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Ten tips from the Parkland survival guide

Sean HERMANN
Publication Manager

The fall semester is now upon us. To some this is just another brick in the wall, but to many of Parkland's newcomers, it can be a frightening experience. To help ease the anxiety of learning the ways of Parkland, the Prospectus has come up with ten tips on how to survive the semester.

1. How to get to Parkland – Before learning the ins and outs of Parkland, it might be helpful to know how to get to there, first. There are numerous ways to make it to Parkland, some safer than others and some less stressful but in any case it's nice to have options.

One option would be to drive. While driving may seem like a simple and easy choice, there are a few helpful hints to get you where you need to go, and fast. Be sure to leave for Parkland a bit earlier than you might expect. This will give you extra time to blow at the many stoplights around town and more time to find your way to the right parking lot, let alone the right classroom. Once you become comfortable with a certain route, feel free to experiment with different routes and time yourself to see if there is an even quicker way.

A general rule of thumb is that the earlier you leave for class, the more likely you are to find a better parking spot. Waiting until the last minute to leave for class can leave you, well, without a good parking spot and could cost even more time. Another great tip for

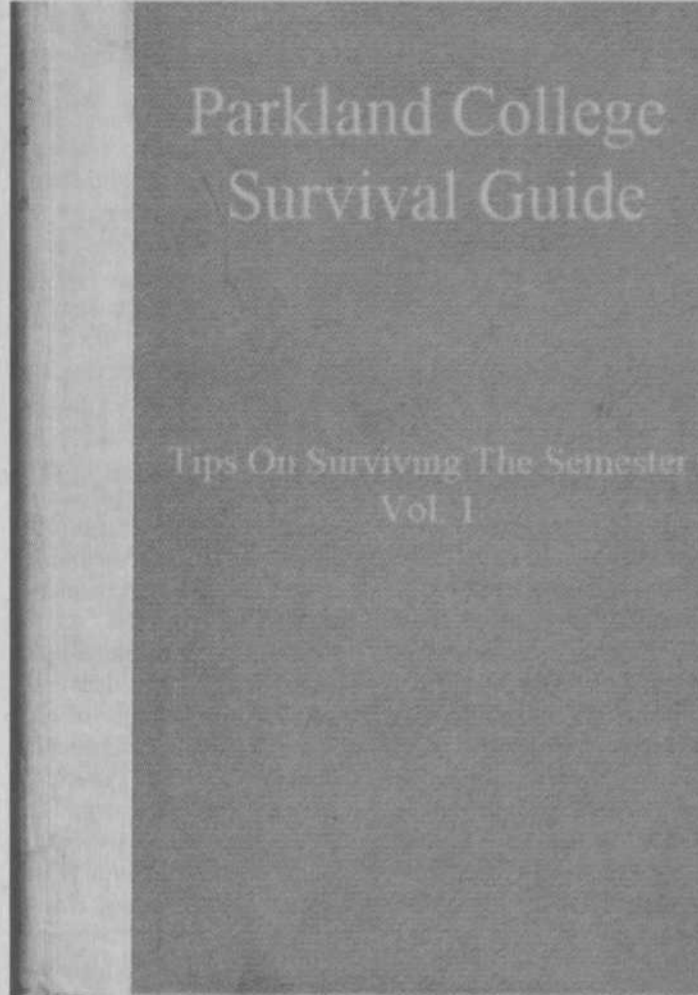
transportation by car is to car-pool. This can save money on gas, provide some extra time to socialize and can even get you where you need to be on time (given that your driver is more on time than you.)

Taking the MTD is another great option for those who want to save on gas money or would rather not walk or bike to Parkland. Get to know the routes that come close to you and make sure and get to your bus stop sooner rather than later. Sometimes the busses will come a few minutes off schedule so it's best to be prepared, unless you like getting left behind, of course.

Walking is always a great option for those who love the outdoors and live within walking distance of course. Walking is not only healthy but relaxing as well. Who doesn't enjoy walking in the sun with a nice cool breeze? The only con is that walking could take awhile, so be sure to leave early.

One last option is great for those who love the open air, biking. Riding your bike to Parkland is another healthy option, plus you can enjoy the fall weather, all while getting where you need to go just a bit faster. Be sure to take a bike lock or have a safe place to store your bike while class is in session so you don't lose your ride.

2. Finding your way around Parkland – Parkland can look monstrous to those who have not navigated the campus and its many classrooms. One great tip is to simply be brave. If you don't know where you are going, just ask! There are



plenty of students, faculty, and staff that can help you get to where you need to go, just look for the red shirts or nametags. Don't be embarrassed; everyone has had to learn it eventually. Arriving on campus a few minutes early is another great tip. By arriving early, you give yourself extra time to find the bookstore, the library and even your classes.

3. Managing your time – The key to managing your time is simple: work hard, play hard. College is a great new experience and there are a lot of new

places to hang out, things to do and people to see. Just remember to keep your priorities straight. Get your homework done and study for your tests first. Then, you can do all of the fun stuff your heart desires!

4. Staying on top of deadlines – College = responsibility. There will be plenty of assignments handed out, fees that need to be paid, and transcripts that need to be sent. All of these will be due at an inconvenient time for you. The best piece of advice as far as making deadlines is to look into what all

you need to do by the deadline, where you need to submit your work and how much time you will have to do it. Take the initiative to finish everything early. Submit everything (especially if it needs to be mailed) as early as you can. That way if something happens to pop up or the mail is delayed, you won't have to sweat it because you already have everything taken care of.

5. Studying, and the best place to do it! – Face it; studying is something you can't shy away from in college. Even if you've taken the class a handful of times and "know everything there is to know" about a subject, you must not be doing something right if you're enrolled in that course for the fifth time. There are many great places on the Parkland campus and around town in which you can make the most of your studying time.

The top five places to study: The Parkland Library, which consists of an endless sea of books, computers, quiet study areas, and multiple levels to situate yourself in, is a top pick for those who enjoy a quiet spot.

The third level of the X-wing is number two. We're not talking about the Star Wars starfighters here. The third level of the X-wing is a nice, quiet, desolate place to indulge in your gigantic history textbook. Don't believe us? Go see for yourself!

Another great choice for places to study is the Champaign Public Library. For those of you who live around downtown, this might be the best place for you. The Champaign

Public Library is exactly what Parkland's library provides, but just a tad bigger and a little more spacious.

Great study place number four is Espresso Royale. With multiple locations and a vast selection of drinks and treats, Espresso Royale serves those who enjoy sipping on a latte while preparing for a quiz almost perfectly.

Last but not least is McAllister's Deli. While it may not seem like an ideal place to study, McAllister's is actually very convenient for those residing in northern Champaign, and they even have unlimited refills on sweet tea, all day, every day. What's not to enjoy about endless sweet tea?

Wherever you chose to take care of that studying, just remember our third tip and get that studying done first before doing anything extra-curricular.

6. Counselors and how to make the most of your visit – One of the most important tips in visiting with counselors is to do some research on your classes first. Figure out what your goal is first. Do you want to transfer? Earn an Associates Degree? Are you taking just a few classes? If you know in advance of what your goals are, the easier it will be to pick the right classes for you. If you are transferring, look into potential 4-year universities and see what their requirements are.

Sometimes counselors will pick what they think the best class will be for you, but sometimes that isn't really what you need to accomplish your goals.

See College on page 4

Families are going to great lengths to pay for college

Kara MCGUIRE
MCT

Jill Jerdee knows firsthand the value of a college degree. She doesn't have one. "Doors close because I don't have a college degree," said the 43-year-old from Osseo, Minn. That's why she's encouraging her kids to attend college no matter the cost. "It's going to be like \$120,000, \$130,000 for four years. But you need it," she said of a college diploma.

The Great Recession has prompted families to rethink their priorities. But they're still sending kids to college, although they're having to borrow more, dig deeper into savings and change the way they live to pay for escalating costs. That's the message from the third annual Sallie Mae-Gallup "How America Pays for College" study released Tuesday.

"Families over the last three years, even though they're cutting back in other areas, are continuing to believe it is an investment," said Sarah Ducich, Sallie Mae's senior vice president for public policy. "We expected to see some erosion there but we have not."

A whopping 81 percent of parents and 84 percent of students surveyed this year strongly agree that college is an investment in the future, unchanged from 2008. The majority of parents continue to believe college is so important that they're willing to stretch financially to send their kids to school. Of the families surveyed, 99 percent said they took at least one step to make college more affordable.

"Families are telling me, 'We're not taking vacations, we're not allowing our son or daughter to take a car to school. We've cut back,'" said Stuart Perry, director of financial aid at St. John's University. He also is hearing from more families who have run out of options. "They're saying 'I've been unemployed and we've gone through our savings and I don't have credit to co-sign a loan.'"

In those cases, families may qualify for more need-based aid. The school is also willing to accept tuition on a monthly payment plan, something "more families are considering," Perry said.

According to the report, families paid an average of \$24,097 on college related expenses - from tuition and textbooks to living expenses - in 2010. That's a 24 percent increase from the \$19,432 reported in the 2009 survey. Parent income and savings covered \$8,752 of that amount, followed by grants and scholarships, student borrowing and student income and savings. While gift money from family and friends made up the smallest piece of the pie, it is the fastest growing piece, increasing by 53 percent in just one year. Of course, a family's actual pie may look quite different from the average.

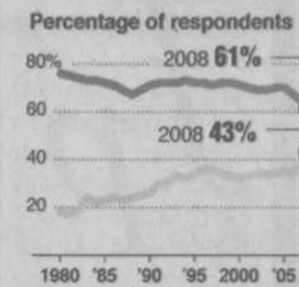
Middle-income families are most feeling the squeeze. The average family making between \$35,000 and \$100,000 paid \$7,149 from earnings and savings in 2010, an increase of 34 percent over 2009. Middle-class parents also borrowed about as much as families mak-

Expensive choices

As the amount of tuition loans rises, students deciding on colleges are increasingly weighing finances as a major factor.

