



Parkland Motorsports Car Show photos spread on the back page.



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Prospectus News

A student produced publication since 1969

www.prospectusnews.com

Wednesday, May 5, 2010

Vol. 02 No. 27

The history of Parkland unfolded

Rachael JOHNS
Staff Writer

With many students graduating and others anticipating summer, it's a fabulous time to look back at what has been accomplished in the past.

For Parkland, that requires taking a glance at a rich 43 year history.

Did you know that Parkland, when it started its educational path in 1967, was housed temporarily in downtown Champaign in buildings such as the current Nitaya Thai restaurant? There were 1,338 students enrolled at the time.

Parkland College was unnamed then, and was referred to as the "District 505 Community College." It did not have semesters, rather, operated on a quarterly term. For the academic year, this meant three quarters would be offered, with one quarter for the summer. The cost of tuition was \$4.50 per hour, and books were estimated to cost \$100 for the year.

The college then moved to its permanent address, our current college campus, in 1973. The land was formally the McMillan/Ehler farm, according to Sally Foster Wallace's writings on Parkland's history titled *Parkland Works*.

Here, enrollment grew to 4,500 students, and salaries for



First day of registration, on September 1967. Photo shows the first Student Center, located at 134 W. Church in downtown Champaign. Photo courtesy of the Parkland College Library Archives

teachers and staff were set at \$8,000-\$11,000 annually.

Sonja Williams, who took classes when Parkland first opened in the 60's, said of her experience, "It was the best transition between high school and college I could ask for."

Williams is now an educator in the state of North Carolina, working specifically with children of migrant families. She said that her time at Parkland

was really memorable. It was a unique way to go to school, she thought.

"It was really cool, I took classes downtown and at a grocery store in West Champaign," said Williams and she remembered having to bike completely across town to make it to class.

Back then, there were six divisions in what now make up Parkland's nine departments.

The vision for Parkland College started with a group of community educators who wanted to set up an agriculture and vocations institution, but quickly evolved to a junior college with much more to offer, according to Wallace.

Wallace shares the words of Louise Allen on the evolution of Parkland College, the former Communications Division chair:

"Tech graduates are in virtually every radio and TV station in the area, graphic arts is so huge that it has its own juried annual show, and Parkland has both radio and TV stations producing and broadcasting programs. And meanwhile the AA and AS programs have grown and prospered, too. It's been a great ride for us all," said Allen.

As for students, there were

228 fall graduates for 2009 listed on Parkland's website. That is compared to 125 graduates from the entire first graduating class of 1969.

Now, parkland offers more than 100 degree, transfer and certificate programs, according to Parkland.edu. Also, American-school-search.com numbers the programs offered at Parkland at 62. In 1967, there were 26 programs including transfer, one year and two year certificates. Interestingly, Cosmetology was offered then and not now.

During the early millennial years, much expansion occurred on the Parkland campus. The Staerkel Planetarium, named after the first College president of the school William M. Staerkel, and the Parkland Theatre were both added. The second floors of the L, X, M and C wings were connected, and the Tony Noel Agriculture Applications Technology Center was built.

With the Master Plan well underway, it is great to think about the amazing future of Parkland and those involved with its rich transformation. For now, the approximate 10,000 students currently enrolled at Parkland have endless opportunities.

Up close and personal with Parkland's Student Government

Prospectus

In the March 10 edition of The Prospectus, several submissions from Student Government candidates were published in lieu of elections. A number of comments on the Prospectus website were directed at those submissions, leading many students to ask, what does Student Government actually do at Parkland College?

To help answer that question, The Prospectus sat down to

good representative of the student body, but you also have to be a leader among the leaders—not an easy task, but more than worthwhile.

Prospectus: Student Government doesn't seem to get much publicity. Is there a reason for that? What kind of things is Student Government involved with?

Heller: We do a lot of things that are behind the scenes. It's such a big college and there are so many organizations, so Student Government can't always be in the headlines. There are

sibilities on panels. There is a publishing panel, a diversity committee, and there are different things within these committees that allow us to work with other organizations in the college. We do a lot of the nitty-gritty, behind the scenes work. And we work a lot with Student Life.

Prospectus: Are all of these panels student run, or are they a faculty and student mix?

Heller: Some are student only, some are student and faculty—it depends on the need. A student presents a worry that

The benefits of finals week

Merry THOMAS
Staff Writer

Sometimes it's hard to see the benefits of taking your finals when you have to study long hours to ensure a good grade. However, there are a lot of positive things that come with finals, too. You're not having a traditional week of school, and it can be a lot easier than a regular week during the school year. It's easy to forget the good things about the end of the semester when the outcome of your week could mean the difference between passing and failing, but if you focus

on the positives of finals week then it might be more bearable.

What does every student need before embarking on his or her finals adventure? Why caffeine of course! Every year, the Parkland Library hosts a free coffee and tea house, which provides students hot drinks during the week of finals. Sherry Camiel, a librarian at Parkland, said, "the hours of this run right alongside the final schedule, so in other words it's from 7:30 am to 10:00 pm on Monday through Thursday, and from 7:30am to 5:00 pm on Friday."

It's nice to have little perks

in your day, especially when you're taking finals. You can count on the Library to make things easier for you during these trying times.

Something else to look forward to is the lack of homework from teachers. Throughout the semester, students are given one assignment after another, but this isn't the case during finals week. For the most part, all you have to do is study—you aren't doing worksheets or papers that are going to be graded, unless it's part of your final, so it isn't as stress-

See **Finals** on page 5



John Moreland Senior Senator (left) and The Prospectus talk about past, present, and future plans for Parkland's student government.

talk with Erica Heller, current Student Government interim president.

Prospectus: What kind of responsibilities comes with your role as president?

Heller: It comes with a lot more responsibility than most people would initially expect. Not only do you have to be a

things that we do with other organizations, like Alternative Spring Break and we volunteer on different panels.

Prospectus: Panels?

Heller: Each Student Government member, whether it's an ambassador, a senator, or a trustee, or treasurer, or vice president—we all have respon-

Levi Norman/Prospectus

they to Student Government and if it's something that we think needs to be sent to a committee, we'll send it to a committee as well.

Prospectus: Is there any big issues that are going on right now?

Heller: I wouldn't call any of

See **Stu gov** on page 7



Late-night study sessions are inevitable, however, tips for making the most of finals week can be seen throughout the article. Akron Beacon Journal

Prospectus

The Prospectus is a student publication, and is published weekly during the Fall and Spring semesters. Intermittently in summer. To contact the Parkland Prospectus: Phone: 217-351-2216, fax: 217-373-3835, e-mail: prospectus@parkland.edu, U.S. mail: Parkland College, Room X-155, 2400 W. Bradley Ave., Champaign, IL 61821. URL: http://www.prospectus-news.com

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Letters and Editorial Policy

Views expressed are opinions of staff and contributors and not necessarily that of the Prospectus or Parkland College.

• The Prospectus welcomes letters to the editor. We accept submissions from the Parkland community and the public. The editor will also consider original works of fiction and short writings if space is available.

• The rules of correspondence: all submissions must be signed with a phone number and address. The Prospectus staff must verify the identity of letter writers. Correspondence may be edited to accommodate the space requirements of the paper. The deadline for all submissions is 12 p.m. of the Thursday immediately before the upcoming issue.



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Chuck Shepherd's Jobs in the music industry News of the Weird

Leading Economic Indicators

American companies continue trying to outsource work overseas, no matter how increasingly improbable the project. The Chronicle of Higher Education in April reported on the University of Houston business school's contract to have student papers uploaded to "teaching assistants" (mostly residing in India, Singapore and Malaysia), who read them, mark them up and offer constructive advice. UH professor Lori Whisenant, who initiated the university's contract with the firm EduMetry, said she is generally pleased with the results.

Recycled Components

Swiss clockmaker Artya announced in March the creation of a wristwatch set in fossilized dinosaur feces (with a strap made with skin from an American cane toad). Designer Yvan Arpa told the Associated Press the watch would sell for about \$12,000.

The spa Ten Thousand Waves near Santa Fe, N.M., is only the latest U.S. facility to offer as a "signature" treatment the "Japanese Nightingale Facial," supposedly used for centuries by Japanese geisha for skin rejuvenation. Nightingale droppings are dried and sanitized, then spiced with oils and used as a face scrubber.

Recession-Proof Markets

Jimmy Choo stores in New York City quickly sold out recently of their new, blinking, women's shoes with five-inch heels, which light up with every step taken, at \$2,495 a pair (although the unchargeable battery dies after about 100 uses).

Abnormal Science

Child-Bearing, Explained: Virginia state legislator Bob Marshall, speaking in February in opposition to state funding for Planned Parenthood, said the organization is partly responsible for the number of disabled children in America. According to the Old Testament, he said, being forced to bear a disabled child is punishment for the mother's having earlier aborted her first-born. "(W)hen you abort the first-born ... nature takes its vengeance on the subsequent children." Said Marshall, the organization ought to call itself "Planned Barrenhood."

