

Prospectus' guide to finding the perfect apartment.

Find the best apartment for you! Tips can be found throughout the paper.



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—6 things that tell you it's time to see a doctor P.5
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Prospectus News

A student produced publication since 1969

www.prospectusnews.com

Wednesday, March 31, 2010

Vol. 02 No. 24

Federal Pell Grant program serves as theme for Senator Durbin's visit to Parkland

Patrick WOOD
Editor

On Thursday, April 1, Illinois Senator Dick Durbin visited Parkland College to speak with President Tom Ramage, Financial Aid Director, Tim Wendt and several students about college affordability and recent changes to the Federal Pell Grant Program. Also present were several Parkland College board members, including Dr. Thomas Bennett, Linden Warfel, James Ayers, Paul Quinlan, and Danville Community College trustee, David Harby.

According to the U.S. Department of Education, Pell Grants provide "need-based grants to low-income undergraduate and certain post-baccalaureate students to promote access to postsecondary education." The grant amount awarded to students depends on a number of factors, including their enrollment status and the cost of attendance. According to Senator Durbin, although the value of Pell Grants has increased, the cost of tuition has increased even more.

"Over the years, the value of those grants have gone up to about \$5,350—this year closer to \$5,550—and students across America, over 250,000 students in Illinois for example, are using Pell Grants today at every level of education," said Durbin. "But we've found that something has happened

as well: the cost of education is going up quicker than the value of the Pell Grant."

This means that students can still receive Pell Grants, but those same grants are covering a smaller percentage of the cost of education. This has led to Illinois taking a closer look at not only Pell Grants, but college loans in general.

"We also have student loans that are available, like I had and similar loans, and we also found that in many instances these loans packages and loan agreements were pretty expensive for students," said Durbin.

He continued to explain that this was caused by the government allowing banks to add interest rates to student loans as a third party, making the overall cost of the loan more expensive.

"You say to yourself 'Well it's natural, if the bank is going to be in there and they have some risk involved in it, it's understandable they would charge an interest rate.' But the real truth is there was no risk for the bank," explained Durbin.

"We guaranteed them that even if the student defaulted on the loan we would pay them back in full. So banks were being given the opportunity to add to the interest rate of student loans in a risk free environment. It cost us as a nation \$8 billion dollars a year that we were giving to the banks and they were adding to the cost of



Senator Richard Durbin (D-IL) recently visited Parkland to speak about changes in the Federal Pell Grant program and what he is doing to help students.

Chuck KENNEDY/KRT

student loans all around America."

Durbin, along with his predecessor Paul Simon and President Obama believe that direct loans from the government to students through universities would make more sense and be more efficient than having banks as a middle man. Therefore, \$6.1 billion dollars a year is being "reinvested in

America" and banks are being pushed out of the college loans picture. A portion of the money will be put towards reducing the annual deficit, but money will also be put towards Pell Grants, making it possible to extend the number and value of those grants, which according to Durbin, will increase in value to around \$6,000 a year. Senator Durbin also talked of

future changes for the entire student loan program.

"Just to give you an example: currently if you had borrowed \$40,000 dollars for your college education, and you had a job where you were making \$30,000 dollars a year—under the ten year loan programs that mostly exist through banks—you would be paying back about \$460 dollars a

month for that ten year period of time," said Durbin. "Under a program of government loans, that would come down to \$172 dollars a month, and under this change down to \$115 dollars a month, and when this program is fully implemented, student graduating would never have to pay more than 10% of their income."

Changes in government loan programs will also mean that students that are going to school to become teachers, nurses, and enter into other professions that the government identifies as "critically important," will pay for ten years only. No matter what amount was paid in that ten years, the rest will be forgiven.

Financial Aid Director, Tim Wendt expressed his and Parkland College's support of direct college loans from the government.

"The direct lending program—we've been a big proponent of that for years," said Wendt. "We realized early on that customer service wasn't there with the banks. It was a much more streamlined solution to go with direct lending."

A concern with the changes was the possibility of the subsidized interest rate for college loans increasing after its drop, which Senator Durbin said he would be looking into. Both Parkland and Senator Durbin have high expectations for the future and are hoping for the best for students.

Pros and cons of apartment amenities

Merry THOMAS
Staff Writer

Finding that nice, yet affordable apartment can be difficult. Many students will find that they must choose one amenity over another when looking for a place. It's different for everyone, but there's always that one thing that you need more than anything else, whether it's a washer and dryer or a larger apartment. Here are some pros and cons to keep in mind that will help ease the hunt for the best apartment.

When you're looking at what you need in an apartment, you have to consider the amount of belongings you own. Chances are if you own a lot of items, you'll need a bigger apartment. However, in getting a bigger apartment, it's more than likely going to be more expensive. A one bedroom apartment in the Champaign-Urbana area typically goes for around \$400-\$500, and that's on the cheap side, according to apartments.oodle.com/champaign-il/. If you're okay with paying a little extra money for the space, you won't feel like you're suffocating under the weight of your stuff. The downside is that you'll have to find something to cut down on in your budget to make up for the extra expense of the space.

If you're not willing to reduce the amount of items you own and don't want to spend an arm and a leg on rent, it might be a good idea to find roommates. Splitting the cost of the expenses that come with an apartment is way easier than paying for it all by yourself, and you can find good deals on

additional bedrooms, so you're saving money in the long run. The good thing about having roommates is that you won't feel as stressed about financial burdens because you're sharing them with another person. The con is that you will have roommates, meaning that there's potential for conflict. Keeping in mind the amount of money that you'd save by having roommates, be sure to choose them carefully and weigh out all of your options.

Something else to consider about your apartment is whether or not it comes furnished. If you have no furniture to call your own, it might be easier (and cheaper) to get an apartment with furniture.

Emily Thompson, sophomore at Parkland, said that it was a lot easier for her to have the furniture there rather than move it in herself.

"For furniture, I have to pay for it each month, but it's better than having to get all the furniture at once for however much that would cost," she said.

The pro about having a furnished apartment is the fact that you don't have to move in a ton of stuff all at once, but the con is that you won't have your own furniture for future places.

Also, when looking at apartments, you have to consider the amenities that come with it. If it's at all possible, a washer and dryer is a great thing to have in an apartment. Not a coin operated washer and dryer, but normal ones. The cost of going to the laundry mat or using coin-operated appliances can be quite a bit. Expect to add an additional \$40 into your



expenses every month. By having a washer and dryer, you save a trip to the laundry mat as well as a ton of cash.

