# Calling all broke Casanovas <br> - Valentine package ideas for our pressing times 

## - By CASSANDRA Staff Writer

Valentine's Day is quickly approaching and there is a lot of talk about what to get who, in light of all of this discussion the Prospectus has decided to help out those of you in need by putting together several date package ideas that can undoubtedly make this Valentine's Day your best one yet! City Dwellers
This date package is for the big spenders. If your signif-
cant other loves the city cant other loves the city, (and you can at least stand it for one
day) there's no easier thing to do than a trip to downtown Chicagol Two roundtrip train tickets from Champaignto Chicago in the same day are $\$ 140.00$. Departing at 6:10 a.m. the train arrives in the city roughly
around 9 p.m. After getting off around $9 \mathrm{p.m}$. After getting off ium or the Children's Museum. Admission tickets are around hours seeing places and things you may have never seen, or you may have never seen, or
haven't seen since childhood. Grab a bite to eat in a diner or a food court and hit the Magnificent Mile for some shopping, even if it's just window shopping! Then, take your significant other out to a delicious dinner. The best places for this The Melting Pot, Grand Lux


Café, Rainforest Café, or Giordeparts at 8 pefore your train a stroll down the beautifully lit streets and as the sun sets, let them know what they really mean to you.
Total
$\$ 350.00$
Romantics
bave of you wise and
the romantic approach. Head to the store and get a pack of rose petals, decide on a dinner plan (pasta usually says romance), balloons, sparkling grape juice, candles, and a present for your date. Head home and whip up dinner. Set the table nicely and place rose petals leading from the door to the table, with lit candles everywhere possible.
Put his or her present and the

## Jabali Afrika makes grand return

By NADA Yousser Staff Witer

February is an important time for many people. For
many of Parkland's core stumany of Parkland's core stu-
dents and staff it is a time dents and staff it is a time
to celebrate Black History Month-a month of commemoration, pride and history. Traditionally, Parkland has scheduled many events throughout February, focusing on areas such as health, biographies, business, and entertainment. One of the most popular events that began last year ali Afrika. The group is comprised of three musicians who form an ensemble, playing cultural music from their home country of Kenya. The style of music they play is that of traditional Afrocentrism.
Jabali Afrika is an attention-
grabbing trio that grabbing trio that travels all
around the United States as well as overseas. To find out more about the Jabali Afrika, go to www.jabali-afrika.com. This Kenyan band is a very versatile group. It is made up of two percussionists and their lead singer who also plays the keyboard.
"They play traditional melodies and rhythms, creating an original fusion of music. It that contemporary sound to it, with its unique beats and rhythms. It is very entertaining!" said John Eby, activities program manager in the office of student life.
Jabali does much more than just play music-they dance, tional roots and are for
involving the audience mem- has to offer. There are also edubers in their performances. "They perform a dance that is semi-choreographed. Anc then they bring people out
from the audience and teach them how to dance," Eby said. What does this havetodowith Black History Month you ask? To begin with, they provide a great amount of entertainment that is African in origin. This yearly event also brings all types of people together. "They create a fantastic sense of community," Eby
said. said.
Leople showed, a wide variety of people showed up for this expeup of Parkland staff and fac ulty, students, Champaign-Urbanacommunitymembers, and the children from the Parkland Child Development Center. It was a multi-ethnic as well as a multi-national audience.
"This was a really powerfu sity. It really brought people together in a community atmosphere, as music and enter tainment usually does. This is a cool event. I'm really anxious to have people there this year. I want a great turn out," said Eby.
So, don't be afraid! Come out to Jabali Afrika Friday, February 6 from