When stroke victims recover, they have sometimes acquired bizarre obsessions, like one by David Stopher of North Tynesdale, England, who found himself unable to say no to salespeople. According to a March Daily Mail report, the biggest beneficiary of Stopher's condition has been the wireless tele-

phone network (known as 3), whose marketers had signed Stopher up for six different phones and plans at the same time (and paid all on time until his brothers stepped in to persuade 3 to restructure the account).

Heather Has Two Mommies and a Daddy: Scientists at Britain's Newcastle University announced in April that they had grown human embryos free of certain serious genetic diseases by first merging DNA from two fertilized eggs to eliminate the potential deadly marker(s). The resulting child would have over 99 percent of the DNA of the mother and father (i.e., all except the unhealthy markers). One scientist compared the procedure to "changing the battery on a laptop" (which leaves the data files intact).

Intelligent Evolution:

Researchers from Royal Roads University in Canada reported last year that the large, carnivorous pitcher plants of Borneo prefer to eat insects and spiders, but where those are in short supply, as in the Philippines highlands, the pitchers have grown to a size accommodating an alternative source of the nitrogen they need. The pitchers have "learned" that if they produce copious amounts of nectar, it will attract the tiny-mouse-sized tree shrew to harvest it, and the shrews, trapped inside the plant, will leave droppings directly on the spot most advantageous for the pitcher to consume them. Said professor Charles Clarke, discovery of the arrangement "totally blew us away."

Least Competent Criminals

The*Drug Warehouse burglar in Tulsa, Okla., in April escaped, but the crime was captured on surveillance video and features the perp, apparently hearing sirens, grabbing his ladder and scrambling up through the ceiling to find the passage he used to get in. However, as he scrambled, he kept falling through the ceiling to the floor, only to have to try again. He fell to the floor six times, but apparently escaped on the seventh try.

The Aristocrats!

Steven Plank, 52, was arrested in Port St. Lucie, Fla., in March after a spat with his disabled father, who had apparently used the stove out of turn to boil some potatoes. According to police, Plank dumped the pot of water on his dad, then grabbed the urine cup hanging on dad's walker and dumped that on him, too.

Tara MOON CHRISTOPHER
Music Columnist

As the end of the school year approaches, the daunting task of finding a job comes into the horizon. Try as we might, not all of us can graduate college and move on to be world

trium of skill can make any one of these jobs unstable, but still highly enjoyable. As a super music enthusiast myself, I have dipped into working as a music promoter, a music journalist/columnist, and have even taken Mark Rubel's class on music recording. From those experiences I've discov-

reports back to a record company. And of course, there is my personal favorite, Radio DJ or Television VJ. Both of these jobs allow you to have your voice heard and express your passion and interests, all while enjoying an epic amount of incredible music. Although I just listen a brief few of



Courtesy of WPCD

champaign musicians. Few from the industry have successfully made it on the frontlines of music, including Ludacris and REO Speedwagon, but many have continued on to excel behind the scenes. Most people underestimate how many jobs exist in the music industry, and just how many people are working to make the end product we purchase in the store or hear at the show. As someone who loves music, it's incredibly important to know what options one has when entering such a vast world of employment.

A few of the most well known jobs in the music industry include artist management, music promoter, music journalist, and record producer. Each of these jobs can be high paying and very rewarding if done well. However, all of these jobs tend to have a vast range of skill level, as anyone from trained professionals to high school students title themselves talented in one or more of these fields. This broad spec-

ered just how many jobs the industry has to offer and how much opportunity there is for someone behind the scenes.

For those who like art and graphic design, the world of cover art is remarkable. Many beautiful album covers and show posters have become collectables and are worth thousands. Cover art still and has always been a fantastic way to get your artwork noticed. For those who like discovering the hottest new talents, band scouting may just be the job for you. This type of work requires you to hit local shows and open mic nights in search of finding musical gold. Another behind the scenes job is that of the Advance Person. This individual is the one who arrives before the musicians do at whatever event is occurring to help prepare and make the musician's entrance go smoothly. There is also the job of Consumer Researcher. This person is responsible for researching and analyzing what the public wants and

music's behind the scene jobs, there are many more that are just as rewarding and worthwhile.

Then of course, there are always the few jobs that no one can believe even exist, even in an industry as strange as the music one. One man, who works in this industry, makes a living off whistling tunes. Another individual titles himself a Foley Artist, meaning he uses found objects to make the sounds that occur in films or, less commonly, in music. Foley Artists are quite similar to the Blue Man Group except for the fact they are far less blue and far less staged. This just goes to show that jobs in the music industry range from the expected to the strange, all of which are looking for new talent. So as you step out of college, and into the real world, it is important to know your options. It is also reassuring to know that no matter how odd your musical desires may be, there is most likely a career waiting just for you.

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The top 5 places to study for finals

Josh GRUBE
Staff Writer

Welcome to the end of the semester. This is it, the big showdown. The finals crescendo. Studying for finals can be the most hectic part of getting an education. One of the most important things that you need to do is find a good place to sit down, relax, and get to studying. If you can't hit the books at home, these are five places you can go to focus, both in and out of Parkland.

1. McAlister's Deli
For the student's with an appetite, McAlister's Deli is the perfect place to be. It is right near the 88 West, which makes it such a hot spot for students. Unlike many other restaurants, McAlister's doesn't mind if you come in and spend hours studying.

"You can come in at 10:30 and sit here the whole day," said McAlister's manager Kevin Jones, "Students have grown to like us and our southern hospitality."

Southern hospitality is definitely present. McAlister's Famous Sweet Tea comes with unlimited refills so you can sit and study all day with your thirst quenched. However, if you're the type of person who needs complete silence to study, McAlister's might not be a good choice as it is a restaurant.

2. Espresso Royale
So you're pulling all-nighters but still need to cram in some more information? Espresso Royale is your best bet to refuel, while getting some study time in. Their coffee packs a powerful punch while the café's environment is pleasing and easy to focus in.

With a total of eight Espresso Royale locations in the Champaign-Urbana area, there is always one not too far away. However, just like McAlister's Deli, it isn't a good idea to study at the café if you need total silence. Grinding coffee beans is a noisy task, after all.

3. The Parkland library
Looking for somewhere to squeeze in some studying between classes? Our very own library is an excellent choice.

"The library is a great place to study," said Parkland student Jake Godin. "It's so quiet

and easy to concentrate in."

For the students who don't own a laptop, the library contains over 50 computers ready for use. If there are no computers available, don't worry. In the event that every computer is occupied, you can rent a laptop from the library's service desk. However, these laptops can only be used in the library. If you need to print, the printer costs 10 cents per black and white page.

4. The Champaign Public Library

Let's face it, you have seen Parkland a lot these past few months. If you want the library environment but crave a breath of fresh air, the Champaign Public Library is your best bet. Rated among the top 100 public libraries in the country and top 10 in its population category, it is sure to be every-thing you are looking for in a library.

Inside the Champaign Public library is the Latté Da! Café. The café serves coffee, espresso, tea, chai, and hot chocolate as well as sandwiches and baked goods. The library is also equipped with study rooms and quiet rooms to make it easier for you to pass your exam.

Like Champaign's library, the Champaign Public Library contains plenty of computers to use and free Wi-Fi access for your laptop. If you need to print, it costs 15 cents per black and white page and 1 dollar per color page.


5. The third floor of the X wing

If you are looking for a place on campus with less traffic than the library, the third floor of the X wing is a perfect spot. When first arriving at the highest peak of the X wing, you may think you that you have reached a top secret, restricted area. Although there are always students studying, it remains eerily quiet. The area has plenty of chairs and tables for you to sit at and study in peace or even in a small group.

Any one of these five places is sure to help you pass your final exams with flying colors. Whether you want to study right at Parkland or off campus, you now know great places to visit. Now stop procrastinating and open your text book!



Levi Norman/Prospectus




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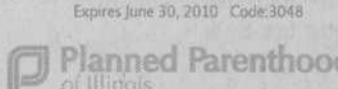
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Opinions

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- The *Prospectus* welcomes letters to the editor. We accept submissions from the Parkland community and the public. The editor will also consider original works of fiction and short writings if space is available. Submissions can be e-mailed to prospectus.editor@gmail.com
- The rules of correspondence: all submissions must be signed with a phone number and address. The *Prospectus* staff must verify the identity of letter writers. Correspondence may be edited to accommodate the space requirements of the paper. The deadline for all submissions is 12 p.m. of the Thursday immediately before the upcoming issue.

Welcome to heartbreak: cheating

Julio MCNEAL
Staff Writer

In the past few months, the fidelity of several Hollywood couples have been called into question. In all of these cases, they have been returned with a much needed guilty verdict. But what makes these cases sensational? Is it the fact that Tiger Woods and Jesse James chose women who, let's face it, were not on the same level as their respective spouses (which by the way, as I say, if you are going to step off at least step up,) or is it their super star status? I am confused about why, as the viewing public, we give precedence to this subject matter over real news? Why we get caught up in the hype, the supposed intrigue, and the scandalousness of the situation? Or is it because we generally enjoy seeing celebrities making the same mistakes we do,

shattering the fantastical illusion of complete perfection?"

