



# Prospectus News

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## ILLIAC Spring Festival a success



Photo by Pantelis Pishos/Prospectus News

The first ever ILLIAC Spring Festival, hosted by the Nicodemus Agency and Canopy Club, brought patrons to downtown Urbana Ill. to enjoy music and vendors on Saturday, May 10, 2014.

**PN** Scott Barnes  
Staff Writer

The first ILLIAC Spring Festival took place in downtown Champaign on Saturday, May 10, 2014. This event was considered a success for the Nicodemus Agency and Canopy Club, who hosted the festival, as well as for the city of Urbana.

Many of the businesses in downtown Urbana saw new customers during the event and increased sales, and while the festival didn't bring in a lot of revenue, it was still very enjoyable for those involved.

"It gives a kind of sense of community. I think it's cool, people kind of wandering around," Urbana resident Barb Bair said.

The Nicodemus Agency is one of many companies in the Champaign-Urbana area that are responsible for bringing festivals to downtown streets. Production Manager for ILLIAC, Patrick Singer, had a long list of things to take care of to ensure that the event ran smoothly.

"The production includes working with the bands, making sure scheduling is all set and ready to go, and working with the tour managers," Singer explained. "Making sure

those national touring bands like Their/They're/There and Those Darlins are taken care of as far as hospitality needs and things like that."

In addition to booking bands, making sure the schedule is set, marketing, and getting sponsors, there are a lot of on-site things that need to be taken care of.

"Leading up to the event we go and do a site-walk," Singer added. "We'll say 'This is where security will be, this is where the stage is going to be set up, this is where the bar will be, this is where ideally the front of house will be,' those sorts of things. You know, everything down to where we're going to put the dumpster or where we're going to put the port-potties."

All of these tasks add up to a heavy workload. At the end of the day it was apparent that the hard work paid off.

"I felt afterwards, you know, after finally catching up on sleep, we had a really warm reception to how the festival went through the bands, through the people that were there, and through the local business owners," Singer said. "So we're really happy with how it turned out."

President of The Nicodemus Agency, Seth Fein, provided

more details about the event.

"On the whole I thought it was really good," Fein said. "It was not successful financially. I mean it was a free show and we didn't sell a ton of booze or anything so we didn't really make any money but that really wasn't the intention. The intention was to do something and see if it could succeed and I think it did."

Fein is from Urbana and wanted to bring something new and exciting to his hometown. He explained that he wanted this festival to happen because he felt like Urbana needed something new, and the city of Urbana, Urbana Business Association and several sponsors agreed that this would benefit the city.

There was overwhelming support by the community for the festival but not all of the local business owners were happy with the event.

"We got a ton of blow back from the north side of Main Street between Broadway and Race," Fein explained. "Specifically Heel to Toe, Cinema Gallery, and Mirabelle Fine Pastries."

Owner of Cinema Gallery, Carolyn Baxley, was opposed to the location of the festival from the moment she was informed about the event in

the early stages of planning.

"The city sent out an email at some point back in early spring, maybe February or March," Baxley explained. "It said they've applied for a permit for the festival. I immediately sent a note back and said 'You need to have it down in front of the courthouse. The businesses on this block are not going to be very happy about having the street closed on our busiest retail day.'"

Van Boyd, manager at Heel to Toe, thought the festival was a great idea, but agreed that having Main Street closed to traffic wouldn't be ideal for the business.

"There's enough area close by where you don't have to shut down the main retail corridor for something like that," Boyd commented.

Neither of these businesses claimed that May 10<sup>th</sup> was a loss in their books and not all of the businesses on this block agreed that the festival was poorly located. Owner of The Urbana Butcher Shop, Spencer Ford, was happy to be in the middle of the action.

"ILLIAC was an absolutely phenomenal event to have in Urbana," Ford said. "The amount of people that we saw that were new customers,

especially a younger crowd, that came in was astronomical. It was around 75 percent new customers that we had for just this one event."

Mike Vaillancourt, Owner of Priceless Books, also said that sales were up that day, and Executive Director of the Urbana Business Association, Cynthia Chandler agreed that most businesses were happy.

"I talked with some of the business owners after the fact and they had a surge in business, especially with new customers," Chandler said. "It was incredibly successful for the majority of businesses in downtown."

In the meantime, Fein is focused on future events, such as The Pygmalion Festival, which takes place in September.

"CHVRCHES is certainly the main headliner," Fein said. "American Football will be a real special performance, seeing as how American Football is from here, hasn't played a show in 15 years, and is going to do their first show back at Pygmalion. It's going to draw people from all over the world to come in and see that show, so that's really exciting."

To find out more information on the ILLIAC Spring Festival, please visit [www.theillac.com](http://www.theillac.com).

## Parkland College Student Services Center



Photo by Pantelis Pishos/Prospectus News

Parkland's new Student Services Center adds plenty of new seating for students to enjoy, taken on Thursday, May 15, 2014.



Photo by Pantelis Pishos/Prospectus News

Above and below are views of Parkland's new cafeteria and seating area, located in the Student Services Center, on Thursday, May 15, 2014.



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### Fact or Fiction?

Frisbees were invented to be a toy for children.

(Find the answer on page 2)

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# News

## ILLIAC Spring Festival *contd.*



Sun Stereo brings their high energy to the Illiac Spring Festival in Urbana Ill. on May 10, 2014.

Photo by Pantelis Pishos/Prospectus News



Photo by Pantelis Pishos/Prospectus News  
Jessi Darlin, the lead vocalist and guitarist of Those Darlins, brings that "Nashville twain" at the Illiac Spring Festival in Urbana Ill. on May 10, 2014.



Photo by Pantelis Pishos/Prospectus News  
Adrian Barrera, drummer of Those Darlins, performs during the Illiac Spring Festival in Urbana Ill. on May 10, 2014.



Photo by Pantelis Pishos/Prospectus News  
The band Their/They're/There play at the Illiac Spring Festival in Urbana Ill. on May 10, 2014.