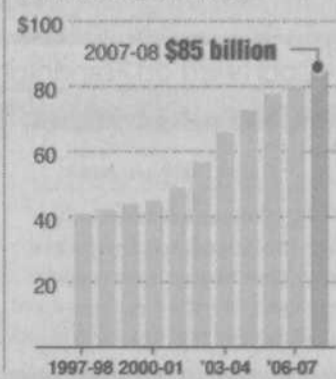
Choosing a school

— Attended "first choice" college or university
— Offer of financial aid "very important" to decision

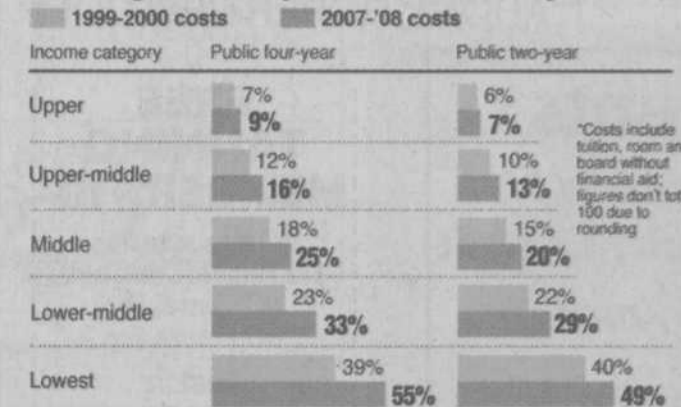


Total college loans

In billions of 2007 dollars



Net college costs as a percent of median family income*



ing six figures to help their student pay for school, the survey found.

Mike Bridgeman of Minneapolis said that with an annual cost of more than \$20,000 with all expenses factored in, he wouldn't be comfortable paying for his daughter to attend the University of Minnesota-Duluth if she didn't have a post-graduation plan to attend law school.

"A lot of kids graduate and

still don't know what they want to do," he said. But since she is focused, he willingly paid the \$6,000 yearly family contribution out of his paychecks. This year, he's tapping her college savings account. She also borrowed a small amount of federal loans, which he plans to help her pay back.

With the cost of college far outpacing the growth of non-loan financial aid, and the stalled economy dinging most

Americans' net worth, more families are racking up thousands in debt to get that degree. Americans are now on the hook for \$830 billion in student loan debt - a figure that surpasses the \$826.5 billion in revolving credit owed, according to analysis from Mark Kantrowitz, publisher of www.finaid.org. Some analysts fear student loans, which are nearly impossible to discharge in bankruptcy, will be the American consumer's next financial crisis.

Ronald Ramsdell, founder of College Aid Consulting Services in Minneapolis, said the economy is forcing his clients, who come to him while in high school to navigate the financial aid process, to tap sources they wouldn't have considered in the past. Some are turning to family and friends for assistance. Others are tapping retirement accounts. A few have resorted to paying for college by borrowing against a stock portfolio.

"I've been doing this for 20 years and I've never seen things this bleak," Ramsdell said.

Six percent of those surveyed took a retirement savings withdrawal averaging \$8,554 to pay for college costs last school year. The same percentage of respondents resorted to putting an average of \$4,943 on a credit card. Surprisingly, 4 percent of those surveyed managed to tap an average of \$11,204 in home equity to pay for college, even though tighter credit conditions and declining home values shut off this option for

many families. The good news is that more families are using college savings to pay the bills, indicating that some parents have planned ahead.

It wasn't possible for Jerdee and her husband, Bruce Cedarholm Stariha, to put money away for college, especially after the store he managed went out of business. So they're helping their kids in other ways. She cosigned loans for their eldest son, who is a senior at Bemidji State University. They're letting their son Jake Letofsky live at home rent-free while completing his general requirements at North Hennepin Community College, a decision that will save him thousands of dollars toward the nursing degree he plans to pursue at Winona State University. Like Jake, 43 percent of students reported living at home to reduce college costs. Thirty percent are trying to finish school in fewer semesters.

Although most students believe they need a college degree to earn more money and work in their chosen field, some are beginning to question whether an education is worth the hefty price tag. Only a slight majority - 53 percent - of those surveyed in 2010 feel college is worth the cost; 62 percent thought a degree was worth it in 2008.

(c) 2010

Star Tribune (Minneapolis)

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 News of the Weird

Lead Story

Woody Allen Joke Come to Life: Shirley Anderson, 71, is suing her son Ken, 46, in Vancouver, British Columbia, for parental support – even though she and his father had abandoned him when he was 15 (having one day just picked up and moved and, as in Mr. Allen's joke, "left no forwarding address"). An archaic 1922 law in British Columbia obligates adult children to support "dependent" parents, and in 2000, Shirley sued, demanding \$350(Cdn) per month each from Ken, who is a trucker, and his four siblings (three of whom were at least 17 when the parents left and not considered "abandoned"). A judge awarded token interim support pending a final resolution, which after years of paperwork and delay was to come in early August but has been postponed once again.

The Continuing Crisis

We Have Rules! A team of anglers from Hatteras, N.C., had first place wrapped up in the prestigious Big Rock Blue Marlin Tournament in June, salivating over their \$1,231,575 prize money (including a bonus for single-largest catch), when judges discovered that one member of the Hatteras crew, Peter Wann, had not gotten a \$30 North Carolina coastal recreational fishing license before their boat pushed off that day. Under the rules, the entire team was disqualified, and the runner-up, from Cape Carteret, N.C., got the money.

They Don't Make "Drug Lords" Like They Used To: Widely feared Jamaican drug kingpin Christopher "Dudus" Coke was arrested in June and extradited to New York City after being picked up wearing women's clothes and a 1970s-style Afro wig too small for his head (with a pink wig on standby). The Jamaica Observer reported that Coke wet his pants as he was arrested.

"(A) new high point" in electoral politics in Philadelphia occurred this spring, according to the publisher of Philadelphia Gay News, when openly gay state Rep. Babette Josephs "outed" her primary opponent Gregg Kravitz as straight. According to Josephs, the heterosexual Kravitz was posing in Josephs' gay-friendly 182nd District as bi-sexual. Kravitz said he is "attracted" to both men and women and found Josephs' comments offensive.

Charmed Lives
 Recently while visiting her childhood home of Bishop, Texas, Joan Ginther won a Texas lottery drawing for the fourth time, taking home a \$10 million first prize to lift her career Texas lottery win-

nings to \$20.4 million. (By then, she had already moved to Las Vegas.)
Thinking Large

Northern Ireland farmer William Taylor introduced his prototype Livestock Power Mill recently and claimed that the world's 1.3 billion cattle, using treadmills for eight hours a day, could produce 6 percent of the world's electricity requirement. (The cow must keep walking to avoid sliding down an incline.)

California gubernatorial candidate Douglas Hughes proposed this year to solve the state's child-molestation problem by developing an island 30 miles off the Santa Barbara coast to contain the state's pedophiles, who would, according to The Daily Caller, "write their own constitution, build their own infrastructure and maintain a society."

Avoiding Marriage, the Hard Way: A female lawyer from Puri, India, in her mid-30s told The Times of India in July that she recently underwent gender-reassignment surgery in part to avoid the male-female marriage that her parents were arranging for her: "I did not want a family life which is being forced on girls in our society."

The Power of Books: Speaking to the city council of Crestview, Fla., in July, the founder of the local "Protect Our Children" citizens' group said her son (whose age was not revealed) had "lost his mind" when he looked through the violent Japanese "manga" graphic novel he found on open stacks in the Crestview Public Library. "Now," she said, "he's in a home for extensive therapy."

Just before the World Cup matches, North Korea issued a public demand for compensation, blaming the United States for almost every single misfortune suffered by the country in the last 65 years. Its official news agency assigned the U.S. responsibility for 5 million people injured, kidnapped, missing or killed – as well as for economic damages resulting from U.S.-led trade sanctions. According to the news agency, America can atone for the losses by sending North Korea \$65 trillion.

Killers frontman Flowers shows songwriting chops while trying out solo material

August BROWN
 MCT

Will Brandon Flowers be the last great rock songwriter to make it in pop music?

On its face, that's a silly question - as long as there are disaffected teenagers and cheap guitars, at least a few of them will become stars. But the list of mainstream rock bands that emerged in the 2000s and can fill arenas is witheringly small, and Muse and Kings of Leon seem more interested in prog wonkery or over-earnest sex jams than the kind of witty, hook-nimble arena pop that Flowers and his colleagues in the Killers have honed since 2004's "Hot Fuss" and took to Coachella's headlining slot in 2009.

Flowers is kind of an Omega Man for the idea that guys in bands can still get pop radio play. By and large they can't anymore, and the kind of songwriting mind that tosses off perfect, playful choruses now takes to Dr. Luke's gum-snapping technopop instead.

So it's all the more interesting that the Roxy Music pomp and skewed Bowie balladry of his debut solo album "Flamingo" feels both lost to its time and decadently stuffed with potential hits. At a small warm-up show at the Troubadour in West Hollywood on Tuesday, Flowers made the case for that very old kind of rock star's place in today's addled pop firmament.

Though he's dabbled in geyliner and the winking gilt splendor of his Las Vegas hometown, Flowers by and large played it straight and droll in his first L.A. solo outing. Dressed in a shimmering red shirt and black vest, Flowers had an appealing kind of alpha-male-wedding-DJ charisma. He introduced songs from "Flamingo" with a wry self-awareness of the soloturn exercise - "I've been told this is one of the standout sin-



Killers frontman Brandon Flowers performs during his debut solo performance at the Troubadour in Los Angeles, California, on August 15, 2010.
 (Wally Skali/Los Angeles Times/MCT)

gles," he said, introducing the post-punk stomper "Jilted Lovers & Broken Hearts," whose quality he had accurately assessed.

A small backing band and two harmony singers gave him room to command the tunes, and though his voice doesn't have the widest range or most lacerating expressiveness, it's the perfect vehicle for his kind of songwriting. Flowers has suggested that many of these songs were intended for a future Killers album (the band is on hiatus for a year), and it's easy to imagine the airy, Genesis-worthy synths of "Only The Young" and the doomed gospel of "Playing With Fire" finding room in that catalog. The set was purposefully light on actual Killers songs, with a faithful take on "Losing Touch" being the rare nod to his day job. "Flamingo" feels like a

songwriter's record, not a band's. The Killers would make room for a snazzy guitar lick or acrobatic bass run up front, but his solo turn is almost technocratically designed to make Flowers' melodies the main attraction.

