

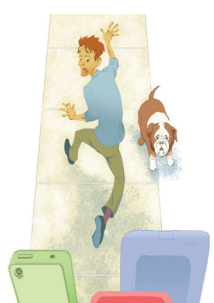


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Seminar highlights art program



“Each year, area high school art instructors are invited to bring their students to Parkland College to try out new materials and techniques. This unique experience exposes many of the participants to materials they may have not known existed, as most schools have limited resources for art supplies. The Parkland Art Faculty provides instruction and demonstrations to get the students started.”

- Parkland Art Gallery

Photo by Makenzie Hryhorysak/Prospectus News

Exhibiting artist Shelby Shadwell explains where he draws inspiration for his work to visiting high school students in the Parkland Theatre on Friday, Oct. 18, 2013.

Trick-or-treating trending for college students

PN Ted Setterlund
Staff Writer

With Halloween around the corner, students all over the area have been planning out what they want to do on October 31.

With free candy and fun in general with family and friends, it is not an unusual thing that for some college students to consider Halloween just as important as any other major holiday.

One trend that has been coming up lately is the decision to go trick-or-treating, costume and all, around their neighborhoods. Because of this trend, there are also concerns regarding safety around children who are also trick-or-treating.

Public Safety police officer Benjamin Boltinghouse feels that it is their choice to go trick-or-treating outside, as long as they are following the rules.

“Halloween is kind of geared towards kids, but if college students want to take part, as long as they are being safe and not interfering with the main idea of the holiday and without getting away, I do not think that there is anything wrong with it,” Boltinghouse said.

The sight of college students dressing up in costumes is not a surprising thing for many, as Halloween Day alone at Parkland College is well known for the mass amount of costumed students roaming around the halls.

The Campustown neighborhood also has a tradition for college-aged trick-or-treating.

The question that might stick out on people's mind is the anxiety of going trick-or-treating if he or she is over the age of eighteen.

Many students might want to go out trick-or-treating because they want to feel like a little kid again, but there might still be several other reasons some people might think that the choice is weird.

After all, it is not very common to see a fully grown college student roam through the streets of their neighborhood asking for candy.



Illustration by Kirk Lyttle/St. Paul Pioneer Press

Criminal Justice major Dakota Moore has a long history with celebrating Halloween with his family, and he believes that it is a difficult thought for

older people to go trick-or-treating.

“I do not think that it is weird that college students go trick or treating, but I do think it is kind of interesting.

It is kind of like once you stop believing in Santa Claus, some people will continue to believe in it,” Moore said.

General education student Catherine O'Connell feels that the trend of trick-or-treating is unsafe for the surrounding children.

“If you do something on Halloween like dressing up as someone who is extremely scary, the children might want to wear the costume that you are wearing next year, thinking that your costume is a lot cooler than theirs,” O'Connell said.

There are activities around the Champaign-Urbana area that are popular with both children and college students, including the Wesley Haunted House in Urbana, which is put on with help by several Parkland College and University of Illinois students of the Wesley Foundation.

Safety is a plus when it comes to walking around the streets at night, especially so when some of the students are of college age.

While Parkland itself does not have a specific Halloween-themed event this year, that does not mean that Halloween won't have a place at Parkland.

As usual with the holiday at the campus, there is the option for students and staff to dress up and walk around the hallways of the campus on October 31.

The WPCD-sponsored Zombie Run also happened on Saturday, Oct. 19, 2013, giving another school-based activity for college students to enjoy without feeling awkward in the process.

While some think that dressing up in costumes and going trick-or-treating is an odd thing to see and somewhat interesting, it all boils down to choice. Some students choose to be a kid again, and go out hunting for candy.

It is all about a personal choice, so long as college students remember that there are younger children roaming around too. Safety is key, and so is having fun on Halloween night.

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Fact or Fiction?

The colors black and orange have another meaning to them in association with Halloween.

(Find the answer on page 5)

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News

Seminar coverage continued



Photo by Makenzie Hryhorysak/Prospectus News
Associate professor of Art & Design Chris Berti explains abstraction to a group of high school students in the 3D design building on Friday, Oct. 18, 2013.



Photo by Makenzie Hryhorysak/Prospectus News
High school students from Paxton Buckley Loda experience what it's like to be a Parkland art student at the High School Art Seminar on Friday, Oct. 18, 2013.



Photo by Makenzie Hryhorysak/Prospectus News
Art Gallery Director Lisa Costello talks to the seniors from Monticello High School about the current art show "Defining Territories Contemporary Drawings" on Friday, Oct. 18, 2013.



Photo by Makenzie Hryhorysak/Prospectus News
Shown are two examples of the high school students' clay working skills at the High School Art Seminar on Friday, Oct. 18, 2013.

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Lifestyle

Why you may have a fear of missing out

Sandra McGill
Student Health 101

“Vvvt. Vvvt.” You feel your cell phone vibrate, alerting you to a new status update or text message.

No matter that you're driving; you need to see what it says—now. Ever feel that if you're out of touch for one moment, you'll miss something critical?

Is your smartphone never farther than six inches away? Do you compulsively text or peruse Facebook during class, work, at dinner, or—gulp—behind the wheel?

Fear of missing out can feel intense, and the Internet has created an interconnected monster.

But no worries: This beast can be tamed. Come transform the fear of missing out into the joy of joining in.

Social Media Mayhem

“Fear of Missing Out,” or “FoMO,” is the anxious feeling that you've got to stay constantly connected with other people, lest you miss out on the rewarding experiences they seem to be having.

While FoMO can be associated with a desire to take advantage of all the opportunities available to you, recent research indicates it has intensified in the age of social media.

