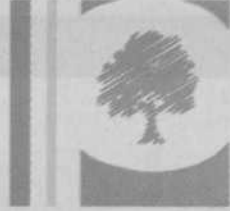


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Is the internet stimulating the mind of today's youth? Opinions on P. 4

Prospectus News

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College For Kids lends a learning hand

Josh GRUBE
Staff Writer

Even the youngest of students are getting a head start thanks to Parkland's College For Kids program. The program offers fun, interactive classes to students entering grades 3 through 7 in arts, science, theatre, writing, computers, and much more, according to their website. Earlier this summer, Parkland hosted this enriching, non-graded experience for any student fitting the age range who was interested in learning something new. The program costs \$125 per class and is divided into two sessions: June 21 through July 1 and July 12 through 22.

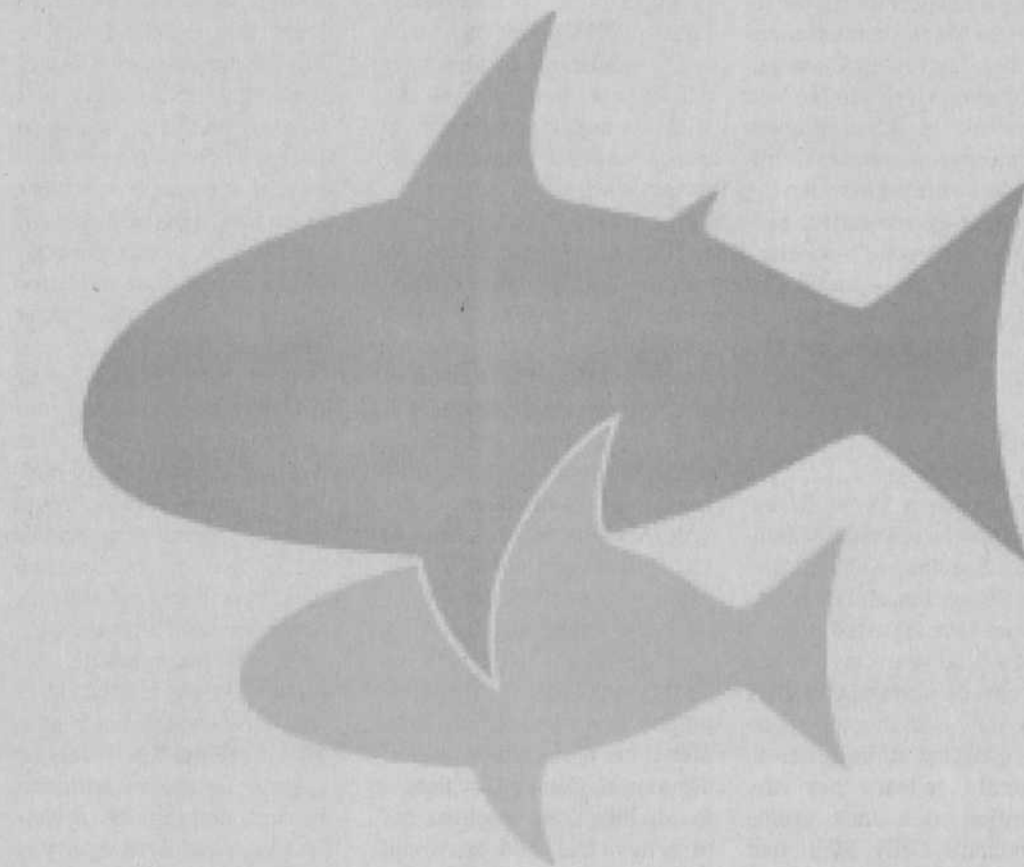
"(The program) provides hands-on exploration in specialized fields such as science, math, language arts, computer science, visual/performing arts, humanities, and fine arts," according to a College For Kids brochure. "They provide challenging experiences and intellectual stimulation for students to develop their special interests and expose students to a learning atmosphere that will motivate them to achieve their highest potential."

Students were dropped off in the M1 parking lot and eagerly united in the commons between the William M. Staerke Planetarium and Parkland The-

atre, where the College For Kids supervisors cheerfully helped guide them to their class. The program was filled with a nearly endless amount of classes for the children to choose from. The College For Kids pamphlet conveniently divided them into different sections of interest: Design, Create, Compose, Explore, Build, Speak, and Perform.

The "Design" section included Claymation, Photo-shop, and Computer Game Design. "Create" contained The Art of Beadwork, Beadwork Around The World, Ceramics and Sculpture, Create Your Own Comics, and I Love Art. "Compose" provided *Because of Winn-Dixie*: Inspiration for a Writer's Workshop, Making Headlines, Percy Jackson: Writing, Mythology, and More, Writing Your Life, and You Be the Bard: Playwright's Workshop. "Explore" encompassed Games Gone By, Hands On Equations® - Algebra, Stamp Collecting, and Strategy Survival.

The section "Build" contained Junk Box Wars, Lego Engineering, and Lego Mindstorm. For "Investigate" there was CSI for CFK, Lab RATS, Parkland Treasure Hunt, and Wild About Weather. "Speak" included Latin: The Basic Language, Sign Language, Spanish Language, Culture, and Cook-



P A R K L A N D
College for Kids

Courtesy of College for Kids

ing. Lastly, the "Perform" section provided Drama Fun!, Lights, Camera, Action, The

Make-up Mask, Music and Movies, Thoroughly Theatre, and Radio Broadcasting. With

such a vivid assortment of choices, every child could find a class that sparked their inter-

ests. If you have a child who would like to attend College For Kids but sadly missed out, don't worry! Parkland College has been hosting this program every summer for three decades and doesn't have plans of stopping any time soon.

"College For Kids was founded in 1980, so this year is the 30th anniversary. When it first started students used to have to be nominated for classes, but now the program is open to everyone," said Alison Smith, the coordinator of College For Kids. "We have 30 scholarships this year for the 30th anniversary."

From creating a text-based computer game to learning how to speak and write in Latin and phrases, College For Kids was full of fun and educational classes to adhere to the interests of every child, and will continue to be for many years to come. If this opportunity seems ideal for a child in your life, be sure to keep a look out for information on how to register for next summer's classes in the spring.

For more information on College For Kids, visit their website at www2.parkland.edu/communityed/cfk.html, call (217) 353-2055, or email collegeforkids@parkland.edu.

The so-called gap year between high school and college is just what some students need

Tim ENGLE
MCT

Grant Stauffer is willing to admit it: He slacked off his first couple of years of high school. He eventually got on track, but "my parents still believe there's a little more maturing I need to do, especially as far as my whole work ethic goes."

So Kansan Stauffer, 18, a newly minted Shawnee Mission East high school grad, will not be heading to college this fall. Instead, he's taking a "gap year," delaying frat parties, the Freshman 15 and the rest of the college experience by one year.

The gap year option seems to be picking up steam - Stauffer's high school paper, reporting plans of the Class of '10, included gap year alongside workforce, military and "undecided" - but for now it's only a micro-trend.

At William Jewell College in Liberty, Mo., for instance, typically just one or two of each year's 300 freshmen ask to defer their first year, and those requests aren't always gap-related.

Not everyone agrees on what a gap year is or when it's taken. Generally it's the year after high school. But some college graduates, rather than dive into grad school or the job market, do a gap year first. (In the old days, gap years were sometimes known as "backpacking across Europe" - you know, to find yourself.)

A year that bridges secondary school and university is not a foreign concept in foreign places like Great Britain.

"A gap year, for some students, is a really good idea," says Rick Winslow, vice pres-

ident for enrollment and student affairs at Jewell.

It's a decision that young people need to make with their parents, Winslow says. For students who are "developmentally mature enough to take a year off and focus on something they're passionate about," it can be a success, he says. A political science major at Jewell took a gap year before his junior year of college to work on political campaigns and travel internationally.

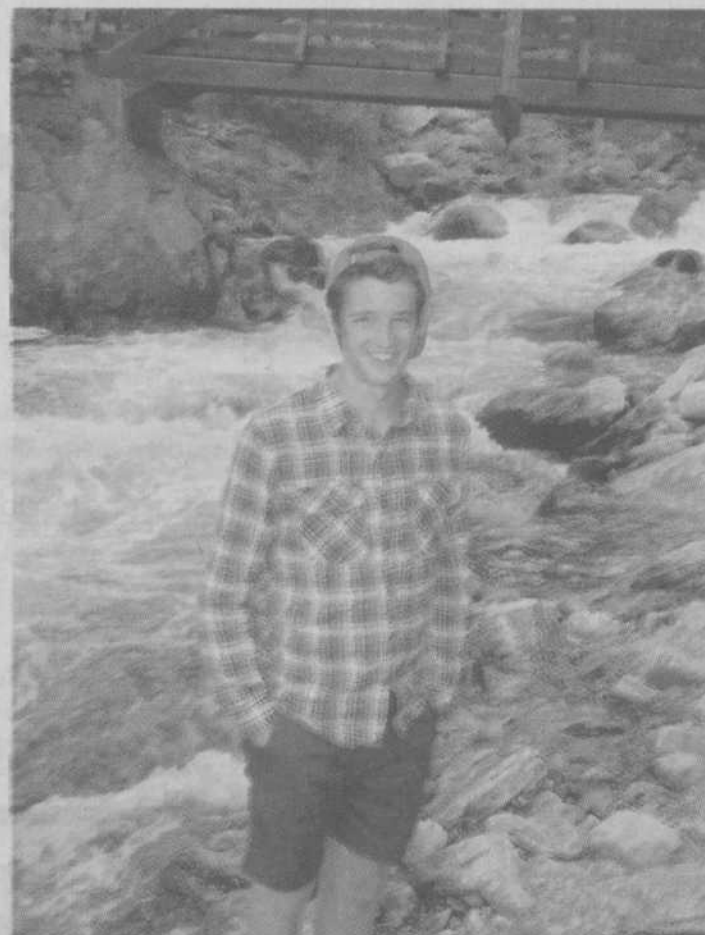
But "for students who are just blowing in the breeze and not sure what they want to do with the rest of their life, a gap year can be a waste of time," Winslow says.