A song like the synthetically plucky "Was It Something I Said" doesn't have the arrangement meat of the similarly inclined Killers hit "Space-man," but Flowers deploys such weapons-grade catchiness at every turn so that the song stands on its own. And he knows it too: Introducing that one, he told a story of how the band made him rearrange it to be more upbeat, and now "this is the fun one, I guess."

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20-year-old with chance to join famed circus: 'I was born a clown'

Jon NIELSEN
MCT

Nick Rainone found his identity in face paint and clown shoes.

His father is a clown. His mother was a clown. His fate, it seemed, was set from the beginning.

But as a teenager, Rainone rebelled. He joined a punk rock band, got some bad tattoos and began running bad parents' influence only to find that what gave him the most happiness was the laughter of others.

He found it again on a recent Friday when he earned a chance to become a traveling clown with the Ringling Bros. and Barnum & Bailey Circus.

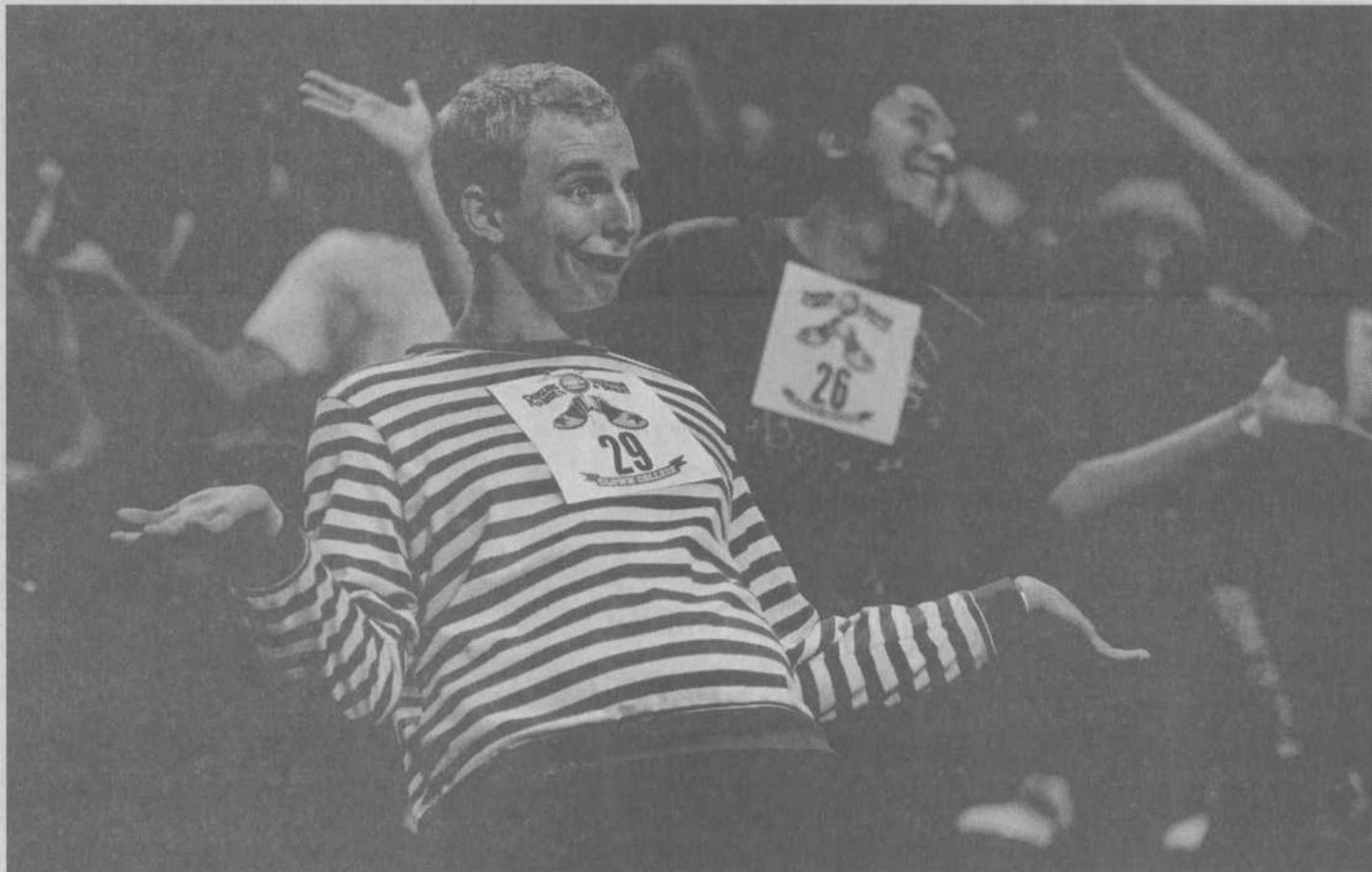
Rainone, who calls himself Zerp, was one of 20 clowns who showed up for the open tryout at the American Airlines Center in Dallas.

"I was born a clown," said Rainone, 20. "This is probably what I'm supposed to do."

When he was a week old of the womb, his parents, John "Bonkers" Popone, and mother, Holly "Poppy" Benner, dressed themselves and their newborn in classic clown garb. It was their first family portrait.

Rainone still keeps the photograph. In it he looks like a pale-faced doll in his parents' arms.

At 5 weeks old, Rainone — pronounced Ray-NO-nee — appeared on his parents' television program, "Club 27," which aired in the late 1980s and early



20-year-old Nick Rainone works on his expressions during an audition as a clown for the Ringling Bros. and Barnum and Bailey Circus at the American Airlines Center in Dallas, Texas.

(Louis DeLuca/Dallas Morning News/MCT)

1990s on KDFI (Channel 27).

When he was 5, his mother quit putting on his makeup and made him do it himself.

When he was in the fourth grade, "everyone decided I was a loser," Rainone said.

He rebelled against his parents and hated classmates who gave him a tough time because he was different.

"I can't be a cute clown, I need to be tough," Rainone told himself when he reached 13. He quit clowning.

Then about a year ago, he

realized he was hiding from something that made him the happiest. He wanted to be a clown again.

"Now I don't care what anybody thinks as long as they don't think I'm a bad clown," he said.

Rainone showed up for the audition with a trunk full of gags and a red-and-white-striped long-sleeve shirt. He was Zerp again, and he brought along his clown protege, his girlfriend, Kelli Brogne.

"I'm going to go in there

and do what I normally do and make people laugh," he said.

Inside the arena, the Ringling Clowns and talent scouts for the circus were eager to see what awaited them.

"We're looking for someone who is comfortable with being uncomfortable," said David Kiser, director of talent. "We're not looking for an actor to play the role of a clown. What we're looking for is desire and heart."

On the circus room floor, Rainone is trying to make himself bigger than life. He exag-

gerates his facial expressions and movements into humorous contortions. He has something that only the clowns in the circus can project when they're acting like a fool: grace.

"I'm just trying to be myself. Doing what I do," Rainone said during a five-minute break from his audition. "I'm just out here having a good time playing with other clowns."

The candidates had to perform a short skit in front of the judges and clowns. Rainone put on his neon orange hair

and pulled three neon green tennis balls from his trunk and began a juggling act filled with pratfalls and self-deprecating humor.

Rainone looked comfortable. He looked like a clown.

After the skits, Kiser lined up all 20 candidates. He said he enjoyed their dedication.

"Unfortunately we have a small number to talk with and a lot of people showed up," Kiser said. "Please do not place your value and self-worth on whether I call your number."

After a few anxious moments, Rainone now knows whether he cut it as a clown. The judges picked just five who could return for rehearsals next month.

After he had time to process, Rainone called his father. On his cellphone he scrolled down until he highlighted "Bonkers Cell." He got his father's voice-mail.

"Guess what? I was one they chose and so was Kelli. This is really awesome."

He hung up the phone, turned to face the circus floor again. Confetti dotted the floor and workers were setting the stage for the night's performance.

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The Dallas Morning News.

Getting to know my.Parkland

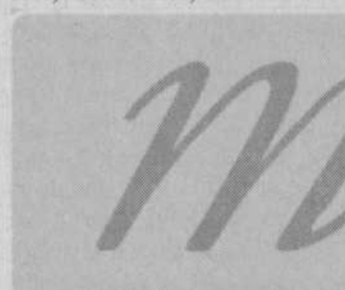
Josh GRUBE
Staff Writer

Brought online last semester, My Parkland, also known as my.Parkland, is a useful tool that students at Parkland must utilize to carry out many different activities. There is so much to the portal that it may seem daunting at first, but after reading this article, you should have a better idea of how to navigate the site.

"my.Parkland is your personal Parkland access site. You'll use it to register for classes, create your schedule, pay tuition and check on the status of your financial aid," according to Parkland's web site. "This site will be an indispensable tool during your Parkland career as you will be able to access your student email as well as your online courses in Angel via this portal."

Once logging into My Parkland, you will see several Web Parts for your convenience. Web Parts are separate boxes displayed on the home

page of My Parkland. These include WebAdvisor, Prospectus, Champaign Weather, Announcements, Campus Events, Campus News, and Quick Links. Also, at the top of the page you will see access to many services and links organized under College Directories, Academics, Student Ser-



vices, Technology Services, as well as Home, which redirects you to the main page from any part of the site.

WebAdvisor serves as the new replacement for Parkland Connection. It is the tool now used for the purpose of viewing items such as grades, class schedules, and financial aid status, as well as searching and registering for classes. In the

option Academic Profile contains grades, transcripts, schedules, and placement and admissions test scores. Clicking one of these options on WebAdvisor opens up a corresponding tab in a box to the right. The more options you click, the more tabs will open. You can switch from viewing one tab to another by clicking on it at the top of the box.



an instructional video on the topic. According to the video, after clicking the "Search/ Register for Sections" option, you will start with choosing a semester term or date range, then the course information such as the subject and level. You are also able to enter other options such as meeting times and days of the class. After finishing the search for sections, click the "Submit" button.

The next tab will contain a list of classes in relation to your search. Click on the check box to the left of the specific sections you wish to register for. After selecting the courses you want, click the "Submit" button.

The next tab contains two areas: "Preferred Sections" and "Current Registrations."

Your newly chosen selections are under the "Preferred Sections" area. You can register for all of the sections at once by choosing from the drop box by the text "Action for ALL pref. Sections." To register for individual sections, choose from the drop box to the left of the specific course. After clicking "Submit," you will receive a confirmation message that you have successfully registered.



