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Prospectus News

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Three-year bachelor's degree gains popularity

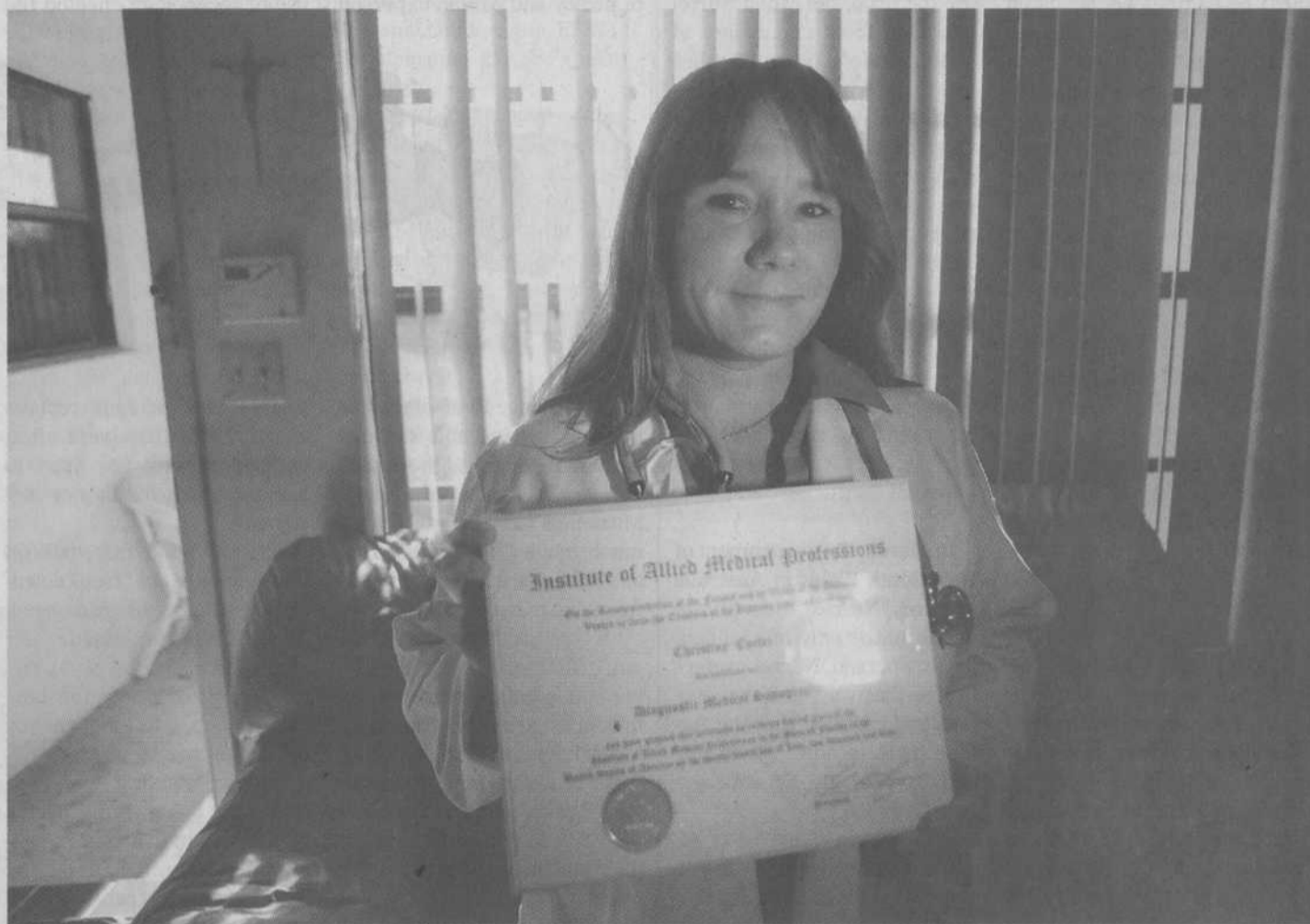
Larry GORDON
Los Angeles Times

Kayla Bortolazzo is about to finish college in just three years, a rare accomplishment that some educators around the country hope to make more common.

A resident of Redding, Calif., Bortolazzo is enrolled in a special program at Southern Oregon University that waives some introductory classes for academically gifted students and gives them first dibs at course registration. So in the fall, the 20-year-old English education major will head to graduate school and then, she hopes, a teaching career - with a year's worth of unspent tuition dollars still in her family's pocket.

Bortolazzo said she knows that finishing college in three years won't work for most students and that many are not rushing to graduate into a depressed economy. But she recommends a fast track "to anybody who is really motivated, feels they have the time to commit to it and really wants to get out in the job market."

Students like Bortolazzo are drawing attention these days as families look to reduce tuition bills and colleges try to stretch limited budgets and classroom space. About a dozen, mostly small, U.S. colleges and universities now offer formal routes to earning a degree in three years instead of the usual four or five. And many others, including the University of California, are studying ways



Some students have always managed to graduate in three years, often by earning college credits in high school by taking Advanced Placement courses and attending summer school. MCT

to start such an option. "It's really indefensible in the current environment for universities not to be exploring more efficient use of their facilities and how to save students time and money," said Sen. Lamar Alexander (R-Tenn.), a former U.S. Education Department secretary who is a strong advocate of three-year degrees. Even if they make up a minority of college popula-

tions, he said, "some well-prepared students can do their work in three years, and colleges should create a track for them."

Not everyone agrees. Some educators worry that academic quality could suffer in three-year programs, which usually waive some requirements or push students to take very heavy course loads. Others say that most college students just

need the extra year to grow up - and to explore.

Daniel Hurley of the American Association of State Colleges and Universities said it is misguided to focus on three-year degrees when most college students struggle to graduate in five or even six years. Many such students are underprepared academically, have financial problems or can't enroll in oversubscribed

classes, he said.

Hurley, the association's director of state relations and policy analysis, also said it was unrealistic to assume that most students start with the fixed major and career choices that a three-year degree requires. "Many students change majors, and thank God we did. Otherwise we would be miserable and underemployed," he said.

Nevertheless, the number of such programs is growing, experts say. Among schools that offer or will soon launch three-year degree programs are Seattle University, Bates College in Maine, Hartwick College in New York, Lake Forest College in Illinois, Manchester College in Indiana, Lipscomb University in Tennessee and the University of North Carolina at Greensboro. Public universities in Rhode Island and Arizona also are studying the idea.

A University of California commission searching for efficiency in response to state budget cuts is examining the fast-track degrees as one option. A proposal unveiled last month involved greater use of summer school and possibly streamlining requirements for some majors. Proponents estimate that if 5 percent to 10 percent of those undergraduates finished their degrees one term earlier than they do now, the university could educate 2,000 to 4,000 more students. The plan would require approval from the school faculty and regents.

"In times of declining resources and a difficult economy, we need to look at the most efficiencies possible without diminishing the quality of education provided by the UC system," said Catherine Caserly, an education expert who is a member of the subcommittee that proposed the idea.

Some students have always managed to graduate in three

See 3-years on page 6

Exhibit seeks to show more human side of Civil War

David GOLDSTEIN
McClatchy Newspapers

"They are treating me worse and worse every day." That's what a slave named Ann in Paris, Mo., asked someone to write on her behalf in a letter to her "dear husband" on Jan. 19, 1864. He was a soldier in a Union Army black regiment.

Ann was desperate "for money to buy clothes and food for their daughter and herself: 'Our child cries for you.'"

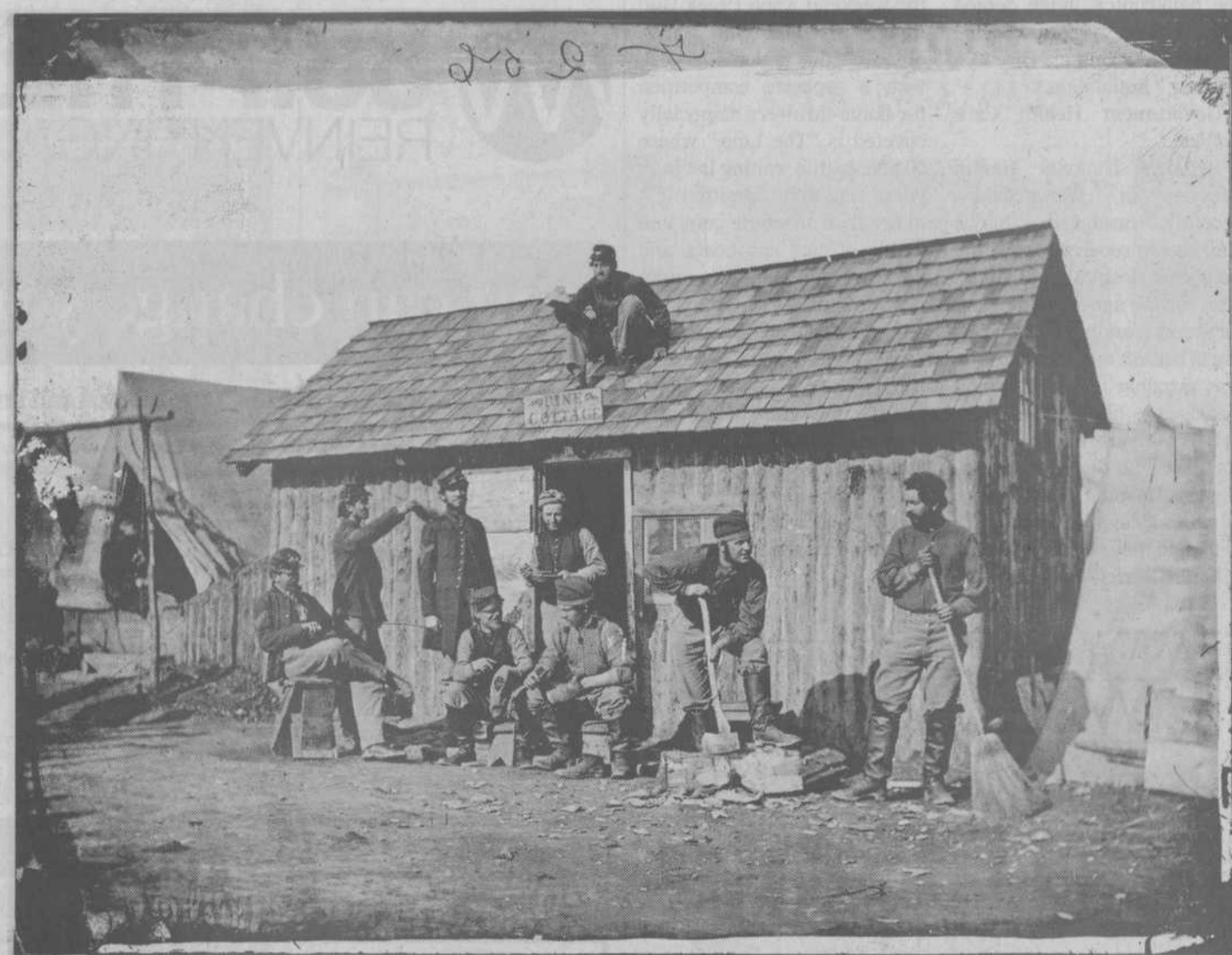
The letter is part of a trove of Civil War artifacts the National Archives amassed to commemorate the 150th anniversary of one of the most important events in American history.