The important thing is to have a plan - and a backup plan. Students should secure a spot in college beforehand (they can always request a deferment), so if their gap program falls through, they won't waste that year.

For students (and parents) who like the idea of a gap year, there are no lack of alternatives. Books like "The Complete Guide to the Gap Year: The Best Things to do Between High School and College" list page after page of programs.

A gap year can be spent in volunteer service (AmeriCorps, Habitat for Humanity and others) here or abroad. There are cultural immersion programs such as Adventure Ireland and the Southern France Youth Institute. Plus programs focused on adventure, language study, the outdoors, sports, even sailing.

The cost can vary widely. AmeriCorps gives members an allowance for living expenses and \$5,350 to be put toward col-



Grant Stauffer will spend the first part of his gap year in a wilderness education program. That semester will cost as much as college tuition, but his family thinks it will be worth it.

(Kansas City Star/MCT)

lege. Programs sometimes provide housing and food. Scholarships are available for some gap year programs. But gap students typically have to pay to do volunteer work.

A gap year might end up costing just as much as, or more than, college.

Which brings us back to Grant Stauffer, who will spend what would have been his first semester of college at the National Outdoor Leadership School, NOLS for short. For three months he'll be

through college, 75 percent of them say, "I wish I'd done something like that," Stauffer says. "I think it tends to be the people who change majors midway through college."

His mom, Sara Stauffer of Prairie Village, describes Grant as the most "wet cement" of her three sons. She and husband Ward were afraid he'd end up taking five or six years to earn a degree.

"For us, the college credit (through NOLS) wasn't as important as the life experience and growing up and learning a little more about himself and doing something positive," Sara says.

The idea of taking a year off used to be seen like "that 'Failure to Launch' feeling instead of a positive life experience," she adds. A pre-college break can be similar to a semester or year spent studying abroad, "but you end up doing it on the front end."

Which is just what Annie Mission Northwest grad, did. She repeated her senior year - in French - in the small country town of Andenne, Belgium, through a Rotary International program. She lived with three host families there.

She'd spent three weeks in France between her sophomore and junior years, also a Rotary program, so she and her parents had some idea of what to expect.

In Belgium, "half my battle for the first few months was understanding what was on the board," Wake says. The handwriting, the way numbers were written, were strange to her.

"And that's what's exciting about going abroad. You come

up against these challenges you weren't really expecting."

Then last fall she started at DePauw University in Greencastle, Ind. A student manning an orientation booth told her later that she looked different - more confident, independent - than other first-year students.

Which was true, Wake says. "I definitely didn't feel as homesick as other students, because eight hours (from home in Shawnee) doesn't really compare to a seven-hour time difference."

Jenny Sander's gap year experience was also overseas - in Israel - but with an unexpected conclusion. The 2006 Blue Valley Northwest grad thought she had her future mapped out: pre-med, med school, "that whole track."

But first came the gap year, a program called Nativ, sponsored by United Synagogue of Conservative Judaism. She spent the fall of 2006 studying at a university in Jerusalem, taking field trips to such locales as the West Bank and even getting "a little taste of the army" in a week spent with Israel Defense Forces. She and 85 other young people lived in a hostel.

The second semester, she lived in the desert city of Be'er Sheva volunteering at a special needs preschool.

After that year she entered Washington University in St. Louis. About a year and a half in, Sander decided she did not want to go to medical school.

Her year in Israel made her realize "there's a whole lot more out there than what I always thought I wanted to do," she says. Her new major

See Gap on page 3

Prospectus

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 Phone: 217-351-2216, fax: 217-373-3835, e-mail: prospectus@parkland.edu
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 Views expressed are opinions of staff and contributors and not necessarily that of the Prospectus or Parkland College.

• The Prospectus welcomes letters to the editor. We accept submissions from the Parkland community and the public. The editor will also consider original works of fiction and short writings if space is available.

• 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.

Transitions Tour article correction:
 Tuition at our partnership schools are not at Parkland's tuition rate. The convenience is that our partnership universities offer the classes online or on Parkland's campus so adults do not have to leave the area to obtain a bachelor's or master's degree. We apologize for the error.



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Chuck Shepherd's News of the Weird

The Entrepreneurial Spirit!

The dating website BeautifulPeople.com, supposedly limiting its reach only to the attractive (though claiming 600,000 members worldwide), announced recently that it would sponsor a companion egg and sperm bank for its members to sell their essences for a fee. However, as managing director Greg Hodge told Newsweek in June, homely customers were welcome. "Initially, we hesitated to widen the offering to non-beautiful people. But everyone – including ugly people – would like to bring good-looking children into the world, and we can't be selfish"

Weird Science

Life Imitates a Drew Barrymore Movie: Michelle Philpotts of Spalding, England, and her husband, Ian, and their two children have adjusted, since a car crash 20 years ago, to her anterograde amnesia, which, every day, robs her of short-term memory, forcing her to constantly re-learn her life. According to a June profile in London's Daily Mail, that includes Ian's convincing her that the stranger in her bed every morning is her husband, which he does by showing her their wedding photographs. An April National Geographic TV special tracked "Silvano," an Italian man for whom sleep is almost impossible. He has "fatal familial insomnia," making him constantly exhausted, and doctors believe he will eventually fall into a fatal dementia. Only 40 families in the world are believed to carry the FFI gene.

Cleverest Non-Humans:

Wild elephants recently rampaged through parts of Bangladesh, and according to the head of the country's Wildlife Trust, those super-intelligent animals "are quick to learn human strategies." For example, he pointed to reports that elephants (protecting their migration corridors) routinely swipe torches from hunters and hurl them not randomly but directly at the hunters' homes. Recent research on the "cat virus" (toxoplasma gondii) acknowledges that, to be viable, the virus must be passed in rodent feces but can only be hosted in a cat's stomach – and thus that the "toxoplasma" somehow tricks the rodents to overcome their natural fear of cats and instead, amazingly, to entice cats to eat them. Scientists are now studying whether, when human dopamine goes haywire, such as with schizophrenia, a toxoplasma-gondii-type phenomenon is at work. The Trials of the Cricket-Sex Researcher: Biologists from

Britain's Exeter University who set out to study the sexual behavior of field crickets in a meadow in northern Spain reported in June that they set up 96 cameras and microphones to cover a population of 152 crickets that they individually identified with tiny, numbered placards on their backs (after DNA-swabbing each one). Publishing in the journal Science, they claimed the study is important in helping us understand how "climate change" will affect habitats. Career Downgrades

In May, Jim Janson, a 20-year veteran "carny" (who ran the games of chance at Canada's traveling Bill Lynch Shows), graduated from the law school at Dalhousie University in Halifax, Nova Scotia, and has set out on his new calling. Downgrade Cut Short: Eduardo Arrocha, whom News of the Weird mentioned in 2008 when he was "Eak the Geek," the "Pain-Proof Man" at New York's Coney Island Sideshow (eating light bulbs, putting his tongue in a mousetrap), completed his first-year studies at Thomas M. Cooley Law School in Michigan but decided not to return and said he would concentrate on publishing his poetry.

Least Competent Criminals Questionable Judgments:

Austin, Texas, police issued an arrest warrant in June for Jose Romero, who they say robbed a Speedy Stop clerk after demanding money and menacingly pointing to his waistband, which held a caulking gun. Steven Kyle took about \$75,000 worth of merchandise from Cline Custom Jewelers in Edmonds, Wash., in June, but as he left the store, employees shouted to passers-by, several of whom began to chase Kyle. Almost immediately, Kyle dropped his gun and the jewelry and fell to the ground exhausted. (Kyle later revealed that he had only one lung.) Thinning the Herd
 Police in Houston said the man killed when he drove his 18-wheeler into a freeway pillar on July 6 was part of a two-man scheme to defraud an auto insurance company. Police said it was the other man who was originally scheduled to drive but that, citing the "danger," he (wisely) backed out. Inmate Carlos Medina-Bailon, 30, who was awaiting trial on drug-trafficking charges in El Paso, Texas, escaped in July by hiding in the jail's garbage-collection system. Medina-Bailon's body was found later the same day under mounds of trash in a landfill.

