

## Humans of Parkland: Officer Sam

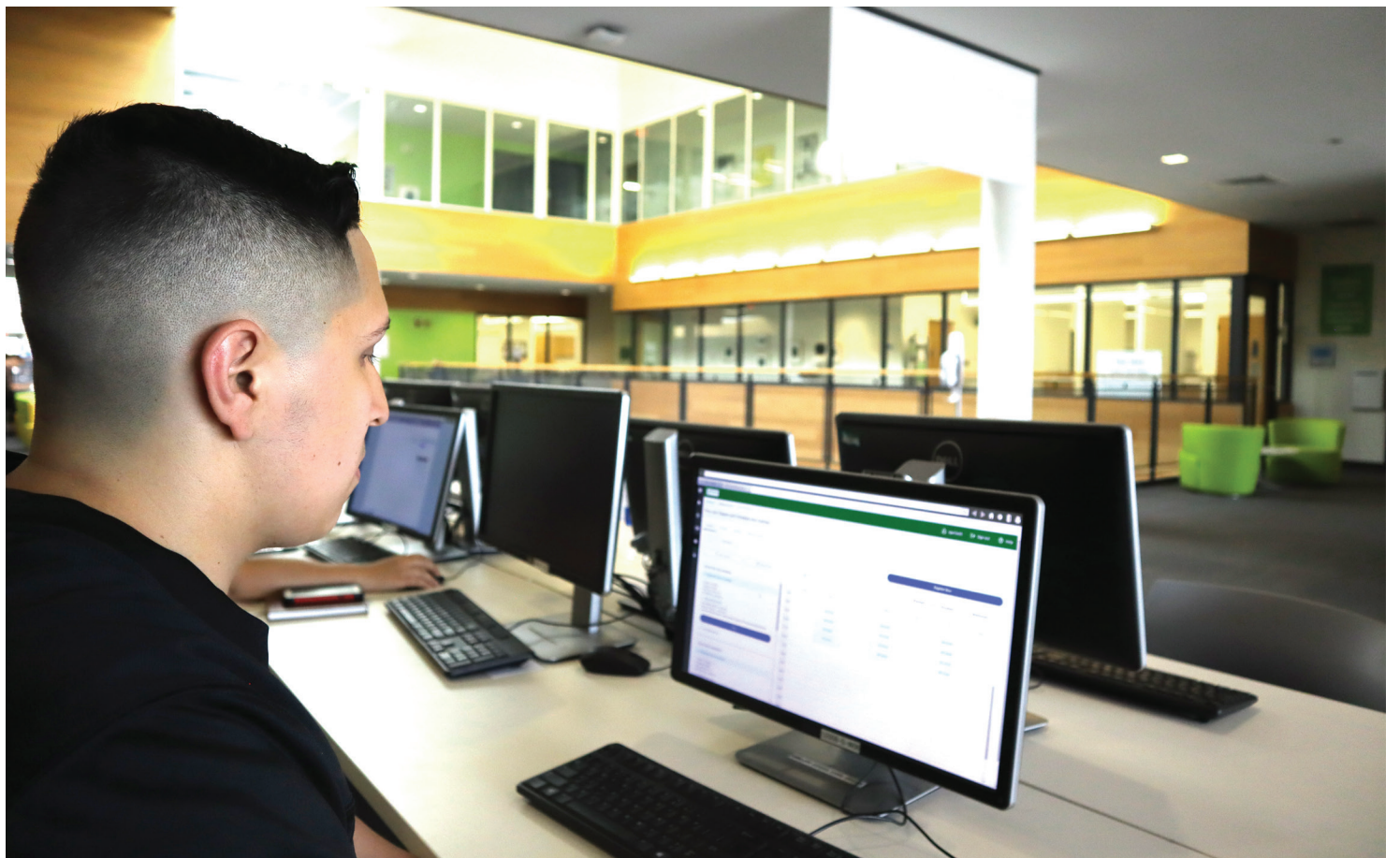
By KERRY LIPPOLD JR

There are many people among our students, faculty and staff at Parkland that make the community a positive environment for all. Working 24 hours a day and 365 days a year, the Parkland College Police Department, also known as Public Safety, is no exception. From enforcing rules, laws and regulations, to helping when you lock your keys in your car, Public Safety plays a key role in ensuring safety and well-being on campus.

