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Prospectus 2016

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News | Soccer Teams Make Nationals

Parkland's men's and women's teams make history with winning records

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Crossword and Comics | Sudoku

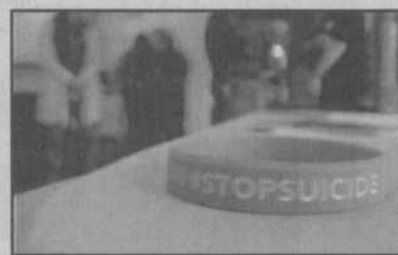
Find out the answers to last week's puzzle

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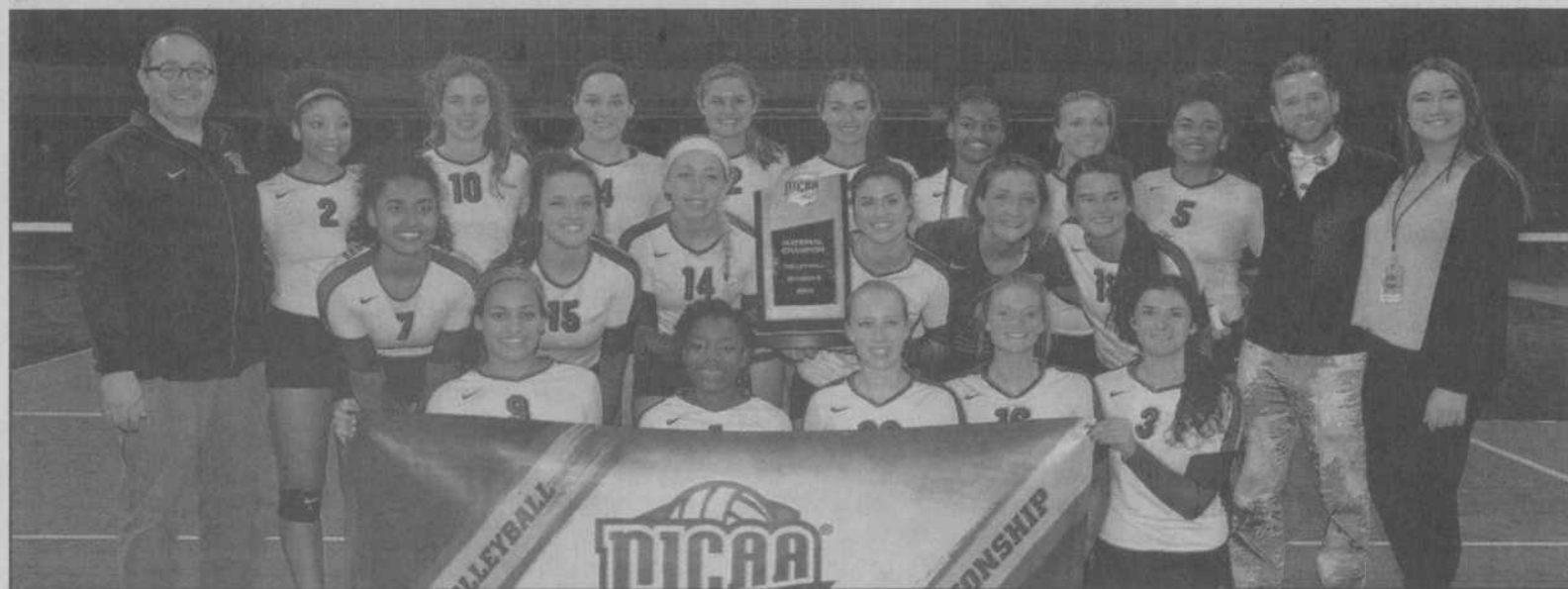
Campus | International Survivors of Suicide Loss Day

Parkland hosts its own suicide Survivor Day event.

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Cobra volleyball wins third title, second in two years



Parkland's volleyball team. Photo from NJCAA website.

Peter Floess
Staff Writer

Cobra volleyball brought home their third national title—and their second one in just as many years—in their first-ever back-to-back championship victories.