In his 2013 research, Dr. Andrew Przybylski, at the University of Essex in the United Kingdom, found that students with FoMO tend to do the following:

- Email, text, and/or use social media at key times of the day, i.e., right after waking, before going to sleep, and/or during meals.
- Check accounts during lectures or in class.
- Pay more attention to their mobile phones while driving than those

without FoMO.

- Report lower mood and overall life satisfaction.

Be in the “No”

To counteract the temptation of nonstop communication, it's important to tune in to what's realistic and best for you.

What are your true priorities? Is emailing, texting, or feeding the Facebook monster helping you achieve your goals?

Doing everything is impossible. Accept that you can be in only one place at a time.

If you don't view a post, the world is not going to end, and most likely, nothing will happen whatsoever. If something is truly important, you'll find out.

Reign in Internet Use

In a recent Student Health 101 survey, respondents said they set time limits on their media use by doing the following:

- Closing some accounts
- Disabling notifications
- Deleting apps
- Putting the phone on “Do Not Disturb” setting
- Enabling Internet restriction apps
- Using good, old-fashioned will power

Find Your Focus Online

In 2012, Dr. Nicholas Herrera of DePaul University in Chicago, reported that most people who experience FoMO are motivated by social reasons, namely friends and family.

Use your online time to connect with the people in your life that matter.

You can also leverage social networks to your advantage. Dr. Nicole Ellison, a researcher at Michigan State University in Ann Arbor, found that some students use Facebook to connect with current friends.

Plus, as the Pew Research Center's 2011

Internet & American Life Project found, it can also revive “dormant” friendships.

In other words, feeling angst about the tweet you missed may be unproductive, but using the Web to organize a trip with old friends or long-lost family is a great idea.

Tune in to Reality

People usually post the highlights of their lives online—not their mundane, ho-hum visits to the post office or disappointing setbacks.

Since people post selectively, there is a skewed sense of what life is really like.

Dr. Hannah Roberts, a counselor at California Polytechnic State University, San Luis Obispo, suggests,

“If you are feeling down and lonely, it might not be a good time to go online. Know yourself and how something might affect you emotionally.”

Dr. Przybylski notes that if you're experiencing FoMO, you have an opportunity to be proactive.

“Talk to someone [in person]. It's amazing what a relief that can provide,” says Dr. Roberts.

Your life is more than the Web. Don't let texts take over, emails engulf you, or social networks swallow you up.

Instead, use them as a tool and know when to say “no.”

The next time your smartphone says “Vvvt,” just tell it to “Shh.”

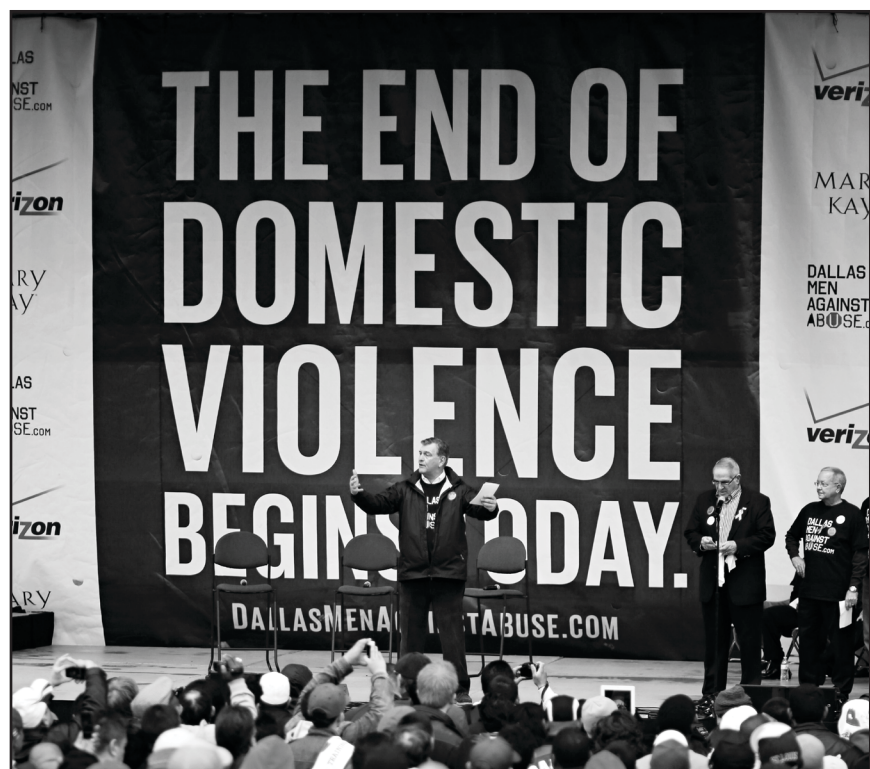
Students can access the Parkland College Student Health 101 magazine online at <http://readsh101.com/parkland.html>.

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Student Health 101



Illustration by Patrick May/San Jose Mercury News

Public Safety on domestic violence awareness



G.J. McCarthy/Dallas Morning News/MCT
Dallas Mayor Mike Rawlings speaks during the Men Against Abuse Rally-spotlighting domestic violence in Dallas, Texas, in March 2013.

Ben Boltinghouse
College Resource Officer

October is Domestic Violence awareness month, and in honor of that I'll be writing my first article for the Prospectus as the new College Resource Officer.

Domestic violence is defined by Illinois Criminal Law as the following

“A person commits domestic battery if he or she knowingly without legal justification by any means: 1) Causes bodily harm to any family or household member OR 2) Makes physical contact of an insulting or provoking nature with any family or household member.”

The statute goes on to define a household member as a spouse, former spouse, parent, child, step child, or other person related by blood or by a present or prior marriage.

It also includes anyone with whom you share or have formerly shared a common dwelling, anyone you have a kid with. Importantly

for many students, it also includes anyone you are dating or have dated, as well as people with disabilities and their caregivers.