The exhibit, "Discovering the Civil War," which opens Friday in Washington, isn't your typical Civil War retrospective. Epic battles are not the focus.

Through letters, diaries, maps and other documents, as well as touch-screen technology, the exhibit reveals smaller twists and turns in the calamitous events of the 1860s, which continue to echo more than a century later.

"We're not trying to say that Gettysburg and Antietam are not important," said Bruce Bustard, an archives senior curator. "But this is a sort of unexpected, undiscovered part of the Civil War."

There is the telegram that Gov. Thomas Carney of Kansas sent to the secretary of war on Aug. 22, 1863, because the town of Lawrence was "burning and plundered." The Con-



Pine cottage soldiers winter quarters. The "Discovering the Civil War" exhibit at the National Archives in Washington, D.C., opens on Friday, April 30, 2010.

federate guerrilla leader, William Quantrill, had attacked the town, and the governor implored Washington to send federal troops.

A plea in 1862 from seamstresses at the U.S. arsenal in Philadelphia to the War Department still resonates. They pro-

tested the Army's plan to privatize the work because the new contractor would cut their already meager government wages by half.

"Many of us have husbands, fathers, sons and brothers in the Army," they wrote, and only by "unceasing exertions"

were they able to "barely live at the prices paid by the Arsenal."

"This is 150 years ago!" exclaimed Marvin Pinkert, the director of the Center for the National Archives Experience.

A different kind of request came from Dr. G.P. Miller, a

black physician from Michigan, who wrote the War Department in 1861 offering to raise a regiment of "sharpshooters" to fight the rebels. The Army praised his "patriotic spirit and intelligence," but said no thanks.

"Colored persons," came the

reply, legally could be given arms "only in times of great emergency."

The exhibit will be in two parts, with the second phase opening in the fall. The entire show will tour the country next year.

"The Civil War is ... the traumatic event in the childhood of our nation," said filmmaker and Archives official Ken Burns, the creator of the 11-hour PBS documentary "The Civil War." "What the National Archives permits us to do is to see the history of the United States not as just some distant subject matter in a history book, dry dates and facts and events, but living, breathing history that touches on individuals."

Such as:
-The muster rolls for the 42nd Mississippi Infantry Company F and the 1st (Corr's) South Carolina Rifles Company G.

-A U.S. Navy poster that hoped to lure potential recruits away from the Army with big letters that said: "The Conscription bill! How to Avoid it!!"

-A little-known first draft of the 13th Amendment in 1861, only this one didn't abolish slavery. Just the opposite, in fact. It was never ratified.

-Missouri as a hotbed of Civil War passions. In New Harmony, Mo., a Union commander wrote his superiors that the flag had been "publicly disgraced" when members of a local church removed it from behind the pulpit and threw it

See Civil on page 9

Prospectus

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• The rules of correspondence: all submissions must be signed with a phone number and address. The Prospectus staff must verify the identity of letter writers. Correspondence may be edited to accommodate the space requirements of the paper. The deadline for all submissions is 12 p.m. of the Thursday immediately before the upcoming issue.



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Chuck Shepherd's Embracing the new age News of the Weird

Lead Story

Computer hardware engineer Toshio Yamamoto, 49, this year celebrates 15 years' work tasting and cataloging all the Japanese ramen (instant noodles) he can get his hands on (including the full ingredients list, texture, flavor, price and "star" rating for each), for the massive 4,300-ramen database on his Web site, expanded recently with "hundreds" of video reviews and with re-reviews of many previously appearing products (in case the taste had changed, he told journalist Lisa Katayama, writing in April on the popular blog Boing Boing). Yamamoto said he had always eaten ramen for breakfast seven days a week, but cut back recently to five. "I feared that, if I continued at (the seven-day) pace, I would get bored."

Ironies

Karen Salmansohn, 49, prominent author of self-help books for women with relationship and career problems, including "Prince Harming Syndrome" and "How to Make Your Man Behave in 21 Days or Less Using the Secrets of Successful Dog Trainers," filed a lawsuit in March against cad Mitchell Leff. Salmansohn said Leff had strung her along for months with promises of marriage and a baby, but abruptly cut off support when she became pregnant. Said Salmansohn, "I'm a self-help author, not a psychic."

Former baseball star Lenny "Nails" Dykstra recently started accepting clients for his investment advice service, charging \$999 a year, according to a March Wall Street Journal report. His Web site discloses that while Dykstra is "NOT" (his emphasis) a "registered" financial adviser, his "proven track record has caught the attention of many." (Dykstra filed for bankruptcy in July 2009 to stave off more than 20 lawsuits against him for entrepreneurial ventures gone bad, and in November, the bankruptcy judge denied him the right to reorganize his debts, converting his case to a chapter 7 liquidation.)

Government Health Care Follies

Britain's National Health Service in Warwickshire recently assigned Mavis Eldridge to receive care at the Selly Oak Hospital in Birmingham for the age-related macular degeneration she is suffering in her left eye. The decision was puzzling to Eldridge and her doctors because her right eye is already being treated for the same disorder at University Hospital in Coventry, 20 miles away. University officials said they were booked up. Paula Oertel, on Medicare,

has a brain tumor that had miraculously been in remission for nine years thanks to a type of interferon approved for multiple sclerosis but not for cancer. Medicare had been paying about \$100,000 a year for the drug, but when Oertel relocated from one county in Wisconsin to another, 30 miles away, it triggered an automatic, full-scale review of her records, at which point officials realized that her drug was unauthorized and stopped paying. According to a March Milwaukee Journal Sentinel report, her doctors scrambled to find a drug on the "approved" list, but discovered neither a less expensive one nor one nearly as effective, and Oertel's tumor has returned.

Sexual Confusion

In March, the government of New South Wales in Australia granted "Norrie" a certificate as the state's only official genderless person. Norrie prefers to live that way, and two doctors had certified that the former male is now "physically and psychologically androgynous."

Crepe de la Weird

What stunned officials in Polson, Mont., the most wasn't that Brent Wilson, 53, was charged in March with attempting to illegally acquire ownership of someone else's house. It was that Wilson had attempted to register the title as property located on the "third planet from the sun" and as a conveyance from God, in a transaction that has yet to take place (scheduled for the year 6010). Authorities believe Wilson might have fallen for the elaborate teachings of a scammer who conducts seminars on outsmarting the law governing foreclosures. Said the recording supervisor of Gallatin County, "I can't explain why people do what they do."

A News of the Weird Classic (November 2003)

In October 2003, West Point, Ky., hosted 12,000 visitors for the weekend Knob Creek Gun Range Machine Gun Shoot, billed as the nation's largest, with a separate competition for flame-throwers. Especially coveted is "The Line," where 60 people (the waiting list is 10 years long to be admitted) get to fire their machine guns into a field of cars and boats, and during which a shooter might run through \$10,000 in ammunition. Among the champions: Samantha Sawyer, 16, the top women's submachine gunner for the previous four years. One man interviewed by the Louisville Courier-Journal said: "This is one of those times when you know (America) is the greatest place on Earth."

Tara MOON CHRISTOPHER
Music Columnist

Entering the music industry has always been a tricky business and is definitely not made for those weak at heart. Now, more than ever, individuals entering this field of work have to deal with the complications of piracy and person to person

musician must get 849,817 plays per month to make the same amount. It only gets worse from there with Lastfm and Spotify requiring millions of listeners for the musician to make a fraction of a cent per play. When I first read this, the numbers overwhelmed me. I instantly shared it with my music-obsessed friends, many of whom are in a band and are

pean concert halls with tracks from their yet to be released album. Almost immediately people were able to access singles off Nine Inch Nail's newest album on the internet. With the help of carefully crafted messages put on shirts and other USB drives, NIN fans found themselves in possession of a perfectly leaked album. This use of technology cheated the



(p2p) sharing. Ever since the public has been able to burn and share albums, the music industry has suffered greatly. Musicians are not making as much money as they used to, and many are unable to perform due to lack of funds.

"If you can't beat em' join em.'" After years of fighting the inevitable battle with sharing, musicians are now attempting to work with it. This is forcing them to create new and innovative ways to market and sell their albums, all while keeping their audience's interest. Audiences always have the ability to support their favorite artists, but are instead choosing to download for free. Many times this is due to ignorance about the industry, as people tend to believe that someone is paying to support the artist. This mindset is creating a huge problem within an industry that has been successful for so long. Many individuals do not understand the impact that purchasing an album has on the artist's income, and how they have to struggle to create new methods of marketing.

In 2007 Trent Reznor, front man of Nine Inch Nails, broke through the mass problem that musicians are facing and created a revolutionary solution. For the release of their album Year Zero, Reznor planted USB drives in bathrooms of Euro-

system and let fans receive exactly what they were after, without causing the band to lose too much funding or any support.

Another band that took on the new age of free downloads by storm is Radiohead. In 2007 they released their album, In Rainbows as a digital download, where the fans could choose how much money to pay, or not to pay, for the album. In the first month of the album being online, nearly a million individuals downloaded this spectacular album. Although 60 percent did not pay, about 40 percent did. The total income for the first month of In Rainbows came to about \$3 Million, each purchase averaged at about \$6 per download that was paid for. Considering that each person had the choice of paying or not, this outcome was incredibly surprising and somewhat reassuring. They, like NIN, allowed the audience to have what it wanted, with the freedom to support the band how they so pleased.

On April 13, 2010, informationisbeautiful.net released a shocking article on how much musicians make online. For a typical professional pressed album sold at \$9.99, a musician must sell 1,161 to make minimum wage at \$1,160 a month. On Rhapsody, a fixed rate music-streaming site, the

struggling to get any income off their hobby. They were all saddened by how difficult it would be to support themselves as artists. These statistics are why, after years of attempting to fight a losing battle against p2p sites and piracy, artists are finally accepting this dramatic change in the reality of the business and learning to use it to their advantage.