On Nov. 19, in Charleston, W.Va. Parkland volleyball defeated Springfield's Lincoln Land College in three sets in the Division II finals, winning their third title. They also won last year's title, meaning the team now boasts two, back-to-back national championships.

This season, they had a final win-loss record of 52-2.

Volleyball Coach Cliff Hastings says 2016's season "was historic."

"It was the first ever

back-to-back title for Parkland, and this was only the second time ever that an NJCAA Division II team won the title in consecutive years," Hastings said.

He says he is "really proud" of his second-year players, who helped to coordinate the team and performed admirably on the court, while first-year players quickly found their footing.

"...[O]ur sophomores all added several elements to their game to make them complete players while the freshmen found their voice and confidence to make us a team of 20 all on the same page and all performing at a high level. No other team gets the level of training our girls get every day in practice because of the high-level of both sides of

the court at all times," he said.

Hastings found the quarterfinal match of the national tournament particularly memorable, with the opposing team notably defensive-skilled, he said. He says the Cobras broke through these defenses with skill and "high level" execution.

Bailee Dunne, a defensive specialist, says she enjoyed "the excitement for each point" at nationals.

"[My] favorite game at nationals was the one against Scottsdale because we all played really well and with great excitement," she said.

Dunne believes that during the course of this season the team learn how to play smarter and with more instinctive precision.

"For example, if the ball was set off the net, instead of pounding the ball, it would be more of a placed ball," she said.

Another example Dunne gives of playing smart is "pushing the ball to open areas throughout the plays to throw the other team off."

Parkland volleyball's full schedule for the 2016 season—including their wins and losses for the entire season and the team's roster—can be found online at parkland.edu/athletics/volleyball. The year of 2016 wasn't kind to only Parkland's volleyball: Cobra men's s fought their way to the They finished sixth place with Men's soccer Coach, like Hastings of his team, the season was , saying the season's finale "

," Sikora said. "c

Sikora says some of the most memorable games of the year were against Lewis and Clark on Oct. 15—

which the Cobras won 4-3—and the first game they played at the national tourney against San Jacinto, again which they emerged the victor, 2-1.

player becoming more closely-knit and in-tune . H said 2016 also saw women's soccer come a-women's soccer , .

W[one]—[Community College], Jackson said. He says his team was, "qualities which continually developed throughout the course of the season.

"...[T], he said.

Jackson says that the team simply reaching nationals was the "best memory of the season." he said.

HUMANS OF PARKLAND Alec Ballard



Photo by Scott Wells | The Prospectus

Scott Wells
Staff Writer

If it was up to WPCD radio personality Alec Ballard to decide where he would be working after finishing his college studies, in his eyes there is really only one option.

"I'd like to work for ESPN radio," he said.

Ballard, who was born in Iowa, graduated from St. Joseph Ogden High School prior to attending Parkland. Choosing to major in communications seemed to be the logical choice.

"I feel like I have a good radio voice," he said. "And, I like talking to people."

Not only has he served as an on-air personality, but he has also gotten a taste of the production side of the business, and has taken part in some of the radio dramas that have been broadcast over past semesters.

The radio dramas helped him learn what it is like to work in a team environment.

"The radio shows were stressful but fun," he said. "They were definitely a learning experience. I had to depend upon others, not just myself."

In a culture increasingly moving towards on-demand access and automation, Ballard feels that the live on-air radio personality is an irreplaceable component in the world of broadcast media.

"I don't think live talent will go away," he said. "We will always need people to report events as they are happening."

Ballard is grateful for the education and guidance he has received from both his instructors at Parkland—and the friends he has made along the way.

"I'd like to thank Deane Geiken and Adam Porter for teaching me all of the things they have taught to me over the past three years," he said. "Also, thanks to Katie Swindle for sharing my same love for sports and getting into plenty of

SEE HUMANS PAGE 2

Cobras volleyball coach wins AVCA Regional Coach of Year

CHAMPAIGN, Ill. — Parkland College Volleyball Head Coach Cliff Hastings has been selected as the 2016 Two-Year College Midwest Region Coach of the Year, NJCAA Division II, by the American Volleyball Coaches Association.