I think it is really about the fact that cheating is one of the things that unify humanity, that no matter what creed, gender, race, age, station in life, or sexual orientation, it can happen to you. In fact, recent studies reveal that 45-55% of married women and 50-60% of married men engage in extramarital sex at some time or another during their relationship according to the Atwood & Schwartz, 2002 - Journal of Couple & Relationship Therapy. But why is that so many feel the need to step out of their committed relationship and seek comfort in the arms of another?

People who make that choice obviously don't see fidelity as an option and they are too immature to try and work it out or at least make an exit from the relationship first. They



choose to put others in a position of unhappiness by using sex as a vehicle for revenge; it

is not right but oh so frequently used.

I am just one person but I

took it to the masses to see how they felt about cheating:

"Completely against it. And when you are on the other end it completely sucks. I think you should have enough self-control to at least dump the other person first," said Courtney Norton, a freshman.

"Well I don't think cheating in a relationship is ever a good thing, and I think if someone is cheating then that might be a sign that the relationship simply isn't working right for those two people and it's something that should be confronted so a couple can make sure they're both getting what they want from the relationship," another freshman, Matt Long responded. Matt Long.

Freda DeCerro, a psychology professor, said that "cheating is about insecurity, lack of self-esteem, and that thrill of getting over and controlling the other half of your relation-

ship. And in some cases sexual addiction does play a part in the down fall of a relationship when the person gets caught up in sex and lying and loses sight of the priorities in life. There is no excuse for cheating if your partner has shut down in any respects it's best to go through the 5 stages (denial, anger, bargaining, depression, acceptance), and end the relationship."

Most people agree that cheating in all respects is a bad thing, and why most don't think it should be a punishable crime by law so many divorces are instigated and settled based on cheating. And with technology growing ever growing the risk of infidelities are at an all time high, through text messaging, chat rooms, facebook, twitter and many more, a one night stand is just an LOL away.

Video games are protected speech

Tim RUTTEN
Los Angeles Times

The U.S. Supreme Court waded into murky and, perhaps, treacherous waters Monday when it agreed to decide whether the Constitution permits California to prohibit the sale of violent video games to people younger than 18.

Lower courts, including a unanimous three-judge panel of the U.S. 9th Circuit Court of Appeals, already have struck down the 5-year-old statute as an impermissible infringement on free speech because it attempts to extend existing regulations on obscenity to depictions of violence. It's easy to see why, since the California law incorporates the kind of vague and debatable language contemporary First Amendment jurisprudence usually abhors: Among other things, it regulates the sales of games that portray "killing, maim-

ing, dismembering or sexually assaulting an image of a human being" in a "patently offensive" manner. (Is there a polite way to do one of those things?) It also prevents children from buying games with violence that appeals to children's "deviant or morbid interests" (whatever those might be) or that lack "serious literary, artistic, political or scientific value." (Now there's a logical and aesthetic minefield if ever there were one.)

This is a well-intentioned but ill-conceived law that not only undermines several generations of legal progress toward making free speech a day-to-day reality in this country, but also threatens an emerging expressive industry in which California and the United States currently play a leading role. More important, it's an unnecessary gesture toward child protection in an area millions of parents already are

handling competently on their own. Video games are not pornographic magazines, which can be purchased with pocket change and consumed in private. Even used versions of popular games can cost \$50, and very few young children or even adolescents make discretionary purchases of that size on their own. Games, moreover, are played out in the open on televisions and computers. A home in which those things go unmonitored has issues of parental supervision alongside which inappropriate video games are a minor matter.

Should it decide to overturn the lower courts, the Supreme Court will have to confront the problem of crafting a standard that can sustain relevance in a field that evolves on virtually a daily basis, often in directions even its most visionary participants have failed to foresee.

What, for example, is the utility of regulating the bricks-

and-mortar end of the video-game business, when increasing numbers of games are purchased as downloads from the Web or played entirely online, often through sites whose host computers are outside the United States, beyond the reach of our best-intended regulation? What about the breakneck convergence of gaming with other expressive technologies? A fair number of popular games, for example, are based on bestselling graphic novels, which clearly are entitled to 1st Amendment protection as aesthetic speech. Could we sustain a distinction that protects a reader's ability to consume a work of literature as a series of images and text blocks on a page, but not to interact with the very same characters in the very same situations as moving pictures on a television or computer screen? If you've seen "Avatar," then it doesn't take much imagina-

tion to foresee the coming convergence between 3D CGI film technology and gaming's interactive dimension. Will those works of imagination be held to the standards we have now for films, or measured against one crafted for games?

Almost precisely two years ago, I wrote a column on the controversy that surrounded a stunning - and to my sensibility - rather repellent new version of a controversial game called "Grand Theft Auto," which concluded: "One of the most interesting things about this game is that it's the product of a global youth culture whose frame of reference has been shaped by mindless American action films, by post-apocalyptic Euro-American fantasy fiction and Japanese graphic novels. 'Grand Theft Auto's' authors' are a pair of young Englishmen, and the technical crew that put it together is in Scotland. They've thrust

their Balkan protagonist into an America of the imagination that exists nowhere and, in a virtual sense, everywhere.

"Censorship will not avail against this kind of compelling cultural shift - nor should it. 'Grand Theft Auto IV' is a work of genius - but it's genius in the service of nothing more than sensation and profit. With this game, the interactive video industry has turned an aesthetic corner and is now an art form in search of an artist."

That artist and the compelling work he or she will do has yet to emerge, but it is bound to happen any day, which is why the Supreme Court should regard the California statute as an infringement on free speech rather than as a child protection measure - and affirm the 9th Circuit's decision to strike it down.

(c) 2010
Los Angeles Times.

Notice to Students and Faculty Regarding FINAL EXAMINATIONS

A final exam is expected in each credit course at Parkland College. Final exams for all full-semester and second-half-semester courses will be given during final exam week (May 10 - 14) according to the official published schedule. These final exams are **not to be given early** (during regular class periods). Final exams for all other courses (those ending earlier) will be given at the last regularly scheduled class meeting.

All requests from faculty to alter scheduled final exam times or dates must be reviewed and approved by the Department Chair and the Vice President for Academic Services.

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

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

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

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

LETTER TO THE EDITOR

Dear Editor,
Increasing our tobacco tax will bring in much-needed revenue while providing vital public health benefits. With our state in dire financial straits, now is the time. Each year, smoking kills more than 16,500 Illinoisans. Yet 20 percent of our population smokes, and kids are still picking up this dangerous habit. Almost 9 percent of Illinois middle school children smoke. According to the U.S. Surgeon General, the single most effective measure to prevent kids from starting to smoke is to significantly increase the cost of a pack of cigarettes. Higher costs also compel current smokers to quit, particularly in a recession. Smoking is a leading risk factor for heart disease, and the American Heart Association urges the Illinois General Assembly to increase the state's cigarette tax by a

dollar per pack as part of a responsible budget. This action will save more than 50,000 Illinois residents from premature smoking-related death and ultimately reduce our state's health care costs. Tobacco-related illnesses drain \$4 billion annually from our state's economy. Other states have seen the wisdom behind higher tobacco taxes, particularly in these troubled times. In fact, more than 30 states tax cigarettes at a higher rate than Illinois. Bottom line, the tobacco tax is the best, most politically palatable revenue option available to policymakers at this time. It generates cash now, saves healthcare costs down the road, and—most importantly—it saves lives. Kate Clements Cohorst
American Heart Association, Illinois Advocacy Committee, volunteer

Workouts 101:

How to Find a Plan That Works for You—and Then Stick With It

Haley SHAPLEY
University of Pennsylvania

When the harsh winter started sapping away Stephanie Mansour's will to get to the gym, she got creative. The then-student at the University of Michigan started an aerobics TV show broadcast throughout the residence halls in Ann Arbor that motivated students—and herself—to work out in their rooms and lift weights like cans of soup, bottles of laundry detergent, and even irons.

You don't have to be quite as inventive as Mansour to get in a good workout, but you do have to find something that works for you. By now, you're probably well aware of the benefits of regular exercise—like feeling better, being more alert, and avoiding unhealthy weight gain, heart disease, and type 2 diabetes—but the challenge is in finding time to fit exercise into an already packed schedule, something more than 70% of students said they struggled with in a recent Student Health 101 survey.

Here's a quick guide to what your workouts should include and how to stick with a plan.

The Essential Components

Everyone's fitness goal is different. Yours may be bulking up, losing weight, being able to run a half marathon, or just maintaining your current fitness level. Your specific goal will drive your workout plan (if you need help creating one, look at what resources your campus has to offer), but everyone should strive to work out most days of the week for at least 30 to 60 minutes and balance three components: cardio, strength training, and flexibility.