Many other artists are trying to find ways around the new download phenomenon, using viral marketing and self caused leaks to save cash and create some hype. This method, although not as successful as CDs were in the 90's, is helping to give musicians back their power. Some however, are still holding on to the old methods of marketing and are dealing with the consequences. This is why musicians such as Trent Reznor have taken the industry and marketing into their own hands. According to Reznor, "The USB drive was simply a mechanism of leaking the music and data we wanted out there. The Medium of the CD is outdated and irrelevant. It's really painfully obvious what people want - DRM-free music they can do what they want with." This is something all musicians must take into consideration now that we are consumed in the digital age.

88.7 THE WAVE REINVENTING ALTERNATIVE

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10 worst comic book movies

Charles GOOCH
McClatchy Newspapers

The movie adaptation of Mark Millar's "Kick-Ass" hit theaters recently, and it's the first of what promises to be a string of decent comic book movies. The three can't-miss adaptations headed our way: "Iron Man 2" on May 7, "Scott Pilgrim vs. The World" in August and "The Green Hornet" later this year. The directors (Jon Favreau, Edgar Wright and Michel Gondry respectively) are fantastic, and the dudes playing the titular characters (Robert Downey Jr., Michael Cera and Seth Rogen) are great actors in their own ways.

We're fortunate that talented directors and actors are bringing interesting comic characters/stories to the screen. It hasn't always been this way. History is littered with comic book movie garbage. Here are

the 10 worst.

10. Any 'Punisher' flick
Frank Castle won't work unless Jason Statham plays him. Until people realize this, I refuse to watch any of these movies.

9. 'Nick Fury: Agent of S.H.I.E.L.D.'

Everyone has something in his past he isn't proud of. In Hollywood, that's part of paying your dues. Sometimes you have to make a made-for-TV "B" movie about a tertiary comic book character. "Fury" writer David S. Goyer went on to better things, namely, writing and producing "The Dark Knight." You can't really say the same for this movie's star, David Hasselhoff. He pays no dues. He just lives off the "Knight Rider"/"Baywatch" wages to pay for cheeseburgers and scarves that resemble pianos.

8. Ang Lee's 'Hulk'

Ang Lee is a good director. The problem: He did the opposite of what other good directors do (see Christopher Nolan and Bryan Singer). Lee laid explosive, jaw-dropping action sequences under a dramatic story. And boy did it fail. (Here's my Hulk hierarchy: Bill Bixby > Edward Norton > Eric Bana. Lou Ferigno, FTW.)

7. 'Superman IV: The Quest for Peace'

This 1987 installment of the lamest comic character ever is notable for two reasons. First, it's the worst movie on Gene Hackman's resume (and probably on British actor Jim Broadbent's, too). The second reason: The film is one of the shining achievements of Jon Cryer's career.

6. 'Ghost Rider'

Of all the rotten and rank movies unleashed by Nicolas Cage, "Ghost Rider" might be the worst. And, yes, I've seen



See **Movies** on page 9

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- The rules of correspondence: all submissions must be signed with a phone number and address. The *Prospectus* staff must verify the identity of letter writers. Correspondence may be edited to accommodate the space requirements of the paper. The deadline for all submissions is 12 p.m. of the Thursday immediately before the upcoming issue.

The need for Americans to enter public life has never been greater

Bob DOLE
Elizabeth DOLE
Los Angeles Times

One hundred years ago last Friday - April 23, 1910 - Theodore Roosevelt strode into the Sorbonne in Paris. Thirteen months had passed since Roosevelt had turned over the White House to William Howard Taft, and the then-52-year-old former president was in the midst of a triumphant tour of Europe. The *New York Times* reported that when he took the platform to speak, "more than 3,000 people rose and cheered him again and again."

Roosevelt's speech was titled "Citizenship in a Republic," and he reflected on what he believed were the duties associated with living in a democracy. Over the course of time, however, his remarks have become widely known as the "Man in the Arena" speech, so named for a phrase contained in the following unforgettable passage:

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, and comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat."

Roosevelt's call to action is as inspiring today as it was a century ago. And, with the understanding that the term "man" refers to women as well, we

write to suggest that his spirit of robust citizenship should be continually renewed.

Both of us have been privileged beyond measure to devote our careers to serving "in the arena." In our case, the arena has included the military, the legislative and executive branches, and the American Red Cross. But the arena to which Roosevelt referred is not limited to Washington; rather, it can be found in countless communities, and in countless opportunities, across the country.

As the college commencement season approaches and a new generation prepares to enter the workforce, on the 100th anniversary of Roosevelt's speech we encourage Americans of all political persuasions to consider entering the arena, whether through public service or volunteerism.

The need for Americans to enter the arena has never been greater. A stubborn recession, high unemployment rates and

a staggering deficit are a few of the many pressing issues facing our nation. At the same time, it is no secret that an increasing number of people are disenchanted with all levels of government. In fact, at the end of the 1950s and the beginning of the 1960s, when Americans were asked, "Can you trust the government to do the right thing all or most of the time?" nearly 70 percent agreed.

The Pew Research Center conducted a survey, released last week, asking that same question. Just 22 percent of Americans said that they can trust the government almost always or most of the time, among the lowest measures in half a century. The Pew survey did contain a more encouraging number: 56 percent of respondents said that if they had a child just getting out of school, they would like to see him or her pursue a career in government.

As we pursued our careers,

we often joined forces. One of the most memorable experiences of our lives was walking through the Gdansk shipyards with Lech Walesa in the early days after the fall of the Iron Curtain. The future Polish president's Solidarity movement had led Poland to freedom and democracy. We talked of the history being written by the courageous citizens of his country. With a smile, Walesa told us the definition of a communist economic enterprise: "100 workers standing around a single shovel." Then he added, "What Poland needs is 100 shovels."

Because of the recent tragic loss of so many of Poland's leaders, including President Lech Kaczynski, we have been thinking a lot about that conversation and our work with those early Polish leaders. Walesa was talking about men and women who had no role to play in their economy or their nation, their destinies decided not by individual efforts but by

an all-powerful government. In short, the arena was closed to them.

It was just a little over a century before Roosevelt's speech when we too were governed by absentee landlords who refused to allow us a voice in our own destiny. Our voice was gained and our destiny was changed by a group of patriots who met in Philadelphia in 1776.

The world has turned over many times since then. Freedom has endured because when everybody counts, individuals are inspired to strive valiantly and achieve great heights. Indeed, America has and will succeed because, not without error, men and women of great devotions and worthy causes are willing to step into the arena.

(c) 2010
Los Angeles Times.

Re: Are we truly receiving an education?

Rachael JOHNS
Staff Writer

The other day I caught an interview with Sara Silverman on the *Bonny Hunt Show*. She was promoting her new book, and when asked about how she was able to shake off depression as a young adult, she accredited it to a support network and a few choice encouraging words from some teachers she had.

To be a good teacher is: to take earnestly the responsibility of helping to mold a person's life. Whether this be through instilling a sense of discipline, exposing pupils to new ideas and ways of thinking, or providing guidance to students in other ways; it is not something to take lightly.

I hate having a bad teacher. They seem to be everywhere, on their own agendas or not wanting to be there at all.

Don't get me wrong, if a class is especially difficult, the unpleasantness can be unavoidable. But, there's a difference between a challenging class and an excruciatingly painful one.

A negative atmosphere is the worst. That reinforcement in the cynical student with pessimistic undertones that leaves you feeling grimy and gross is just not acceptable.

I understand there is a certain merit to being able to "jump through the hoops," but when it comes down to it, I want to know that I'm not wasting my time in a class, and in college in general. I want to know that I'm not wasting the teachers' time or my peers' time as well.

Nobody wants to do something they suck at, and if I'm not doing well in a class that doesn't have any positive reinforcement, I drop it.

I want to do more than just get a piece of paper that reads "Certificate of Degree."

Teachers should be well-informed and not promote a "clique-y" social structure in their classes. It's good to work with classmates, but when there's a certain norm that needs to be observed in order to succeed, the diversity and potential for learning is decreased.

The job of a teacher or professor, especially those at a community college such as Parkland, where teaching is emphasized over research and getting published, is to inspire and educate their students.

Mindless tasks and just "being there" are not enough. That's just going through the motions and we did that in high school and elementary; it's over and we're moving on.

Now, we need to gain accomplishment, become better peo-

ple and not just merely fulfill our requirements but rather hone our skills and brains in order to take over the world, literally.

Teachers take on a big responsibility and can have a huge impact on students. They should be fully aware of this whenever they are in front of a classroom and make good judgment calls on tone and material. They should provide accurate information, and let the students make their own correlations and opinions about it. They should prepare their students for thinking independently.

A student's potential is always there; nourishing this potential into actualization is what getting an education is for. Keeping motivated and building intelligence is the job of a teacher.

Teachers should make an attempt to like every student

they have. There is something redeeming about everybody. Find that and focus on it, and good things like a positive and fun environment will result.

If nothing else, there should be a sense of mutual respect between a student and teacher. If I'm doing something wrong, don't just discourage me, illuminate the situation.

In their roles as our guides and educators, teachers should be held to only the highest standards. It is not enough to simply have useful knowledge or skills and offer them to a class; it is essential that our educations be effected by people who truly care their utmost about their task. To not be passionate about teaching is to be a bad teacher. Mediocrity is not good enough.

We work harder for teachers who are better, and those experiences we relish. Challenge us and inspire us, but please do

not tell us who to be. Preach to your friends, not us. We do not pay to be preached to. We are in college in order to learn, not be brainwashed.

Teacher evaluations are at the end of a semester, coming up soon. These give a teacher a little feedback on their methods. Just because a teacher is tenured or union doesn't mean that for some reason they are above reading these. They are filled out by students who care enough to give feedback. Teachers give students grades; students give teachers evaluations. Students look at grades. We assume teachers will be interested and care enough to look at evaluations.

If nothing else, this time can be a relief that the semester is coming to an end. But, if you're a good teacher or student, you might even miss your class after it's over.

Notice to Students and Faculty Regarding FINAL EXAMINATIONS

A final exam is expected in each credit course at Parkland College. Final exams for all full-semester and second-half-semester courses will be given during final exam week (May 10-14) 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 and the Vice President for Academic Services.