## Jabali

Uabalit Afrika isn't the only ecciting event that you can ebruaty to this February. On February 11, "Black History Livel" a lively, interactive his-
tory competition is being held in the Flag Lounge from $12-1$ p.m.
Prizes and refreshments are
ncluded in this fun occasion,
cational and interesting events that you just can't miss. "Until the Violence Stops" is a lecture that will be held in the Park-
land Theatre on February This Theatre on February 13.
Thise is sponsored by The American Association of Women in Community Colleges, Parkland Chapter. Another important educational experience that you should mark on your calendar is the National Black HIV/ AIDS Awareness Day. The Black History Month Committee with Sister to Sister, Brother to Brother, the Black
Student Association, and TRIO Student Association, and TRIO/
Student Support Services are Student Support Services are
helping to present this event on February 7. This event will help raise awareness on the importance of HIV/AIDS in the African American community. It will also help promote HIV testing and encourage treatment. For more information on the National Black HIV/AIDS
Awareness Day, go to www. Awareness Day, go to www.
blackaidsday.org. Come out and get educated! Something that you absolutely can't miss is the Soul Food Luncheon. Come out and sample all kinds of famous dishes. Tickets are $\$ 6$ for faculty/staff and \$4 for students. The food will be served from 11 a.m. $-1: 30$ p.m. in the
Lounge on February 25 . To get more information the other Black History month the other Black History month
events that will be going on this February, go to httpi/lwww. parkland.edu/events.htm// blackhistorymonth. Make sure you don't miss out!
balloons near their chair, and just before they arrive, set dinner on the table. When they knock at the door, yell for them to close their eyes and come in. Give them a surprise kiss and Have them follow their eyes. Have them follow the rose petals to the table, and start your romantic night.
Total estimate
Local Cats
Local Cats
up, give them their present, and continue on to a nice dinner like The Great Impasta, Guido's, or Radio Maria. After that, head back to your plac and have a big bucket of popcorn and a stack of your sig
nificant other's favorite movnificant other's favorite mov-
ies waiting. Side note: Go the public library to rent your movies. Get a good idea of lists by checking out IMDB.com's top 100 romance movies of all time. It's a good way to make sure that this Valentine's Day is all about them.
Total estimated Cost: $\$ 70.00$ Just Friends
If you're not yet to the
stage of being "officil" stage of being "official" or
you just don't have a Valenyou just don't have a Valen
tine this year, don't sweat the tine this year, dort sweat
small stuff! There are plenty of things to do with that special friend, your group of girl friends, or "the guys". First, work up an appetite and take your friend or group of friend to grab some Chinese or Mexican food at Panda Express or Dos Reales; if you're really
hungry goto Crazy Buffet with hungry goto Crazy Buffet with
the whole gang and close the the whole gang and close the
house down. Then, get ready for the fright of your life. The for the fright of your comes out
new Friday the 13th com on Valentine's Day weekend Go get your scare on and then head back to someone's house for a night of card games and some board games (Imaginiff Cranium, and Curses are great party games).
Total estimated Cost: \$25.00

## Speech professor explores MLK's lesser known oratory

1. By Patrick wood Staff Writer
Martin Luther King Jr. Day has come and passed this year, again reminding us of the man
that spent his entire life blazing a path for civil rights. The next day, the first African American president was sworn in to the White House. After Barack Obama's inauguration speech, many people recalled another famous speech: MLK's "I Have a Dream" speech, given on August 28, 1963 from the steps of the Lincoln Memorealize is that although this is one of King's most memorable speeches, it isn't the only sig. nificant speech he gave.
At Parkland College, Kent Redmon of the fine and applied arts department is involved with MartinLuther King Jr. ina way that most wouldn't expect. When Redmon isn't teach ing any one of his six speech
classes, you may find him recit ing MLK speeches in his refice. This isn't out of the ordinaryKent Redmon has been reen acting MLK speeches for over twenty years.
"I was a member of the Parkland speech team back in 1978 and there was an event called Oratorical Declama-
tion in which you would take speech and try to mimic what speech and ty to mimic what At that time, when I was memorizing the "I Have a Dream" speech, it didn't really hit me what the speech was all about. I was just doing it for a contest. But after a while, it really began to sink in and as I did more and more, I became somewhat good at it, and some-
one heard me and wanted meto do it out in the public, and after did that, it just took off," Redmon said.
The "I Have a Dream" speech is obviously the most ever there are several more speechest that are just as imporspeech
tant.
"In
.
"In terms of discourse, discourse meaning speech, he (King) has some discourse that is typically overlooked, namely the speech that he gave to kick off the bus boycott, which is a very seldom heard, and the speech is called 'Serious Business' where he gets together with fellow African Americans at a packed church, and these people are absolutely tired of paying their money and not getting treated the same way as their white counterparts," Redmon said.
"He would say something like, 'We are here this evening for serious business. On so
many occasions Negroes have been intimidated and humiliated and oppressed because of the sheer fact that they were Negroes. Why just the other day, just last Thursday to be exact, one of the finest citizens in Montgomery, not one of the finest Negro citizens, but one omery, sister Rosa Parks was taken from a bus and cast into jail and arrested because she refused to get up to give her seat to a white person. We have got to work together, right here in Montgomery so that when he history books are written in he future, somebody will have to say there lived a race of peo
ple who have the moral cour age to stand up for their rights and thereby they have injected a new meaning into the vein of history and civilization, and us we do it before it's too late so that initial speech for exam so that initial speech for exam
pie is left almost totally out o the lexicon of King's presentations," said Redmon.
"Another milestone speech of his would have been speech called the "Drum Major Instinct". This speech
is unique because it

