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A word with Richard Edwards of Margot & the Nuclear So and So's

Sean HERMANN
Publications Manager

This week the Prospectus was able to sit down with Richard Edwards, lead vocalist of the "trash-canny" indie band Margot & the Nuclear So and So's. The band, with a newly revamped lineup, recently finished their new album *Buzzard*, and will be playing (for free) at the Krannert Center on April 29th at 10pm to kick off festivities for this year's Pygmalion Music Festival.

The band consists of guitarist and lead vocalist Richard Edwards alongside bassist Tyler Watkins, multi-instrumentalist Erik Kang, drummer Brian Deck, keyboardist Cameron McGill and percussionist Gary Vermillion. RE= Richard Edwards

Prospectus: How is *Buzzard* coming along?

RE: I'm pretty happy with it. Everything is coming along nicely.

Prospectus: What are you going for with *Buzzard*?

RE: It's very trash-canny. There's a lot more guitars and it's very up-tempo and energetic. We have a more "rock-band" feel now. It's very interesting compared to our older releases and the guitars have a "swampy" sound.

Prospectus: You played at Pygmalion Music Festival last year, how did you like that?

RE: It was fun. It was different, especially because of the



Margot & the Nuclear So and So's recording their new album *Buzzard* at Engine Studios in Chicago this past month. Photo courtesy of Margot & the Nuclear So and So's

"festival" atmosphere. I think it was just Casey and I; it was nice to break up the "Margot circus" for a little bit. I've done smaller performances before and it's nice to not have all the extra stuff going on.

Prospectus: Any big tour plans coming up?

RE: Well, the timeframe for the record is up in the air. We are doing a few shows here and there. We are planning on hitting the country a few times

and are trying for some dates in Europe, it's always been a kind of dream for us.

Prospectus: You mentioned some difficulties with Sony while recording the new record, what happened?

RE: We started the record, then it kept getting stalled and they halted the recording. They made us turn in demos constantly to try and see if they could come up with a "big hit" for us and that's not what

we're really going for. Eventually we agreed that it would be best for both sides to part. With Epic, they pretty much give us a blank check - no one would check up on us and we had a lot more freedom and I think that really helped the recording process for the new album.

Prospectus: Did you ever expect to become as popular as you are now?

RE: I expected to become way more widely known. I knew that I wanted to become a musician when I was a kid and I've planned my life around (music.) It is humbling, though, to look back because you get a flash of nostalgia of the younger you.

Prospectus: Craziest moment at a show?

RE: There was a brief fight amongst the band at The Basement in Nashville. People just got a little too drunk and things escalated but it was nothing big. Besides that, nothing has really happened, our fans aren't too wild.

To listen to Margot & the Nuclear So and So's, check out <http://www.myspace.com/margotandthenuclearsoandso>, and for the latest information, visit their Facebook page. Make sure and check out the band live at Krannert Center on April 29, you won't want to miss it, it's free!

Melinda Gates calls for closer attention to community-college graduation rates

Linda SHAW
The Seattle Times

For years, the Bill & Melinda Gates Foundation in Seattle has pushed high schools to work harder to graduate more students.

Now it is prodding community colleges, which educate about half of the nation's college students, to pay more attention to their graduation rates, too.

Melinda French Gates, speaking Tuesday at the American Association of Community Colleges conference in Seattle, said the foundation estimates that only 25 percent of students who enter community college leave with a diploma or certificate.

While acknowledging that number is controversial because many community college students don't intend to earn a degree, she said there's agreement that the number needs to rise.

And at the conference Tuesday, six national organizations representing nearly 1,200 community colleges signed a commitment to increase student-completion rates to 50 percent over the next decade.

"Community colleges led the way with college access," Gates said. "I really think now is the time to have the conversation about college completion."

Gates said she and her husband, Bill Gates, are often moved by the sacrifices many community-college students make to get an education. She talked about a North Carolina man she met who works all



Former U.S. President Bill Clinton, right, and Bill Gates, co-founder of Microsoft and chairman of the Bill and Melinda Gates Foundation, are both advocates for increasing graduation rates in community colleges.

night, goes to school all morning, and sleeps just a few hours in between.

"We owe them the same tenacity in return," she said.

She pledged another \$57 million to help community colleges improve remedial classes, which about 60 percent of community-college students take.

In the foundation's view, she said, the best way to raise graduation rates is to help students get through remedial classes more quickly and cheaply,

before they run out of money or get discouraged.

The foundation already has given about \$53 million to such efforts, including about \$5.3 million in Washington state.

Gates singled out Washington state's I-BEST program, started in 2004, as an example of the kind of innovative program that the Gates Foundation wants to expand.

I-BEST, which stands for Integrated Basic Education and Skills Training, are classes that combine remedial and col-

lege-level work, so that students finish much faster than if they had to do the remedial work separately. A recent study showed that students in I-BEST classes earn a certificate at much higher rates than their peers.

Community colleges became a major focus of the Gates Foundation in November 2008, when it shifted its education giving.

In the high-school arena, the foundation moved away from breaking up big schools

into smaller ones, and focused more on defining and rewarding effective teaching. At the same time, it expanded its education giving into community colleges, largely because that's where so many college students are.

Community colleges, she said, serve about 11 million students.

"The line between the haves and the have-nots runs right through your institutions," Gates said.

Local community-college

leaders said Tuesday that they welcome the attention they're receiving from the Gates Foundation and President Barack Obama, who has also mentioned Washington's I-BEST program in some of his speeches, and proposed putting an additional \$12 billion of federal money into community colleges, which Congress later cut to \$2 billion.

"It's wonderful to be in the spotlight," said Jill Wakefield, chancellor of Seattle's four community and technical colleges.

Although community colleges have and will always believe in providing access to everyone, she said, "we're realizing that access doesn't just mean getting in the door."

Charles Earl, executive director of the Washington State Board for Community and Technical Colleges, said Washington state community colleges are already working to improve student outcomes. Over the past few years, for example, the colleges have undertaken a number of efforts to increase the number of students who complete basic-skills classes, finish remedial work, and complete degrees.

From 2007 to 2009, for example, the number who complete a certificate, degree or apprenticeship has jumped 11 percent, he said.

(c) 2010
The Seattle Times.

Olivier DOULIERY/Abaca Press

Prospectus

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Chuck Shepherd's News of the Weird Musically united, we stand

Lead Story

A new sports center in Mexico City will be devoted to the revival of ancient Aztec- and Mayan-created games that are rarely played in Mexico because they are dangerous, including a field-hockey-like competition played with a fireball. In another game, "pelota mixteca," players wearing metal-knuckled leather gloves punch a 2-pound, hard-rubber ball that could knock opponents unconscious. One thrill of the flaming-ball game, "pelota purepecha," is that some play it at night on unlighted fields. (In Mayan culture, according to a March USA Today dispatch, the world began with the gods challenging two humans to a ball game, and beating them, at which point the two die and are resurrected as the sun and moon.)

Democracy in Action

Felon-Candidates: John White, now running for sheriff in Roundup, Mont., will be unable to carry a gun if he wins because of a long-ago bank robbery conviction.

Cynthia Diaz was re-elected town clerk in Coventry, Vt., in March, though still facing 10 felony personal tax-filing counts. (The town clerk is the town's treasurer, delinquent-tax collector and trustee of public money.)

The U.S. Senate passed a bill in March to correct a misimpression Congress had in the 1990s when it instituted mandatory sentences for crack-cocaine possession that were about 100 times the sentences for powdered cocaine. Scientists long ago pointed out that the two substances are chemically the same, and the new provisions set crack-cocaine sentences at only 18 times those for powder.

Tackling the Big Issues: The Utah legislature passed a bill in March to, for the first time, legalize the personal collection of rainwater. "Harvesting" rain has been illegal, but now would be allowed, with a state permit, in special state-approved containers.

Government Stalks the Weakest

On Jan. 29, more than 200 Alabama state troopers were amassed at 4 a.m. for the purpose of raiding several illegal bingo parlors. The raids were eventually called off, but a University of Alabama professor estimated the staging cost to the budget-shriveled state at \$130,000. Said a spokesman for Gov. Bob Riley, "No matter what it costs, the law must be enforced."

A December Seattle Times profile of Rachel Porcaro (a single mother with an \$18,000-a-year hair-cutting job, raising two kids, living with her parents) centered on the IRS's year-long, full-blown audit of her, and subsequently of her parents, because she was flagged for earning too little money on which to raise a family in Seattle. Ultimately, Rachel and her parents prevailed on every issue except the Earned Income Tax Credit, in that Rachel's kids receive a little too much help from her parents for her to qualify.

When "Detention" Is Not Enough

Schoolteacher Lucia Carico, who has been in good standing in Hawkins County, Tenn., schools since 1973, was fired in March over an incident in which she stabbed a 7th-grade student in the arm seven times with a pen (because she said, he had been unruly, she said, and passing gas).

The Classic Middle Name (all-new!)

Arrested recently and awaiting trial for murder: Russell Wayne Upton Jr., Reno, Nev., March (charged at last in a 1995 murder); Kenneth Wayne Scott, Fort Worth, Texas, March; John Wayne Wilson, Bethel Springs, Tenn., March; Robert Wayne Hurst, Knoxville, Tenn., January; Bart Wayne Johnson, Pelham, Ala., December. Murder trial completed, awaiting delayed judgment: Steven Wayne Hillier, Canberra, Australia, April. Convicted of murder: Kevin Wayne Dunigan, Sacramento, Calif., November; Michael Wayne Wesley, Eugene, Ore., November. Appeal denied: Kelly Wayne Dozier, Houston, April (convicted of a 2006 murder).

