

Parkland College

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### Prospectus, October 12, 2016

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Peter Floess, Scott Wells, Emma Gray, Rachael Mowrer, Matt Moss, Brianne Jones, and Kelly Youngblood


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# Parkland offers depression screenings



Photo provided by Kelly Youngblood

Crystal Bates shows her tattoos in support of suicide survivors.

**Peter Floess**  
 Staff Writer

Parkland will be holding a depression screening for students this month in the hope of helping those with depression understand the condition better and provide resources to help them cope. The event will include free and confidential screening for depression and information about it. There will be a viewing of a video, "The Truth About Suicide: Real Stories of Depression in College," followed by a panel discussion involving local mental health professionals and support groups. These experts will try to answer any questions a person may have about depression and direct people with the condition toward effective help.

Crystal Bates, a Parkland student trustee who dealt with depression, and John Sheahan, the director of Parkland's Counseling and Advising Center,

listed some symptoms:

- difficulty concentrating,
- loss of interest in previously-enjoyable activities,
- a lack of motivation,
- noticeable changes in sleeping and eating patterns,
- long-term persistent sadness,
- social isolation,
- inexplicable aches and pains,
- and suicide contemplation or ideation.

Bates reminds people that just because a person has a few of the symptoms they are not necessarily depressed, but she encourages everyone to get tested for depression. She says a person who has undiagnosed depression may blame the wrong things for their mood. If they know they have depression, they can know what they can do next and what they can do about it.

According to Carrie Taylor, an instructor of abnormal psychology at Parkland, there exists a long list of possible instigators of depression and that

it is affected by both internal and external factors.

"The causes of depression are complex and involve biological, psychological, and sociocultural factors," Taylor said. "Family and twin studies indicate that there is probably a genetic contribution to depression. Chemicals in the brain and body may also play a role. [...] The experience of stressful life events may also be an important factor in the onset of depression."

Taylor also cites relationship problems as being potential contributors to the development of depression.

Bates urges people to understand that, "depression is nothing to be ashamed of."

Bates is the vice president of ACCESS, a depression support club at Parkland. In addition to her involvement with ACCESS, Bates shows her support for suicide survivors by having a semicolon tattoo, which—just like a semicolon signals the continuation of an idea in a sentence—

represents to people "that there is something after" in life and "to pick up the pieces and carry on," she says.

She also has tattoos on her wrists regarding bipolar disorder and post-traumatic stress disorder.

Bates hopes to become a clinical psychologist and to work with military personnel or anyone who needs to help with their mental health. She is happy with the mental health services at Parkland, and she says she visits a counselor at the school frequently.

Another group dedicated to supporting those with depression is the National Alliance on Mental Illness, which has branches in Champaign and in the University of Illinois. President of the UIUC branch Andy Wu hopes to expand NAMI to Parkland soon, either as a new branch or as part of the U of I's Parkland counselor Dennis Cockrum often attends NAMI UIUC meetings.

Wu says NAMI is the largest grassroots organization for the

support of mental health in the United States. NAMI's goal is to fight stigma surrounding mental disorders, mostly through education and public outreach. NAMI UIUC does outreach through the resident halls with lots of incoming freshmen and at Urbana Middle School.

There are numerous resources in the community, both at the local and national levels, that work to help those with mental illness, such as the federal Substance Abuse and Mental Health Services Administration which operates a 24/7, year-round emergency telephone service for those contemplating suicide. Getting in touch with SAMHSA may speed up one's process of getting in to see mental health professionals and working through their depression.

Parkland's depression screening event will be held on Wednesday, Oct. 19 in U140.

## Meet the Staff

### Kelly Youngblood



Photo by Scott Wells | The Prospectus

**Scott Wells**  
 Staff Writer

Prospectus Publications Manager Kelly Youngblood has always had an interest in journalism.

"I can remember being a very young kid and wanting to be a TV anchorwoman," she said.

Youngblood grew up in Mahomet, Ill. Her years in high school fueled the passion she had developed early on.

"I was the yearbook editor and fell in love with writing articles and taking pictures," she said.