Prospectus


## Chuck Shepherd's News of the Weird

LEAD STORY
They're either earnestly civic-minded or people with ies acrossthecountry, men (and a few women) dress in homemade superhero costumes and patrol marginal neighborhoods, aiming to deter crime Phoenix's Green Scorpion and New York City's Terrifica and Orlando's Master Legend and
Indianapolis' Mr. Silent are just a few of the 200 gumless, just a few of the 200 gumess, the World Superhero Registry most presumably with day jobs but who fancy cleaning up the mean streets at night. Accord ing to two recent reports (in Rolling Stone and The Times of London), unanticipated gripes by the "Reals", as they call themselves, are boredom from in the summer) itchy spandex outfits.

Leading Economic Indicators
-People With Too Much Money: (1) The owner of a loca ski shop told the Vail (Colo. Daily in November that he was confident he could sell his park ing space in a town garage for After all, he said, it was on the top floor and next to an exit (2) The upscale residents of Gate Mills, Ohio, near Cleveland are so grateful to their town 61 government employees that they volunteered $\$ 50,000$ in holiday tips in December.
-Among the best-selling and most controversial toys of this past holiday season
were the $\$ 39.95$ Mattel "Gotta Go" Doll and the $\$ 59.95$ Has bro Baby Alive, both because of their interactive features, especially their digestion excretion functions. The latter doll comes with its own food
("green beans," "bananas")
and a warning ("May stain some surfaces"). The Gotta Go ncludes a toilet and brings the
fushing process to life for the child. An industry insider told the Washington Post that next season's toys would be even more realistic.
-The Economy in Crisis: (1) The Platinum Lounge, lap-dancing club in ChesNove, England, announced in selling advertising, in 4 -by-6 -inch body-paint squares, on dancers' derrieres. Said the club's agent, "I had to do a lot of research ... to come up with the optimum size for the (ads)!" (2) In the midst of widespread unemployment in Sweden, the Haxriket i Norden company announced in November it would hire 20 professional crystals, herbs, exorcism, and "contact with the other side," in the expectation that desperate consumers increasingly would require counseling. - Although to many outsiders, the concept of "clothing" on Muslim women suggests full-body veils, many married women in Syria are decidedly more playful, feeding a market for daring and quixotic under-
wear (to be worn in private, of course, and only for one's husband). Musical panties (some band). Musical panties (some
that glow in the dark), bras with hands" covering the cups, and underwear designed to collapse and fall to the floor at the sound of hands clapping are just three of the popular items at boutique shops, according o a December BBC News dispatch from Damascu

Cutting-Edge Science
-Ewww, Gross! Two brain
surgeons in the western US surgeons in the western U.S. ations had shaken them up, hough both said the patients
have since been doing nicely.
Dr. Peter Nakaji, expecting Dr. Peter Nakaji, expecting brain of a woman in Phoenix brain of a woman in Phoenix,
was on video of the surgery chuckling when he realized the problem was merely worm on the brain stem (prob ably acquired from poor sanitation). And in December, a 3 -day-old infant was doing well in Colorado Springs following the discovery and removal of a foot from his brain by Dr. Paul Grabb.
-More than 1,000 new animal species were discovered in the last decade in the area surrounding the Mekong River that runs through Myanmar, Cambodia, Laos, Thailand and Vietnam, including striped rabbits and a spider
bigger than a dinner plate bigger than a dinner plate. Also
found was a pink millipede that found was a pink millipede that
secretes cyanide, according to a December World Wildlife Fund report.

