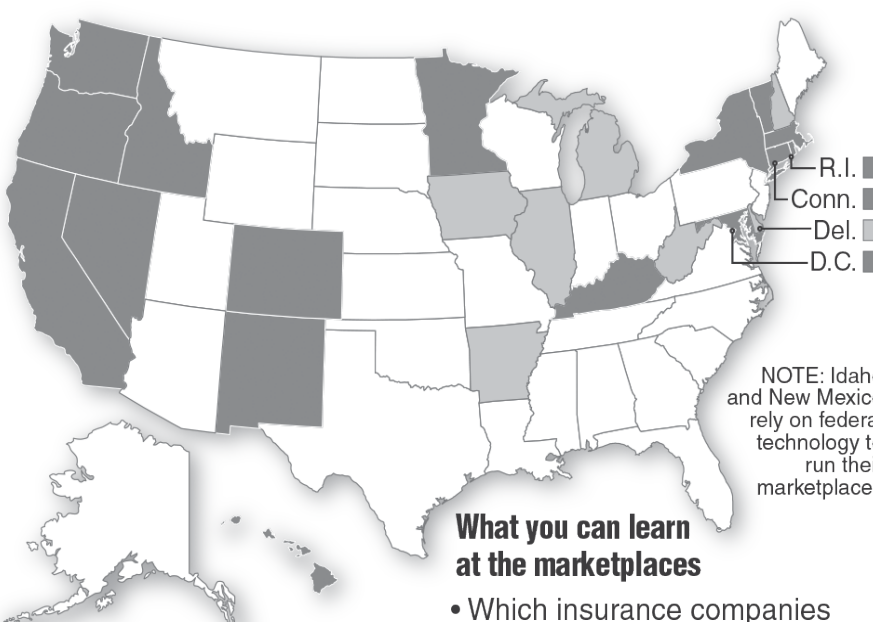
You may find a broader doctor/hospital network in a bronze plan than you find in a gold plan, depending on the insurer. You will need to check to see if your doctors and preferred hospitals are covered under the policy you want to choose. Plans also differ in which prescription drugs are covered and how much you'll pay for a brand name versus a generic.

Don't assume anything.

Rollout of the marketplaces

Health insurance marketplaces opened Oct. 1, allowing Americans to enroll in private health insurance under the Affordable Care Act. How the marketplaces are administered varies by state.

■ State-based ■ State-federal partnership □ Federally-run



What you can learn at the marketplaces

- Which insurance companies are available
- What is offered in each plan
- Whether you qualify for tax credits to help with cost

Marketplaces help consumers

- Enroll in coverage online, in person, by phone, fax, or mail
- They provide linguistic assistance

© 2013 MCT

Source: Kaiser Family Foundation
Graphic: Judy Treible

There's plenty of time to investigate before you decide. You can enroll until Dec. 15 for insurance that begins Jan. 1. If you find yourself confused, be reassured: You are not alone. Almost all the experts we've talked to - insurance

agents, hospital officials, doctors - are still sorting out the details of this massive health care expansion.

(c)2013 Chicago Tribune

No life on Mars? Maybe someday

Chicago Tribune

In 1996, scientists thrillingly theorized that a potato-size meteorite from Mars, discovered in Antarctica, could contain evidence that life had once existed on the Red Planet. Life on Mars!

That pronouncement provoked a burst of exuberance at NASA and ... a volley of skepticism from outside scientists.

One way to approach the question: Send a probe to Mars and sniff around for methane and other elements that could indicate life could still exist there or had once existed.

Enter Curiosity, the Mars probe that nailed its landing on the planet's surface in August 2012.

Since then, Curiosity, the most advanced machine ever dispatched to another planet, has been trundling across the Martian surface with its laser, drill and soil scooper, carefully seeking signs to answer a key question: Did Mars ever have an environment that could support life as we understand it? The rover did find traces of water in soil that it spent weeks analyzing. And it turned up a volcanic rock that suggests Mars is a lot more geologically similar to Earth than previously thought.