Prospectus Pick: Inception

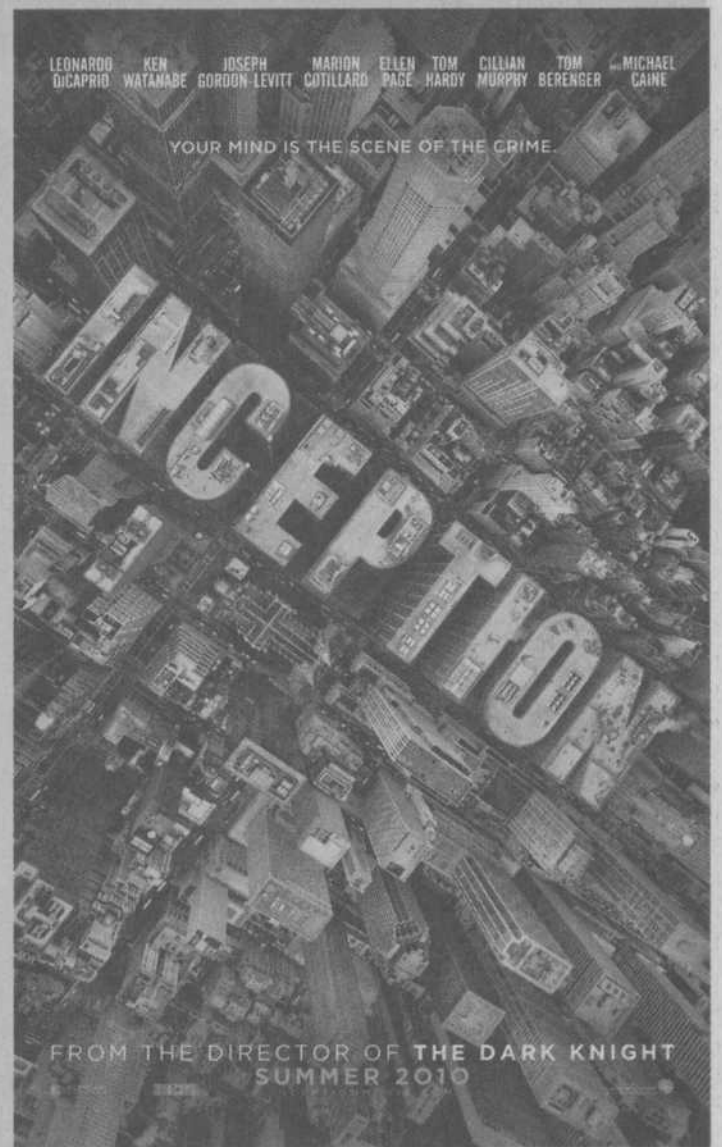
Isaac MITCHELL
 Production Manager

I had no idea what kind of movie I was about to see before walking into the theater. I was pleasantly surprised with the elaborate story that unfolded full of interesting characters, mind-bending special effects, and twisting plot lines. Leonardo Dicaprio plays a freelance mental espionage specialist known as Dom Cobb, accompanied by a dream team (no pun intended) that infiltrates minds in search of valuable information.

The movie deals with dream espionage or "extraction" as it is referred to in the story. This is where high target people have their dreams hacked by highly skilled thieves. On the other hand to protect ones subconscious, one can hire hackers to train their minds to protect itself from infiltration. If that's not enough, the movie goes into multiple levels of dreams (a dream within a dream) making the dream less aware of what reality is and what a dream is.

Inception by definition is the beginning or start of something. In the movie inception is the planting of an idea in someone's mind in a dream without interference of influence by another's ideas. Inception is very hard to do, because it involves going into many levels of dream worlds. But has been proven to be very powerful.

In the movie Dom Cobb (Leonardo Dicaprio's char-



acter) is the extractor, the main spy out of the team. His troubled past leads him to pursuing a life of thievery and eventually ends up working for a former target to do an inception job. In exchange Dom Cobb will be excused for all his offenses and be able to return to the United States and see his kids. In preparation of doing this job, Dom Cobb has to assemble a team to perform all the necessary steps required. This movie is a makes one

think about how reality is perceived. Lasting over 2 hours, this movie leaves you hanging and makes you think about the past present and future of the story. What happens at the beginning is just as important as what happens at the end. I would highly recommend seeing this movie and would call this one the best of summer 2010.

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Growing number people growing their own groceries

Marc RAMIREZ
The Seattle Times

It's been a long time since Annette Cottrell regularly saw the inside of a grocery store.

Her yard is an explosion of produce and herbs, with almond trees and honeybees and hops for making beer. The pantry teems with garden riches - roasted peppers, pickled beets - and there's homemade bread and caramel syrup in the fridge made with grains she ground and goats she milked.

She makes her own cheese, cures her own meats, and with summer here and the kids craving hot dogs, she complied - with garden-fresh ketchup, mustard and relish, buns built from Methow Valley grains, bratwursts fashioned from the meat of a pig she herself butchered at Everett's Ebey Farms.

It's a lifestyle you might equate with a more rural life, but Cottrell and her family live 15 minutes from downtown Seattle. Until 18 months ago, she'd never made pancakes from scratch or shopped at a farmer's market, but her frustration with food labels bearing questionable ingredients, and all the talk of pesticide-sprayed vegetables and the drawbacks of factory farms finally got to her.

She realized: The only way to know what she was feeding her kids was to make it herself. Now, she's one of a growing number of urban residents weaning themselves off traditional food systems, some driven by economics, distrust of big food companies, environmental concerns or fears about the future.

Most are taking baby steps, confined by space, time, ambition or inexperience. A trio of chickens, a dabbling in cheese. In Seattle's Central Area, Erica Bacon and her half-dozen housemates have turned their yard into a produce field that should sustain them through the summer and beyond.

Last year, the National Gardening Association said 40 percent more households would grow their own vegetables compared to two years earlier, with those gardens yielding an average \$500 return.

Cottrell's yard boasts everything from artichokes to zuc-



The Creer family gardeners work in their backyard garden to grow a variety of vegetables. (David Kilkenney/Detroit Free Press/MCT)

chini - in all, 22 kinds of fruit and 140 annuals on her family's 1/5-acre plot. There are even potatoes in the parking strip.

"I thought it was an experiment that would last 12 months," she says. "Now it just seems normal."

MANY REASONS

Cottrell realizes few are extreme as she is, but she shares her knowledge among friends and on her blog, www.sustainableeats.com.

"She's a mentor to many of us," says freelance radio journalist Joshua McNichols. "She taught us to grind our own grains."

He and his wife, Emily Hennigs, haven't bought a loaf of bread in months. Recently, they hosted a "canning exchange" where fellow home producers could trade baked goods or jarred jams, pickles and chutneys. Cottrell was the one slinging bone broth and tomato sauce.

For McNichols and Hennigs, both self-employed, the activity was an economic choice

as well as a philosophical one. "We like to be in control of our food," he says. "...When we can produce it ourselves or know the farmers who produce it, we feel safer."

The same goes for the Bacon, who buys food in bulk with her housemates while tending a sizable backyard produce and herb garden. "For me, it's about resistance to the industrial food system," she says. "... People just don't know what's possible if you put a little time and love into it."

Sandy Pederson, of Urban Land Army, which offers urban-gardening instruction, says that for some, it's about reclaiming lost skills. "A lot of people tell me they feel really vulnerable, that they don't have the skills to grow their food or fix their car - all these practical things we used to know and now pay other people to do."

STARTING FROM SCRATCH

For Cottrell, it all started in January 2009, when she read Barbara Kingsolver's "Ani-

mal, Vegetable, Miracle." Eventually she realized that even without a 5-acre country spread, she could probably grow a decent amount of food.

She broke old shopping habits and set down ground rules - for example, milk and cream must come from local dairies - vowing to buy what she couldn't grow from local, sustainable sources only. Six weeks later, they were eating greens from the garden.

Big plans ensued. An irrigation system, then backyard chickens. Her husband, Jared Pfost, built her a front-yard fence and raised beds, then retreated to his home office in the basement.

With practice, Cottrell was soon making palatable chicken and dumplings, and goat-cheese pizza with items either grown herself or crafted from Washington ingredients. Then came grass-fed beef tacos, potato soup and ice cream made from local milk.

By November, except for spices, not a single Thanksgiv-

ing dinner item had come from a store.

"People don't realize how much they can do," she says. "They equate it with back-to-the-land '70s hippies."

She opens a box freezer and reaches below packages of Washington elk, pork, rabbit, cheese and broth bones to pull out a duck she'll make for tomorrow's dinner, with a sauce flavored with cherries from a neighbor's tree.

The food she buys isn't always cheap - canned tuna that is sustainably caught as close to Seattle as possible, for instance - but she saves by buying in bulk and avoiding imported or out-of-season items. (There are concessions, such as fair-trade coffee.) She figures she's spending less than \$400 monthly to feed the family of four.

About \$10 of it goes toward grains, enough to stock them with cookies, scones, pancakes and pizza dough, "anything you can buy in the middle section of the grocery store," she said.

"It's crazy cheap to make your own food. I had no idea. Everybody should have their own grain grinder."

Her electricity bill hasn't changed, but water costs are up - about \$200 more per two-month period at the peak compared to before.

The real cost is hours spent in the kitchen - a price she can afford while running an online-sales outfit from home, with a supportive husband. She realizes not everyone can do that, so she volunteers on behalf of community-garden efforts aimed at low-income neighborhoods.

"To do what Annette is doing takes an extraordinary time commitment," says McNichols, with whom Cottrell co-purchased and butchered her pig.

PASSING A TOUGH TEST

Over time, neighbors have gotten used to seeing Cottrell out in the garden, or son Max, 6, coming down their quiet street selling strawberries or radishes out of a wagon for a nickel apiece. But things haven't always been so rosy.

As spring set in, the enormity of summer's imminent harvest goaded her into making batches of cheese, charcuterie and lotions. Her family complained she wasn't spending enough time with them; she felt they weren't helping enough.

One May night, she put dinner on the table and son Lander, 3, turned up his nose, got up and walked away. Then Max whined. She'd had enough.

As she put it on her blog, she went on strike and decided not to cook anymore. She went to the store and bought things - within reason - her husband and boys could make for themselves.

Six days later, her family straining and her conscience suffering, she returned to the kitchen.

But a little later, on her blog, she claimed small victory: "Last night, we had the tater tots we bought while I was on strike. He took one bite and asked why it didn't taste like potato. Score 1 for real food! MWAH HA HA."

(c) 2010,

The Seattle Times.

GAP

continued from page 1

is international studies with a minor in women and gender studies. Now a senior, she's thinking about careers in social work or public health.

Friends Jeremy Bowles and Chris Billups, both 21 and both 2007 graduates of Kearney High School, spent the

after high school working. It might not qualify as a typical gap year, but it produced some revelations just the same.

