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Cobras spring sports are now underway, plus, two Cobra stars earn big recognition. *More on P. 7*

# Prospectus News

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Spring Break Edition

A student produced publication since 1969

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## How to travel smart during spring break

**Josh GRUBE**  
Staff writer

At long last, spring break is in sight. After all of that hard work,

the time has finally come for a week off from classes to relax and just have a good time. If you're trying to get the most out of a well-deserved vacation by going somewhere new, it is important to remember to stay safe. After all, a vacation would lose some fun if you were stuck without a change of clothes, your money, or if you were with the wrong people. For students traveling this spring break, Prospectus News has highlighted five extremely vital safety tips to ensure a great vacation:

### 1. Travel light

When traveling, less is more. Be sure to limit your inventory to the essentials, keeping extra items to a minimum. When traveling, it is always possible to accidentally leave something behind. If you are flying, there is the added risk of becoming the victim of mishandled luggage. According to the U.S. Department of Transportation's March Air Travel Consumer Report, 172,937 people reported mishandled baggage for the domestic travel system. This is still a relatively small number, approximately 4.2 people out of every thousand travelers, but it is still something to be concerned about when packing. Ask yourself if everything you're bringing is either replaceable or something you cannot live without.

### 2. Pack resourcefully

In terms of what to pack, it is a great idea to make a checklist of everything you plan on bringing, even the essentials. The essentials include things such as changes of clothing, toiletries, your phone charger, and photo identification. If you plan on flying, it's a good idea to pack a change of clothing and any necessities in your carry-on luggage in case of an unexpected lay-



It is essential to vacation only with people who are mature enough to abide by established rules and safety precautions. Travel smart to ensure a great time.

Photo by Ashley Melloncamp

over or other unforeseen problem. One important thing that isn't as obvious to pack is emergency money. Try to have some on your person, as well as in different places in your luggage. It is wise to keep extra money in a special pocket of your travel bag, in case something happens to your money or credit or debit cards. It is also important to bring one or two extra changes of clothing, in case of an unforeseeable incident. Unless you're vacationing somewhere similar to the Mall of America, running to a store to purchase clean clothes probably isn't your idea of a fun vacation activity. In case of an injury or ailment, bringing a simple emergency kit may come in great handy as well.

### 3. Know your location

Knowing the vicinity of where you will be vacationing beforehand can make or break your overall experience. The saying "it's not the journey, it's the destination" may be true, but the journey won't be too much fun if you become lost and miss a scheduled event. If investing in a GPS is beyond your budget, use a web service such as Google Maps to print out directions for the spots you wish to go, as well as important places such as the hotel and airport. It might be a good idea even if you have a GPS, as sometimes they are not updated with recent construction. Also, you should be aware of which areas are safe and which are dangerous, especially if

traveling to major cities and overseas. Do a little research beforehand to see which areas are considered unsafe around your vacation area.

### 4. Keep your money in different places

While it may seem unorganized to keep your money in different locations, it is a wise safety precaution. If your wallet containing all of your money and cards and gets lost, you're stranded in a distant location with no way to pay for anything you may need. Dividing your money in separate places can feel over-cautious, but if your wallet or purse gets lost or stolen you'll be glad you did. Plus, if a potential thief sees you pull out all of your cash supply during a transaction, you have just made yourself a desirable target. Another possible solution to this issue is to purchase reloadable credit cards. These are not attached to your name and are a great option to have when traveling.

### 5. Travel with the right people

When planning a getaway with a group of friends, you probably haven't considered if your spring break companions would be a reliable bunch to travel with. Sure, the party animal of the group may be great on the weekends, but could you see yourself comfortably spending a week in an unfamiliar location with him? If one person falls into problems on the trip, the whole group suffers along with them. It is essential to vacation only with people who are mature enough to abide by established rules and safety precautions. As a bonus tip for international travelers, make sure you get any recommended vaccinations and scan important documents and email them to yourself.

Keeping these five tips in mind will help lead to an incredible spring break vacation. Have a great time on your vacation! You've earned it!

## As weather shifts, coffee farmers struggle

**Melissa ALLISON**  
The Seattle Times

A mile above this rural mountain town, coffee trees have produced some of the world's best arabica beans for more than a century.

Now farmers are planting even higher - at nearly 7,000 feet - thanks to warmer temperatures.

"We noticed about six years ago, the weather changed," said Ricardo Calderon Madrigal, whose family harvests ripe, red coffee cherries at the higher elevation. He sells beans to some of the most notable coffeehouses in the U.S., including Stumptown Coffee of Portland, Ore., and Ritual Coffee in San Francisco.

Standing among healthy coffee trees near the upper reaches of his farm, Calderon said he knows he is lucky.

Calderon is one of the few Costa Rican coffee farmers benefiting from the shifting weather pattern, while most of his fellow growers have found themselves on the losing end.

Yields in Costa Rica have dropped dramatically in the past decade, with farmers and scientists blaming climate change for a significant portion of the troubles.

Many long-established plantation owners have seen trees wither or flower too early. Some have given up. Others are trying to outwit changes in temperature, wind and rain with new farming techniques and harder tree varieties.

Like many tropical crops, coffee cannot tolerate extreme high and low temperatures, and it needs dry and wet seasons. Costa Rica and other countries, such as Colombia, with sophisticated coffee farms and mills appear to be noticing the impact of climate change first.



Sickly, yellow coffee plants can be seen at Francisco Flores' coffee farm in Costa Rica. Coffee used to grow well on this hillside, but rain, wind and cold make it difficult for the plants to produce.

(Erika Schultz/Seattle Times/MCT)

These problems are helping push up the price of a latte or espresso at coffee shops everywhere.

Most important, the fate of coffee in Costa Rica could be a bellwether for food production - and prices - globally, as farmers around the world cope with mudslides, droughts and creeping changes in temperature.

Almost all coffee grows in the tropics, and in general, tropical species are more sensitive to climate change, said Joshua Tewksbury, the Walker professor of natural history at the University of Washington. There are more species there, they can withstand only a narrow band of temperatures, and they are not likely to adapt well to change.

Heavy rains in Colombia recently helped drive coffee beans to prices not seen in more than a decade, and coffee companies are watching closely. Last fall, Starbucks raised prices on some drinks to offset rising costs on commodities, notably coffee.

Near the crest of a hill on a farm named La Edda for his

mother, Francisco Flores bends a knee to touch the curled, yellowed leaves of a young coffee tree, one of hundreds on a windswept ridge where coffee grew strong two decades ago.

"They live, but they don't produce," Flores said. "I have an ache in my heart. It's very difficult to see coffee businesses that went from generation to generation to generation, closing."

Costa Rica has 25 percent fewer acres planted in coffee than it did a decade ago, according to the national coffee agency iCafe. Roughly 10,000 farmers have quit coffee, some converting their land to pasture for cattle or dairy businesses.

The remaining coffee farms produce less, with yields down 26 percent in one decade.

Weather is only one problem. Costa Rica also has too many old coffee trees, and farmers' costs have risen because of a labor shortage and devalued currency.

Still, climate change represents about a quarter of the problem and is expected to worsen, said Ronald Peters,

executive director of iCafe.

Farmers learned long ago to negotiate the country's microclimates. Now they must adapt to new changes.

On the slopes of Volcano Poas, the biggest threats are colder nights, fiercer winds and rain that falls too hard and at the wrong times. Temperatures at Flores' coffee farms on Poas used to stay above 60 degrees at night, but now are dropping to 52 degrees. He also has planted more rows of Indian cane and other trees as windbreaks.

Many young coffee plants that should be lush and preparing to burst with fruit remain withered and unproductive, he says.

Just a couple of miles away are healthy coffee trees that have escaped the wind and cold. Some are still producing robustly at the ripe old age of 30 years.

Rainfall also has become more erratic.

Farmers constantly watch the sky during the harvest, fearful it might rain and cause their trees to flower early.

Flores is dismayed to find blooms on some of his coffee trees in January, the peak of the harvest. He expected it: There had been rainy spells all week.

"Last night we had rain, so for next year we will lose coffee," he said.

Then there are the mudslides. Although climate change is expected to bring a net drop in rainfall over the long term, some places - including Costa Rica - have experienced deluges. In recent years, mudslides have wiped out swaths of coffee farms, blocked roadways and demolished at least two processing mills.

See SHIFT on P. 3

## How to enjoy a stay-cation

**Kelley HEANEY**  
Staff Writer

Spring Break is upon us once again and, getting out of the house sounds like a great idea. But with gas and airline prices through the roof, who can actually afford a vacation? Why not take a stay-cation and explore what the Champaign area has to offer? Need some ideas to get started? Here are a few.

Go to a museum. Today's museums are not the stuffy, "do not touch" museums of yesterday. Today's museums often welcome touch and interaction with the exhibits. The Champaign area is fortunate enough to have several really good museums close by, with some free to the public.

The Museum of the Grand Prairie (formerly the Early American Museum) located in Mahomet is free. It is open 1-5 daily this time of year and has great exhibits of what life was like in the area before the twentieth century. It has recently added an exhibit on President Lincoln's appearances in the area prior to his presidency. "Our visitors can enter the county, the way Lincoln did, in a buggy," states the museum's website. "They can visit Kelley's tavern, have their photograph taken in Alschuler's studio, and visit the Goose Pond Church where they'll hear neighbors talking about the political issues of 1856 as they wait for Lincoln to arrive."

Spurlock Museum, located at 606 S. Gregory, on the U of I campus, is a wonderful place to compare and contrast cultures with over 40,000 artifacts in its collections. The museum has five galleries to exhibit people and cultures from all over the

world. It is closed on Monday, and has a suggested donation of \$3.

The Chanute Air Museum houses more than 3,000 items, including more than 30 aircraft. It is located on the former Chanute Air Force Base in Rantoul but is easy to get to and worth the trip to see what life was like for soldiers and officers especially during WWII. Admission costs about \$10 for adults.

There is also the Planetarium at Parkland, the Art Museum at Krannert and the Orpheum Children's museum.

A short, overnight trip to Springfield is another great option for spring break. While there, be sure to visit The Abraham Lincoln Presidential Library and Museum, the old State Capital building, Lincoln's House and law office. The village of New Salem, where Lincoln lived as a young man, is also nearby. It was from here that he courted the famous Ann Rutledge.

Spring break is also a great time to visit the zoo. One of the oldest is located in Bloomington's Miller Park, at 1200 S. Morris. It is open 9-4:30 daily with a \$5.00 admission fee. The city can trace animal care at the park to 1891 but the zoo was really founded in 1900, when a circus lion cub was found on a nearby farm and then given to the city of Bloomington. Decatur and Springfield also have great zoos.