There are so many remarkable people in Public Safety committed to serving and giving back to the Parkland College community. One member the Prospectus would like you to meet is our new College Relations Officer, Somphon Sengsouvanh Penland. Officer Sam, as she likes to be called, has so much to offer the community and is excited about her first semester in this new role.

Penland was born in Urbana, IL and raised in the Champaign-Urbana area. While her mother and father were of Vietnamese and Thai culture respectively, she grew up in a Lao community, practiced Lao customs and even speaks Lao. After graduating from Centennial High School in 1999, Penland attended Parkland College and had positive things to say about her experience. "It was an inviting, supportive and encouraging environment," Penland says. During her time at Parkland College, she worked as a dispatcher which was followed by a job as a non-sworn Security Patrol Officer. This experience, "...gave me a better understanding of what it was like to serve the community and reinforced my desire to join law enforcement," she said. Penland then continued her education by transferring to Western Illinois University, where she pursued a degree in Law Enforcement and

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Valente Garcia poses for the camera as he prepares for his first semester at Parkland, 16 Aug. 2019.

Source: Mason Gentry

## Advice for New Students

By MASON GENTRY

charge. In a personal interview with her, she proposed that the greatest tool for success is attendance: "...students sometimes don't attend because they feel bad if they haven't finished an assignment, well then, you've hit yourself twice, right? The number one

factor of being successful is that you're here." Even if you think you understand the material enough to skip a day, you'll often find that the small details missed can be the difference between one letter grade and another. Attending classes ensures a fair chance to learn everything that is offered.

Another thing to ensure a great first semester is to maintain good grades from the start. The beginning of the semester is usually the easiest for most classes, so take advantage of it! Melissa Mitchum, a writer for the University of Central Florida Today, explained that "If the material becomes

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## Mental Health Resources on Campus

By LINDSAY COX

Welcome back Cobras! Whether you are new to Parkland or a returning student, the first week of school can be stressful. When making any transition in life, a good support system is vital. Furthering your education is a big step and comes with a lot of pressure to succeed. The important thing to know is that you are not alone. Many people have felt anxiety or depression at some point in their lives. Anxiety and depression can make one feel alone, scared, embarrassed and doubtful. If you feel this way, you should contact the Mental Health Counseling, located in room U267, as soon as possible.

Sara Maxwell, the Wellness Coordinator here at Parkland, said that, "Mental health is of high importance." Maxwell aids in connecting students to health services and the surrounding community. The Wellness Coordinator recommended getting health insurance if you don't have it already in order to obtain the best mental health care possible. "The Champaign-Urbana Public Health department has health insurance enrollment specialists that may assist you with selecting a plan," Maxwell said. For those who are worried about not being able to afford insurance, there are free or reduced cost services through

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Source: Wesleypantry.org

The Wesley Food Pantry asks that all students enter this door, located in room M138.

## Visit the Wesley Food Pantry

By EMMA FLEMING

There are a variety of resources available to students on Parkland's campus. One important resource that students are welcome and encouraged to utilize is the Wesley Food Pantry located in room M138. According to the Parkland website, the Food Pantry's missions is

to, "alleviate food insecurity in our community one student/family at a time by providing them with one week's worth of nutritious groceries." The Parkland branch, which has been operating since 2013, is open to students every Wednesday from 11 a.m.- 1 p.m., and every

first and third Saturday from 10 a.m.-12 p.m.

For any students interested in visiting the Wesley Food Pantry, there are two options in which to obtain groceries. According to the Parkland website, students can choose option one, which means that, "You

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## Finding Home

By NICONLINE HANSEN

The question of what home means has never been something I considered. If asked what it is, I always give the default answer of "home is where I grew up" or "home is where my family is." The definition of home has never been something I gave much thought.

It wasn't until I moved to the U.S., a country on the other side of the globe from where I grew up, that I started considering what home really means to me. I guess the selection of default answers has never changed for me; it's just that now there are other answers added to the selection.

