Parkland College

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OVE, OR SOCIAL ATTACHMENT, is commonly thought to be a one-dimensional emotion. But, while love may induce emotions, it is instead several

vastly complex biological processes.

Simply explained, love is just another word to explain social attachment.

To understand love as a biological process, evolution must be considered.

According to researchers at the Research Triangle Institute International, C. Sue Carter and Stephen W. Porges claimed in a document called the

an oxytocin hypothesis" that, "Life on Earth is fundamentally social: the ability to interact dynamically with other living organisms to support mutual homeostasis, "Biochemistry of love: growth and reproduction

evolved early."

Carter and Porges wrote that even bacteria recognize members of their own species and, together, can make communities and reproduce more successfully. Insects, too, have evolved social systems called "eusociality." Carter and Porges wrote that, "Molecular mechanisms favoring high levels of

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Love is in the air

By MICHELLE BARNHART

tomorrow, Parkland together in May. couples shared their stories, tips, and views on love and relationships.

Michelle Miller and Artem Burnett are both Parkland students. Miller is majoring in business administration and management, while Burnett is majoring in landscaping design and construction. Both are in their second semester here at Parkland. But that isn't the only thing they have in common. Both are also goalies for the Parkland soccer teams.

These two met by accident. Several years ago, when Miller's friend moved to Chicago, a going-away party was thrown for him. Someone showed up unexpectedly and brought along three other guests, one of whom was Burnett. Burnett had recently moved from Ukraine and did not speak much English, while Miller did not speak much Russian. But despite the language barrier, these two instantly clicked.

"Right when we saw each other we immediately tried talking to each other amidst the language barrier, and the rest is

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history," Miller said. The happy couple will be With Valentine's Day celebrating four years

> Both Miller and Burnett love the outdoors. As such, many of their dates involve outdoor activities like hiking, fishing, and hammocking. They also both enjoy cooking Russian or Ukrainian food.

"In general, any time we get to spend quality time together is a good time," Miller added.

Miller and Burnett define love as selfless. "It doesn't keep track of wrongdoings, it's not angry, and it gives you a purposeful life," Miller said. They identify communication, problem solving, and humor as the most important aspects in a relationship. Every good relationship will have its fair share of conflict, but the important thing is knowing how to handle it effectively.

"You need to know how your significant other deals with anger, whether you are both good at resolving conflicts, and if you can both quickly forgive and forget," Miller

Miller and Burnett offered further relationship tips. The first is never to tell your significant other that their opinion is wrong in serious



Photo by Andrew Waner

The Churros performing songs of their album, "Anxious." The album was released a day prior to the festival by the Perimeter Road Record Label.

Last year, The Perimeter Road Record Label, held its first official music festival on campus grounds last spring. The goal for the Festival was to connect Parkland College and its student-staffed record label with the local

music community.

The students working on the record label took the lead on planning, booking, and organizing to make this festival happpen. Talented local bands and artists from the Champaign-Urbana area including The Data Waves, Prevalence, Zorila, Elsinore and more shared the stage together. Well

By ANDREW WANER

Perimeter Road to host second annual music festival this May

over 100 people attended the first festival, and the record label had the honor of featuring some of the best artists in the local music community.

The second annual Perimeter Road Music Festival is officially happening again this year and it will be taking place this spring. Like last year, the festival will coincide with the annual Parkland Car Show and be entirely

free to the public. The record label encourages students, faculty, staff, and all music-loving community members to attend the festival and have a great time. The students are currently working on booking local bands, planning the festival, and making necessary preparations.

The label is also developing an exciting roster of talented and diverse musical acts. Perimeter Road has not yet announced any of the bands or artists that will be performing at this year's festival, but Perimeter Road will be announcing some of the lineup for this year's festival as the semester progresses.

The record label students have been gaining a lot of experience in the studio, working on albums and singles, recording, mixing, mastering, designing, promoting, and working with various arists. That being said, this event provides worthwhile experiences for the students including event planning, band booking, and live sound engineering. Professor Adam Porter feels that this is a very rewarding experience.

"The students book

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Photo by Kerry Lippold Jr.