The important thing to take away from that is that you don't have to currently have a relationship with someone in order to commit domestic violence against them; it can be an ex as well.

It's a big issue, and one that plagues far too many relationships. It affects both men and women, and can impact young teens trying out their first relationship to weathered adults who've been on the dating scene for years.

Society decides what behaviors they want to encourage or discourage, and a lot of those behaviors it doesn't want get turned into laws.

Society has decided that pretty much any violence that isn't in self-defense isn't okay, but especially when it's someone who you normally should feel open to, someone you should trust and be intimate with, that it especially wants to discourage that kind of behavior.

No relationship is perfect, and everyone gets into arguments. Back when we were kids, if we got into arguments and shoved or hit our siblings, we might get a swift swat on the pants and sent to our rooms.

As we become adults, however, we need to focus on taking more responsibility for our actions, and realizing that the only person responsible for our behavior is ourselves.

It is entirely your decision if the argument you're having with your domestic partner (boyfriend, girlfriend, roommate, etc.) is going to be handled civilly like an adult, or if you're going to cross that line and put your hands on someone else.

Committing domestic violence will automatically land you a night in jail, and nobody's got time for that.

So the next time you're arguing with your boyfriend or girlfriend, and you start to feel your blood rise a little, take a time out and calm down.

The couch may not be the most comfortable place to sleep, but it sure beats a jail cell.

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Opinions

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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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- All submitted content must be original work.

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

Discover the epidemic of overtreatment

H. Gilbert Welch
Los Angeles Times

Similar populations living in different regions of the United States get exposed to wildly different amounts of medical care.

If that sounds like an old story, it is. It's now four decades old. But it is an important story to reflect on as we consider the path forward for our medical care system.

In the late 1960s, a nephrologist trained in epidemiology was sent to Burlington, Vt., to run the state's regional medical program. The program was part of the Lyndon B. Johnson administration's effort to bring the advances of modern medicine to all parts of the nation. Its goal was to identify which areas of Vermont were underserved.

The task required that the state be subdivided into geographic units within which residents received most of their medical care (not surprisingly, the 13 units were constructed around towns with hospitals). And it required an emerging technology: a mainframe computer.

It was the dawn of the era of big data. Electronic medical records, though quite primitive, were analyzed to reveal the pattern of medical care delivery in the entire state.

The findings were - so to speak - all over the map. Depending on where she lived within the state, a woman's chances of having her uterus removed varied as much as threefold. A man's chances of having his prostate removed varied as much as fourfold. And the children of Morrisville were more than 10 times as likely to have their tonsils removed as their counterparts in Middlebury.

Because the population of the state was so homogenous, it sure looked like the variations were driven by the medical care system, not its patients.

No medical journal would publish the

findings, and so they instead appeared in the journal Science.

Despite his original motivation to identify underservice, the nephrologist-epidemiologist concluded the 1973 Science article with a decidedly different take: "the possibility of too much medical care and the attendant likelihood of iatrogenic illness is as strong as the possibility of not enough."

He was a radical. His name is John E. Wennberg, M.D., M.P.H.; but at Dartmouth, we all call him Jack. He is the reason Dartmouth is on the health policy map.

Jack went on to document similarly wildly variable medical practices in the other New England states. But it wasn't until he compared two of the nation's most prominent medical communities - Boston and New Haven, Conn. - that the major medical journals took notice. In the late 1980s, both the Lancet and the New England Journal of Medicine published the findings that Boston residents were hospitalized 60 percent more often than their counterparts in

New Haven. Oh, by the way, the rate of death - and the age of death - in the two cities were the same.

It was an alternative version of the Harvard-Yale game - and Yale won.

In the 1990s, Jack led the effort to catalog the patterns of medical care for the entire nation, and the Dartmouth Atlas of Health Care was born. The atlas data were central to the contention, made by the Obama administration, that there was substantial waste in U.S. medical care.

You probably knew that already. And Jack's work is a big part of the reason you do.

OK, it's interesting history. But how is it relevant today?

Because this work represents the genesis of a new science - medical care epidemiology, a science we are about to need a lot more of.

Classically, epidemiology examines exposures relevant to infectious disease: think water supplies as the source of cholera epidemics in the mid-1800s to food supplies as the source of

recent Salmonella outbreaks. In the mid-1900s, epidemiology began to tackle exposures relevant to chronic disease - discovering, for example, how cigarette smoking increases the risk of dying from lung cancer 20 times.

Medical care epidemiology examines the effect of exposure to medical care: how differential exposure across time and place relates to population health outcomes. It acknowledges that medical care can produce both benefits and harms, and that conventional concerns about underservice should be balanced by concerns about overdiagnosis and overtreatment. Think of it as surveillance for a different type of outbreak: outbreaks of diagnosis and treatment.

Medical care epidemiology is not a substitute for traditional clinical research. Instead, it is a complement, because there are many questions that

cannot be studied in randomized trials. How do new diagnostic and treatment technologies affect clinical practice? Do specialists better spend their time doing procedures or providing support for primary-care practitioners? How frequently should patients be seen? Do patients do better taking more medicines or fewer?

Jack is the father of this new science and the inspiration that led the next generation of physicians to enter the field. His colleagues will honor his contribution this month at Dartmouth on this 40th anniversary of his Science paper.

But all Americans have benefited from his contributions: bringing science to bear on the practice of medical care, recognizing that too much medical care is a problem, and arguing that medical care should serve the needs of the patient, not the needs of the system.