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

Students: These official College guidelines were established to more fully ensure that you receive the full set of instructional class periods for which you paid and to which you are entitled; and that you have the appropriate amount of time to prepare adequately for your final exams. If your final exam is given earlier than scheduled, please contact the Department Chair or the Vice President for Academic Services (351-2542, Room A117).

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

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



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Planned Parenthood
of Illinois

FDA moves to reduce salt in American diet

Andrew ZAJAC
Melissa HEALY
Tribune Washington Bureau

Supported by an influential panel of medical experts, the Food and Drug Administration is launching a gradual but potentially far-reaching effort to reduce the amount of salt Americans consume in a bid to combat high blood pressure, heart disease, strokes and other problems that have soared to near-epidemic proportions.

The FDA decision, a long sought victory for public health advocacy groups and scientists who pointed up the link

consume almost 50 percent more than the roughly one teaspoon of salt recommended as a maximum by the federal government's 2005 Dietary Guidelines for Americans, according to the IOM report.

Sodium intake is "simply too high to be safe," said Dr. Jane E. Henney, former commissioner of the Food and Drug Administration and chair of the Institute committee that produced the report. "Clearly, salt is essential ... we need it. But the level we're taking in right now is far beyond the maximal levels we need."

The 14-member IOM panel's findings, more than a year in

said Lori Roman, president of the Salt Institute. "They're talking about some very drastic reductions. They could be harming people."

Another key industry trade association, the Grocery Manufacturers Association, took a more measured approach.

It said in a statement that food makers already offer low- or no-sodium versions of many items and "we look forward to working with the U.S. Food & Drug Administration to develop a national sodium reduction strategy that will help the consumer."

FDA's decision to press food makers to curb the use of salt

Salt, sodium basics

A new report says Americans consume way too much sodium and new standards are needed to reduce salt in processed and prepared food.

What is table salt?

A compound of sodium and chloride; about 40 percent is sodium

Why limit salt?

To cut the risk of high blood pressure (hypertension), heart attack, stroke

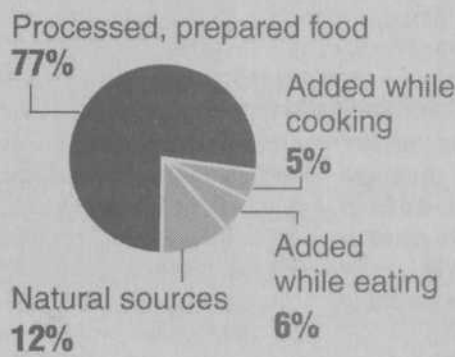
How much is ok per day?

	Sodium	Salt equivalent
Recommended adequate intake	1,500 mg	Little more than half a teaspoon
Recommended maximum intake	2,300 mg	About a teaspoon
Average American intake	More than 3,400 mg	About 1.5 teaspoons

About 88% of Americans age 2 years and older consume more than 2,300 mg of sodium per day

Where salt comes from

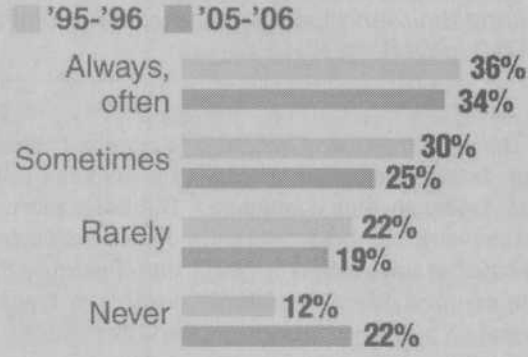
Main sources of sodium in average U.S. diet



Source: Institute of Medicine, Mayo Clinic

Fewer read the label

Percent who say they read salt/sodium labels on packaging:



© 2010 MCT

between high salt intake and a host of serious - and costly - medical problems, will begin by seeking the cooperation of the food industry in voluntarily cutting back on the amount of salt in food and beverages.

But ultimately, the agency may resort to regulating acceptable levels of sodium. "Nothing is off the table," said FDA spokeswoman Meghan Scott, though she emphasized that changes will be gradual and phased in over a period of years.

"Everyone's in agreement that something needs to be done," Scott said. "We just don't know what it's going to look like."

The decision announced Tuesday was applauded as long overdue by supporters but criticized by some industry groups. And some conservative political leaders denounced it as another government assault on personal freedom.

The deliberate pace sketched by the FDA, and the absence of any immediate plans to issue regulations was in contrast to a strongly worded report by the widely respected Institute of Medicine, the health arm of the National Academy of Sciences.

The Institute of Medicine declared Tuesday that expeditious "regulatory action is necessary" because both efforts to educate the public about the perils of excessive dietary salt and voluntary sodium-cutting efforts by industry had failed.

On a daily basis, Americans

the making, come on the heels of a welter of studies tallying the health and economic costs of excessive salt intake.

Researchers from the Harvard School of Public Health predicted that, if dietary sodium consumption declined to the levels recommended in the 2005 federal guidelines, some, 90,000 deaths could be averted yearly.

A Rand Corporation study published last September estimated that reducing American sodium intake to recommended levels could save \$18 billion yearly in the cost of treating hypertension, stroke, renal disease and heart failure associated with excessive salt consumption.

"There is now overwhelming evidence that we must treat sodium reduction as a critical public health priority," said Dr. Walter Willett chairman of the Harvard Public Health School's department of nutrition.

Willett, who was a key figure in the recent federal initiative to drive trans fats from the U.S. food supply, noted how quickly the U.S. food industry adapted to those new rules, and called for that industry's "best creative minds to bring similar leadership" to the bid to drive down sodium in Americans' diets.

But the head of the salt lobby blasted efforts to curb salt consumption as an unwarranted and overly broad assault.

"It's not scientifically sound,"

caps a 30-year campaign by the Center for Science in the Public Interest to persuade the agency to clamp down on sodium in food. The center sued the FDA in 2005 to try to force the agency to re-classify salt as a food additive subject to regulation.

Salt currently is categorized as a substance "generally recognized as safe," hence not regulated in food products. Center director Michael Jacobson urged the FDA to adopt mandatory limits on salt swiftly, then phase them in slowly.

A gradual phase-in is considered crucial so that consumers do not notice a taste difference in foods with diminished amounts of salt.

While public health advocates such as Jacobson hailed the clampdown, libertarian skeptics of government viewed it as another sign of a nanny state run amok.

"It's another encroachment on people's personal freedom," said Gary Howard, spokesman for Campaign for Liberty, a libertarian advocacy group formed in the wake of Texas Rep. Ron Paul's 2008 presidential campaign.

"They've already gotten into people's medical care," said Howard. "Where will they go next? Will they mandate exercise?"

(c) 2010 Tribune Co.

The Survival Guide for Finals!

Don RAUF
New York University

If you're feeling totally stressed as finals are approaching, you are not alone. A Student Health 101 survey of 1,030 college students throughout the U.S. and Canada found that 86% rate finals time as stressful or extremely stressful. The right preparation, though, can put you on course for academic success and help you relax.

Master Your Time

One of the most difficult adjustments college students have to make is learning to manage their time, according to Sherri Nist, in her book *College Rules*. Sixty percent of students polled felt they needed help with time management skills. Nist and other academic advisers recommend that students write out a detailed schedule accounting for every hour of every day, making sure to allot time to study. Committing your study times to writing will help you put in the time needed. A third of students polled said they put in 4 to 6 hours a day getting ready for finals in the weeks leading up to the exams.

Prepare with Care

Sarah Marous, a senior at Ohio Wesleyan University in Delaware, starts her studying process at least a week before finals. "I make flashcards for easy self-quizzing on the material," says Marous. "I also make summary sheets of the course material to consolidate information and connect ideas."

As a student worker in the Academic Skills Center, Marous shares comprehensive tips on how to prepare for exams, including studying in 20- to 50-minute blocks followed by 5- to 10-minute breaks and taking old tests as a way to practice.

Find Your Ideal Study Style

Every student has his or her own way of studying. Lauren Stanley, a senior at Kansas State University in Manhattan, says that she almost always studies on her own. Nine out of ten students surveyed by Student Health 101 said that spending time alone in a quiet place reviewing material was one of the most effective ways to prepare.

Kelly Medenwald, a senior at the University of Portland in Oregon, needs a quiet corner in the library to study: "I tried to create quality study time in my dorm room by sitting down to my cleared desk with my opened text and a fresh highlighter. But I found that dis-

tractions beyond my control frequently appeared, such as an impromptu dance party down the hall."

As you refine your study habits, ask yourself: Where do you study best? Where are you most productive? How do you study best? Alone? With others? Figuring out your study style will help you master the material you need to know.

Stay Fit

Staying physically fit for finals means two things: keeping up with exercise and nutrition and getting enough sleep. Lack of sleep is a huge problem during exam time. The American College Health Association-National College Health Assessment ranks sleep difficulties as one of the top five impediments to academic performance.

Still, more than three-quarters of readers polled have pulled an all-nighter at least once while studying for a test. "You will not retain any information if studying when tired," says

Sarah Goodwin, a student at the University of Kentucky in Lexington. "It's better to go to sleep at a regular time and wake up early to study. In addition, exposure to the material multiple times is ideal and will result in long-term memory and comprehension of the material."

Watch your eating habits, too. The wrong diet can make you feel lethargic and dull-minded. Also, keep exercising. Regular exercise has been shown to improve mental performance.

Get Study Help

Many students surveyed commented that they not only get stressed at finals time, but they don't know where to turn for help. Colleges usually offer study help services, including study skills workshops, tutoring, and writing centers. If you are feeling impending doom about finals, talk to your professors. They may suggest ways to study or assist you in finding a tutor. If you're not going to be prepared on time, professors may be able to reschedule your final or tell you when make-up exams are given.

As a student at PC, you have access to read Student Health 101, the online health and wellness magazine just for college students. Please check your email to access Student Health 101 online, share your opinions and even enter to win an iPod!

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DON RAUF IS THE CO-EDITOR OF STUDENT HEALTH 101 AND A GRADUATE OF THE JOURNALISM PROGRAM AT NEW YORK UNIVERSITY.