This is Hastings' fourth consecutive AVCA regional coach of the year honor. He will represent his region on the 2016 AVCA Two-Year Colleges National Coach of the Year ballot. He will officially receive his award

at the 2016 Jostens Coaches Honors Luncheon in Columbus, Ohio, during the 2016 American Volleyball Coaches Association Convention.

Parkland College entered the 2016 season with high expectations and did not disappoint, entering as the top seed in the NJCAA DII Championship Tournament and winning its second national title in a row. The team's members, also Region 24 champions, finished the season winning their

last 17 matches and not dropping a single set. The team ranked first in the nation in hitting percentage (.370), assists per set (12.81), and kills per set (14.04), as well as third in blocks per set (3.17).

Now in his eighth season with the Cobras, Hastings has led his team to four consecutive national championship game appearances, winning two titles and finishing as runner-up twice. Parkland has gone 109-2 over the past two

seasons and 215-8 over the past four seasons.

The AVCA, with its headquarters in Lexington, Kentucky, is managed by Associations International. The mission of the AVCA is to advance the sport of volleyball with AVCA coaches at the epicenter of leadership, advocacy and professional development. With a membership of over 7,000 and counting, the AVCA provides a professional network for those individuals

and companies dedicated to enhancing and promoting the sport.

Members include collegiate, high school, club, youth and Olympic coaches, as well as volleyball club directors. The AVCA provides education to volleyball coaches, recognition of elite players and coaches, promotion of volleyball competitions throughout the world, and networking opportunities for volleyball products and services providers.

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Fact or Fiction

Humans swallow an average of eight spiders in their sleep.

Answer on page 3

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NEWS

Parkland men's and women's soccer teams both make nationals

Peter Floess
Staff Writer

Both Cobra soccer teams earned their way into their respective national tournaments earlier this month, and while they weren't able to bring home the titles the season was not without camaraderie and hard-fought wins.

Cobra men's soccer battled their way to the NJCAA Division I National Tournament in Tyler, Texas. They finished sixth place with an overall win-loss season record of 21-2.

Men's soccer Coach Mark Sikora believes the season was historic, saying the season's finale "at the National Tournament was truly magical."

"Overall the whole season has been one [of my] favorites in my coaching career and it has little to do with the team's record," Sikora said. "Meeting and working with this group of young men has been the highlight. Each one gave their all for the program and for the college and I could not be prouder."

Sikora says some of the most memorable games of the year were against Lewis and Clark on Oct. 15—which the Cobras won 4-3—and the first game they played at the

national tourney against San Jacinto, again which they emerged the victor, 2-1.

The team "became more like family" as the season progressed, says player John Pugh. Pugh believes that becoming more closely-knit and in-tune was the reason the team did well this year. He says they "played for each other."

"My favorite memory of the season is winning in the district final to qualify for nationals," Pugh said. "It is what we worked for the whole season and even when everyone probably had written us off, we overcame all expectations."

PARKLAND WOMEN'S SOCCER

2016 also saw women's soccer come in fifth place at the NJCAA Division I National Tournament in Melbourne, Fla. The team had overall win-loss season record of 18-2.

The 2016 season was the best season Parkland's women's soccer team "has ever had," says Coach Christopher Jackson.

"We started the season strong and we kept that going with only [one] real bump in the road, losing 3-0 to a very strong Monroe [Community College] side. Really that loss



Photos of Parkland's men's and women's soccer teams provided by Parkland's website.

was good for us and brought us back to earth and prepared us for an incredible run to the national tournament," Jackson said.

He says his team was "incredibly skilled and mature," qualities which continually developed throughout the course of the season.

"...[T]here was natural progression of that over the season, but the biggest change was in mentality and attitude. We really grew

in belief and every player believed in their role. We took everything personally and grew emotionally invested in everything we did," he said.

Jackson says that the team simply reaching nationals was the "best memory of the season."