Both guys were working the fall after their senior year at the Shoal Creek Golf Course near Liberty, Mo., but their plan was to move to Orlando, Fla., the following January to study golf course management at a trade school.

What got in the way of that? "Money. Girlfriends," Bowles says.

And as time went on, Billups figured something out. "After working 40 hours a week at a golf course, I changed my mind about what I wanted to do," he says.

Both ended up in four-year schools. Billups is at the University of Missouri-Columbia

majoring in nutrition and fitness. Bowles is a horticulture major at Northwest Missouri State University in Maryville, but he's still interested in running a golf course.

Meanwhile the buddies are spending this summer, like previous summers, tending the grounds at Shoal Creek. But it won't be a forever thing.

"I want to be in charge," Bowles says. "So I can be the one sitting on the cart telling

people what to do."

Jeff Anderson, a counselor at Johnson County Community College, says a lot of students "probably position themselves better by choosing to step out and take some time off."

"They seem to be more focused and in some cases more motivated, and (often) they're making some sacrifice to be back in school again. They have a different approach than someone who's right out of

high school."

That probably makes sense to Margaret Knapp, 20, of Overland Park. She had planned to spend part of the year after high school graduation having a "monastic living experience" in LaCygne, Kan., which would have been home base for mission trips.

But she couldn't get enough money together. She later took classes at JCCC and got a part-time job. She spent last school year at Kansas State University in Manhattan, but instead of returning this fall she'll be doing mission work in the Argentine district of Kansas City, Kan.

Knapp will eventually complete college - she's interested in social work - but she's in no hurry.

"I just felt so much pressure (as a high school grad) to know what I wanted to do for the rest of my life," Knapp says. "It's just not realistic. It puts people my age through a lot of anxiety they don't need to go through. Take a breath. I just don't think everyone needs to take the same route."

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The Kansas City Star.

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- Views expressed are opinions of staff and contributors and not necessarily that of the *Prospectus* or Parkland College.
- The *Prospectus* welcomes letters to the editor. We accept submissions from the Parkland community and the public. The editor will also consider original works of fiction and short writings if space is available. Submissions can be e-mailed to prospectus.editor@gmail.com
- 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.

Digital alarmists are wrong

Christopher CHABRIS
Daniel SIMONS
Los Angeles Times

The latest attack on the Internet and on computers in general is Nicholas Carr's book, "The Shallows: What the Internet Is Doing to Our Brains."

Carr and other digital alarmists make a case that seems plausible, at least on the surface. They argue that the advent of the Internet and the proliferation of new communication tools trap us in a shallow culture of constant interruption as we frenetically tweet, text and e-mail. This in turn leaves us little time for deep reading, reflection and serious conversation - pensive activities traditionally thought to build knowledge and wisdom.

The alarmists cite the concept of "neural plasticity" and talk of technology "rewiring" the brain to convince us that the new distractions make us not just less willing but less able, on a physiological level, to focus.

Whenever you hear that something is changing your brain, you ought to be worried - or at least the person telling you wants you to be worried. But does a cultural change like this necessarily entail a fundamen-

tal change to the brain? Most of the evidence these critics offer is anecdotal: They report feeling less able to concentrate and think clearly now than they did before they started frequenting the Internet. But it could be that they are less able to concentrate now than they were 10 to 15 years ago simply because they are 10 to 15 years older.

The appeals to neural plasticity, backed by studies showing that traumatic injuries can reorganize the brain, are largely irrelevant. The basic plan of the brain's "wiring" is determined by genetic programs and biochemical interactions that do most of their work long before a child discovers Facebook and Twitter. There is simply no experimental evidence to show that living with new technologies fundamentally changes brain organization in a way that affects one's ability to focus. Of course, the brain changes any time we form a memory or learn a new skill, but new skills build on our existing capacities without fundamentally changing them. We will no more lose our ability to pay attention than we will lose our ability to listen, see or speak.

The idea that the Internet might make us dumber has

some intuitive appeal, because it is easy to see how the cognitive performance of people around us drops when they are distracted. Who among us is not scared to see a driver chatting on a phone and looking back at the kids while weaving through city traffic? But the notion that prolonged focus and deep reading mark the best path to wisdom and insight is just an assumption, one that may be an accidental consequence of the printing press predating the computer. To book authors like us it seems a heretical notion, but it is possible that spending 10 or more hours engrossed in a single text might not be the optimal regimen for building brainpower.

Before the Computer Age, chess grandmasters used to study chess books before matches. But now they use laptops to review hundreds of games in rapid succession, in effect "downloading" into their minds knowledge that is customized for their next opponent. They access the knowledge as they need it, discarding it after the match, and the result is that today's grandmasters play the game better than their predecessors did. Visual perception and attention work the same way: They

grant us conscious but temporary access to the information in our world that we need at any moment, then quickly discard it as we shift attention to other places, objects or events.

If we consider all the implications of this "just in time" approach to acquiring and using information, we may be forced to reevaluate the nature of knowledge, wisdom and intelligence. It may make less sense to focus on the capabilities of an individual person, and more sense to think about the individual plus the cloud of technology and information that he or she has access to at any given moment. This human-computer-Internet collective is more knowledgeable and arguably more intelligent than a single human being could be alone. By this view, as more and more information becomes available on the Internet, we become not dumber but smarter.

For every way the Internet gives us to waste time, there is a way to increase the scope and diversity of our knowledge and to work collectively on problems. It was not long ago that scientists worked mostly within their own laboratories, collaborating only with students and assistants. Today

scientists are more likely to collaborate in larger, more diverse teams that often span the globe. With rapid access to diverse information online, ideas, data and resources can be shared faster and on a scale that was impossible at any point in history.

Although the case that technology increases our intelligence is at least as plausible as the gloomy idea that it is changing our brains for the worse, there are real downsides to the instant availability of torrents of information. The danger comes not from the information itself, or from how it could rewire our brains, but from the way we think about our own knowledge and abilities. As the psychologists Leon Rozenblit and Frank Keil discovered, people tend to suffer from an illusion of knowledge: a tendency to mistake surface-level familiarity with deep understanding. As more information becomes readily available, that sense of familiarity grows and grows, and with it the illusion of knowledge. On-demand access to reams of data can also trick us into mistaking knowledge we could obtain quickly for knowledge we already have and can act upon. And if the illusion leads

us to neglect the acquisition of true knowledge, we as individuals could become dumber as a result.

Additionally, the more different ways technology gives us to multitask, the more chances we have to succumb to an illusion of attention - the idea that we are paying attention to and processing more information than we really are. Each time we text while we are driving and do not get into an accident, we become more convinced that we can do two (or three or four ...) things at once, when in reality almost no one can multitask successfully and we are all at greater risk when we do so. Our capacity to learn, understand and multitask hasn't changed with the onslaught of technology, but our confidence in our own knowledge and abilities have.

So Google is not making us stupid, PowerPoint is not destroying literature, and the Internet is not really changing our brains. But they may well be making us think we're smarter than we really are, and that is a dangerous thing.

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Los Angeles Times.

Plugging a Web tax loophole

McClatchy-Tribune NEWS SERVICE

The Internet isn't a tax-free shopping zone; consumers just treat it like one. A bill by Rep. William Delahunt, D-Mass., would make it significantly harder for people to evade sales taxes online, requiring Web-based retailers to collect sales taxes from more out-of-state purchasers. Although there are flaws in the details of Delahunt's proposal, the overall approach is a good one. The measure wouldn't impose a new tax or raise rates; it would simply take a more efficient and fair approach to enforcing the law.

At issue is a longstanding exemption the courts have given retailers from collecting sales taxes from shoppers outside the states where they have offices. In rulings that predate the Web, the Supreme Court declared that it would be too great a burden to require mail-order houses and other retailers with out-of-state customers to compute and collect sales taxes for every state and local government, which



Pamela Yip/The Dallas Morning News

impose a myriad of rates and exceptions.

The rulings didn't exempt

retailers from sales taxes, however - most states require residents to pay "use taxes" on

their online purchases as part of their annual returns. Few taxpayers comply, though, giv-

ing distant online sellers an unfair advantage over local retailers that have no choice but to collect the levy.

Despite their disproportionate impact on low-income families, taxes on consumption are an important part of the revenue mix for governments because, unlike income taxes, they don't discourage savings or investment. It's not fair to collect such taxes on goods bought from some retailers but not others. The only issue is whether collecting the tax would be so difficult and costly for out-of-state retailers that they would be driven out of the interstate market.

Delahunt's bill would require online merchants to collect sales taxes from out-of-state shoppers only if they hail from states that have adopted the Streamlined Sales Tax Agree-

ment. That agreement has led to the development of technology that automatically computes sales tax rates and submits the required tax filings. The bill doesn't go far enough in protecting small online retailers from the cost of complying, and lawmakers should heed those concerns. But rather than having cash-starved states demand sales records from online retailers to determine which taxpayers aren't paying the taxes they owe, as some states are doing, Congress should step in with a national solution. There's no longer any excuse for Web-based merchants not to collect sales taxes from shoppers in any state that has adopted the streamlined sales tax.

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Los Angeles Times.

A Parkland student's farewell

Isaac MITCHELL
Production Manager

A good part of my time here at Parkland was these halls talking to counselors and advisors that have no idea what was going. That all stopped as soon as I was introduced to the *Prospectus*.

Becoming part of a student organization really helped me narrow my goals down and focus on what I wanted to do

with my life. The newspaper gave me a place to meet people like me with similar situations and work together both in the office and outside. Underneath parklands skin you will find that it is really run by a network of closely knit, friendly, and hard working individuals. Some of which are students. These people have helped me this past year to do a lot with my education and for this I would like to thank them.

Just to name a few friends

that have helped me out along the way. John Eby, Aaron Gieger, Patrick Wood, Sean Hermann, Levi Norman and all the others acquaintances I have met through the *prospectus*. Each person has helped me out in one way or another.