Youngblood ultimately graduated from Eastern Illinois University with a major in Journalism and a minor in psychology.

She has been with The Prospectus for approximately a year and a half. In her role, Youngblood oversees the student writers, editors, and photographers.

"Working with college students was definitely something I hadn't done before," she said. "But that part has actually been pretty fun. I enjoy getting to know the students and learning more about their interests and passions."

Youngblood also serves as a reporter for Champaignmoms.com, a local internet publication geared toward families with young children in the Champaign-Urbana area. Her experience in that position has proven helpful as she faces the challenges that The Prospectus brings.

"One challenge I'm always facing is the fact that The Prospectus is a learn-as-you-go experience for students," she said. "It's not a class or lecture, there is no syllabus, and I'm not a teacher. So the students are pretty much learning through trial and error."

Youngblood realizes that everyone has to start somewhere, and she

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## Fact or Fiction

Earthworms have five hearts.

Answer on page 3

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# CAMPUS

## Seamus Reilly; Vice President for Institutional Advancements, Irish singer

Emma Gray  
Staff Writer

Originally from Ireland, Seamus Reilly has been living in America for the last 26 years.

He started out in Peoria, before coming to Champaign in 1992 for grad school. After grad school he started work at Parkland in 1999. Most people at Parkland know him as the Vice President for Institutional Advancement, a position in which he is in charge of business and training, research, grants, contracts, marketing, government relations, and international education.

He wears many hats outside of this role. He is a soccer coach for the Illinois football club, and he used to coach for Parkland. He is a father, and also an Irish singer.

"I like to sing," said Seamus Reilly.

Reilly has always been interested in music and the social culture surrounding it, singing in a couple different

choirs at times, taking voice lessons while he was in college and in Spain, and getting his doctorate in music and literature.

This love of music stems from his father, who was always the "big singer" in the family, often singing at parties and in choirs, Reilly said.

"My dad listened to music constantly," he said.

This musical upbringing has given him a large repertoire of old 18th and 19th century songs. Reilly quickly became especially interested in the old folk songs, even at a young age.

"One of my earliest memories is reading these song books when I was a child, songs that were hundreds of years old," he said. He says this occasionally causes "some old person ... [to] turn around to me and go, 'How do you know that song?'"

Reilly explains that he is "very interested in the stories in the songs." This interest in the stories being



Photo by Emma Gray | The Prospectus

told through music led him to the band The Dubliners, who play an "eclectic mix of old folk tunes.... mixed in with

19th century American labor songs" according to Reilly. He describes their songs as a "unique collection of songs" because, while they have nationalist themes popular in Irish music, they also have songs about regular ordinary people, something he really enjoys.

Another reason folk music appeals to Reilly is because of how reactionary it can be, even today.

"[I] became fascinated with those songs that were hundreds of years old that had been written in reaction to some event, some historical event," he said.

While he does not have much time for singing, he has continued the tradition of singing at friends' parties, and occasionally at other events that he is invited to. Recently, he was called out of the audience to join the band Portmor on stage for a few songs at an Irish exhibit at the Spurlock Museum, something of a testament to his love for the genre of music.

## Survey, Mapping Career Fair set for Oct. 20

CHAMPAIGN, Ill. — Available jobs in land surveying and mapping will be presented at a career fair at Parkland College later this month.

The Surveying and Mapping Career Fair will take place Oct. 20 from 4:30 to 7:30 p.m. in the main campus's College Center (X wing), 2400 W. Bradley Ave., Champaign. The event is sponsored by Parkland's Agriculture/Engineering Science and Technologies department.

Industry professionals in land surveying and mapping will be on hand to discuss career options and current jobs in the field and to interview students. College students and graduates in land surveying, geographic information systems (GIS), and engineering are encouraged to attend the fair.

"Underclassmen should attend to get a feel for what companies are looking for and practice talking to company representatives,"

said Todd Horton, director of Parkland's Construction Design and Management program. "It's also a great chance to network with industry professionals and search for internship or co-op opportunities."