Cardio workouts involve those exercises that get your heart pumping—like running, swimming, cycling, and hiking, just to name a few. Cardio burns calories and helps stave off chronic diseases that can result from or worsen with

a lack of exercise. The important thing with cardiovascular exercise is not to get in a rut—if you always run on the treadmill at level 5, you'll eventually need to mix it up to keep progressing toward your goals.

"To get optimal results, you can't just exercise at one intensity level—your body gets very efficient at that intensity level," says Ben Greenfield, director of sports performance at Champions Sports Medicine in Spokane, Washington. He recommends interval sessions, in which you alternate between short bursts of high-intensity cardio and lighter cardio.

Strength, or resistance, training is also crucial as it increases bone density and strengthens important muscles like the core and lower back, says

Greenfield. It's not just good for getting stronger, though—it's also imperative for losing weight.

"What happens when you strength train regularly is your muscles become more metabolically active," says Mindy Mayol, a professor in the department of kinesiology at the University of Indianapolis in Indiana. As a result, you'll burn more calories at rest than someone of a comparable size who hasn't done resistance training. Aim to get two to three strength-training sessions in per week, never working the same muscle group two days in a row.

Flexibility is key to keeping the muscles pliable and resistant to injury.

Some people are born with good, natural flexibility, but most of us need to stretch.

"The majority of people have muscles that tend to be chronically tight due to sitting hunched over a computer," Greenfield says.

There is, however, too much of a good thing, and you shouldn't stretch to the point of discomfort or when your muscles are cold. "You want to stretch your muscles

after any activity you've done; when your muscles are warm, that's when they want to be stretched," says Mayol, adding that holding the stretch without bouncing for 15 to 30 seconds is optimal.

Finding Motivation

Working out isn't always easy, but to stick with it, you've got to start with a good goal. "People usually have a vague goal of maybe losing weight or getting healthier, but it's typically not going to be enough to get you up to go to the gym in the morning," Greenfield says. He suggests setting a quantifiable goal, like losing one pound every week for the entire semester or decreasing body fat from 25% to 20% within two months.

Another great motivator is setting an event-based goal. Jenny Danczyk, a sophomore at the University of Wisconsin-Madison, put a 52K cross-country ski race on her calendar, and uses it as motivation to work out daily. "My biggest strategy for sticking to my schedule is to sign up for events to train for," she says. "Finishing any major event I sign up for is the best reward for all my hard work leading up to the race."

Nontraditional exercise routines to put some fun and variety in your workouts

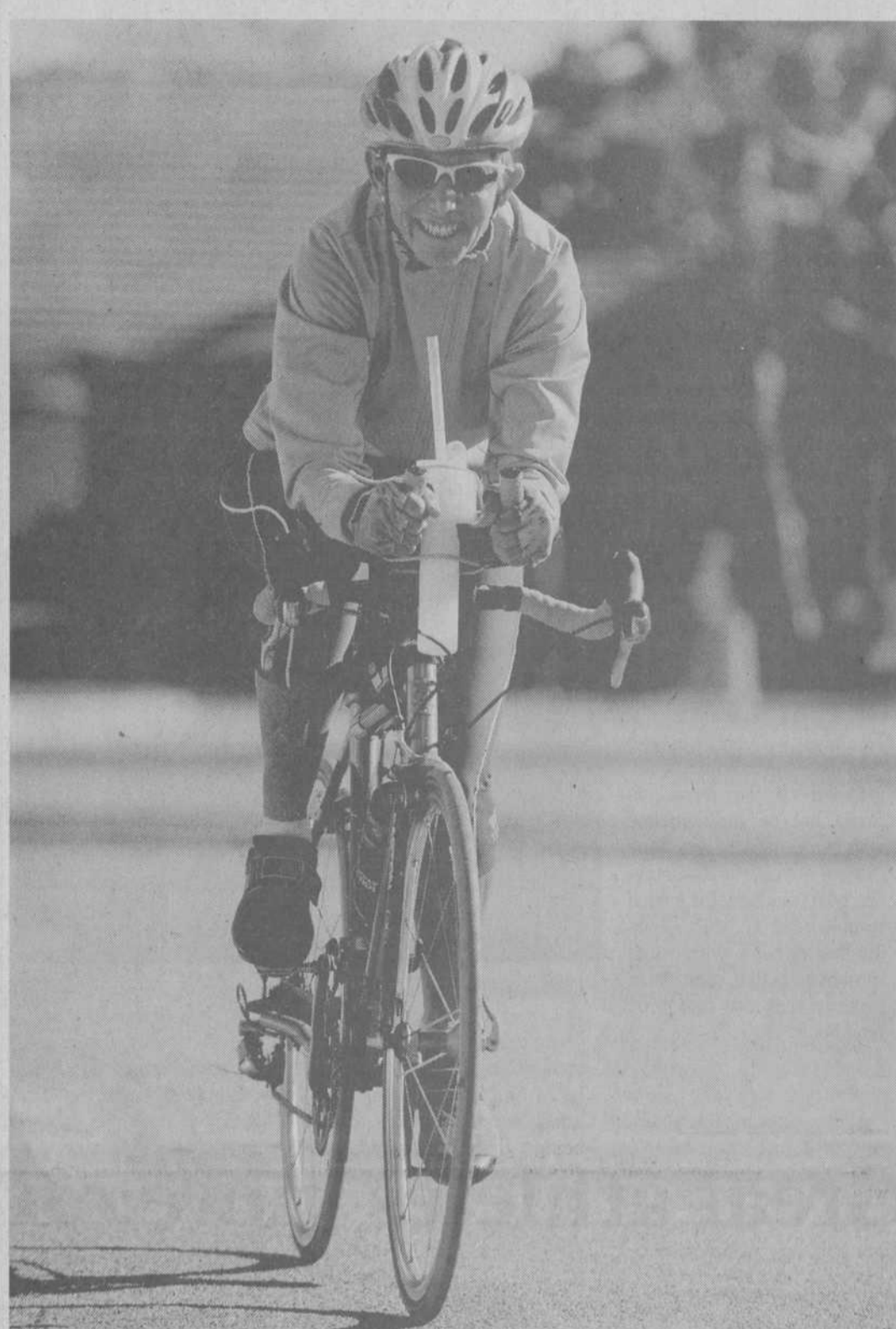
- **Spinning classes:** An instructor takes you through various-paced workouts against a backdrop of high-energy music.

- **Zumba:** Dance routines, which incorporate aerobics movements, choreographed to Latin and international music.

- **P90X:** This set of 12 workouts has plenty of variety and aims to confuse the muscles to avoid plateaus.

- **Resistance bands:** These inexpensive, portable bands offer a resistance workout in almost any location.

- **Kettlebells:** Straight from Eastern Europe, these cast-iron round weights provide a full-body workout, forcing you



to use multiple muscle groups at once.

- **Hot yoga:** Performed in rooms typically heated to above 100 degrees, hot yoga gives you a deep stretch and requires great focus.

- **Crunched for time? Try Tabata training,** which takes just four minutes and has great results. Choose a full-body or cardiovascular exercise, like push-ups or jumping jacks. Do as many reps as fast as you can in 20 seconds, then rest for 10 seconds, then repeat until the four minutes are up. "The trick is that the 20 seconds need to be really hard," says Ben Greenfield, director of sports performance at Champions Sports Medicine in Spokane, Washington. "It's a good way to inject exercise into a busy day, and it doesn't require you to go to the gym."

- **5 Fitness Myths**
Matthew Goodemote, physical therapist and owner of Community Physical Therapy & Wellness in Gloversville, New York, puts five fitness myths to rest.

Warming up is optional.

"A warm-up is probably the single most important thing to do before starting any exercise routine. The body needs priming to prevent injuries and prepare the joints and muscles to handle stress."

Women should only lift light weights, so as not to bulk up.

"It takes professional body builders hours of [training] to bulk up. In a normal routine, it is nearly impossible for women to grow muscles large enough to worry."

Muscle can turn into fat.

"This is not only a myth, but it is a physiological impossibility. Muscles are completely different than fat. It's like saying you can turn lead into gold—they are simply different substances and one has nothing to do with the other."

No pain, no gain.

"It is common to have some muscle soreness when you start working out, but this type of 'pain' should never be severe and should only last 24 to 48 hours. Anything beyond that is considered injury."

Sports drinks are a must after a workout.

"Most people don't exercise intensely enough to require this type of drink on a day-to-day basis. Water is far more important. A chocolate milk drink from a convenience store offers the right balance of carbohydrates, fat, and protein for the body after a workout, and recent studies have shown it to be as effective as, if not more effective than, commercial sports drinks."

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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FINALS

continued from page 1

ful. "Finals are cool in that I don't really have homework to do," said student Jazmine Vazquez. "It's mostly just studying, and that's not too bad."

Studying ahead of time also makes the week of finals easier. Studying several days in advance of the actual exam date will reduce the amount of stress that would come from cramming the night before. This would mean that there would be even less work to do that week because you had already done most of the studying.

Another thing to remember about finals is that your classes

don't meet regularly that week, so you're meeting that one last time for two or so hours and then you're done forever.