A News of the Weird Classic (July 1998)

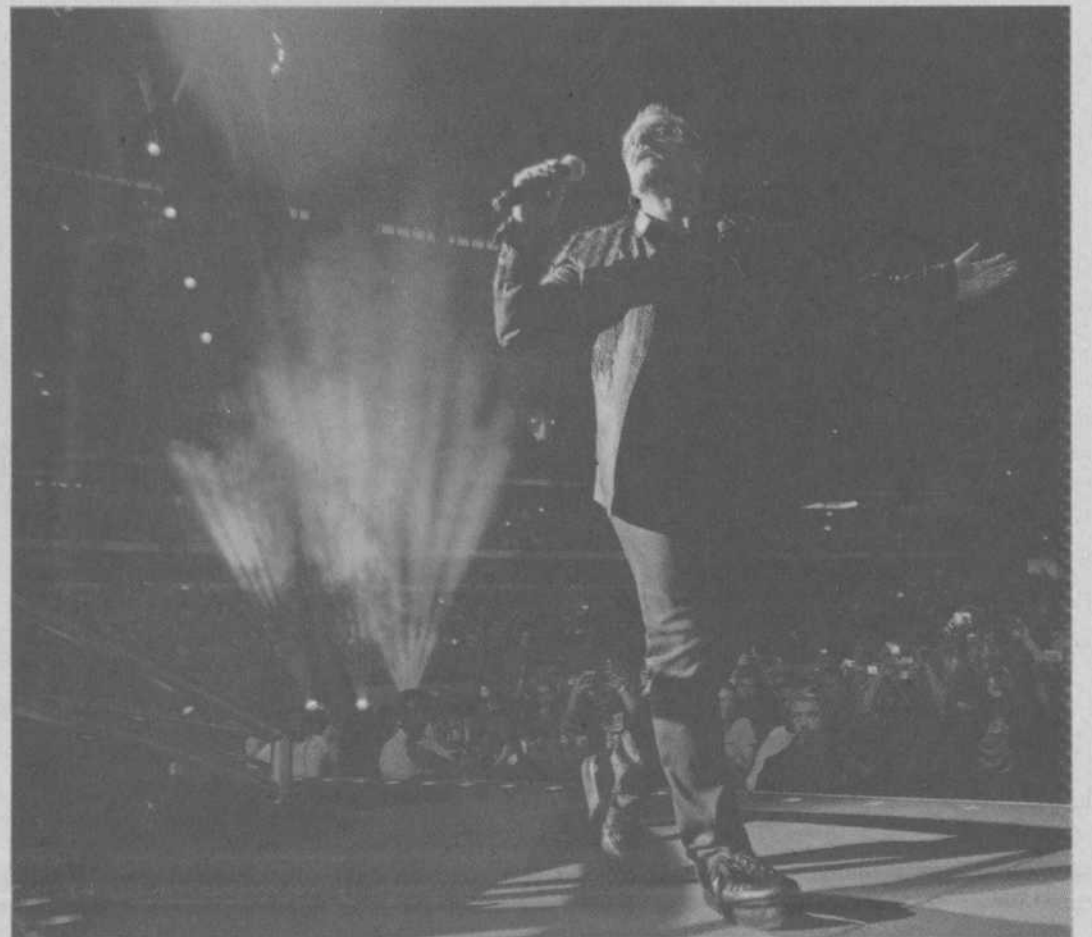
Religious broadcaster Pat Robertson told his "700 Club" TV audience in June (1998) that the city of Orlando, Fla., was taking a big risk to sponsor the recent "Gay Days" festival. "I would warn Orlando that you're right in the way of some serious hurricanes," he said, "and I don't think I'd be waving those (Gay Days logo) flags in God's face if I were you." Homosexuality, he said, "will bring about terrorist bombs, it'll bring earthquakes, tornadoes and possibly a meteor." (In fact, 1998's first hurricane, Bonnie, made landfall two months later in North Carolina, near the Virginia Beach, Va., headquarters of Robertson's Christian Broadcasting Network.) [AP wire-casting, 6-10-98]

Tara MOON CHRISTOPHER
 Music Columnist

In a culture that has grown to worship celebrities, many strong personalities have emerged with an astonishing motivation to change the world. Musicians, with the help of their own music, have taken on the challenge of improving our world, and to spread ideology. Music throughout history has served a multitude of roles, from a form self-therapy, allowing individuals to

ences, Tegan and Sara have welcomed the world of lesbian, gay, bisexual, and transgender wholeheartedly. They create a welcoming environment for the LGBT community, a place where every couple, no matter their sexual orientation, can be together and enjoy their music. Even though much of their music is not specifically concerned with sexuality, they make sure that all their audience feels welcome and appreciated. Tegan and Sara are embracing their power as celebrities to take a stand for

a group to help create equality and justice for the people of Africa titled DADA (Debt, AIDS, Trade, Africa), the "ONE Campaign" that serves to gain more funding for international aid, and Product Red that helps to raise money for the Global Fund to Fight AIDS, Tuberculosis and Malaria. Bono, a leader in his field, has not only inspired his audience, but many other musicians to feel the need to take action and fight for a better world, and a better future. All of this change would not have been possible without the



Bono of U2 performs at Cowboys Stadium in Arlington, Texas. Bono is one of the many musicians taking a stand for the causes they believe in through their music.

Ron JENKINS/Fort Worth Star-Telegram

freely express themselves, to be used as propaganda to fuel the masses.

Recently, a large upheaval of musicians has emerged to fight for a larger cause and work towards worldly solutions. This change in songwriting has created a new dynamic of music and an entire new niche for the music industry. Fans are able to participate in changing the world by simply turning on their favorite song or even by just attending a show. Due to bands taking a stand, many concert venues have become safe areas for people to openly share their sexuality, political perspectives, religious beliefs, and fight for their specific cause. People from any walk of life are encouraged to congregate under the banner of a musician and use their strength in numbers to create change. All of this is possible due to the musicians that are speaking out, standing up, fighting for equality, and sharing their ideals with their fans.

An excellent example of this new celebrity-centric culture and musicians taking a stand for their cause is Tegan and Sara. This music is composed of two gorgeous identical twins, which have had to deal with much attention toward their sexuality. Rather than hiding who they are and ignoring the media addiction to their personal prefer-

the LGBT community, making the world a more accepting place, through the form of music.

The most well known example of a musician become philanthropist is the front man of U2, Paul Hewson, aka Bono. Through his music he has managed to gain an enormous fan base and in the process, spread his ideology. Many U2 fans now share Bono's views and opinions on their favorite religion, and social standards. With Bono as a leader, this group has been able to have their voices heard and make real change to the world around them. Not only has Bono been able to influence thousands of individuals through his music with U2, but he has also managed to create some incredible organizations in the process. Bono has co-founded a variety of charitable organizations, including the 'socially conscious clothing company' titled EDUN,

power of music to bring people together and inspire them to make a difference.

As we enter Earth Week 2010, it is important to realize the impact that music has had in creating a better world. Even though you may not realize it, much of the music you listen to may be for a cause, with the musicians honing their craft to help make the world a better place. Even if it is something as simple as the white tape that Nelly wears for his brother in jail, or as large as Madonna funding a school in Malawi, musicians are always finding creative ways to be heard, and continue to spread their message to fans. For years musicians have worked for a better world and now it is our turn to learn from their example and come together for Earth Week 2010.

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Marking the green revolution

Rocky BARKER
McClatchy Newspapers

One U.S. senator and a core of young organizers turned April 22, 1970, into the day the environmental movement was born.

On that day, 20 million Americans in 2,000 communities and 10,000 schools planted trees, cleaned up parks, buried cars in mock graves, marched, listened to speeches and protested how humans were messing up their world.

In New York, Marilyn Laurie, a young mother of two, convinced Mayor John Lindsay to close Fifth Avenue to cars and fill it with thousands of people to hear speakers such as actor Paul Newman. At the University of New Mexico, Arturo Sandoval led students and reporters from the three national television networks through the dirt roads and adobe houses of Albuquerque's poorest neighborhood to smell the choking odor of the city sewer plant.

Portland high school senior Randal O'Toole got Oregon Gov. Tom McCall to speak at Portland's Earth Day celebration. Richard Cizik, then a sophomore at Whitworth College in Spokane, Wash., led a campus campaign to save trees the school administration wanted to cut down.

In Washington, D.C., 25-year-old Denis Hayes, the coordinator of the national event, shared the stage with senators and the rock-soul group The Chambers Brothers, who sang "Time Has Come Today."

Earth Day was the brainchild of Sen. Gaylord Nelson, D-Wis., who came up with the idea of a national teach-in on the environment after 3 million gallons of oil spilled across the beaches of Santa Barbara, Calif., and killed 10,000 seabirds in January 1969.

Nelson's idea gave birth to a green movement and a "green generation" that would be as powerful as the industrial revolution in shaping the future of civilization.

"He changed my life," said Hayes, who heads the worldwide celebration of Earth Day's 40th anniversary. "He hired me to do this job, and the last 40 years of my life have been very different."

The timing of that first Earth Day turned out to be critical. Nelson picked April 22 because students would be back on campuses after spring break and Easter. It also fell



On the first Earth Day, April 22, 1970, member of Beta Sigma Phi fraternity at what was then Boise State College removed old cars from the Foothills above Boise, Idaho.

Idaho Statesman/MCT

between two other seminal national moments.

The nation had just shared the experience of watching on television the miraculous return of the damaged Apollo 13 capsule and its three astronauts on April 17, 1970.

That mood of national unity and celebration would be short-lived, however. President Richard Nixon's announcement that the U.S. had been secretly bombing Cambodia triggered mass protests and led to the May 4 killing of four students by Army National Guardsmen at Kent State University in Ohio. Many colleges closed down their campuses.

"I don't think it would have been anywhere near as big had it come after Kent State," said Bill Mauk, an Idaho attorney who worked for Hayes organizing Earth Day in Washington.

The great boom in develop-

ment following World War II had turned America's rivers into sewers and covered its cities with shrouds of air pollution. Rachel Carson's 1962 book "Silent Spring" showed pesticides were poisoning wildlife and threatening human health.

Nuclear weapons tests had spread radioactive fallout to all parts of the Earth, and several environmental disasters in addition to the 1969 California oil spill caught the nation's attention. In June 1969, floating oil and other pollutants on the Cuyahoga River in Cleveland

caught fire.

"Chocolate-brown, oily, bubbling with subsurface gases, it oozes rather than flows," Time magazine reported. People who fall into the Cuyahoga do not drown, Cleveland's citizens grimly joked: "They decay."

The United States' successful mission to the moon also contributed to the power of the first Earth Day. For the first time, people saw pictures of their entire planet and its distant, blue fragility.

"Earth Day weaved all those individual elements into one

coherent fabric," Hayes said.

In September 1963, Nelson had convinced President John F. Kennedy to embark on a five-day, 11-state conservation tour to bring national attention to the environment. It didn't catch on, but it became the inspiration for Earth Day.

After the Santa Barbara oil spill, Nelson read about campus "teach-ins" against the Vietnam War and thought: Why not a national teach-in on the environment?