"Qualifying for the national tournament has been this team's dream for a long time and this year that became a reality," he said. "Probably the two most memorable moments were winning the

district final to qualify for the national tournament with a minute left in overtime; and at least for me, the penultimate game against Paradise Valley. Even though it was a loss, it was the most passionate and hard fought game I've ever seen a team play at any level against a top level undefeated opponent."

Both teams' records and player rosters for this season can be found online at parkland.edu/athletics/menssoccer.

Some Prospectus staff share what they're thankful for

Emma Gray
Staff Writer

This holiday season, it is important to remember all the things we have to be thankful for and, in that spirit, a few members of the Prospectus student staff would like to share what they are thankful for.

Staff writer Peter Floess says that he is thankful for "my family, a stable life, and a job," adding, "I also actually like Thanksgiving food."

Editor Matt Moss echoes this line of thought, explaining that not everyone is so lucky.

"I'm thankful to have something to be thankful for; a lot of people around the world and in our neighborhoods have comparatively little to be thankful for," he said. "I get to go home, turn on a faucet and drink clean water, watch YouTube, give myself carpal tunnel from playing video games, and raid my refrigerator when I'm hungry at 1 a.m. Some don't get these what we see as basic amenities."

Personally, I am thankful for every day I wake up and enjoy even the most basic of pleasures.

As someone who gets frequent headaches, I am thankful for any moment the pain subsides even just enough for me to function. I am thankful for my crazy, yet wonderful family and all the support they have given me, my cats, my jobs, and my ability to get an education.

As Matt explains, everyone has had troubles but there is always something to be thankful for, no matter how hard life can be at times.

"Everyone's got or has

had things in their lives—things that make them ask themselves why they bother waking up tomorrow. People who say they haven't are lying, maybe even to themselves. And, while it's clichéd, it must be said: things are probably not as bad as they seem and each person should try to focus on the things they are thankful for," he said. "Like I said, a lot of people don't have the luxuries the average American has," he continued. "Granted, this is coming from the so-called average American who's never had to deal with the intense, physical resource-based hardship some have had to deal with, but I nonetheless hope the message is not lost."

Matt goes on to say that keeping your spirits up, despite hardships, is often the best way to get through them.

"Good spirits and determination are important in any situation, and if you have these in bad situations, it's a definite boon. It makes it that much easier to identify the issues you're facing, figure out the best way of handling them, effectively line them up, and one-by-one knock them down," he said.

Sometimes hard times can help us to remember to appreciate all we do have in life, which can in turn help us through those hard times.

As a small paper, The Prospectus is always working hard to keep the racks full with up-to-date, quality news that is relevant to Parkland's students and staff. In turn, we are thankful for every reader who gets something from our work, even if they just glance at the photos or do the crossword.

Notice to faculty and students regarding final examinations

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 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).

New opportunity for community college science students

CHAMPAIGN, Ill. — Community college students interested in science are invited to conduct research as part of a paid 10-week biology research program at Parkland College and the University of Illinois at Urbana-Champaign.

Called PRECS, or Phenotypic Plasticity Research Experience for Community College Students, the program is a collaboration between Parkland College and the University of Illinois, funded by a grant from the National Science Foundation. It is designed to provide community college students with authentic research experiences in phenotypic plasticity, the phenomenon of a single genotype producing multiple phenotypes depending on environment.

Parkland College is

currently seeking 10 community college students to participate in PRECS, which will run May 24 to July 26, 2017. Students selected to participate in the summer program will be paired with research mentors at the University of Illinois, working on such projects as:

- the interaction between genotype and ozone pollution on maize growth
- the effect of environmental stress on neuroanatomy
- the interactions of genes and environment on fish behavior

The program will also provide students with participation stipends and housing, food, and travel allowances as necessary.

Parkland College chemistry professor Dr. C. Britt Carlson and Dr. Nathan Schroeder of the University of Illinois at

Urbana-Champaign created PRECS.

"Participating in a program like PRECS is a great way for students to gain experience, create new contacts, explore future careers, and build their resumes," Carlson said.