15 Test-Taking Tips

Ohio Wesleyan University's Academic Skills Center recommends these steps for exam preparation:

1. Find a place to study and keep it for studying only.
2. Study during the day and early evening; you'll retain more information.
3. Do work that requires the most concentration (typically reading) earliest in the day.
4. Study in chunks: 20- to 50-minute time periods followed by a brief break (5-10 minutes) is the most effective way to study.
5. Plan the length of your study period by the amount of material you have decided to cover, not by the clock.
6. Set study goals before you begin each period of study (number of pages, number of problems, etc.).
7. Study actively: ask yourself questions, review your notes regularly, and discuss key concepts with peers and course professors.
8. Design adequate rewards after specified goals are attained. For example: If you studied all day on a Saturday, then enjoy a movie that night.
9. Break up the content of study by mixing up subjects.
10. If your schedule allows, take a little time off after you complete an exam.
11. Have all your studying done two days prior to the exam. This gives you two days to review.
12. As you study, think of real-life applications of the material. That will help you remember it.
13. Use old exams as guides for studying the material. Consciously reviewing mistakes helps reinforce the correct response.
14. Decide on an order of importance. In a particular study unit, decide what the most important material is and organize the important material into an outline or framework.
15. Use memory aids. These are memory "tricks," such as using Every Good Boy Does Fine to memorize the notes E,G,D,F on a musical staff.

Mother's Day spending

2010 estimates per buyer (change from '09):

Clothing/accessories	\$39.08 (+13%)
Jewelry	\$83.66 (+16%)
Flowers	\$25.62 (+2%)
Greeting cards	\$7.16 (+8%)

Source: BI/Greaser, MCT Illustrations
Graphic: Chicago Tribune

Prospectus Pick: Phantogram's Eyelid Movies

Isaac MITCHELL
Production Manager

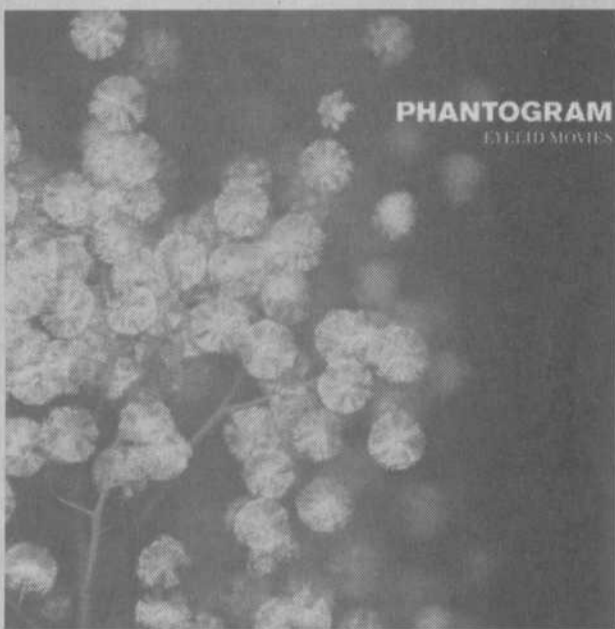
Established in 2007, Phantogram is a new and upcoming indie/electronic band. *Eyelid Movies*, released on February 9, 2010, was Phantogram's debut album and shows a lot of promise for this fresh new band. Made up of two members, Josh Carter and Sarah Barthel, this band carries a distinct sound, including many various genres including distorted electronic street-beat indie pop rock. The use of dis-

torted bass drum kits and electronic beats mixed with ambient guitar and vocals really make this band stand out from the typical indie rock crowd. If you are fan of Broken Bells, Passion Pit, or Little Dragon you should check out Phantogram.

Before their recent show at the Canopy, all I have heard from them was their single, "Mouthful of Diamonds." I was swept away and I could tell the audience was as well. The visuals during the show were amazing and clearly depicted the music. This band was meant

for raves, and nightclubs. Phantogram's live performance demanded a large active audience through their music.

This album offers 11 uniquely amazing tracks including my personal favorites, "Running from the cops," "When I'm small," and "10,000 claps." This album is new and hot so if you are in a musical slump and looking for some new and interesting tracks to sooth your ears check out Phantogram's *Eyelid Movies*.



Spill from sunken rig grows

An oil spill from a sunken rig's leaking oil well is growing and moving north toward the coastal waters of the Gulf of Mexico.



3-YEAR

continued from page 1

years, often by earning college credits in high school by taking Advanced Placement courses and attending summer school. UC reports that 2.9 percent of its students do so and the U.S. Department of Education says the national figure is 2.3 percent at four-year schools. (About 59 percent of University of California students graduate in four years, and that total rises to 78 percent and 82 percent, respectively, in five and six years. Nationally, 36 percent of students who start at four-year schools finish in four years; 53 percent and 57 percent do so in five and six, federal figures show.)

The formal three-year paths typically promise priority registration for classes and special counseling to get past bureaucratic roadblocks.

Such a leg-up could appeal to UC students who complain that budget-related course reductions have made it difficult to enroll in the classes they need to graduate in four years.

"The university would have to provide access to the right courses at the right time and better advising so you don't get derailed along the way," said Keith Williams, a UC Davis senior lecturer in exercise biology who co-chaired the subcommittee.

And even if many students want to stay in college's warm cocoon as long as possible during the recession, the hard economic times are encouraging others to reduce tuition spending, administrators say.

"We believe it's our responsibility as educators to help families find a way to keep an independent college education within their grasp," said Margaret L. Drugovich, president of Hartwick College, a 1,450-student liberal arts school in Oneonta, N.Y., which started offering a three-year degree program last fall.

Under Hartwick's plan, students take an extra course each semester and an intensive class in the otherwise optional January term between semesters. An initial 23 students signed on, and Drugovich estimates that up to 15 percent of students eventually will participate.

Not all majors are eligible; some performance and arts departments say it takes four years to develop the necessary skills. As for criticism that students need time to grow up, Drugovich said: "Not every student is the same. To say you have to stay a fourth year just for the purpose of maturing is wrong."

Hartwick biology major Daniel Meier, 19, of Ellenville, N.Y., said he joined the program in order to start medical school

a year early or take a year off to work or do community service before further education. His family has an added incentive: His twin brother, Nickolas, is also at Hartwick and on the school's fast track.

The heavier class load is a bit stressful, Daniel Meier said, "but you realize it's going to benefit you in the long run. You have to concentrate on why you are doing it." The biggest personal change was having to quit the football team for the less-demanding rugby club, which allows members to miss practice if they have to study, he said.

Southern Oregon University in Ashland, where Bortolazzo attends, permits some students with excellent high school grades and test scores to skip some basic courses and go directly to those required for their majors, according to Curt Bacon, director of the school's 12-year-old Accelerated Baccalaureate program.

One of its goals, he said, is to "attract higher-quality students." This year, about 40 of the university's 4,400 undergraduates have signed up, a figure Bacon said is kept small by the reluctance of many first-year students to commit so quickly to a major.

(c) 2010
Los Angeles Times.

Is American Sign Language a 'foreign' language?

Angie LEVENTIS LOURGOS
Chicago Tribune

Twenty students are holding several animated small-group discussions, but no one in this Northern Illinois University classroom utters a word.

Their fingers weave in complex patterns as they converse in American Sign Language, which the university has declared an official foreign language.

To the students, the new label is fitting: They say that American Sign Language is distinct from spoken English and that its coursework provides a new perspective akin to the cultural immersion they'd experience in French, Spanish or other traditional language classes.

"It shapes how you view the world around you," said Christine Theobald, a sophomore from Streamwood, Ill., who is taking the most advanced sign class at NIU. "I guess it's how you view the word 'foreign.'"

dent on the English language," he said. American Sign Language "is not sufficient to sustain a culture."

The Pizza Hut at NIU is loud during dinnertime, but one table of two dozen students is conspicuously quiet. The patrons don't speak. They order by pointing at the menu.

This is a "silent dinner," one of many extracurricular events American Sign Language students attend for additional practice. Their instructor Sara Bianco, who is deaf, said these events give students a taste of deaf culture.

Kelsey Borg, a sophomore from Maple Park, Ill., is in the beginning American Sign Language class and described her first silent dinner as a bit nerve-racking. Signing felt different in public and she became lost when more advanced students had intricate conversations, she said.

NIU has offered American Sign Language since the 1970s as part of its rehabilitation

or "classical and modern languages."

"The whole idea of language being foreign is kind of disappearing," he said.

"APPEAR tooth equals PAIN (plus sign)(plus sign)BAD DENTIST GO NEED"

This is written in gloss, a transcription of American Sign Language, and essentially means, "It seems I have a toothache; I need to go to a dentist."

While the sentence seems convoluted to most people who can hear, it makes sense to Joe Lellman, an NIU senior from Buffalo Grove, Ill. He uses the sentence to show how different American Sign Language grammar is compared with spoken English.

Lellman is considered legally deaf, but with a hearing aid, he can hear about two-thirds as well as the average hearing person. He was taught in a deaf school until third grade, when he entered regular public school. Though he continues to think in American Sign Lan-



Arthur Wagoner, 22, a senior, left, signs with classmate Krista Springer, 22, a junior, during their American Sign Language 4 class at Northern Illinois University, March 31, 2010 in DeKalb, Illinois.

Lane CHRISTIANSEN/Chicago Tribune

But the practice of awarding foreign language credit for American Sign Language coursework has been fiercely debated at universities across the country. Some educators argue an indigenous language by definition can't be considered foreign. Others say a language must have literature for proper study.

The University of Michigan-Flint several years ago denied a student's request for foreign language credit for American Sign Language proficiency, but the school reversed its stance in the past year after about 14 months of debate. Students at Boston University are now able to apply American Sign Language credits in this manner, but for years some school officials were against the practice because they said it lacked the same elements of culture as other foreign language courses.

"It's not a foreign language," said Robert Belka, a former chair of the foreign language department at Weber State University in Ogden, Utah. Belka, who is now retired, long opposed requests for American Sign to count as a foreign language, though he said the university eventually acquiesced.

"These are people ... depen-

counseling program, mainly for students in that program. But lately more students from other disciplines have asked to enroll because the skill is marketable in fields like teaching and health care.

This semester, 155 students there are taking American Sign Language, about three times the enrollment in spring 2005.

Vice Provost Gip Seaver said reclassifying the discipline as a foreign language wasn't controversial at NIU, in part because it has been accepted at so many other universities.

The Illinois General Assembly in 2009 passed legislation declaring American Sign Language a fully developed language and encouraged schools to accept its coursework for foreign language credit.

Southern Illinois University at Carbondale and the University of Illinois at Urbana-Champaign allowed this long before the legislation was passed.

Eastern Illinois University accepts it as long as coursework includes a cultural component, said Stephen Canfield, chairman of the foreign language department there.

He notes that many foreign language departments across the country are altering their names to "world languages"

guage, he lost many of his signing skills and is now relearning much of the language at NIU - and embracing a part of himself that was lost.