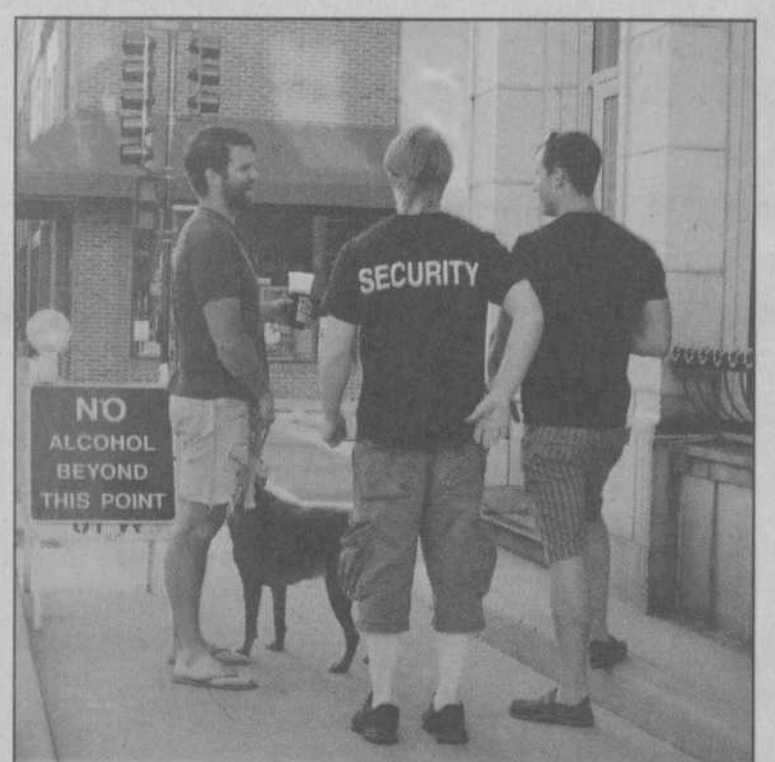


Photo by Pantelis Pishos/Prospectus News  
Security remains posted at the Illiac Spring Festival to keep patrons safe in Urbana Ill. on May 10, 2014.

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### Fact or Fiction?

**FICTION:** Frisbees were originally invented to be used as pie plates. It wasn't until young people began throwing them around after eating that they began marketing them as toys.

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# Lifestyle

## Expert online shopping advice for a successful experience

 **Maria Martin**  
MCT

We've all been there. You have a pile of dresses to try on, and a helpful saleswoman is rushing off to find another style, two or even three sizes larger than the one you pulled off the rack. Perhaps, like the Grinch's heart, that posterior has grown three sizes in one mysterious day when you weren't paying attention.

Who needs public humiliation, when you can shop in the comfort of your own home?

There's been a sharp increase in the number of people choosing to shop online, says Jody Rohlena, deputy editor at Consumer Reports' ShopSmart Magazine, who gave us the rundown on how to make the online shopping experience seamless.

The first place to start? Ensure there's a good return policy, she says, noting L.L.Bean, an outdoor apparel and gear store out of Maine, as tops of the list.

"Our 100 percent satisfaction was established by L.L. Bean himself when he started the company in 1912," says Mary Rose MacKinnon, L.L.Bean spokeswoman. "To this day, it is the best in the industry, and the bedrock of our brand."

These days, L.L.Bean isn't alone in offering great return policies and perks like free shipping. We asked Rohlena for a few tips on making the most of your online shopping experience:

**Q: How many of us like to shop online these days?**

**A:** "Around 25 percent. It's easy and convenient to do so, with all the generous shipping and return policies. You're no longer out of money if something doesn't fit."

**Q: Aside from not having to go through the hassle of trying clothing on in fitting rooms, what other factors draw people to online shopping?**

**A:** "Often, you will find stores have deeper inventories online. Stores have a wider range of colors and sizes online. Many offer things only online now, so you can't find these on a rack."

**Q: Return policies are all important to consumers shopping online. Aside from L.L.Bean, what other merchants have great return and shipping policies?**

**A:** "Oh, there are so many these days. Lands' End, REI, Nordstrom and Kohl's come to mind. We say to look for a return policy of at least 30 days."

**Q: How can you ensure a good fit?**

**A:** "We've been watching things like virtual fitting rooms and other innovations in shopping for years, and we feel where we're finally at a point where it's worth talking about. One of the most prevalent is True Fit, which is used by stores like Nordstrom. You don't have to measure yourself. It asks you questions like, 'Do you have a short torso.' And it identifies cuts that have a fit for those with thinner thighs, or those with curves. Levis even has 'Curve ID.'"

**Q: How about something like shoes, which are notoriously difficult to fit?**

**A:** "All the big shoe retailers have great return policies now. Sometimes, I'll order two pairs of the same shoes, knowing I can send one back, as I'm someone who is sometimes one size, sometimes another. **Q: Anything to be cautious about when ordering online?**

**A:** "Especially in electronics and media - like games and movies - watch out for a restocking fee. That can be 15 to 20 percent, and it's a fee you're charged whether you open the item or not. And look out for that fine print. If it's on clearance, make sure there's no tiny type that says, 'All sales final.' At least be aware it's there. Because we all know, if you find the perfect item on clearance, it might be worth the gamble."