On the home page of My

Parkland, there is also a Web Part called "Quick Links," and contains a long list of important links. Here you can find quick access to Angel, student email, dates and deadlines, events on campus, help with My Parkland, and many more shortcuts to useful tools and information.

Although this service is a convenient one-stop site, every student hasn't viewed it positively. After talking to Parkland students on campus about My Parkland, the most common question seems to be why a change from Parkland Connection was necessary.

"We upgraded from the system we started with to a new system called Colleague. With this new system we have to use the program WebAdvisor. Along with this came a portal that is My Parkland," said Drew Rennieck, Web technical support specialist at Parkland. "We are in the process of bringing all the tools into My Parkland that were in Parkland Connection. Also, in the future you will have the ability to customize the layout of My Parkland with different Web Parts. We are planning on designing a web part that will allow students to stream Parkland's radio station The Wave straight from My Parkland."

If you need help with My Parkland, click on the "my.Parkland Help" link in the Quick Links Web Part. If you are still experiencing problems with the service after visiting the help page, you can ask Admissions and Records by visiting A184 or calling (217) 351-2482.

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Opinions

New restrictions on for-profit colleges don't seem strict enough

McClatchy-Tribune NEWS SERVICE

It's not surprising that enrollment at for-profit colleges nearly tripled from 2000 to 2008, and is believed to have grown substantially since then. As U.S. companies have cut their payrolls and a degree or certificate has become a prerequisite for more kinds of work, people looked to these schools as an avenue to careers as truckers, dental hygienists and other jobs that can't be outsourced to China or India. They also flocked to for-profit colleges because of the less rigorous admissions standards and flexible schedules that allow a working person to study for a bachelor's degree.

This would all be to the good if it weren't for the repeated complaints from students who say they were misled by college recruiters about how much time and money their courses would entail, and from graduates who found that contrary to promises, their training wasn't accepted by prospective employers or that there weren't as many jobs in the field as they had been led to believe. Many students at for-profit schools receive federal aid; about 90 percent of revenue at the schools comes from federal grants and loans. The programs can be expen-

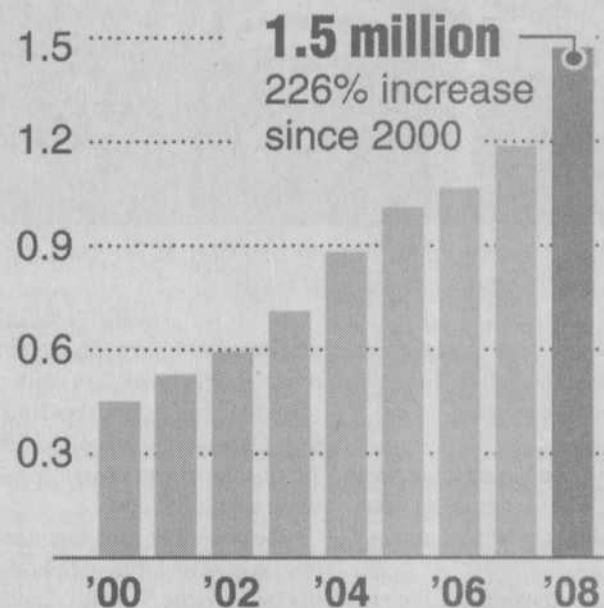
sive, running from \$12,000 to \$25,000 or more, and when students can't find jobs or those jobs don't pay well enough, they often stop repaying their loans. Default rates are about three times higher than at private, nonprofit schools. A nation that wants to help more people get a post-high-school education cannot afford such high default rates.

Although the booming for-profit college industry blames the misleading recruitment pitches on a few rogue operators, a Government Accountability Office report released last week presented a different scenario. Using undercover investigators who pretended to be prospective applicants at 15 for-profit schools, the GAO found that every one of the schools engaged in at least some deceptive practices, including encouraging applicants to take out loans they didn't need, inflating graduation rates, exaggerating the salaries for certain jobs or giving the price for only nine months of training when the program actually took 12 months. In a few cases, they urged the disguised investigators to lie on their loan applications. Though the report doesn't name schools, a congressional hearing revealed that the inquiry included such for-profit giants as University of Phoenix,

Enrollment in for-profit colleges

Popularity of for-profit schools has increased in recent years.

For the U.S., in millions



NOTE: Only degree-granting, for-profit colleges are included; fall enrollment numbers are used

Source: U.S. Department of Education
Graphic: Chicago Tribune © 2010 MCT

Kaplan College and a division of Corinthian Colleges.

The U.S. Department of Education, which lent \$20 billion to

students at for-profit schools in 2009, has now stepped in with new rules intended to reduce the number of defaults. Using

data on loan repayment rates and on debt-to-income ratios among students after they leave, the agency will refuse to lend money to students in the programs with the worst numbers, and will impose new requirements on schools with dubious numbers.

It remains to be seen whether the rules are stringent enough. Only 5 percent of programs are currently expected to be disqualified from participating in the federal loan fund, and 7 percent would face restrictions. That doesn't encompass entire schools but the programs within them; for example, a school's medical-assistant program might get the green light while massage therapy classes don't. Because few students can afford such expensive schooling without financial aid, the rules might at least encourage some schools to clean up their acts.

The goal is to use federal dollars more efficiently rather than to regulate the colleges' practices, which is the job of the states. Unfortunately, Californians, more than half a million of whom attend for-profit colleges, cannot count on state government to protect them. In fact, state oversight of these schools has grown progressively weaker.

Two years ago, an agreement governing California's

for-profit schools, under which a bureau had been set up to oversee their practices, lapsed. That same year, legislation that at least would have set some minimum requirements on disclosure and consumer protection was vetoed by Gov. Arnold Schwarzenegger.

Subsequent legislation reestablished the state Bureau for Private Postsecondary Education, though it is just beginning to get under way with a skeleton staff. But the new law is vaguer and more lenient than the old rules. Many schools are exempt from almost all of its regulations. Earlier rules that required schools to meet certain criteria in order to operate - such as minimum numbers of students who graduate and find jobs in the fields for which they trained - are gone.

California is widely seen as having among the weakest consumer protections in this area, and ultimately, that's bad for schools as well as students. The well-run, responsible schools should be mightily concerned about the black eye their industry is receiving from diploma mills. It's in everyone's interest to have for-profit schools that help create a more educated society.

(c) 2010, Los Angeles Times.

Homosexuality and the law

McClatchy-Tribune NEWS SERVICE

The following editorial appeared in the Los Angeles Times on Monday, Aug. 9:

In striking down Proposition 8, U.S. District Chief Judge Vaughn R. Walker penned an opinion that was heavy on findings of fact. In eloquent detail, he described the evidence presented at trial, and the utter lack of evidence for any of the arguments used to deny marriage to gay and lesbian couples. Though higher courts may overturn Walker's conclusions, the facts laid out should remain an important part of any future legal considerations.

But tucked away in the opinion is something else that could carry weight not only in this lawsuit, as it moves through the courts, but in other same-sex marriage cases and debates about the rights of gays and lesbians. It is a brief statement addressing whether homosexuals should be regarded as the kind of minority group

that deserves special protection by the courts under the 14th Amendment of the Constitution.

"The trial record shows that strict scrutiny is the appropriate standard of review to apply to legislative classifications based on sexual orientation," Walker wrote. "All classifications based on sexual orientation appear suspect."

What the legalese refers to is that laws affecting certain minority groups are held to a higher standard by the courts - a standard known as strict scrutiny - when they are challenged as discriminatory.

The standard applies to laws affecting minority groups that fall within "suspect classifications," but the courts have not been entirely clear about the criteria for receiving this special protection. They have said, among other things, that such groups must have been historically targeted by discrimination; must be a "discrete" and "insular" community; must be a minority because of an unchangeable characteristic; and must have

lacked the power to protect themselves using the political process. Groups don't necessarily have to meet all four, and other factors could be considered. Among the classifications that have qualified for this protection are race



and national origin. Could the same apply to sexual orientation?

We think so. There is no doubt that gays and lesbians have historically been singled out for discrimination, to the point that until relatively recently, most were too

afraid of the repercussions to reveal information about their sexuality. The vitriol hurled their way during the marriage debate only adds to the evidence. As a result, they have formed a community that is, in many ways, insular and that

certainly is seen as a separate, distinctive group. One of the more divisive arguments about homosexuality is whether it is a mere choice, or inborn. But the American Psychological Association states clearly that although the factors deter-

mining sexual orientation are complicated, it is not a choice and cannot be changed.

As to whether the homosexual community has been a relatively powerless group in the political arena, the picture is more mixed. It has not lacked

measure is based on so many unfounded claims that there was not even a rational basis for it (which is the lower standard for reviewing a law). Higher courts might or might not bring in the issue of strict scrutiny; if they do, and homosexuality is found to be a suspect classification, that would make it extremely difficult for any restrictions on same-sex marriage to pass legal muster. To meet the strict scrutiny standard, a law must be justified by a "compelling governmental interest" and must be "narrowly tailored" to achieve that interest, among other things.

By our count, the long history of vilification, housing and employment discrimination, and outright physical attacks against gay and lesbian people calls for recognition that this group deserves the utmost protection of the courts.

(c) 2010, Los Angeles Times.

COLLEGE

continued from page 1

The moral of the story is to know what you want to do and have an idea of what you need to take to accomplish that goal.

Another great tip - don't wait until the last minute to sign up for classes. The earlier you sign up, the wider the selection of classes and the easier it is to get the best professors.

Also, counselors are not just there to help with your classes. If you are struggling with a problem, going through a stressful time, or suffering from any other problems, they are great tools to help you get through that tough time.

7. Buying textbooks - Continuing with our theme of "the earlier the better," buying textbooks is much easier, the earlier you do it. You'll have less lines to deal with and not to mention a better selection of books, and cheaper too if you choose to buy used.

8. Need extra money? Work on campus! - finding a student job on campus is a great way to not only earn some extra money, but is also good for expanding your social network, learning the ins and outs of Parkland in addition to the specific department you work

in and it's also very convenient as it's on campus, just a short walk from your last class.