Joining the *Prospectus* was the single best decision I have made while at Parkland. I would highly recommend incoming freshmen to join a student organization weather it is academic or not. It will

encourage positive student behavior while making one more punctual with time and time management.

I am not going to drag this goodbye out. For all the time I have spent inside the walls of Parkland I would hate to give it the honor of an extended farewell. But to my friends I have made here, I thank you and wish that our paths will run into each other again.

ATTENTION!!
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Gain the experience of a lifetime by working with a student produced publication. The *Prospectus* is looking for writers, photographers, graphic designers, distributors, editors, and more...

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Climate change could affect migration to the U.S.

Anna GORMAN
Los Angeles Times

Climbing temperatures are expected to raise sea levels and increase droughts, floods, heat waves and wildfires.

Now, scientists are predicting another consequence of climate change - mass migration to the United States.

Between 1.4 million and 6.7 million Mexicans could migrate to the U.S. by 2080 as climate change reduces crop yields and agricultural production in Mexico, according to a study published online this week in the Proceedings of the National Academy of Sciences. The number could amount to 10 percent of the current population of Mexicans ages 15 to

65. "Assuming that the climate projections are correct, gradually over the next several decades heading toward the end of the century, it becomes one of the more important factors in driving Mexicans across the border, all other things being equal," said study author Michael Oppenheimer, professor of geosciences and international affairs at Princeton University.

Of course, Oppenheimer acknowledged, all things will not remain equal. Changes could occur in U.S. immigration and border policy or in Mexico's economy and its reliance on agriculture. But he said this was a simplified first step in studying the effect of

global warming on migration. "Our primary objectives were, No. 1, to give policymakers something to think about and, No. 2, to give researchers a spur to start answering some of the more complicated questions," Oppenheimer said.

Oppenheimer teamed up with two economists, Alan B. Krueger and Shuaizhang Feng, to study the connection between agricultural decline and migration. They looked at Mexican emigration, crop yield and climate data from 1995 to 2005 to make estimates about the next 70 years.

In the past, Oppenheimer said, Mexican farmers from rural areas fled to the United States when they could no longer grow their crops. If the

rising temperatures dry out the land and reduce yield as expected, many more farmers could do the same.

Philip Martin, an expert in agricultural economics at the University of California, Davis, said that he hadn't read the study but that making estimates based solely on climate change was virtually impossible.

"It is just awfully hard to separate climate change from the many, many other factors that affect people's decisions whether to stay in agriculture or move," he said.

Over the last 20 years, Mexico has seen a decline in the percentage of people who live in rural areas, Martin said. But much of that is because of eco-

economic growth in the nation. "As countries get richer, people leave agriculture," he said.

Nevertheless, Martin agreed that global warming could make farming more difficult and lead to more emigration.

Douglas Massey, a sociology professor at Princeton, also agreed that climate change could lead to emigration from Mexico, but much of that will depend on labor demand in the U.S.

"Environmental change is not going to produce migrants from Mexico unless there are jobs to go to," he said in an e-mail.

According to the study, other countries and regions dependent on agriculture could also see a similar exodus. Among

the areas mentioned are much of Africa, India, Bangladesh and Latin America.

But Massey expressed skepticism about generalizing to other countries, because Mexico and the U.S. have a 60-year migrant history and share a 2,000-mile border. Mexico is also well connected to the U.S. labor demand through social networks.

"When economic shocks like climate change hit other developing countries ... displacements from the countryside may happen, but they are not likely to produce so many international migrants," Massey said.

(c) 2010, Los Angeles Times.

State Fair rides: Thrills, chills and chaos theory made real

Lulu LIU
MCT

You know that feeling - your stomach is in your throat - when you're on a roller coaster and the car takes that first big plunge?

Your insides are crawling or you're losing feeling in your legs, and you think it's just nerves. But NASA scientist and trained astronaut Patricia Cowings says, no, it's real.

"Your stomach and all of your guts are really floating up under your rib cage," Cowings said. "And almost all fluids in your body move toward your head." You're experiencing for a split second what it's like to be an astronaut in space.

There's a science of thrills, and it's rooted in simple physiology and physics. The rides at state fairs and amusement parks that twist, whirl, hurl and drop you were very intentionally engineered to take you to the edge. The swirling lights and spinning pods only hint at the chaos that was harnessed to create them.

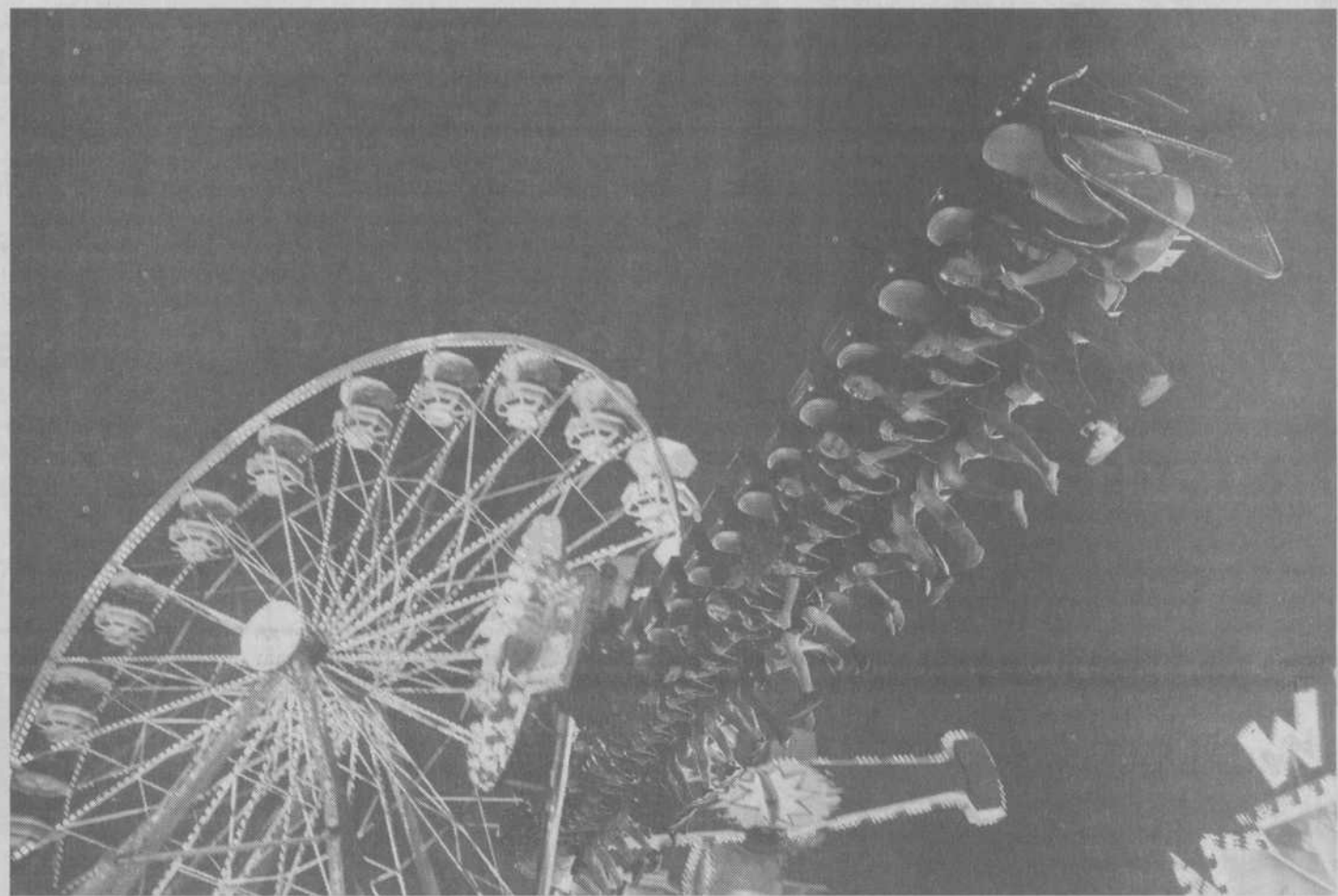
Consider the Tilt-A-Whirl.

Richard Kautz, a scientist at the National Institute of Standards and Technology, studied the simple, yet unpredictable motion of the classic carnival ride when he was on sabbatical 16 years ago.

He observed the ride's sensitivity to small disturbances. Riders have a lot of say in the intensity of their experience, Kautz said. "If they throw their weight around a bit, they can turn a sort of 'blah' whirl into a really good whirl."

He had identified a central tenet of chaotic motion: that even a tiny disturbance grows exponentially, and in a sort of domino effect greatly alters the course of events to come.

The Tilt-a-Whirl at Cal Expo is a purple, unassuming affair, an easy ride to overlook on your way to the coasters. When the Midway came to life one eve-



People ride the "Windsurf" ride at the California State Fair at Cal Expo, July 21, 2010, in Sacramento. The Midway rides at the California State Fair that twist, whirl, hurl and drop you were very intentionally engineered to take you to the edge.

(Autumn Cruz/Sacramento Bee/MCT)

ning last week, the ride roared into motion every few minutes with a new batch of passengers, and cars flew by.

Sometimes a car went over a hill and hung motionless; other times it gave a dizzying series of whirls. The unpredictability is what people like.

"It's exciting because you don't know which way it's going to go," said Holly Repace, who had just gotten off the ride. Her mom, Sue Repace, had sat that one out.

"I grew up on the Tilt-a-Whirl," she said. "But I can't go on the rides like I used to."

And there's a physiological reason for that.

Spinning, tumbling rides inflict mayhem on our vestibular system, said NASA's Cowings. That's the set of organs

responsible for our sense of balance.