(c)2014, ShopAtHome.com

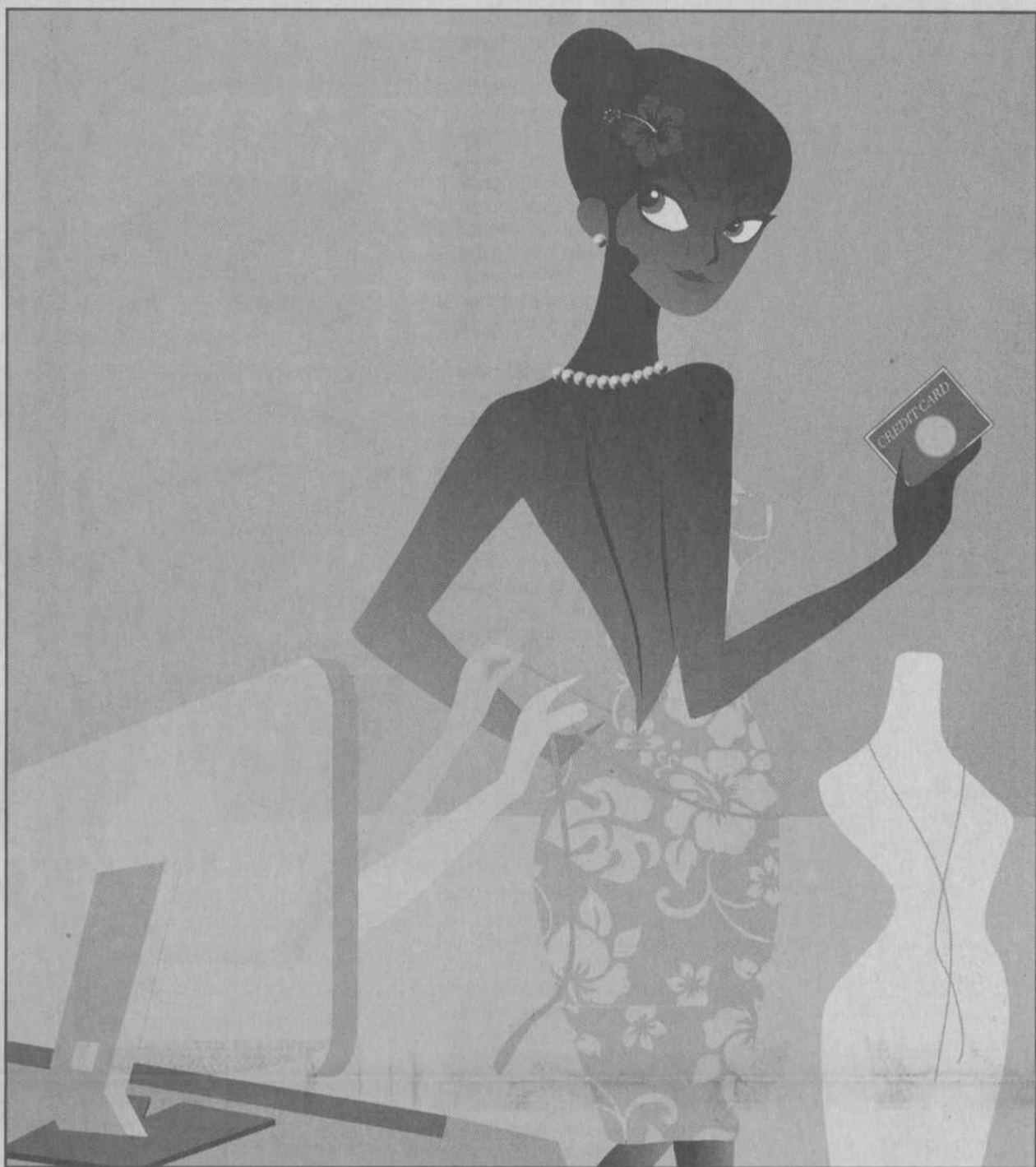


Illustration by Chris Strach/Bay Area News Group

There's been a sharp increase in the number of people choosing to shop online - even for items like clothing, where fit can be an issue.

### Prospectus News

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-Please turn into the Prospectus office, room X-155

-Include an example of your work with your application (Articles/Papers for writers, Photos for photographers, a link to your website, etc.)

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Any questions? E-mail: prospectus.editor@gmail.com or call 217-351-2216

**Submit**

# Opinions

## Prospectus News

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### Editorial Policy and Letter to the Editor

- All content is subject to review by the editorial staff.

- All submissions must follow the Parkland College code of conduct. All violations of said code will be turned over to Parkland College Administration and Public Safety.

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

- All submitted content must be original work.

- All submissions must include up to date contact information.

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

- E-mail prospectus@parkland.edu, subject "Letter to the Editor."

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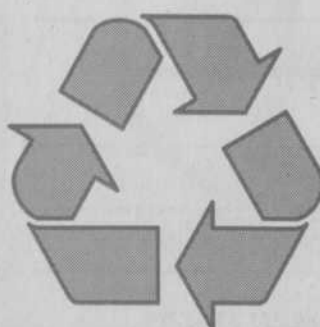
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### Did you know?

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



Please Recycle

# How an economics professor taught me a life-changing lesson

Miles Corwin  
Los Angeles Times

Every spring, during college graduation season, I think about a former professor who uttered two astonishing sentences that changed the course of my life.

I was a disaffected student, attending community college because I didn't have the grades, the money or the motivation to attend a four-year university. I had no real interest in business - my major - but my mother, a typical immigrant, had convinced me it would be the most practical course of study.

My parents didn't know much about college. My mother never had the opportunity to go, and my father's plans to attend college were derailed by World War II. He was an obsessive reader who would have thrived in college, but after more than nine months on the front lines in France, Luxembourg and Germany, his ambition dissipated.

I might not have finished college myself if it hadn't been for a required class in which I had little interest. On a fall morning during my sophomore year, I was seated in a large lecture hall - back row, left corner - for my Econ 1 class. As the professor lectured about macroeconomic theory, I propped up my textbook, slipped the novel "John Barleycorn" by Jack London inside, and began reading.

After about 20 minutes, the professor pushed aside his notes and began walking toward my side of the classroom. Every student but me, I was told later, watched him traverse the aisle toward the back of the lecture hall. I was engrossed in the novel.

When he reached my desk, he slipped behind me, leaned over and snatched the book from my hands. I suddenly realized that every single student in the class was staring at me.

I was mortified. My throat went dry and I could hear my heart pounding in my chest.

The professor leafed through a few pages of the novel. The absolute silence in the classroom was terrifying.

Finally, he held the book above his head, waved it and announced in a stentorian tone: "This student won't be spending the rest of his life studying columns of debits and credits. He's interested in literature." He pronounced the last word with genuine reverence.