Another spring option is to spend a relaxing day at the spa. It doesn't need to be expensive since Champaign is home to Regency Beauty Institute. Located near Target

See STAY on P. 5



# Chuck Shepherd's News of the Weird

Lead Story

Tombstone, Ariz., which was the site of the legendary 1881 Gunfight at the O.K. Corral (made into a 1957 movie), is about 70 miles from the Tucson shopping center where a U.S. congresswoman, a federal judge and others were shot in January. A Los Angeles Times dispatch later that month noted that the "Wild West" of 1881 Tombstone had far stricter gun control than present-day Arizona. The historic gunfight occurred when the marshal (Virgil Earp, brother of Wyatt) tried to enforce the town's no-carry law against local thugs. Today, however, with few restrictions and no licenses required, virtually any Arizonan 18 or older can carry a handgun openly, and those 21 or older can carry one concealed. [Los Angeles Times, 1-23-2011]

Leading Economic Indicator

The government of Romania, attempting both to make amends for historical persecution of fortune-telling

"witches" and to collect more tax revenue, amended its labor law recently to legalize the profession. However, "queen witch" Bratara Buzea, apparently speaking for many in the soothsaying business, told the Associated Press in February that official recognition might make witches legally responsible for future events that are beyond their control. Already, witches are said to be fighting back against the government with curses — hurling poisonous mandrake plants into the Danube River and casting a special spell involving cat dung and a dead dog. [BBC News 1-6-2011; USA Today-AP, 2-8-2011]

Compelling Explanations

British loyalist Michael Stone still claims it was all a misunderstanding — that he did not intend to assassinate Irish Republican Army political leaders in 2006, despite being arrested at the Northern Ireland legislature carrying knives, an ax, a garotte, and a bag of explosives that included flammable liquids, gas canisters and fuses. He was later convicted, based on his having detonated one explosive in the foyer and then carrying the other devices into the hall to confront the leaders, but he continued to insist that he was merely engaged in "performance art." (In January 2011, the Northern Ireland court of appeal rejected his claim.) [The Guardian (London), 1-6-2011]

Phyllis Stevens, 59, said she had no idea she had embezzled nearly \$6 million until her employer, Aviva USA, of Des Moines, Iowa, showed her the evidence. She said it must have been done by the "hundreds" of personalities created by her dissociative identity disorder (including "Robin," who was caught trying to spend Stevens' remaining money in Las Vegas just hours after the showdown with Aviva). Stevens and her spouse had been spending lavishly, buying properties, and contributing generously to political causes. As the "core person," Stevens said she will accept responsibility but asked a federal judge for leniency. (The prosecutor said Stevens is simply a thief.) [Des Moines Register, 1-21-2011]

Thomas Walkley, a lawyer from Norton, Ohio, was charged in January with indecent exposure for pulling his pants down in front of two 19-year-old males, but Walkley said he was merely "mentoring" at-risk boys. He said it is a technique he had used with other troubled youths, especially the most difficult cases, by getting them "to think differently." Said Walkley, "Radical times call for radical measures." [American Bar Association Journal, 1-18-2011]

Ironies

U.S. News & World Report magazine, and the National Council on Teacher Quality, announced plans recently to issue grades (A, B, C, D and F) on how well each of the U.S.'s 1,000-plus teachers' colleges develop future educators, but the teachers of teachers appear to be sharply opposed to the very idea of being issued "grades." The project's supporters cited school principals' complaints about the quality of teachers applying for jobs, but the teachers' college representatives criticized the project's measurement criteria as overly simplistic. [New York Times, 2-9-2011]

Police were out in force in September as schools opened in Toronto, writing 25 school-zone speeding tickets in the first two hours. One of the 25 was issued to the driver of a school bus, caught speeding through a school zone trying to avoid being late at a pickup point farther down the road. [CTV News (Toronto), 2-7-2010]

The Litigious Society

Paul Mason, 50, an ex-letter-carrier in Ipswich, England, told reporters in January he would file a lawsuit against Britain's National Health Service for negligence — because it allowed him to "grow" in recent years to a weight of nearly 900 pounds. Mason said he "begged" for NHS's help in 1996 when he weighed 420, but was merely told to "ride your bike more." Last year, he was finally allowed gastric surgery, which reduced him to his current 518. At his heaviest, Mason estimates he was consuming 20,000 calories a day. [The Sun (London), 1-7-2011]

Update

Life is improving for some Burmese Kayan women who, fleeing regular assaults by soldiers of the military government of Myanmar, become valuable exhibits at tourist attractions in neighboring Thailand — because of their tribal custom of wearing heavy metal rings around their necks from an early age. The metal stacks weigh 11 pounds or more and depress girls' clavicles, giving them the appearance of elongated necks, which the tribe (and many tourists) regard as exotic. While human rights activists heap scorn on these Thai "human zoos" of ring-necked women, a Nacogdoches, Texas, poultry plant recently began offering some of the women a more attractive choice — lose the rings and come work in Texas, de-boning chickens. [Global Post, 1-31-2011] [KTRE-TV (Nacogdoches), 1-12-2011]

Corrections:

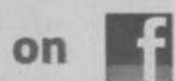
In last week's article titled "Understanding the Federal budget cuts," we stated that the MAP grant was being eliminated. It was brought to our attention that that was not the case and on Feb. 17, Governor Quinn decided to invest \$25 million into the program.

In last week's article titled Student aid and taxes made easy, credit for the photo was given to Levi Norman, but should have been given to Ashley Melloncamp.

We highly regret these errors and apologize for any inconvenience.

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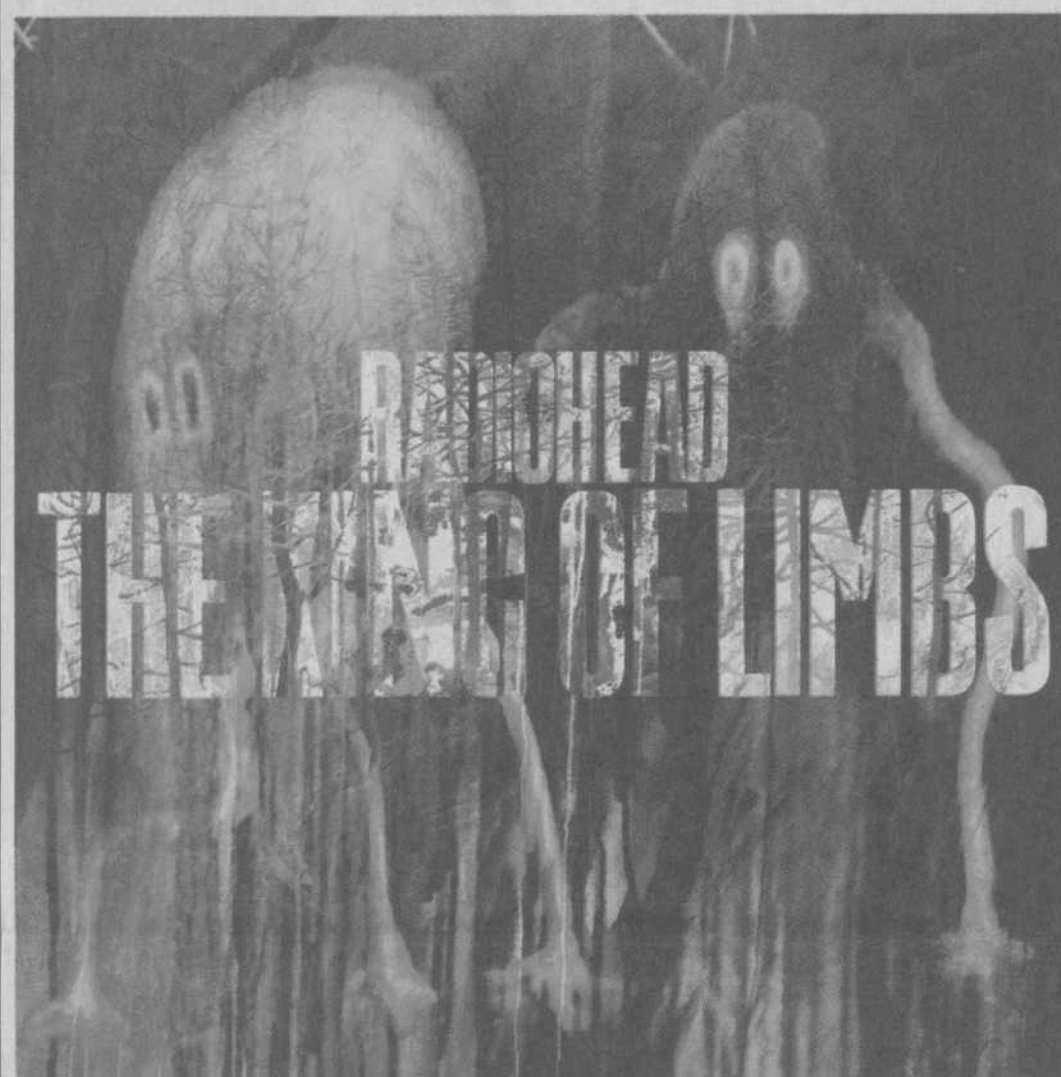
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## Album Review: Radiohead's King Of Limbs



Josh GRUBE  
Staff Writer

Seemingly out of nowhere, alternative rock group Radiohead announced their new album *The King Of Limbs* on Valentine's Day, only five days before the scheduled digital release. As a second surprise, they decided to release it a day earlier, on February 18. This is the band's eighth studio album, as well as their shortest, with only eight tracks comprising about 37 and one half minutes. A physical release is set for March 29.

Along with the release of the album, Radiohead released a music video for the song "Lotus Flower." The music video is simply black and white footage of Yorke lip-synching and dancing strangely to the song. In the song itself, he sings almost hauntingly in front of relatively uptempo instrumentation. A prominent warm bassline dominates the track, creating a soulful groove as

incredibly attention-grabbing as Yorke's dancing in the music video. Although the hook isn't nearly as catchy as Radiohead singles in the past, such as "Creep" or "Karma Police," it still has an addictive quality that grows with time.

*The King Of Limbs* maintains a great flow throughout, with every song leading perfectly into the other. Through the first few listens, the album almost sounds as if it is just one long piece. However, this does not mean the tracks aren't distinguishably different from one another. From the bass-intense "Feral" to the enchanting piano ballad "Codex," Radiohead creates a new and refreshing sound for each song.

As a whole, *The King Of Limbs* is a nice and soothing group of tracks. Odd minimalist drum beats and the beautiful vocals of Thom Yorke reign over the album, creating a collection of dreamy landscapes throughout. The album can be best described as an ambiva-

lent lullaby; the beats inspire the urge to dance while the rest of the music soothes the listener into submissive relaxation.