He announced his plan on Sept. 9, 1969, and with Repub-

lican Rep. Paul McCloskey of California, formed a committee and began raising money.

Denis Hayes was heading to law school at Harvard in 1969 when he answered an ad looking to organize environmental teach-ins in New England. Hayes had been a prominent activist against the Vietnam War as the president of the Stanford student body.

He went to Sen. Nelson's office in Washington to interview - and came away the national coordinator.

He gathered together a staff of 20 idealistic young people to get information out to the thousands of colleges, schools and community groups that had expressed an interest in participating in the Earth Day event. This team included Sandoval, Mauk and Kent Conrad, a Stanford colleague from North Dakota who today is a U.S. senator.

"I thought it was very important to do what we were doing," Conrad said.

Nelson had prodded all three major television networks to provide expanded coverage of Earth Day. CBS did a special report, anchored by Walter Cronkite.

Sandoval convinced the networks that they'd get a great story if they followed him back to Albuquerque, where he'd been a Hispanic activist before joining Hayes' team.

Crews filmed colorful dancers in native costume, but they also got his message of environmental justice with the march through the city's poorest neighborhood to the sewer plant.

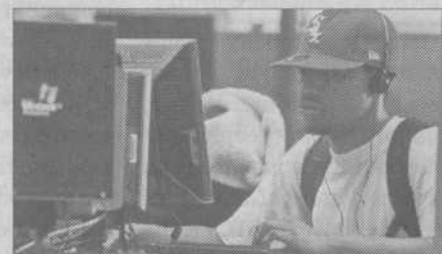
"We are going to make people understand that the kind of things that cause air pollution and water pollution are the same kinds of things that cause poverty, that cause hunger in this country," Sandoval told the CBS audience.

Marilyn Laurie saw an ad in New York's Village Voice looking for people to work on Earth Day. The unemployed mother wasn't an activist, and she cer-

See Green on page 9

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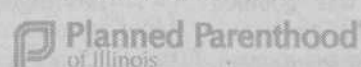
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Blagojevich? Quite sane

John KASS
Chicago Tribune

The document unsealed Wednesday laying out the federal case against former Illinois Gov. Dead Meat compels me to play psychiatrist to our favorite reality-TV star.

So I hereby assert that Rod Blagojevich is not some crazy, drooling madman, as many suggested when he was arrested and charged with corruption.

As I said then, the man is quite lucid, quite sane. As the new documents show, our Dead Meat was not some raging maniac, eating flies for the new life within them or insisting he is the King of Siam.

Instead, according to the outline of the federal case, he was constantly chiseling and conspiring - even before he took office after his campaign as a reformer - hoping to leverage the governor's office into personal wealth.

In some states, like Minnesota and Indiana, this might shock people. But here, even wee children know that leveraging public office for moolah is a skill that has won Illinois politicians great fame.

"Now is the time for me to put my (expletive deleted) children and my wife first for a change," Blagojevich is quoted during a Nov. 4, 2008, wire-tapped phone call.

Once that's played in federal court - and the jury starts shaking their heads thinking "my (expletive deleted) children?" -



Former Illinois Governor Rod Blagojevich leaves the Dirksen U.S. Courthouse after his arraignment hearing in Chicago, Illinois, on Wednesday, February 10, 2010.

José M. Osorio/Chicago Tribune/MCT

don't be surprised if you see a strange sight:

A line of butchers outside the federal courthouse, sawdust clinging to their work boots, waiting to slap a sticker on Dead Meat's forehead, one proclaiming: "Slow cook - best for stew."

Slow cooking is what's been happening to Dead Meat and his first lady Patti Blagojevich since he was arrested in December 2008.

The FBI knocked at the door. Rod thought it was a practi-

cal joke by his buddy and former shadow governor, outgoing state Sen. Jimmy DeLeo, D-How You Doin'? It wasn't.

And on the way to his arraignment, he thought of that poignant song "You'll Never Walk Alone," the same tune played in the movie "City Hall," when actor Danny Aiello, playing a corrupt politician, realizes he has no place to run.

But Dead Meat isn't giving up. In a statement released Wednesday, he was his feisty self.

"There is nothing new," said Dead Meat's statement, so you'll have to imagine Patti typing it for him. "It's the same old false allegations and lies. I'm looking forward to trial, so the truth comes out and everyone will see that I am innocent."

Insane? Sure, he might look insane to the untrained eye. But based on my exhaustive studies of his brain, my diagnosis is that he is pure genius.

Dead Meat worrying about Wednesday's release of the

document fouling the jury pool is quite cunning indeed.

In fact, he's been trying to bias the jury pool for some time now, showing up like a circus freak in that Donald Trump show, while Patti scarfed down jungle bugs on her own program, the bugs still clinging to her teeth as she blubbered that Rod was innocent.

Still, what if he's right? What if he is, in fact, innocent?

What if what's happening to him is the kind of thing taken from the pages of a Robert Ludlum novel? A conspiracy of evil men sitting at a great mahogany conference table, savaging this noble political Galahad, whose only crime was to put the people first?

But then some prosecutor will play that "my (expletive deleted) children" snippet, or any number of others, and the jury might figure it won't hurt for Rod to sit in the federal stew pot for the next 10 years.

They might play the tape in which Dead Meat tries to figure out how to get cash or a high-paying job in exchange for appointing someone to fill that U.S. Senate seat vacated by President Barack Obama.

In a Nov. 10, 2008, conversation, Rod and Patti are in a conference call. His advisers tell him that he should stop trying to muscle the White House for a Cabinet-level appointment, and instead just pick someone and good things might happen.

Yet Dead Meat and Patti know the Chicago Way, which mandates that you don't just

give a Senate seat away without getting something first, something you can clutch in your hand, like a big chunk of bacon. In this town, to do otherwise would be crazy.

Patti: "I don't think you live your life hoping that somebody is gonna help you down the line."

Dead Meat: "Yeah."

Patti (Lady Macbeth): "That's a bunch of baloney."

When the Blagojevich trial opens in June - unfortunately right around the time of the 2010 World Cup, creating scheduling conflicts for a certain columnist - foreign journalists from New York and elsewhere will descend upon us, hunting the local flavor.

They'll whip up quirky features on "authentic" postcard Chicago, like the aldermen and deep-dish pizza and hot dogs and what about those Cubbies and so on.

And none of them will wonder why bushels and bushels of Illinois politicians have been indicted and sent away, but not a Chicago mayor.

The one thing they must believe with all their might is that Blagojevich is not crazy.

He's just a Chicago politician who didn't want to live his life hoping for a later reward.

As Lady Macbeth says, that's baloney.

(c) 2010
Chicago Tribune.

When Armageddon lives next door

Benny MORRIS
Los Angeles Times

I take it personally: Iran's president, Mahmoud Ahmadinejad, wants to murder me, my family and my people. Day in, day out, he announces the imminent demise of the "Zionist regime," by which he means Israel. And day in, day out, his scientists and technicians are advancing toward the atomic weaponry that will enable him to bring this about.

The Jews of Europe (and Poles, Russians, Czechs, the French, etc.) should likewise have taken personally Adolf

Hitler's threats and his serial defiance of the international community from 1933 to 1939. But he was allowed, by the major powers and the League of Nations, to flex his muscles, rearm, remilitarize the Rhineland and then gobble up neighboring countries. Had he been stopped before the invasion of Poland and the start of World War II, the lives of many millions, Jews and Gentiles, would have been saved. But he wasn't.

And it doesn't look like Ahmadinejad will be either. Not by the United States and the international community, at any rate. President Obama,

when not obsessing over the fate of the ever-aggravated Palestinians of the West Bank and Gaza Strip, proposes to halt Ahmadinejad's nuclear program by means of international sanctions. But here's the paradox: The wider Obama casts his net to mobilize as many of the world's key players as he can, the weaker the sanctions and the more remote their implementation. China, it appears, will only agree to a U.N. Security Council resolution if the sanctions are diluted to the point of meaninglessness (and maybe not even then). The same appears to apply to the Russians. Meanwhile, Iran advances toward the bomb.

He does this 'because he knows that sanctions, if they are ever passed, are likely to be toothless, and because the American military option has been removed from the table. Obama and Secretary of Defense Robert M. Gates - driven by a military that feels overstretched in Afghanistan, Pakistan and Iraq and a public that has no stomach for more war - have made this last point crystal clear.

But at the same time, Obama insists that Israel may not launch a pre-emptive military strike of its own. Give sanctions a chance, he says. (Last year he argued that diplomacy and "engagement" with Tehran should be given a chance. Tehran wasn't impressed then and isn't impressed now.) The problem is that even if severe sanctions are imposed, they likely

won't have time to have serious effect before Iran succeeds at making a bomb.

Obama is, no doubt, well aware of this asymmetric timetable. Which makes his prohibition against an Israeli pre-emptive strike all the more immoral. He knows that any sanctions he manages to orchestrate will not stop the Iranians. (Indeed, Ahmadinejad last week said sanctions would only fortify Iran's resolve and consolidate its technological prowess.) Obama is effectively denying Israel the right to self-defense when it is not his, or America's, life that is on the line.

Perhaps Obama has privately resigned himself to Iran's nuclear ambitions and believes, or hopes, that deterrence will prevent Tehran from unleashing its nuclear arsenal. But what if deterrence won't do the trick? What if the mullahs, believing they are carrying out Allah's will and enjoy divine protection, are undeterred?

The American veto may ultimately consign millions of Israelis, including me and my family, to a premature death and Israel to political suicide. It would then be comparable to Britain and France's veto in the fall of 1938 of the Czechs defending their territorial integrity against their rapacious Nazi neighbors. Within six months, Czechoslovakia was gobbled up by Germany.

low in Czech President Edvard Benes' footsteps? Will he allow an American veto to override Israel's existential interests?

And can Israel go it alone, without an American green (or even yellow) light, without American political cover and overflight permissions and additional American equipment? Much depends on what the Israeli military and intelligence chiefs believe their forces - air force, navy, commandos - can achieve. Full destruction of the Iranian nuclear project? A long-term delay? And on how they view Israel's ability (with or without U.S. support) to weather the reaction from Iran and its proxies, Hezbollah, Hamas and Syria.