American Sign Language is the fourth-most studied language other than English at colleges across the country, according to a 2006 Modern Language Association study.

At least 150 postsecondary schools offer it for foreign language credit, said Sherman Wilcox, chair of the department of linguistics at the University of New Mexico in Albuquerque. He said it's no less a foreign language than Navajo, which is also indigenous to the United States. He adds that most languages around the world, including many African languages, lack a written component.

Timothy Reagan, an education professor at Central Connecticut State University, said American Sign Language has a rich tradition of poetry, history and culture that shouldn't be dismissed.

"One of the worst things you can do to a human being is to count, 'Your language doesn't count,'" he said.

(c) 2010,
Chicago Tribune.

Student Health 101

<http://readsh101.com/parkland.html>

More myths busted about electric cars

Jim MOTAVALLI
 Mother Nature Network
 (MMN.com)

I recently went to Finland to drive the all-electric Think City plug-in car (www.thinkev.com), which is already on European roads and coming to the U.S. later this year. To help it have a soft landing, Think CEO Richard Canny (who spent 25 years at Ford) put together these nine myths about electric vehicles (EV). I've had my own version, but Richard's list is quite different and well worth sharing. He's not an objective party, of course, but he has hands-on experience.

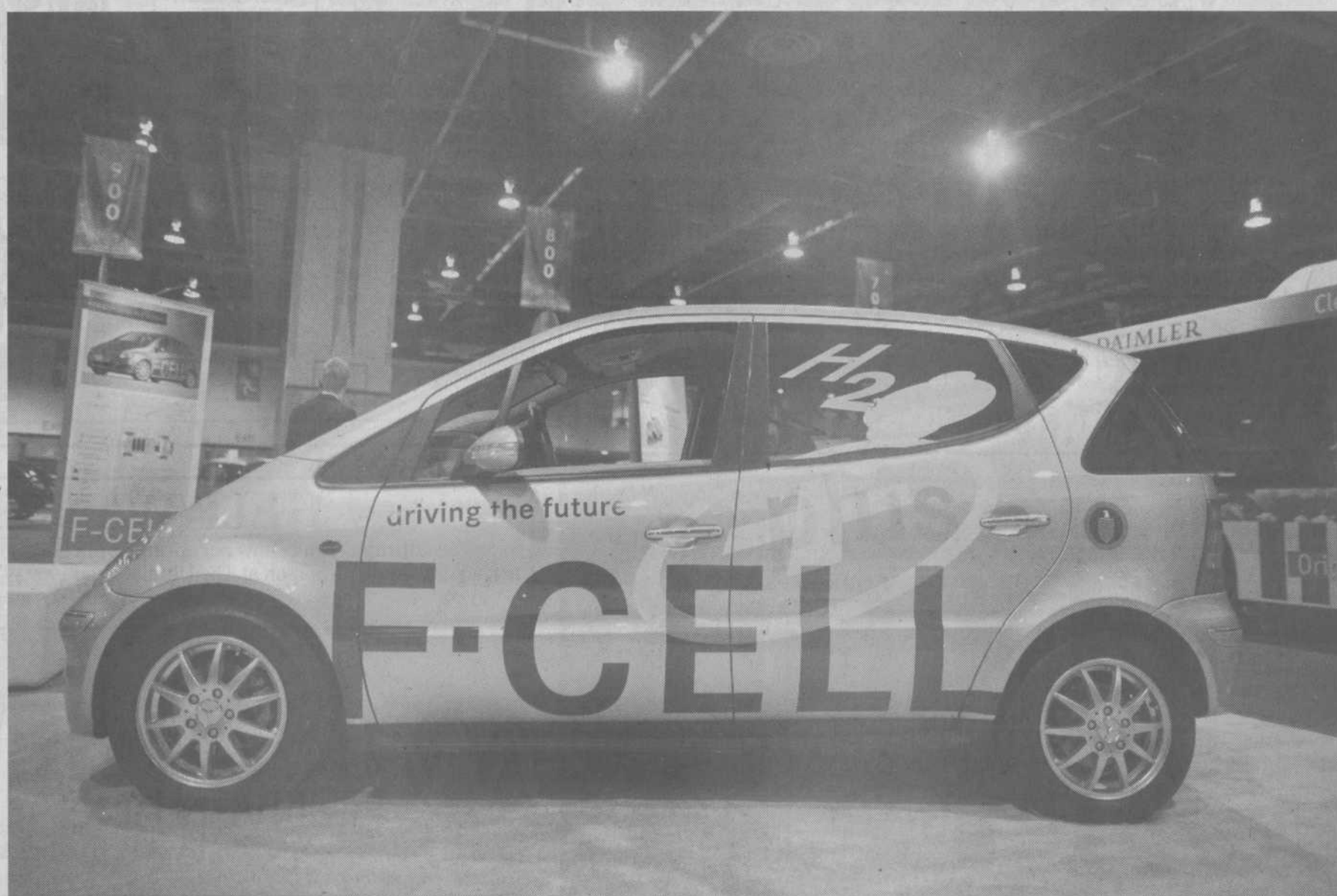
Here are Canny's nine electric vehicle myths:

1. You are just moving the pollution out of the cities to the countryside.

Busted: Electric vehicle motors are three-to-five times more efficient than gasoline-powered vehicles. While it's best to power EVs from renewable energy sources (which are growing quickly), the efficiency of EVs makes them cleaner, producing less carbon, under any situation - even when they are charged using coal-fired electricity.

2. Customers will never buy a car with less than a 200-mile range.

Busted: So-called "range anxiety" diminishes when people get used to driving EVs on a daily basis. It's just like charging a cell phone overnight. You plug it in, and in the morning



Mercedes' F-Cell vehicle is displayed at the Electric Drive Transportation Association's conference in Washington, DC.

Jim Lo Scalzo/MCT

it's ready to go, fully charged. As more EVs hit the road, businesses and cities will add charging points to encourage

EV use. EVs can also be fast-charged (our system goes from zero to 80 percent charged in just 15 minutes) to help cover those rare situations when an EV will be needed to cover more than 100 miles in a single day.

3. The battery won't last.
Busted: EV batteries are designed to last at least 10 years and more than 100,000 miles. There are cars on the road in Europe with batteries approaching the 10-year mark. Some EVs have been on the road in Europe with packs approaching the 10-year-old mark, and modern lithium-ion batteries will definitely meet or exceed that target.

4. You'll need to build a lot more power plants.

Busted: Actually, there's enough off-peak electricity in the U.S. to power 79 percent of U.S. driving demand. As more EVs are deployed, it's important to ensure that the smart-charging (time-based charging management) and vehicle-to-grid connectivity progresses as well. A connected network

of millions of micro-energy storage devices (which is what EVs will become) provides significant opportunities to improve the stability and performance of electric grids and better balance peak demand.

5. We're going to run out of lithium - and isn't it poisonous?

Busted: Lithium carbonate today comes from dried salt lakes in South America (Chile, Argentina and Bolivia) and China. There are also other huge sources for lithium, although these are more expensive to develop. Lithium can even be extracted from salt water and projects are under way to do this. The industry will not have a shortage of lithium for the next decade. It is also possible that new battery technologies will be based on other light metals like zinc or nickel. Lithium from used batteries will be recycled in dedicated recycling plants. Lithium batteries contain no poisonous heavy metals like lead in lead-acid batteries or cadmium in NiCd batteries.

6. The infrastructure has to

come first.

Busted: The best way to deploy EVs is to get cars on the road first, then add infrastructure. If there are no EVs to use those plugs and parking spots, people see it as wasteful. We think infrastructure is a small part of good policy at a federal, regional and local level to support EV early adopters.

7. They're not safe.

Busted: Highway-certified EVs meet all the same safety and crash test requirements as regular production cars with some important extras.

8. The technology is too complicated.


Busted: A modern electric car has only about five main moving parts compared with hundreds in an internal-combustion engine. There are no regular visits to the dealership for an EV. No oil changes, no filters - even brake pads last two-to-three times longer than in conventional cars, because EVs use regenerative braking to recapture the energy that would otherwise be lost while braking. Your first trip

to the dealership with an EV for scheduled maintenance is at 40,000 miles to check the brake pads. Eventually, you'll need new wiper blades and tires. But that's about it!

9. Fast charging EV batteries in 15 minutes will wear them out quickly.

Busted: Modern prismatic lithium batteries can be developed with fast-charging in mind. The critical technology is in the cell design to manage battery temperature during charging. Limiting fast charging to the zero to 80 percent range also protects battery life. We think that 95 percent or more of all EV miles will be driven on cars charged during overnight off-peak periods when electricity is cheaper and readily available. Fast charging locations provide reassurance and peace of mind for those occasional days where more than 100 miles are required.

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 Mother Nature Network.



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- Elementary Education
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- Marketing
- Psychology
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Tuesday, May 4
 10:00 a.m. • 2:00 p.m. • 6:00 p.m.