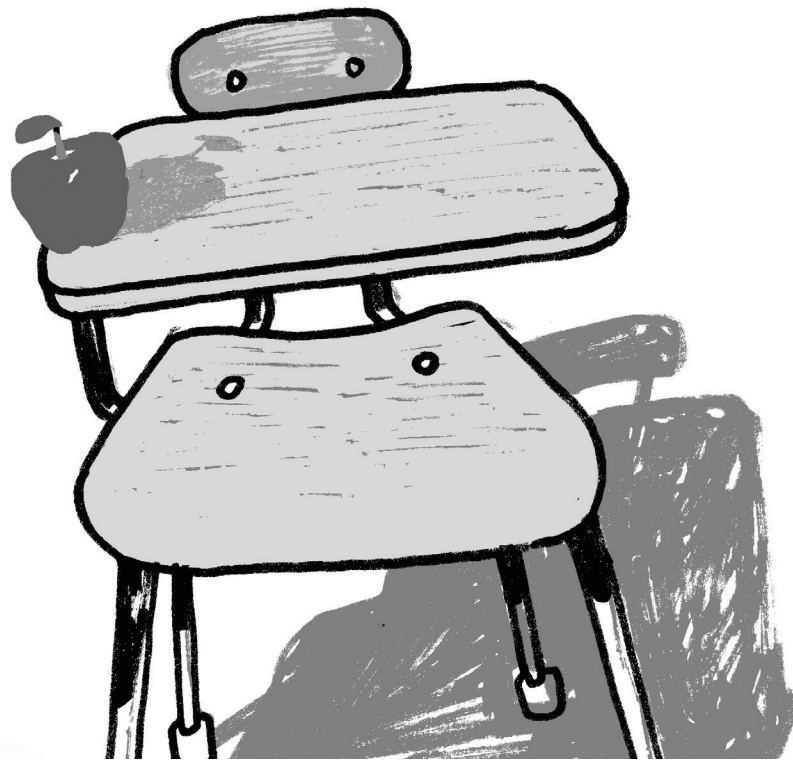
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The Sacramento Bee/MCT

The rise of chairs covered in chewing gum!!!

Harold Lowery



The Seattle Times 2013

Let's look at this constructively shall we, we are all adults or at least that is what they tell us once we start attending college, and two we all have our responsibilities work, school, family functions, and so on so I ask this question with all sincerity Why oh Why do you adults feel the need to place your gum that you have chewed on the chair that we all must use?

I am going to try to understand this phenomenon by listing reasons I believe you do this:

1: You are creating art; by adding to the mass of gum you are hoping to be recognized by the Parkland Art Department.

2: The OCD you so obviously have makes you placed chewed gum under desks all over campus, for the sole purpose of being able to make it through the day.

3: You like knowing that later in that day someone will have your spit somewhere on their body.

4: You just do it just so you can see how long you can get away with it.

5: You're showing the "man". This is my desk. HA!

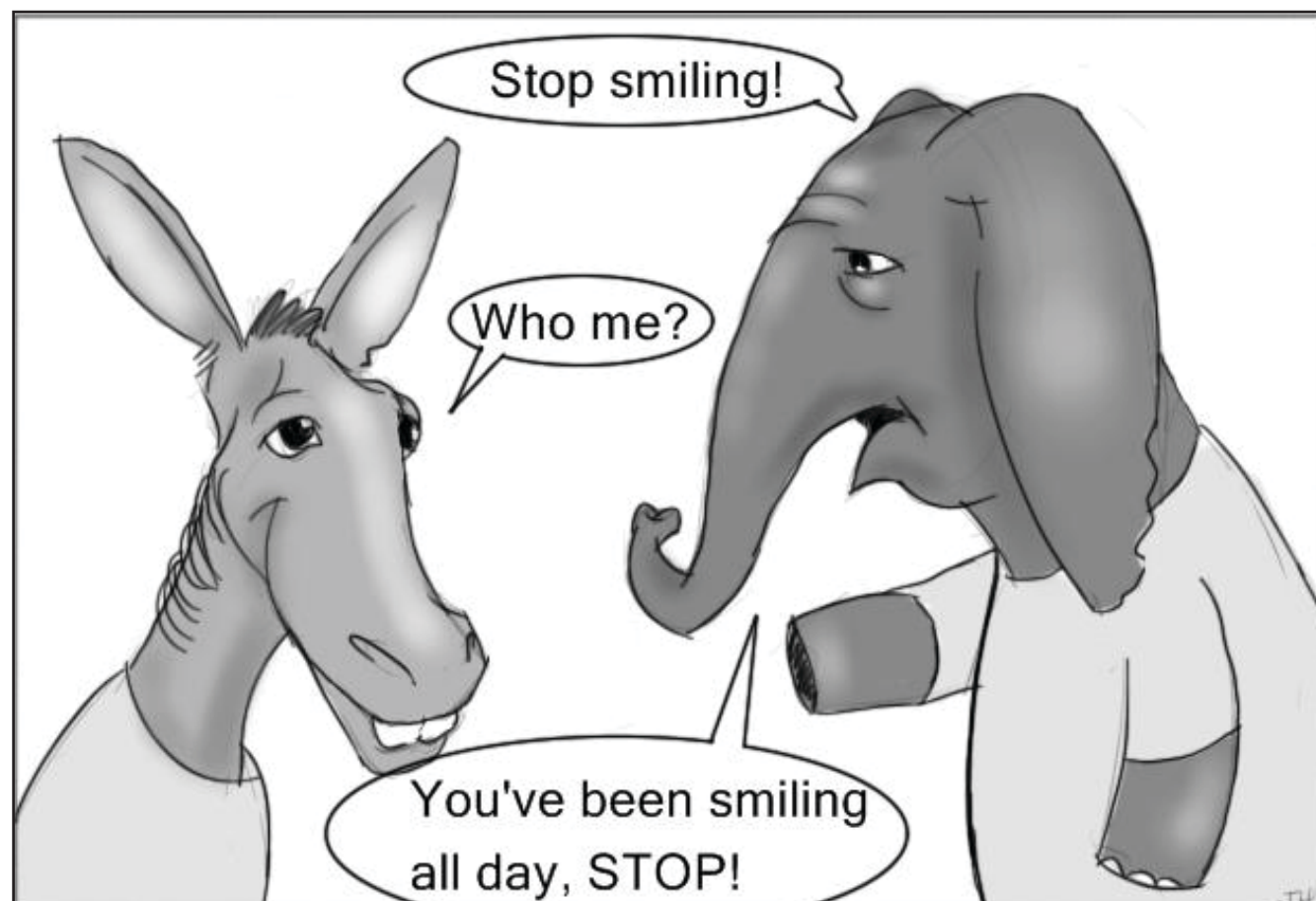
6: Or my favorite you are just lazy to place in the wrapper it came in, or into a piece of paper and then throw it into the trash can. CHRIST!!! IS THAT TOO MUCH TO ASK!