9. A guide to the Library and Computer labs - Parkland has many great resources and the library and multiple computer labs are a great asset to the campus. If you need to kill time in between classes or need access to a computer, Parkland has something just for you. The computer labs are just that, a lab full of computers. Just make sure not to use your cell phone or speak too loud in both places. One big tip is on printing. Printing at Park-

land is actually rather complicated. In order to print, you have to "load" money onto your student ID. There is a machine in the library in which you can feed money and load that onto your card. Once you have money on your card, you can then print in both the computer labs and library. The cost to print is \$0.10 per page or \$0.50 per page in color. If you have any questions, the librarians or assistants would love to help!

10. Extra-curricular activities at Parkland - Parkland is home to many different clubs and organizations. Now

that we have worked hard, it's time to play hard. Some of the most popular attractions around Parkland are the Art Gallery, Theater and Planetarium. If those don't quite hit home, there's nothing to worry about as there is something out there for everyone. Like politics? Try student government! Enjoy listening to music? Look into 88.7 the Wave! If you are more into athletics there are plenty of sports at Parkland, and they are of top quality. If you like sports but don't have too much free time, try intramural sports. If you're looking

to join a specific club or find out more information about what Parkland has to offer, stop by the Office of Student Life in the X-wing.

Classes can be scary, but the kitchen doesn't have to be

Calliey HAMMEL
MCT

Your first apartment - if you're a typical college student, it can be a little overwhelming.

You're out of the cramped dorms, a good thing, but you're also out of the dorm cafeteria. Cooking real meals for yourself may sound intimidating, especially when it's just so easy to whip up a box of macaroni and cheese or order delivery pizza.

However, with the right tools and trusted standbys, cooking on your own can be done quickly, cheaply and, most importantly, in a healthy way.

But first, you need to set up your kitchen. To help you - or the newly renting college student in your life - get off to the right start as another fall semester nears, we've assembled five lists of five tips that will help you get started in your first kitchen.

And when you're ready to try a little cooking, try the five recipes that we've selected from "The Everything Healthy College Cookbook" by Nicole Cormier (Adams Media, 2010, \$10.85).

HEALTHY TIPS FOR THE COLLEGE COOK

Cormier offers some advice for eating and cooking healthy in your new digs:

-When buying groceries at the store, shop the perimeter - that's where you'll find the healthiest food.

-When choosing vegetables, fresh is always best. If prices are high and produce is out of season, frozen vegetables are another alternative.

EASY HOMEMADE PIZZA SAUCE

- Make
- 1 cups
 - 1 tablespoon olive oil
 - cup chopped onion
 - 3 tablespoons tomato paste
 - 1 cup tomato puree
 - 1 tablespoon Dijon mustard
 - teaspoon salt
 - teaspoon crushed red pepper flakes
 - 1 teaspoon dried basil leaves
 - 1 teaspoon dried thyme leaves
 - 1 teaspoon dried oregano leaves
 - teaspoon pepper

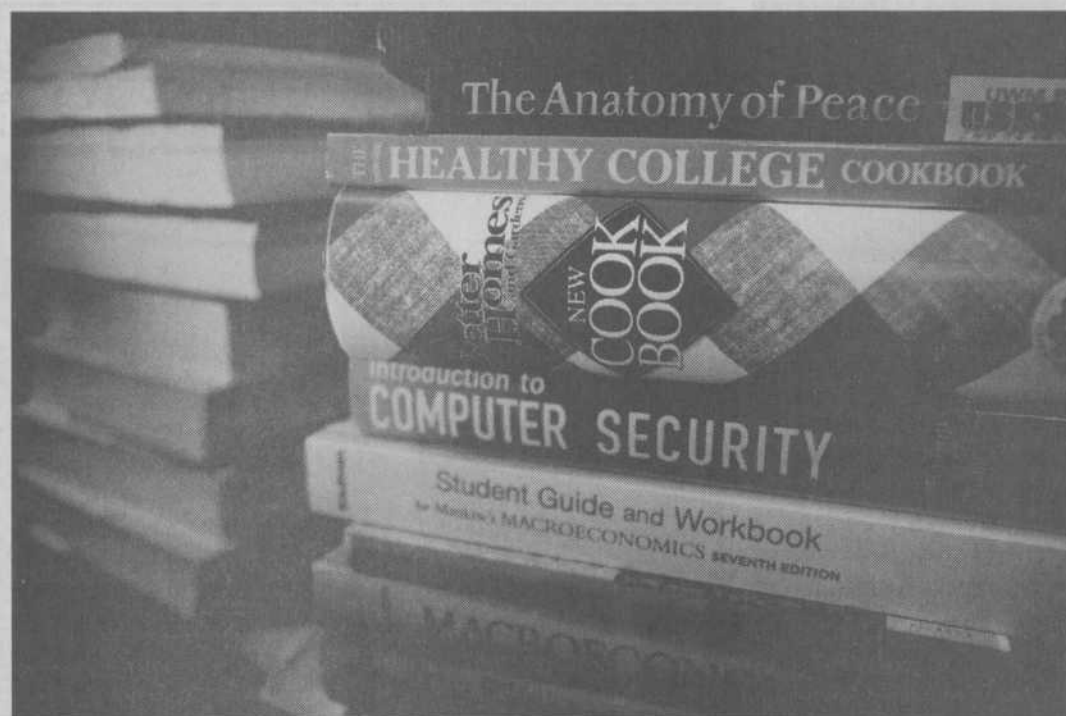
In small saucepan, combine olive oil and onion, and cook and stir until tender, about 5 minutes.

Add all remaining ingredients and cook, stirring frequently over low heat until thickened, about 15 minutes. Use as directed in pizza recipe or store, covered, in refrigerator up to 5 days.

Canned veggies, while not as ideal as fresh or frozen, are an OK alternative as well. "Rinse them well so you get rid of up to 90 percent of the sodium," Cormier said.

CHICKEN BREASTS WITH ROSEMARY

- Makes 6 servings
- 6 boneless, skinless chicken breasts
 - tablespoon olive oil
 - 1 clove fresh garlic, minced
 - teaspoon all-purpose seasoning
 - 2 tablespoons balsamic vinegar
 - 2 tablespoons lemon juice
 - 1 cup red wine
 - 1 teaspoon dried rosemary
 - 1 cup diced tomatoes
 - teaspoon black pepper
- Coat a large skillet with vegetable oil spray. Place chicken on skillet, being careful not to crowd the meat. In separate bowl, mix remaining ingredients. Pour mixture over chicken. Cook over medium-high heat 10 to 12 minutes, then turn chicken and simmer 8 minutes.



Among the useful books for college students to have are the "Healthy College Cookbook", and the classic "Better Homes and Gardens Cook Book." (Kristyna Wentz-Graff/Milwaukee Journal Sentinel/MCT)

FRESH TOMATO WITH ANGEL HAIR PASTA

- Makes 4 to 6 servings
- cup pine nuts
- 4 ripe beefsteak tomatoes
- cup extra-virgin olive oil
- 1 tablespoon lemon juice
- cup fresh basil leaves (packed)
- teaspoon salt
- teaspoon white pepper
- 1 pound angel hair pasta

Bring large pot of water to boil for pasta.

Place small skillet over medium heat for 3 minutes. Add pine nuts, cook and stir 3 to 5 minutes or until nuts begin to brown and are fragrant. Remove from heat and pour nuts into serving bowl.

Chop tomatoes into 1/2-inch pieces and add to pine nuts along with olive oil, lemon juice, basil, salt and pepper. Add pasta to the boiling water; cook and stir until al dente according to package directions.

Drain and add to tomato mixture in bowl. Toss gently and serve immediately.

invest in a set of stacking mixing bowls. They're inexpensive, and you'll have the right-sized bowl for anything from mixing to serving to storing.

A slow cooker: You probably didn't consider taking a crockpot to college, but it's a great tool to use. "You can pretty much cook anything in a crockpot," said Cormier. Try experimenting with vegetables and stews for warm, filling meals in winter.

A colander: Otherwise known as a strainer, a colander is indispensable. Use it for all of the pasta you'll be making, or for draining fruits and vegetables. Want a shortcut? Many pots now have lids that double as strainers, which means less cleanup.

A nonstick pot, pan and skillet: OK, that's three items - but you will need an assortment of pots and pans for stovetop cooking. Although you might be tempted, avoid buying the

FROZEN YOGURT WITH BERRY SAUCE

- Makes 4 servings
- 1 package (10 ounces) frozen strawberries, thawed
 - cup raspberries (fresh or frozen)
 - 1 teaspoon vanilla extract
 - 1 tablespoon lemon juice
 - 1 quart vanilla-flavored frozen yogurt
 - Water (optional)
- In blender or food processor, combine strawberries, raspberries, vanilla and lemon juice. Blend or process until smooth. Spoon yogurt into 4 dessert dishes and top with strawberry sauce. Sauce can be covered and stored in refrigerator up to 4 days. Note: Recipe yields thick sauce. If thinner sauce is desired, add 1 tablespoon of water to blender or processor until desired consistency is reached.

cheapest pots and pans you can find. They can be coated in chemicals that get into your food, and cheaper pans are likely to wear out quickly. Instead, invest in some better quality that'll last.

5 SMALL UTENSILS
Measuring cups/spoons: While it's perfectly fine to experiment with your cooking, you might want to start off by measuring each ingredient. That way, you'll know how to adjust the flavors for next time.

A spatula (pancake flipper): It's a little like the Swiss army knife of kitchen tools. Get a nonstick spatula and use it for cooking eggs, flipping pancakes and burgers or as a serving tool - you're sure to come back to it time and time again.

A cutting board: You might want a few in different sizes and thicknesses. Some are thin blocks of plastic, and others are thinner and can bend, allowing you to move food around easier and funnel it into pots and pans.

GOOD-FOR-YOU BLUEBERRY FRENCH TOAST

- Makes 6
- 2 cups skim milk
 - 1 cups egg substitute
 - 1 teaspoon ground cinnamon
 - 2 teaspoons vanilla extract
 - 12 slices bread
 - cup blueberries
 - 2 tablespoons powdered sugar

Preheat oven to 400 degrees. Whisk milk, egg substitute, ground cinnamon and vanilla in bowl. Dip a bread slice into bowl and flip to coat each side before placing in greased bake pan. Repeat with 5 pieces and arrange in bottom of baking dish. When first layer is complete, spread blueberries over bread evenly. With remaining 6 pieces, continue to dip bread in mixture, coating both sides, and place on top of blueberries. Cover dish with aluminum foil and bake in preheated oven 20 minutes. Uncover dish and bake until top is golden brown. After baking, sprinkle with powdered sugar and slice into 6 servings.