Eventually, home started

to become more of a feeling rather than a physical place. Home started to become where I felt comfortable being myself. Home started to become a place where I feel the most at peace with myself. It came as a big surprise that this new place could give me this feeling.

Accepting the fact that home does not need to be a location has been a strange process. When I first arrived in the U.S., I had a hard time believing that I would ever feel completely comfortable. How could I when I was so far away from my physical home in and everything that was known and comfortable to me? I began to realize

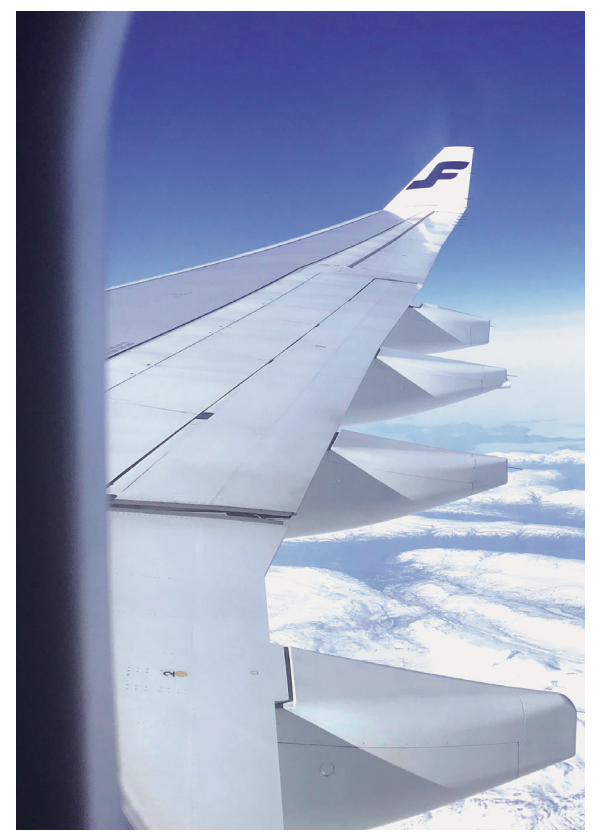
I had found a place that had all the things I feel comfortable with while allowing me to discover sides of myself that I never knew existed. As a result, I am an even better version of myself.

What used to feel unknown and strange now feels comfortable and normal. I have realized that some aspects of my new life here make me feel more at home than ever. However, there are still things here that will never compare to my own country and culture and that is alright. There is no reason to compare the two places because honestly it is not possible. My life is not the same here in the U.S. as

it is back home, but I am lucky to have two places that make me feel at home. How lucky am I to have two completely different places make me feel so comfortable being myself?

I have just gotten back to the U.S after spending three months in Denmark over the summer. There is something so incredibly special about coming back to your roots after a long time. I am sure that many international students and even out-of-state students can understand this feeling. I got to hug my family again, eat all the food I had been missing, and explore my childhood home all over again. When my visit in

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Flying home over Greenland.

Source: Nicole Hansen



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# Welcome to Parkland



Parkland College Library stairwell entrance where you can get amazing books.

Source: Sidney Mounts

## Advice from 1

more difficult later on, you'll have some room to breathe." It is, therefore, very important to seize any opportunity to get ahead of your classes. Do not hesitate to take up bonus work or to prove your will to succeed. Your instructors will notice your extra hard work and be happy to accommodate for your small mistakes or errors.

Staying ahead of your classes is much easier than you might think if you utilize the resources provided. For example, Jancola suggested that "one of the best tools is actually fostering a rapport with your instructors. Right? Because they know what they want and they also know the resources, so you've got to open up that communication." Course

instructors are likely the most valuable sources of information for both the class and potential career exploration. Just talk to them—instructors are there to help! If talking to the instructor is not enough, or their time flexibility is not suited for you, then also visit the Center for Academic Success in D120. CAS is another great resource for external assistance in almost any class you may struggle with. There, you can get the assistance from tutors in various subjects, faculty and peers making your classes that much easier.