An Israeli attack might harm U.S. interests and disrupt international oil supplies (though I doubt it would cause direct attacks on U.S. installations, troops or vessels). But, from the Israeli perspective, these are necessarily marginal considerations when compared with the mortal hurt Israel and Israelis would suffer from an Iranian nuclear attack. Netanyahu's calculations will, in the end, be governed by his perception of Israel's existential imperatives. And the clock is ticking.

(c) 2010,
Los Angeles Times.

LETTER TO THE EDITOR

Dear Editor: On April 15, 2010 at a Tea Party demonstration in Washington, D.C. the Mayor of Champaign, Illinois, 'Jerry Schweighart', when asked what he thought of President Obama, stated, "I don't think he's an American, personally. If you're not willing to produce an original birth certificate, then you've got something to hide." This continuing falsehood and vituperation assaults the intelligent mind. Does the Major's fanatical belief reflect that of Champaign, Illinois? I would ask Mayor 'Schweighart' to produce his birth certificate, since after thorough research on the internet I was unable to locate any biographical information regarding Mayor 'Schweighart', although I was able to read about his brother, 'Bernard S. Schweighart'. Possibly the citizens and voters of Champaign should ask Mayor 'Schweighart' (Schweighart) to produce his birth certificate. Obviously, the right wing has become inquisitor to the change brought by a new, enlightened President and administration.

Ruth Cherkas

Bankrupting Your Student Loans:

■ A book on how to save yourself from years of poverty

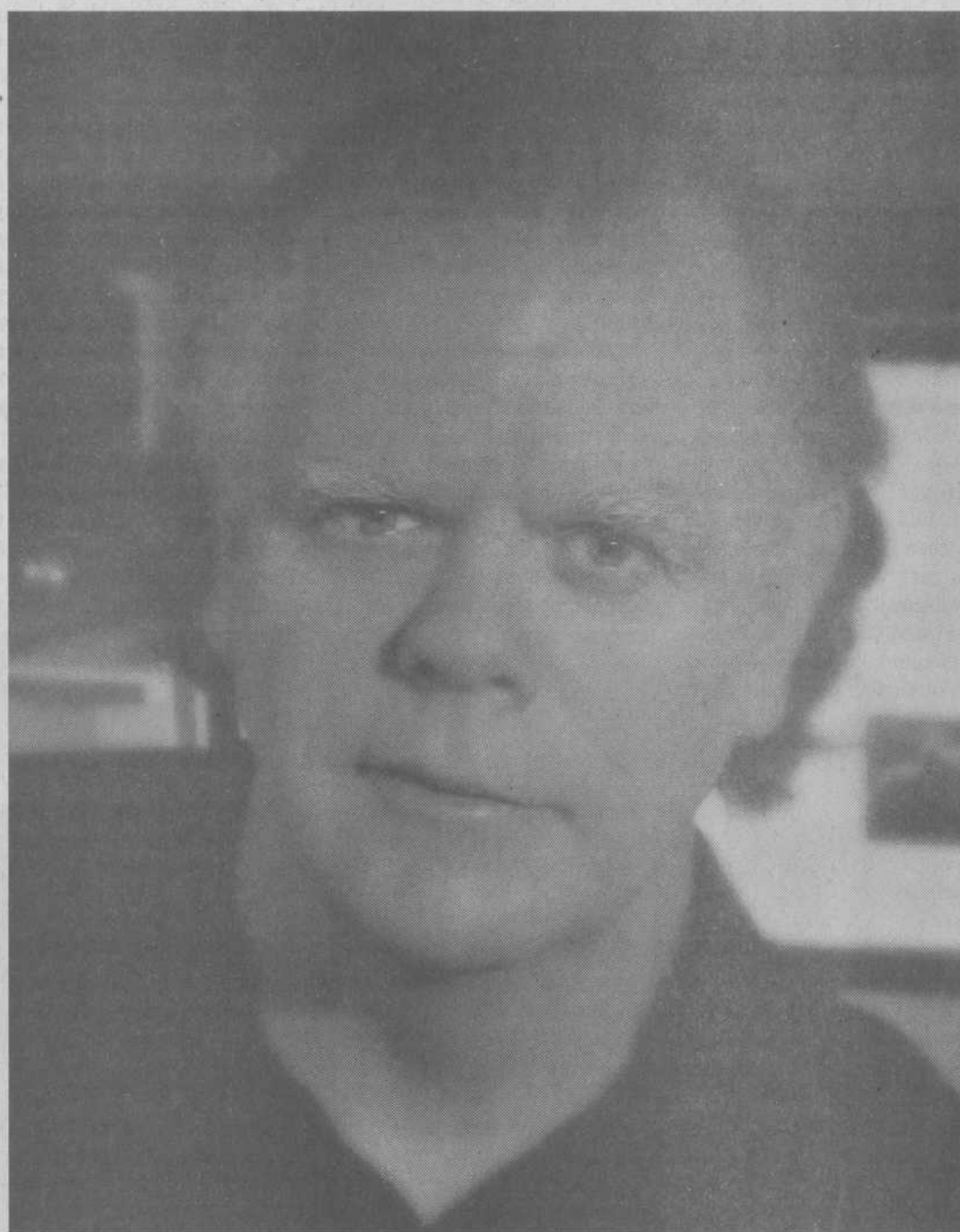
Merry THOMAS
Staff Writer

It seems that money is on every student's mind lately. You need it to eat, to go out, and basically to live. However, the most expensive thing in a student's life is tuition. For many students, it's virtually impossible to go to school without some sort of aid, whether it's grants, scholarships, or student loans. But which one is best for you? What are some of the pitfalls and how can you avoid them? Dr. Chuck Stewart, author of *Bankrupting Your Student Loans*, tells all.

Dr. Stewart, who received his PhD in education at the University of Southern California in 1995, thought that he would be able to find a well paying job easily, but that was not the case. He applied to hundreds of universities but nothing came of it. He wrote a lot of academic articles and books in hopes of that leading to a job, but he still couldn't get employed.

"Once you get a PhD, you become very un-hirable," said Stewart when speaking of his job search. "When people say, 'oh, if you're desperate, get a job at McDonalds—they won't hire you. The idea that you can get a job because you're educated is totally false.'"

Unfortunately when you have a PhD it becomes very hard to get jobs that have lower requirements because you're over-qualified. Dr. Stewart experienced this when looking for a job just to get by. About five years ago he was down to his last \$300, and on top of



that he had medical expenses to pay. "More than 50% of people who enter into bankruptcy do this because of medical bills that they can't pay. This is one

of the things that pushed me over the edge."

Dr. Stewart collected a lot of debt because of his student loans and his medical bills.

When he tried to file for bankruptcy, attorneys kept telling him that he was fighting a losing battle, that it was impossible to bankrupt your student

loans. Being the researcher that he was, he bought a couple of self-help law books that told him that he indeed could bankrupt his student loans, but he would have to file an adversarial procedure in conjunction with his bankruptcy. This procedure is difficult and can take weeks to go through, but it has to be done if you want a chance at winning a case such as his.

Armed with knowledge, Dr. Stewart spoke with attorneys, all of whom said that he would lose his case anyway, even if he filed an adversarial procedure. He went to court and eight months later he managed to bankrupt \$54,000 of his student loans.

Inspired by his personal situation, Dr. Stewart decided to write a self-help book about it.

"I thought to myself that no one knows anything about this—so why not write another book?" he said.

The book itself gives you all the background information on how to bankrupt your student loans, step-by-step procedures, and checklists to make sure that you do everything you're supposed to do when filing. Later on in the book there are forms and examples that you can reference if you have to. All together it's a 300-page book with a lot of information to aid those looking for help with their student loans.

Something that he wanted to make clear to his readers was that he was shocked to find himself in bankruptcy, and that he had a degree in physics and a Masters in education, he never expected his life to go down

that road. It did, however, and others who went through similar situations should not feel like they're alone.

When asked what his long-term goal was for the book, Dr. Stewart replied, "I want there to be no reason to have this book. When people file for bankruptcy, they feel like a failure. That's why I wrote this book, to help all of these other people."

Dr. Stewart's advice to students who are looking to get student loans is simple, "don't." The average student, according to Dr. Stewart, is leaving school with an average \$22,000 in student loans, which really doesn't seem like that much, but in the grand scheme of things it can be hard to pay off.

"For those who only make 30,000 a year, that amount is substantial. Because of this, people are forced to delay having families, to delay buying houses, to delay being part of the culture because they're forced to pay off these loans. And that \$22,000 can easily become \$100,000 after ten years," he said.

Dr. Stewart advised that if you can't afford the tuition of a particular school without the help of student loans, then you would be better off finding another school because taking out loans is a lifetime commitment that you may never be rid of.

If you want to learn more about Dr. Stewart or his book, check out his website at bankruptingyourstudentloans.com, or buy his book which is available online.

Time for a relationship checkup:

■ How healthful are yours?

Amanda BERGMANN,
JUNIOR

Western Illinois University

We all strive to be in healthful relationships that make us feel good about ourselves, but we sometimes get involved with people who can have a negative effect on our mental and even physical well-being. Here's advice on how to keep your relationships positive and growing strong.

With Valentine's Day in February, your attention may naturally turn to those you love in your life—especially a boyfriend or girlfriend. While we have relationships with parents, professors, and friends, it is the romantic connections that are often the hardest to maintain but can bring great reward. Let's face it—a supportive, loving relationship makes you feel healthy, happy, and satisfied with life. But getting this type of connection isn't always so easy—in fact, a *Student Health 101* survey of 1,320 students revealed about half have been in unhealthy relationships. The good news? Another 50% of respondents said they are currently in healthful relationships.

Keep on Communicating
So where do you begin to build a healthful relationship? JoAnn Hairston-Jones, health education coordinator for Western Illinois University in Macomb, says you need to first define what exactly a healthful relationship consists of—for yourself, and then between you and your partner. To do this, you need open communication. Communication builds trust, honesty, and mutual understanding.

"Communication includes



Warren (right) and Audre Casteel, pictured at White Rock Lake, February 2, 2010, like to ride a tandem bicycle together. They find it great exercise, a great way to be together, which makes it a good romantic and healthy fit for any day.

Kye R. Lee/Dallas Morning News

active listening," says Dr. Beverly Brosky, a licensed psychologist in Alexandria, Virginia. "That is listening with empathy and without judgment."

In a relationship, you support each other—the good and the bad. You give the support but also take it. "It's important to define support," Hairston-Jones says. "The way you think of the word support may be different from how your partner thinks of it." If one person defines support as being together 24 hours a day, that can be unhealthy.