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Letter to the editor

A thank you letter from Stivenson Jean-Baptiste's host family



I am writing in he has traveled since. Let's just say this: the same guy who was too shy and nervous to go unaccompanied into his first student orientation session now presents at those same events.

I appreciate but do not wholly deserve Stivenson's kind words about me in the article. The blessings of this journey have far outweighed the burdens, and both have been shared equally with Stivenson's "American Mom," my wife Judy. Our own children

are long ago grown and gone, along with most of our skills at mentoring young adults. So, it has been a great relief to be able to turn Stivenson over to Parkland College and watch him grow in so many ways.

YOU Parkland! Among your countless success stories, I hope this one will always remain near the top of the list.

So again, THANK

Chris Roegge Urbana, Illinois



Photo by Emma Fleming



Music from page 1

the bands, organize the details, set up the stage, setup and wire all of the microphones and speakers, mix the live sound for the bands, and break down the festival at the end of the event. The students are truly amazing," said Porter.

The label worked with MMS Rentals for the stage and live sound equipment. They have been very helpful with students and helping to make the live event a learning experience for all the label members organizing the

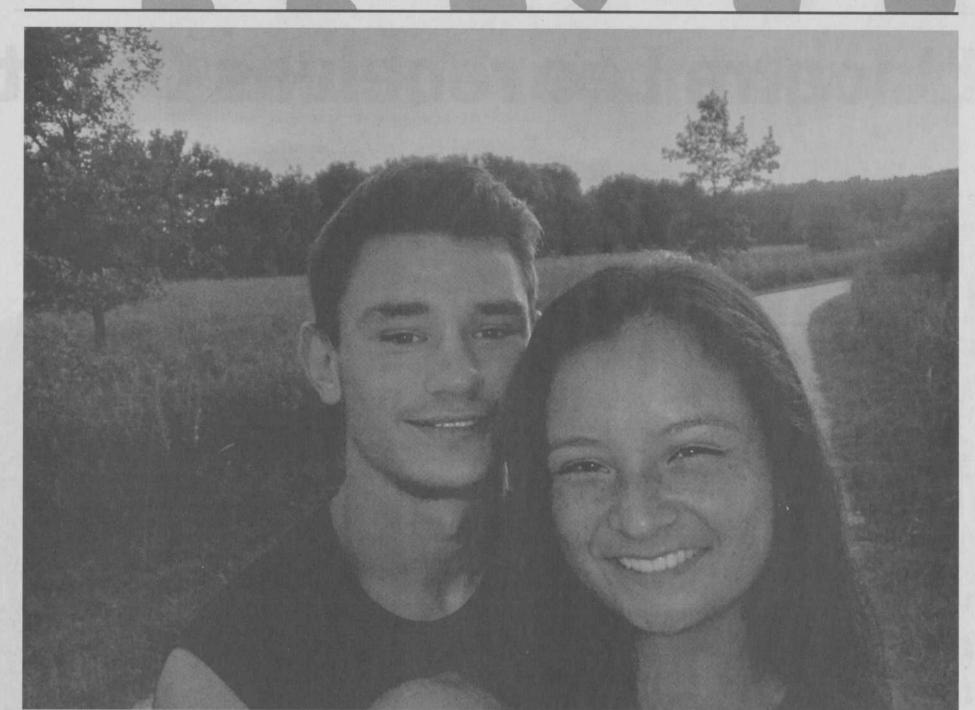
The offical date for the second anual Perimeter Road Music Festival will be May 2, 2020. There will be more details to come very soon.

Perimeter Road Records encourages everyone to please keep an eye on their social media pages for updates and information.



Photo by Andrew Waner

Photo by Andrew Waner



Source: Michelle Miller

Artem Burnett and Michelle Miller are one Parkland couple who will be celebrating four years together this May. They identified communication, problem-solving, and humor as the most important aspects in a relationship.

Love from page 1

situations. "It's their opinion and you have to respect that whether you like it or not," Miller said. Another is to not make angry or promises when you're happy. Lastly, they said if you want something to last long, you must put in the effort.