He handed the book back to me, strolled back down the aisle and resumed his lecture.

I was so stunned, I spent the rest of the class in a daze.

During the next few weeks, I pondered his reaction. If an economics professor valued literature as much as or even more than economics, perhaps there was some real value in all the reading I was doing outside of

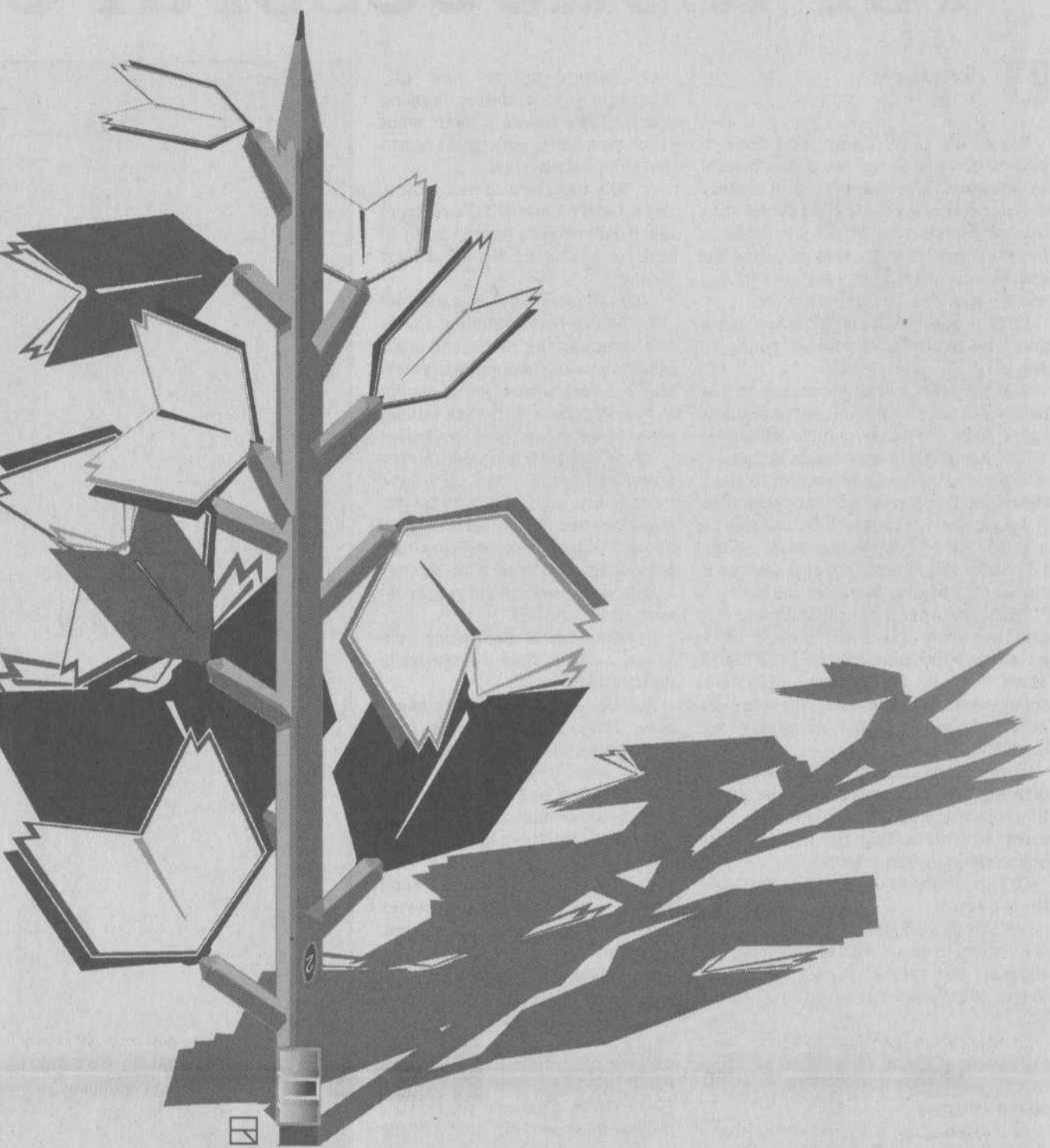


Illustration by Raul/The Miami Herald

class. Maybe reading novels wasn't just an escape and a diversion. Maybe the study of literature would be a worthwhile pursuit. And if I could succeed as a literature student, maybe this would lead me in a direction that might enhance my career prospects. I had no idea what career this would be, but I hoped that by the time I finished school, I'd find out.

I changed my major to English, raised my grades and transferred to UC Santa Barbara. I appreciated school for the first time, and I discovered that a love of reading translated to an affinity for writing.

I attended graduate school in journalism and embarked on a career as a newspaper reporter, including two decades at the Los Angeles Times. I eventually left daily journalism to write books.

Last month, after telling this story to a group of college students, I decided to give the professor a call. I could only

recalled his last name, so I contacted a member of the faculty alumni association. He put me in touch with David Kaplan, who is 83; he retired 14 years ago.

The first thing I asked Kaplan was whether he remembered our encounter. He did not.

"But it doesn't surprise me that I'd respond like that," he said. "It reflects what I was thinking about at the time and what I was going through, personally."

After obtaining bachelor's and master's degrees in economics at UCLA and teaching the subject for a decade at Santa Monica College, Kaplan had come to the conclusion that his education was narrow and incomplete. He began taking literature classes at UCLA and reading widely on his own.

Kaplan continued teaching economics, and to believe in the need for practical majors such as business. But he also began to think that

university officials who de-emphasized the humanities, and students who dismissed their significance, were misguided.

Economic theory is important, he told me, but reading authors such as Tolstoy, Chekhov, Dickens, Shakespeare and Wordsworth has a different and equally important kind of worth, shaping students' values and deepening their understanding of life.

The writing, critical thinking skills and appreciation for creativity that students learn as liberal arts majors, Kaplan said, will enrich their lives and also serve them well in a variety of careers, including business.