Author calls for egg substitute throughout her book to make recipes lower in cholesterol, but whole eggs, slightly beaten, can be used instead.

A can opener: It's one of those small things that you forget about until you need it.

Set of knives: Like the pots and pans, think about quality more than what's cheap. You can purchase a good set of knives, but there are three big ones to look for: a chef's knife, a bread knife and a paring knife.

5 COOKING TERMS TO KNOW

Braise: This involves cooking meat or vegetables in butter or oil until brown, then cooking it in a covered pot while immersed in cooking liquid on low heat for a long period. This tenderizes the meat and makes it more flavorful.

Simmer: To cook slowly on a

lower heat setting. This is common in sauces and other liquid-based dishes.

Sear: Cooking quickly over very high heat, this seals in the juices of what you're cooking.

Saute: To quickly cook over high heat.

Steam: To cook over boiling water. This is actually better than boiling, as it retains more inherent nutrients.

5 STAPLE FOODS

Olive oil: Nicole Cormier, registered dietitian and author of "The Everything Healthy Cookbook," advised you get in the habit of cracking out olive oil instead of butter. "(It's) a monounsaturated fat, which actually helps your cholesterol levels," she said.

Pasta: It's tough to have in the pantry because it has a long shelf life and is easy to make. Pick up a few different noodle shapes - and also other varieties. In particular, try whole grain pasta, which Cormier recommends.

Frozen vegetables: Cormier said there's no excuse for skipping out on vegetables. Use them as a side dish, or part of the entree, or even add them to soups to make your meals more hearty and filling.

Chicken: It's basically the meat version of the potato - it's incredibly versatile. You can freeze it until you need it, and you can cook a large serving and use it throughout the week in other dishes like soups, sal-

CLASSIC FRENCH BREAD PIZZA

- Makes 8 servings
- 1 loaf French bread
 - 3 tablespoons olive oil (divided)
 - 1 onion, chopped
 - 1 green bell pepper, chopped
 - 1 red bell pepper, chopped
 - 3 garlic cloves, minced
 - 2 teaspoons dried basil leaves
 - 1 teaspoon dried oregano leaves
 - Easy Homemade Pizza Sauce (see recipe)
 - 3 tomatoes, sliced
 - cup sliced black olives
 - 2 cups shredded carrots
 - 1 cup shredded part-skim mozzarella cheese
 - cup grated Parmesan cheese
- Preheat oven to 450 degrees. Slice bread in half lengthwise. Drizzle cut sides of both halves with 2 tablespoons oil and place on baking sheet. In large skillet, heat remaining 1 tablespoon oil over medium heat. Add onion, bell peppers, garlic, basil and oregano and cook 5 minutes, or until vegetables are tender. Remove from heat. Spoon half of pizza sauce on each piece of bread. Top evenly with onion-pepper mixture, tomatoes and black olives. Then sprinkle evenly with carrots, mozzarella cheese and Parmesan cheese. Bake in preheated oven 14 to 18 minutes or until cheese is melted and bubbly and bread is lightly browned. Cut each loaf into 4-inch pieces to serve.

ads, pasta and sandwiches.

Leafy greens: Making a salad isn't hard. While grocery stores usually sell plenty of bagged varieties for a shortcut, it's a lot more cost-effective to buy fresh heads of lettuce or spinach leaves and make a salad yourself.

5 HERBS AND SPICES

Garlic powder: Garlic is both tasty and good for you. When you're low on time, add garlic powder to your dish when you can't crush or mince fresh garlic.

Basil: You'll quickly learn how well basil and tomato go together. It works wonders in Italian dishes and on pizza, so give it a try.

Lemon pepper: Great for chicken and fish dishes, this spice adds a bite of citrus for some zing.

Crushed red pepper flakes: Another versatile spice, you can add it to just about any-

thing for a nice kick of heat.

Some seasoning blend: Think Italian seasoning or any of the other numerous options for adding flavor to food. Experiment and see what kinds you like, and what you like to use them for.

5 RECIPES

When you're ready to improve your culinary prowess, try one of these recipes from "The Everything Healthy Cookbook," by registered dietitian Nicole Cormier.

There's a recipe for each meal of the day, including a vegetarian selection and a snack dish. You'll quickly learn that it isn't too hard to cook and eat well at the same time. Bon appetit!

(c) 2010,

Milwaukee Journal Sentinel.

Prospectus Pick: True Blood



Brilliantly played by Nelsan Ellis, Lafayette is a redneck-thumping, drug-dealing diva with a tongue saltier than the gumbo he serves up as the grill cook at Merlotte's honky tonk on HBO's ghoulish "True Blood."

(Jeff Riedel/Courtesy HBO/MCT)

Janelle O'DEA
Julio MCNEAL
Staff Writers

It takes a lot to make a good television show. An engaging plot, dynamic characters, and just the right dose of drama make it worth spending the time to watch. Though many students may not have much time for T.V. during the school year, hopefully they can carve out an hour on Sunday nights to watch HBO's *True Blood*.

Although some may turn up their noses due to the vampire theme of the content, first impressions can be misleading. The way vampires are treated in the show demonstrates how oppressed groups are treated in our society. The show is set in Bon Temps, a fairly conservative Louisiana town, and vampires live in society normally, but with much discrimination. During the opening

theme song, a church sign with the words 'god hates fangs' prominently displays how the people of Bon Temps feel about vampires.

Throughout the show you can see how vampires are treated differently than everyone else, and viewers of the show might understand why one would be afraid of a vampire. They feed off of human blood and have insatiable sexual appetites. They bear their fangs at the first fleeting moment of anger. This makes the show even more interesting. How does one know whether they can trust a vampire or not? Will the vampire betray your trust and just feed off of you anyway, or do they have the capacity to really care for others? Turn on HBO Sundays at 8pm if you want to find out!



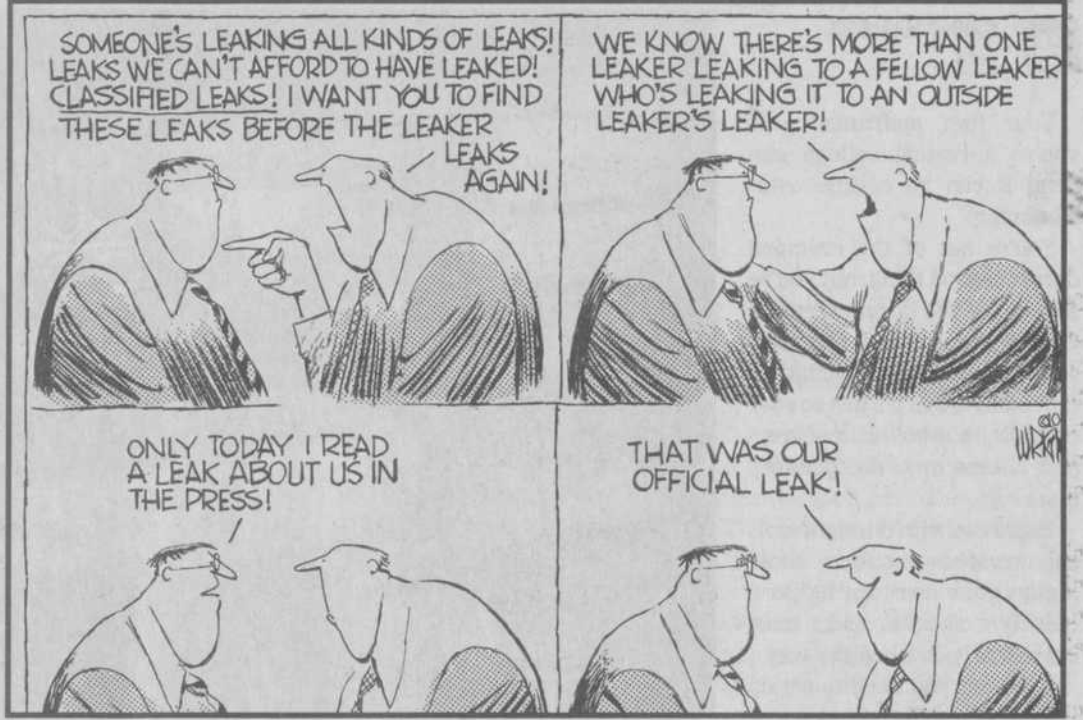
**Parkland College Relations
Officer Matthew Kopmann**



Now that classes are underway I want to give a brief overview of the Police Department at Parkland College. Fully staffed, the department consists of 14 full-time sworn police officers, three security patrol officers, one associate director, four full-time telecommunication officers, and three part time dispatchers.

The department is open 24 hours a day, seven days a week, and 365 days a year. Each police officer is certified as an EMT-Basic. The officers respond to all Parkland College emergencies and crimes in progress. We provide vehicle assistance such as jump starts, lockout service, and escorts.