Miller and Burnett shared some of their favorite things about

each other. Miller loves how Burnett is selfless, a deep thinker, and a hard worker. Burnett loves how Miller is loyal, encouraging, honest, and he even said she saved his life.

Hannah Zercher and choices when you're Dylan Taylor are also Parkland students in their final semester. They met several years ago through a mutual friend's Halloween party, but officially became a couple about two and a half years ago.

Zercher and Taylor enjoy playing video games together, as well as pool. They also frequently drive around and talk about anything and everything. "We spend a lot of time together, so we know how to make almost anything fun," Zercher said.

Zercher defined love as a bond that is shared exclusively between two people. "It's a special thing that two people share that is different from other relationships

they have or had." Taylor defined it as putting someone else's needs before your own. Both Zercher and Taylor ultimately admit that love is difficult to define, because everyone experiences it differently.

These two both identified trust as one of the most important aspects in a relationship. Zercher also added patience and support for the other person.

When it comes to

relationship tips or advice, Zercher and Taylor's number one is not to go to bed angry.

"This is one of the worst things you can do, and it honestly just sets up the next day for failure," Zercher said. "This is something that we both live by, and it really helps a lot." The couple additionally recommended not hiding feelings from your partner and effectively picking your battles.

Lastly, Zercher and

Taylor shared a few things they love about each other. Zercher loves Taylor's dedication toward his passions, his very contagious laugh, and his admiration of the world. Taylor loves Zercher's patience, her beautiful smile, and her uplifting

Whether you're spending it with your significant other, friends, family, or treating yourself, Valentine's Day is a time to celebrate love.

Science from page 1

sociality seem to be on an evolutionary fast track."

Considering the human brain, there is a region called the hypothalamus. This region holds a hormone called oxytocin, often referred to as "the love hormone." Oxytocin has been known in the scientific community to be responsible for female reproductive functions but has more recently been found to be an important player in any social bonding.

According to a recent document by the

Massachusetts Daily Collegian, "Oxytocin contributes to relaxation, trust, and psychological

stability." The document also reported that a study by "Nature" found that a nasal spray of oxytocin given to gamblers increased their trust toward strangers. Another study, in 2014, showed that a nasal spray of the substance also caused people to see emotions of others more intensely.

There are even oxytocin-laced perfumes on the market. These perfumes, however, have shown a questionable functionality.

related to social attachment is Vasopressin. "Particularly important to social bonding are the interactions between oxytocin and a related peptide, Vasopressin," Carter and Porges wrote.

They continued that the genes responsible for the production both chemicals are located on the same chromosome.

To differentiate, Carter and Porges wrote that Vasopressin is related to "physical and emotional mobilization," supporting action and defense needed for self-defense oxytocin is typically

Carter and Porges reported a study done on prairie voles. The results showed that they are generally social before mating but within approximately one day after mating, begin to show higher levels of aggression toward intruders.

This may explain behaviors related to one's aggression toward threats, "possibly serving to protect or guard a mate, family, or territory," Carter and Porges wrote.

On the other hand,

physiological states. This hormone may make it easier for women to love and be more comfortable around their newborns.

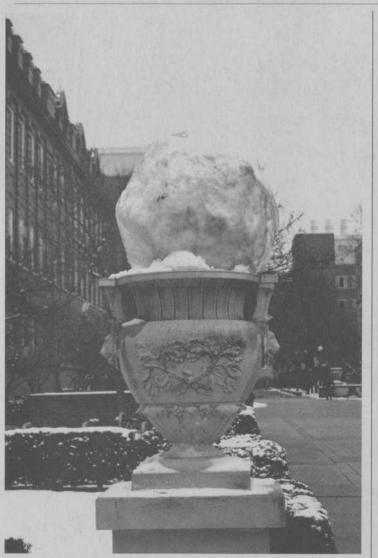
"In highly social species such as prairie voles, and presumably in humans, the intricate molecular dances of oxytocin and vasopressin fine-tune the coexistence of caretaking and protective aggression," Carter and Porges mentioned.