Information on how to apply to Parkland's award-winning Land Surveying program will also be available during the career fair. Parkland's program is a 2016 winner of the Surveying Education Award from the National

Council of Examiners for Engineering and Surveying (NCEES). The experience of Parkland's faculty, the caliber of instruction, and the quality of its facilities ensure that its students graduate well prepared for a career in land surveying.

While there is no cost to attend the Surveying and Mapping Career Fair, companies who plan to participate should register by Oct 17; a registration

form is available here. Students are encouraged to dress in casual business attire and may register at the time of the fair.

For more information, please contact Aimee Denamore, program manager for Parkland's Career and Technical Education division, at 217/373-3838 or [agest@parkland.edu](mailto:agest@parkland.edu).

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# COMMUNITY

## Clown hysteria spreading, Illinois not immune

FROM PAGE 1

### STAFF

**Rachael Mowrer**  
Staff Writer

Reports of clowns—some armed—stalking people and attempting to coerce children have popped up across the United States, and Illinois is no exception.

Media outlets have christened the mass-hysteria as the “great clown craze of 2016” or some variation of this phrase. Social media has exploded with reports of sightings and attacks and people joking about, condemning, or even supporting the clown craze.

The first official report of this type of incident in the U.S. was of people dressed as clowns trying to lure children into the woods with money outside the small town of Greenville, S.C., and since then reports have kept coming in.

Some of these so-called clowns have been spotted with chain saws, bats, pistols, tear gas, hammers, knives, and so on.

Schools have been put on lock down because clowns are making threats to both students’ and teachers’ safety over social media. The clowns terrorizing these schools have been known to text their victims on their cell phones ask them if they are “ready to play with them” and then go on to threaten them.

Recently, a junior high school in Bloomington, Ill., was put on lockdown because of threats over social media. Two Illinois State University



Photo by Matt Moss | The Prospectus  
**Parkland's Chief of Police William Colbrook stands proudly in front of the new public safety office he helped to deisgn.**

students reported seeing people wearing clown masks sitting in their cars. There have been many more reported sightings in Central Illinois in the past two months.

A school in Connecticut has gone as far as to ban wearing a clown costume because it is seen as a symbol of terrorism. Students from Penn State have been known to go what they call clown hunting, where groups of students chase and assault people dressed as clowns in the interest of public safety.

Police agencies around the country say it is getting harder for them to find the actual culprits because of the numerous false reports, as well as teenagers dressing up as clowns to prank people, that have happened since the media started showing clown terrorism.

Law enforcement across the nation is strengthening security and increasing patrols. Police aren't only worried about the increasing amount of the reports; they are also worried about citizens taking the law into their own hands, like the aforementioned clown-hunters on college campuses.

William Colbrook, Chief of Parkland's Public Safety, stated his belief that we should not be afraid of these clowns.

“From the information that I have read in commercial media and law enforcement intelligence briefings, there is little truth that persons dressed in clown masks have done much harm to individuals,” Colbrook said. “There are documented cases of persons wearing clown

masks in order to create a stir in their community or even to intentionally

**“From the information that I have read in commercial media and law enforcement intelligence briefings, there is little truth that persons dressed in clown masks have done much harm to individuals”**

**William Colbrook**  
chief of Parkland's Public Safety

alarm people. In some of those cases, when these individuals are located, they have been arrested and charged. Locally, there have not been any verified cases of people wearing clown masks.”

There exists a hypothesis that these clown sightings are all a hoax used to advertise Stephen King's horror novel “It” that is in the process of being adapted into a major motion picture for a second time.

Even if this were true, there are copycats taking things to the level of illegality. They are chasing people with weapons, threatening people, following people to their homes, and terrorizing communities.

On Sept. 27 in the city of Reading, Penn., a 16-year-old boy was stabbed and killed during a fight. The police are looking into reports that the culprit was wearing a clown mask.

As Halloween approaches, you may be asking yourself, “What can I do to keep me and my family safe?”

Colbrook recommends simply staying aware of your surroundings. Projecting a strong, confident persona, such as walking quickly with determination, is an oft-recommended deterrent to would-be muggers or sexual assaulters.