Fine Points of the Law
In November, a jury acquitted Ms. Johnnie Miles, 42, of $\$ 7,500$ worth of fraudu lent credit-card transaction against a store in Vero Beach, had thus earned her freedom had thus earned her freedom.
However, Judge Dan Vaughn However, Judge Dan Vaughn
apparently considered Miles a disreputable rip-off artist (even though technically not guilty of "fraud") and used her schemings to convict her of violating probation on an earlier case. Florida law permits such collateral use of a defendant's behavior, and Vaugh on each of 11 probation yearstions, to be served consecutively.

Recurring Themes
On successive days in January
in two towns in Britain, lonin two towns in Britain, lon-
ers in their 70 s were reported ers in their 70 s were reported
dead from dehydration in their dead from dehydration in their
homes after becoming trapped in monstrous labyrinths of, in one case, hoarded garbage, and in the other, hoarded but unopened merchandise. Gordon Stewart, 74, was found dead in a tunnel system he had arranged from several tons of refuse in his house in Broughton, Buckinghamshire, and compulsive shopper Joan Cunnane, 7 , was buried under so
much merchandise and rub bish that it took rescuers in Heaton Mersey two days to locate her body.
Least Competent Criminals
-Failed to Keep a Low Profile: If a motorist is carrying
$\$ 18,000$ worth of mariuana he might try to avoid attracting attention (and not go the wrong way on a one-way street, as Samuel Randall, 27, did in Chicago in January). Or if carrying a duffel bag full of marijuana, not driving around in a car that lacked license plates, like the four women arrested in San Antonio in November
Or if there are 78 marijuana or if there are 78 marijuana plants in the back seat, making
sure that her car had a valid sure that her car had a valid
state inspection sticker, unlike Tracy Pioggia, in Hampden, Mass., in October.
-Wrong Place, Wrong Time: Torvald Alexander, 39 , was able tochase away the unlucky home invader who hit his apartment on Dec. 31 in Edinburgh, Scotland, according to a BBC News report. The two men inadver tently came face to face just
as Alexander was preparing to as Alexander was preparing to
leave for a New Year's party dressed in full regalia as Thor the hammer-wielding Norse god of thunder: Alexander said the burglar took one look at him, turned and climbed hurhiedly out a window, sliding
down a sloped roof and landing on the ground, where he took on the ground,
off running.

Undignified Deaths
A 77 -year-old man was crushed to death in October while visiting his parents' gravesite at the St. Gregoire Cemetery in Buckingham, Quebec, when a tombstone fell on him. And in November, a
67 -year-old woman was killed in southern Brazil on her way to the cemetery following her husband's funeral. She was a front-seat passenger in the hearse when another vehicle collided with it, slamming her husband's coffin forward and crushing the woman's skull.
A News of the Weird Classic (July 1999)

Walt and Kathy Viggiano of Wichita, Kan., convinced Judge James Burgess to return their four children from foster care 1999, following their removal he year before because of the nssanitariness of the family's mobile home. Unlike in many uch cases, Judge Burgess not abused the kids nor did they have alcohol or drug problems. Also, according to police who made the initial investigation, Walt and the kids seemed to speak warmly and lovingly with each other, even though their intra-family banter in the presence of the investigators appeared to be entirely in Klingon (from "Star Trek"). Read News of the Weird
daily at www.weirduniverse net. Send items to weirdnews@ earthlinknet to weirdnews@ earthlink.net.