I am sure I am missing the true reason behind this new fad, but for the sake of humans everywhere can we curb this disgusting and unsanitary act, and pretend just for that short time in college that we are functioning adults.

P.S. It is flu season soon, let's not add to the germs by putting something that is in the dirtiest part of the human body the "mouth" and place it upon a desk that is in constant contact with society.

Thanks for reading this public service announcement about health on the college campus, and don't forget WRAP IT UP!!!!

(This letter to the editor was published as submitted. No edits or changes have been made)



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Please Recycle

Myths and origins of Halloween

PN Ashton Gwin
Staff Writer

Halloween is the one time when superstitions and celebrations run to an extreme high. This holiday has so many myths, legends and traditions that it is hard to count them all.

Halloween is thought to have been originated as an ancient Celtic festival called Samhain, when the participants would often light bonfires which were deemed to have protective powers to ward off the harmful spirits, according to the History Channel's website.

During the eighteenth century Pope Gregory III had designated the first of November as a time to honor all saints and martyrs.

That holiday called All Saints Day incorporated some of the traditions of Samhain. The evening of the day before was called All Hallows' Eve and later called Halloween.

As many centuries went on, Halloween went on to become a secular, community based event that was characterized by child friendly activities such as the ever classic trick or treating.

Halloween may have many scary and adrenaline pumping traditions, but there are more relaxed traditions such as bobbing for apples, carving faces on pumpkins and going to Halloween parties.

Accounting major Taya

Morgan-Perry explained that one of her favorite things about Halloween was being able to buy costumes for her children because she like to see the variety of outfits and also she likes to see her children happy.

Many people who celebrate Halloween also take part by buying their own costumes and doing their make up to mimic their disguise.

Halloween is one of the holidays that seems to bring people together. Children are encouraged to go out with their parents or friends to go door to door and collect candy, which allows the entire neighborhood to celebrate together

Although Halloween may be a generally family friendly event, there are some scary superstitions that can be considered very creepy.

"I really enjoy the superstition of a black cat being bad luck," Online Support Specialist Lori Wendt said. Wendt is referring to the old saying that if a black cat crosses you on Halloween, you will have bad luck.

Linguistics major Kofi Bazzell-Smith said that he enjoyed going to haunted houses, which is one of the most popular things for people to do on or around Halloween. However, sometimes these houses can be very horrifying, with the ability to scare even college students.

"A little Chucky

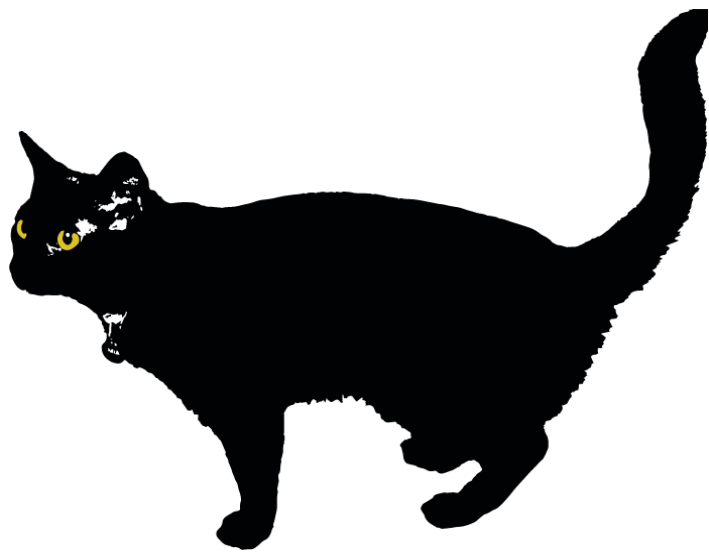


Illustration by Burke Stanion/Prospectus News

impersonator chased me into a corner and made me cry," Brittany Rhed said, reflecting on an experience that happened eight years ago.

Besides the traditions of Halloween, there are many other legends that have been passed down from generation to generation. Dean of Students Marietta Turner claimed that one of her favorite legends was of the headless horseman from Sleepy Hollow.

Each year most of the departments dress their work spaces in certain themes. One year the TRiO department decorated their area with the theme Angry Birds, and another year the Financial Aid department decorated as Alice in Wonderland.

This has been a Parkland College tradition for many years, and is anticipated by faculty, staff, and students alike. The Business Office has dressed up their office space collaboratively for four years. Their themes have included CSI, Survivor, Monopoly, and Duck Dynasty.

"We try to have fun and we like besting ourselves in our department, and we also make our own costumes," Payroll Associate Marcia Hamor explained of her co-workers collaborative efforts.

Students, staff and faculty at Parkland are encouraged to take part in the holiday, but to also keep safe during the dark, haunted Halloween night.