Thursday, June 10
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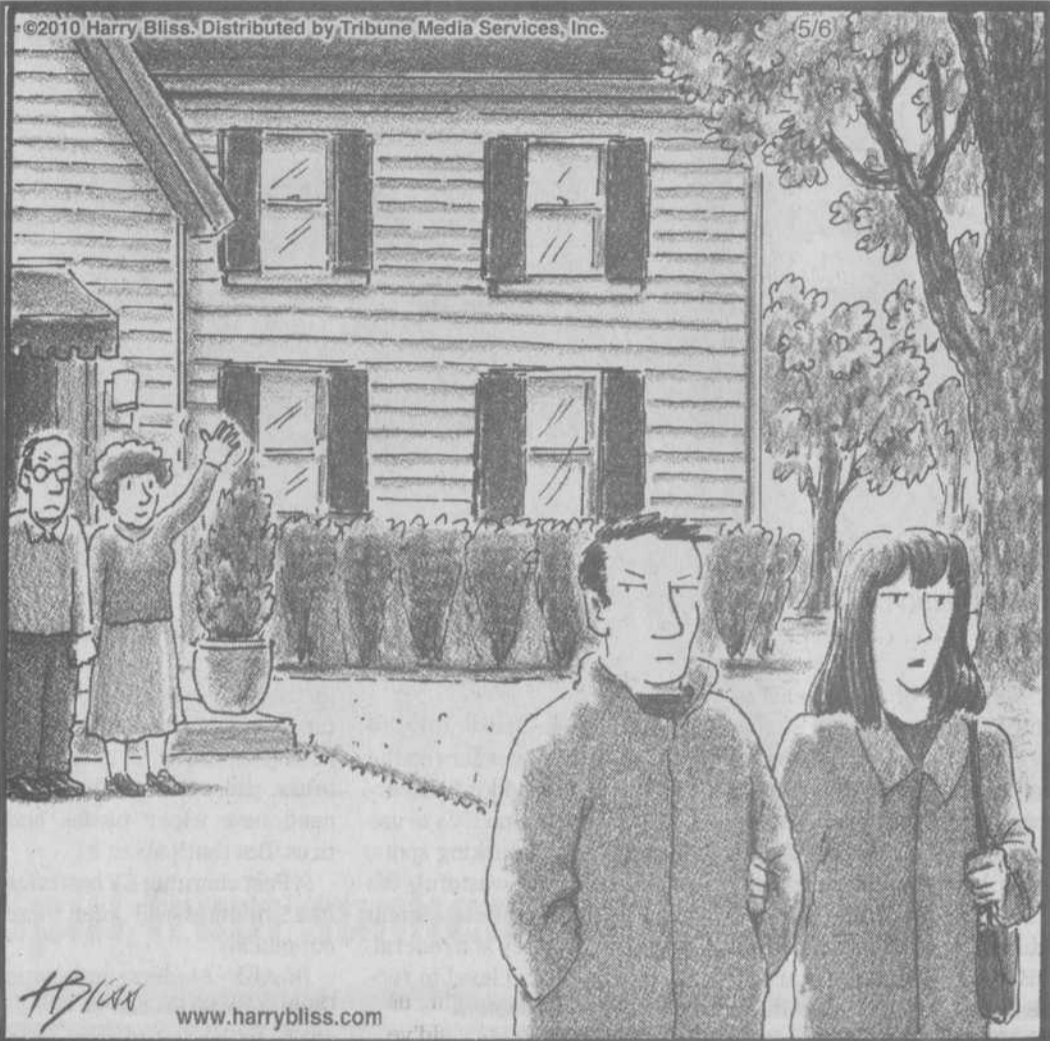
contact the Transfer Relations Office
877-581-2348
transfer@eiu.edu



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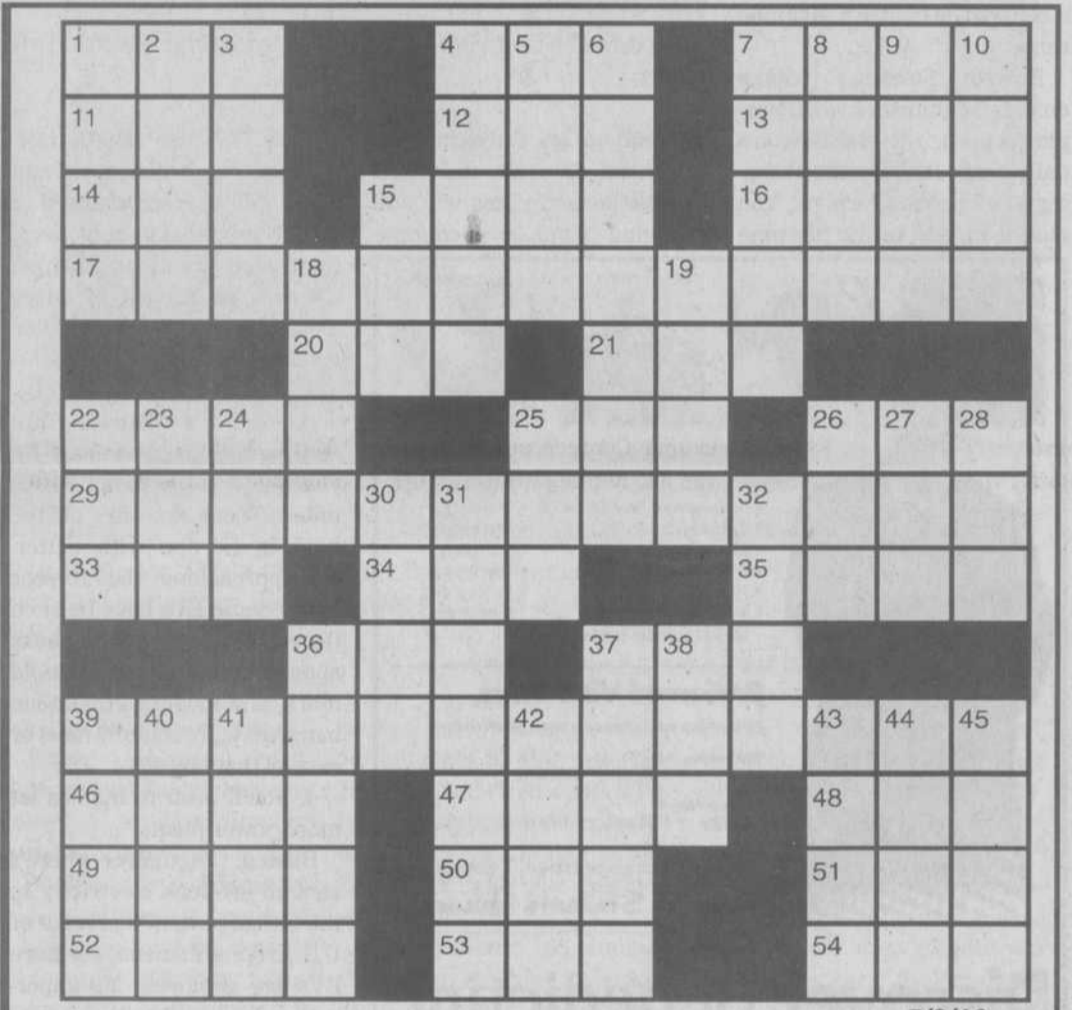
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88.7 THE WAVE
 REINVENTING ALTERNATIVE



5/2/10

- ACROSS**
- 1 Actor Rifkin
 - 4 Tit for ___
 - 7 Actress Miá ___
 - 11 Gorilla
 - 12 Actress McClanahan
 - 13 Bleachers level
 - 14 Brief life history
 - 15 Manufactured
 - 16 ___ Garrett; role on "The Facts of Life"
 - 17 Actor on "Law & Order"
 - 20 Poisonous snake
 - 21 Actor McKellen
 - 22 Judd Hirsch's role on "Numb3rs"
 - 25 Role on "Alice"
 - 26 Fruit spread
 - 29 Newsmagazine show host
 - 33 "Please Don't ___ the Daisies"
 - 34 "Old MacDonald had a farm, E, ___, O. And on that farm there..."
 - 35 Actress Barbara
 - 36 "Not ___ Stranger"; Sinatra movie
 - 37 ___ West
 - 39 "The ___"; Wolf Blitzer's series
 - 46 "It's ___, Mad, Mad, Mad World"
 - 47 Brass instrument
 - 48 Org. for the Lakers & the Knicks
 - 49 Ankle-length skirt
 - 50 "___ Life to Live"
 - 51 Denver's state: abbr.
 - 52 Fit of anger
 - 53 Tina ___
 - 54 Long, slimy fish
- DOWN**
- 1 Harmon ___; lead role on "JAG"
 - 2 Mayberry resident
 - 3 ___ lights; marquee borders
 - 4 "Lady and the ___"; Disney film
 - 5 German car
 - 6 Smaller
 - 7 Isaac or Howard
 - 8 Verdi opera
 - 9 Payment to a landlord
 - 10 Smell ___; suspect trickery
 - 15 Barker and Bell
 - 18 ___ Marie Hupp
 - 19 "Road to ___"; Crosby/Hope film
 - 22 "Ice ___"; hit animated film
 - 23 Actor Nicholas
 - 24 ___ Linkletter
 - 25 How Miss Piggy refers to herself
 - 26 Role on "The Beverly Hillbillies"
 - 27 "Car 54, Where ___ You?"
 - 28 "The ___ from U.N.C.L.E."
 - 30 One of the Simpsons
 - 31 "___ a Salesman"; Frederic March film from an Arthur Miller play
 - 32 Change directions
 - 36 Review the books
 - 37 Mr. Amsterdam
 - 38 Sothern or Jillian
 - 39 Shepard and Elliott
 - 40 "___ old cowhand from the Rio..."
 - 41 Danny DeVito sitcom
 - 42 Actress ___ Skye
 - 43 "___ and Again"
 - 44 Woodwind instrument
 - 45 "Scenes from a ___"; Midler film

Solution to Last Week's Puzzle

J	A	C	K	C	S	I	A	B	I	E		
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D	E	S	I		P	R	Y		E	Y	R	E

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Parkland College Relations
 Officer Matthew Kopmann

What do you do when you see blue and red lights in your rearview mirror? Do you know what you should and should not do on a traffic stop?

To start out, pull over when the officer initiates the traffic stop. Police officers are trained to choose safe areas for their traffic stops, so pull over when the lights are turned on. Also, do not make any suspicious or abrupt movements. Examples of these movements are reaching in your glove box, console, or under the seat. To a police officer, these movements are suspicious and are safety concern.

After your vehicle is stopped, stay in the car. From an officer's standpoint, criminals exit their car in an attempt to hide something. Always listen to and respect the officer. Always listen to what the officer is telling you to do. If the officer asks you to do something, comply. When the officer asks for your driver's license and proof of insurance, you should know where these items are, and give them to the officer. Following the directions given to you by the officer will allow them to complete the traffic stop as quickly and safely as possible.

If the traffic stop is at night, there are a few extra items to be aware of. The police officer will shine lights into your car. These lights are not to alarm you; they assist the officer to operate as safely as possible. They are used to see and evaluate the traffic stop.