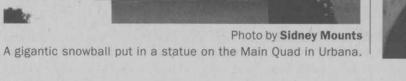
According to the "Massachusetts Daily Collegian," oxytocin may be found to have effects on the reduction

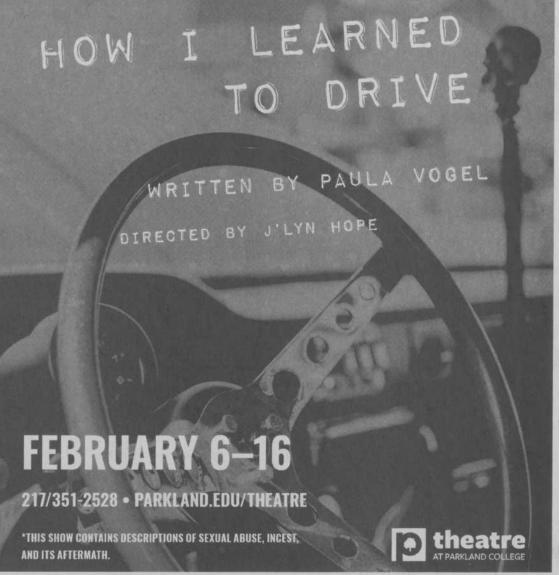
or guarding partners and related to relaxed and of anxiety and is also responsible for joy but "it has been found to strengthen both good and bad memories, and even increase anxiety over future triggering events."

> They continued that the hormone activates a part of the brain that that is responsible for intensifying the memory for six hours. In other words, oxytocin may trigger bad memories and enhance induction of fear or anxiety.

> There is still much to learn about love and its effects on humans and other animals.







Jacarra Lee receives Outstanding Black Student Award

acarra Lee, Chicago native and veterinary technology student at Parkland, is a recipient of the Outstanding Black Student Award. The award highlights the academic and extracurricular achievement of black students on campus in honor Month. Lee said she was surprised when for this award. "When I told my like, 'Oh, we're not surprised. That's how ter is going a lot better all the great things that was doing well in that

By LINDSAY COX

at times, but this semes- encyclopedia filled with

how winning this award younger, her and her four made her feel Lee stated, sisters celebrated black "It made me feel better history throughout the about what I was doing year. "Some people don't and more motivated, have that, but my parents like I was doing some- would make sure that we thing right." Lee told the understood by having Prospectus that her first family reading night," Lee semester at Parkland was said. "My favorite was hard and overwhelming this book that was like an she did not feel like she

Lee also informed the Prospectus about her most memorable moment at Parkland. "In my anatomy class, we were the first semester of our course being rewritten and my professor told me that I had the highest grade in my class," she said. Lee couldn't believe it, because

be there," Lee said.

of Black History "Don't give up and work hard. Go for whatever you want. If it doesn't work out she was selected the first time keep going and eventually it will. My first test in anatomy wasn't good; parents they were it made me want to drop out. But I didn't and I made it."

put a spotlight on us and what they did." for us to get this time. Lee's life goal is to "I make time to sit down I think a lot of people own her own veterinary and study. I try not to fall don't know that when practice. Currently, Lee behind," Lee said.

black people have done. class at all. To make sure all your In response to what Black My dad would tell me to that she receives good life," she History Month means to read it every night and grades, the veterinary said. her, Lee said that, "I love share a person with my technology student tries When Black History Month. I sisters. We would all pick to stay on top of things asked think it's important to a person and talk about and do her assignments

in which she works.

When free time, she likes to she said. and they don't want to Lee advised.

as soon as she gets them.

they brought us over works at a bakery called Recently, Lee has been here that they weren't Central Illinois Bake inspired by her mother. bringing slaves they House. "It's commercial, "My mom has been going were bringing over that's why I'm there all through a lot lately, and doctors and things of the time," she said. she recently job got a job like that and then Lee loves working at the at the U of I. I feel like turned them bakery. After animal care, she deserves that. She's into slaves. baking is Lee's second been working her entire We have a passion. Her favorite life, so it makes me think rich history dessert to eat is cinna- that if you really work and it's mon rolls from the bakery hard that you can accomplish anything. She's my When Lee does have biggest motivation in life,"

read and volunteer at the Lee had some parting humane society. "I love advice for new students. animals, so that's what "Don't give up and work my focus is," she said. hard. Go for whatever you When volunteering at want. If it doesn't work the humane society, Lee out the first time keep likes to work with the going and eventually it senior animals because will. My first test in anatthey don't get that many omy wasn't good; it made visitors. "I feel like it's me want to drop out. But important; they are old, I didn't and I made it,"