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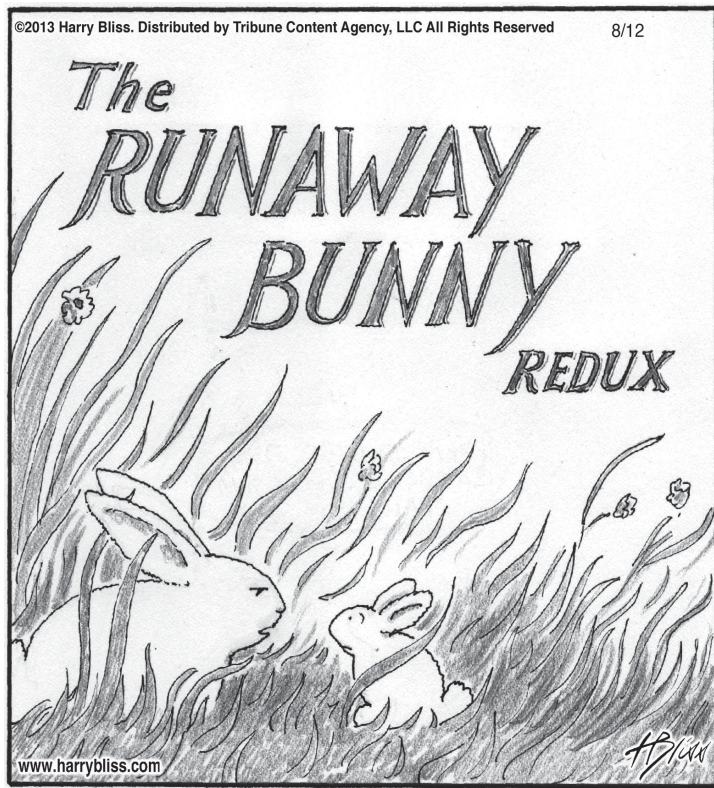
Fact or Fiction?

TRUE: Orange is a symbol of strength and endurance and black is a symbol of death and darkness.

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Puzzles & Comics

Bliss



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To live is the rarest thing in the world. Most people just exist.
- Oscar Wilde

Sudoku (easy)

5	1		9					7
	2	6						
4		8	5	2				9
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	8	4				9	1	
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						7	8	
8				5			2	6

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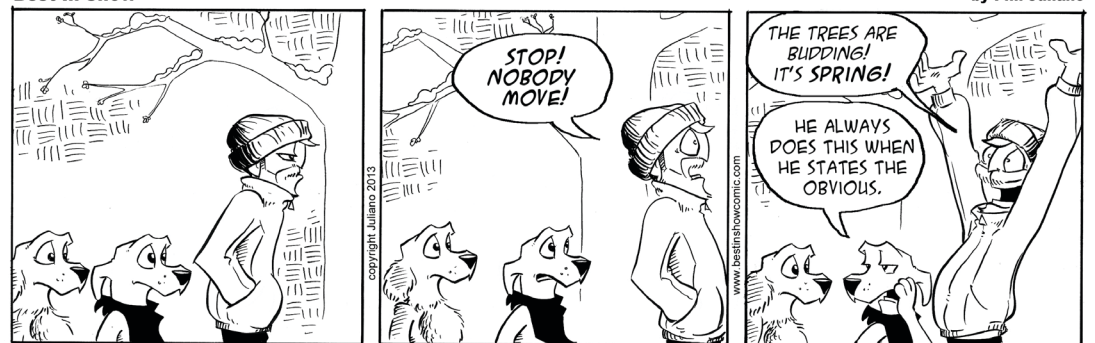
Imps! by Jeff Harris



GREEN APPLES by Jeff Harris



Best In Show



THE TV CROSSWORD

by Jacqueline E. Mathews

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Created by Jacqueline E. Mathews

8/11/13

ACROSS

- 1 Elliott or Waterston
- 4 "That's So ___"
- 9 "Hee ___"
- 12 "Snakes ___ Plane"; movie for Julianna Margulies
- 13 Refrigerator brand
- 14 Wallach or Marienthal
- 15 "Make Room ___ Daddy"
- 16 Party hose material
- 17 K's followers
- 18 Jennifer Garner drama series
- 20 Namesakes of Mark Antony's love
- 22 __, Jr.; actor on "Happy Endings"
- 26 Make a smudge worse
- 27 Very fast jet, for short
- 28 Before, to a poet
- 29 "The Man with the Golden ___"; Frank Sinatra movie
- 32 Snack with a hole in the center
- 35 Late night talk show host
- 39 "The Day ___ Tomorrow"; Dennis Quaid movie
- 40 "Beat it!"
- 42 __ Grant; role for Ed Asner

- 43 French painter Edouard ___
- 47 Eisenhower's monogram
- 48 Hanging ___ thread; in a precarious position
- 49 Popeye's love
- 50 "...Old MacDonald had a farm, ___ I O..."
- 51 Georgia's capital: abbr.
- 52 Small kitchen appliance
- 53 Long-tailed rodent

DOWN

- 1 Dagwood Bumstead's favorite nap spot
- 2 "___ Fashioned Love Song"; hit song for Three Dog Night
- 3 Actress ___ Conchita Alonso
- 4 Mel Gibson/Gary Sinise movie
- 5 "Judging ___"
- 6 Actor Kilmer
- 7 Record producer Brian ___
- 8 CNN's "___ Grace"
- 9 Hayes and Hunt
- 10 "___ Perfect"; short-lived Nancy Travis sitcom
- 11 Takes first prize
- 19 Mornings, for short
- 21 "___ Vegas"
- 23 Poor
- 24 "___ the Worlds"; Tom Cruise film
- 25 Sports building
- 29 Champion auto racer
- 30 Ceremony
- 31 Bovary or Butterfly: abbr.
- 33 Belfast's province
- 34 "The Little Couple" network
- 36 Michael Keaton/Teri Garr movie
- 37 "Law & ___"
- 38 Gymnast Comaneci
- 39 Actress and model Jessica ___
- 41 "___ the Press"
- 44 Actress MacGraw
- 45 Put the kibosh on
- 46 Arden or Plumb

Solution to Last Week's Puzzle

C	O	L	D		A	L	I					
A	L	A	N		D	U	M	B	O			
E	V	I	T	A	R	E	G	A	I	N		
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Parkland athletics help the community



Anita Langemach/The Gazette Colorado Springs

Alex Wallner
Staff Writer

The athletic program at Parkland works hard to help out their community by volunteering their time and abilities at special events throughout the year.