But on the tantalizing question of life on Mars right now, we're sorry to say that Curiosity has come up empty on the methane hunt. So far, the Red Planet is more like the Dead Planet. There are

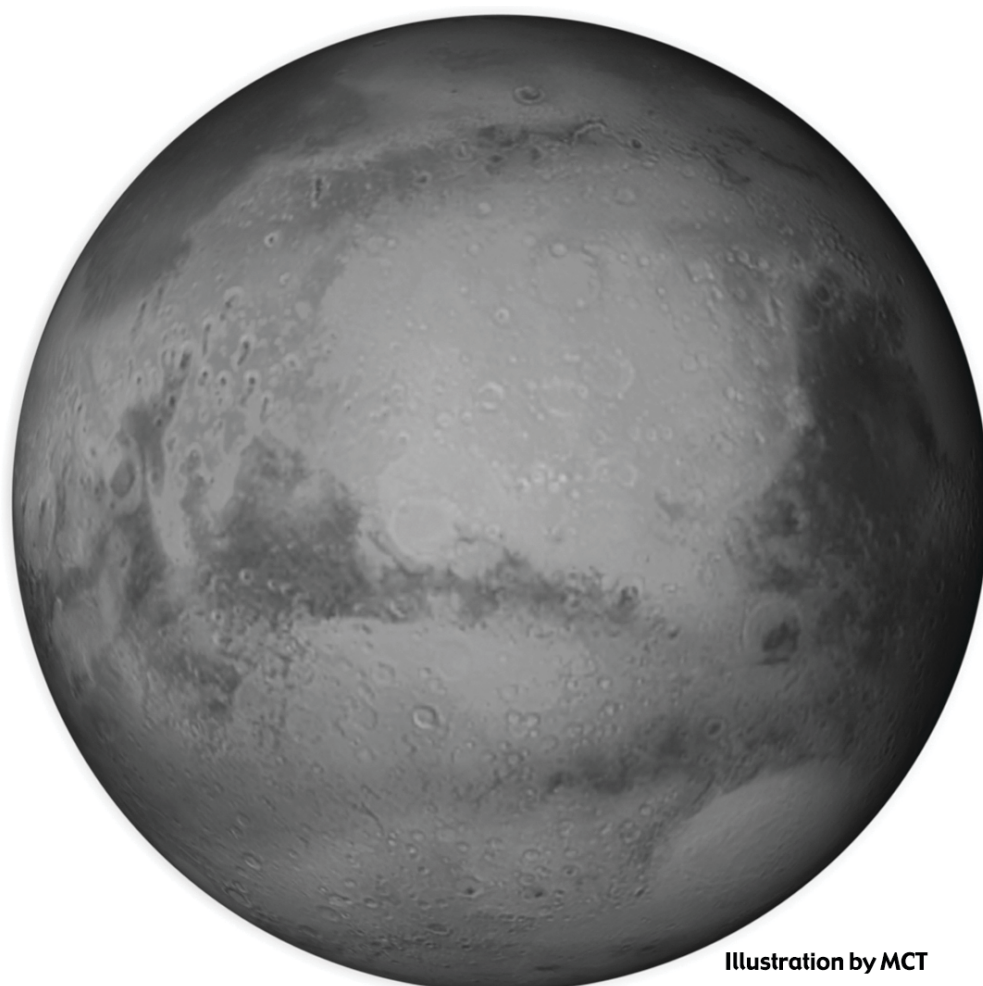


Illustration by MCT

no strong signs that microscopic life, or any other kind, thrives on Mars.

Disappointing? Sure. But Curiosity's chief scientist, John Grotzinger, tells us the rover's mission has been a success. "We're excited that all of our science instruments worked," he says. "All things being equal, sure it would be nice to find lots of methane on Mars. But that's what you get."

The rover's failure to find evidence

of methane doesn't mean that life never existed on Mars. Many scientists believe Mars went through a wet and warm period in its early years, about 3 billion years ago, and that some forms of life could have existed. In March, an analysis of a rock sample drilled by Curiosity near an ancient stream bed prompted scientists to declare that Mars could have supported microbes in the ancient past.