Still a couple needs quality time together. Learn what your partner enjoys and what's important to him or her and show him or her that you care by actually doing things that are important in his or her life.

Spending time together can be hard if you're in a long-dis-

tant relationship. "Talk often; tell each other what you are doing and feeling," says Penny Leonard, a student at the University of Georgia in Athens. "Talking on the phone with my boyfriend [who is not at her school] keeps us involved in each other's lives since we cannot actually be together most of the time." Hairston-Jones suggests e-mailing and texting, too, if you can't find time to phone. Then when together, do the things you enjoy most.

Maintain Your Own Identity
While doing things together builds a relationship, couples need time apart to have their own identities. It takes two individuals to make a couple, so you have to take the time to focus on what makes you an individual and makes you feel good about yourself, Hairston-Jones says.

Rebecca Thomas, a student

at the University of British Columbia in Vancouver, says things work well with her boyfriend because "we don't spend all of our time together. We make sure that we see all our other friends, either separately or as a duo." Gabriel Brand, a recent graduate of the University of Maryland in Baltimore, says that maintaining a healthful relationship is a combination of sharing interests while keeping your sense of self. Brand says he and a former girlfriend broke up because she didn't have her own group of friends. "When we should have run in different social circles, she stuck to mine, which created problems."

Some students cling to their partner because they don't have a strong sense of self-worth. In a *Student Health 101* poll, almost two in five students said they had problems with

self-esteem.

Falling Into an Unhealthful Relationship

Unfortunately, it can be easy to fall into a bad relationship. "I was blinded by his sweet moves and lines and was not really paying much attention until some weeks later when he started making choices for me," says Trina Kaur, a student at Fairleigh Dickinson University in Vancouver. "First, he was telling me what to eat, then what to wear, then who I could and could not speak to. Then he started saying mean things."

When you start feeling controlled, pressured, humiliated, and/or scared, relationships are often characterized by these "symptoms" and others such as jealousy, physical or emotional pain, manipulation, cruelty, obsession, violence, and dependence. These characteristics can make you feel depressed and make focusing on schoolwork difficult. Depression can affect your physical well-being.

Sometimes well-being can get beyond harmful behaviors and grow if they confront their problems. "Relationships can become stronger when you care enough about the relationship to take the risk to deal with conflict," says Hairston-Jones. "If a relationship just doesn't feel right, talk to someone you trust—a friend, a family member, a college counselor, or someone in an organization that you're involved in."

Breaking Up May Be Hard to Do But...

In some relationships, splitting up can be the healthiest thing to do. Unhealthful relationships have gone too far once any type of abuse has occurred but especially phys-

ical abuse, according to Hairston-Jones. When the negatives cannot be overcome, even after seeking outside help, it's usually best to move on. Taking time for yourself to build your self-confidence can make you a better person and help you in future relationships. Seven out of ten students polled said that break ups, in the long run, are overall a positive thing, even though they can be difficult.

Beyond Romantic Connections

Some of the skills you use to build a romantic relationship can apply to your connections with parents, peers, bosses, and professors as well. Again, open communication is important in any relationship. "Sitting down with your parents and having them tell you what they expect of you and what you expect of them is a great way of forming helpful boundaries," says Hairston-Jones.

Ultimately, relationships take work, but good ones make you feel good about yourself and enhance your life and overall health.

As a student at PC, you have access to read Student Health 101, the online health and wellness magazine just for college students. Please check your email to access Student Health 101 online, share your opinions and even enter to win an iPod!

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Prospectus Pick:

Meadowbrook Park

Merry THOMAS
Staff Writer

As the weather turns warmer I can't help but think that all I want to do is be outside. I'm a big park person, so in light of all this good weather the pick of the week is Meadowbrook Park. I believe that it's probably the best park around the Champaign-Urbana area for several reasons.

The size of the park is huge—there's about 130 acres of land, so it's impossible to become bored there. The park has three miles of hard surface trails so that you can walk or jog. Cycling is something that I like to do, and the paths are curvy, which is perfect for people who enjoy biking. The trails are very scenic, too, mainly

because there's a lot of nature, and throughout the park there are a bunch of neat sculptures. There are also gardens, picnic areas, a pavilion, and plenty of parking available.

I'm a kid at heart, so I still like to play games on the playground. Meadowbrook has a great playground that's perfect for hanging out, playing tag, and pretty much anything that grown up kids like. The only problem is that it's made out of wood, and wood can hurt if you run into it. But overall it's the most unique playground in all of C-U. With its tall towers and multi-level structures, it's perfect for all sorts of activities. Coming to Meadowbrook is a great way to feel like a kid again, and with the end of the semester coming up it might be nice to take a break from grown up life.

Another really cool aspect of Meadowbrook is that it has a lot of restored prairie land. According to urbanaparks.org, there is over 30 acres of restored prairie grass. If you've ever been to nature preserves around Illinois, you can understand how pretty prairie land is. At Meadowbrook there are a lot of wild flowers and animals, so it's a really cool place to walk around and take pictures.

If you want to experience Illinois beauty at its finest, then you should come to this park. You can find it at the intersection of Windsor Road and Race Street. It'd be nice to take a break from school, so why not spend the day outside at this wonderful park?

Tragedy and triumph: Substance-free dorm gives students help with rehab

Patricia ALEX
The Record (Hacksack N.J.)

It was an inaugural year marked by both tragedy and hope at the recovery housing at William Paterson University in Wayne, N.J.

One resident battling substance abuse died of an overdose after relapsing during a visit home, according to the university. But another found solace and support at the new dormitory.

"The living arrangement here has made a difference," said Demetria Washington, a recovering heroin addict who is studying business. "The people in this building are so great."

As part of the program, Washington lives in White Hall - a substance-free dorm - and

students on an alternative spring break at a Habitat for Humanity project in Virginia. And there have been alcohol-free dinners and parties. Plans are in the works for an alcohol-free bash to kick off Music Fest weekend at the school in a few weeks, an event that, in the past, has included alcohol for a lot of students, said Jonathan Lausell, coordinator of residence recovery.

"Students can see that the culture of the substance-free housing is fun," said Lausell.

But the serious business of recovery is a priority, with an emphasis on 12-step meetings and counseling, officials said. And the death this year brought home how difficult the process can be.

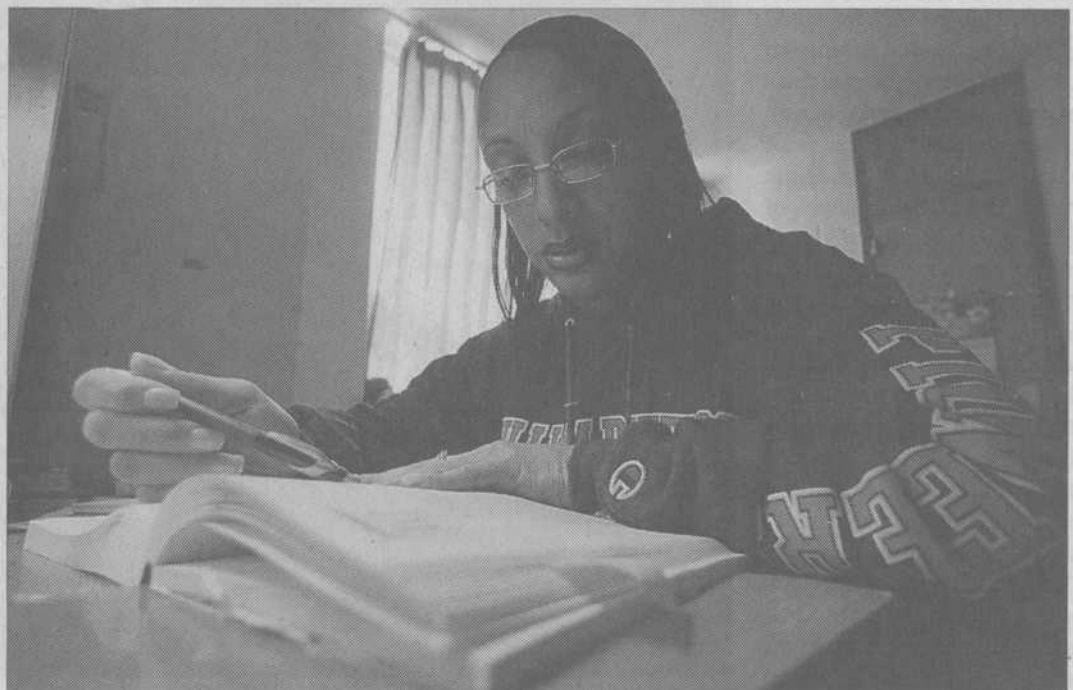
"The sad thing is it's a very powerful disease," said Sher-

erly housing is separate from other residence housing, and its location is not announced so as to protect the anonymity of its students.

At William Paterson, recovering students are mixed in with the other 80 or so residents of the substance-free housing, an environment that provides emotional support and, if desired, a measure of anonymity for the recovering students.

But Demetria Washington, the recovering student, said she has no desire to keep her new lease on life a secret.

"I'm really proud of myself and where I am today, where I have gotten," said Washington, who, at 41, has returned to college after beating back an 18-year heroin addiction. "I wasted so many years, but now



Demetria Washington works on her Writing 101 homework in her dorm room at William Paterson University in Wayne, New Jersey, April 1, 2010. Washington, who is a recovering heroine addict, lives in White Hall, which is a substance free facility. Kevin R. WEXLER/The Record

receives support services like on-site counseling and 12-step meetings.

About 80 students live in White Hall, and all have signed pledges to remain substance-free in the housing - no booze or drugs and no returning to the dorm under the influence. Additionally, up to a dozen beds were reserved for students in recovery from drug or alcohol addiction.

About a half dozen students signed on for the recovery program this school year and only one, Washington, remains, said university officials. But they were confident that the program - funded by a \$650,000, three-year state grant - fills a need and would attract more students.

"We didn't know what to expect. But we know there are students out there with these needs," said Glen Sherman, vice president for student development. "We see kids come through the counseling center who are in drug and alcohol (rehabilitation) programs."

Sherman said a number of applicants for the program are now in the admissions process at the university and that at least a half dozen of the recovery beds will be filled by the new semester in September. A dozen recovery students remain a goal, said Sherman, because it is hoped that they would provide a strong support network for one another. "They can be the eyes and ears for each other," he said.