There are several different programs that these athletes take part in. One is the Down's syndrome Buddy Walk that men's basketball helps out with.

The Buddy Walk is held at the Champaign County Fairgrounds at the beginning of October, where local teams are encouraged to participate and help out.

Men's basketball Head Coach Anthony Figueroa stated that this was their second consecutive year being involved with the event, one that they hope to be a part of for years to come.

"It gives our program an opportunity to give back to the community. I think it's a good time for everybody involved and I think our guys just have as much fun as some of the kids that are there and I think that they realize how much of an impact they have on young people's lives when they do something like that," Figueroa said.

"It's a way for Parkland College to give back to the community that we serve and also a good way for the young people to see what's outside of their comfort zone. To

go see how others may live and to see that anything that they do is helpful and it's a learning process too," Athletic Secretary Mickey Cler said.

It is not just one event that Parkland athletics volunteer for, but multiple events, in order to help out others that are struggling.

"I love giving back. It's not only rewarding for the people we help but it's rewarding for me because it feels good to help others," general education student Emma Cabutti said.

"One year the Men's Basketball team went over to Salt and Lite and helped them clean up the back where they were sweeping and they were shoveling and helped get the outside picked up," Cler explained.

"The dance team and the golf team helped with the Crisis Nursery and helped kids shop and helped wrap gifts. We have food drives, where the teams pick a homeless shelter in town and participate," Cler continued.

Figueroa explained that the athletics department holds many other community service events to help out.

"When the parolees came out here, we helped out with that, there's also some stuff through Parkland and with some of the other kids in the community that will come through and do some practice stuff with us and some

Special Olympics stuff that we'll be doing as well," Figueroa said.

Many athletes truly enjoy volunteering their time to help others.

"I thought it was a great experience for me personally as well as the team as a whole. It was nice to see all those kids and help put a smile on their faces. It's great to help out the community, especially since it's my hometown," general education student Taylen Alexander said.

Another event that Parkland has helped out with is the Summit of Hope. This is an organization whose mission is simple: "To give those Hope that have lost their Hope."

Local parolees came to Parkland in September, most of whom who had just been released from prison and were trying to get their lives back in shape.

The Summit of Hope was founded in Mount Vernon, Illinois on Feb. 9, 2010 and was open to individuals on the state parole, federal parole, and county parole that were trying to change their lives.

Overall, it is a sight to see when a local college helps those that are diagnosed with a disease or are trying to get a second chance.

To find out more about what events the athletic program holds, visit <http://www.parkland.edu/athletics>.

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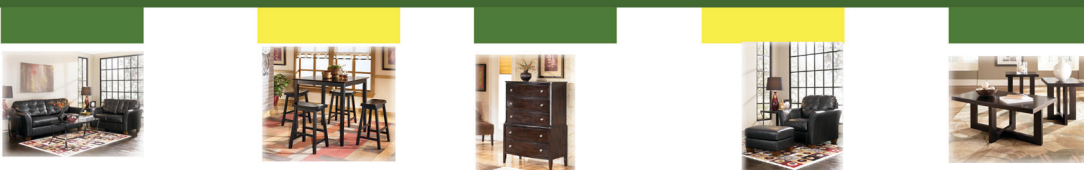
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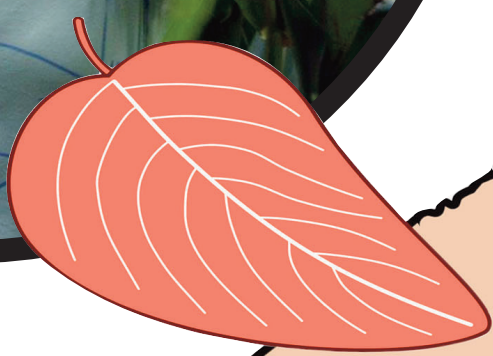
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FALL OUTINGS



FamilyFun magazine



From stargazing parties to wildlife-watching adventures, these four day

trips have become cherished autumn traditions

JOIN A STAR PARTY

As the astronomer described the constellation Sirius, pinpoints scattered in the wide, black sky slowly took shape as Orion's faithful dog. I watched the faces of my kids, Holley, Collin and Bridget, light up: that excitement is what I love about stargazing. Over the years, we have returned many times to McDonald Observatory in Fort Davis, Texas. We tap into professional knowledge at outdoor star parties, glimpse heavenly sights, such as star nebulae and Saturn's rings, through a telescope and peruse exhibits in the visitors' center. With its clear skies and temperate weather, fall is a perfect time to visit the observatory, part of the University of Texas at Austin (and to camp in nearby Davis Mountains State Park, where stars barely visible at home shine brightly in the dark night). We've also made treks to other observatories, including Canyon of the Eagles Lodge and Nature Park in Burnet, Texas (canyonoftheeagles.com; 800-977-0081). Wherever we go, my kids now make a point of looking for Sirius. (McDonald Observatory holds star parties three times a week: \$12 for adults, \$8 for kids ages 6 to 12, free for kids 5 and under; mcdonaldobservatory.org; 877-984-7827.)