Self-defensive objects are always an option, but police and related experts urge prudence and a cool head when handling any sort of weaponry in a personal protection capacity and to take steps to deescalate

welcomes students who show an interest in the publication.

“Many students come to the newspaper with zero journalism experience,” she said. “I always tell them the best way to improve their writing is by doing it and then learning from any constructive criticism they might receive.”

For Youngblood, the rewards are in the results.

“There's a great satisfaction in knowing you have done the research on a topic, accurately reported the facts, and then written an article in a way that's interesting for others to read,” she said. “I just really enjoy writing stories.”

an encounter—like removing oneself from the situation as quickly as possible or calling the police—before weapons leave their pockets, purses, or holsters.

Civil protection authorities recommend to always have your phone on your person, avoid unlit areas or alleyways, walk in groups of two or more, make certain someone knows where you are going.

Like each and every Halloween before, police encourage people to be especially careful during this year's holiday.

If you ever feel like you're in danger on Parkland's campus, the college's trained, armed police officers can be reached at (217) 351-2369.

# Pennies for Pumpkins 2016

The annual “Pennies for Pumpkins” event is coming up on Wednesday, October 26 from 10am to 2pm in the Student Union. This competitive fundraiser, co-sponsored by Alpha Phi Omega and Student Life, has become quite an annual tradition here at Parkland and we're looking forward to taking your organization or department's creativity and turning it into a chance to make a difference for a cause your group supports!

### Here's how it all works:

- Your group makes a display from one or more pumpkins

- Select a non-profit charity of your group's choice, but don't tell anyone. Strong preference for either local non-profits or national branches of national groups instead of national non-profits.

- Notify both Alpha Phi Omega and Student Life that your organization will be participating and who your charity will be Friday, October 21.

- Bring your display to the Student Union at 10am on Wednesday, October 26.

- Whichever pumpkin collects the most money on the day of the event gets all of the money collected donated to the charity

of their choice!

Last year, we were able to raise \$913.12 in just 3 hours, with the Astronomy Club being the overall winner. They selected the Prairieland Council of the Boy Scouts of America as their designated charity. We've collected more and more every year, thanks to the generosity of the Parkland College students, faculty, and staff, and are hoping that this is the year we finally top \$1,000!

### Display Rules:

- Organizations are responsible for providing their own pumpkins and features

- All entries must fit within a 3-foot by 3-foot area and must be in good taste

- Candles and other open flames are not permitted, but battery powered candles may be used

- We cannot guarantee access to wall plugs, so any electrical features that your entry may use must take that into consideration and plan accordingly

- Table spots are on a first-come, first-served basis, but no organization may set up before 10am.

- Entries must be in place by 10:30am, and can be removed after 1:30pm. Any display not claimed by

2pm may be thrown away by physical plant staff.

- Organizations may NOT publicly announce or display what charity they have selected; we want the pumpkins to be voted on by the merit of their design, not by who the money may go toward.

Alpha Phi Omega will provide a small collection bag to be placed next to each pumpkin, and will be co-running the event with Student Life staff to explain what is going on and encourage people to donate, as well as help count the money at the end of the day. While APO does participate in

the event to help raise the overall money collected, we will automatically forfeit should our entry be the overall winner.

We strongly encourage each organization to not only participate, but get their friends, classmates, and co-workers to stop by the event to judge each entry. The more people vote, the bigger the difference we can make for a lucky local non-profit group!

Questions? Contact Alpha Phi Omega via email at ParklandAPO@gmail.com or Chaya Sandler in Student Life at csandler@parkland.edu

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## Fact or Fiction

**FACT: Although technically not complete hearts, earthworms have five aortic arches throughout the body that collectively function to pump blood.**

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# NEWS

# Parkland police stress safety for campus

**Brianne Jones**  
Staff Writer

In the wake of a recent shooting in Champaign, a renewed urgency towards safety on Parkland's campus has taken hold and Public Safety says they are ready to take on any emergency situation at hand.