The downside to *The King Of Limbs* is that it may leave fans feeling unsatisfied and underwhelmed, wishing for more. In fact, there is a conspiracy that this is simply a part of a larger entity. The short length is only one of the arguments. Another stems from the final track "Separator." As if the title wasn't enough to perpetuate the theory, Yorke sings: "If you think this is over, then you're wrong." Also, Radiohead describes the upcoming physical version as "the world's first Newspaper Album." The point of view is that this album will act similar to a newspaper and keep having releases. Whether the public receives more from Radiohead or not, we still have eight fantastic tracks from one of the best bands currently in the business.

### STUDENT GOVERNMENT ELECTIONS

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and 5 p.m. – 7 p.m.  
Wednesday, March 30: 10 a.m. – 12 noon

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# Survey shows hesitance in student support for ARIS

**Kassy COAN**  
Staff Writer

There is no doubt that the number of students taking online classes is rising. The annual Sloan Consortium survey reported a 1 million-person-increase in enrollment during 2010.

Many people firmly believe that an online education can, and commonly does, surpass that of an in-class experience. The U.S. Department of Education revealed in a September 2010 evaluation that "on average, students in online learning conditions performed modestly better than those receiving face-to-face instruction." The Parkland website

even states, "Students often report more personal attention from their instructor in online classes than in traditional face-to-face classes."

Could better performance by students and increased personal attention from teachers be brought to the classroom if more online resources were available to students? In order to explore this, Chemistry 101 students from Parkland who are currently using online resource, ARIS, were surveyed. None of the students elected to use this resource; it is a requirement that all Chemistry 101 students purchase the registration code in addition to their textbook and complete their homework online.

Missy Eaton, a chemistry student, reported that 50% of her work is completed online. She likes ARIS, because it provides her with instant feedback and step by step help and hints. According to Eaton, the resource helps her grade. "It makes me do [the homework questions] until I get them right."

Other students, such as Jamie Le Roy, would much prefer printed homework. Many students mentioned how they spend more time inputting answers than practicing homework problems, because ARIS is "picky" and "glitch-y."

For out of district and especially out of state and international students, the price

of on-campus classes can be nearly double that of an online class. However, there are many students that are paying for on campus classes that are required to do everything except labs online. Thair Al-Saqri is one of the many students who chose to have an on-campus course, but must complete 100% of his homework on the Internet. "I honestly hate online homework," stated Al-saqri. "I would rather not look at a computer screen for hours at a time. It makes me not want to do [the homework]."

Overall, every student reported that the ARIS online work was 70-100% on target with class discussions and

exams. However, 55% of students reported that they have better grades in classes that do not take advantage of online resources.

Online resources have benefits for teachers, as well as students. Due to the automatic grading, teachers spend significantly less time looking over papers. In fact, with ARIS, they don't have to grade the weekly homework at all, nor do they need to create the homework questions. While this makes the job of a teacher easier, is it truly benefiting the students?

Many students proposed the perspective that at a large university automatic grading is necessary, but at Parkland, where small class size is in

the official "Strategic Plan for Excellence," students expect and appreciate the teacher at least looking at the assignments that take hours to complete. Through seeing the students' work, the teacher can see the weaknesses of the class and help them improve.

Online classes are becoming more popular, and along with them, online resources are being required in on-campus classes. Should all students in a class be required to complete work online, even though they enrolled in an on-campus class? Is it right that students have to pay for an on-campus class even though all of their homework is online? Speak up and make your voice heard.

## SHIFT

continued from page 1

Experts are trying to help coffee farmers with the problem.

Mostly, they recommend farmers do more of what they have been advising for years to protect the environment and grow better coffee, such as adding shade trees and planting in curved and terraced rows to prevent massive water runoff.

"Farmers are scared," said Orlando Mora, an agronomist at Starbucks' farmer support center in Costa Rica. "They are having to alter their daily routines a lot."

Researchers are developing hardier varieties of coffee that can withstand changes in the weather.

Flores is testing about 1,500 hybrid trees developed by coffee-research institutes in Costa Rica, Guatemala, El Salvador and Honduras along

with the Tropical Agricultural Research and Higher Education Center in Costa Rica and CIRAD in France.

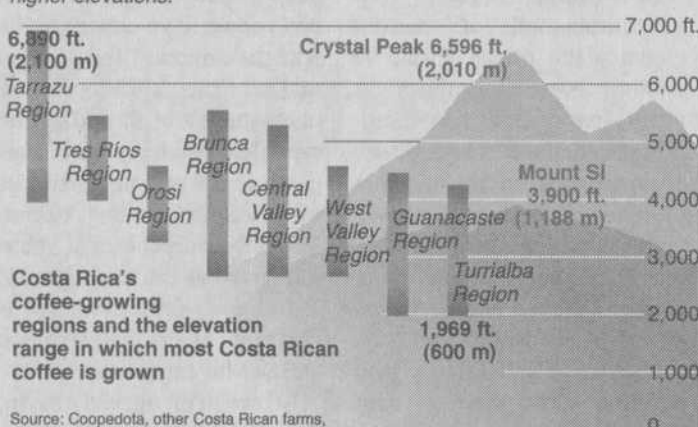
A major snag is that they cost twice as much as regular coffee trees because there are so few available. But they produce about 25 percent more coffee and should become affordable once volume picks up, according to Peters from iCafe. His agency helps arrange financing for farmers who want to buy the new trees.

Starbucks and others are working to distribute thermometers to farmers so they can monitor exactly how the temperature is changing - and share that information.

"They know they feel warmer or cooler, but they don't know how much," Mora said. "What they need is communication and knowledge, and our activity at Starbucks is not only to buy coffee but to provide support so they can be good coffee producers."

## Coffee farms climb higher

It used to be impossible for coffee to grow above 5,250 ft. (1,600 m) in Costa Rica. Warmer temperatures mean trees are now thriving at much higher elevations.



Source: Coopedota, other Costa Rican farms, The Specialty Coffee Association of Costa Rica  
Graphic: Mark Nowlin, The Seattle Times

In Costa Rica, the world's 15th largest coffee exporter, high coffee prices have helped farmers make up for lean crops.

Eventually, coffee prices are expected to fall again. At that point, Peters from iCafe said he hopes the country will have returned to strong produc-

tion levels, "because in many regions there are not very many alternatives" to growing coffee. Worth about \$400 million a year, coffee is the country's third-largest agricultural export, after pineapples and bananas.

Roberto Mata, who runs the Coopedota cooperative in

Santa Maria that sells to Starbucks, worries about all of it.

"If coffee falls to 100 cents a pound, we won't survive. We will disappear," Mata said. Coffee currently sells on the commodities market for about \$2.75 per pound.

Now Mata is on a mission to certify Coopedota as carbon-neutral, largely because he wants to set an example.

"We want to prove to the coffee-consuming world that we're doing what we can and ask them to do something against global warming, because otherwise we will not be able to produce coffee," he said.

He also wants to hire two agricultural scientists - he has one now - to teach farmers how to combat climate change, and he is lobbying to get funding for those positions, plus new trees and extra fungicide.

Mata is not sure what to do about the increasing wind. "It used to be, if you saw clouds

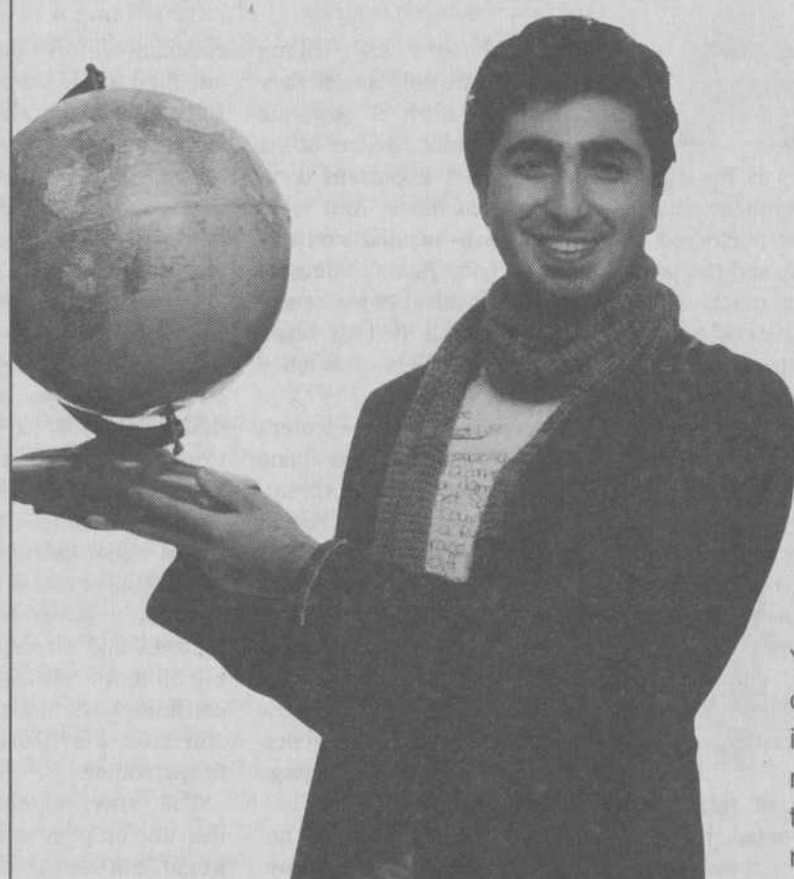
coming at the top of the mountains, two hours later you would have rain. Now, it's five minutes later."

Planting at higher elevations might not be a good solution for many farmers, he says, because of the different soil and because the heavier clouds there could invite fungus. As a test, the co-op planted trees at 6,400 feet and is waiting to see whether fungus attacks.

With all these measures, Mata said, he hopes to keep farmers in business. He also wants his son to continue their family's 85-year tradition of coffee growing.

"Some people do not know what we are suffering," Mata said. "They can go shopping and buy a bunch of items and throw them all away, and they can sit in their cars for six hours and think it's not affecting anybody. It's affecting somebody."

(c) 2011, The Seattle Times.