For many students, the fact that the finals represent the end of school is enough of a reason to celebrate them. With the arrival of spring, it's hard to focus on studying for your exams, but once finals week ends, you can really enjoy your break. Parkland student Andrew Mazzacato said, "I'm not too excited about the finals themselves—I'm more excited for what's coming afterwards. They will be over and then we all can have some fun."

Finals week is the perfect time to get back at your teachers for making your semester

so rough. Think of all the late nights that you had to endure to turn in a paper or project on time. Now it's your teacher's turn.

"I hate finals," said Vance Martin, a professor at Parkland. "It means that I have a ton of grading all at once. The good thing about it is that they serve as a symbol to me that the semester is finally over."

So cheer up and don't stress about finals too much. By all means study, but keep in mind that with finals comes the end of semester. So relax and enjoy the next three months of freedom—it's going to be a well-deserved break.

Prospectus Pick:

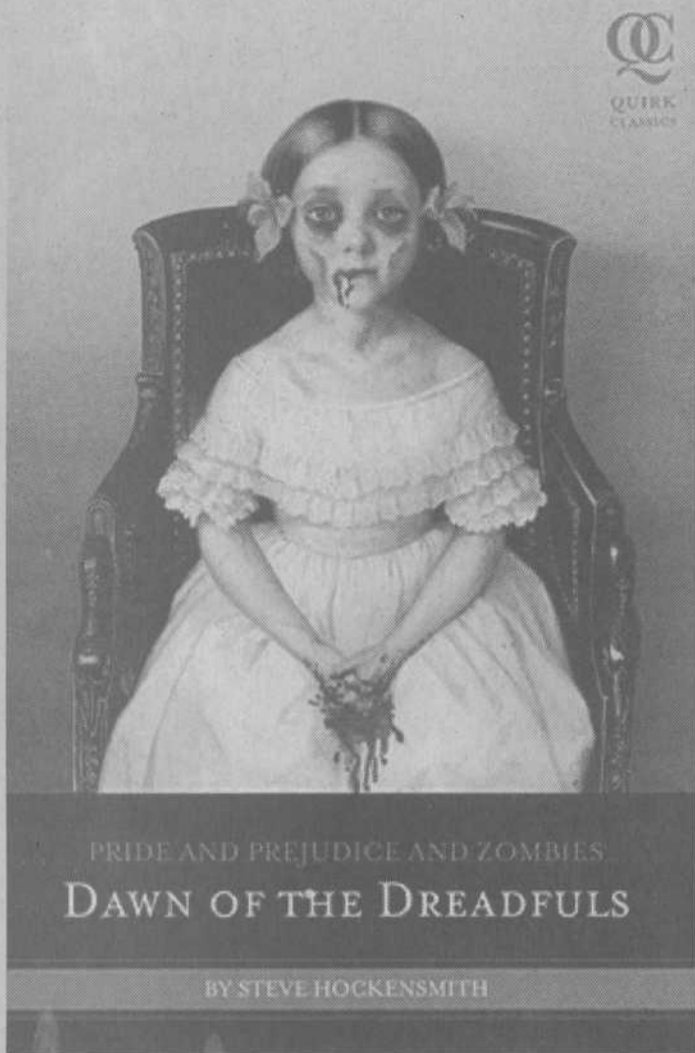
Pride and Prejudice and Zombies: Dawn of the Dreadfuls

Levi NORMAN
Photo Editor

What happens when you mix *Pride and Prejudice* with zombies? You get *Pride and Prejudice and Zombies: Dawn of the Dreadfuls* by Steve Hockensmith.

Dawn of the Dreadfuls is set four years before the story of *Pride and Prejudice*. In *Dawn of the Dreadfuls*, Elizabeth Bennet is the heroine, as she becomes a gifted zombie hunter along with numerous romantic encounters as well. It all begins when Elizabeth goes to a funeral, until something goes horribly wrong. It began when the corpse inside of the coffin suddenly rises from the dead. Then, corpses started to come out of the ground throughout the country. As Elizabeth's zombie body counts rise, two men fight for her love.

Dawn of the Dreadfuls might not be for someone who is a fanatic of any Jane Austen novel, but for someone who is looking for a good zombie read. If you're looking for a book with some romance, action, and even comedy, than this is a must read book.



QUIRK CLASSICS

More restaurants are trying to do the green thing

JILL WENDHOLT SILVA
McClatchy Newspapers

Moonlighting as a bartender and waiter has given Jerame Gray a behind-the-scenes look at restaurant waste - everything from wine bottles to take-out cartons, paper napkins to plastic coffee stir sticks.

"Food waste in restaurants is big," Gray says. "I think it's important for people to recognize their waste patterns."

But how to change those waste patterns?

Say a restaurant goes through lots of foam take-out cartons. Time for more eco-friendly packaging? Typically, biodegradable packaging costs more, and bottom-line-conscious restaurants might balk at making the switch. A more doable alternative might be to reduce the portion sizes. Good-bye excess packaging. At the same time, the restaurant takes a bite out of food costs

green waste home from the restaurant to make compost for her garden. And her teen age children were responsible for getting the glass bottles to the recycling bin each week. But Finn invited Gray to do an environmental audit, adding "another set of eyes" to help her find ways to cut down on electricity, water and paper consumption.

Sure, going green is good for the environment, but green is also good for business. Forty-four percent of adults surveyed by the National Restaurant Association said they are likely to choose a restaurant based on its environmental practices. Meanwhile, more than 60 percent of restaurant owners report they have already made energy-saving changes in the last two years.

Next month, at its annual gathering in Chicago, the NRA will launch Greener Restaurants, a Web-based initiative

reduced costs. Sandwiches and salads are served in compostable Bio-Pak boxes, while drinks go into corn cups.

Although anyone who buys a large, gooey Chacko's cinnamon roll can ask for extra napkins, Finn has taken to handing out napkins one at a time - not to be stingy, but to curb customers' tendency to take a larger stack than they need.

One of Finn's most controversial decisions?

Discontinuing the sale of bottled water.

"It was a huge decision," Finn says. "Most of the (catering) customers are OK with it. A few have been upset, but when I point out why we're doing it they say, 'Yeah, we get it.'"

Cafe Europa also eliminated the sale of bottled water.

"I don't think it makes sense to put water in glass bottles that go into cardboard that's boxed and shipped across the



Erica Gillespie, Vice President of Operations at Mixt Greens in Los Angeles, tends to the lettuce growing in planter boxes in her restaurant. The sustainable greens and herbs are fed with water lines and grow lights.

Mark BOSTER/Los Angeles Times

Great athletes move on

Shagun PRADHAN
Staff Writer

Cobras are known for relentless perseverance and ambition, and after two years at the Junior College level these Cobras have decided to take their passion on to 4-year schools. At these big-time universities, they will continue to succeed and accomplish their goals.

The baseball team now has 10 players that are going to transfer: Nick Wittgren (RHP), Richie Ollier (LHP), Colin DeDecker (3B), Brandon Stevens (CP), Ryan Wides (ATH), Danny Winkler (RHP), Darin Worman (LHP), TJ McManus (1B), Kevin Kiermaier (OF), and Bob Glover (OF).

Nick Wittgren (40k) is only a freshman but has decided to take his skill to Purdue University. "I have a lot of friends and family in West Lafayette where I grew up. It would be nice to be closer to them. Parkland has definitely developed me as a player and a person," said Wittgren. Nick will be joined by 3rd baseman Colin DeDecker and 2009 World Series MVP Kevin Kerimaier. "Going to Purdue with Colin and Kevin is definitely a plus because of the team chemistry we have built up," said Wittgren.

Two players will be headed to the University of Indianapolis, Brandon Stevens (.291 BA) and Ryan Wides (.328 BA). Brandon Stevens transferred from Bradley University to Parkland and Ryan Wides transferred from the University of Evansville. After a year at Parkland, they have decided to step it up a notch and move on.

Darin Worman and TJ McManus (.467 BA) will be transferring to a college only 45 minutes away, Eastern Illinois University. Danny Winkler will be traveling the farthest to pursue his baseball career, at Central Florida. Bob Glover



Sean Hermann/Prospectus

has had a lot of memorable moments in Cobra baseball including his walk off homerun against Heartland to help the Cobras to the World Series, and has decided to take his talent to Dayton where he has a chance to make an instant impact.

Richie Ollier (26k) is transferring to the University of Northern Kentucky and Coach Kennedy had this to say about him, "His best days are ahead of him if he is able to stay healthy. He has tremendous upside and NKU may have gotten a real steal."

The golf team so far only has one player committed to transferring and that is sophomore Corbin Sebens. Last year as a freshman, Corbin helped the golf team take their game to Nationals. "He has always been a very solid and consistent player for us," said Head golf Coach Zack McNabney. "As a player he really stepped up this year progressing and has the mind set of always getting better. Along with his consistent play, he is a very bright student and a great kid to be around."