"I probably reacted to you the way I did because I believe that reading a novel is as valuable as a dry economics lecture," he said, "and the themes might resonate more and, ultimately, have a greater impact on your life."

(c)2014 Los Angeles Times

# What college kids don't want to hear

Los Angeles Times

Why did former UC Berkeley Chancellor Robert Birgeneau cancel his commencement address at Haverford College?

Last week, former UC Berkeley Chancellor Robert J. Birgeneau joined a growing group of prominent public figures who have declined invitations to speak at college commencement ceremonies because of protests. Birgeneau - and the students who might have been edified by his remarks - are victims of a shortsighted censoriousness that is becoming a familiar feature of graduation season.

Birgeneau withdrew as a commencement speaker at Haverford College in Pennsylvania after some students there sent him a letter threatening to oppose his appearance unless he apologized (again) for the use of force against Occupy movement protesters at UC Berkeley in November 2011,

and unless he complied with a long list of other demands.

One was that he write an open letter to Haverford students "explaining your position on the events of Nov. 9, what you learned from them, how you have put what you learned into practice and how your actions have or have not been in line with the values of peace, nonviolence and political participation."

As a grace note, the students conceded that Birgeneau had done admirable work on behalf of "LGBT rights, affordable education and the plight of undocumented students."

Not surprisingly, Birgeneau sent his regrets. He follows former Secretary of State Condoleezza Rice, who declined an offer to speak at commencement ceremonies at Rutgers University, and International Monetary Fund Managing Director Christine Lagarde, who withdrew as the commencement speaker at Smith College.

Rice's appearance was

opposed by some students and professors because of her role in what the Rutgers Faculty Council called the George W. Bush administration's "effort to mislead the American people about the presence of weapons of mass destruction" in Iraq.

A student petition at Smith College objected to Lagarde's participation because IMF development programs in poor countries have "led directly to the strengthening of imperialist and patriarchal systems that oppress and abuse women worldwide."

It's true, as one of Rice's critics has pointed out, that academic freedom doesn't guarantee the right to be a commencement speaker or receive an honorary degree. Colleges are free to invite whom they please to address students at their graduation, and may have good reasons not to choose particularly partisan or polarizing figures.

And students certainly have a right to respectfully protest

a speaker with whom they disagree.

Still, the cascade of canceled speeches is worrying for several reasons. First, there is the uncompromising nature of the opposition: the demand that a speaker agree 100 percent with the protesters.

This insistence on doctrinal purity is antithetical to the notion that a university ought to be an environment in which students, far from being protected from opposing views, are challenged to engage with them.

Second, as is often the case with the politics of denunciation, the rhetoric is strident and overblown. Even if one believes that the Bush administration exaggerated the evidence that Saddam Hussein possessed weapons of mass destruction, that doesn't mean Rice is a liar (or, as some students claimed, a war criminal).

And while the IMF's proposals for financial reform in the developing world are a

legitimate subject of debate, the demonization of the agency as an agent of imperialism is absurd.

Attempts to pre-empt speech on campus aren't limited to graduation ceremonies, and come mostly, but not exclusively, from students and faculty who think of themselves as progressive.

For example, last fall, protesters at Brown University who were outraged over the New York Police Department's "stop and frisk" policy prevented Police Commissioner Raymond Kelly from delivering a lecture on "Proactive Policing in America's Biggest City."

Their assumption was that Kelly had forfeited his right to speak because he presided over a "racist" police department.

The notion that free speech and tolerance of opposing views are values that can be sacrificed in the cause of freedom and equality has a long pedigree.

When electronics and water DO mix,  
these products are worth a look

# Waterproof Gadgets

While it might not seem like a logical choice to bring portable electronic gadgets to the beach or pool, if you choose correctly, anything is possible. Just remember: There's a big difference between water-resistant and waterproof. Here are a few rugged, waterproof items that are good bets for your summer fun.

BY GREGG ELLMAN  
MCCLATCHY-TRIBUNE



## PORTABILITY IS KING IN THIS WATER-RESISTANT SPEAKER

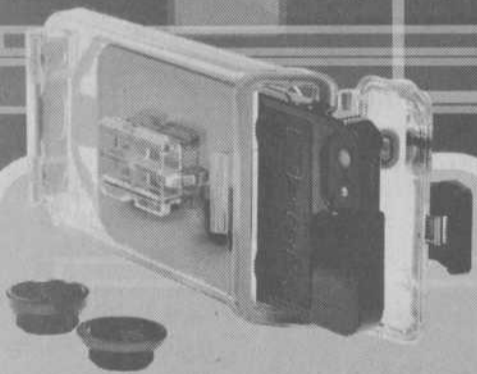
The Divoom Voombox-Travel Bluetooth speaker is perfect for trips since it's portable and splash-resistant.

It measures just 3 inches in diameter and has a metal carabiner built into its sturdy metal body, which is surrounded by shock-absorbing rubber, making it perfect for any pool, beach or backpacking excursions this summer.

The internal battery provides about 6 hours of battery life (USB charged, behind a removable rubber gasket) for sound, powered by a 2-inch driver and a 2-inch passive radiator, which deliver a great sound given the size of the speaker.

There's also an internal microphone for hands-free poolside calls.

**Details:** \$49 available in choices of blue, red, black or green trim; [www.divoom.com](http://www.divoom.com)



## IPHONEOGRAPHERS WILL LOVE THIS PROTECTIVE CASE

The Optrix PhotoX iPhone (5/5s) case is waterproof up to 33 feet, but it does a whole lot more than just protect your phone from getting wet.

While stored in the clear case, all your phone's functions, buttons and LCD screen are fully functional — as they should be — but what makes this case really cool is the attachable photo lenses. A low profile lens, much like a 50mm lens, and a macro lens are included to enable your phone's camera to take great photos both on land and underwater.

Fisheye (175 degrees) and telephoto (4x) lens attachments also are available (\$40 each). The camera works fine on its own through the case, but the add-on lenses make it even better.

In the event you drop your phone while it's in the PhotoX case, it should be safe since it's rated to withstand drops up to 30 feet.