FIND ONE NEAR YOU: For listings of star parties and telescope viewings, go to telescopes.stardate.org/guide/public.php or contact your local astronomy club (locate one at skyandtelescope.com/community/organizations, nightsky.jpl.nasa.gov, or go-astronomy.com). Some national parks, including one of our favorites, Big Bend National Park in Texas, also hold regular stargazing events (search nps.gov by park or event).

— Melissa Gaskill



PHOTO BY MICHAEL CUMMINGS COURTESY OF FAMILYFUN MAGAZINE

Stargazers gather several times a week at the McDonald Observatory in Fort Davis, Texas, for astronomer-led viewings.

SAMPLE CIDER AT THE SOURCE

When the air takes on a November chill, my family's thoughts turn to a special holiday treat: rich, tart apple cider. It's time to head to the Warwick Valley Apple Trail in New York state, which leads to local cider presses and sweet sipping spots. Dark and delicious, the cider they sell is as different from commercial apple juice as cream is from skim milk. Our son, Aidan, 9, a connoisseur since his first seasonal sip at age 1, eagerly awaits the chance to sample varieties from the five farms along our route. Our favorite stop is Pennings Orchard, where we also pick apples and visit baby animals; its wooden hand press gives up our first fragrant cup. The only thing Aidan likes better than cold cider? "Hot, cinnamon-y mulled cider!" he says. Especially when it's served with warm, cider-infused, nutmeg-flecked doughnuts, which we watch being cooked in the open kitchen. (warwickvalleyappletrail.com; penningsfarmmarket.com; 845-986-1059)



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FIND ONE NEAR YOU: To create your own cider trail, visit orangepeppin.com. It has detailed information on thousands of apple orchards located in more than 40 states, along with descriptions of apple varieties. Some orchards outsource their cider production, so if you want to watch presses in action, call before you go to see if that's on tap. And ask about other activities they may offer, including apple picking, hayrides, festivals, or visits with farm animals. For ideas on cooking your apple bounty, see nyapplecountry.com/recipes.htm. — Melissa Klurman

WITNESS WILDLIFE MIGRATION

If you look down at your binoculars, the guide warns, you'll lose sight of the birds. Instead, he tells us, keep your eyes on the eagles and bring the binoculars up to your face. Using this technique, we spy a bald eagle sitting on the ice, an ominous blackbacked shadow just far enough away from a flock of mallards that they bob unconcerned in the unfrozen part of the lake. Then it happens. I can't believe what my three children and I are seeing. The eagle takes to the air and swoops down upon a sickly duck he's been eyeing, carrying it away in his sharp talons. The Klamath Basin National Wildlife Refuges, on the California/Oregon border, are the winter homes for one of the largest concentrations of bald eagles in the country (see right). (They begin arriving in November and stay until March.) But spectacular viewing of the raptors wasn't our only reward for braving the cold. On the 10-mile Lower Klamath Refuge loop road, we were lucky enough to spot two coyotes, four river otters, one mule deer and a great horned owl. (fws.gov/klamathbasinrefuges; 530-667-2231)

FIND ONE NEAR YOU: Raptors migrate through or overwinter in many regions of the country. Other hot spots for eagles include Skagit River Bald Eagle



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Center, Rockport, Wash. (skagiteagle.org); Karl E. Mundt National Wildlife Refuge, Lake Andes, S.D. (fws.gov/refuge/karl_e_mundt/); National Eagle Center, Wabasha, Minn. (nationaleaglecenter.org); Squaw Creek National Wildlife Refuge, Mound City, Mo. (fws.gov/midwest/squawcreek/); the Mississippi River Visitor Center, Rock Island, Ill. (nps.gov/miss/planyourvisit/mrvocabou.htm); Blackwater National Wildlife Refuge, Cambridge, Md. (fws.gov/blackwater); and the American Bald Eagle Foundation, Haines, Ala., (baldeagles.org). At Cape May Bird Observatory, in Cape May, N.J. (birdcapemay.org), you can see many migrating hawks. — Jennifer Margulis



LYMANORCHARDS.COM

A Statue of Liberty corn maze at Lyman Orchards. Top, a mother and son plow through a maze in Williamston, Mich.

MASTER A CORN MAZE

In 2011, my then-7-year-old upped the adrenaline factor on our annual pilgrimage to the corn maze at Lyman Orchards in Littlefield, Conn.: he navigated it unchaperoned, with his three best friends. Four acres of corn way over their heads, and two miles of trails in which to lose themselves (or not, thanks to teenage "corn cops" posted at major intersections). Seen from above, the maze depicted an American flag with an eagle inset. Designed by international maze maven Brett Herbst, it included two bridges that peeked over the amber waves of grain, but apparently those (and the map) weren't of much use to our valiant crew of second-graders. "We just kept trying different paths," Quinn said, explaining their strategy. "It was a little freaky, but it was awesome." The best part? "When we found the eagle's eye!" This year's Lyman Orchards design features Lady Liberty. (Maze is open through Nov. 3; \$10 for adults, \$5 for kids ages 4 to 12, free for kids 3 and under; lymanorchards.com; 860-349-1793.)

FIND ONE NEAR YOU: There's now a corn maze in nearly every state. Two online directories (themaize.com and cornmazesamerica.com) can help you locate one in your area. Always check with the hosting farm in advance to confirm details and learn about their other offerings, such as wagon rides, farm stands or pick-your-own harvesting. When you go, wear good walking shoes and pack sunscreen, water and a watch (so you can time your trek). — Rani Arbo

PHOTO BY SYLWIA KAPUSCINSKI
ART BY NEIL NAKAHODO
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