"When I went to a laundry mat before I moved into the house I lived at now, I was paying about 1.50 per wash," said Tony Parsows, also a student at Parkland. "My house that

I'm renting has a washer and dryer, so I save a lot of money."

A dishwasher is always a good appliance to have, too, especially if you have roommates. Dishes are among one of the most stressful chores in an apartment. If you live with other people, the conflict of dirty dishes will inevitably

come up. A dishwasher, for the most part, can help eliminate this problem.

The downside to having more amenities is that, unless you strike a good deal, the apartment will also be more expensive. In most cases when you compare an apartment that has more amenities

to an apartment that doesn't, the one that has them will be more expensive. When considering this, you should make a compromise. In the case with the washer and dryer, you will more than likely save money in the long run, whereas having a dishwasher can be a nice perk, but isn't really necessary.

Parking can also be an issue when considering where you want to live. Not everyone has a car, but for those who have one, it can be a real pain finding a parking spot. When looking at apartments with parking, be sure to ask the leasing agency about the cost of renting a spot. One Parkland student was lucky when it came to parking.

"I lived in some apartments in Urbana and it included free parking which I didn't have to pay for, so of course it was beneficial," said Mike Neal.

The good thing about having a parking spot is that you're always guaranteed one. The downside is that you will more than likely have to pay extra for it, but if you think that the hassle of trying to find a parking spot is too much, this might just be what you need.

There are a lot of things that go into finding an apartment, so just know that it's possible you won't be able to find the ideal apartment. Just weigh the pros and cons of each place that you look at and make sure you get your needs covered, your wants are nice but not really necessary. When you think of it in these kinds of terms, finding a good apartment won't be so hard. Best of luck with your search!

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.prospectusnews.com>

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Chuck Shepherd's News of the Weird

Lead Story

More Texas Justice: In March, juries in Smith County and Matagorda County sentenced Henry Wooten and Melvin Johnson III to 35 years and 60 years in prison, respectively, for possessing small amounts of drugs (but enough under Texas law to allow jurors to infer an intent to distribute). Wooten, 54, had 4.6 ounces of marijuana (same penalty as for 5 pounds), and Johnson had 1.3 grams of crack cocaine (about half the weight of a U.S. dime). (Wooten's prosecutor actually had asked the jury for a sentence of 99 years.)

Can't Possibly Be True

It's Good to Be a British Welfare Mother: Under the government's Local Housing Authority, Essma Marjam, age 34, unemployed and the mother of six, is entitled to rental assistance for a five-bedroom home, and the only suitable one she could find is in an exclusive London suburb in which her neighbor is Sir Paul McCartney. Luckily, the generous allowance (equivalent of more than \$9,000 a month) covers the rent on the nearly \$3 million (U.S. equivalent) mansion. (Additionally, according to the Daily Mail, Marjam's non-housing government benefits total the equivalent of about \$22,000 a year.)

Alan Rosenfeld, 64, a New York City lawyer and real estate entrepreneur, is also a full-time schoolteacher, although he has been prohibited from teaching since 2002 because of accusations of leering at female students. He is thus a "rubber room" teacher whose union contract requires full salary and benefits even though the Schools Chancellor has barred him from the classroom as a "danger" to students. The Department of Education pays him \$100,000 a year plus health care (plus retirement benefits worth at least \$82,000 a year). The New York Post reported that Rosenfeld reports to "the room" each day but works exclusively on his business affairs.

Inexplicable

In January, Aretha Brown, 66, who has lived in the same house in Callahan, Fla., (pop. 962) for 30 years, suddenly became unable to leave her yard unless she crawled between CSX railroad cars blocking her access to the road. Tracks had always been in place, but the railway only began storing train cars on them this year. CSX told The Florida Times-Union that it would soon build Brown an access road to the street.

The entertainment manager at Thorpe Park in Surrey,

England, announced in February a contest seeking foul-smelling urine. The park has introduced a live action horror maze based on scenes from the "Saw" movie series and decided that it was missing a "signature stench" to "really push the boundaries" of disgustingness. Manager Laura Sinclair suggested that submissions' pungency would be enhanced after consumption of such foods as garlic and asparagus and offered a prize of the equivalent of about \$750 for the winning urine.

Sub-"Zero Tolerance"

Seventh-grader Rachael Greer was suspended from River Valley Middle School in Jefferson, Ind., in February, even though she apparently did exactly what her parents and the school want kids to do ("just say 'no'" to drugs). When a classmate handed her a prescription pill in gym class, she immediately handed it right back. Nonetheless, an assistant principal, after investigating the incident, suspended her for five days because she had touched the pill. (He expressed regret but said it is school policy.)

Least Competent Police

Embarrassing: In March, on duty on opening day of the jail at the new Adair County judicial center in Columbia, Ky., sheriff's deputy Charles Wright accidentally locked himself in a cell and was fired after he tried to shoot open the lock.

A Collier County, Fla., sheriff's deputy suffered a broken ankle when he and a colleague accidentally locked wheels while patrolling in Naples on their Segways.

It wasn't pretty, but sheriff's deputies in Montcalm County, Mich., got their man on March 3. Mark McCuaig, in court on an earlier charge, became unruly and escaped from two different sets of officers (despite a Taser). Another court officer tried to stop him outside, but McCuaig got loose (despite being maced). He locked himself inside a van, but officers surrounded it, broke a window, and Tasered him again, yet couldn't stop McCuaig from driving off. After a high-speed chase, state troopers disabled his tires with "stop sticks" but couldn't apprehend him before he reached his home, where he barricaded himself. Officers surrounded the house, and four of them (plus a police dog) entered, but McCuaig escaped and got into another vehicle. Finally, after another chase, he was forced off the road, Tasered a third time, and subdued.