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# Opinions

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# Polarization likely to worsen

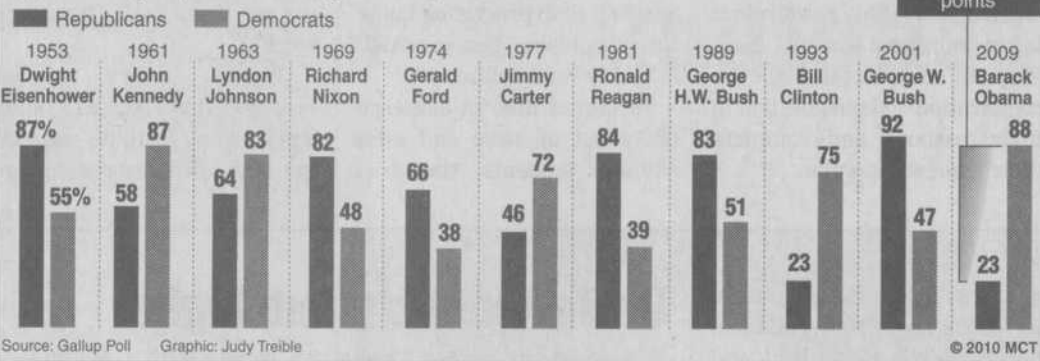
**Michael SMERCONISH**  
*The Philadelphia Inquirer*

Individualism is dead. That's the stark take-away from an analysis of congressional voting records by the National Journal. Since 1982, the Journal has combed congressional votes on key issues and rated legislators' records. Last year, it reviewed 95 significant votes in both chambers using a relative, not absolute, measure. In other words, it seeks to compare members with one another, so, for example, a liberal score of 70 means that member is more liberal than 70 percent of his or her colleagues. In analyzing votes cast in 2010, the Journal concluded that the level of polarization was the highest in three decades of measurement. Every Senate Democrat compiled a voting record more liberal than every Senate Republican, and every Senate Democrat compiled a voting record more conservative than every Senate Democrat. The House of Representatives was similarly divided. In 1982, for comparison, 36 Senate Democrats scored as conservative as Lowell Weicker, the most liberal Republican, and 24 Senate

Republicans were as liberal as the most conservative Democrat, Edward Zorinsky. In other words, 60 percent of the Senate was somewhere in the middle! Since then, the "the ideological outliers have been purged," I was told recently by Ronald Brownstein, political director of the Journal and author of "The Second Civil War: How Extreme Partisanship Has Polarized Washington and Polarized America." "The story of the last three decades of American politics is unstinting polarization, a fusion of ideology and partisanship." Gone are the days when Jesse Helms and Jacob Javits were colleagues in the Senate Republican caucus, while Hubert Humphrey and Richard Russell were both Democrats. Arlen Specter once discussed with me a meeting of moderate Republicans who gathered once a week to discuss policy and strategy. In the early 1980s, the group had two dozen members. By his last term in office, Specter was saying that "the moderates can meet in a phone booth." The trend is unmistakable and raises two questions: What accounts for the change? And is it necessarily negative?

## Polarized job approval

Average difference between Republicans' and Democrats' job approval ratings of presidents during their first year in office:



Brownstein argued that a combination of factors explains the purge. First, he pointed toward changes in party leadership that facilitate leadership based not on seniority but on the support of colleagues. This puts more pressure on legislators to toe a party line. For example, then-House Speaker Nancy Pelosi ousted Rep. John Dingell as chairman of the Energy and Commerce Committee when he wouldn't go along on climate change. Matt Bennett, co-founder of the centrist Democratic think tank Third Way, said members of Congress were polarized as a result of what he called "the great sorting out." "Congressional districts

have gotten redder and bluer, and people have chosen to live with like-minded folks," Bennett told me. "Add to that the phenomenon of closed primaries that occur at odd times (such as the middle of August) with extremely low turnout (around 4 percent), and you're left with only the most committed members of the two parties choosing their congressional and Senate candidates." Brownstein agreed, saying the primary process tended to reward the most ideologically driven candidates. This makes sense: Often the most passionate voters show up on primary day, and passion is often driven by ideology. And let's not forget the rise of the partisan media.

"The Internet, talk radio, cable TV all provide huge amplifiers for angry voices, which has created a system in which bad behavior (hyper-partisanship) is rewarded and bipartisanship is punished," said Mark McKinnon, a GOP strategist who has worked for George W. Bush, John McCain, Lance Armstrong and Bono. The period of polarization in Congress charted by the Journal overlaps the rise of opinionated media. Rush Limbaugh launched nationally in 1988. Fox News went live in 1996. MSNBC hired Keith Olbermann in 2003. The split-screen television treatment of colleagues is now seen in Washington. To what effect?

Political pragmatists are lacking in representation even as more Americans identify their general approach to issues as "moderate" than very liberal or conservative or somewhat liberal or conservative. "It's crazy and makes no sense," McKinnon said, "but while voters are getting more independent, our elected officials are becoming more dependent and responsive to the constituencies represented by fringe organizations who find a powerful and disproportionate voice through cable TV, talk radio, and the Internet." Republicans are losing a voice in the disappearing Democrats are disappearing from the South. And when consensus can't be reached, problems don't get solved. "When one party has to pass legislation on its own," Brownstein said, "it shoots for center of its own coalition, which is not the center of the country. And when you do that, little by little ... you are increasingly pulling away from the middle." So will it change? Probably not until it gets worse. (c) 2011, The Philadelphia Inquirer.

## Selling fake dreams

**McClatchy-Tribune NEWS SERVICE**

No doubt you've seen the TV commercials: Enroll in so-and-so college and you, too, can find gainful employment in the lucrative white-collar field. The come-on sounds really nice. But too often it's just that, an enticement that leaves young people strapped with a college-loan debt and very little chance of obtaining a job in their major. Part of the problem is that the for-profit colleges that typically run such ads are not required to disclose crucial information about their graduation or job-placement rates. As a result, vulnerable stu-

dents may blindly make education decisions that haunt them financially for years. To correct that, the Obama administration has proposed new rules that hold for-profit colleges and community colleges more accountable. The "gainful employment" rule sets standards to assess whether career and vocational training programs are adequately preparing students for employment. It also considers whether former students actually earn enough to repay their loans. The new rule has African-American lawmakers and interests taking opposite sides, which seems odd when you consider that minority stu-

dents are the most likely victims of enticements to take out loans for college courses that never produce a job. The National Black Chamber of Commerce has applauded efforts to stultify the rule, saying it would cost 100,000 jobs. "Gainful Employment unfairly singles out for-profit schools, whose student bodies are comprised of 39 percent minorities," it said in a statement. Meanwhile, the Leadership Conference on Civil and Human Rights said the new rule is needed "to protect students from for-profit colleges that have used the American Dream as bait to trap vulnerable students into underperforming schools and saddle them with a lifetime of debt." The House has passed a bill that would prevent the Department of Education from imposing the rule. Similar legislation is in the Senate. Lawmakers considering this legislation must stay focused on the greater good, which is the welfare of the students, not the for-profit colleges. Federal student aid accounts for 90 percent of the revenue for for-profit colleges. But the government estimates about 16 percent of for-profit programs could lose their eligibility for federal loans and grants under the new rules. That would not be a tragedy. Some for-profits have graduation rates below 10 percent; they should do better or close. Tuition and fees at for-profit colleges are twice the cost at public schools. Their enrollees represent only 12 percent of college students, but 43 percent of loan defaults. It's time to rein in these schools, and their deceptive advertising. (c) 2011, The Philadelphia Inquirer.

## Piracy near Somalia

**Shannon BEEBE**  
*Los Angeles Times*

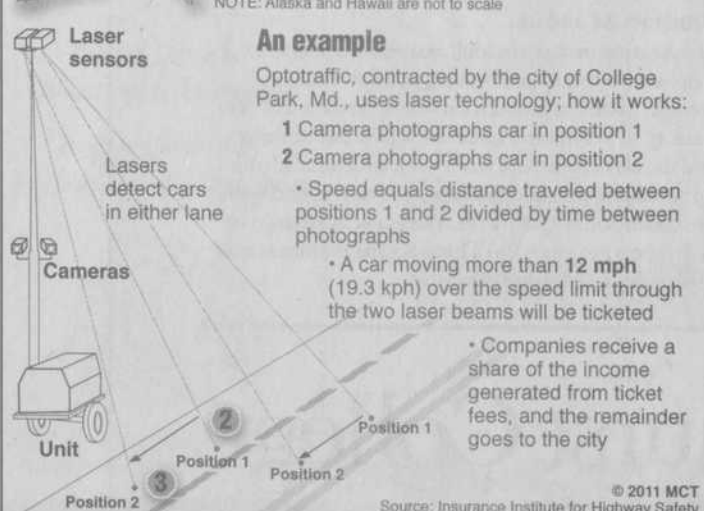
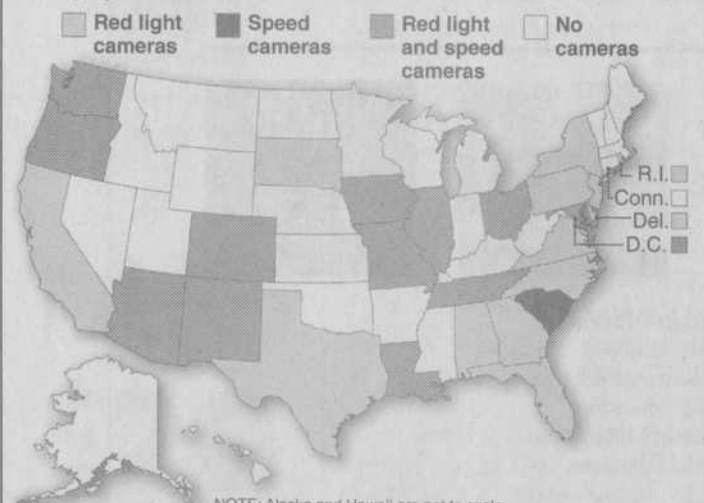
It has become apparent that real piracy is far different from the lighthearted subject sometimes portrayed in popular culture, and the problem is growing much worse. Besides the tragic cost in lives, the United States, many other nations and NATO spent \$2 billion combined last year to safeguard the busy international sea lanes off the Horn of Africa from Somali pirates. According to the International Maritime Bureau, "hijackings off the coast of Somalia accounted for 92 percent of all ship seizures last year," and the price tag does not include the costs of reallocating critical military resources. Sadly, much of this could have been avoided had the world made a stronger commitment to conservation and environmental protection years earlier. Somalia provides a classic example of how problems related to poverty and the environment are increasingly evolving into traditional international security risks. For example, the issue of overfishing, particularly by foreign vessels, was very low on the international community's radar when the government of Somalia collapsed in the 1990s. The combination of rich fishing opportunities and a complete inability of the government to police its waters drew fleets from countries far and near, setting the stage for the instability to come. The greatest harm was done by European and Asian vessels that plundered the fisheries off Somalia's coast. Once Somalia's fish populations were depleted, the international ships moved on. But local fishermen obviously could not. As economies along the coast collapsed, whole communities of Somalis became