Photo by MARCUS FLINN

Pictured is Jacarra Lee. Lee is a veterinary technology major who hopes to own her own veterinary clinic one day.



Provided by Daniel Hettinger

Daniel Hettinger (second from left) poses with his fellow study abroad students. Hettinger has explored nearby towns and neighboring countries of Austria, which is encouraged by study abroad programs.

Study abroad deadlines quickly approaching

By ERIN MORRISON

The Illinois Consortium for International Studies and Programs (ICISP), a consortium to which Parkland belongs for study abroad programs, offers scholarships to students. The Founders' Study Abroad Scholarship is awarded to two students for a semester abroad; each scholarship is \$1,000 for spring and fall or \$500 each for summer. The deadline to apply for the summer 2020 scholarship is Feb. 15. The deadline for fall 2020 is May 15.

To be considered for the scholarship you must have a minimum GPA of 2.75 and write an essay of maximum 750 words need-based. as well as attend an ICISP institution.

for the spring 2020

scholarship was Parkland student Daniel Hettinger. Hettinger is currently studying abroad in Salzburg, Austria. In an email interview he told the Prospectus that, "Applying for the scholarship wasn't too difficult. I only had to write a brief essay and fill out a couple of forms."

Jody Littleton, Coordinator of Study Abroad at Parkland, says that financial aid could also be applied to semesters abroad. This means vour Federal Pell Grant could be used towards study abroad with the Benjamin A. Gilman expenses—which would International Scholarship Program. This grant is

honors project through general expenses, and One of the recipi- Parkland's Honor's ents of the scholarship Program, there is also a \$500 provided through

that program. There are various scholarships available online that could be country specific. Littleton suggested people can "get creative" to find the money to combat the high cost of study-

When you study abroad through Parkland, it is cheaper than it would be through a four-year university. Instead of paying Parkland's tuition as well as the tuition of the university you are attending, there is just an administration fee of about \$200. You also pay for airfare, living be either a homestay with a host family or a dormitory depending If you complete an on the country- other the tuition of the university abroad. This means that not every program

costs the same.

Littleton said that the four-week summer programs are cheaper than summer or fall, with Costa Rica being the cheapest program at about \$3,000. Other summer programs include France, Italy, Spain, Ireland, and Austria which cost around

Italy is a new program for Parkland. It is not through ICISP, but Parkland is working with Heartland Community College to organize the program. Japan is another program not offered by the ICISP and was offered by Parkland in the past and could be offered again in the future.

Littleton gave three reasons why everybody should study abroad. Number one, it is an "amazing, fun experience." Number two, it is

a growing experience, as a student you can grow your self-confidence and independence. Littleton said that number three is that employers will pay attention to applicants that have studied abroad because study abroad students are typi-

cally more culture aware.

Faculty can also go abroad for a semester. Through every ICISP program there is a professor from Illinois present. Currently, Professor Paul Sarantakos is abroad in Ireland. "As the faculty liaison, my primary role to this point has been assisting students with course schedules, transition into a different learning environment, adjusting to culture and cultural difference," Sarantakos said in an email interview. He also said that he is serving some as a

mentor and a leader on trips through the country.

Extra travel is expected when you are abroad, Littleton suggested traveling with someone else and letting faculty know. Hettinger is less than a month into the semester in Austria, but said he has visited nearby towns, gone hiking several times, and gone to Czech Republic with friends. "Overall, I'm really enjoying my time here, and I would definitely recommend this to anyone who is looking to experience something new," Hettinger said.