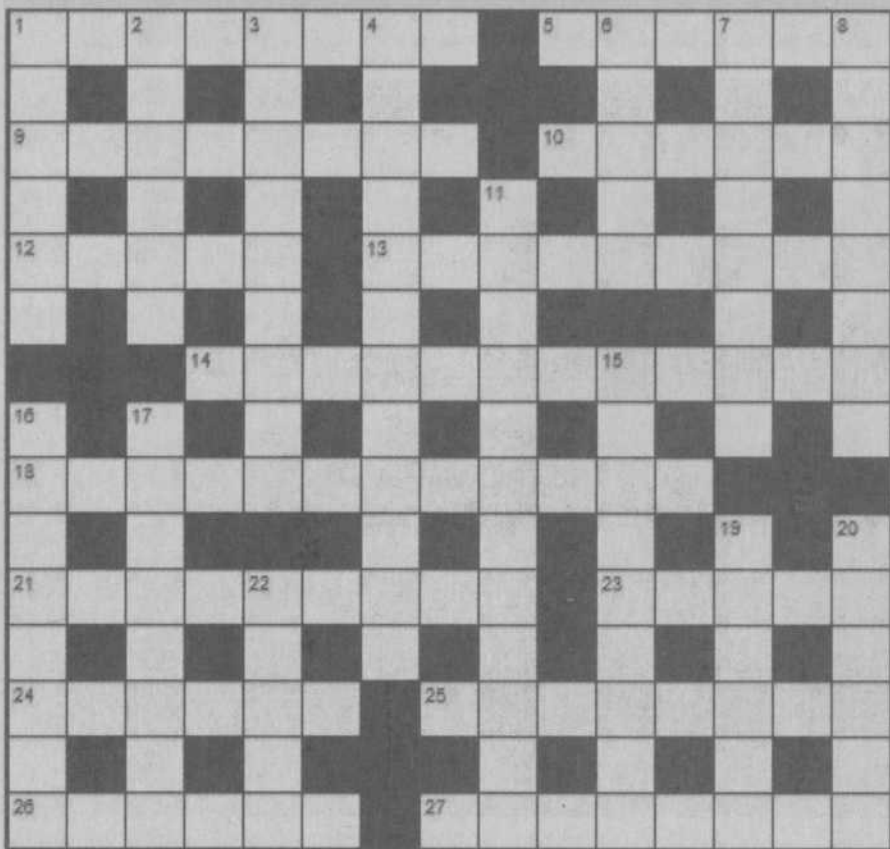
Students interested in participating in PRECS must be attending a community college, be a US citizen or permanent resident, and have completed General Biology I (General Chemistry I is also preferred). PRECS encourages applications from students from underrepresented groups.

Applications for summer 2017 are due March 15. For more information on PRECS, please visit precs.igb.illinois.edu.



CROSSWORD & COMICS

Crossword (solve for the answers below)



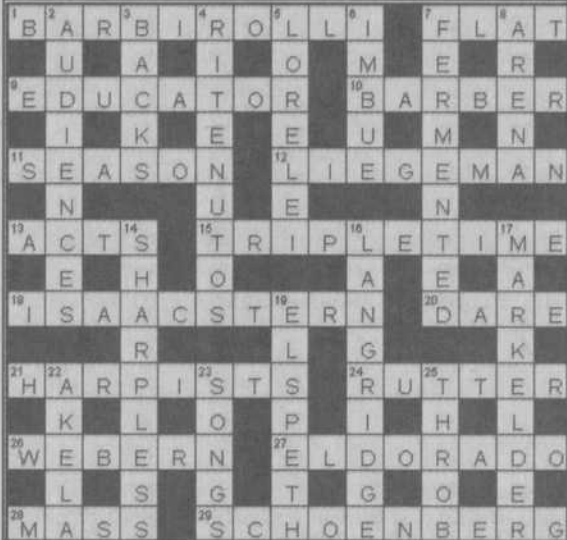
ACROSS

- 1 One so has designs on her body! (8)
- 5 Fair-haired beauty, initially single, secures date (6)
- 9 Involved in argument, drunk's about to produce dagger (8)
- 10 Expression of appreciation for sexy woman who sports short split skirts (6)
- 12 Well, a market will stock this hush (5)
- 13 Consequences of a chubby husband stifling expression (9)
- 14 Motion, say, to repeal EU act fails without Conservative (4,8)
- 18 District nurses treated artist making recording (12)
- 21 Procession of vehicles turned out to carry old metal band (9)
- 23 German politician's true love (5)
- 24 Raid fashionable bar, arresting American (6)
- 25 Leaves a note on feature article (5,3)
- 26 Lesbian poetess apparently invested in second house (6)
- 27 Lauré's worst influence, according to Spooner (5,3)