jobless, hungry and willing to exploit the only assets they had: boats with a strategic launching point into one of the world's most important commercial sea lanes. And what would have seemed unthinkable to many Somali villagers just a short time before - transforming small fishing boats into pirate vessels - has since become a way of life. Piracy has made the waters off eastern Africa the bane of international trade, threatening sea travel in the region for oil tankers, cargo carriers, cruise ships and private boats alike. Indeed, according to International Marine Bureau statistics, more than 30 vessels with more than 700 crew members and passengers combined are being held hostage by Somali pirates. Though overfishing is not the sole cause of the increase in Somali piracy, it is undeniable that the pillaging of local fish populations, largely by foreign vessels, played a key role. Now the burden for resolving this conflict has been placed at the feet of the world's major navies, including that of the United States. This new century is teaching us that traditional security tools are far from the only weapons we have to confront today's challenges. Our nation's efforts to safeguard the environment around the world also play a critical role in protecting our security and

reducing future burdens on our military. If we are to stop future environmental problems from evolving into full-blown national security problems, we must find ways to better leverage all of our foreign policy tools. Leaders in Washington could take a huge step forward in this effort by building on a bipartisan proposal introduced last year in Congress to create an integrated international conservation strategy for the United States. This would make existing international conservation programs of the U.S. government more focused and strategic, allowing military professionals to consider ways that our efforts and those of civilians can benefit each other. The power of our country lies not only in our military might, but also in our knowledge and ingenuity. A foreign policy that more intelligently advances conservation and environmentally sustainable development could proactively address potential security threats before they evolve into conflicts that cost both American lives and treasure. (c) 2011, Los Angeles Times.

## Prevalence of speed cameras

While most states haven't adopted the practice of ticketing based on red light and speed cameras, the states that use both are earning significant revenues.



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# Staff create SPARK from student, faculty works

**Morgan BERNIER**  
Assistant Editor

Scholarship at Parkland (SPARK), created by Ericka Hackman and Sherry Cmiel, provides a way for the Parkland community to display their greatest accomplishments. Hackman, of the Center for Excellence in Teaching and Learning, and Cmiel, a part of the Parkland Library staff, both found a common goal — to attempt to gather and display the scholarly work created by the Parkland College community.

The works that are a part of SPARK range from papers, to prose, to paintings, and even graphic design. Many of the pieces that are posted have come from the honors program, IMAGES magazine, the graphic design showcase, Phi Theta Kappa, personal collections, and various other places. The contributions come from faculty, staff, and students, providing a great way to see

a multi-faceted view of what Parkland has to offer.

Cmiel and Hackman saw a need for an institutional repository for Parkland, and found a way to make this happen. The idea for SPARK came about during a learning and development session at the Center for Excellence when scholarship and scholarly work was being discussed.

Not only does SPARK benefit Parkland as a whole, but it also provides a way for students' work to be displayed to potential employers, as well as their family and friends. Also, each piece of work has a permanent, allowing students, or anyone else, to look back on their projects at any point in the future. Another feature provided by SPARK is the ability to see how many times a certain piece has been viewed or downloaded, as well as how many views and downloads the site has as a whole. This is a great way to find out where community interest is the most focused.



SPARK promotes, showcases, and facilitates global online discovery of scholarly and creative works from Parkland students, faculty and staff according to a press release. The site was created by Ericka Hackman and Sherry Cmiel.

Photo by Levi Norman/Prospectus News

The creators also want to make sure to give credit to Parkland for the funding supplied by the institution, which creates "an avenue for people

to turn ideas into reality." They believe that SPARK will further enhance Parkland's reputation, as it is one of only two community colleges in Illinois

that has an institutional repository, and one of only a handful of community colleges nationwide. They also believe that having an institutional repos-

itory for the college will connect Parkland in many ways. It is a way for departments to connect and interact, members of the community to see what Parkland has to offer, and to allow the global academic community to get to know Parkland.

One of the things that the pair find most impressive is that, if one were to run a Google search on "Thomas R. Ramage" the first thing that comes up is a portfolio of Parkland's President's work on SPARK. By providing a way to increase the visibility of the high-quality of work that comes from the Parkland community, SPARK also provides a way to reinforce Parkland's top-notch reputation.

To see what SPARK has to offer, go to [SPARK.parkland.edu](http://SPARK.parkland.edu). There is an excellent variety of written work, power points, graphic design, art, and other scholarly work by students and faculty from nearly every department.

# Comic Con Hits the C-U

**David BUSBOOM**  
Staff Writer

The Urbana/Champaign Comic Book Convention made its way into town on Sunday, March 13 at the Eastland Suites in Urbana. The convention was open to the public—with free admission and parking—from 10:00 AM to 4:00 PM, and featured a number of dealers from Illinois and its neighboring states, each of whom had a wide variety of comic books and related collectibles for sale. The comics themselves ranged in age from the most recent all the way back to the 1930s, and the dealers were buying as well as selling.

The small, one-day comic "show," as it was referred to by the convention manager Alan Morton, was merely one of many similar events being held all across the Midwest. Although some are larger in scale, they are all one-day-only

events and worth attending, as one can find a variety of comics and related collectibles—such as action figures, (non-sports) trading cards, videos, and other items—that one wouldn't be able to find anywhere else, and for fair prices. As Morton says, "There are always good deals to be found."

As it costs dealers considerably less to set up at these "shows" than it does at larger conventions, one can often find some excellent deals. Furthermore, unlike shopping online, at a convention one is able to see the comic before purchasing it, and know what shape it is in without having to trust the seller's judgment. At the Urbana/Champaign convention most boxed comics ranged from fifty cents to five dollars apiece depending on condition and rarity—older comics in mint condition were naturally more expensive—and quite a few buyers left with stacks of

twenty or more issues each! The boxes were, for the most part, not organized in any particular way and included a wide assortment of old DC favorites (Batman, Superman, Aquaman, the Green Arrow, Wonder Woman, etc.) and Marvel favorites (Daredevil, the Fantastic Four, X-Men, Hulk, Spider-Man, etc.), as well as a multitude of less-celebrated comics from smaller companies such as Image and Valiant.

These conventions have been running since 2001, and have been held in Kansas City, St. Louis, Peoria, Daytona Beach, Quad Cities, Bloomington/Nor-

mal, Chicago, Danville, and many other locations. They are currently being run in Illinois (Champaign/Urbana, Metro East, Peoria, Quad Cities, Rockford, and Springfield), Indiana (Fort Wayne and South Bend), Iowa (Council Bluffs/Omaha, Des Moines, and Cedar Rapids/Iowa City), Kansas (Kansas City), Minnesota (Minneapolis/St. Paul), Missouri (St. Louis), Nebraska (Omaha), and Wisconsin (Green Bay, Madison, and Milwaukee). A complete schedule and market listing for upcoming small conventions can be found at [www.epguides.com/comics](http://www.epguides.com/comics).



The Urbana/Champaign Comic Book Convention made its way into town on Sunday, March 13 at the Eastland Suites in Urbana as comic lovers united.

Photo by Levi Norman/Prospectus News

## STAY

continued from page 1

and Menard's, this is a beauty school where students do the services. According to Campus Manager, Amy Tewell, all students are "supervised by cosmetology educators, who hold the highest cosmetology degree offered in the state of Illinois. Students must complete an eight week program before working on clients." The facility offers services at reduced prices. A Mini Spa Package with a facial, shampoo, style and makeup application is offered for \$35 or a shampoo and cut is only \$9. Call 351-9937 for appointments.

Perhaps a day of shopping is more appealing for you. If so, you can skip the crowds and explore downtown for some great shops and merchandise. Ten Thousand Villages features merchandise "from more than 130 artisan groups in some 38 countries," according to their website. Maintaining to be a "fair trade retailer" they specialize in "artisan-crafted home decor, personal accessories and gift items from across the globe." The store is located at 105 N. Walnut.

Other little known secrets of downtown include: The Walnut St. Tea Company at 115 S. Neil, Jane Addams bookstore at 208 N. Neil, and B. Lime: A green store at 12 E. Washington. All are unique to the area. Downtown Urbana also has great places to visit such as Beads and Botanicals at 117 N. Broadway. They offer a large variety of beads from what appears to be just about every natural source available, including

jade, obsidian, jasper and turquoise. Also available are massage oils and lotions, scented votive candles, incense and other gifts.

An unusual spring break should mean eating somewhere remarkable. C-U is full of unique places to eat such as Urbana's Courier Café. Formerly a newspaper office, the café offers great food and fun refreshments like a Green River Phosphate. Champaign's La Peep Restaurant, located at 2209 S. Neil St., is actually part of a chain, but is one of only seven in the entire state of Illinois, making it somewhat unique. If pizza is the craving of the day Papa Del's, on Green Street or at the Crossing on Windsor Road, is another great place to go. Known for being some of the best pizza in town, they also serve sandwiches and dessert. Other fun, exotic places include Café Kopi, Bombay Indian Grill, Luna's and Radio Maria.

Other great ideas include exploring the many bike paths and foot paths in the area. Lake of the Woods Park in Mahomet offers a 3.5 mile paved path for cyclists and walkers as well as many unpaved, well-marked paths. Meadowbrook Park, in Urbana, also has a great paved path. Another option is to visit Alto Vineyards at 4210 N. Duncan Rd., near Champaign. Right now they are open 12-5 Sunday, Tuesday -Thursday and 12-6 Friday and Saturday.

Spring break offers a great chance to explore the beginning of what is offered in the area. If you find something you enjoy now, you may have entertainment for the rest of your life.

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# Features

## Bonus Stage!

The official gaming column  
of the Prospectus

### Clinging to a Great Game

**Jake GODIN**  
Video Game Columnist

What's new this week? Well I got a new hat for starters. But that's not the only thing! I also finished a PSP game I bought earlier in February. Tactics Ogre: Let Us Cling Together was the name of it and it took me about 50 hours to get through its storyline. Not too shabby if I'd say so myself. Read on for my overall impressions of the game...

Let me start by saying I had two main reasons for buying Tactics Ogre. One, it looked almost identical to Final Fantasy Tactics: War of the Lions (PSP and Playstation One) in terms of graphics and play style. And two, I was completely enthralled by this game called Ogre Battle 64 for the N64 back when I was a kid. I loved it, but never owned it, so it had me on a hook and I tried to play it every chance I could get. I had attempted to buy a GameBoy port of another Ogre game multiple times as well, but to no avail.