Once you get into the rhythm of college, you'll notice that you have more free time. Not to say that you have room to be unproductive, but seriously take the time to explore all

facets of this new experience! Mitchum advised that, "if your program permits you the opportunity, you should take a course that challenges your beliefs or perspective." One of the foundational purposes of college is to excite new ideas or meanings to your life and taking a class that challenges your beliefs will do just that. A great way to do this exploring is to take a First Year Experience class (FYE101). According to Jancola, FYE "...is a really great course for [exploring different majors] because they do career exploration in there." In the college experience, personal growth is just as important as learning. Get enthusiastic about learning and have yourself an extra successful year!



Parkland College Student Life room located in the U-building, where you can get an ID.

Source: Sidney Mounts



An abstract structure of bird in the U-building near Student Life.

Source: Sidney Mounts

## Food Pantry from 1

may visit our Evening Pantry at Wesley once a month and our Parkland Pantry, in Champaign, once a month." There is also option two, which states that, "You may visit our Parkland Pantry twice in a month but CANNOT visit the Evening Pantry at all during that same month." The Evening Pantry is located at Wesley United Methodist Church on West Green Street in Urbana. Also, only one member from any household can visit the food pantry.

Josh Clark, Parkland's Activities and Program Manager who has worked with the Wesley Food Pantry, would like students to know that, "The Pantry serves students on campus by providing students a place where they can get a week's worth of groceries, including meat, cheese and fresh vegetables, for free. The Wesley Food Pantry also can connect

students in need to other resources in the community. The Wesley Food Pantry also offers internships and volunteer opportunities to students." The food pantry provides many different experiences for students. Whether looking for a few extra snacks or trying to find an internship opportunity, the Wesley Food Pantry can provide students extra support. "Students can volunteer with the Pantry during food distributions and unloading trucks," Clark said. "They also have a variety of internship opportunities."

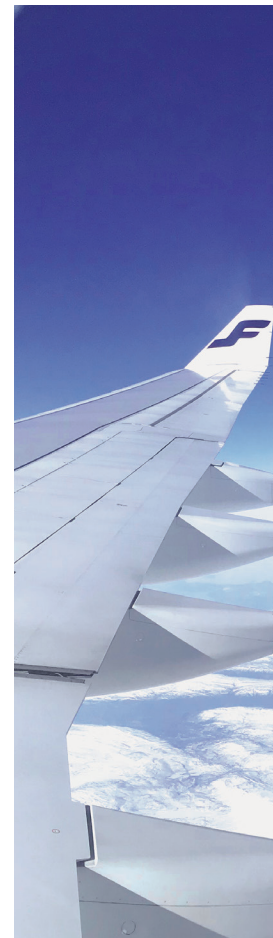
The Wesley Food Pantry plays several important roles at Parkland and in the community. According to the Wesley Food Pantry website, the pantry strives, "to address the root causes of food insecurity by providing our clients with health, education, employment, and social services information." If there is additional information that students or

community members need, the Wesley Food Pantry strives to meet that need in the most efficient way possible. "Students should know that the Wesley Food Pantry is very focused on providing a great experience for consumers of the pantry," Clark said. "They do not require students to fill out a lot of paperwork, they allow students to choose what food they want and don't want, and they have a variety of fresh and high-quality food, not just cans or non-perishables." The Parkland branch of the Wesley Food Pantry is unique in that obtaining groceries and information does not require an abundance of extra work from visitors.

However, patrons of the food pantry may be asked to confirm whether their income is below 185% of the federal poverty level, according to the Parkland website. Even though this may be asked, proof of

income is not required at this time. When attending the Wesley Food Pantry at Parkland, be sure to bring a form of identification, like a driver's license or Parkland ID, and be prepared to confirm your income level.

Many students do not realize that there is a food pantry associated with Parkland. In the past, there have been barriers that have kept students from utilizing the pantry. "There are more ways that Parkland could encourage and support students using the Wesley Food Pantry," Clark said. "And we work with the Wesley Food Pantry to try and find solutions to the barriers that prevent students from using the Wesley Food Pantry." If there is anything that is preventing you from using the Wesley Food Pantry, please contact the pantry at [info@wesleypantry.org](mailto:info@wesleypantry.org) or the office of Student Life at [stulife@parkland.edu](mailto:stulife@parkland.edu).