DOWN

- 1 Fight thugs regularly, getting almost killed (6)
- 2 Bachelor enters competition involving a race (6)
- 3 They work to rule, disrupting musical dramas (9)
- 4 No longer crazy about farming machinery? It'll clear the air (9,3)
- 6 First off, Mahler is fantastic composer (5)
- 7 Rewrite a page on new supporter of contemporary religious movement (8)
- 8 Groundnut sauce, after short time, is introduced to Eastern region (5-3)
- 11 Who rising mostly disposed to attract the most admiration? (5,3,4)
- 15 River rising most precedes danger at sea (3,6)
- 16 More than one citadel's king beheaded mischief-makers (8)
- 17 A fool to support seditious material (8)
- 19 Is it possible for ban to exclude University of Cambridge? (6)
- 20 Turned on, cheers extremely raunchy legal official (6)
- 22 Arrive at right place to sunbathe, going topless? (5)

Answers from last week



9	6	5	8	1	2	4	3	7
3	2	8	4	9	7	6	5	1
7	1	4	6	5	3	8	2	9
4	3	6	1	7	8	5	9	2
5	9	7	2	4	6	1	8	3
1	8	2	9	3	5	7	6	4
6	5	9	7	2	1	3	4	8
2	7	3	5	8	4	9	1	6
8	4	1	3	6	9	2	7	5

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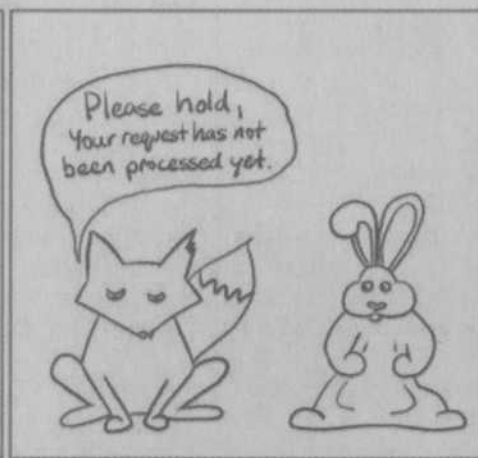
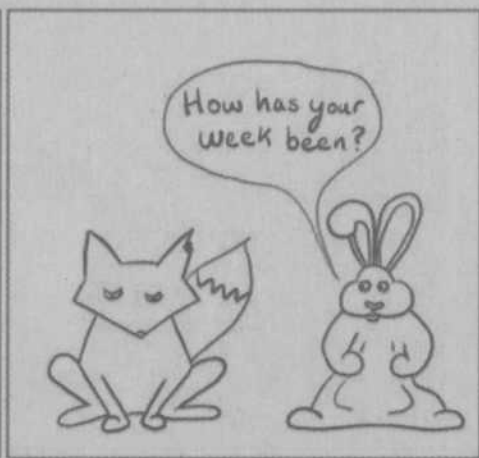
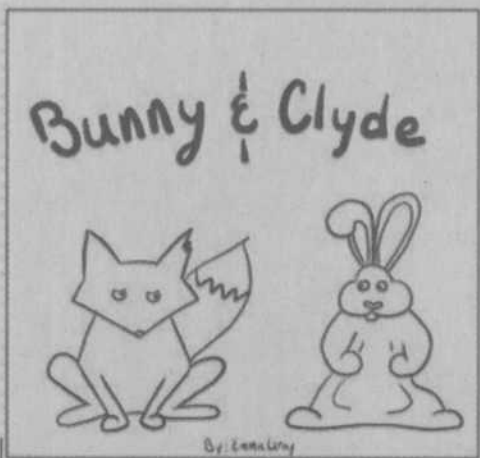
SUDOKU