OK, OK, we're a long way from the sentient (and menacing) Martians in "War of the Worlds" here. But we say, let's keep looking. Let's not lose sight of the amazing fact that there is a rover ... on Mars ... telling us new stuff about the planet, dismantling old theories, launching new ones. Dreams of life on Mars, tamped down for now, still smolder in our sci-fi-stoked imaginations.

How else to explain the hundreds of thousands of people from around the world who have applied, via a nonprofit organization called Mars One, to colonize the Red Planet starting in 2023? Yes, hundreds of thousands. You can check out their reasons on the mission website, mars-one.com. Ultimately, four astronauts will be chosen to be among the first group of pioneers, according to the website. Warning: It's a one-way trip. You get there. You stay there.

We'd advise potential adventurers not to sell their worldly possessions just yet. There's the technological hurdle of ferrying people on the 154-million-mile journey safely. And shelter will be a challenge: Temperatures on Mars rarely rise above freezing; at night, you'll shiver in minus-100 Celsius. No wonder that among the characteristics that Mars One seeks in prospective settlers are these: "You are at your best when things are worst ... You have a 'can do!' attitude."

Curiosity has kindled a new Mars fever. The exploration is far from over. Maybe there's no life on Mars now. But one day, we imagine there will be. Human life.

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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.

- All content, once published, becomes property of Prospectus News.

- All submitted content must be original work.

- All submissions must also include up to date contact information.

- View expressed are not necessarily that of Prospectus News or Parkland College.

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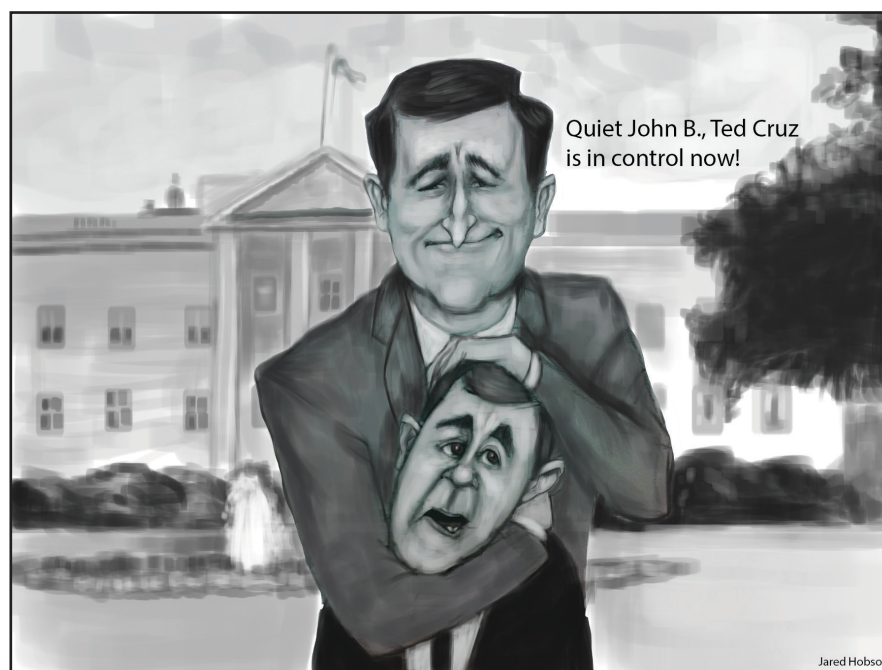
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Please Recycle



Jared Hobson

Streaming services offer convenience

PN Mace Mackiewicz
Staff Writer

In recent years streaming media has become more viable for music and movies. With more people acquiring high speed Internet, they're gaining access to TV shows, movies and music to stream to their computer.

Soon all video games will be streamed instead of played on a disk or downloaded.

And as faster Internet has become more readily available to everyone so have many viable streaming services. Sites such as Hulu, Netflix, Crunchyroll and even Youtube now provide full episodes of TV shows. Many shows are also available in HD.