While on campus if you need assistance from the Police Department contact us by:
Using the emergency call boxes located throughout campus
Dialing 2369 from a house phone
Dialing 911 on staff/faculty phone
Dialing (217) 351-2369



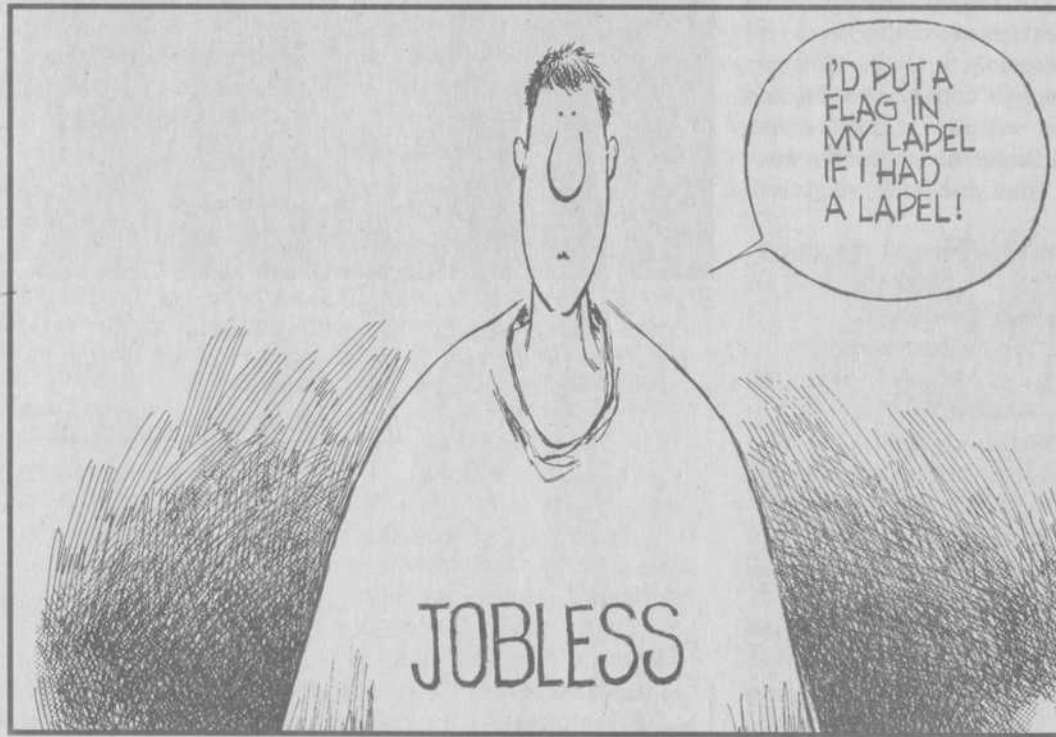
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www.harrybliss.com



"Nothing I seem to do is ever bad enough."



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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ACROSS

- Mr. DeLuise
- "According to ___"
- Astin or Cusack
- "___ Big Girl Now"
- "Snakes ___ Plane"
- Early Ron Howard role
- Actors' org.
- Leslie Caron film that won the Best Picture Oscar
- Cozy hideaways
- Series for Thomas Gibson
- Yankovic and Gore
- Ms. West
- Actor Sandler
- "___ Masterson"; western series
- "Car 54, Where ___ You?"
- "The ___ of Old Christine"
- John of "Touched by an Angel"
- "Old MacDonald" refrain opening
- "___! In the Name of Love"; hit song for the Supremes
- Actress Jillian
- One of the Three Stooges
- Long-running daytime serial
- Betty of old cartoons
- At ___; relaxed
- "Judging ___"
- Actor Jannings
- Tiny insect
- Mischief maker
- In one's right mind
- Attempt
- "American ___!"

DOWN

- ___ jockey; radio host
- Sharif or Epps
- O. Henry's "The Gift of the ___"
- Ties together
- Swenson of "Benson"
- Cliff Clavin's profession
- Ms. Foster
- "___ Season"; Debra Messing film
- Female red deer
- Loch ___ monster
- ___ Grissom; recent role on "CSI"
- "I Remember ___"; Irene Dunne movie
- Mr. Lauer
- "My Wife ___ Kids"
- Actress Susan of "L.A. Law"
- Reverent wonder
- Sheriff Andy Taylor's aunt
- Mr. Linkletter
- Old Olds
- Intuition, for short
- Declare untrue
- Mr. Price
- "___ People"; Jessica Tandy film
- More than enough
- "Play ___ for Me"; Eastwood film
- "Grand ___ Opry"
- Lincoln and Vigoda
- CA's ___ Linda University
- Cut of pork
- Long-running Broadway musical
- Bug spray brand
- Actress Samms
- "___ Blue"

Solution to Last Week's Puzzle

A	L	S		D	O	L	L	Y		M	A	D		
M	I	A		H	A	V	E	A		A	D	O		
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				M	A	R	I	E		E	S	S		
						M	S	G						
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N	A	N	C	Y				L	A	U	R	A		
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Piniella steps down as Cubs manager

Dave VAN DYCK
MCT

He has been wearing a professional baseball uniform since 1962 in Selma, Ala., and so it was understandable that the final realization "of my last time to put on my uniform" made Lou Piniella cry openly and unashamedly.

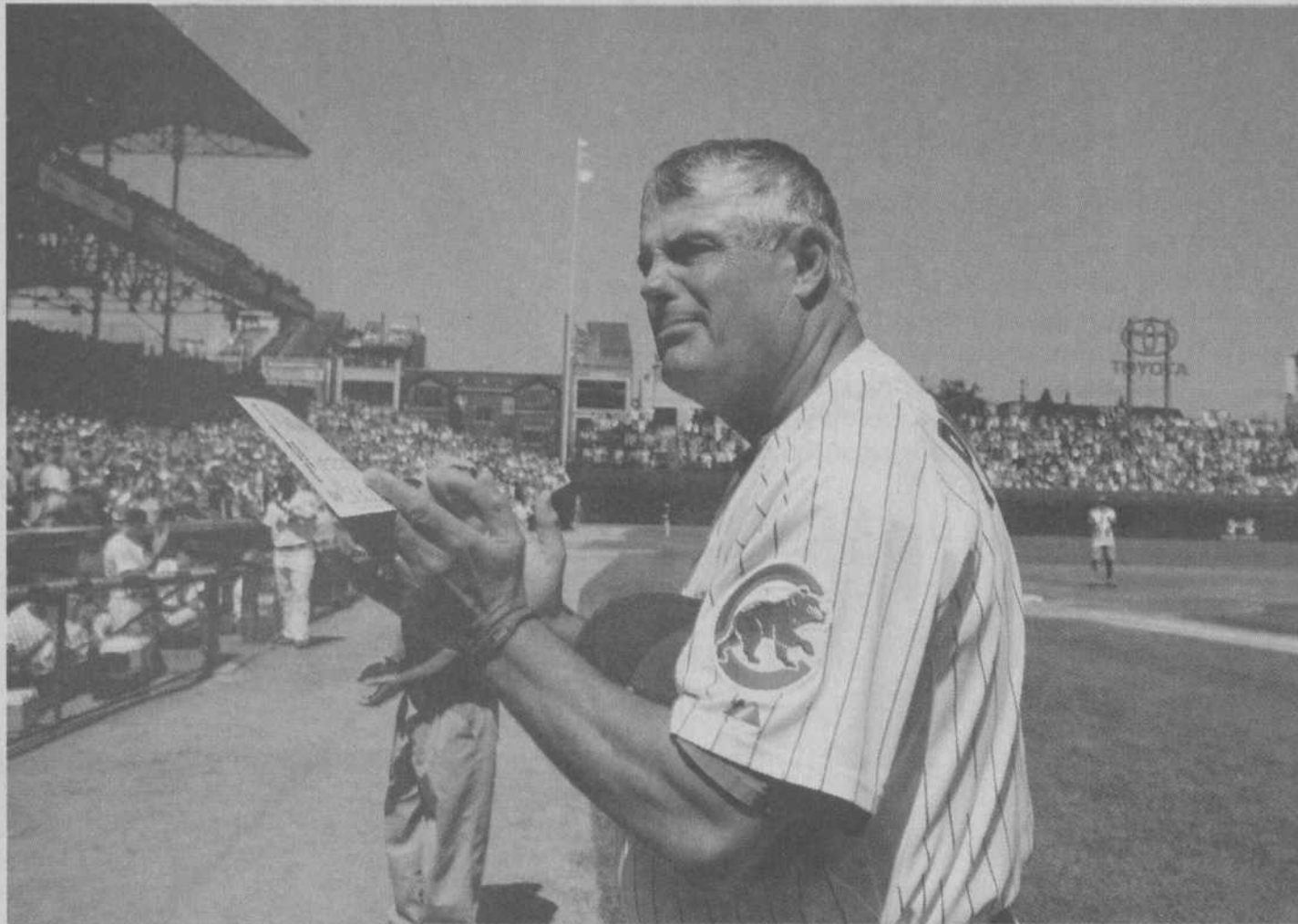
Sunday was what he called his "final final," as he peeled off his Cubbie blues and prepared to go home to Tampa to tend his ailing 90-year-old mother.

"It's been very special to me," Piniella said between the tears. "I'm going to go home and do the things I have to do and enjoy my retirement."

His retirement will come 37 games sooner than he expected after announcing on July 20 that this would be his final season. In between, he missed four games in San Francisco when his mother was hospitalized, which followed him missing three games for the death of her brother.

"I didn't think my career would end this way but, you know, my mom needs me home," he said. "She hasn't gotten any better since I've been (back). She's had a couple other complications, and rather than continue to go home, come back... it's not fair to the team, it's not fair to the players."

"So the best thing is just to step down and go home and take care of my mother. That's basically it. I've enjoyed it here. In four wonderful years I've made a lot of friends and had some success. This year has been a little bit of a struggle. But, look, family is important, it comes first. My mom needs me home and that's



Chicago Cubs manager Lou Piniella thanks the cheering crowd for their acknowledgement during an emotional moment at Wrigley Field in Chicago, Illinois, on Sunday, August 22, 2010. The Cubs lost to the Atlanta Braves, 16-5. (Nuccio DiNuzzo/Chicago Tribune/MCT)

where I'm going."

Piniella's managerial seat for at least the rest of this season will go to Cubs' third base coach Mike Quade, who will receive strong consideration for the permanent job. Alan Trammell will be remain as bench coach, but is not a candidate for next season.

Piniella departs with a 316-293 record in three-plus Chicago seasons, including Sunday's 16-5 loss to the Braves at Wrigley Field. But that

includes becoming the first Cubs manager in 100 years with consecutive post-season appearances 2007 and '08.

He played in the major leagues for 18 years, most notably with the Yankees where he appeared in four World Series. He managed for nearly 23 seasons and was manager of the year three separate times. His 1990 Reds won the World Series.

His leaves as the 14th winningest manager in baseball

history.

"It's been a long time," he said. "I've been blessed. God's given me the health and the ability to do this job and I'm appreciative."

"When I announced my retirement earlier in the season I thought, we'll finish the year and go from there. Unfortunately, that hasn't happened. I'll have plenty of time to reflect."

When asked if broadcasting - something he did before he

took the Cubs job - or a front-office consulting post was in his future, he said:

"I haven't given my future any thought at all."