Meanwhile, he and others said a "vibrant" substance-free community has begun to coalesce at White Hall. The state grant, from the Department of Human Services, provides money for civic and recreational programming.

The money was used to send

man. "Even students in a long period of recovery are at risk. That's why we created this."

While a growing number of colleges have substance-free dorms, there are just about a dozen across the country that have beds designated specifically for students in recovery, according to the Association of Recovery Housing. Additionally, there are about 25 high schools around the country, including Daytop Preparatory in Mendham, with recovery programs. Some of the schools in other states are public and charter schools. The high school programs illustrate the need for supportive college options, experts say.

"There are growing opportunities for students in recovery in college," said Patricia Taylor, director of Faces and Voices of Recover, a national group. "This is a whole new era. There is interest in helping young people sustain their recoveries."

Rutgers University was a pioneer in recovery housing - it was the first school in the country to offer it back in 1988. The university provides 23 beds at the flagship campus in New Brunswick and an additional eight in Newark.

The program grew out of a need that emerged during 12-step meetings on campus, said Lisa Laitman, the program director and founder. "Students were hungry for a peer support group," Laitman said. "Their former friends were usually users, so they needed a new group."

The housing, she said, was an extension of the support groups that formed as a way to fend off isolation in a college environment where much socializing can revolve around partying with alcohol and drugs. At Rutgers, the recov-

I'm back in school."

She said she has been clean for 17 months. Washington learned about the WPU program after Lausell visited her treatment program at Eva's Village in Paterson, N.J. Lausell said he has spent much of his year on outreach and getting the word out that there is another option for those struggling with recovery.

"It may take a year or two more, but we've planted the seeds," said Lausell. He has been in recovery for 23 years himself and earned a master's degree in social work along the way. He knows how important the support services are.

"We're trying to connect the dots," said Lausell. "And one of the strongest means is the 12-step meetings."

Lausell lives on campus, and professional counseling staff is assigned to White Hall. Washington attends 12-step meetings and has one-on-one counseling sessions with a psychologist on campus.

And other students say White Hall has provided a refreshing vibe and a nice antidote to the noisy party atmosphere in some dorms.

It was a pleasant surprise for James Mercer, a music management major from Levittown, Pa. Mercer found himself at the sober residence hall after a roommate situation in another dorm didn't work out.

"When I found out it was substance free I thought it was a joke," said Mercer. "But it's been such a supportive and quiet and friendly place. Everybody seems to be in a brighter mood. It's been a good thing."

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The Health Care reform and what it means for you

Patrick WOOD
Editor

On March 23, President Barack Obama made history by signing into law The Patient Protection and Affordable Care Act. This bill makes significant changes to America's health care system, and affects everyone, including college students. Alarming, there is a great majority of young adults that know very little to nothing about the recently passed bill.

Sara Haag, an animal science major at the University and a part-time Parkland student heard about the health care bill in the news, but admits that she knows very little about it. "I've heard some things about universal health care, and I knew they passed the bill, but that's about it," said Haag.

Jeffery Vicek, professor in the Social Sciences and Human Services department

at Parkland, teaches principles of micro and macroeconomics and helps to shed some light on what changes will have the biggest impact on college students, one of those being dependents being able to remain on their parent's health care plan until the age of 26.

"A lot of what I've seen of the bill is sort of income based," said Vicek. "If you leave your parent's plan and you're not quite doing a full time job where you're making a lot of money, I think they're trying to make it so that your out-of-pocket cost is still feasible for you to get coverage. You're 26 years old, you're leaving your parent's plan, and you decide to knock around the country, maybe take a few years off and see the world—you're not making a ton of money and you're inconsistent, but you can still get coverage proportionate to your income."

Vicek also explained that many young adults think that they are "ten feet tall" and have an air of invincibility. Upon graduating college, students, in the past, have frequently avoided getting health insurance for several years based on the fact that they were still in relatively good health. This is no longer the case. Upon leaving their parents health care plan, individuals will be required to have health insurance or risk paying a penalty cost for being uninsured. This does not spell disaster though, said Vicek. In fact, it may present the opportunity for more freedom.

"I like the fact that we're still saying to the individual 'we're not just going to give you coverage, you have to buy it and commit a certain amount of your income towards it,'" said Vicek. "Some people will still

See Reform on page 10

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88.7 THE WAVE

REINVENTING ALTERNATIVE

Get ready for what's next

Student HEALTH 101

Summer is a time to give yourself an upgrade. Take advantage of experiences that will transform you into a more employable, top-rate student who is ready to dazzle when the fall semester starts.

Jeni Takekawa, now a graduate of George Fox University in Newberg, Oregon, is not someone to just let summer drift by. The former high school cheerleader jumped into an internship at Nike, a company for which she has always wanted to work. Growing up in Kaneohe, Hawaii with two brothers who played football and basketball, Takekawa was "surrounded by Nike stuff" and loved their products from an early age. With a major in organizational communications and a minor in fashion merchandising, Takekawa thought an internship in the global bags product creation department was a perfect fit. But landing this dream opportunity took determination. Takekawa competed against thousands of applicants. When the company narrowed the field to 100 top applicants, she made the cut, and then when Nike called the top 20 candidates, Takekawa was a finalist. She made it past 10 interview hurdles, each requiring a phone call of 30 minutes

to an hour and a half. Takekawa says her enthusiasm, preparation, and inquisitiveness impressed her interviewers. She researched Nike online to understand their business philosophy and core values. "Plus, I stood out like a sore thumb," laughs Takekawa. "I'm an extroverted person, and I was making my interviewers laugh. I was having fun. They had my résumé, so they knew my accomplishments. But they couldn't see my personality. I wasn't going to stop till I got a job there. I told them that I could see myself working at Nike for the rest of my life."

Working on More Than a Tan Sure summer should be a time for relaxation, but it's also the perfect time to do those productive things that can help you reach your dreams. In one way or another, college peers are going to be busy working this summer. According to a Student Health 101 poll of more than 1,000 students, 69% will be taking on a summer job, and 23% will be working at an internship. Some of those internships, like Takekawa's, will be paid positions.

Internships can lead to some amazing networking opportunities for future employment. As a student in the International Relations and Pacific Studies program at the University of California at San Diego,



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Matt Hill took advantage of an internship in Malaysia. After he graduated, he went to work in China to set up operations for a computer software company. He is currently a "rest of the world" recruiter for Qualcomm and uses his international experience every day, working with colleagues around the world. Internships are also a great way to connect with a mentor, an older experienced professional who can provide advice, guidance, and contacts. "Asking for an opportunity to work with a senior employee as a mentor can provide an excellent opportunity to learn and excel," says David Kowalczyk, co-director of

career services at Assumption College in Worcester, Massachusetts. "Managers who have been helped by a summer student make great references."

Kowalczyk touts the internship program at Enterprise Rent-a-Car. "Enterprise hires a substantial number of undergraduate interns each summer," says Kowalczyk. "Enterprise produces men and women with excellent customer service skills, who can handle all manner of business related challenges in a timely and efficient manner."

Make a Summer Job a Super Job

Not every student is going to land in their dream job this

summer, working side-by-side with Bill Gates or helping with a professional baseball team or performing opposite Johnny Depp. Many will have to take a fairly standard-issue, part-time job. But these jobs can teach a lot of skills that can help you later in life.

Sometimes a summer job can shift from humdrum to exciting, depending on your attitude, creativity, and drive. Jeni Takekawa made the most of a summer job she had at Jamba Juice. She made smoothies, sold product, and engaged customers. Because of her interest in marketing, she took advantage of opportunities to work at public events

sponsored by Jamba Juice. She helped with the planning of the Banana Man Race, a competition where people run a 5K or 10K against professional runners dressed as bananas. "It was the most fun I ever had with a job experience," she says. So be creative in your approach to

summer employment. You may find opportunities to grow in your typical mall job if you're determined.

Serving the Greater Good
Sometimes improving yourself can mean improving the lives of others. About a third of students in our Student Health 101 survey say they will be

See Health on page 10



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"Sure, organic free-range poultry is more expensive, but consider all the guilt you're saving."

Parkland College Relations Officer Matthew Kopmann

April is Alcohol Awareness month. To commemorate the month, the Parkland College Police Department is hosting an Alcohol Awareness Day. The Alcohol Awareness Day will be held on Monday April 26 from 11:00 a.m. to 2:00 p.m.

In the Flag Lounge, the Champaign Urbana Campus Community Coalition, U of I Alcohol and Other Drug Office, Pavilion, Enforcing the Underage Drinking Laws (EUDL) Program, and many more will set up informational tables.

In C118, a video will be shown at 11:00 a.m., 12:00 p.m., and 1:00 p.m. This video shows how underage alcohol consumption affects the brain. Following the video there will be guided discussion. There will also be activities such as operating remote control cars while wearing "drunk goggles". Sgt. Emery, a safety education officer with the Illinois State Police, will be in the cafeteria courtyard with a roll over simulator.

If you have any questions or want to participate in the Alcohol Awareness Day, please contact Officer Kopmann at (217) 351-2369.

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4/25/10

ACROSS

- 1 Paar or Nicholson
- 5 "___": Miami
- 8 Lover of an Irish Rose
- 12 Actor Katz
- 13 "___ in the Family"
- 14 "Schindler's ___"; Liam Neeson film
- 15 In the thick of
- 16 Cath. or Luth.
- 17 "By the Time ___ to Phoenix"
- 18 ___ de plume
- 19 Matt Lauer's show
- 21 Actress ___ Arthur
- 22 "American ___"
- 24 Old Roman garment
- 26 Blue jeans material
- 28 Declined
- 31 Sink-scrubbing cleanser
- 32 "___ Betty"
- 33 Not hollow
- 35 Take apart, as a bow
- 36 "___ the Press"
- 38 Walkway
- 39 "The ___"; series for Efreem Zimbalist, Jr.