		2		3	8		9	
			2				3	
3	6	5		7				2
2		4		9	1	6	8	
			7		6			
	9	1	3	8		5		4
4				1		3	9	8
	5				8			
1		6	9			2		

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Fact or Fiction

FICTION: According to Bill Shear from Hampden-Sydney College in Virginia and Rod Crawford from the Burke Museum of Natural History and Culture, humans are just part of spiders' landscapes, and our vibrations scare them off.

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CAMPUS

Parkland hosts second suicide Survivor Day event

David Saveanu
Staff Writer

As part of International Survivors of Suicide Loss Day gatherings which took place around the world, Parkland hosted its own event promoting comfort for those who have dealt with the loss of a loved one by suicide and providing an outlet for them to discuss the sensitive issue.

It was the 19th International Survivors of Suicide Loss Day, a program sponsored by the American Foundation for Suicide Prevention. The event was created to celebrate survivors of suicide loss and give them a safe space to share their stories and support one another.

The program included a showing of the film "Life Journeys: Reclaiming Life after Loss," followed by a panel discussion with suicide and mental health professionals, and ended with a group discussion amongst survivors to share stories.

The film revolved around a couple families sharing their experiences with family members that have cut their own lives short and their journeys in reacclimating themselves to their lives while dealing with the psychological damage wrought by the loss.

The 30-minute film was posted on the AFSP's website the day after the event and remains up for anyone interested. There are no website accounts or the like required to view it.

The panel following the film was made up of Desera Miller, a survivor of suicide loss; Joe Omo-Osagie, a Parkland counselor and also a loss survivor; and Peter Dyck, who is heavily involved in helping survivors.

Miller shared her experience losing a close person in her life and "finding [her] norm." "My life had been my life for 23 years. I knew what that was like; I knew what my norm was. Then, after she died, my life had changed. I had spoken with her everyday on the phone; she was really a close person in my life and, for her not to be there, I had to figure out what was my new normal," Miller said.

"I think it's more of a journey, than, like, 'this happened and now I'm healed,'" she said. "I've hit acceptance, and now it's about how can I make meaning as opposed to just focusing on her suicide."

The point the event was trying to achieve was that losing someone to suicide isn't something wrong or strange, and that it is an unfortunately-