The softball team has yet to have any players to committed to transferring. There are seven sophomores that could potentially transfer and two players who would have no problem finding a team. Those two players are catcher Jordan Chappel and outfielder Danielle Abbot. "Jordan Chappel is a great catcher that really knows how to play the game and Danielle abbot is a threat all over the field, she can play infield and outfield," said Head Coach Chuck Clutts. "They are wonderful young ladies to be around that give it their all to play the game and have really improved throughout their years at Parkland. These ladies hold great potential."

Wherever these Cobras go they will be sure to make Parkland proud. From the experience of being with a great program and developing the skills they need on and off the field, these athletes will succeed no matter what challenges they face. Best of luck to all of the athletes transferring in 2010!

and starts whittling away at the nation's obesity epidemic.

"It's about future cost benefits and about doing the right thing," he says.

Gray, 32, earned a degree in urban planning and design from the University of Missouri-Kansas City in 2008. But lately he has been revving up Earthscraps (www.earthscraps.com), a "creative culinary salvage" consulting business designed to help more restaurants do the green thing.

For instance, on nights when Gray bartends at the Kansas City, Mo., pizzeria Blue Grotto, he fills up two 50-gallon barrels with glass wine bottles to recycle while saving the corks to reuse as an ornament underneath the pizzeria's glass-top patio tables.

Gray suggested to managers of Kansas City's Cafe Europa, where he waits tables, that the restaurant contract with Missouri Organic to pick up green waste - vegetable scraps, eggshells, coffee grounds - to be composted rather than filling up a landfill.

"We've always done recycling of glass and cardboard, but composting is new for us and cuts down on the amount of trash," says Dan Weber, the cafe's general manager.

Rachel Finn, owner of Chacko's Bakery in Mission, Kan., was already taking her

at www.greenerrestaurants.com designed to help restaurant operators take steps to reduce, reuse and recycle - while improving their bottom lines.

"People get into green for a lot of reasons," says Chris Moyer, manager for Greener Restaurants. "It's a hot-button topic. But to be a greener restaurant, so many things have to be bottom-line-driven."

Some of the suggestions on the NRA site may not seem especially earth-shattering to environmentalists, but even the small steps add up.

"Right now, we're focusing on the low-hanging fruit," Moyer says. "The 'aha' moment for everyone is a dripping faucet. One drip per second wastes 20 gallons of water a day. That's 140 gallons a week."

Another way to save energy is to stagger electricity use.

Finn rents her space, and she can't afford to replace old ovens with new Energy Star appliances, but she has revamped the bakery's production schedule so her ovens are turned on less and, whenever possible, at nonpeak hours.

About 80 percent of the bakery's business comes from take-out orders and catering, so reducing the use of paper goods and packaging has been another important way Chacko's has curbed waste and

country," Weber says.

But the cafe is also saving water in less obvious ways. By adding a coating to the floral Ralph Lauren tablecloths, Weber says, they save in linen and laundry fees.

Like the NRA, Gray hands out window decals to participating restaurants so they can post them in their windows, but overall, the restaurants he works with have been fairly quiet about what they're up to.

"It's not something we broadcast. It's not something we aggressively market," Weber says. "It's just something we do."

Finn had a similar reaction at first, afraid she might come off as preachy. Then she had a change of heart. Recently, she listed her green objectives on the back of her menus and asked customers to help by putting items in the proper recycling bin, taking only the number of napkins they will use, tapping into her water coolers if they're thirsty and bringing their own sacks to carry out their orders.

"It's all the little things that add up," Weber agrees. "We do as much as we can. In a perfect world, we would do more. But we're open to new ideas."

(c) 2010
The Kansas City Star.

Student Health 101

<http://readsh101.com/parkland.html>

Lesson in patience:

■ Aid cuts slow down fast track into teaching profession

Allison PRIES
The Record (Hackensack, N.J.)

Sharon Jureller of Haworth, N.J., thought she was off to a good start in her hunt for a job as a high school chemistry teacher when she quickly landed two interviews.

Then one of the districts e-mailed her to say it couldn't afford to fill the opening, given the state aid cut included in the New Jersey governor's budget.

As the economy tanked, laid-off workers, former stay-at-home moms and others seeking the job security afforded to tenured teachers have flocked to the state's 25-year-old program that is designed to give college graduates a fast track into the teaching profession.

"People said, 'I will become a teacher and never have to face the prospect of being laid off again,'" said Ilene Kleinman, director of the Division of Continuing Education and Community Outreach at Bergen Community College.

But actually landing a job may be harder than ever after state aid reductions devastated many school districts, causing them to downsize staff and put off filing retirement vacancies. "Lo and behold, this situation had turned around," Kleinman said.

"We continue to see unemployed people look for something stable," she said, "But

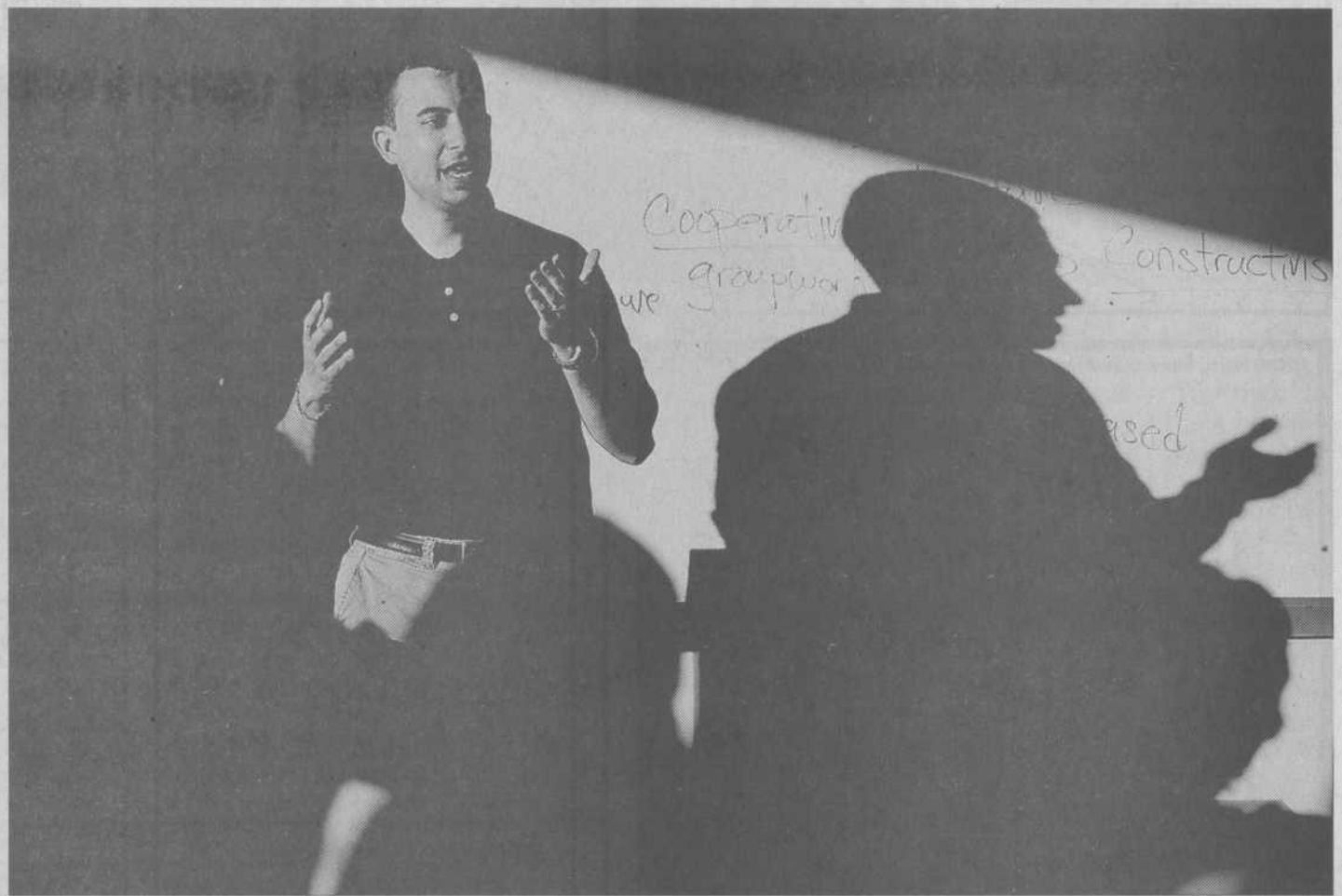
I can't in good conscience encourage them to go toward alternate route certification at this point in time."

"I don't think people are thinking of it as the best profession anymore," said Jennifer Dudley, director of Passaic County Community College's continuing education and workforce development. "It is a stark reversal."

Linda Milstein, vice president of outreach, business and community development at Brookdale Community College in Lincroft, N.J., meets regularly with representatives from other colleges, the Department of Education and school administrators. Many have said they won't be able to hire for the foreseeable future.

"The cutbacks by the state are significant," she said. "Education is primarily a service business. The delivery is not through expensive equipment or products. It's really through people. If they have to cut back, it's going to be through people."