Manowar kills, other bands just play

Tara MOON CHRISTOPHER
 Music Columnist

In 1984, Manowar shattered the ears of many faithful fans when they were awarded the title of loudest live performance to date by the Guinness Book of World Records. Since then they have only gotten louder, rumored to cause permanent hearing loss for those who stand within an estimated 10 meters from the stage. In 2008, Manowar out did themselves, breaking their record for the second time and taking their own lyrics "When we're in town speakers explode, We don't attract wimps 'cause we're too loud," far too seriously. This musically amazing disaster occurred at the Magic Circle Fest as the band reached a harmful 139dB. In case you are unfamiliar with just how excruciatingly loud this measurement is, a jet engine only ranks in at an estimated 100dB and bleeding of the ears occurs at 180dB. This 9.5 dB increase from Manowar's 1994 record is documented to have sounded twice as loud to those lucky few who suffered the pain of enduring one of the most epically metal bands twice.

Now, many of you may be curious as to why Manowar is the topic of consideration in this week's Apartment issue,



but loudness is of the utmost importance when getting along with new neighbors. Although your music loudness may be perfectly tuned to you and your youthful sleep schedule, it is highly doubtful your next-door neighbors will agree. It is because of this disagreement that many aspiring and well-know musicians have suffered greatly due to the expenses of paying off these enormous

finances. In 1997 Metallica self claimed that they were indeed 'the loudest band in the world' and brought this doom upon neighborhood of innocent civilians during their concert titled the Million Decibel March. During this quest to become louder than the deafening Manowar, Metallica suffered from numerous noise complains

See Music on page 4

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A guide to apartment searching

Rachael JOHNS
Staff Writer

When looking for an apartment, knowing exactly what you are looking for can be difficult. The results of not being thorough in this stage of getting an apartment can amount to days without showers or months of triggered allergies along with many other untold miseries.

To get an idea of what Parkland students might be looking for in an apartment, James Jasper, a student and staff member of Parkland, offered his own criteria for what he would look for. Jasper currently lives at home and hasn't had his own place yet, so his perspective is a great start in what you may be considering or want to consider when searching.

"I would look for space; a less congested environment," Jasper said. "A place to eventually call home."

The most important amenities for Jasper may be aligned with your own. He enjoys a peaceful environment with activity space for barbecuing or for kids to play kickball.

"I would like to be able to read a book on my front steps," Jasper added, going on to say that he would rather live someplace without "too much traffic."

Jasper spoke of his ideal neighborhood. This would be a location within walking distance of parks and stores, with some shade and nice quiet neighbors. He also brought up the issues of parking and getting mail. "The closer, the better," said Jasper.

For the apartment itself, Jasper would like a balcony to sit on so he could enjoy the scenery and to be social. He also mentioned a nice bathroom as a requirement and that, overall, he'd like the space to "look nice — not shaggy."

Jasper's preferences reflect his lifestyle. However, if you would rather spend less time at your apartment, a smaller and easy-to-clean set up might be better for you. Likewise, if you're out at the bars until the wee hours of the morning, you might consider finding a place close to the scene you frequent, in a building where a little party noise will not bother your neighbors.

When looking for an apartment or a new home, there are a lot of details to take into account. More general things you want to ask about include: rent, energy costs, added utilities, plumbing, lighting — SW facing windows will keep heating bills lower, whereas North-facing windows are more prone to drafts — fans, school



districts and nearby bus lines.

As a general note, if you're viewing an apartment, look at how the current tenants are fairing. Does it seem easy to keep organized? Is there an undesirable smell? Do they or the neighbors have pets? These things may be potential issues as smells can linger well after the source is removed and pets can trigger frustrating allergies. Still, stay open to the potential of a space. Just because the current tenants may live in a state of chaos

doesn't necessarily mean that it's because there aren't any closets; that might just be their style.

Additionally, asbestos ceiling tiles and lead paint on walls are not too uncommon in older converted houses. Laundry facilities may or may not be offered, dishwashers may be make-or-break for communal sanity, and moving into a third floor might be impossible with a six-foot long couch. If these are things that concern you, it may be useful to have a

list of what your preferences are when going through apartments.

There are many useful checklists on-line that you can find through virtually any search engine to aid in this process by simply searching "apartment hunting checklist."

If you do encounter issues in your hunt, you can also call a city building inspector for a professional opinion and advice on the technical aspects of a place.

Michael Novotny, the super-

visor for the City of Champaign building inspectors, says that "holes in walls, faulty electrical switches, plumbing leaks and leaks in ceilings, defective smoke detectors and carbon monoxide detectors," are frequent violations that they find in apartments.

As for performing inspections, Novotny says that you must file a formal complaint with the City in order for an inspector to come check the apartment for its compliance with building code.

"We take them all the same, regardless of what the complaint is for," explained Novotny when describing the process of getting an inspection. He went on to explaining how inspections are thorough, and that they go through the whole code and not just on the specific area under question.

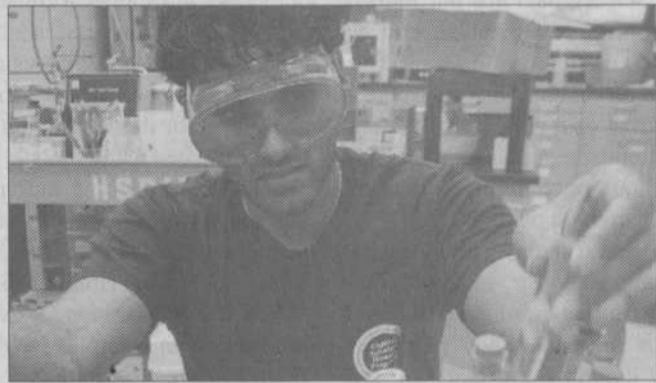
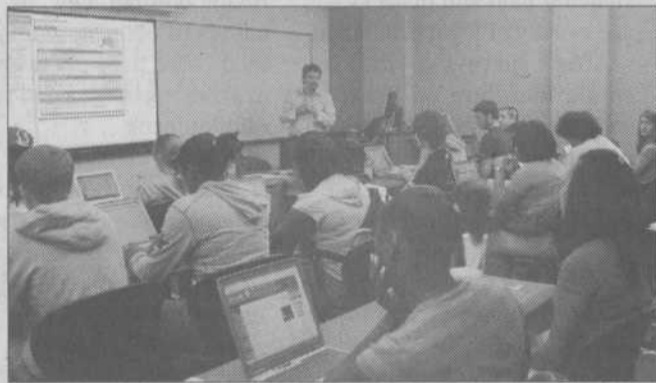
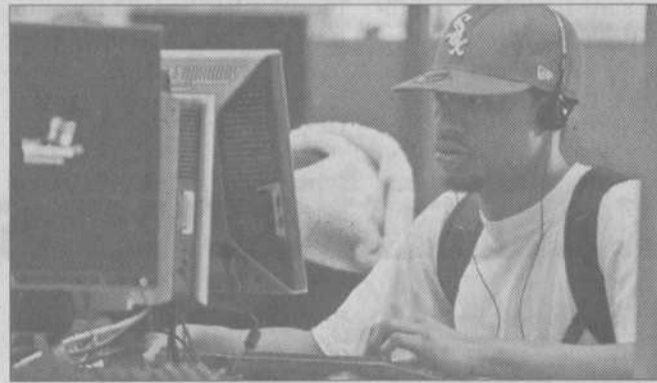
Novotny said that some specific building codes renters should be aware of are the requirement for emergency escape windows in bedrooms and presence of detectors. He also offered some wise advice to "do a walk through."