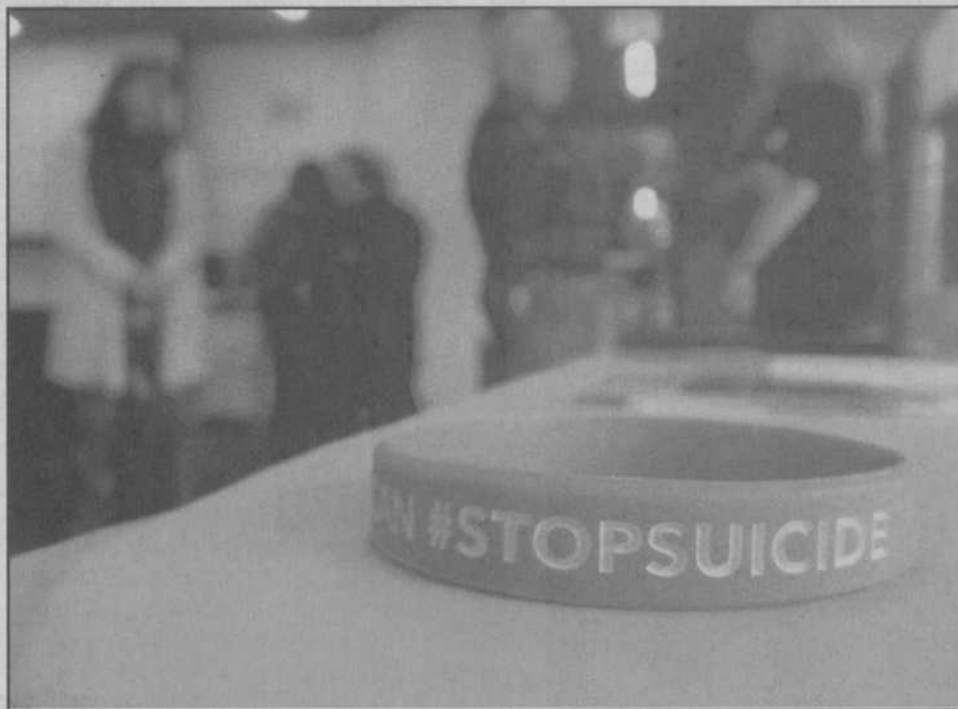


Photo by David Saveanu | The Prospectus

As part of International Survivors of Suicide Loss Day, Parkland hosted its own event on Nov. 19, in coordination with the American Foundation for Suicide Prevention.

common dilemma. Panelists and participants had shared their own experiences as a step in their own personal "journeys." Linda Colton, one of the coordinators of the event, described that the journey feels like "continuous stream of losing loving situations." She had further expressed how, contrary to what victims of suicide loss may feel, it is not wrong to ask, "why?" Omo-Osagie shared his experience in hope of showing how common of an occurrence it is, and that if there are any victims that feel alone they should know there are others going through similar situations.

"Unfortunately we do not talk about [suicide] enough because it is stigmatized," Omo-Osagie said. "What if they think my family is crazy because my brother completed suicide? [...] I think one of the reasons I do what I do is because I don't believe not talking about things makes them go away; the more you talk about something the more you know of it, and the less fearful you are of it."

Omo-Osagie says he lost his brother to suicide.

"I'll use my brother as a case and point," he said. "My brother was a very successful man...he owned properties on campus and several small communities; he was a very successful man by the definitions of success of this society, which is money."

He goes on to describe his very

motivated and successful brother, showing how depression, which is highly stigmatized, can happen to anyone.

Omo-Osagie went on to explain why he uses the term "completed" as opposed to "committed." He, along with the rest of the support community for survivors, tries to remove the stigma that comes with suicide—to make victims feel better about talking about it.

By using a term like "committed," suicide is made to appear as a crime, but through using "completed" the stigma is removed.

The event went on with survivors sharing personal stories, being supported by the counselors and those who are further along their journeys.

The International Survivors of Suicide Loss Day is, as one would expect given the title, a program that pays little mind to political borders, with events taking place in hundreds of locations around the world.

FROM PAGE 1

HUMANS

arguments with me."

Geiken is the current director of WPCD, and Porter is a communications teacher at Parkland. Swindle was another of WPCD's student radio personalities.

Ballard hopes to follow in the footsteps of his favorite ESPN broadcasters Freddy Coleman, Jalen Rose, and David Jacobey.

He has some advice for future WPCD personalities.

"Have fun with it," he said. "Do the show the way you want to do it."

Survivor Day has its origins in the American National Survivors of Suicide Loss Day, which was born from a resolution put forward to congress by Nevada Senator Harry Reid, who currently serves as senate minority leader, back in 1999. Reid's father Harry Vincent Reid took his own life in 1972 at 58 years old.

If you, or someone you know, may be struggling with suicide loss or thoughts of suicide you can visit the AFSP's website—afsp.org—for more information on finding support. Under the "find support" heading there are links to help guide you in determining the appropriate resources for addressing the issue you are facing.

The federal Substance Abuse and Mental Health Services Administration also sponsors the operation of the National Suicide Prevention Lifeline, a "free and confidential support" resource for "people in distress." The helpline's website can be found at suicidepreventionlifeline.org and, via phone, can be reached 24/7 at: 1-800-273-8255 for English-speakers, 1-888-628-9454 for Spanish-speakers, and 1-800-799-4889 for those with hearing difficulties.

Parkland's own counselors, including Omo-Osagie, are present in the college's counseling and advising office for support as well. Their services come at no cost to Parkland students and they can help those struggling with loss or self-harm find additional resources in the local community.



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