Tiny rocks in our inner ears sense orientation, and fluid-filled rings detect spinning. When the body our eyes see and what our body does conflict with what our inner ear is reporting, we get sick.

That's why you shouldn't close your eyes, Cowings said. "That makes you more susceptible."

Children younger than 6 or 7 are immune to motion sickness because their vestibular systems are not yet mature. Studies show that susceptibility peaks around age 10 and declines into adulthood. But by then, researchers say, most adults have learned to avoid this type of situation.

Eight-year-old Minnie Chad-

wick's parents were among those not riding the Tilt-a-Whirl that warm night last week. "Look, there she is, laughing," said dad John Chadwick, content on the sidelines.

Legend has it, 84 years ago, a child's amusement inspired the ride's original design. In a Minnesota home in 1926, Herbert Sellner sat his son in a swivel chair and tipped it every which way.

Chaos theory did not exist for another 40 years. "Here he was giving a perfect description of it," Kautz said.

Just what is chaos?

Minnie's mom, Colette Chadwick, unaware of the gravitational pull she was exerting on her daughter's ride, took a few steps closer to snap pictures.

According to Kautz, that act

alone - stepping forward, then back - altered the motion of every car in the ride. Within two minutes, a car that would have spun one way is now spinning another.

What if she were farther away? If the Tilt-a-Whirl were in Denver and Colette Chadwick in New York? "Then it would take about five minutes" for the first car to reverse direction, Kautz said.

When Minnie got off the ride, none the wiser, she bounced over to her parents. "It spins really fast," she said. "Can I go again?"

Not all of the 64 rides on the Midway owe their thrills to chaos.

The classic roller coaster is a hair-raising time, but it's not chaotic, Kautz said. It's a con-

trolled fall.

Cars are pulled up a huge ramp, then let go. The ride to the bottom coasts over hills and valleys, shoots through loops and turns, all under the influence of gravity alone.

Not too far away, a bowl-shaped ride called Starship 3000 spins up and riders find themselves glued to the wall. When the wall rises, feet leave the ground. It's not magic - just friction.

The tricks are many, but inner ear, beware, "the nausea will be the same," Kautz said, laughing. "That's a constant."

(c) 2010

The Sacramento Bee (Sacramento, Calif.).

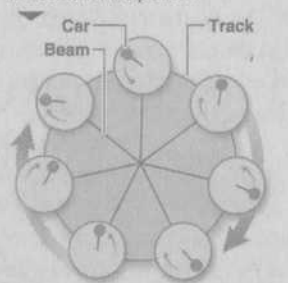
The physics of the Tilt-A-Whirl

The unpredictable jerky movements of the Tilt-A-Whirl are rooted in simple geometry.

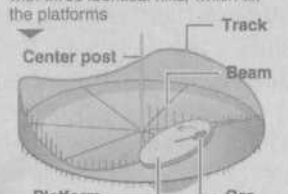


Side view of a typical Tilt-A-Whirl

A rider sits in one of several cars, each mounted on a circular platform and free to pivot around the center of the platform.



Platforms, in turn, move at a constant speed along a track with three identical hills, which tilt the platforms.



So the platform movements are perfectly regular, but riders' small motions can add to the unpredictability of a whirl.

Source: Richard Kautz and Brel Huggard, American Journal of Physics. Graphic: Sacramento Bee © 2010 MCT

Blogging tips for those who love to share their love of food

Anne BROCKOFF
MCT

Giant chocolate sugar cookies and cherry tules. Mini black and whites and fig pin-wheels. Peanut butter and jelly bars.

Sound like too many cookies?

Not for Andre du Broc of Kansas City, Mo., who's baking his way through "Martha Stewart's Cookies" (Clarkson Potter, 2008) to fulfill a pledge to donors for AIDS Walk Kansas City.

Du Broc plans to bake all 175 recipes by year-end, chronicling his efforts on Too Many Cookies (toomanycookies.

wordpress.com). Du Broc, who worked as an actor and circus clown before joining Hallmark, aimed to raise \$3,000 before the April walk. The cookies did the trick - more than 80 friends from as far away as Scotland donated \$4,400.

Photos from Stewart's book accompany each entry, as well as a snapshot taken by du Broc, to show both what he was aiming for and what he achieved.

"The photos are tongue-in-cheek," du Broc says. "They're what the cookies look like when you bake them in your own kitchen."

Du Broc is among a growing number of enthusiasts training their cameras on food. Home

cooks, culinary tourists, farmers market shoppers and restaurant diners are all snapping pictures of what they're cooking and eating, often posting the pictures on web sites, blogs and online photo albums.

Many times the photos are good. Too often, they're not. Beautiful, memorable food can easily be washed out by a flash, go blurry or get lost in the clutter.

"Food is very, very hard to photograph," says Ben Pieper, who created Four Foodies (fourfoodiesblog.wordpress.com) with his wife, Kim Pieper, and friends Mark Morton and Jane Kortright. "It's amazing how quickly it can be gross."

They launched the blog in September 2009; it drew 10,000 visitors in its first six months. All the food is cooked at home, photographed and then eaten. It's enticing stuff, whether the foodies are demonstrating how to cut matchstick vegetables, making risotto or finishing a serving of blueberry cobbler.

And it works, says Pieper, who opened his own photography studio last year.

"Blogs with strong photography definitely have more circulation," he says. "It's like going out to eat. The first thing you do is eat with your eyes."

PROFESSIONAL PRIMPING

That's because photography is a powerful tool, says David Morris of David Morris Photography in Kansas City, Mo. To use it effectively, you must know what you want to say and how you want to say it.

"It's all about communication," he says.

When Morris works with clients such as McDonald's or Applebee's, he meets with other creative staff to decide exactly how a photo will look and feel, from the number of slices of meat on the sandwich to the color of the plate.

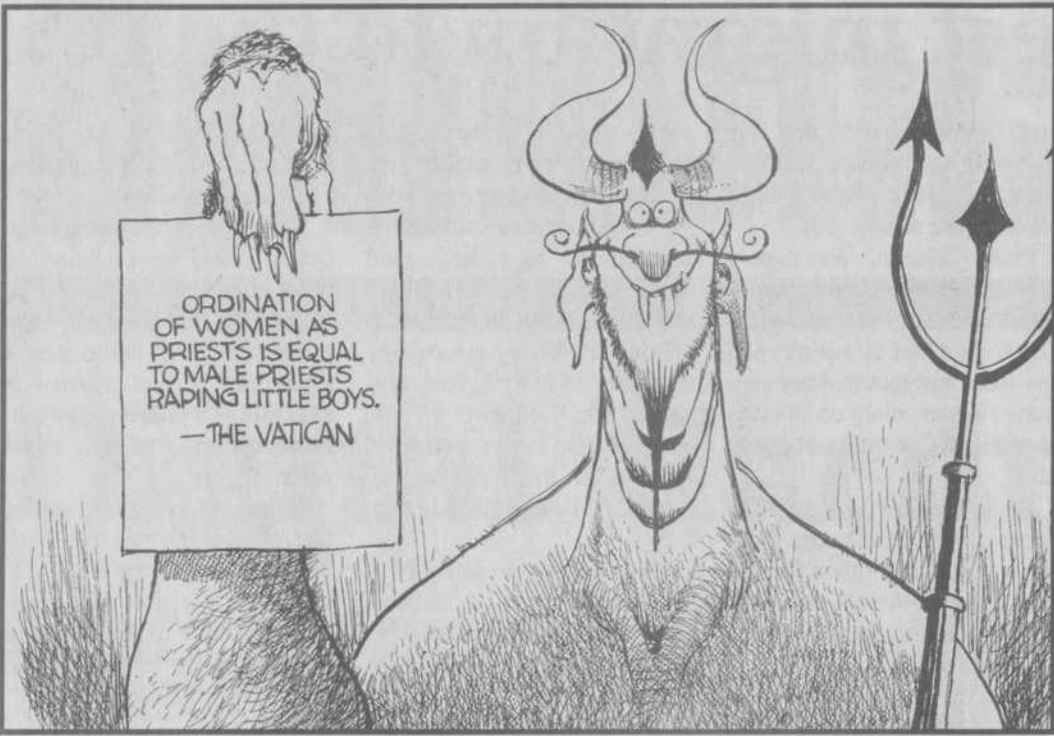
The day of the photo shoot, there may be as many as 10 people on hand, from a photographer, food stylist and pro-

duction coordinator to various assistants, advertising agency representatives and clients. They'll spend hours arranging the food, choosing props and prepping the image.

"It's not uncommon to do just two or four shots in an 8- to 10-hour day," Morris says.

That's partly because it takes time to make food look the part. Vicki Johnson, a freelance food stylist based in Leawood, Kan., recounts frying batch after batch of french fries to sort out enough "heroes" for a photo, and going through 20 hams while trying to get the perfect shot of one being sliced.

See Food on page 7



“Look, it’s my job. Besides, I actually liked your mother.”



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HELP WANTED
 “The Ultimate Tan is now accepting applications for Part time counter associates. Apply in person at The Ultimate Tan 1909 W Springfield next to Blockbuster Video”

Carpooler Wanted
 Living in Danville and looking for someone to carpool to Parkland this fall. Will help with gas. Please call 630-546-0167 for more information.