"Take a look at the apartment and do a self inspection," he said.

Whatever you're looking for in an apartment, good luck in your search and may it be well informed!

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The trouble with easy listening

Steve ALMOND
Los Angeles Times

When I first encountered iTunes, the wildly popular music app that allows fans to compile their own collections and digital library, I was agog. After 20 years of amassing music, I had more than 4,000 albums, most of them stacked precariously in my basement.

The more I used iTunes, the more slavish my devotion grew. If I wanted to play a particular song, I no longer had to go hunting through those stacks. I just clicked a button. If I wanted to make a mixed CD — a process that had taken me hours, particularly in the cassette era — I had only to create a new playlist. And if I heard a killer song at a party or on the radio, there was a handy online store where I could instantly download that track for a buck.

Not only was my musical archive more organized, it was portable too. Thanks to the wonders of the ever-shrinking iPod, I could carry thousands of songs with me wherever I went, on a device barely larger than a postage stamp. (If you had presented me with this gadget even a decade ago, I'm pretty sure I would have proclaimed you the Messiah.)

But for all the joys of such wizardry, I've been experienc-

ing a creeping sense of dread recently when it comes to iTunes, a dark hunch that technology has impoverished the actual experience of listening to music.

See, back when I was a kid in the '70s, the way I listened to music was pretty simple. I put

lyrics and artwork.

In other words, I considered listening to an album an activity in and of itself. It was not something I did while working on homework, let alone while checking e-mail or thumbing out text messages.

If I listened carefully enough,

AC/DC's "Dirty Deeds Done Dirt Cheap" filled me with the intoxicating power of my own aggression. "Can't Stand Losing You" by the Police allowed me to accept my own romantic woe as entirely justified and maybe even somewhat comic.

point.

I liked that I could only listen to my albums on a turntable in the living room. I liked yearning for my favorite records. I can still remember spending the entire day at school counting the minutes until I could get home to listen to the transcen-

with the utmost care.

Listening to the opening notes of my favorite songs sent shivers down my spine. I felt the same way about listening to them on the radio. I used to lie in bed for hours, waiting for KFRC in the Bay Area to play Alan O'Day's wonderfully cheesy single, "Undercover Angel." The song, when the DJ finally played it, felt like a gift fate had bestowed specifically on me.

Look, there's no question that technology has made music cheaper and more accessible. But I wonder if it hasn't been made less sacred. The ease with which we can hear any song at any moment we want no matter where we are (and often for free) has diluted the very act of listening, rendering it just another channel on our ever-expanding dial of distractions.

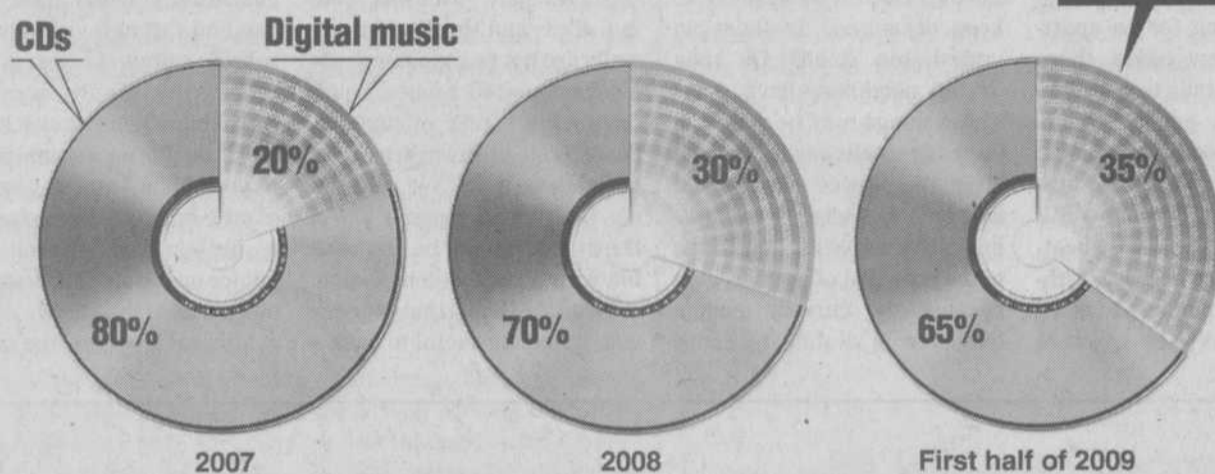
I'm sure if I tried to explain this line of reasoning to a teenager, it would sound like a lame and predictable celebration of the olden days. Then again, chances are today's teenagers will look back on iTunes with the same misty nostalgia I reserve for my LPs and CDs.

(c) 2010

Los Angeles Times.

How Americans buy music

Research shows that digital music sales are increasing 15 percent to 20 percent a year, and CD sales are dropping at an equal pace.



Source: NPD Group
Graphic: Andrea Maschietto, San Jose Mercury News

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an LP on the turntable, dropped the needle, then sat on the living room rug and listened to every single note. If I liked the record a lot, I would listen to it two or three times in a row, usually with the album cover on my lap, so I could study the

in fact, the songs allowed me to tap into certain volatile emotions that felt otherwise out of reach. When I closed my eyes and immersed myself in Stevie Wonder's "Sir Duke," for instance, I was overcome by a rare and all-encompass-

I really miss the fact that listening to music used to be a concerted sonic and emotional event, rather than the backing track to some flashing screen. It was more inconvenient, to be sure. But for me, this inconvenience was part of the whole

dent power chords of Styx's "Paradise Theater."