When I put Tactics Ogre in my PSP and started playing it, I immediately felt like I was playing Final Fantasy Tactics again, which was great for me. I loved that game and it made picking up the play style on this game much easier. If you don't know what Final Fantasy Tactics played like, well, basically it was a RPG-style game where you controlled multiple characters on isolated battlefields throughout the game. The battles were turn based though, making each one comparable to a match of chess.

Tactics Ogre is exactly the same style but with an added twist, you can go back to a previous turn and change your actions. So if it were actually a game of chess, it'd be like if you lost a piece and simply went back and moved that piece to a different spot. Of course, Tactics Ogre is a lot more interesting. There are a plethora of reasons that one would want to change his or her actions, I did it multiple times throughout each battle. It's not exactly a way to cheat either, since the outcome of any particular



attack on that turn will always be the same. It's just a way to get a one up on the computer, who can be a pain at some points, and to make sure you don't permanently lose your characters.

Final Fantasy Tactics, like any Final Fantasy game, also had a large number of classes to choose from. Tactics Ogre does this in quite the same manner. You are able to change a characters class whenever you want, but you have to possess the correct "card" for that class. Every class has a large pool of skills to purchase where more and more become available as it levels. Initially, most classes have the same skills to choose from but as they level, you can choose skills that are unique to that particular class.

When it came to the story, I wasn't really able to connect the storyline of Ogre Battle 64 to this iteration of the series. That's really because, well, I didn't exactly know what was going on in Ogre Battle 64. I was young when I played it and I never really paid attention to the storyline. This time around though, I paid plenty of attention to the story of Tactics Ogre and I'd say it's pretty darn exciting. The land that you're placed in is split between two sides, and you start out by helping a third side get their own

foothold. One thing leads to another and eventually you're tromping around the nation fighting in skirmish after skirmish.

What makes the story even better is that you can alter it at different points throughout the game by making key decisions. At one point you're ordered to massacre an entire town, you can either obey and have the terrible secret tear you and your sister apart or become a wanted man by refusing. Both choices alter the storyline immensely and give you a reason to go back through the story a second time.

The graphics in the game are done quite well. It looks very much like the original on the Playstaion, but there's a very noticeable increase in quality. I'm glad they decided to keep it more or less the same rather than doing a complete overhaul. Truth be told, I would have probably liked the game less if they changed it too much.

As for what's lacking in the game there's not a whole lot for what kind of game it is, but I did notice some obscurities in the storyline. Some elements came out of nowhere, and every now and then I'd notice some odd behaviors from the characters when interacting with other people. This is just

me nit picking though, because it wasn't really too detrimental to the whole storyline.

The game's difficulty wasn't too bad either. If you know how to play these kinds of games, then you shouldn't have any trouble jumping right in like I did. There's a lot of information that accompanies each character concerning their equipment and stats though, so if you're not too fond of numbers you may have trouble getting some reins on the stats.

Anyhow, having just recently finished the main storyline, I can safely say that this game is pretty darn good. I wouldn't say it was easy, but if you're into Tactical RPGs that have a lot of information, a satisfying story, and the ability to make huge choices, then I'd highly recommend it.

Now I'm not going to give Tactics Ogre a grade or score or anything like that. That's up to you after reading what I had to say about it. If that irks you or you really want to know what my numerical assessment of the game was, then just hit me up at ProspectusBonusStage@gmail.com and I'll send you a response. If you don't like emails and prefer shorter messages, feel free to contact me at my Twitter account @Jake-Godin.

## News quiz:

**Colleen JASKOT**  
McClatchy-Tribune

1. What problem does Japan face after the natural disasters it suffered from on Friday?

- A. Freezing temperatures
- B. Protests by people seeking to overthrow the government
- C. Potential for nuclear disaster
- D. Government collapse

2. What new Apple product arrived in stores on Friday and has sold more than 1 million copies according to analysts?

- A. iPad 2
- B. iPhone 4
- C. a new MacBook Pro
- D. a new iPod shuffle

3. NPR executive Vivian Schiller resigned on Wednesday, a day after what happened?

A. Ratings came out, showing NPR has the lowest ratings in 10 years.

B. A video surfaced of a top NPR manager calling Republicans "anti-intellectual" and the tea party members "racists."

C. Rumors started that NPR has misused millions of dollars.

D. Juan Williams, who was fired from NPR after making comments about being uncomfortable with flying with people in "Muslim garb," decided to sue NPR.

4. What happened as a result of the labor talks between the team owners of the National Football League and the players' union this weekend?

A. They finally reached an agreement on the 16th day of talks.

B. Labor talks collapsed, and team owners locked out the players.

C. They came to a tentative agreement and agreed to continue the talks another week.

D. The players went on strike for the first time since 1987.

5. The number of survivors of what disease has risen 20 percent in six years, according to the most recent report from the Centers for Disease Control and Prevention?

- A. Influenza
- B. AIDS
- C. Heart disease
- D. Cancer

1. C. Japanese nuclear plants are trying to contain meltdowns after problems triggered from the earthquake led to explosions.

2. A. The iPad 2 arrived in stores on Friday. It is thinner and lighter than the original iPad, and it has two more cameras and a faster processor.

3. B. Schiller resigned in the wake of the video surfacing, which, along with the Juan Williams firing, has some conservatives saying that NPR has a liberal bias. Her resignation also comes just as the Republican led Congress has been debating cutting public funds for public broadcasting.

4. B. Labor talks collapsed on the 16th day of talks, and teams owners locked out players the following day, after disagreements about how to divide the revenue from the league. This shuts down professional football for the first time in 24 years.

5. D. The number of cancer survivors has risen, for reasons including earlier detection and more effective diagnosis.

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#### Notice to Students and Faculty Regarding FINAL EXAMINATIONS

A final exam is expected in each credit course at Parkland College. Final exams for all full-semester and second-half-semester courses will be given during final exam week (May 9 - 13) according to the official published schedule. The schedule can be found on the last part of the printed semester class schedule. These final exams are **not to be given early** (during regular class periods). Final exams for all other courses (those ending earlier) will be given at the last regularly scheduled class meeting.

All requests from faculty to alter scheduled final exam times or dates must be reviewed and approved by the Department Chair and the Vice President for Academic Services (351-2542, Room 117).

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

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

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

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

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## Parkland College Relations Officer Matthew Kopmann



### Parking Regulations and Citations

Parkland College provides ample parking for all students, faculty, and visitors. The parking lots B, C, and M provide 3,319 parking spaces. Vehicles must park in spaces marked by single lines. All posted signs must be obeyed.

Parking is not permitted on perimeter roads, adjacent to curbs, on the grass, at crosswalks, or on sidewalks. Vehicles can only be parked in one space which leaves clear access to adjacent parking spaces.

Only persons with a physical disability requiring close access to the building and with a state issued parking permit may park in the Handicapped parking spaces. Bicycles must be parked in the bicycle racks. Motorcycles can park in the striped end spaces, but not in the striped areas around the handicapped parking.

Any motor vehicle which has not been moved for five days and whose owner or other claimant is unable to be located is subject to removal and impounding at the expense of the owner or operator.

The fines for parking violations are as follows:

- Parking in Handicapped space without valid placard is \$250
- Not within white lines or curb violation is \$5 if paid within 7 days and \$10 after 7 days
- All other parking violations are \$10 if paid within 7 days and \$15 after 7 days

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12/14

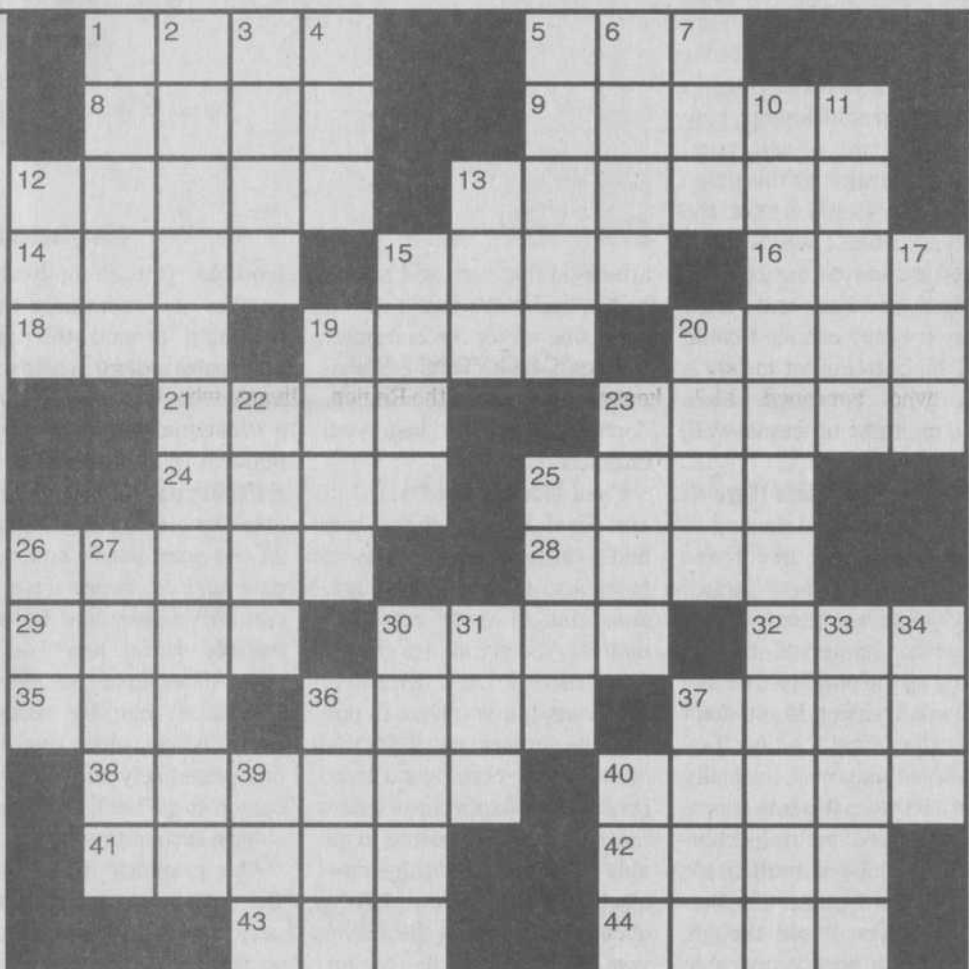
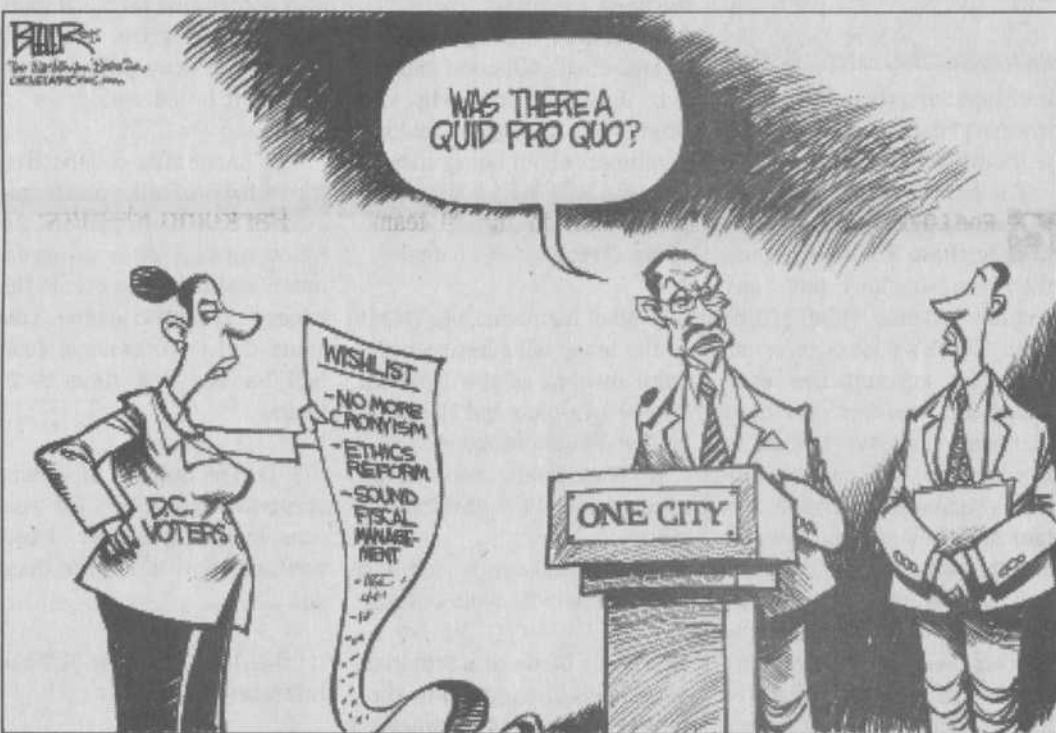
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"Honey, please! I can't concentrate with you in there being married to me!"