On Sept. 25, a 22-year-old man from the Chicago suburb of Mundelein was in the wrong place at the very wrong time—shot in the crossfire during a fight just outside the University of Illinois' campus, between Third Street and Fourth Street in Champaign. He subsequently died of his injuries.

In the aftermath of the shooting, student and employee alerts went out to warn the university's

community members to avoid Green Street and stay indoors. Social media and other online and text-enabled alerts have served to inform a greater population much faster.

Recently, Parkland switched to a new alert system from company Alertus Technologies. According to the Director of Public Safety William Colbrook, the new system is more functional and user friendly than the old one. The system works to show notification screens and icons on all Parkland devices and send out any emergency information when necessary.

The new system, unlike its old counterpart, draws student and employee information from several databases instead of being an opt-in. This insures the

entire Parkland community receives the emergency information needed in a crisis without anyone falling through the cracks.

"It's impossible to get everyone to opt-in," Colbrook says.

The Parkland Alert Notification system conducts a test once a semester in three formats: email, text, and voice. The last test was conducted on Sept. 30. The system sends information not only about crime-related crises, but also natural disasters and weather related risks. Public Safety also has on staff two crime investigators and a member of a local county special weapons and tactics team.

Also, since moving into their new office located in A160, Public Safety says they

are more capable of meeting the needs of their clientele. Other updates include speakers and strategically placed alarm panels with microphones in which Parkland police can deliver critical messages regarding an incident.

Despite the improved capabilities, Colbrook reminds Parkland-goers of the difficulty of protecting each and every person individually.

"We are safer as a group," Colbrook said. "If you hear something, say something. If you see something, say something."

Colbrook says it is Public

Safety's job to investigate reports in order to prevent anything potentially dangerous from truly becoming dangerous.

"It's what we get paid for," he said.

Colbrook also recommends having a plan in the event of an emergency. Colbrook encourages every student to take five minutes to make a plan for what they will do in such a situation—locate emergency exits and the safest places to be during an earthquake or tornado and inform oneself on evacuation procedures.

## Prospectus editor visits Bloomington Zoo

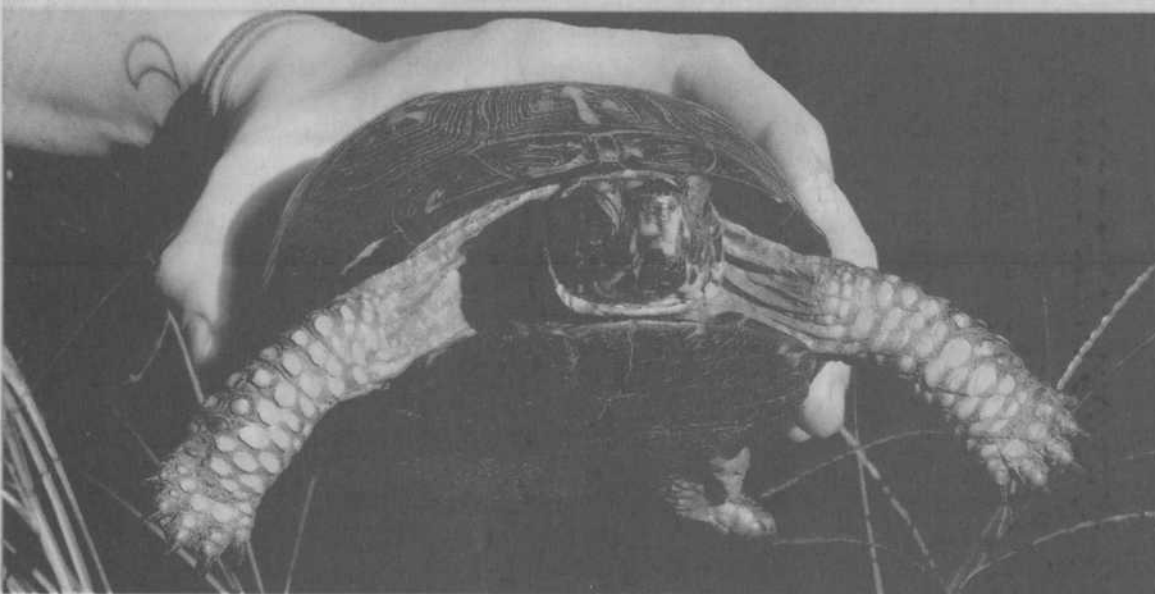


Photo by Matt Moss | The Prospectus

A zoo worker holds up an eastern box turtle. These turtles remain in their outdoor exhibit year-round; in the winter, they bury themselves beneath the dirt and fallen leaves, hibernating until the weather warms.