I even liked that there was a whole process involved before you got to the songs. You had to thumb through your collection, put the record on the turntable and then set the needle down

If dinner is still twitching, don't eat it

Paula MOORE
People For The Ethical Treatment Of Animals

Eating out is becoming a blood sport.

According to recent news stories, food adventure clubs — whose members sample "gross-out" dishes such as sautéed lamb's brains and duck embryos — are springing up across the country. During one recent outing at a Korean restaurant in New York, a group of gastro-warriors dined on freshly vivisected lobster and live octopus. The lobster's head watches as you consume the body, and the octopus writhes as a chef clips off his tentacles — which diners eat quickly while the limbs are still wriggling.

Apparently, it's not enough

that we eat all manner of dead animals — now we have to eat live ones too. But consuming live animals doesn't just push the boundaries of good taste: It's animal abuse.

"Live seafood," which has been available in upscale sushi bars for some time, is increasingly finding its way onto the menus of more mainstream restaurants. Adventurous eaters might try live shrimp, "drunken prawns" (live prawns are plucked from a tank, doused in alcohol and set ablaze) or live flounder.

To prepare this last dish, chefs fillet the live fish down to the bone — leaving the head and tail intact — chop and season the raw flesh and return the meat to the fish's skeleton. The flounder is pinned down

with wooden skewers to prevent the fish from jumping off your plate.

Sea animals are not merely swimming vegetables, and it's not OK to carve up their bodies as casually as one would a carrot or a rutabaga. Fish and octopuses are smart, have unique personalities — and are sensitive to pain.

Researchers know that octopuses, for example, are extremely intelligent and curious animals. They play, just as dolphins and dogs do, and are often mischief-makers in aquariums. Otto, an octopus in a German aquarium, has been observed juggling the hermit crabs who live in his tank. Another octopus, after being given a slightly spoiled shrimp, stuffed the offending morsel

down the drain while maintaining eye contact with his keeper.

Scientists recently filmed octopuses in Indonesia collecting discarded coconut shells, emptying them out and using them as shelters — the first time an invertebrate animal has been observed using tools.

Lobsters recognize individual lobsters, remember past acquaintances and have elaborate courtship rituals. Fish "talk" to one another underwater and form complex social relationships. Scientists at Stanford University say that fish have the reasoning capacity of small children.

These animals also feel pain — as all animals do.

In December 2005, the European Food Safety Authority's Scientific Panel on Animal

Health and Welfare concluded that lobsters, crabs and octopuses are all capable of experiencing pain and distress and are worthy of legal protection.

After surveying the scientific literature on fish pain and intelligence, a team of researchers at the University of Guelph in Canada concluded that fish feel pain and that "the welfare of fish requires consideration." Researchers who conducted a two-year study on fish pain at the Roslin Institute in Scotland reached the same conclusion.

Eating dinner so fresh that it squirms is nothing more than macho posturing. Here's the great irony of the live seafood trend: It's actually rather stale. You never hear about "adventurous" eaters taking on beer-

battered seitan or coconut-grilled tofu. No, it's always some poor animal. But there's really nothing new or original about abusing animals for food — that happens every day in slaughterhouses and restaurant kitchens.

I have a challenge for foodies who truly want to push the envelope: Go vegan. Trade in your live octopus and pork brains for tempeh sausages and dairy-free tiramisu cupcakes — then you'll really have people talking.

(c) 2010

People for the Ethical Treatment of Animals

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- find an internship
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MUSIC

continued from page 2

that weren't just about the music. According to the Philadelphia Inquirer, neighboring individuals called to report their distaste for the news choppers who happened to be covering the event. Although they seem to have gotten away scott free, they must consider themselves lucky, too many of the best musical endeavors have been brought to a government enforced stop right when it started getting good. This grand example just goes to show that if you are indeed a college partier, it is crucial to consider the openness of the neighborhood you move too and later, the friends you invite to your house. It may not even be the music that causes you to find yourself pulling out your checkbook.

Although the Guinness Book of World Records has long since stopped accepting applicants to be the loudest band ever due to safety concerns, many individuals are still taking matters into their own hands. As every night is a party night when young people are involved, the studious types, family oriented and the hung-over individuals may want to take note of a helpful phone number to bring rest to their ears. This number is (217) 333-8911 and can become your very best friend. If anyone can handle a complaint, it must be the sheriff's office. However, if you are on the opposite end of the spectrum and you do find yourself wanting to make your ears bleed it is important to know your rights. For all the information on quiet hours, what defines obnoxiously loud, and many more of your sound concerns, visit <http://ci.champaign.il.us/>

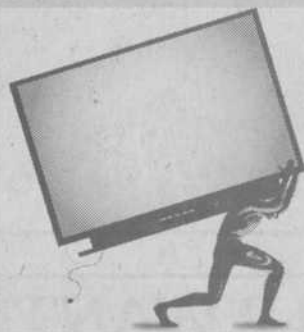
Prospectus Pick: T.V.

Sean HERMANN
Publication Manager

Name something that can relieve stress, help you escape from the real world, provide a great source of entertainment and is all completely legal? A TV, of course. A television is a must have item for every apartment, house, and living quarter. With a TV, you can watch television shows, movies, play video games, laugh, cry, scream, relax, and now fly (with the introduction of 3D TV sets.)

What better way to unwind after a rough day of work or a tough school project, than to plop in front of the tube and watch your favorite shows. While some may argue that

the TV is causing our country to be obese, it gives our minds a break, which is what many of us need when in school or spending copious amounts of time at work. Just think of the



Family Guy episode where Meg ruins TV. Peter doesn't believe he can survive without TV, so he makes up his own form of entertainment. Something so ridiculous that it drives everyone nuts. In the

end, TV is brought back and the Griffins are able to bond and watch a good show.

While providing a somewhat satirical view on the subject, the Family Guy episode shows us that it's not about the idea of sitting on your butt and watching TV, it's about who you are doing it with and why you are doing it. Whether it be to bond with family or friends, to relax after work, or to escape from reality for a few minutes, TV gives us a great form of entertainment and relaxation that we all need in our busy lives. Everyone should have a TV, as it is a great companion in helping you battle out your day-to-day struggles.