There is a list of suggesmoney for study abroad on Parkland's website. https://www.parkland. edu/Main/Academics/ Academic-Resources/ International-Services/ Study-Abroad/Funding

Black History Month figure: Arthur Ashe

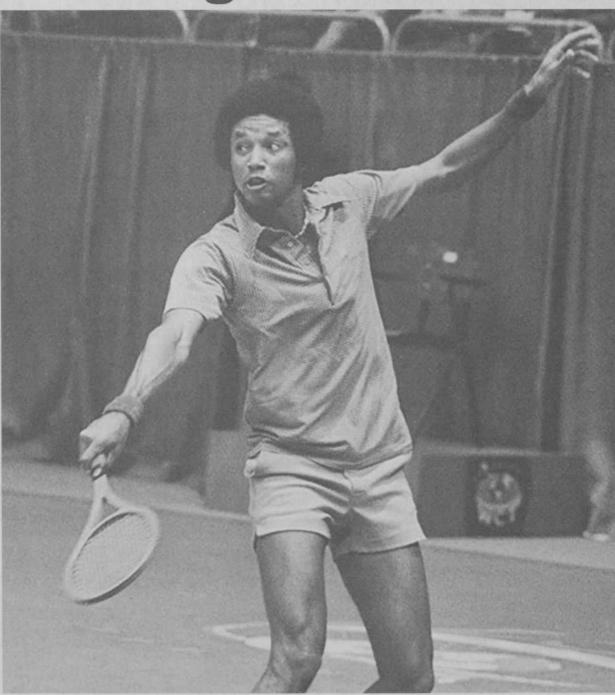


Source: Britannica.com

Arthur Ashe

website, Arthur Ashe Australian Open and was born in Richmond, gained notoriety as VA on July 10, 1943. one of the best tennis He graduated high players. He became school the top of his the first black man to class and then attended win the singles title at UCLA where he played Wimbledon in 1975 and tennis and studied busi- was ranked number one

According to the UCLA In 1970, Ashe won the ness administration. in the world.



Source: Dutch National Archives

Photo of Arthur Ashe competing in the 1975 World Tennis Tournament in Rotterdam.



Photo by Kerry Lippold Jr.

The Illini, ranked at number 19, hosted Maryland at the State Farm Center on Feb. 7 to compete for first in conference.

Support soars for Illini basketball

By KERRY LIPPOLD JR.

The Men's Illini Basketball team has gained the attention of many as they discover success and become one of the most exciting teams Illinois has brought to the Big Ten Conference in years. During a portion of the season, the team was ranked number one in their conference, nationally ranked at number 19, and managed seven straight wins.

The last time the Illini had achievements of this caliber dates to the 2004-2005 team, which carried some incredible and unique talent through the program. This previous team succeeded with a record of 29 wins and no

losses during the regular season and won the Big Ten Conference 15 games to one. 'Sports Illustrated" also voted this team as the best college basketball team ever to not win a national title.

Although the current team is hardly comparable as far as their record this season, there are some notable talents reminiscent of this team. Kofi Cockburn with six Big Ten Freshman of the Week awards is a hard one to fandom which he considmiss at seven feet tall.

to personally attend the Illini win over Minnesota. The energy and eruption of the 15,544 fans as the team earned their seventh straight win can hardly be described with words.

The Orange Krush, Illini's student section, supports and pushes the team to the next level as they cheer just feet away from the players and coaches. The Prospectus caught up with one of Illini Basketball's biggest fans who also happens to be an Orange Krush Captain.

Kilton Rauman, a Recreation, Sport & Tourism major at the University of Illinois at Urbana-Champaign, has a iconic Illini Basketball team of 2005. The team had beat out the competition to make it to the Elite Eight of the NCAA Tournament where they overcame a 15-point

deficit to beat Arizona and move onto the Final Four. From this point on, Illini has "... meant the world ..." to him, as Rauman explained.

As an Orange Krush Captain, Rauman acts as part of a team under the Executive Board to ensure game day runs smoothly. He helps facilitate other tasks from handing out line cards and carrying food offered in the Krush club to fan engagement.