## Classified

Place your classified ads here and/or online for only \$5  
Email prospectusads@parkland.edu



2/13/11

### Healthy Living

## The lunch box — Japanese style

Want to eat healthier lunches and save money? Pack a bento box.

### Nifty and thrifty

- From the Japanese "obento," or packed meal, a bento lunch is meant to be visually appealing and nutritionally balanced
- Foods from any cuisine can be adapted to the bento, following the rule of 3 parts carbs, 1 part protein and 2 parts fruits and vegetables; no junk foods or candies
- Leftovers, salads, soups, nuts, rollups, sandwiches, fruit, yogurt, hummus, cut-up veggies all work, packed in reusable containers that let you control portions

Source: Laptop Lunches, lunchinbox.net, MCT Photo Service  
Graphic: Pat Carr



© 2010 MCT

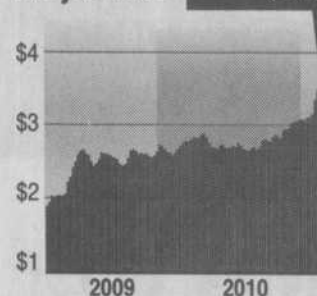
## Pump prices

U.S. weekly average retail price for one gallon of regular unleaded gasoline:

Since last week  
▲ 5¢

Week ending  
March 14, 2011  
\$3.57

### Two-year trend



© 2011 MCT  
Source: U.S. Energy Information Administration

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

### ACROSS

- 1 "The Big \_\_\_ Theory"
- 5 Actress and director \_\_\_ Ullmann
- 8 Ms. Samms
- 9 Huge worldwide aluminum co.
- 12 "\_\_\_ Gold"; Peter Fonda film
- 13 Happy, Dopey, Doc & the others
- 14 Groucho, Chico, Harpo, Gummo or Zeppo
- 15 \_\_\_ Danza
- 16 German article
- 18 "\_\_\_ walked out in the streets of Laredo..."
- 19 Affleck and Stein
- 20 "The King \_\_\_"; Yul Brynner film
- 21 "The Sonny and \_\_\_ Comedy Hour"
- 23 "Touched by an \_\_\_"
- 24 Car from Germany
- 25 Fey of "30 Rock"
- 26 Charlton Heston's role in "The Ten Commandments"
- 28 Designer Cassini
- 29 Rather and Aykroyd
- 30 Nabors and Belushi
- 32 Arden of "Our Miss Brooks"

### DOWN

- 1 Bartok and Lugosi
- 2 "\_\_\_ Top Model"
- 3 Albuquerque's state: abbr.
- 4 Helium or oxygen
- 5 Grassy areas
- 6 "Now \_\_\_ me down to sleep..."
- 7 DVD player's forerunner
- 10 "Rules \_\_\_"
- 11 Lay \_\_\_; put out of the way
- 12 Actress Thurman
- 13 Ameche or Johnson
- 15 Hatcher of "Desperate Housewives"
- 17 Nothing
- 19 Pieces of hospital room furniture
- 20 Actress \_\_\_ Bancroft
- 22 Colors
- 23 Feels sick
- 25 Selleck and Cruise
- 26 Marcus Welby and Trapper John: abbr.
- 27 Fertile spots in the desert
- 30 Elfman of "Accidentally on Purpose"
- 31 Suffix for cartoon or balloon
- 33 White of "Wheel of Fortune"
- 34 Sullivan and Bradley
- 36 Primary
- 37 Nautical term for "toward shelter"
- 39 Actress Leoni
- 40 Modern dashboard device: abbr.

### Solution to Last Week's Puzzle

C	B	S	L	O	V	E	S	A	C	T
H	A	T	E	N	A	C	T	M	A	E
I	T	E	S	E	N	A	C	T	U	M
C	H	E	F	S	O	A	S	E	S	
E	L	L	E	N	P	O	M	P	E	O
			O	N	E	A	L	T	D	S
				C	I	D				
S	A	M	C	L	A	R	K			
C	A	R	L	O	S	S	O	L	I	S
M	A	R	I	O	S	S	M	O	K	E
O	R	O	M	I	A	M	I	O	U	T
R	E	N	A	T	I	M	E	O	N	A
E	D	S	N	A	M	E	S	O	K	S

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2/13/11



# Sports

## Cobras stand out in conference honors



Parkland sophomore guard Hannah Ohl (#13) runs stops a fast break in a game against John Wood. Ohl has been named the M-WAC Player of the Year.

Photo by Sean Hermann/Prospectus News

**Rod LOVETT**  
Athletic Director

Parkland sophomore guard Hannah Ohl (Bismarck-Henning HS) has been named the M-WAC Player of the Year for leading her team to a perfect 10-0 record in conference and guiding the Cobras to a 31-2 record and a 3rd straight trip to the National Tournament.

Ohl, who averaged 11.7 points per game as well as 4.8 rebounds and 3.3 assists was also a First Team All-Region selection. Joining Ohl as a

First Team All-MWAC and All-Region selection is Ana Deters (Unity HS). The sophomore transfer averaged just under 10 points per game and led the team in rebounds per game pulling down 5.8 per contest. She was the Cobras top free throw shooter knocking down 79.3% and was second in field goal percentage at 55.6%.

Cobra Coach Karrie Redeker was also named the Region 24 and M-WAC Coach of the Year. Redeker has compiled an amazing 111-27 record in her four years as

the Cobras Head Coach and has taken the team to three straight National tournaments.

Also earning recognition for the conference and region as well as Brittney Burgess (Jacksonville HS) who was named Honorable Mention All-Region and Lauren Taylor (Sullivan) who earned the same recognition on the all M-WAC team.

eclipsed the 1,000 point mark for his career when he scored a season high 34 in the regular season finale versus Illinois Central. He now has 1,032 points in his two-year career.

Joining Hoskins on the First Team All-Region team is freshman Shaq Lowery (East Moline). The guard was a major reason why the Cobras won 10 of their final 11 games as he finished second on the team in scoring averaging 11.4 points per game. He also led the Cobras with 3.3 assists per game. He had a season high

25 in the Cobras upset win over the defending National Champions Lincoln College.

Freshman Jamel Johnson (Charleston) was an Honorable Mention honoree on both the M-WAC and All-Region teams. Johnson was a force inside for PC averaging 8.1 ppg and 7.1 rpg. He led the regulars in shooting, converting 48.5% of his shots. He was the Cobras leading rebounder in 18 games and had career highs in points (20) and rebounds (15) in the teams win over John Wood sending them on to Nationals.

## Spring sports now underway

- Cobras baseball rallies late to sweep pair of games

**Rod LOVETT**  
Athletic Director

The Parkland College Baseball team used late rally's on Sunday to sweep a pair of games in Hillsboro, Mo. The #5 NJCAA D-2 Cobras scored three times in the 6th inning of game one to rally past D-1 #21 Jefferson 8-7 and used another three-run sixth to outlast SE Illinois 3-1 in the finale.

PC won a back and forth battle with the Vikings in Game 1 as Dane Krone earned his second save of the season by getting the Jefferson hitter to hit

into a game ending 1-2-3 double play. Offensively, PC was led by Dylan Drury (2-4 2 RBI), Brent Kuper (2-3 2 RBI), and Wes Minton (2 RBI). The Cobras also were a perfect 7-7 in stolen bases in the game. Zach Hall (2-0) picked up his second win of the season pitching two solid innings of relief before Drake Everson and Krone finished out the victory.

In the win over the Falcons, PC scored the 6th, 2 of their runs in the 6th, three coming on a double by Joey Migliaccio's double scoring Jor-

dan Parr and Jeff Limbaugh who had singled earlier in the inning. Migliaccio would later score an insurance run as he scored when Bobby Burns reached on an error.

Brian Krolkowski threw a complete game to earn the win. The Miami of Ohio transfer allowed just one run on five hits while striking out 5 to earn his first victory of the season.

Parkland (6-1) will take the week off before opening play at the Cal Ripken Invitational in Myrtle Beach South Carolina next Sunday.

- Softball earns split, returns home after tough trip

**Rod LOVETT**  
Athletic Director

The Parkland College Softball team picked up a split in their final two games in Florida, falling to Marshalltown 8-3 before beating the Tigers 6-3 in the getaway game.