Lynn O'Brien performs CD release concert at planetarium

Josh GRUBE
Staff Writer

Lynn O'Brien, local jazz/folk musician, performed a special concert for the release of her sophomore album YES! under the gigantic dome of the William M. Staerkel Planetarium last Saturday.

O'Brien explained writing music at the age of nine and has performed in the Champaign-Urbana area throughout the past few years. Along with releasing her second album, she has recently finished her coursework in music therapy, which she plans to pursue as a career.

While the concert marked the celebration of her second album release, it also marked the last concert that O'Brien would be performing in Champaign-Urbana before moving to Minneapolis later this month. She is leaving to start

six months of work at a hospital as a music therapy intern. She will also be working with a Parkinson's and Hospice program.

When asked about the reasoning behind choosing Staerkel Planetarium as the venue for the special event, O'Brien explained that, other than living planetariums, she has always pictured strong visuals with her music, which lead to an interest in being able to accompany the songs with a visual presentation.

There was certainly a vivid assortment of visuals. The images displayed ranged anywhere from a starlit sky to snowcapped mountains to a close-up of crayons. O'Brien and Staerkel Planetarium coordinator David Leake thoroughly planned out every image and every laser light effect projected during the concert, one song at a time.

"[Preparing for the concert] was a lot of work," said Leake. "Lynn was extremely easy to work with. I thought it was fun."

The selection of songs was just as distinct as the visuals that accompanied them. From the first song "Fireflies," to the final song, "Irish Blues," a cover of Irish singer Maura O'Connell, O'Brien's performance was full of energy and joy. Along with songs from her new release, such as "Watermelon Juice" and "Brown-eyed Binoculars," she included a few from her first album *Umbrella* including "Italy" and "All My Troubles Are Bubbles."

Throughout the set she also wedged in her own interpretations of well known classics from Bob Marley, Simon & Garfunkel, and John Denver. The performance of Marley's "Three Little Birds," in particular, had a vast majority of the crowd singing along.

"It was fun. It was a new experience for everybody," said O'Brien.

With a great last performance in C-U, O'Brien hopes for the best in Minneapolis. Be on the lookout for O'Brien in the future and be sure to check out many of the great events coming up at the planetarium.

6 things that tell you it's time to see a doctor

Re-I CHIN
Washington University (St. Louis)

Sometimes students have difficulty knowing what symptoms are serious enough to get medical attention. Knowing these signs can help you make the right decision.

When freshman Donald Steinberg of Washington University in St. Louis, Missouri fractured his foot during karate, he immediately decided to see a doctor. On the other hand, when he felt "sick" with the occasional urge to vomit, he wasn't sure if he should rush to the doctor or wait and see how his illness progressed.

Students have to cope with various ailments and illnesses, ranging from minor colds to life-threatening diseases like meningitis. But like Steinberg, they can sometimes have difficulty deciding when it's time to go to a doctor or clinician.

According to a *Student Health 101* survey of more than 1,000 college students from across the U.S. and Canada, 63% of the respondents said they hesitate about visiting a doctor. Part of this reluctance stems from students' uncertainty regarding the severity of their conditions.

"When I do not feel normal, I usually just wait, maybe take some over-the-counter medicine, and see if the symptoms disappear," says freshman Teresa Yeh at Rice University in Houston, Texas.

How do you know when it is time to see a doctor? Watch for these six warning signs that demand professional attention.

1. Fever that lasts more than a few days. While fever is a part of the body's natural immune response to infection, a fever higher than 102°F that lasts for more than a few days calls for medical attention. Persistent fever can signal hidden infections that range from common cold viruses to tuberculosis.

For example, persistent fever may be a symptom of strep throat, mononucleosis, or pneumonia, according to Dr. John Beckett, a medical content writer, editor, and an authority in triage, e-healthcare, and emergency medicine.

2. Persistent or severe pain According to *Student Health 101's* survey, 53% of respondents experienced persistent or severe pain, making this the most prevalent symptom of the six conditions listed.

Pain is a symptom typically triggered by inflammation or infection. Inflammation is often the result of an injury, but may also be caused by strep throat, a sexually transmitted infection, or gastroenteritis, for example.

Abdominal inflammation

such as appendicitis and kidney stones may cause vague or ill-defined and poorly localized pain.

Pain which is impeding regular daily activities or sleep for more than several days in a row, especially despite the use of acetaminophen or ibuprofen, is probably cause to contact a healthcare provider.

3. Frequent headaches or vision changes

While headaches are common and are generally not of concern, frequent headaches may suggest severe problems. Headaches that impede sleep or impinge on normal academic, athletic, or social functions are worthy of medical attention.

Sudden or rapid changes in vision function are cause for evaluation. Blurry vision may be the result of an eye infection called conjunctivitis, a disease commonly known as pink eye. Conjunctivitis is usually viral and treated with cold compresses, but may become secondarily infected by bacteria. Contact lens wearers are at increased risk for bacterial conjunctivitis.

4. Inability to hold down food Vomiting may be due to a viral or bacterial infection of the gastrointestinal tract, causing gastroenteritis, a disease commonly known as stomach flu, which is unrelated to the influenza virus. While most people successfully recover from gastroenteritis, some become dangerously dehydrated from the loss of fluids, which upsets the body's electrolyte balance.

"If you are vomiting repeatedly and are unable to hold down food, especially fluids, for more than six to eight hours, you certainly should consider contacting your health care provider," Dr. Beckett counsels. Also, do not eat or drink anything for at least two hours after vomiting because it aggravates an irritated stomach and prolongs vomiting.

5. Bloody stool or abnormal bleeding

"The most common cause of blood in the stool is a simple hemorrhoid," says

Dr. Beckett. Hemorrhoids are the swelling of veins in the rectum and anus due to constipation, diarrhea, or obesity. Bloody, black, or tarry stools and abnormal bleeding can be a sign of something more serious. Abnormal bowel behavior may also indicate a bacterial, viral, or parasitic infection. Excessive bleeding from the gums or cuts, or bruises that easily form from minor injuries may be symptoms of a bleeding disorder or clotting

abnormality.

6. Recurrent dizziness and nausea

It is common to feel lightheaded from time to time, but recurrent dizziness and nausea may signal major problems. For example, you may suffer from dehydration, irritation of the middle ear, or inflammation within the inner ear called *labyrinthitis*. These issues may cause vertigo, a term that describes the feeling of spinning, whirling, or motion either of yourself or your surroundings.