Source: Nicole Hansen

## Finding Home from 1

Denmark was coming to an end, I noticed that I started saying things such as, "It has been nice being back home, but I am also very excited about going back home to the U.S." I said sentences like this with such ease and without even thinking about it. It was not until one of my friends pointed out that I used the word "home" to refer to both the Denmark and the U.S.

In that moment, I really started thinking about what home really means to me. When saying my goodbyes, I would even take offense if people said 'have a nice trip' because the U.S. is no longer a place I just go to visit; It is now a place I live, where I go to school, and a place where I experience day-to-day life. The U.S. is now just as much my home as Denmark.



# Welcome to Parkland

## Mental Health from 1

clinics like Avicenna, Champaign-Urbana Public Health Department, and the Pregnancy Resource Center.

When asked what students could do on their own to lessen stress or anxiety, Maxwell recommended the students to check out the fitness center, which is in the P-Building. "Through healthy lifestyles, time management, and coping skills for stress and anxiety, students are able to keep their minds and bodies healthy. Any student needing guidance can contact the counseling department or the Wellness Department," Maxwell said. "Don't try to handle it alone. Parkland College has so many resources to aid our students and we want to see you succeed. Reach

out to any staff, faculty, or administrator and we can discuss your options." She also wants students to be aware of Stress-Less week. This event is held before finals week and is hosted each year by the Student Life and Wellness Center. The event offers Depression and Anxiety Screenings done by the Counseling Department.

For additional information, make an appointment with Counseling Services in U267. According to the Parkland website, this office offers free, short term sessions for 50 minutes to currently enrolled Parkland students. All appointments are solution-focused and confidential. When necessary, the counselors will make referrals to outside businesses. Counselors are available from 8 a.m.--5

p.m. Monday through Friday. The website also mentions that the office offers a variety of workshops and events throughout the year. One of the workshops offered this fall is the RIO series. RIO stands for Recognition, Insight and Openness. The workshop is designed to help students productively manage stress, anxiety and other emotions. Attendees will also learn skills that will help in the classroom and in relationships.

To schedule an appointment with Counseling and Advising, please call the office at 216-351-2219. If you require assistance after-hours, do not hesitate to call THE CRISIS LINE at 217/359-4141. They are a 24-hour suicide and crisis hotline in the Champaign County area.



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LOCAL RESOURCES FOR MENTAL HEALTH, PSYCHIATRY, HOMELESS/HOUSING SERVICES, LEGAL ASSISTANCE AND IL COALITION AGAINST SEXUAL ASSAULT AGENCIES FOR CHAMPAIGN, FORD, PIATT, AND DOUGLAS COUNTIES.

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### SELF HELP CENTER:

ONLINE GUIDE TO CHAMPAIGN COUNTY SELF-HELP GROUPS.

### MINDFUL:

MINDFULNESS NEWSLETTER, PRACTICES, INFORMATION

Information graphic: Marcus Pines

## Humans from 1

Justice Administration with a minor in Spanish.

Upon graduating from Western Illinois University, Penland attended and graduated from the Illinois Corps Academy, completed an internship at the Joliet Police Department and joined the police force in 2005. She expressed that her career had been immensely rewarding, but also came with many challenges. One of her biggest challenges came shortly after joining the police force when she made the tough decision to leave her career and focus on her family. Expressing her greatest admiration for stay-at-home parents, Penland explained that, "I dedicated my love, time and effort into being the best mom I could be ... it has been the most challenging but rewarding job of my life."

It was during this time that she was able to

enjoy her favorite hobbies even more. "It goes without saying that I enjoy family time, whether it's reading or singing with my kids or playing hide and seek. Other activities I enjoy are volunteering, running, cycling, playing basketball, shooting pool, bowling, dancing, cooking, eating, watching stand-up comedy and being outdoors," Penland said.

After being away from police work for four years, she finally to work at the Police Training Institute. When asked about what brought her back to Parkland College, she explained, "While working with [PTI] recruits again, I felt something stirring in my heart. I really wanted to return to the force but in an influential way. It was there I had an epiphany about returning to Parkland. Why not return to the place where I began?" Penland returned to Parkland College as a

Police Officer in October of 2018 and had the opportunity to become the College Relations Officer this year.