Streaming music became more popular when sites such as Pandora, Last.fm and Spotify started to emerge.

History major Samuel Bahler explains the convenience of streaming in his life.

"It's online so it's easier to stream a video or listen to music then to put a disk into the player or computer. I also have a lot more variety in genres of music and movies that can be accessed at any time," Bahler said.

Biology major Bing Yang also finds streaming convenient.

"It's much cheaper for me to access a streaming service for a couple of dollars a month than to buy the physical copies. Even if the video isn't in HD it's still enough that it's just available for me to watch at any time," Yang said

While downloads have existed for a long time, they aren't quite as convenient as streaming has become. With downloading media the files take up a lot of space on the computer's hard drive or external hard drive. Even more so if the downloads are HD files which can be up to several gigabytes of data.

Streaming does have some drawbacks as well. While high speed Internet has become the norm it's not always reliable. It's not unheard of for there to be an internet outage for several hours.

Also, some people might not have fast enough Internet to reliably stream what they want to watch or listen to.

Streaming can also be used to the advantage of people who don't have cable or any kind of TV provider. "Hulu," for example, puts TV shows up from select stations to view after they've aired on TV.

Graphic Design major Shelby Richardson often uses Hulu when she misses the shows she would have watched on television.

"I don't always have time to catch TV shows when they're on for the first time on TV, so being able to stream them after the fact is a life saver. I would be so behind on TV shows without "Hulu." It would be heartbreaking," Richardson said.

Other premium channels on TV also offer their shows in a streaming format. "HBO," for example, offers anyone subscribed to them access to "HBO GO," a streaming service that provides all the TV shows and most of their seasons from "HBO" as well as access to any movie that is on during that month.

A lot of these streaming services are available on video game consoles as well. As long as someone



Illustration by Mike Miner/MCT

has a subscription to the service they normally have the option to download and use it on their console so they can watch it on a TV.

Streaming has become so convenient in recent years it's hard not to see it being a mainstay in the future. Soon even streaming something like video games will become possible.

Sony is implementing "Gaikai" streaming on their PS3, PS4 and Vita systems in 2014 to all

"Playstation Plus" members, giving them access to a library of video games new and old without having to download them or have a physical disk.

With all the improvements and easier access to streaming, within a matter of years physical media could become less needed and everything may just be streamlined into people's homes.

BAN

continued from page 1

addiction – and that secondhand smoke affects everyone," Chancellor Phyllis Wise said.

In the last week of September, the Policy Task Force held an open meeting for students so that they can voice their opinions on whether or not the school should ban smoking on campus property.

"Students and employees have had several opportunities to express their opinion, interests, and offer questions that should be considered as the Task Force examines the issue. The Task Force continues to meet, discuss, the issue, and late this year, will begin working directly with the policy, and making its recommendations," Eby said.

This is not the only time a Parkland related smoking survey was done. Last March, an online survey was held dealing with the same topics, during the time the Illinois Senate was considering about banning smoking in colleges statewide.

These surveys have been helping the Policy Task Force with decisions regarding the future of smoker's privileges at Parkland.

As of now, it has not been decided on whether or not the campus will be smoke-free anytime soon.

"The process for revising policies on campus includes several reviews before it is brought to the Board of Trustees," Eby said.

To learn more about the effects on smoking, visit the Wellness Center in X-240, or visit www.parkland.edu/wellnesscenter.

RUN

continued from page 1

were invading Earth. Only this time it's adapted to make people think the zombie outbreak has occurred.

Registration ended on Wednesday, Oct. 2, 2013. However, those who missed the deadline and would still like to sign up can do so before Thursday, Oct. 14, 2013.

If students want to get involved in Zombie Run they can visit Champaignparkdistrict.com/ events to sign up.

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Notice to Students and Faculty Regarding FINAL EXAMINATIONS

A final exam is expected in each credit course at Parkland College. Final exams for all full-semester and second-half-semester courses will be given during final exam week (December 9 - 13) according to the official published schedule. The schedule can be found on the last part of the printed semester class schedule. These final exams are **not to be given early** (during regular class periods). Final exams for all other courses (those ending earlier) will be given at the last regularly scheduled class meeting.