COPYRIGHT 2009 CHUCK SHEPHERD

## MLK

$\frac{\text { continued from page } 1}{\text { menow. Ifigure } \mathrm{T} \text { 've been to the }}$ me now. Ifigure I've been to the
mountaintop and I don't mind, and like anyone I would like to live a long life. Longevity has its place, but I'm not concerned about that now. I just want to do God's will and he's allowed me to go up to the mountain and 1 have looked over, and have seen the Promised Land but I want you to know tonight that we as a people will get to the Promise Land' and unfortunately the very next day he was shot and killed, so it actually turned out to be very, very prophetic," he said. Redmon says that these are some of the speeches that are often overlooked, but that
there are also many others there are also many others. He
also maintains that there was no speech that was any more or less important than any other less imp.
"Remember that each speech has its own purpose, so his 'Dream' speech was his vision. A good leader has to be a visionary leader. In other words they have to look pas


Patrick Wood/Prospectus
He was trying to tell people in ration, that's amazing. Each the speech that he knew things ration, that's amaing. Each were bad now, but we need to I personally think we draw too keep persisting, and we will much attention to the 'Dream' see a day where all of this is speech. There's so much more going to go by the wayside, to him than just that." to him than just that." nd he was quite right. If you look at the fact that we have gone from King's assignation to Barack Obama's inaugu-
speech many times. "Oh gosh, Ive given that speech easily, easily over two or three hundred times," he said.
"We've got some difficult days ahead. Some are begin ning to talk to about the would happen to me from some of our white brothers Well it really doesn't mat ter to me now. I figure I've been to the mountaintop and I don't mind, and like anyone I would like to live a long life. Longevity has its place, but Im not concerned about that now. I just want to do God: will and he's allowed me to
go up to the mountain and I have looked over, and I have seen the Promised Land.

- Dr. Martin Luther King, speeches every year and has speeches every year and has
over ten full length speeches memorized, including the "I Have a Dream" speech. He says that he has given that one

\$1000Unlimited Tanning for only ${ }^{5} 88^{33^{3} /} /$ montit!

Up to $40 \%$ Off Taming Packayes 20\% Oifi Lotions!

Up to 60\% Oif Unymatiles ? $A$ and Ulirabiront!

CHAMPAIGN
1900 W Springifild


## New club focuses on beauty of Japanese culture



## John Updike dies at 76

by CARLIN ROMANO By C
MCT

PHILADELPHIA-John Updike, 76 , the bookish, pro lific, Berks County, Pa-born novelist, poet and critic whose extraordinary and exquisite him Pennsylvania's greatest contributor to contemporary American and world literature died Tuesday of lung cancer. He died in a hospice outside Boston. He had lived for many years in Beverly Farms, Mass. Like Joyce Carol Oates, Updike enjoyed a reputation for prolific creativity across almost every genre known to
literature. Like an American literature. Like an American erary world with the pointillist precision of his sentences, the pleasing, surprising lilts and twists of his lyrical diction. In the manner of Henry James, Updike probed deeply into the 20th-century Ameri can psyche, but he departed from that urbane master of prose in favoring the scruAmerican minds of the sort he grew up with, rather than the tortured, precious sensibilities of New York elites.
Born March 18, 1932, in Reading, Pa., where he wrote his first newspaper features or the Reading Eagle, Johr Hoyer Updike grew up in sub urban Shillington, Pa., with high school math teacher, and Linda, a writer herself-and his maternal grandparents. In 1945, the family moved to the farmhouse in rural Plowville, Pa., 11 miles away, where Linda Updike had been ington Hied Sctorian of Shillington High School in 1950, uphike went on to Harvard, fere he sarvard Lampoon and net Mary Penninton, and liffe fine-arts student, whom he married in 1953. Graduating summa cum
laude in 1954 with a thesis on he English poet Robert Herck, Updike pursued art trainng for a year at the Ruskin Arts in Oxford, England. Originally he aimed to be a cartoonist for the New Yorker: nstead, the lanky young writer, become familiar to thousands of literary fans, joined the mag. azine in 1955 as a "Talk of the Town" writer. Although he left themagazinetwoyearslater, he did so only after establishing a tight writing connection to ithis first story there was titled Friends From Philadelphia"hat would come to define his career.
After After daughter Elizabeth and son David arrived in the mid-1950s, he moved to Ipsas a freelancer. He largely emained in that setting-solo literary practitioner in smalltown Massachusetts-the rest of his life.
His first novel, "The Poorhouse Fair" (1959), about a rebellion by residents of an tor, established his sympathetic attention to the experiences of normal folks close to home; he'd often walked past such an institution in his Shillington adolescence.
Yet the novel that put him on the map was "Rabbit, Run" (1960), with its portrait of Harry "Rabbit" Angstrom, a for his halcyon days as a suc cessful high school basketball player, who deserts his wife and children.
Although re
Aten ften saw Updike as the consummate sophisticated New Yreds of writer, whose hunand poems stories, reviews ine for half a ced the magasylvanians continued, to him as the great chronicler of their modest, yet complicated small-town experience through the "Rabbit" tetrol-
ogy that grew from that book "Rabbit, Run" was followed by "Rabbit Redux" (1971), "Rab bit Is Rich" (1981), and "Rabbit at Rest" (1990).
The cliche image of Updike, however-nestled in his Mas sachusetts office, calmly limning contemporary Ameri can ife tirough the prism of small-town Pennsylvania an
Massachusetts-never reall Massachusetts-never reall
captured a writer who personcaptured a writer who person-
ally and in his imagination frequently ranged far afield.
He traveled to Eastern
Europe for the State Derart Europe for the State Depart ment in 1964, lived in Londo with his family from 1968 to 1969, won a Fulbright lecture ship to Africa in 1973, and took up other
the world.