## Notice to faculty, students regarding final exams

A final exam is expected in each credit course at Parkland College. Final exams for all full-semester, September-start, and October-start courses will be given during final exam week – Monday, December 12 to Friday, December 16, 2016 – according to the official published 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, Division Dean, 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 are 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, please contact the Department Chair, Division Dean, or the Vice President for Academic Services. You may access an online copy of the final exam schedule on the student portal or my.Parkland.edu

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 (217/351-2542, Room U333).

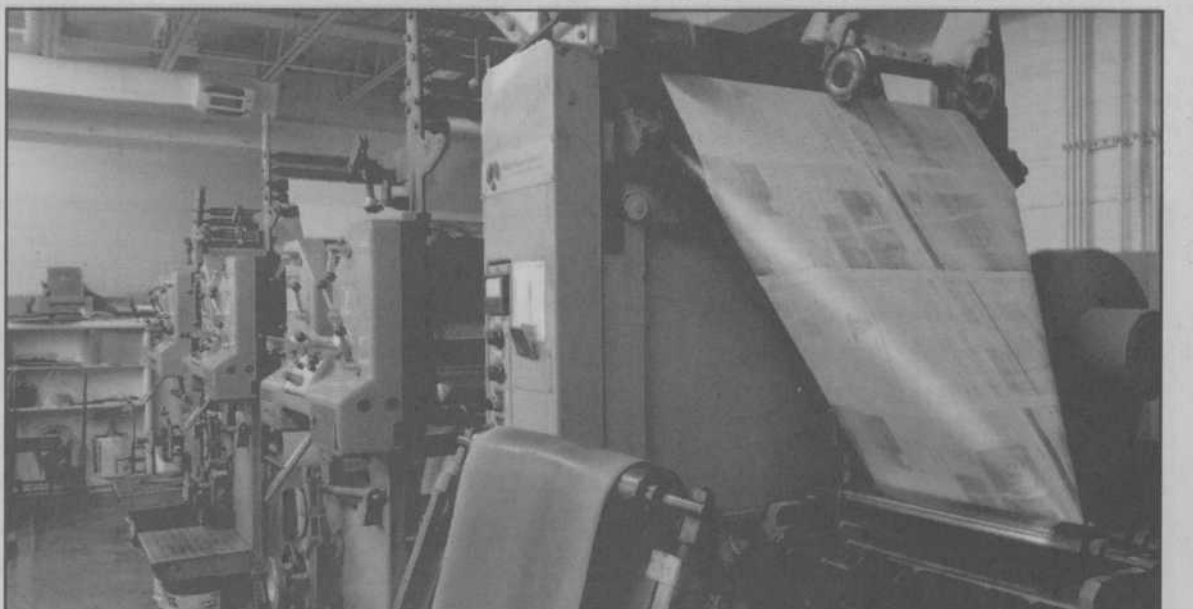


Photos by Matt Moss | The Prospectus

Left: A red-fronted macaw appears to pose for its close-up.

Right: Oscar, a harbor seal, was drawn to the voices of visitors to his home. Zoo staff explained Oscar had more contact with humans than with other seals during his early days and thus was more personable than his two roommates.

## Prospectus staff attends Illinois Community College Journalism Association Conference



Photos provided by Kelly Youngblood | The Prospectus

Editor Matt Moss and staff writer Rachael Mowrer sit at the WEIU News desk at the ICCJA conference in Charleston, Ill.

Photos by Matt Moss | The Prospectus

Newspaper presses are lined up and running for students to see at the ICCJA Conference.