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7/25/10

ACROSS

- “Two and a Half ___”
- “According to ___”
- Crime drama series
- Turner or Fey
- ___ Ortiz of “Ugly Betty”
- Holbrook or Linden
- Lt. ___ Van Buren; S. Epatha Merkerson’s “Law & Order” role
- DVD player’s ancestor
- Fluid added to a stamp pad
- Actor on “CSI: NY”
- Acapulco gold
- Assistance
- Lead actress in the film “Vertigo”
- Mr. Severeid
- Prior to, in poetry
- Haile Selassie’s nation: abbr.
- Zsa Zsa’s sister
- Orderly
- News journalist Harry
- Actress Peeples
- ___ Fields of “The Facts of Life”
- Newsmagazine series
- O’Brien or Boone
- Fraternity letter
- ___ to; totally engrossed in
- Bit of soot
- Paul’s cousin on “Mad About You”
- ___ out a living; gets by
- Actress ___ West
- Actor ___ Gulager
- “The ___ Commandments”

DOWN

- “A Beautiful ___”; Oscar winner
- City in Oklahoma
- “Face the ___”
- Coffee
- One of twelve in a foot
- ___ Conchita Alonso
- “All My ___”
- Laura ___ Giacomo
- Sort; variety
- Edison’s monogram
- Prefix for space or dynamics
- Blanket
- Fib
- Actor Berry of “Mama’s Family”
- Roma Downey’s birthplace: abbr.
- “___ Boys”; short-lived Steve Harvey sitcom
- “I can’t believe I ___ the whole thing!”
- Military uniform fabric
- “___ Got a Secret”
- “___ 54, Where Are You?”
- Tamera Mowry’s twin
- “___ Along with Mitch”
- Breakfast order
- Upper room
- “My Name Is ___”
- Hawaiian feast
- Heat in the microwave
- “Never ___ Kissed”; Drew Barrymore film
- Music store purchases, for short
- Shriver or Dawber
- “Not ___ Stranger”; Sinatra movie

Solution to Last Week’s Puzzle

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The past week in sports

McClatchy-Tribune
NEWS SERVICE

The day's purpose is to address expectations for the upcoming football season, and Kansas coach Turner Gill is willing to cooperate—just not in the way you'd expect.

Traditionally, this task is accomplished by looking at a team's number of returning starters and the perceived difficulty of its schedule, among other factors. The Jayhawks have no proven star power on their roster and their nonconference slate bares some teeth.

Kansas football is a July darling no longer; but Gill showed early on during his debut at Big 12 media days this week that he is not going to overanalyze these kinds of topics.

Training camp doesn't open for another two months, but Charlotte Bobcats owner Michael Jordan already is on the Heat's bulletin board.

Orlando general manager Otis Smith, essentially has reserved his spot with recent critical comments about how Miami's roster came together this summer.

So when Washington Wizards point guard John Wall sized up the prospect of facing Dwyane Wade, LeBron James and Chris Bosh, the No. 1 pick in last month's NBA Draft responded like a player more advanced than a rookie.

"You can't be scared to face those guys, no matter what you see when they walk on the court," Wall said. "I've looked



Chicago Bears quarterback Jay Cutler talks to the media as players reported to summer training camp at Olivet Nazarene University in Bourbonnais, Illinois, Thursday, July 29, 2010.

Phil Velasquez/Chicago Tribune/MCT

up to LeBron, taken a lot of advice from him. Same with D-Wade. Being a rookie coming in, you're used to cheering them on. But now I'm not a fan anymore. I've got to play them. You can't be intimidated."

Billy Wagner pitched the entire 2005 season for the Phillies not knowing what uniform he'd be wearing the following year. There were some talks about an extension that lurched forward, then retreated.

Outwardly, it didn't seem to bother Wagner. He had a terrific year then cashed in when he hit the free-agent market, eventually signing a four-year, \$43 million contract with the New York Mets.

When they are in a contract

year, players ritually deny the fact that millions of dollars could be at stake ever enters their minds.

They will be making final preparations on campus at Olivet Nazarene University this week for the arrival of the Chicago Bears on Thursday, but no trapeze will be hung.

The Bears won't need one for the high-flying act new offensive coordinator Mike Martz is bringing with him, the cause for as much anticipation this summer as there was a year ago with the arrival of quarterback Jay Cutler.

Retired long-track speedskater Derek Parra, the first Mexican-American to win a medal in the Winter Olympics,

believes racism persists in the U.S. because parents are reluctant to introduce their kids to cultures other than their own, opting to stick to what's familiar.

Anfernee "Penny" Hardaway was in Memphis, working out in a gym and calling into The Bottom Line Sports Show, an Internet radio program he co-hosts, announcing he wanted a chance to try out for the Miami Heat after their acquisition of all-stars LeBron James and Chris Bosh.

"I can understand where Michael Jordan was coming from coming out of retirement a couple times, I can understand where Brett Favre is right now," Hardaway said

on the show. "When you still have something in the tank, it's really hard to let it go."

Miami was the last team Hardaway played for, in 2007, but Orlando will always be home to his best days of professional basketball.

Despite their own marred exits, Grant Hill, Doc Rivers and Shaquille O'Neal still keep close ties to the Orlando community.

But Hardaway seemed to have dropped completely out of view.

U.S. Senate candidate Rand Paul recently landed in hot water for saying that the landmark 1964 Civil Rights Act may have overreached, in requiring private businesses to treat customers equally regardless of race. Paul, a libertarian who is running for the Senate seat being vacated by Kentucky Republican and Hall of Fame baseball pitcher Jim Bunning, quickly clarified that he would not support any efforts to repeal it.

By the mid-1960s, federal efforts to end discrimination were focusing especially on states in the South. But well before then, states had been enacting anti-discrimination laws, and racist behavior was also addressed in a range of court decisions and federal statutes. The history of discrimination in organized baseball, which, most notoriously, kept black players out of the sport from the late 19th century and into the 1940s, can be loosely tied to those court

and legislative rulings. But the mix of decisions and statutes may have had a more direct effect for the worse and then for the better - on the 19th-century player considered its most notorious racist and purveyor of intolerance, future Hall of Famer Adrian "Cap" Anson.

The Dodgers attract fewer fans to their stadium than they did three decades ago.

And, despite three trips to the playoffs in the past four years, one in five tickets has gone unused in that time.

The attendance figures, part of a court filing in the divorce between Dodgers owner Frank McCourt and his estranged wife, Jamie, provide rare insight into a question Major League Baseball hasn't answered in 17 years: How many people attend games?

In 1993, in consolidating business operations between the National League and American League, MLB standardized the definition of attendance as tickets sold, not tickets used. The NL clubs, including the Dodgers, previously had announced the turnstile count.

The Dodgers drew a record 3.6 million fans in 1982, one year after beating the New York Yankees for the World Series championship. The Dodgers have surpassed that mark in each of the past four years under the MLB definition of attendance.

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McClatchy-Tribune
Information Services

FOOD

continued from page 5

Food changes as it cools down, warms up or simply sits waiting for its turn in front of the camera. Sesame seeds fall off, so Johnson glues them on. Blanched and cooled vegetables are added to stews at the last minute, because fully cooked veggies get mushy and lose color. Sauces get a dose of glycerin to keep them looking warm without skinning over. Peaches that aren't peachy enough get a smudge of lipstick.

"We pick up where nature left off," Johnson says.

While such extreme primping isn't necessary at home, it's worth paying attention to the plate. Johnson recommends simple serving dishes, preferably white, instead of floral or patterned ones. Remove extra silverware, countertop appliances and other clutter. Photograph each course separately, rather than piling everything onto a single plate.

Perk things up with a sprig of fresh herbs, but avoid the elaborate and heavily garnished platters that were the hallmark of 1970s food photography. The Spartan plates of 1980s nouvelle cuisine are also

passe.

Be sure to wipe drips off the edge of the dish, but don't worry too much about it - food that looks so perfect it could be plastic went out with the 1990s, Johnson says. Food photography today includes enough crumbs and crinkles to make it look real.

"Perfect imperfection," Johnson calls it.

SPIFFING UP AN IMAGE

So how do you capture that artful image? Start by reading your camera's manual, says Beth Bader, who keeps the Expatriate's Kitchen (expatriateskitchen.blogspot.com).

The blog, which started in 2004, champions local food and features vibrant photos of deconstructed knobby heirloom squash, calmondin limes and many of Bader's original recipes.

Photos create excitement, Bader says. So much so that her blog has drawn tens of thousands of page views and earned a book deal - the Cleaner Plate Club, co-authored with Ali Wade Benjamin, whose blog is Ali's Cleaner Plate Club (www.cleanerplateclub.com). The pair met in cyberspace and, although they are working on



Professional photographer David Morris gives tips to Andre du Broc on how he can improve photos for food blog, such as using soft window light and a metal pan to reflect light, in Kansas City, Missouri. (David Eulitt/Kansas City Star/MCT)

a book together (due in 2011), they've never met in person.

Bader is a trained photographer and chef, which is why she can make even a plate of cabbage and bacon pasta look gorgeous. But she has easy pointers for the rest of us, too. Once you know what all your camera's buttons are for, you can abide by Bader's No. 1 rule: turn off the flash.

"That ugly, straight-on flash is so harsh," Bader says.

Instead, photograph food near a sunny window, or take the plate outside (avoid the hours between 10 a.m. and 2 p.m., when overhead sun creates hard shadows). Drape a white tablecloth or dishtowel behind whatever you're photographing to soften and reflect the light.

Or, in a pinch, use a madeleine pan. That's what Morris suggested when he went to du Broc's midtown home to help photograph cookies at The Star's request.

"We looked through my pantry to find a pan that reflects light back on the cookies to get rid of the shadows," du Broc says.

It's harder to control lighting at night or in restaurants. Your best bet, the pros say, is to turn off the flash and use manual camera settings and a tripod. Or backlight your subject by placing it in front of a window or strong light, Pieper suggests.

Composition is also important. Fill at least two-thirds of the frame with the image, focusing on the most vivid aspect of the food. Morris suggested du Broc shoot a batch of sugar cooling cutouts on the metal slitting rack, shifting the frame slightly to include part of the rack's foot to give it per-

spective.