**Details:** \$99.95, [www.optrix.com](http://www.optrix.com)

## BLUETOOTH, WATERPROOF EARBUDS GIVE YOU FREEDOM

There are lots of choices for waterproof earbuds, but the Pump HD Sportbuds from BlueAnt are both waterproof and wireless up to 100 feet from your music source.

This distance applies mainly when you're on the surface of the water or on land, since Bluetooth can only transmit underwater for a few feet.

A critical aspect to waterproof headphones is how they fit; the more secure, the better they sound. You can lose a lot of bass with loose-fitting earbuds, so to ensure a great fit, the Pumps come with seven different sizes of comfort seal tips and two sets of stabilizers.

All the controls are on the right ear, including volume and call answering, and they are iOS device certified.

They pair up like any other Bluetooth device and have an internal

rechargeable lithium-ion battery that plays for up to 8 hours. The earbuds are made with Kevlar shielding, which is used in bulletproof vests.

These headphones not only work perfectly for swimming, floating around a pool or just relaxing by the water, but they also are a great weather- and sweat-resistant product as well.

**Details:** \$116, [www.myblueant.com](http://www.myblueant.com)



## THIS WATERPROOF IPAD CASE FLOATS

The Joy Factory's aXtion Pro is a rugged waterproof case for iPads (4/3/2 and iPad Air) designed to withstand any environment, including continuous submersion up to 7 feet for an hour.

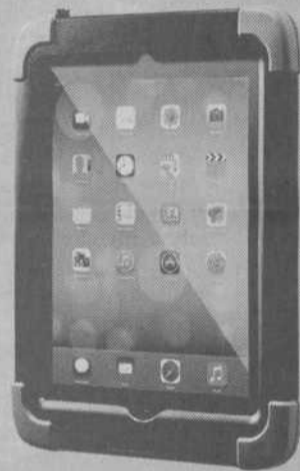
While the underwater safety feature is great, what I really like about this case is that it floats on its own, without an extra accessory.

The iPad's touch-screen display, volume, camera and all the other features are accessible while in the case, and it even supports waterproof headphones.

Joy Factory claims the aXtion Pro case can protect your iPad from drops as high as 4 feet.

In addition, every aXtion case features a built-in locking port for a Kensington lock (sold separately). When you attach the lock to the case, it locks both of the top clasps, keeping the iPad secure.

**Details:** \$129.95, [www.thejoyfactory.com](http://www.thejoyfactory.com)



## 'GO ANYWHERE' SPEAKER PERFECT FOR SUMMER FUN

Fugoo's portable Bluetooth (4.0) speaker is described by the company as a go-anywhere speaker that's built to withstand the extremes.

To me, it's a complete package right out of the box and delivers the "wow" factor with its powerful, clear sound.

But the amazing sound is far from the only reason to want this speaker. After you see the optional accessories available and how the speaker can be used with most any outdoor activity, you'll be ready to hit up Google.

You get 360-degree sound coming from six drivers positioned on all four sides of the speaker. It's waterproof up to 3 feet for up to 30 minutes, so when it falls in the pool, just get it out quickly. The design also makes it snow-, shock- and sand-proof.

The current models range from great looking to almost indestructible. The Style model is just that — really good looking.

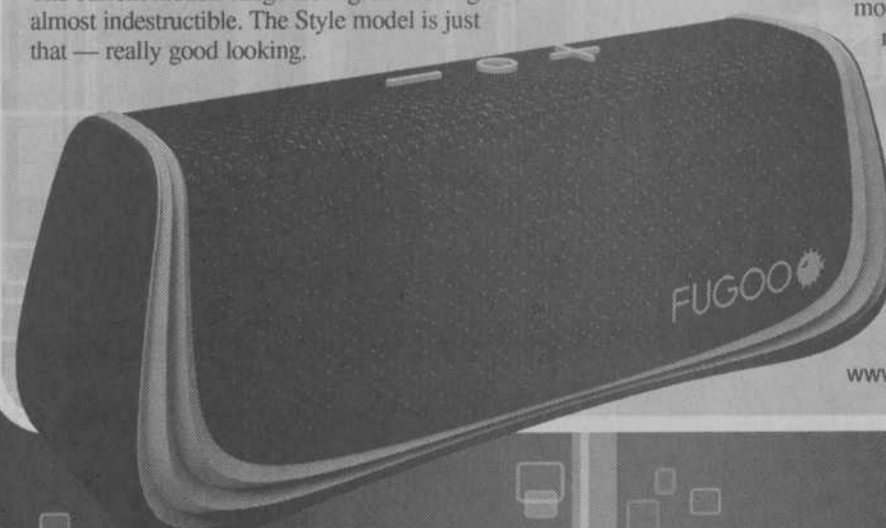
The Sport model is designed with a waterproof, super-durable cloth along with a rubber trim for protection. The Tough model is made with fiber-reinforced resin and solid aluminum to protect it from "whatever your world throws at it" says Fugoo.

An internal battery is good for 40 hours (at 50-percent volume) and charges up in 3 1/2 hours.

But back to the main point: the sound. Inside are six symmetrically placed drivers, two tweeters, two mid-woofers and two passive radiators. A powerful Digital Signal Processor adjusts the tones as the volume is increased, resulting in consistency at any level. There's also an internal microphone for hands-free calls and use with Siri, Google Now or a Windows phone.