Penland's favorite thing about her job is engaging and serving the students while being able to leave a potentially life-saving impact by doing anything from acting as a first responder to something as simple as asking, "How are you?" If you see her in between classes, she would love to meet you and potentially give you some advice if you are lucky enough. For the meantime, she asked to share her favorite quote: "It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences." -Audre Lorde.

The Prospectus team wishes Penland well in her new role at Parkland College and hope it aides in her journey to impact those in our community.



Somphon "Officer Sam" Penland

Source: Somphon Penland



A photo of the C and D wing parking lot entrance.

Source: Sidney Mounts



# Cobra Sports

## Verdun, Kristensen Parkland Athletes of the Year

By CHAD BEYLER

CHAMPAIGN, Ill. – Parkland volleyball freshman setter Rachel Verdun and Cobra sophomore golfer Kristian Kristensen have been named the 2019 Parkland Athletes of the Year. Verdun orchestrated the Cobras to a 2019 NJCAA National Runner-Up finish, while Kristensen led the Parkland golf team to its third best finish at NJCAA Championships while finishing tied for eighth individually.

A product of Edwardsville, Ill., Verdun served as the Parkland setter from the start of the season and was named an NJCAA First Team All-American and an AVCA Two-Year College Second Team All-American following the season. Selected as the Region 24 Volleyball Player of the Year and named to the M-WAC First Team All-Conference, Verdun led NJCAA Division II in assists (1,611) on the season while ranking second in assists per set (11.11).

Helping to keep opponents off balance, Verdun also ranked in the top-60 nationally in block assists (76) while averaging 1.31 kills per set with a .278 hitting percentage to earn a team-high 19 double-doubles on the season. In the NJCAA Tournament, Verdun led the Cobras to the National Championship match with an 11.9 assists-per-set average and was named to the NJCAA All-Tournament team with teammate Ryleigh Warfel.

“It’s rare to have a freshman starting, let alone running the team as the primary setter,” said head coach Cliff Hastings of his freshman setter. “Take that great accomplishment and add to that Rachel’s steady composure and outstanding work ethic, and you have the ingredients for a top-notch athlete and young woman. Rachel did great things both on-and-off the court for us in her freshman season, and we consider ourselves fortunate



Rachel Verdun

to have her leadership and experience to guide us into next season as well.”

Leading Parkland to back-to-back top-five finishes at NJCAA Championships over the past two seasons, Kristensen capped his impressive two-year career at Parkland with a second First Team All-America finish in 2019. Also named a PING First Team

All-American, Kristensen placed tied for eighth out of 132 golfers – capped by the team’s best individual round (71) of the tournament on his final round – to lead the Cobras to the fifth-place finish. A native of Norager, Denmark, Kristensen also won Region 24 Medalist honors by six strokes to lead the Cobras to a dominant 42-stroke



Kristian Kristensen

team victory and second consecutive Region 24 Championship. Overall, Kristensen carded a 74.3 stroke average with four rounds at or below par.

“Kristian is very deserving of this award,” said head coach Corbin Sebens. “Out of 11 tournaments, he finished in the Top-11, seven times. He was a 2x NJCAA First-Team

All American, Honorable Mention Ping All American and First-Team Ping All American. KK was a gamer and always played his best on the biggest stage. Not only is he successful on the course, Kristian is a better person off the course. KK has left his mark as one of the most decorated players in program history.”

## Parkland Honors Witruk, Norton With Scholar Athlete Award

By CHAD BEYLER

CHAMPAIGN, Ill. – Excelling in the classroom in addition to the playing field, softball sophomore Tori Witruk and men’s soccer sophomore Ethan Norton have been named the 2018-19 Parkland Scholar Athletes of the Year.

Witruk and Norton both were accomplished students during their final seasons at Parkland, while taking challenging courses to fulfill their major requirements. Witruk completed her course work in secondary education while maintaining an unblemished 4.0 GPA. Norton fell just shy of the perfect mark (3.93 GPA) while enrolled in economics and was named a Second Team Scholar

All-American.