For more ideas, Morris recommends studying photos in magazines and cookbooks and on web sites, thinking about why you like or don't like them. (Donna Hay, an Australian food editor and cookbook author, Martha Stewart and Better Homes & Gardens are among his favorites.)

Du Broc had expected better photography would take extra time, space and equipment, but his one-hour session with Morris proved how simple it can be. Now, du Broc says, his photos will more accurately depict all those cookies he's baking.

"I'm doing a better job with my photos and showing the cookies in their best light," du Broc says. "A lot of people following the blog have said 'thank you.'"

Anne Brockhoff writes from her farmhouse outside of Kansas City and blogs at fooddrinking.wordpress.com.

People used to take pictures of each other in restaurants. Now they photograph the food.

"I have noticed over the years a significantly larger number of people wanted to photograph the food," says Robert Krause, chef and owner of Esquina in Lawrence. "We're seeing more and more people who are not just interested in food, but consumed by the food world."

Photos wind up on Flickr, where more than 6 million images are tagged "food," and social media sites like Facebook and Foodspotting. They run alongside amateur reviews on Yelp, Urban Spoon and Chowhound. They get e-mailed and uploaded to blogs.

Taking pictures is fun and helps you remember and share a culinary experience, people say. But is it polite?

During a month of experimental picture taking in area restaurants, I got reactions ranging from indifferent to welcoming. At Esquina, friends held up baskets of tacos and suggested different angles. People barely noticed

at Happy Gillis. At R Bar, in the West Bottoms, I did ask permission before photographing Shawn Moriarty shaking up my cocktail. Not only didn't he mind, he posed briefly with a bottle of Luxardo Maraschino liqueur.

"People take pictures all the time," he says. "It's fine."

Still, there is that question of etiquette. You can't assume that everyone is pro-photo. So play it safe by following these few guidelines:

First, turn off the flash. Flash photography is distracting to other diners, especially if you're in a dimly lit bar or the restaurant has a more subdued atmosphere. Besides, camera flashes are harsh and can wash out the food, making it look unappetizing. No flash might also mean better pictures.

Stay seated. Standing up, kneeling on a banquette, carrying your food to a more picturesque spot - all can be disruptive to your companions.

Plus, the more you move around, the longer your food sits on the plate, growing lukewarm while waiting to be eaten.

Ask permission. If you plan to photograph each course, first ask your tablemates if they mind, especially if you want to photograph their food, too. The same goes when taking pictures of the chef, server or bartender. If the restaurant has rules regarding photography, be gracious enough to abide by them.

Finally, remember why you're there. As much fun as it is to photograph a beautiful dish, don't forget the best part of why you went to the restaurant in the first place - to eat.

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OPEN AUDITIONS

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Anxious about what to pack for your college kid's dorm? Stop loading up the minivan. Our get-organized primer tells what your student really needs.

Dorm do's and don'ts



BY ERIN WHITE
MCCLATCHY
NEWSPAPERS

TIM BEDISON/FORT WORTH
STAR-TELEGRAM/MCT

2. REMEMBER: LESS IS MORE

Now it's time to start packing. Universally, the experts we spoke with had one piece of advice: Pack light.

Craig Allen, director of residential services for Texas Christian University says, students don't need as much as they think they do. Allen likes the idea of breaking the room down into categories and listing a few must-haves, such as:

- **Clothing**
- **Bedding:** 2 sets of extra-long twin linens, at least 2 towels, a blanket
- **Personal items:** hair dryers, curling irons and other electronics; plastic dishes and cutlery
- **Personal-care:** toiletries, cosmetics, a caddy, flip-flops and bathrobe if the bathroom situation is communal
- **Cleaning supplies:** Clorox wipes or paper towels and spray cleaner, laundry detergent
- **School/desk supplies:** alarm clock, pens, pencils, calculator, personal computer, non-halogen desk lamp, flash drive, notebooks
- **Decor:** personal mementos, like pictures, 3M Command Strips for hanging them
- **Extras:** sewing kit, first-aid kit

It's a sparse list, Allen says, but realistically, your student won't need much more than that.

"There's this panic that, 'Oh my God, I'm going to be without my lava lamp!' and it's kind of absurd," says author Harlan Cohen. "People really need to chill out."

Both Allen and Cohen recommended taking only the absolute essentials and then allowing at least a week of settling-in time so the student gets a better idea of what he or she will really use.

Cohen even recommends going as far as separating belongings into three piles: the essentials, things you'd like to have and things you'll take if there's space.

Pack all the essentials, he says. Then box up the "like to have" so Mom and Dad can send it later, if needed. Don't even think about taking the maybes.

And resist the urge to buy the entire range of storage containers formulated for college dorms.

Thinking about getting your first-time college student packed for dorm life can overwhelm even the most organized parent.

Plenty of retailers are ready to chip in with advice — Bed Bath & Beyond, Target and Wal-Mart issue lists of "essentials" for your student. Most of these lists take a great approach to organization, breaking down potential items into categories (personal care; bath; linens; entertainment) that make the planning more

manageable. And the lists often suggest items that parents and students might not think of otherwise.

Retailers' lists also might tend to suggest more purchases than necessary.

Fueled by parental love and anxiety, you may tend to load up on stuff. But will all that gear actually fit into your kid's tiny new living space?

We've rounded up expert advice on how to figure out what you really need to buy and from where.

1. GATHER INFO ABOUT THE SCHOOL AND DORM

Take a deep breath. This isn't as difficult as you think, says Harlan Cohen, author of "The Naked Roommate: And 107 Other Issues You Might Run Into in College," a humorous advice book for first-time college students.

Visit the school's Web site or call the housing office to find out what's provided and, equally important, what's on the "don't bring" list.

"A lot of times, the university will provide a list of supplies that is really, really helpful," says Deborah Hohler, retail expert for Upromise.com, which partners with retailers to help parents and students earn purchase rewards toward college savings and student loans.

The school list is smaller than commercial lists and more thoughtfully constructed, with the student and institution in mind, she says.

Craig Allen, director of residential services for Texas Christian University, echoes students who have followed commercial lists bring in (and then cart out) forbidden items.

"They're going to tell you to get your toaster oven, your coffee pot, your George Foreman grill, a halogen desk lamp," he says. "We're not going to allow those things."

Try to learn as much as you can about the dorm room your child has been assigned. This will

help you determine a) how much you can realistically fit and b) what type of extra storage you want, if any, says Barry Izak, an Austin-based professional organizer and past president of the National Association of Professional Organizers.

Another option is to have your student get on Facebook or MySpace to track down a residential adviser or peer counselor. Or you can call the school's residential life office to be put in touch with someone. Students are an excellent source of information.

Some Web sites, such as www.askaboutcollege.com, can virtually connect your child with a student at his or her chosen school if one is available.

DON'T FORGET...

Although our experts cautioned strongly against packing too much, they did offer a list of helpful items that people often forget.

- Sewing kit
- First-aid kit
- Plastic dishes
- Febreze
- A window shade dark enough to block sunlight
- Rolls of quarters for laundry (check ahead; some schools have laundry facilities that use students' college debit cards instead)
- A noise-blocking set of earplugs for studying and sleeping
- Removable hooks to hang towels, accessories, robes, etc.
- Tide markers or Shout wipes

5 THINGS TO KNOW ABOUT PACKING

1. Underpack. You can always buy things later or have parents send them.

2. Before you start buying, check with the school. It should have a list of suggested items as well as a list of prohibited ones.

3. Bring plenty of adhesive hooks, like 3M Command Strips — those removable hooks that attach to the walls with adhesive. They're useful for everything from hanging scarves and baseball caps to serving as a makeshift drying rack for towels and bathrobes.

4. Seriously consider whether to bring furniture, like an extra chair. Dorm-room experts

advise against it, particularly if you're not re-organizing room space by doing something like adding a loft. "We see a lot of furniture go into rooms and then an hour later Dad is looking unhappy carting it back out because they've realized they don't have room for it," says Craig Allen, director of residential services at TCU.

5. Protect your valuables. Engrave initials or a driver's license number on iPods, mp3 players, video game equipment and cell phones and label DVDs, CDs and the like. Consider getting a footlocker for gadgets and other valuable personal items.

3. BUY IT LATER

In fact, you might consider resisting the urge to buy at all.

The experts point out that most colleges are near the same Targets, Wal-Marts and Container Stores you'll hit before you leave.

"Unless you're going to Notre Dame in South Bend, Ind., you can probably find exactly what you would have found at home," says Blake Lewis, founder of askaboutcollege.com.

If the student does need something, zipping out to buy it — or purchasing it online and having it shipped — is easy.

Texas Christian University's residential director Craig Allen, says many students wait until they arrive on campus to buy bedding so they can coordinate with their roommate. And they can certainly wait to buy bulkier items, like mattress pads.

It's true that stores can sometimes run out of popular items during the return-to-campus rush, but, as Allen said before, living without a mattress pad for a week isn't the end of the world. And, depending on the item, the student might find he doesn't really need it anyway.

Another way to save some room in the car: Have items shipped. This requires careful coordination, but it can be a godsend if your student has to fly. You can order bedding, decor, etc. online. Contact the college to find out whether shipments can be sent in advance or if there is a local company that handles storage for advance shipments.

Also, remember that your student is most likely going to make a trip home in the near future. That means he or she can pack seasonally.

This probably goes without saying, but make sure your student talks with his or her roommate beforehand to avoid doubling up on space-stealing items like televisions and stereos.

And think seriously about leaving furniture at home. Allen says that's one of the top things he sees go into rooms and then come back out again on moving day.

"Anything that's not in the student's bedroom at home on a regular basis is probably something they're not going to need in the residence hall," Allen says.