Rauman also stated ers to be an obsession. that their main overarch-His fandom dates to the ing goal of the student section is to, "do whatever win. The best way is to make State Farm Center a truly raucous environment for the opponents by doing our best to make

sure every seat is full of someone ready to scream and shout while we are on defense. I think Coach Underwood's impressive support of us makes getting others to support the team rather easy."

As the basketball team's success has prospered throughout this season, the support has increased tremendously to the point of which tickets have sold out multiple days prior to the games.

Rauman explained how the student section has experience a similar result at the games we can to help the team against both Minnesota and Maryland at home. For Minnesota, "We were both astonished and overwhelmed by the rush of people into Krush club

as soon as doors opened for the Minnesota game so much so that the entire system was overthrown," Rauman stated. He explained how some changes were made for the Maryland game, but they also experienced something a bit out of the ordinary. "Students began lining up as early as 2 p.m. for the doors to open at 5:45 [p.m.] and the stadium was near capacity already during warmups," he said.

Men's Illini Basketball is now on track to make a long-anticipated return to the NCAA Tournament, so be sure to your grab seats early at the next home game or catch their exciting games on the road on TV.



Photo by Sidney Mounts

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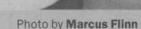
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Queens and Club Latino selling roses





By EDGAR BECERRA, Club Latino Member

This Friday, Feb.14, Queens and Club Latino will be selling roses and artificial roses along with candy and cute Valentine's

The clubs will be in the College Center from 11 a.m. - 1:30 p.m. Please Funds will be used to help both organizations grow.

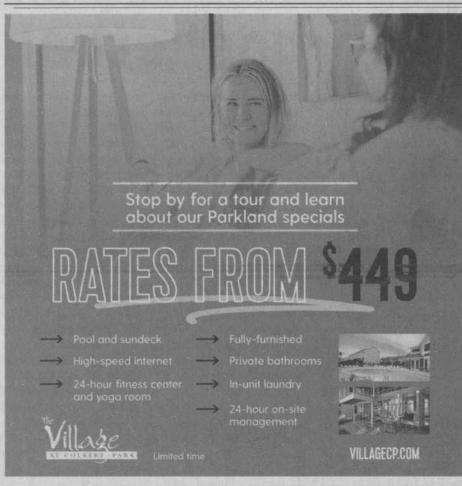
If you are interested

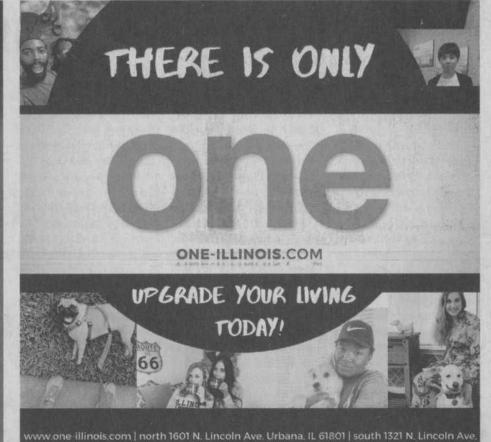
Day cards for \$2 each! in being part of Queens, please don't hesitate to contact Mikyla Steed at msteed1@stu.parkland.edu. come by and support! If you are interested in Club Latino, contact Edgar Becerra at ebecerra3@stu. parkland.edu

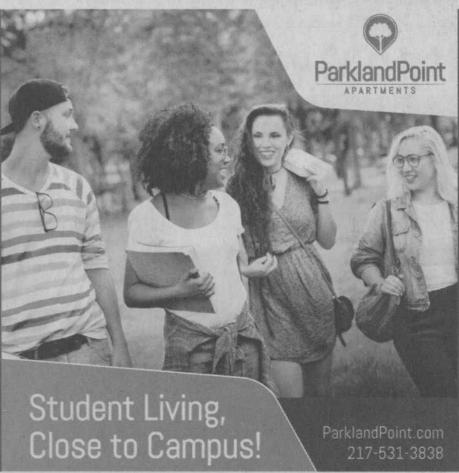


Photo by: Sidney Mounts

Foellinger Auditorium at the Main Quad in Urbana. People often come here to listen to music or attend local concerts.









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