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Cobra's season breakdown

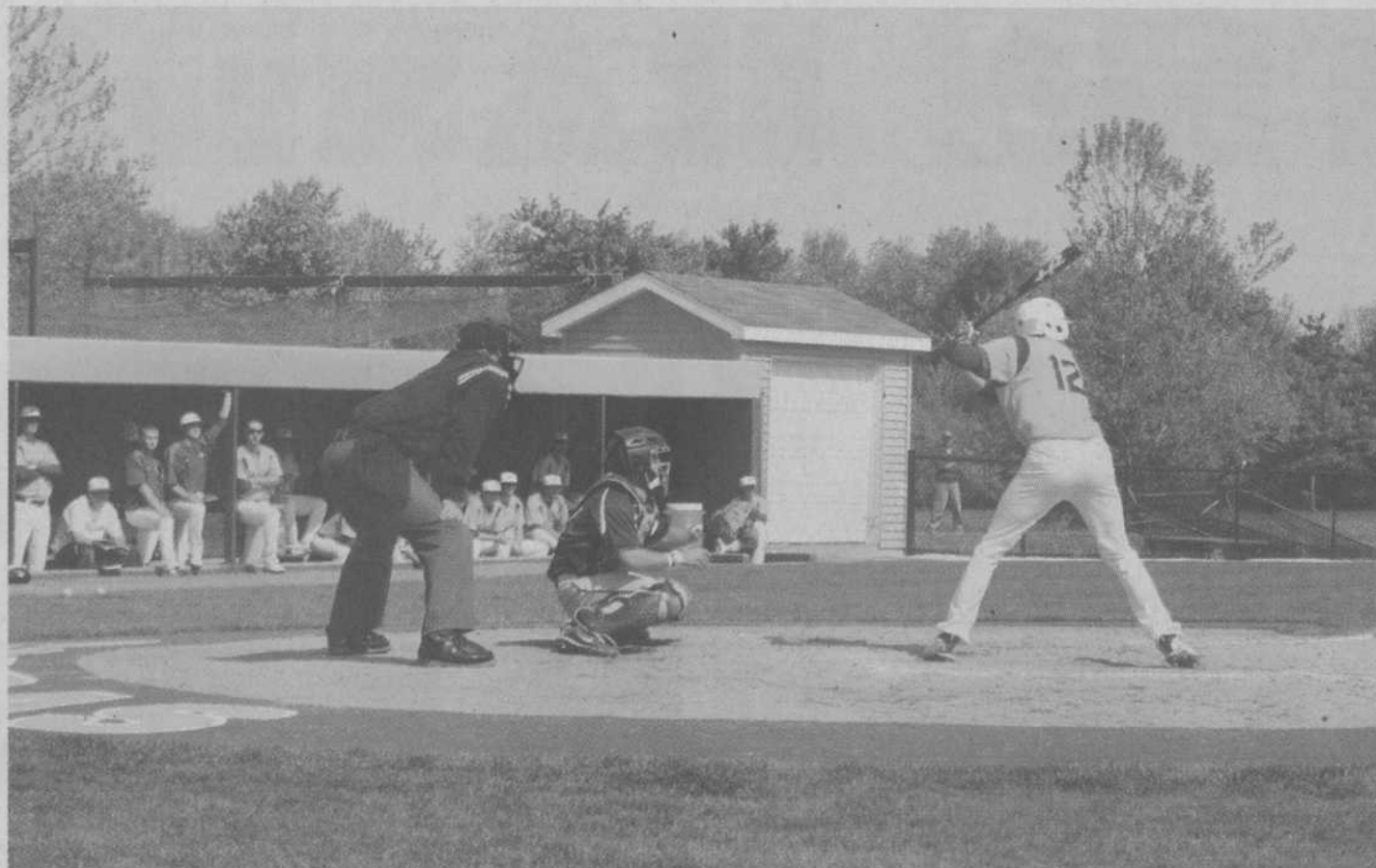
Shagun PRADHAN
Staff Writer

Cobras spring sports are now drawing to a close, which means tournament time is right around the corner. The baseball, softball and golf teams have been working hard since their seasons began back in March. Let's take a look at how each of those teams is doing so far this season.

Nationally ranked and coming off a NJCAA championship last year is the Parkland Cobras baseball team. Despite a loss in their season opener against Jefferson College, the team quickly bounced back to beat them in the second game of their double header and have never backed down. The team is currently 33-7 (15-5) with less than ten games to go.

The baseball team practices almost everyday to keep in top shape and maintain focus. "It's rare for us not to have practice, I know we as a team are always thinking about baseball and winning. We are a very dedicated team," said Dane Krone, relief pitcher for the Cobras. "We have run into some good teams this year that have given us some trouble so practice helps. What we really need to focus on is keeping the energy level up for games," he said.

Batting is definitely not an issue for the Cobras as the



The Cobras look on as Justin Parr (#12) tries to rally the team ahead in an at-bat against Heartland this past Tuesday.

teams overall hit percentage is just over .375. There are 15 players hitting over .290 and 5 players hitting over .400. The Cobra pitchers are also on a hot streak with 242 total strikeouts and a team ERA of 3.11.

The golf team has had its ups and downs this year but is remaining optimistic. The

team has clinched the conference title, but has yet to win more than one tournament/invite this spring out of their five played tournaments/invites so far. Golf Coach Zack McNabney has done what he can to help the golfers improve in their game. "In my couple years of coaching at Parkland,

I have always emphasized confidence, keeping a cool head and practice to my golfers," said McNabney.

One big problem the team has struggled with is consistency, "We have 3 or 4 guys who are consistent in our line up, but we are still trying to find that fifth guy to complete our

five man line up," said McNabney. With regional's coming up next weekend the Cobras are still trying to find their fifth guy. Only five golfers from the Parkland team will be able to compete at regional's. "Regional's will be tough, but if we can play to our top potential we can definitely advance past region-

als," said McNabney.

Tenth year Parkland softball coach Chuck Clutts has coached his team to 13th in the nation with a record of 38-13 (25-2), which is greatly improved from last year. The team made a lot of improvements this year including their hitting, in which they are hitting .350 as a team. "This is a great team to be around with so much potential and character. On those one or two off days a week all I can think about is ways we can improve to finish they year strong," said Clutts.

Shortstop Sarah Gray and Rachel Perez are only a few players who have helped contribute to the team's success this year. Sarah Gray is hitting .444 and has 40 of the teams 119 stolen bases, while Rachel Perez is on a monster hitting streak. With a solid record and a few more wins, the Cobras will get a bid into the National tournament.

The teams will need the support from the students and faculty in the home stretch of the season. So go show your support for these teams and give them an extra boost of motivation. Schedules are available at <http://www.parkland.edu/athletics>.

Sean HERMANN/Prospectus

CIVIL

continued from page 1

outside.

In Mount Pleasant, Mo., the Masonic Lodge was the headquarters for a secret Confederate society whose followers killed Union loyalists and dragged others to join the Confederate army.

In 1864, Union soldiers executed six rebel prisoners in St. Louis in retaliation for their killings of Union soldiers and their commanding officer after they were captured at Pilot Knob a few weeks earlier.

That was still not enough for the Union Army, however, because the enemy had killed an officer. So they selected another Confederate prisoner, who had nothing to do with the events, to be executed as further recompense.

Eventually, President Abraham Lincoln spared his life.

"This is not the Civil War that I remember," Bustard said. "It's hostages and executions."

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MOVIES

continued from page 3

"SMM."

5. 'Wanted'

Mark Millar's teen-angsty comic about an assassin with daddy issues was ultra-violent and sexy. The movie version was, too, and it was great ... for about 35 minutes. Then they introduced the Loom of Fate (not in the book) and the movie sucked until Morgan Freeman said something that rhymes with "smother sucker."

4. 'Catwoman'

How bad does a movie have to be for thousands of lonely nerds to boycott it, even though one of the hottest women who have ever lived, Halle Berry, runs around in a spandex catsuit?

3. 'Fantastic 4'/Fantastic 4: Rise of the Silver Surfer'

I've never liked the Fantastic Four comics, which I find flat and boring with too much drama. So imagine my surprise that I loathed the movie versions, which only enhanced

the flat and boring qualities. Oh - and thanks for making Jessica Alba seem unattractive and lame.

2. 'Howard the Duck'

George Lucas brought us this disaster. We should've seen it as an omen. I can't figure out where to start trashing this movie, so I'll use the words of the great movie critic Leonard Maltin: "Hopeless mess."

1. 'Batman & Robin'

What's worse than Val Kilmer as Batman? George Clooney. What's worse than

Clooney? Nipples on the bat suit. What's worse than nipples on the bat suit? Director Joel Schumacher. What's worse than Schumacher? Arnold Schwarzenegger as Mr. Freeze. What's worse than his performance? The fact that he's governor of California. What's worse than that? I don't know, getting cancer?

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The Kansas City Star.

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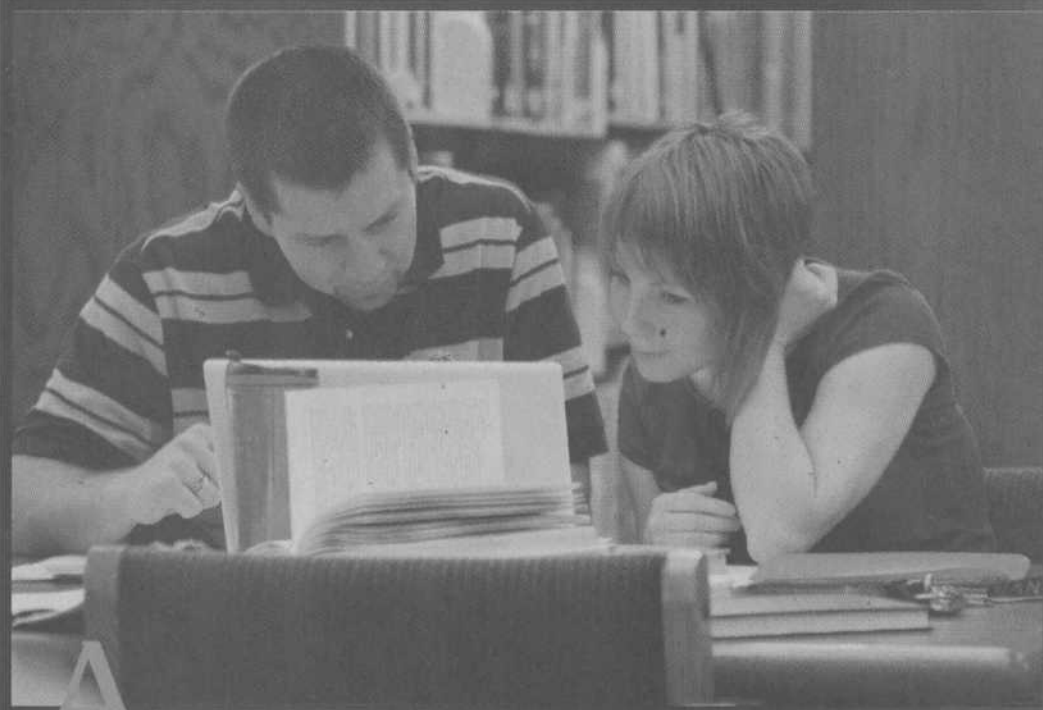
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BATTLE OF THE BANDS



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