Witruk led the Parkland pitching staff with the lone sub-3 earned run average, finishing the season at 2.96. Appearing in the circle in 27 of Parkland’s 55 games, Witruk led the team in wins (12), innings pitched (120.2), complete games (11) and strikeouts (67). Highlighting her season in the circle, Witruk combined with teammate Kirbie Mendenhall to no-hit Sauk Valley on March 22. Also, a contributor with the bat, Witruk batted .346 with a .469 on-base percentage to help her own cause.

“Tori is most certainly deserving of this award,” said softball head coach Dan Paulson. “She

is a leader both on and off the field. Tori played a key role in the success of Parkland softball the past two seasons. She was a constant force for us on the mound, and stepped up in crucial moments at the plate. Tori is a gamer, but also willing to put the team first.”

On the pitch, Norton started all 14 matches he appeared in at defensive back for the Cobras and was named to the Region 24 All-Region team. Starting in five Parkland shutouts, Norton also contributed offensively with four assists on the season. Backed by Norton’s defensive efforts, Parkland allowed just 1.2 goals per game in route to advancing

to the Region 24 Semifinal.

“Ethan has attacked every moment at Parkland in the same manner, on and off the field,” explained men’s soccer head coach Mark Sikora. “It is very clear when you watch him play in matches and look at his academic results that he is extremely talented in both areas. What you do not see is the countless, dedicated hours he commits to both when the bright lights are not on. He has been the true definition of “student-athlete” and we are extremely proud to have worked with Ethan for the last two years. We look forward to seeing him progress at Valparaiso University.”



Tori Witruk



Ethan Norton

## Parkland Volleyball: Ryleigh Warfel Named AVCA Player to Watch

By CHAD BEYLER

CHAMPAIGN, Ill. – Parkland volleyball sophomore outside hitter Ryleigh Warfel was named to the the American Volleyball Coaches Association (AVCA) Two-Year College Players to Watch List ahead of the 2019 regular season. A 2018 First Team All-American and 2018-19 M-WAC Female Athlete of the Year, Warfel is joined by Emma Clark of Catawba Valley CC as the Division II representatives.

Helping the Cobras reach

the 2018 NJCAA Division II National Championship match, Warfel ranked among the best hitters in the country in her first season at Parkland. With 463 kills on the year, Warfel ranked in the top-20 nationally, while her 3.38 kills per set ranked in the top 35. However, the Downs, Ill., product saved her best volleyball for the season’s final month, as she hit .329 in the month of November. At the NJCAA Tournament,

the first-year Cobra averaged 14.4 points per match and 4.25 kills per set on her way to being named to the NJCAA Championships All-Tournament team. Highlighting her weekend was 17 kills in the National Semifinal against No. 3 Johnson County and her 15th double-double of the season in the National Championship match against No. 1 Coffeyville. Overall this season, the six-rotation outside hitter led the

Cobras in kills, kills per set, total attacks and points, while also finishing second on the team in digs and third in service aces.

Warfel is one of 11 Parkland returning sophomores, as the Cobras will look to make its 12th straight trip to the NJCAA Tournament. Parkland has reached the NJCAA Title Game in each of the previous four seasons, taking home the title in 2015 and 2016.



Ryleigh Warfel

### PARKLAND’S CAMPUS-WIDE STUDENT NEWSPAPER SINCE 1968

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The Prospectus works to proliferate information relevant to Parkland-goers and provide its student workers with a space conducive to the learning environment.

The Prospectus is Parkland College’s campus-wide student newspaper, and has been in constant production since late 1968. Our reporters and editors are exclusively students of Parkland College with a variety of majors and career interests, not just communications and journalism. We set out to provide an outlet for students to further develop their writing, photography, communication, time management, and critical thinking skills while producing a quality, trusted source of news for Parkland-goers. The Prospectus publishes weekly during Parkland’s spring and fall semesters and three times during the summer semester.

**Prospectus Press Office**  
Room U111  
2400 W. Bradley Ave.  
Champaign, IL 61821  
prospectus@parkland.edu  
217/351-2492

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joshCLARK – Advisor

trishBARKER – Faculty Advisor

emmaFLEMING – Editor

lindsayCOX – Reporter

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