When the county colleges across the state got involved with the alternate route program eight years ago, they were trying to help address a need for additional teachers as the baby boomers retire. "There was a greater demand than supply," Kleinman said. "Now I think we're going to be facing a different situation. Clearly the supply is going to



Joe Polvere teaches alternate route teaching candidates at Bergen Community College, April 8, 2010, in Paramus, New Jersey.

be larger than the demand."

Jennifer Robinson, director of the pedagogy center at Montclair State University's College of Education, said part of the bottleneck is caused by veteran teachers delaying retirement after the stock market plunged. "A lot of the pre-

dictions that were made were predicated on retirement ages, and people are going beyond that. The retirements have not come at the rate that we anticipated."

Those who are new to the field — particularly candidates who did not earn traditional

teaching degrees in college — face a tougher battle to get noticed.

"If teachers are being let go and there are subsequent vacancies in the market somewhere, those teachers are going to be picked and hired before alternate route candidates," Kleinman said.

"I would love to be more optimistic for our students, but we also want to be realistic for them," Milstein said.

Math, science and special education teachers have traditionally fared better entering the teaching profession through the alternate route program. English and elementary school teachers have had more difficulty finding teaching jobs.

Ana Maria Schuhmann, dean of the College of Education at William Paterson University, said she encourages her students to get dual certification, with at least one of the specialties being in demand.

Dudley of Passaic Commu-

nity fears that the bleak teaching job market will drive talented people away from the profession. "Some people might be weighing their options more now," she said.

A person with a biology degree, for example, might decide to become a physician's assistant instead of a biology teacher. "If the best and brightest are being attracted to other professions, we will not have the same strength in our school system as we had before," she said.

Dudley also cautions that the reality in the school districts she deals with may not be as bad as the perception. "What we saw in our communities, such as Wayne, is they went after guidance counselors, support people and maintenance workers," she said. "The actual number of teachers being laid off hasn't been that great."

There are people who are still willing to commit their

See Teach on page 9

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88.7 THE WAVE

REINVENTING ALTERNATIVE

STU GOV

continued from page 1

what's going on issues. There's a lot of planning going on. There's a lot of planning going on with the new student services center. We've had a lot of talks with different people, including the planning committees for the college, and we've talked about what students might want and what they need. We do lots of surveys. We do something called "doughnuts and dialog" and we get out to the students and find out what they want in the new building, what they think they might need. We get an input now of what's needed so that future students won't have the need. They'll be taken care of.

Prospectus: There are many students that still insist that you don't really do much for the college. What do you say to that?

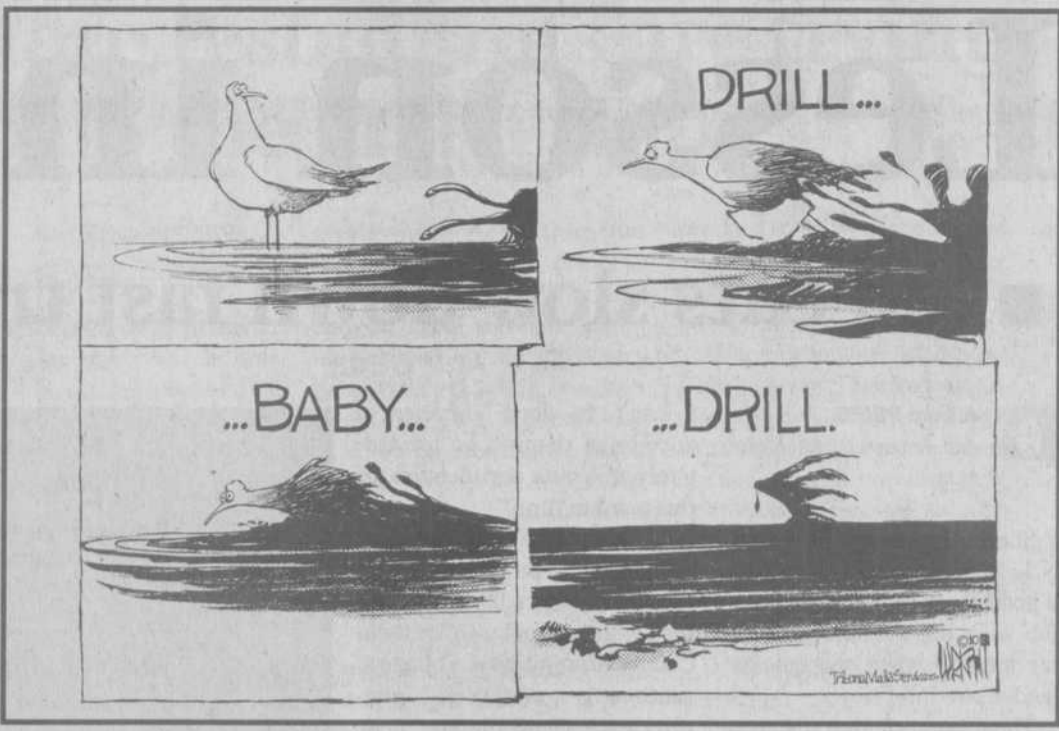
Heller: Our office is open. We do other things within the college. We're a lot more active than people say. A lot of the times if people go to an advisor with a concern, they are then

sent to us. We're only so many people and we do everything that we can. We communicate with people, people swing by the office to talk about concerns, and all of our meetings are open. We've even done stuff on the radio to let people know that we're here.

Prospectus: Do you think you have an impact on the student body?

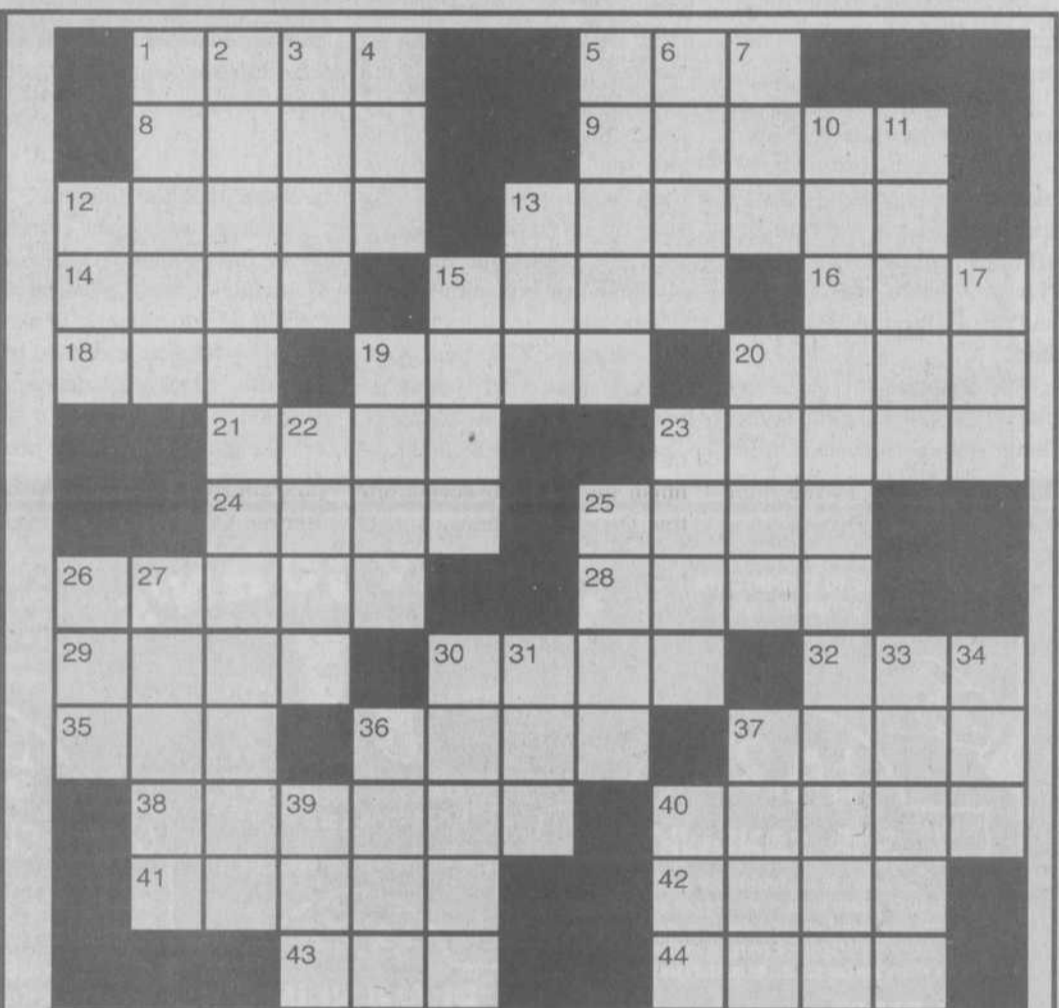
Heller: I think we have a really good impact on the student body. I think we do have an impact, just not something fancy that everyone sees all the time. We worked in the college center. We raised over \$500 dollars for hurricane Katrina victims through staff and student donations. We raised over \$1,000 dollars for the Muscular Dystrophy Association. There are a lot of things that we've been doing not only to help our school, but to help others as well and to show that Parkland cares.