In the win, PC trailed 3-2 heading in to their final at bat before scoring four times to earn the win. Sarah Gray led the 7th off with a double and Macy Shupe

tied the game with an RBI single. Two out later with the game still tied, Erika Fitzgerald delivered a game winning single and Elizabeth Sprague chased home two insurance runs with a 2-run single of her own. The rally made a winner out of Jenna Harshbarger (2-3) who struck out 8 in the win.

PC fell in the opener despite two hit games from Gray, Sam Inman, and Sarah Frerichs. Marshalltown used a four run

4th inning to put the game away.

The Cobras return home with a disappointing record of (4-8) but have played half of their games against top NJCAA D-1 competition. PC will take this week off before jumping into Region 24 action with a doubleheader at Shawnee on March 21. PC will have their home opener on March 24 against Danville Area.

- Golf team shows improvement in opening tournament

**Rod LOVETT**  
Athletic Director

After a rough start to the Tusculum Invitational, PC Coach Zach McNabney saw the light at the tunnel for his young squad.

Competing primarily against NCAA D-2 schools and against teams who were from the south and had been able to practice outside, PC

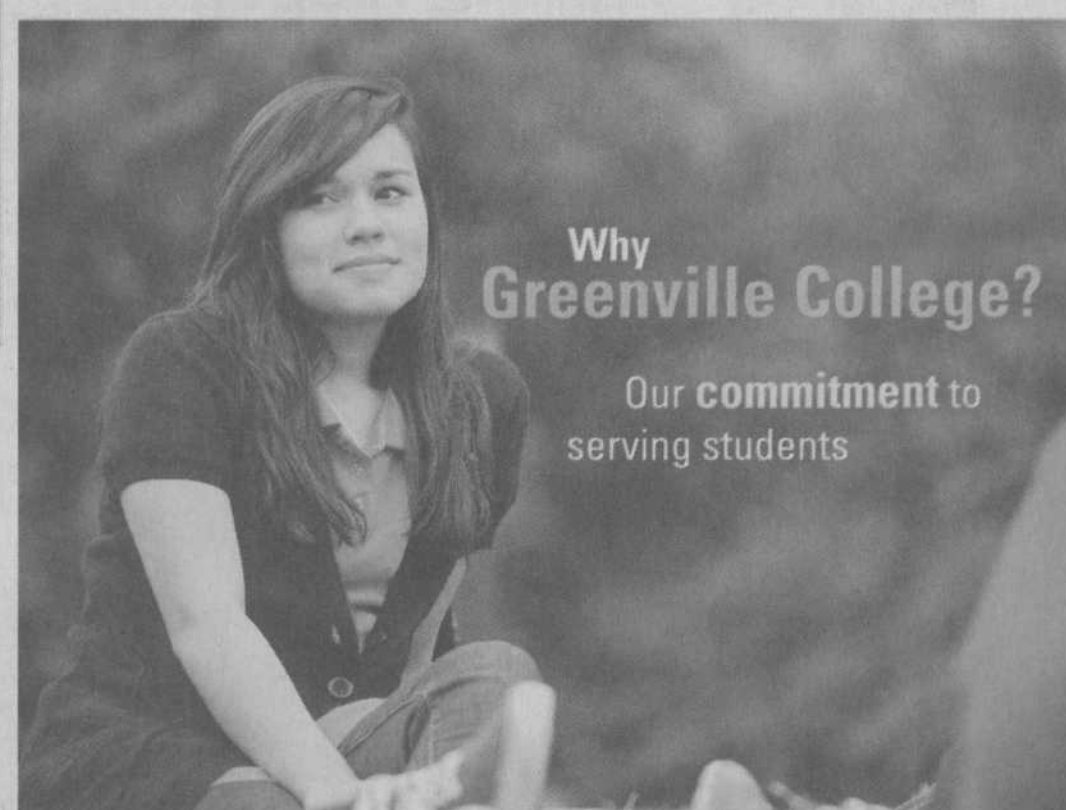
finished last in the 20 team Invite. Despite the struggles, PC improved their team scores 22 strokes from Day 1 to Day 2 and Coach McNabney hopes that their will be even greater improvement when the squad heads south again to compete at the Goose Pond Spring Fling in Scottsboro, Alabama starting March 18.

Parkland Results:

Lewis Martin	83-77	160
Chris Spitzmiller	80-80	160
Bryan Ideus	86-75	161
Ross Leary	86-79	165
Matt Hart	84-81	165

**Rod LOVETT**  
Athletic Director

Parkland College sophomore DJ Hoskins (Peoria Woodruff HS) has been named First Team All-Region and Mid-West Athletic Conference for his role in leading the Cobras to their first National tournament appearance since 1994. Hoskins who also earned first team All-Region and second team All-Conference as a freshman, led the Cobras in scoring this season averaging 16.0 points per game. Hoskins



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Cap and Gown must be ordered by  
2:00 p.m. on Friday,  
April 1, 2011

Cap and Gown: \$21.50  
Announcements: \$5 for a pack of five  
Orders will be charged to your student account

Measurement dates and times are:

Monday	March 28	9 am-5 pm
Tuesday	March 29	9 am-3 pm
Wednesday	March 30	11 am-7 pm
Thursday	March 31	12 pm-5 pm
Friday	April 1	9 am-2 pm



# Getting help

HOW CAN TEENS FIND AFFORDABLE MENTAL HEALTH CARE?

**W**hat should you do if you're a teen under a lot of stress, or dealing with a mental health issue, and you don't have the money for treatment?

You're not alone if you're concerned

TeensHealth

about paying for mental health care. Lots of people need help and worry they can't afford it. Even if you have insurance, it can be challenging. Some insurance companies don't cover many — or, in some cases, any — mental health services, and they often have expensive copays and deductibles.

Still, it is possible to find affordable, and sometimes free, mental health care or support.

## FREE OR LOW-COST COUNSELING

**WHEN IT COMES TO FINDING A COUNSELOR, START AT SCHOOL.** School counselors and school psychologists can provide a good listening ear — for free! They can help you size up the situation you're dealing with and, if needed, refer you to more support in your area or community.

If your school counselor can't help, you'll need to do a little more research to figure out how to get help.

**LOCAL MENTAL HEALTH CENTERS AND CLINICS.** These groups are funded by federal and state governments so they charge less than you might pay a private therapist. Search online for "mental health services" and the name of the county or city where you live. Or, go to the website for the National Association of Free Clinics ([www.freeclinics.us](http://www.freeclinics.us)). The U.S. Department of Health and Human Services' Health Resources and Services Administration site also provides a list of federally funded clinics by state ([www.hrsa.gov](http://www.hrsa.gov)).

One thing to keep in mind: Not every mental health clinic will fit your needs. Some might not work with people your age. For example, a clinic might specialize in veterans or kids with developmental disabilities. It's still worth a call, though. Even if a clinic can't help you, the people who work there might recommend someone who can.

**HOSPITALS.** Call your local hospitals and ask what kinds of mental health services they offer — and at what price. Teaching hospitals, where doctors are trained, often provide low- or no-cost services.

**COLLEGES AND UNIVERSITIES.** If a college in your area offers graduate degrees in psychology or social work, the students might run free or low-cost clinics as part of their training.

**ON-CAMPUS HEALTH SERVICES.** If you're in college or about to start, find out what kind of counseling and therapy your school offers and at what cost. Ask if they offer financial assistance for students.

**EMPLOYEE ASSISTANCE PROGRAMS (EAPs).** These free programs provide professional

therapists to evaluate people for mental health conditions and offer short-term counseling. Not everyone has access to this benefit: EAPs are run through workplaces, so you (or your parents) need to work for an employer that offers this type of program.

**PRIVATE THERAPISTS.** Ask trusted friends and adults who they'd recommend, then call to see if they offer a "sliding fee scale" (this means they charge based on how much you can afford to pay). Some psychologists even offer certain services for free, if necessary. You can find a therapist in your area by going to the website for your state's psychological association or to the site for the American Psychological Association (APA, [www.apa.org](http://www.apa.org)). To qualify for low-cost services, you may need to prove financial need. If you still live at home, that could mean getting parents or guardians involved in filling out paperwork. But your therapist will keep everything confidential.

Also, if you're in college or under age 26, you may be covered under a parent's health insurance policy. It's worth a call to your parent's insurance company to find out.

## FINANCIAL HELP

Programs like Medicaid or the State Children's Health Insurance Program (SCHIP) offer free or reduced-fee medical insurance to teens who are not covered by private insurance. To find out if you qualify for mental health assistance through these programs, call your doctor's office or hospital and ask to speak to a financial counselor. Your school counselor also might be able to help you figure out what kind of public medical assistance you could qualify for and guide you through the process of applying.

People under age 18 who live at home will need a parent or guardian to sign off on the paperwork for these programs. After that, though, your care will be confidential. A therapist won't tell parents what you've talked about — unless he or she thinks you may harm yourself or another person.

## GETTING HELP IN A CRISIS

If you're feeling suicidal, very hopeless or depressed, or like you might harm yourself or others in any way, call a suicide or crisis hotline, or visit a hospital or crisis center. These offer free help right away.

**SUICIDE HOTLINES.** Toll-free confidential lines like 1-800-SUICIDE or 1-800-999-9999 are staffed 24 hours a day, 7 days a week by trained professionals who can help you without ever knowing your name or seeing your face. They often can give you a referral to a mental health professional you can follow up with in your area.

**CRISIS HOTLINES.** These help survivors of rape, violence and other traumas. Some also may provide short-term counseling. To find one, do an online search for your state and "crisis hotline."

**EMERGENCY ROOMS.** Emergency rooms are required to evaluate and care for people who have emotional emergencies as well as physical ones. If you think you might hurt yourself or someone else, you also can call 911.

**LOCAL CRISIS CENTERS.** Some states have walk-in crisis centers for people coping with mental health problems, abuse, or sexual assault. They're a bit like ERs for people who are having an emotional crisis. Each county and state does things differently, though, and few might not have crisis centers. To see if there's a crisis center near you, search online for your city, county or state and terms like "crisis center" or "psychiatric emergency services."

If you need help finding any kind of services, contact your state's mental health association or psychological association.

## HELP FROM A TRUSTED ADULT

Navigating your way through the health care system can be confusing (even for adults). That's why it's a good idea to have a parent, relative, doctor, school counselor or social worker help you connect with a mental health professional.

**But what if you want to get counseling without a parent (or guardian) knowing?** In many states, teens can be given mental health treatment without parental consent. When you call a clinic, hospital or therapist, ask about your state's rules on parental consent for mental health services.

Whatever happens, don't let money hold you back from getting help. Affordable mental health care options are out there — it may just take some time and effort to find them. But don't give up. Stress and mental health problems don't usually get better on their own.

Health Information provided by Nemours' TeensHealth.org

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