- 41 "Law & Order: ___ by Jury"
- 43 "A Flea in Her ___"; Rex Harrison movie
- 46 Columnist ___ Barrett
- 48 "Sister ___"; film for Whoopi
- 49 Couch
- 50 Finishes
- 51 "How I ___ Your Mother"
- 52 Cafeteria plate holder
- 53 Ricky Ricardo's portrayer
- 54 Use a crowbar
- 55 "Jane ___"; Anna Paquin film

DOWN

- 1 ___ Rivers
- 2 Bullets
- 3 Series for Shemar Moore
- 4 "The Karate ___"
- 5 "The ___ Burnett Show"
- 6 Luge vehicle
- 7 ___ ease; socially uncomfortable
- 8 Actress Larter
- 9 "The ___"; Kaley Cuoco's series
- 10 "... ___ by your outfit that you..."
- 11 Blues singer ___ James
- 19 Actor Cruise
- 20 Sudden cry of pain
- 23 Actress Carter
- 25 Thin and bony
- 26 Public prosecutors, for short
- 27 Monogram for actor Olmos
- 29 ___ Marienthal
- 30 John of "Touched by an Angel"
- 34 Mac Taylor or Don Flack: abbr.
- 35 Suffix for intellect or fact
- 37 "Lady and the ___"; Disney film
- 38 ___ Duke
- 39 Barney Rubble's neighbor
- 40 Fibula or rib
- 42 Cake decorator
- 44 In the distance
- 45 Comedienne Martha ___
- 47 "I'm Dancing as Fast ___ Can"
- 49 Sault ___ Marie

Solution to Last Week's Puzzle

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NFL draft turns into three-day affair

Jerry McDONALD
The Oakland Tribune

Gil Brandt remembers the quarters.

When he joined the Dallas Cowboys scouting department 50 years ago, the NFL draft was held at the commissioner's office in Philadelphia. There were 12 teams, virtually no media and team officials brought copies of Street and Smith's magazine to familiarize themselves with potential selections.

"They all had rolls of quarters because in those days all we had were pay phones," Brandt said in a recent national conference call. "You could call a coach like Pappy Lewis of West Virginia and say, 'I need an offensive tackle. Who's the best guy you played against this year?'"

The draft was a Saturday-Sunday event, and for those on the West Coast, one to be watched as breakfast entertainment with eggs and coffee. No longer.

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It's turned into a three-day affair, with rounds 2 and 3 Friday beginning at 3 p.m. and rounds 4 through 7 starting Saturday at 7 a.m.

Teams now have two chances to go over their draft boards instead of one, giving a height-

ened sense of drama to Round 2.

"Everybody will restack their board based on what's there," New England coach Bill Belichick told local reporters at a pre-draft press briefing. "The needs of teams that

picked in the first round will have changed because they've just taken a player. Basically, you're removing 32 players from the board and starting the first round all over again."

Raiders coach Tom Cable, whose team has the No. 8 pick

in the first round and goes No. 7 on Day 2 (No. 39 overall), agreed.

"I think we're feeling that way about it," Cable said. "It gives you a chance to get through Day 1 and then you start again."

For 49ers director of player personnel Trent Baalke, it affords the opportunity for heightened scrutiny of potential draftees or trades. Baalke will be the point man in the 49ers draft room after the resignation last month of general manager Scot McCloughan.

"I love it for the purpose that it gives you a chance to re-evaluate yourself not once, but twice," Baalke said.

Jon Gruden, the former Raiders and Bucs coach turned ESPN analyst, believes Round 1 will proceed normally and that things will pick up when teams have time to target a specific player on the second or third day.

"I don't really think it will be dramatically different, until the first round is over," Gruden said in a national conference call. "Teams will meet, take a look at who's available. I think you'll see more aggressiveness, more trades, at the start of Day 2 and Day 3."

The Patriots' Belichick, the only coach currently with three choices in the second round at Nos. 44, 47 and 53, expects some trade offers.

"We've already had a decent number of inquiries for the picks we have in the second round, and that doesn't surprise me," Belichick said. "There are teams that don't have them and there are teams that are look-

ing to see if we're interesting in seeing a pick."

Four other teams have two picks in the second round - Tampa Bay (Nos. 35 and 42), Philadelphia (Nos. 36 and 50), Philadelphia (Nos. 37 and 55) and Denver (Nos. 43 and 45).

Five teams don't have selections in the second round - Washington, Atlanta, Jacksonville, Miami and Tennessee. Two of those - the Redskins and Falcons - are out of the third as well, because they're not scheduled to pick at all on Day 2.

Gruden conceded he preferred the old format but said he understands the importance of first-round picks and that it could be worthwhile to "have a chance to think things over."

Belichick did not sound overly enthused.

"It's fine," Belichick said. "We'll be there Friday. We'll be there Saturday."

With New England having built one of the NFL's best teams through the draft, NFL Network analyst Mike Mayock thinks the extra time could be to the Patriots' disadvantage.

"I think some of the better drafting teams are not wild about it because it gives the other teams a chance to go home and think about it as opposed to making mistakes," Mayock said. "They can reset their boards and perhaps not be so impulsive."

(c) 2010, The Oakland Tribune (Oakland, Calif.).

GREEN

continued from page 3

tainly was no radical. But she did know that something big was going to happen when she organized the first press conference. Time and Life magazines, along with local TV stations and even iconic folk singer and songwriter Pete Seeger.

When she got up to speak, she had Mayor Lindsay on one side and Paul Newman on the other.

"It was a lesson in how a very few people with a significant cause can make a difference," Laurie said.

Nelson had wanted Earth Day to be a grassroots demonstration of wide public support for environmental issues. The senator who had few allies in the 1960s - "There was no such thing as an environmentalist then," said his daughter

Tia Nelson - now had the publicity on his side.

"It was successful beyond his wildest dreams," Tia Nelson said of her father, who died in 2005. "There was no way to anticipate or imagine its impact."

Hayes and his group of green generation activists left the streets and got into political action.

They raised \$50,000 for a national campaign to oust Congress' environmental "Dirty Dozen." Their efforts contributed to the defeat of seven of the 12, including the powerful chair of the House Public Works Committee, Democratic Rep. George Fallon of Baltimore.

Over the next decade, Congress passed the 28 major initiatives that became the foundation of the nation's environmental laws, including

the Clean Air Act, the Clean Water Act, the Endangered Species Act, the Safe Drinking Water Act, the Occupational Health and Safety Act, the Toxic Substances Control Act and amendments strengthening the National Environmental Policy Act. Many passed in the first three years after Earth Day and were signed by President Nixon.

In 1966, Nelson hadn't been able to find a single co-sponsor when he introduced a ban on the pesticide DDT, which was shown to cause the thinning of eggs of bald eagles, peregrine falcons and other raptors.

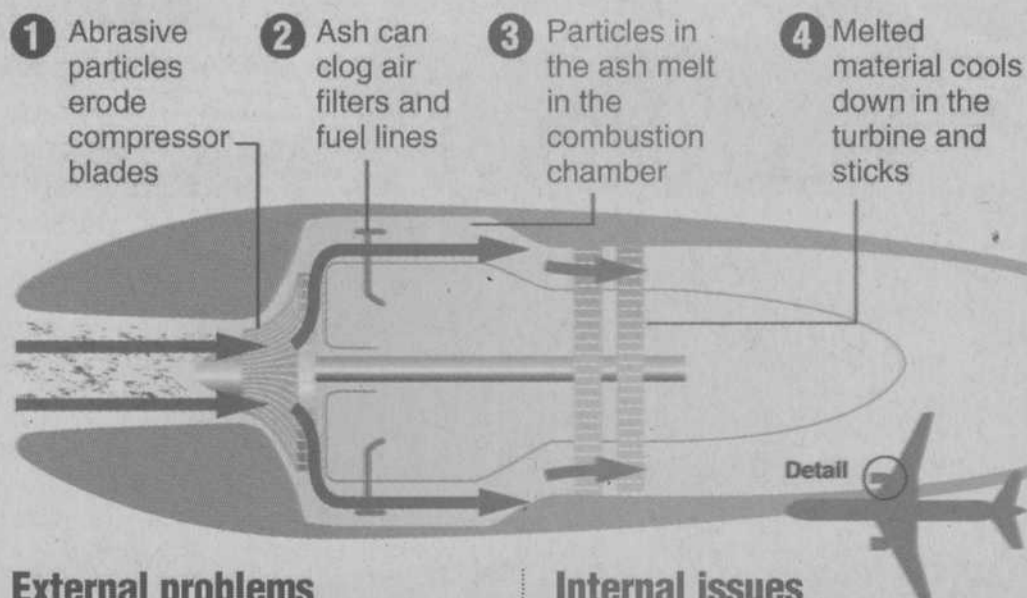
By 1972, DDT had been banned.

(c) 2010
The Idaho Statesman
(Boise, Idaho).

Volcanic ash and airplanes

Volcanic ash is made up of tiny particles of rock and glass that can damage an aircraft's many parts and shut down engines.

How ash can damage jet engines



External problems

- Ash is highly abrasive; can easily scratch plastic, glass and metals
- Cockpit windows may become so scratched pilots may have difficulty seeing the runway for landing

Internal issues

- Ash may travel through the ductwork; will clog air-filter systems and contaminate fixtures, carpeting, cushions
- May also damage electric system