Piniella leaves with the respect of the Cubs' front office and most of the clubhouse. "From last August on, it hasn't gone the way anybody would like, but from a personal view, I'm very indebted to Lou," said GM Jim Hendry, who hired him. "I think he did tremendous things. I hope that

he gets to live the rest of his life in good health and spend a lot of time with his family."

New Cubs chairman Tom Ricketts said in a statement that Piniella "helped raise the bar here and for that we'll be forever thankful."

Pitcher Ryan Dempster, who was converted from reliever to starter under Piniella, said that "the season didn't go like we wanted it to but the most important thing is family and he gets to be with his mom and be around her."

"There's a lot of great moments," Dempster said. "Down the stretch here, I think there's been a lot more negative talk and negative feel because of where we are and let's try and remember all the good things that went on here."

Pitcher Carlos Zambrano, who was sent home after a dug-out tirade by Piniella and was later suspended, refused comment.

That's just part of a very trying season for Piniella, who refused to reflect on his long and mostly glorious baseball career.

"I haven't had any time to reflect on anything," he said. "I'm not going to. I don't need to. I have plenty of time over the winter to reflect on my four years here, 19 years I've managed other places, and my career."

"I'm not much of a reflector anyway."

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Chicago Tribune.

Former Parkland baseball players shine in the Minors

Rod LOVETT
Parkland Athletic Director

Two members of the 2009 Parkland Baseball National Championship team are excelling in their first season in the Minor Leagues. Nate Roberts leads the first place Appalachian West Elizabethton Twins (37-20), as they try to hang on for a spot in the

playoffs. Despite signing late and missing part of the season due to a shoulder injury, Roberts has come on strong for the Twins. The left-handed hitting outfielder/designated hitter is hitting .339 with 5 home runs and 17 RBI. He leads the team in on base percentage (.446) and walks (20), and is in the top three in batting average, home runs, doubles, and

stolen bases. He has been red hot in August leading the team with a .390 batting average this month while hitting .387 with runners on base and .400 with men in scoring position. 2009 World Series MVP Kevin Kiermaier, is playing for the Princeton Rays, a Tampa Bay affiliate. The Ft. Wayne native is hitting an even .300, which is second highest average on

the team. He leads the team in six categories: on-base-percentage (.832), hits (57), runs scored (40), stolen bases (12), base on balls (24), and triples (7) batting anywhere from first to third in the lineup. He too has played his best baseball as of late. After hitting a torrid .370 in June, Kiermaier struggled in July but has regained his stroke in August

hitting a team high .379 to raise his average nearly 90 points.

Over the weekend, Kiermaier was selected as the Princeton Rays Most Popular Player, in a summer-long vote of Rays fans. Kevin has missed three of the last four games nursing a forearm injury. Kiermaier hopes to be back in the lineup by the weekend, as the two for-

mer teammates will face off against each other for the second time this summer. Princeton will travel to Elizabethton for a three game series starting on Saturday as the regular season wraps up on August 31.



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USE CAUTION

When it comes to alcohol, incoming freshmen should think before drinking

By Amanda Knowles and Amanda Lilly, McClatchy-Tribune

Booze, liquor, alcohol. Whatever you call it, it's all the same. And during college is when many people begin experimenting with alcohol. Parties and going out to bars can be fun, but there are some things you should know about alcohol before you decide to hit the town. If you do decide to drink while in college, be smart about it by following our tips below and being educated about the ramifications your experience with alcohol may have.



Illustrations by Paul Trap, McClatchy-Tribune

TIPS ON HOW TO RECOGNIZE ALCOHOL POISONING AND DEPENDENCE

Alcohol can be dangerous. Binge drinking or alcohol abuse can lead to alcohol poisoning. Dependence on alcohol, or alcoholism, is a chronic disease where your body is dependent upon alcohol; it can be treated but not cured.

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM), alcohol abuse meets one of the following criteria, over the course of a year: role impairment (failing work and home obligations), hazardous use (driving under the influence), legal problems or social/interpersonal problems as a result of use.

Signs of alcohol poisoning:

- Irregular breathing
- Low body temperature
- Seizures
- Vomiting
- Passing out
- Pale skin

If you think you are suffering from alcohol poisoning or see that a friend is, call 911 and get help immediately. Even if you are under age, some colleges have Good Samaritan policies. Don't be afraid to do the right thing; your friend's life might depend on it.

Alcohol dependence, according to the DSM, meets at least three of the following criteria, over the period of a year: increased tolerance, withdrawal symptoms, drinking more than intended, failed attempts to cut down on drinking, excessive time related to alcohol (getting drunk, hangover), impaired activities or use despite physical or psychological consequences.



CHRIS CARLSON/ORANGE COUNTY REGISTER/MCT

Binge drinking can be dangerous and can lead to alcohol poisoning, blackouts or even death.

Signs of alcohol dependence:

- Drinking alone or in secret
- Not being able to limit alcohol intake
- Losing interest in activities
- Blacking out
- Physical withdrawal symptoms (shaking, sweating)
- Keeping alcohol in unlikely places (car, bathroom)
- Drinking to feel normal

If you or a friend is dependent on alcohol, find out where Alcoholics Anonymous meets in your area and go to meetings. You also can call The National Drug and Alcohol Treatment Referral Routing Service at 1-800-662-HELP (4357). If your dependence on alcohol is full-blown, rehab may be the best way to treat it. Do not be ashamed in seeking help for your addiction.

PARTY TIPS

Parties are a common part of college life. Follow these tips to keep you safe when you are going to the next college party.

- Don't go out alone; go out with friends.
- Get your own drinks; you shouldn't drink anything when you don't know where it came from.
- Don't set your drink down and if you do, go get a new one. Someone could have slipped something into it while you weren't looking.
- Set a fixed number of drinks you plan to have that night and stick to it.
- Know the game plan for the night; make sure you have somewhere to stay if you have too much to drink.
- Keep a local cab company's number in your phone and cash in your pocket in case you need a ride home that night.
- Keep an eye out for your friends. If you think your friend has had too much to drink, make sure he or she doesn't accept more drinks.
- Don't take part in drinking contests.
- Drink slowly; pace yourself.
- Don't mix alcohol with any other drugs, including prescription medications.
- Eat before you drink.
- Drink water in between alcoholic beverages.



STACEY WESCOTT/CHICAGO TRIBUNE

Think twice about posting drinking photos to social networking sites such as Facebook or MySpace.

ALCOHOL AND SOCIAL NETWORKING

One way we let the world know these days that we had a great night last night is through our social networks. We join Facebook groups called "Alcohol!" along with 53,000 other members, or take quizzes like "What alcoholic drink are you?" We even mock other people's sloppy nights by reading "Texts From Last Night." But what does this mix of alcohol and social networking mean for our generation? In many ways, we have yet to see the backlash.

It is true, companies do look on a potential employee's Facebook page. If they see a photo of you drinking from a beer bong, you probably just lost any chance of them taking you seriously. University staff and student organizations, like sororities or sports teams, also use these sites to see what their students are up to; if there is an incriminating photo or wall post by you, then you could face the consequences.

Moreover, privacy settings often can be misleading. "Friends of friends" can still view your profile, and there is always the potential that things you post now may be dug up years later. For example, did you know that the Library of Congress has digitally archived every public tweet since Twitter's birth?

Another danger to blending alcohol and social networks is that predators can acquaint themselves with your whereabouts. If someone sees your status "out for a night on the town with the roomies," they instantly know your home is empty and a prime target for burglary. Or, if you post an update that you're going to "so-and-so's party," an ill-intentioned acquaintance may show up there, waiting to see if you get drunk enough so they can take advantage of you.

With the very real potential that not-so-flattering facts and photos of our youth will surface when our generation is running for political office or vying for a job promotion, we should all be aware of the online trail we're leaving behind in our college days.

SCHOOL/LEGAL CONSEQUENCES

It is often too easy to become overly comfortable inside your campus bubble. But just because you feel insulated from the "real world," that doesn't mean you are immune from "real world" consequences, including those related to underage drinking — on or off campus.

First, be familiar with your university alcohol policy. Every college differs in the severity of repercussions, but every one will take disciplinary action. This may include parental notification, community service, alcohol-education classes, probation and, in more serious circumstances, exclusion from areas of campus, suspension or expulsion.

It also is important to remember that you are subject to state laws too. In more extreme situations, local police will become involved in an alcohol misconduct case and you could face legal consequences.

To look up your university's policy visit: www.collegedrinkingprevention.gov/policies/default.aspx.

Finally, consider that most universities have a Good Samaritan provision, which means that no student who seeks or assists another student in getting medical attention for severe intoxication will be subject to serious disciplinary action. Be careful though, this does not exempt you from facing basic repercussions, such as alcohol class and counseling. There often is a hefty hospital fee, too.

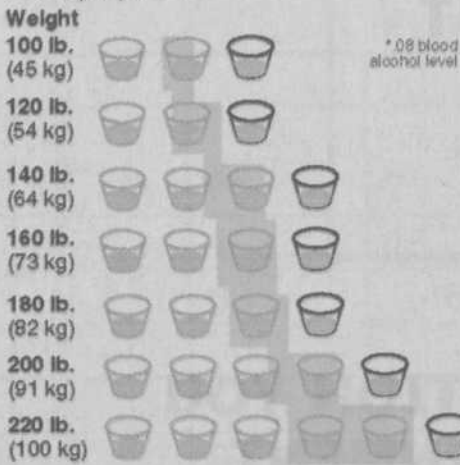


How much is too much?

On average, Americans drink more than 2 gallons (7.8 liters) of alcoholic beverages a week.

Blood alcohol levels

■ Maximum legal limit*
Likely impaired



One drink equals

- 1.25 oz. (37 ml) of liquor
- 5 oz. (148 ml) of wine
- or one 12 oz. (355 ml) beer

Why women feel effects faster

• **Less water in the body:** The male body is made up of 66 percent fluid while the female body is 55 percent fluid. Women get a higher blood alcohol level than men after drinking the same amount.

• **Can't break it down:** Women's stomachs produce less of the primary enzyme that breaks down some alcohol before it hits bloodstream.

Recommended allowances

- Men**
Men should not regularly drink more than three to four units of alcohol a day
- Women**
Women should not regularly drink more than two to three units of alcohol a day

Who drinks

Two or more drinks a day

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