All requests from faculty to alter scheduled final exam times or dates must be reviewed and approved by the Department Chair and the Vice President for Academic Services.

In courses where a final exam is not appropriate, as determined by the Department Chair, an educational alternative scheduled during the week of final exams is expected.

Students: These official College guidelines were established to more fully ensure that you receive the full set of instructional class periods for which you paid and to which you are entitled; and that you have the appropriate amount of time to prepare adequately for your final exams. If your final exam is given earlier than scheduled, or at a date and time that is not consistent with the college's final exam schedule, please contact the Department Chair or the Vice President for Academic Services (351-2542, Room A117).

Three final exams scheduled on the same day may be considered a conflict. Conflicts may be resolved by arrangement with the faculty of these courses.

Questions or concerns about these guidelines should be directed to the Vice President for Academic Services.

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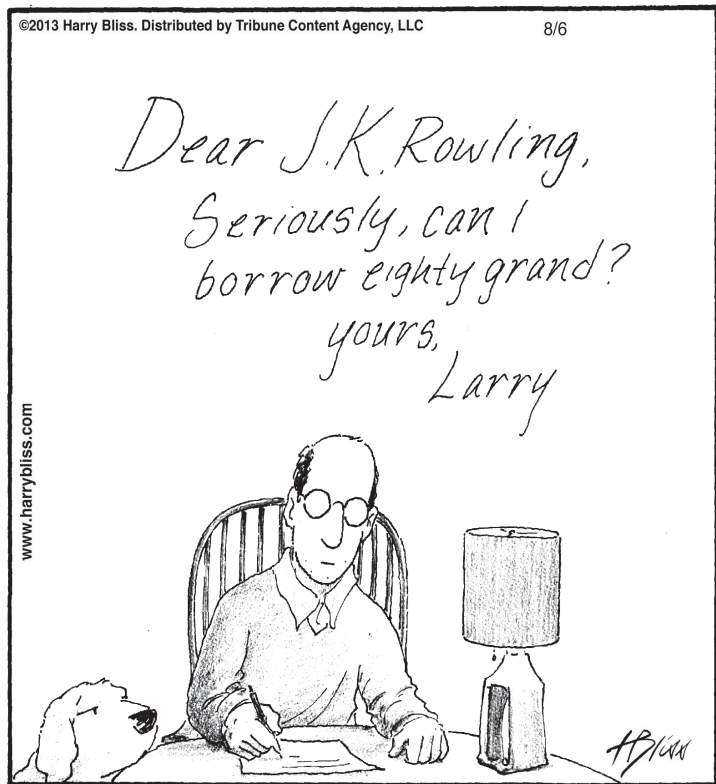
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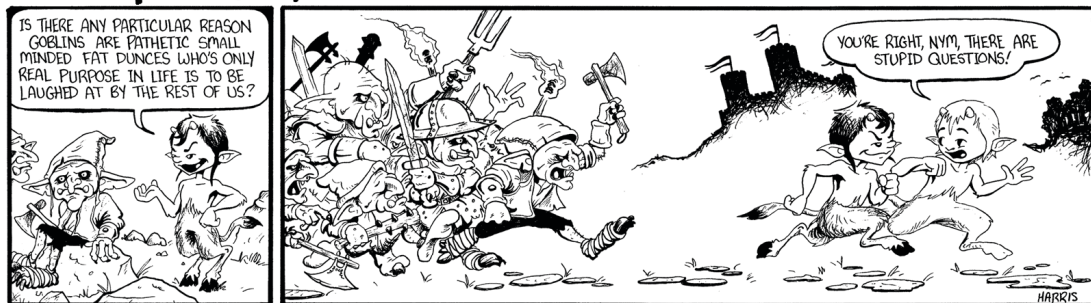
Imagination is more important than knowledge.
- Albert Einstein

Sudoku (Intermediate)