When it comes to vertigo, Dr. Beckett says, "It is not common, but it certainly occurs in the college age group."

Getting Informed Medical Advice

Other than watching out for these symptoms, students can take a more active role to ensure their health. Instead of waiting for these symptoms to surface, some health experts recommend that students get a checkup from a clinician or physician at least once a year.

If you are still uncertain whether your symptoms require a doctor's visit, there are several steps that you can take. Most college health centers are readily accessible and college health clinicians tend to be much more available than in the real world. Call your health center to schedule an appointment or review your concerns with a nurse. In addition, interactive online tools such as the Symptom Checker (CLICK HERE) can evaluate your symptoms on a personal level and help you decide whether to seek professional guidance and how urgent it is to do so.

In addition to online resources, many health insurers provide similar services, such as phone consultations with nurses. Sometimes, unsure students can directly contact their doctors to evaluate the need for a face-to-face visit.

Although these resources are quick and convenient, sometimes there is no substitute for going to see a professional.

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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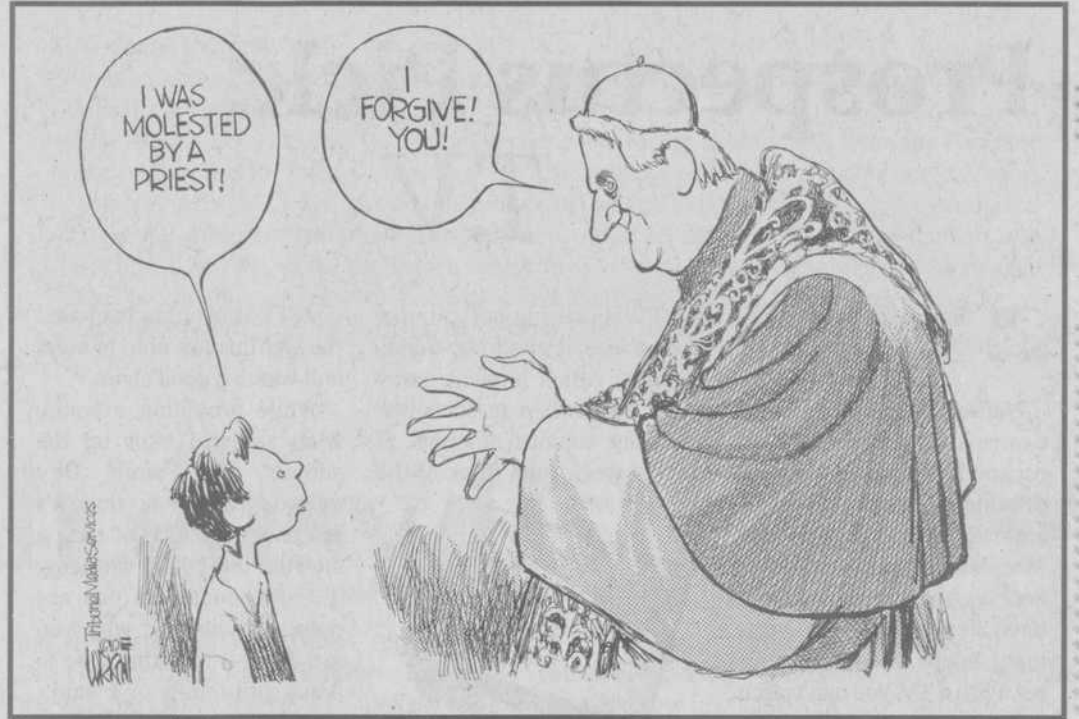
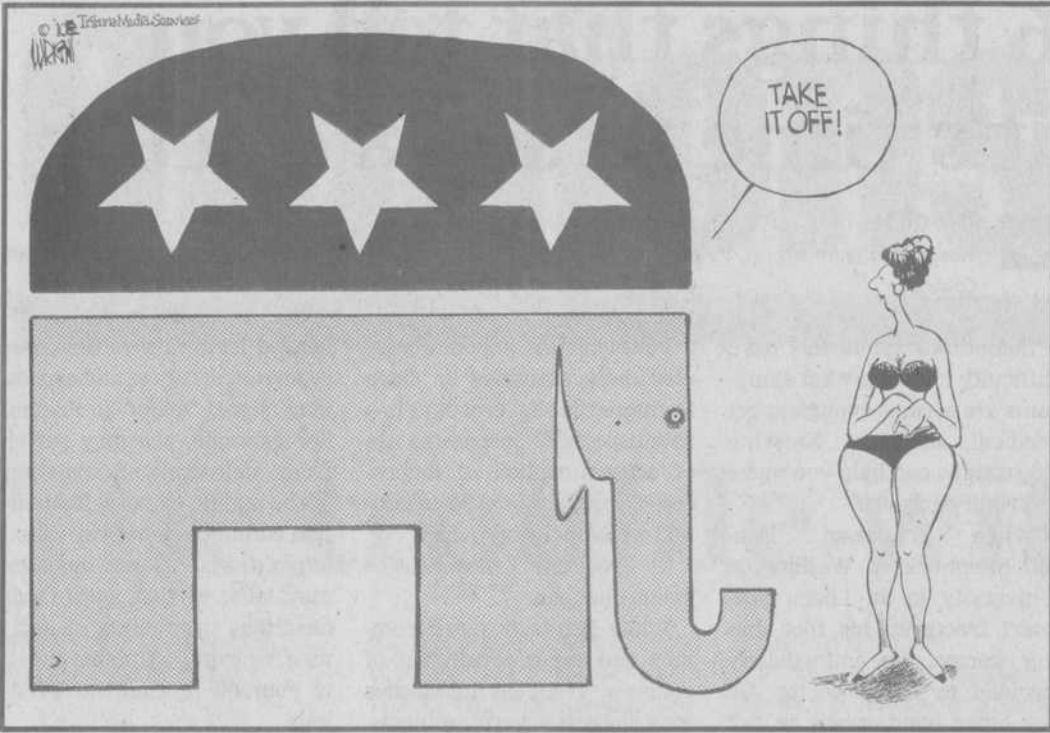
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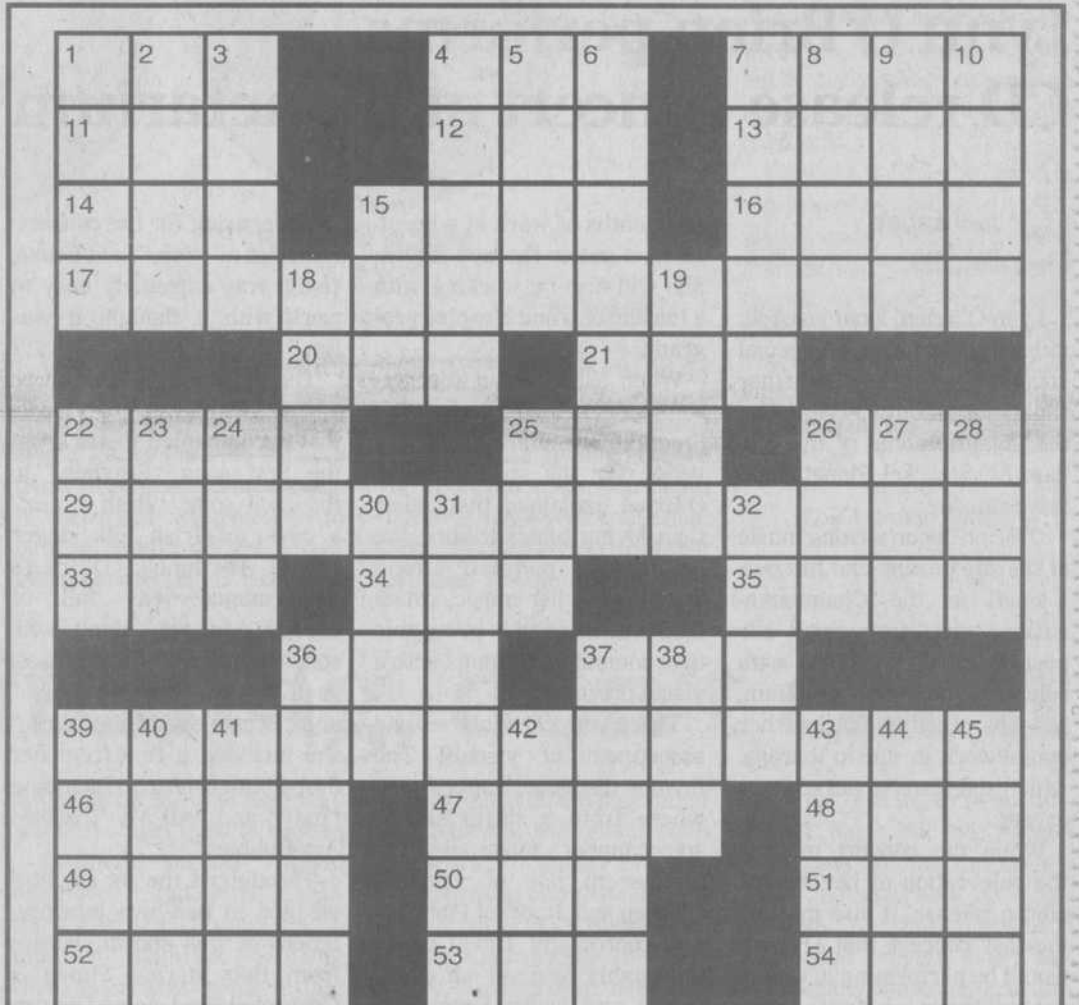
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ACROSS