Source: U.S. Geological Survey, Ehow.com

Graphic: Los Angeles Times

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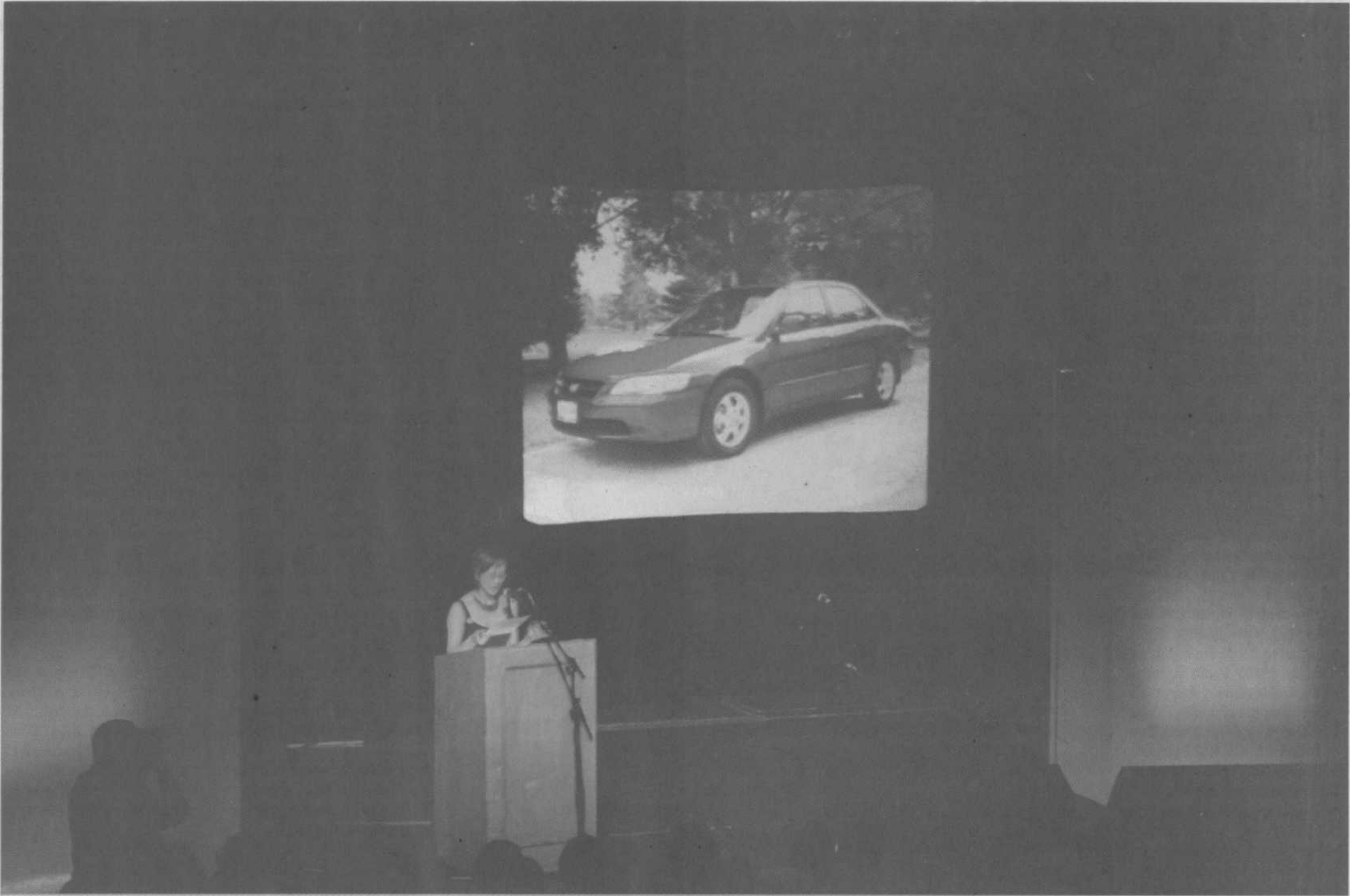
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Ping Wu, fashion designer of Project Runway, delivered a most touching presentation at PechaKucha Night Volume 3 this past Friday night, April 16. It was a part of the Boneyard Art's festival this year and was hosted by CUDO at the Canopy Club. The festivities kicked off with an enthusiastic introduction, followed by an eclectic outburst of talent and various contributors from the C-U community. The evening was a jovial mix of how to's, ranging from fixing a flat to making chocolate and personal moments broken up with sips of beer and hob-knobbing during the twenty minute intermission. Check out more about this event at www.pecha-kucha.org/cities/champaign-urbana

Rachael JOHNS/Prospectus

HEALTH

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donating their time this summer to projects that can help the world. If you can't find a job or internship, Renee Beaupre White, director of career services at Green Mountain College in Poultney, Vermont, recommends volunteering for a cause or organization that really interests you.

"Volunteer work speaks volumes to potential employers," says White. "It really shows commitment. And if it is related to the degree you're seeking, it can only help. Volunteering can also open doors within the organization for future internship and employment opportunities."

Green Mountain students give their time to the local rescue squad, the fire department, the Boys and Girls Club, the college visitor's center, the senior center, food banks, and other groups. One student volunteered with the U.S. Environmental Protection Agency's "Change-a-Light Challenge" initiative, encouraging local residents to replace at least one incandescent light in their home with an energy efficient one. Her experience volunteering led to a job as campus coordinator with the Vermont Campus Energy Group, an initiative to advance energy efficiency and renewable energy projects on college campuses.

Go to the Head of the Class

Another summer option is to build up the gray matter with short-term courses. Many colleges offer programs designed to help you strengthen knowledge where you're lacking or to explore new subjects and develop new skills. You might want to learn to build a Web site, master a foreign language, or gain some basic accounting know-how. Some students take hands-on courses in car repair, electronics, and computer animation, just to name a few.

UC San Diego offers a wide range of summer learning experiences, involving everything from solar power to oceanography to computer science to economics. Undergrads in the engineering pro-

gram have a chance to further their skills and help their community through the Teams in Engineering Service (TIES) program. Student teams design, build, and deploy technology solutions for San Diego non-profit organizations.

"Projects range from creating sensor based smart furnishings for seniors in an assisted living community to adapting toys for children with cerebral palsy," says Rex Graham, communications director at UC San Diego's Jacobs School. Check with your school and online for possible programs.

Take Time to Reflect

While you may charge ahead into an internship or job, summer is also a good time to take a breath and think about what really interests you. You want to set yourself on a path toward work that you will truly enjoy.

Statistically, only about 30% of college graduates like or love their jobs, and a mere 55% of Americans are engaged in their work, according to Nicholas Lore, the author of *Now What? The Young Person's Guide to Choosing the Perfect Career* (Fireside Books, 2008) and founder of the career counseling network The Rockport Institute (www.rockportinstitute.com). Lore says students need to look at their natural talents, interests, spirituality, creativity, existing commitments, lifestyle, and work style.

"Take on the role of being a detective and look for clues about what would make a career be a great fit for you," says Lore. "Ask yourself, 'What am I absolutely sure will be some of the important elements of my future work?' You want to find a career that will fit you like a custom-made suit, and you want to wake up in the morning looking forward to doing it."

Most students don't take the time for this self-reflection, says Lore, but it is the only way to find the career that will be most rewarding for you.

DONRAUF IS THE CO-EDITOR OF STUDENT HEALTH 101.

Six Things to Help Your Career Before Your Graduate

Anne Brown and Beth Zefro, graduates of Michigan State University and the authors of *Grad to Great: Discover the Secrets of Success in Your First Career* (www.gradto-great.com), offer these six tips for future success.

1. Keep your online profile professional. If you have inappropriate pictures or other material posted on Facebook, MySpace, or on a blog, make sure you remove them before you send out your résumé.

2. Line up a recommendation from a professor. At some point in college, exchange contact information with professors who will most likely give you their recommendation in the future.

3. Keep your résumé updated and available at all times, in electronic and hardcopy form. You never know when a potential job opportunity will present itself.

4. Maintain all networks. You are more likely to get a job through networking than any other way. Get to know the staff at your career center and talk to professors who teach the subjects in your chosen field.

5. Never send out a résumé without a cover letter. If you apply for a job during or after college, you will need to send in a cover letter with your résumé.

6. Go on informational interviews. Informational interviews are not a waste of time. They provide networking opportunities and they're good practice.

As a student at PC, you have access to read *Student Health 101*, the online health and wellness magazine just for college students. Please check your email to access *Student Health 101* online, share your opinions and even enter to win an iPod!

You can also access the latest issue online at <http://readsh101.com/parkland.html>

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REFORM

continued from page 6

elect not to do it. But I like the idea, from a young person's perspective; I think it gives you the option of making that choice."

Along with dropping 26-year-olds from their parent's health care plan, the health care bill will also add a 10% service tax to indoor tanning, beginning September 23. By this time, the Secretary of Health and

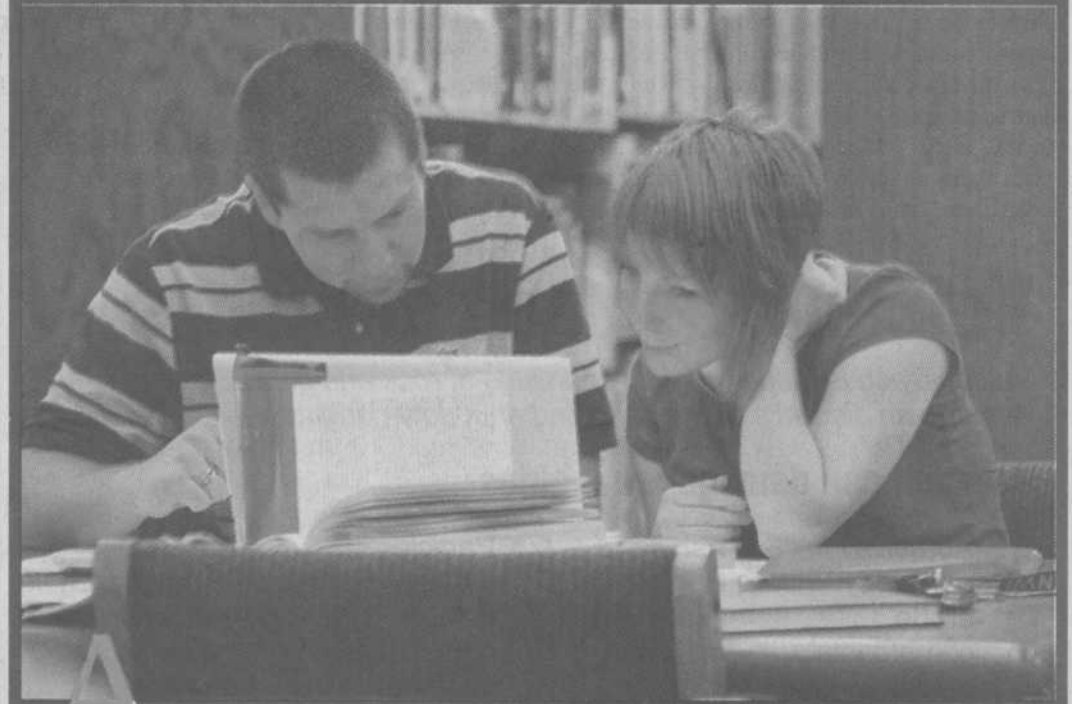
Human Services is expected to launch an informative website that details health insurance information for individuals and businesses in all 52 states.

Effective January 14, 2014 it will no longer be possible for insurers to charge higher rates for anyone based on any pre-existing conditions. Certain chain restaurants will also be required to show cholereric information on their dine-in and drive-through menus and vending machines.

"This country is based on individual choice," said Vicek. "I want to maintain that as much as possible, but the fact is we have the resources available to provide basic health care for everybody, and we need to be doing that."

For more information on the health care reform and how it will affect you, visit <http://www.healthreform.gov/>

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