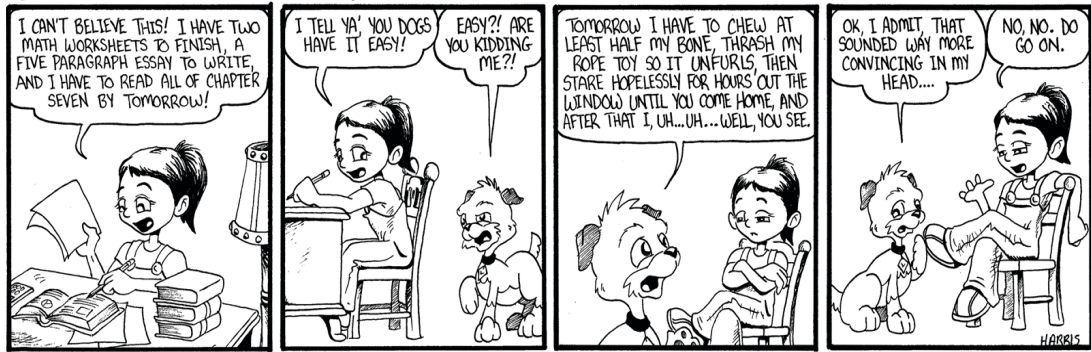
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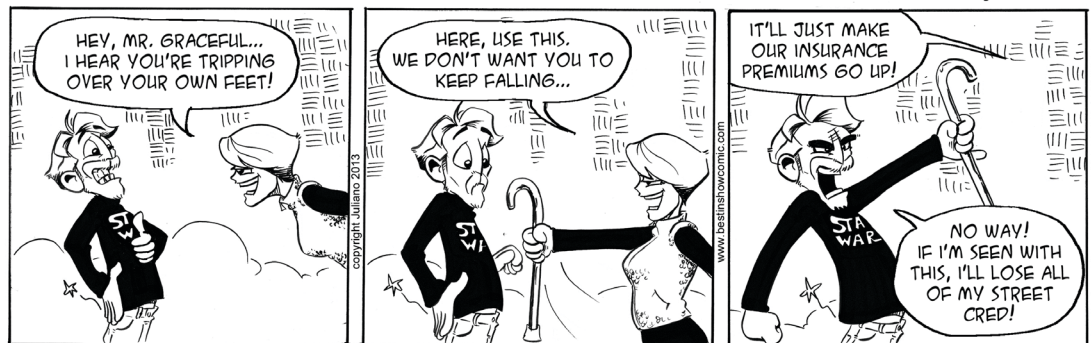
Imps! by Jeff Harris



GREEN APPLES by Jeff Harris



Best In Show



THE TV CROSSWORD

by Jacqueline E. Mathews

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Created by Jacqueline E. Mathews

7/21/13

ACROSS

- 1 “__ City”; series for Michael J. Fox
- 5 Gabor or Longoria
- 8 Woody Guthrie’s son
- 9 Sitcom of old that was set at an airport
- 12 Estrada and his namesakes
- 13 Nightclub or small restaurant
- 14 Costa __
- 15 Carvey or Delany
- 16 “__ Pray Love”; Julia Roberts movie
- 18 180” from WNW
- 19 Actress Helgenberger
- 20 Meanie
- 21 “American __”
- 23 Untrue
- 24 Certain
- 25 One of Michael Jackson’s brothers
- 26 Actress Bo
- 28 Setting for “Magnum, P.I.”
- 29 Actress Suzy __
- 30 “The Man Who __ Liberty Valance”; John Wayne movie

- 32 President Ford’s monogram
- 35 “__ the Bounty Hunter”
- 36 “__ ’70s Show”
- 37 Metal bar
- 38 “__ Company”
- 40 Forrest Gump’s love
- 41 Piano piece
- 42 Japanese sashes
- 43 Sixth sense, for short
- 44 At __; relaxed