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**Details:** \$199 for the Style or Sport model, \$229 for the Tough; [www.fugoo.com](http://www.fugoo.com)



# Puzzles & Comics

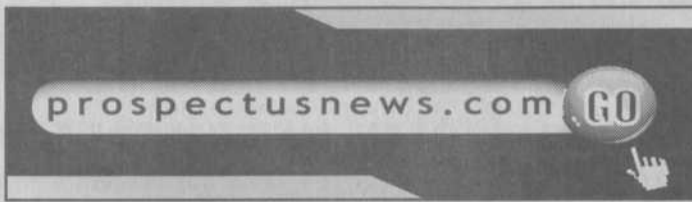
Bliss



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The best revenge is massive success.  
-Frank Sinatra

## Sudoku (hard)

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

© 2013 KrazyDad.com

## Imps! by Jeff Harris



## GREEN APPLES by Jeff Harris



## Best in Show



## THE TV CROSSWORD

by Jacqueline E. Mathews

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

Created by Jacqueline E. Mathews

6/9/13

### ACROSS

- 1 "\_\_\_ Man Standing"
- 5 Sullivan and Asner
- 8 Actress Meara
- 9 Bea Arthur series
- 12 Kolkata's nation
- 13 "America's Funniest Home \_\_\_"
- 14 Nag; complain
- 15 Actor Wheaton and his namesakes
- 16 Afternoon rest
- 18 180" from WNW
- 19 "The \_\_\_ Loves of Dobie Gillis"
- 20 Long-running Broadway musical
- 21 "Did You \_\_\_ About the Morgans?"; Hugh Grant movie
- 23 Untrue
- 24 Had debts
- 25 Actor Alex \_\_\_
- 26 Evans and Robertson
- 28 Fashion designer Cassini
- 29 Perpendicular building wings
- 30 Extremely dry
- 32 Blood analysis site
- 35 Setting for "Empty Nest": abbr.
- 36 Thicke or Rachins

- 37 Unconscious state
- 38 "Pretty Maids All \_\_\_"; Rock Hudson movie
- 40 Mr. Letterman
- 41 Role on "All in the Family"
- 42 "The Beaver State": abbr.
- 43 "Make \_\_\_ Supermodel"; reality series
- 44 American-Greek sandwich

### DOWN

- 1 Actress Turner and others
- 2 Actor on "1600 Penn"
- 3 Make a tiny cut
- 4 Actress Leoni
- 5 Suzanne Pleshette's role on "The Bob Newhart Show"
- 6 "My Two \_\_\_"
- 7 "A Boy Named \_\_\_"; Johnny Cash song
- 10 Actor on "Community"
- 11 Actor Morales and others
- 12 \_\_\_-T; actor on "Law & Order: SVU"
- 13 Actor Diesel
- 15 Beaver's dad
- 17 Prefix for heat or view
- 19 West and others
- 20 Race loser in Aesop's fable
- 22 Mothers of lambs
- 23 Make a crease in
- 25 Quarter or penny
- 26 ABC followers
- 27 "Kate & \_\_\_"
- 30 Hawaiian greeting
- 31 "\_\_\_ Deal"; Schwarzenegger movie
- 33 Friend, south of the border
- 34 "The \_\_\_ News Bears"
- 36 Johnson of "Rowan & Martin's Laugh-In"
- 37 Actor \_\_\_ Grant
- 39 Goal; purpose
- 40 "\_\_\_ the Bounty Hunter"

### Solution to Last Week's Puzzle

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| J | A | M | E | S |   |   | J | A | M |   |   |   |
| O | L | I | V | E |   | D | E | A | N | S |   |   |
| S | A | D | A | T |   | A | I | M | I | N | G |   |
| E | N | D |   |   | A | N | D | I |   |   |   |   |
|   |   | L | A | R | R |   | L | E | N | O |   |   |
|   |   | E | L | A | M |   | Y | A | Y | A |   |   |
| R | U | B | B | L | E |   | T | O | P | P | E | R |
| O | M | A | R |   |   | H | O |   |   |   |   |   |
| N | A | T | O |   |   | D | I | T | T | O |   |   |
|   |   |   |   | O | P | I | E |   |   | C | A | B |
| J | A | C | K | I | E |   | B | E | T | T | E |   |
| A | M | U | S | E |   |   | A | R | E | N | A |   |
| N | I | P |   |   |   |   | A | A | R | O | N |   |

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# Sports

## Personal Trainer

### Recipe for cross-training

Combining aerobic, strength, endurance and flexibility workouts is called cross-training; a typical week of cross-training:

|               | Number of minutes of exercise   |   |
|---------------|---|---|
| <b>Mon.</b>   | 20-30 Brisk walking with hand weights<br>5-10 Stretching<br>30 Upper-body weight training   |    |
| <b>Tues.</b>  | 20-30 Non-stop jogging<br>5-10 Stretching<br>30 Lower-body weight training  |    |
| <b>Wed.</b>   | 20-30 Swimming<br>20-30 Yoga  |    |
| <b>Thurs.</b> | 20-30 Bicycling, rowing or cross-country skiing (machine or outdoors)<br>5-10 Stretching  |   |
| <b>Fri.</b>   | 20 Brisk walking<br>20-30 Circuit weight training*<br><small>*High-repetition, low-resistance weight workout with no rest periods</small> |  |
| <b>Sat.</b>   | 30-45 Jogging at different paces<br>5-10 Stretching   |  |
| <b>Sun.</b>   | 30-45 Comfortable walking<br>20-30 Yoga<br><b>OR Complete rest day</b>  |  |

Graphic: Helen Lee, McCormas, Paul Trap

Source: Sports Medicine and the Physician

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## Healthy Living

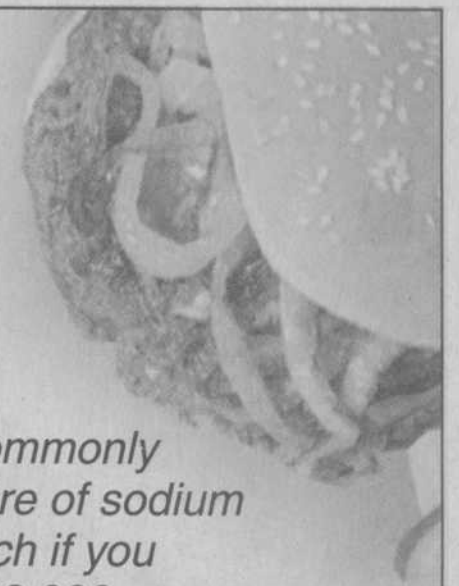
### Salty foods

These fast foods commonly have 500 mg or more of sodium (salt) – way too much if you hope to stay below 2,000 mg a day, the recommended intake.