- 1 "When Harry ___ Sally..."
- 4 "___ Wants to Be a Millionaire"
- 7 Singer Paul
- 11 Ms. Gardner
- 12 "___ for Your Life"
- 13 Superman's love
- 14 Harrison or Reed
- 15 ___ Ward
- 16 Actress Anderson
- 17 Series for Shemar Moore
- 20 Commercials
- 21 Charged atom
- 22 Noninvasive diagnostic exams
- 25 Mischief-maker
- 26 "___ Me or the Dog"
- 29 Actor on "Law & Order: SVU"
- 33 "___ Story"; hit animated movie
- 34 President Arthur's monogram
- 35 Morays & other snakelike fishes
- 36 Film title and role for Will Smith
- 37 Farrow or Kirshner
- 39 Jay Mohr/Paula Marshall sitcom
- 46 "___ My Dead Body"
- 47 Silent performer
- 48 Prefix for cycle or angle

DOWN

- 1 Artist ___ Chagall
- 2 "Unhappily ___ After"
- 3 Early series for Judd Hirsch
- 4 Songbirds
- 5 Hawaiian dance
- 6 Out ___; in a precarious position
- 7 "___ the Family"
- 8 "High ___"; Gary Cooper classic
- 9 Richard ___ of "Spin City"
- 10 Words on a price tag at a sale
- 15 Mr. Caesar
- 18 Alan Alda/Loretta Swit series
- 19 Walk around with a long face
- 22 Actor on "The A-Team"
- 23 "___ Lobo"; John Wayne movie
- 24 Very cold
- 25 Actress/director Lupino
- 26 Suffix for real or final
- 27 ___ Aviv, Israel!
- 28 Yrbk. section
- 30 Controversial rights org.
- 31 Dustin Hoffman/Tom Cruise Oscar-winning film
- 32 Producer Norman
- 36 Actor Lew ___
- 37 "___ Family"; Vicki Lawrence sitcom
- 38 Wrath
- 39 "All Dogs ___ Heaven"
- 40 Declare assuredly
- 41 Actor Auberjonois
- 42 Venus de ___; "Ninja Turtles: The Next Mutation" superhero
- 43 "___ Mad, Mad, Mad, Mad World"
- 44 Newsmen Sevareid
- 45 Urgent

Solution to Last Week's Puzzle

L	A	K	E	C	S	I	T	O	R	I	
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4/11/10



Parkland College Relations
 Officer Matthew Kopmann



Vehicle Burglary

People get very upset when their vehicle are burglarized, but are they taking the precautions to keep their items safe? While on campus there are many precautions that should be taken. Always lock your vehicle and remove valuable items from your car. MP3 players, GPS units, stereo systems, and other items attract break-ins. If you are unable to remove the items from your vehicle, keep them hidden in the glove box, console, or trunk. Keep your vehicle's windows up because thieves may have tools to open your car through small openings. Do not approach anyone attempting to burglarize you vehicle. If your vehicle has been broken into, contact the police immediately.

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