DOWN

- 1 Garments for women of India
- 2 “The __”; Drew Carey’s game show
- 3 Actress __ Chase
- 4 Refusals
- 5 Family name on “Dallas”
- 6 MasterCard alternative
- 7 Colony insect
- 10 Dive master on “Splash”
- 11 Flies high
- 12 Prior to, in poetry
- 13 Cheers, for one
- 15 Evans or Robertson
- 17 Peg for Els
- 19 “__ & Mindy”
- 20 Sworn statement
- 22 Membership fees
- 23 Italian auto
- 25 Sound the horn
- 26 “American __!”
- 27 Shed crocodile tears
- 30 Flock member
- 31 “Olympus __ Fallen”; Morgan Freeman movie
- 33 Dishwasher cycle
- 34 “I’ll __ Away”
- 36 Knight and Koppel
- 37 Sitcom about a southern soccer mom
- 39 Actress McClanahan of “The Golden Girls”
- 40 Pesci or Morgan

Solution to Last Week’s Puzzle

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Sports

Volleyball more than just a game

Alex Wallner
Sports Writer

Volleyball is a game motored by hard work, dedication and work ethic, but it also goes much deeper than that. Volleyball coaches across the country spend endless days and nights with recruiting, game film and scouting, which adds another factor to this already tough sport.

The Parkland Women's volleyball program does not end at recruiting. The coaching staff lead drills and hours of practice that they give to their players in order to help them get better on the court.

As of last Tuesday, the Cobra volleyball program compiled 16 straight wins, with their last loss coming to the top nationally ranked team, Cowley Community College. This says a lot about the type of program that Coach Hastings has set at the college.

"I think he is a great coach because he is constantly giving me and the rest of the team instruction and he is never disappointed in us," Interior Design major Lori Vanbeek said.

Many players on the volleyball team enjoy the coach's ability to go beyond the



The Parkland Women's Volleyball team participates in a study hour in the Art Gallery Lounge to catch up on their schoolwork before they start their practice.

court to support the team. "Coach Hastings is such a great coach because he doesn't just focus on you as a player, but as a person. He genuinely cares about everyone on the team and gives each player individual attention," Clinical

and Counseling Psychology major Melinda Stewart said. Hastings has a lot to do with the team's tremendous records as his recruiting tactics always seem to bring in the best players. His coaching skills not only make people want to

come to the program, but go to the school as well. "I chose Parkland because it has a really good volleyball and academic program and I bonded with the girls when I was on my visit. Also, I love the coaching staff," Vanbeek said.

When the program is as successful as it is, it is always hard to pass such an opportunity up. Coming to Parkland not only gives the opportunity to move on in volleyball, but move on academically as well.

The volleyball team has compiled a record of 29 and 2 and have not been overlooked with their accomplishments, as they continue to hold on to the second spot in the national polls.

Another win on Wednesday, October 2, 2013 would give the Cobras the number one spot in the Regional tournament and get them one step closer to reaching their goals of getting to Nationals.

The Cobras came out on fire, winning the first two sets, 25 to 16 and 25 to 17 before dropping the third set 25 to 18. The Cobras finished their business in great style, winning the fourth and final set by a score of 25 to 21.

The team was led by sophomores Allyn Krenz and Alexis Clemons, who chopped in 11 and 10 kills respectively, while freshman, Elise Dahlke added in 10 kills of her own. Sophomore, Jordan Wooden and freshman, Kaitlyn Hunt chipped in with 11 and 14 digs as well to top off a tremendous night filled with a lot of action.

For more information on Parkland's Women's Volleyball team, visit <http://www.parkland.edu/athletics/volleyball>.

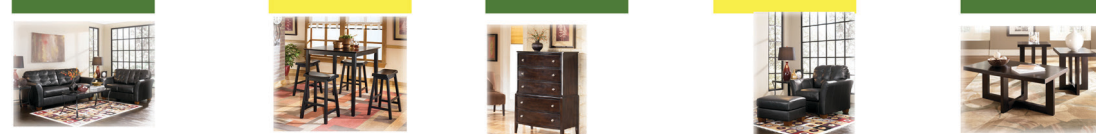
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