- Fried chicken breast
- Large slice of pepperoni pizza
- 1 cup of chips with dip
- Cheeseburger with condiments
- Medium serving of Chinese or Mexican food

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Source: American Medical Association, U.S. Agriculture Department, MCT Photo Service



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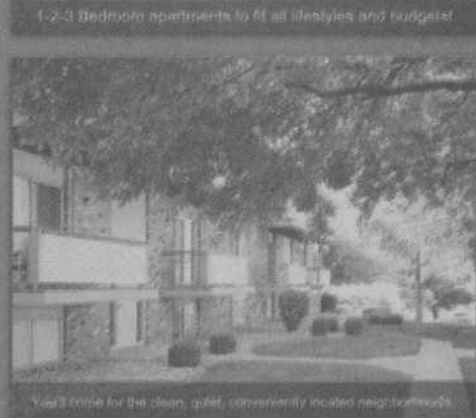
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# Entertainment

## Summer Camp Music Festival 2014

**Billi Jo Hart**  
Prospectus News

Summer Camp Music Festival, first held in 2001, took place May 23-25, 2014 at Three Sisters Park in Chillicothe, Ill. Over 15,000 people attended this festival to see over 100 performers and enjoy the other amenities and entertainment the event provided.

Volunteers and workers at the festival strove to provide a safe, clean area for everyone to have a great time in. There were also green teams and helpers who made sure the festival was environmentally friendly and made a positive impact, with recycling crews and food drives for the poor.

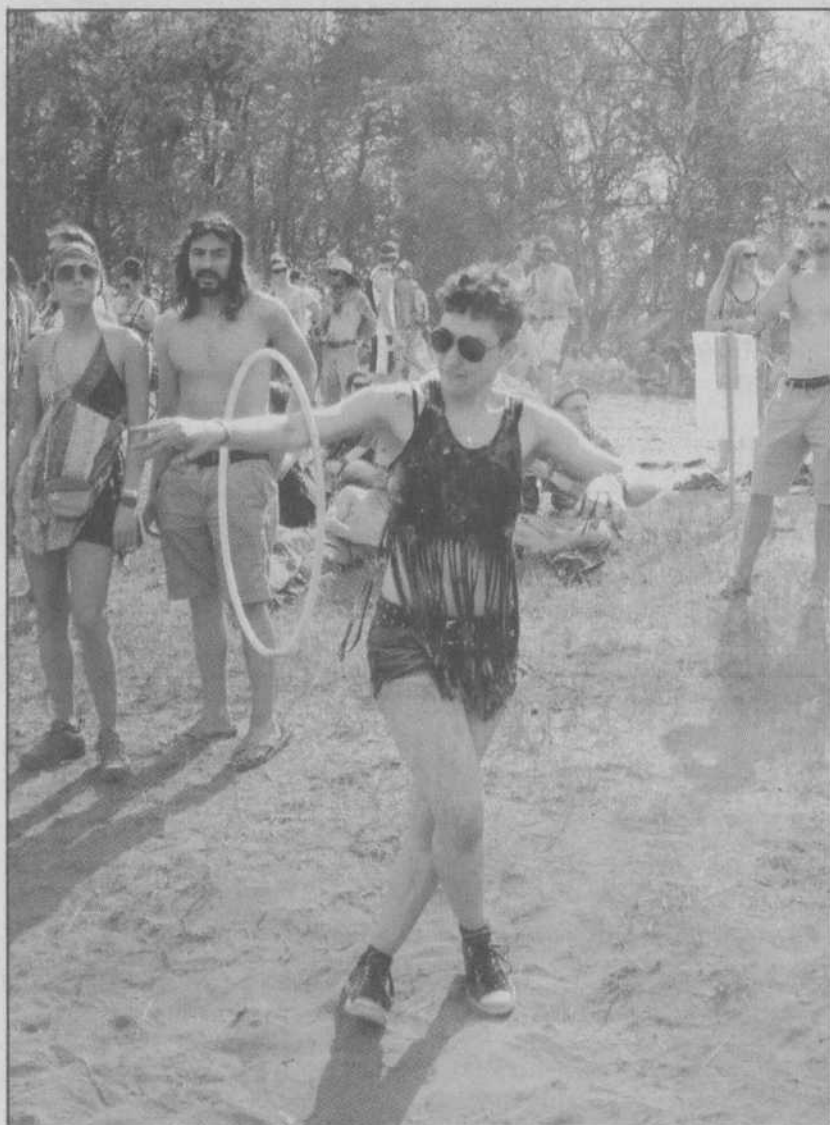
This year's Summer Camp had ideal temperatures and no rain, a stark contrast from the previous year's "mud camp" as many veterans have taken to nicknaming it.

This annual event plans to take place again next year. For more information, please visit [summercampfestival.com](http://summercampfestival.com).



Festival goers travel back from the Moonshine Stage in Chillicothe, Ill. on Saturday, May 24, 2014.

Photo by Billi Jo Hart/Prospectus News



A woman at Summer Camp Music Festival hula hoops in front of the Moonshine stage in Chillicothe, Ill. on Saturday, May 24, 2014.

Photo by Billi Jo Hart/Prospectus News



Impromptu performances, such as this mandolin player, sprouted throughout the campsite during Summer Camp Music Festival in Chillicothe, Ill. on Friday, May 23, 2014.

Photo by Billi Jo Hart/Prospectus News



This puppy was among several pets that were welcomed into the event at Summer Camp Music Festival in Chillicothe, Ill. on Friday, May 23, 2014.

Photo by Billi Jo Hart/Prospectus News



Katie Partridge, a Summer Camp Music Festival attendee, entertains other campers with giant bubbles in Chillicothe, Ill. on Saturday, May 24, 2014.

Photo by Billi Jo Hart/Prospectus News



A Summer Camp Music Festival attendee paints a plastic baby in Chillicothe, Ill. on Saturday, May 24, 2014.

Photo by Billi Jo Hart/Prospectus News