For more information on Student Government, stop by their office in Student Life in the X-wing.



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5/9/10

Parkland College Relations
Officer Matthew Kopmann

Summer is quickly approaching and most people are anticipating it. I want to congratulate all the students graduating from Parkland College this semester and wish you luck wherever you go from here.

During your summer break always keep safety in mind. Think before your actions especially while you are at the pool, beach, riding your bicycle, or driving on vacation. While driving, remember that summer is the prime season for road construction. There are many distractions during the summer months so stay alert while driving. Also, when you are packing your vehicle, keep items in safe places. Do not stack items that may fall or block your view. Tie down items in the bed of trucks or on trailers.

Enjoy your summer and the Parkland College Police Department will see you next semester.

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ACROSS

- 1 Travolta or Cusack
- 5 Diane Sawyer's employer
- 8 Sheriff Andy Taylor's boy
- 9 "China ___"
- 12 Gave a hoot
- 13 "Pinky ___ Brain"
- 14 Actress Claire and others
- 15 Burl ___
- 16 Chicken ___ king
- 18 Bit of sooty residue
- 19 "___ Trek: Voyager"
- 20 Talking horse
- 21 "___ Sing in the Sunshine"; Top Ten hit of the 1960s
- 23 Winnie-the-Pooh's creator
- 24 "American ___"
- 25 ___ Tennille of "The Captain and Tennille"
- 26 Bert's buddy
- 28 Dog's name in the "Garfield" comic strip
- 29 "The Good ___"
- 30 Actress Blanchett
- 32 Ed Begley and Robert Downey: abbr.
- 35 Monogram for actor Robinson
- 36 Mr. Kristofferson
- 37 Carla's portrayer on "Cheers"
- 38 Actress Marilu
- 40 Columbo's title: abbr.
- 41 Namesakes of actress Daly
- 42 "Planet of the ___"
- 43 Moist
- 44 Decrease gradually

DOWN

- 1 Collins and Van Ark
- 2 Talk show host
- 3 Goes quickly
- 4 "___ and Stacey"
- 5 "L'il ___"
- 6 Twin, full, queen and king
- 7 "___ on a Hot Tin Roof"
- 10 Actor who stars in "Two and a Half Men"
- 11 Actress Hunt
- 12 Natl. Security Act agcy. now headed by Leon Panetta
- 13 ___ Gardner
- 15 "___ never work"; pessimist's prediction
- 17 Lemony drink
- 19 Wild plum relative
- 20 Skimpy skirt
- 22 Actress Falco
- 23 Apple pie à la ___
- 25 Majority of "Sesame Street" viewers
- 26 Female sheep
- 27 "The Price Is ___"
- 30 "Falcon ___"
- 31 "The Fresh Prince of Bel-___"
- 33 Find a new purpose for
- 34 Part of the weekend: abbr.
- 36 Leg joint
- 37 Regis Philbin's co-host
- 39 SSE plus 180°
- 40 "___ & Order: Special Victims Unit"

Solution to Last Week's Puzzle

R	O	N		T	A	T		S	A	R	A
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Baroness to impress:

A word with the up and coming metal band, Baroness

Sean HERMANN
Publications Manager

Savannah, Georgia based Indie Metal rockers Baroness are taking the world by storm, and will make a stop in Campaign-Urbana on May 19th on their current U.S. tour. The band consists of front man and guitarist John Baizley, bassist Summer Welch, guitarist Pete Adams and drummer Allen Blickle. Their latest album, *Blue Record*, has received a very warm reception and has even made the Billboard Heatseekers chart. Baroness is touring in support of the very influential metal band, Mastadon, along with Between the Buried and Me and Valient Thorr. The Prospectus was able to catch up with Summer Welch this past week about touring and future plans for the band.

Prospectus: You've been on the road for 11 days now, how's the tour so far?

SW: It's been really good so far. We've only had one cancelled show, but we were able to work something out for that date, so that's good.

Prospectus: What's it like to be playing alongside such great bands like Mastadon and Between the Buried and Me?

SW: It's been great. Everyone is really friendly and we all get along really well. It's been a good tour so far.

Prospectus: You've appeared in magazines, TV shows and the *Blue Record* has just blown up across the charts. Did you ever think you would become this popular some day?

SW: No, definitely not. (laughs) Everything has been a surprise to us. We just play

Prospectus: What do you think about John's artwork?

SW: We're very fortunate. It's kind of second nature to me since it has been with us since the beginning, but we are fortunate and it's all a part of what we are.

Prospectus: Back to the

few more tours and then taking a short break in the winter. We will probably begin writing during the break and hope to have a new album out in the next year.

Prospectus: You guys tour pretty much nonstop. What do you like to take away from

going to school. You can gain something from it every day. You become more comfortable with it every day, but you also take something from it, too.

Prospectus: What has been your favorite tour so far?

SW: They've all been good in some way or another. The

so exciting experiencing new things. Our latest tours still have their magic, but just a different kind.

Prospectus: What's the best band you've played with?

SW: Wow, best band I've played with? I'm not really sure I can answer that.

Prospectus: Who is the funniest member of the band?

SW: We're all pretty hilarious...

Prospectus: What's your favorite tour meal?

SW: I'd have to say anything home cooked.

Prospectus: You've accomplished a lot in the past few years. Do you have any goals for the future?

SW: Well, some of my individual goals would definitely be to tour South America and Russia. That has kind of been a life-long dream for me.

With the talent and success that Baroness has shown thus far, touring both South America and Russia are definitely reachable goals. Be sure to check out Summer and the rest of Baroness in action at the Canopy Club on March 19. To listen to Baroness or find out more information about the band, check out <http://myspace.com/yourbaroness>. See you at the show!



Photo Courtesy of Relapse Records

music, it's what we like to do and if people like it, then it's an added bonus.

music, is there anything new going on with the band?

SW: Well, we are doing a

each tour?

SW: Every tour is similar and different. It's kind of like

first two or three tours we did were definitely the most exciting. It was all just so fresh and

TEACH

continued from page 7

time and money to the alternate route program. Earlier this month, a group of newly certified wannabe teachers began coursework in phase one of the alternate route program. They'll need a job to be able to graduate into phase two and earn their full credential.

"I'm not going to let it get me down," said Christine Giacomelli, a retail manager from Bogota who wants to teach English. "I think if you have a positive attitude, positive things happen."

Those pursuing math, science and special education will likely continue to fare better.

Laid off accountant Glen Milano, 27, of Bloomfield, N.J., has degrees in math and computer science and expects to finish his MBA in accounting this December. He has taught SAT courses and done tutoring.

Teaching has always been his fallback option, he said of his reason for signing up for Bergen Community's alternate route program. "Math is one of the few fields that seems to be the least fazed by this (Gov. Chris) Christie fiasco," Milano said.

In addition to a crash course in classroom management and lesson planning, Milano and his classmates are given career placement advice.

"I always encourage people to apply everywhere even

if they're not advertising positions," said Joseph Polvere, a fourth-grade teacher in Tenafly, N.J., who teaches Milano's alternate route course at Bergen Community. "It's only costing you a stamp."

Alternate route candidates tend to have better luck finding jobs at private schools and in urban and Abbott districts. "We get a lot of hires in Paterson, Jersey City, Irvington," Polvere said. "But we have also had people find jobs in Fair Lawn, Paramus, Tenafly - not as many, but we do have people go into those districts."

Polvere, Kleinman and others remain optimistic that this downturn will pass. "Things work in cycles," Polvere said. "People have to keep that in

mind."

"This is going to be a relatively short-term situation," Kleinman said. "As the economy picks up and baby boomers do begin to retire in the numbers we anticipate, there will once again be a need for additional teachers."

Alternate route candidates who are not successful in finding a job by this September can wait it out. "When students take stage one, it never expires," Polvere said. "So if it's not this year, they can keep trying."

A plan outlined last week by Education Commissioner Bret Schundler could boast the vacancy rate significantly. As many as 30,000 teachers might take retirement before Aug. 1

if changes are made to the benefit and pension rules, the New Jersey Education Association said.

To increase their chances of getting a job, teacher candidates need to learn the vocabulary of the education industry and school culture. "Often they are using a resume that they used in their other professional experience," said Milstein of Brookdale Community College. "And a school can't look at that and translate how this is going [to make that person] an effective teacher."

Anyone who is thinking about teaching also needs to look beyond the summers off and the 3 o'clock dismissal bell. "Real teachers are putting in a lot of hours a day to grade labs

and do lesson plans," said Dudley, of Passaic Community. "It's much more demanding than people think."

Despite the current situation, those with a passion for the profession will persevere. "I just like being in front of a class," said Jureller, of Haworth, a former stay-at-home mom who has been doing substitute teaching for two years. "When you see that they understand it or they're excited because they got a good grade, it's very satisfying."

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PARKLAND'S MOTOR SPORTS CAR SHOW

Photos by
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