## the world. Similarly

Similarly, in his fiction, he engaged in unlikely ara besques-moves responded to in mixed ways by critics - to write about matters beyond his normal experience.
Novels such as "
Novels such as "The Coup (1978), a lighthearted look at the leader of Kush, an invented African country bereft of
resources, and "Brazi" (1994) in which Updike retold the TristanandIsoldestorythrough characters named Isabel and Tristão, displayed the author choreographing cultures and players that some complained he knew little about.
Late in his career, "Terrorist" (2006), about a convert to Islam, brought similar charges. But a hallmark of his literar
persona was a playful desire, persona was a playful desire
when it suited him, to leap when it suited him, to leap
beyond his life and the fictional beyond his life and the fictiona
terrains associated with him. One of those standard ter ritories, to be sure, was loya examination of sexual hijinks among the middle class. He dic his duty in "Couples" (1968) about young married sorts breaking traditional vows in
the New England town the New England town of Tarbox (basedon Ipswich); "Marry
Me" (1976), about the affairs of two couples who exchange

## Spring Semester Sports Preview

a
SEAN HERMANN Staff Writer

The spring semester is now upon us, which means new classes, new students, and for some, closing in on that degree. This also means a handful of new sport seasons will be underway. Here is an update on
Parkland athletics including Parkland athletics, including
the latest on coaching changes season previews, and competition results.
Starting off with volleyball, Head Coach Mike Trame has resigned and accepted a non coaching position at the University of Illinois. Trame compiled an overall record of 193 wins and 74 losses in five seasons with the Cobras, winning
five M-WAC titles, one Dis trict title, and four finishes as Region 24 runner-up. He was named the Conference, Region, and Midwest NJCAA Coach of the Year while simultaneously taking the Cobras to Nationals this season.
Assistant Coach Vern Podlewski will step up as to fill Trame's position. Podlewsk came to Parkland after com pleting his professional volplayed with teams in Germany and Romania from in 2005 to 2008 following a three-year stint with the USA National Men's Volleyball team. Podlewskialso spent two years at the University of Hawaii where his team won the NCAA Championship in 2002 and was selected
2nd team All-American.
at Parkland as our volleyball
coach and athletic academic bold and Steve Kuligowsk
coach and athletic academic perform well on the court but classroom as well. He was an extremely valuable part of the Cobraathletic program and will be truly missed," said Parkland Athletic Director Rod Lovett. "Being able to secure a coach of Vern's knowledge and beplacing Mike. I feel he will be able to step right in and keep the program going at a high level and I don't anticipate any drop-off in the success of the program. I look forward to working with Vern to make sure that Parkland remains as one of the elite NJCAA volleyball programs in the country" ovett said.
Next up is Parkland bas ball. An opportunity arose for readers how the team was looking so far this season.
"So far the team is looking good. They are working extremely hard and come to practice every day wanting to get better. We are a very deep coam so that provides a lot of competition a

## Many free resources available on college financial aid

8By CL
MCI

Getting into college? No sweat, compared to paying for college.
And it's not just freshmen and their parents who are nervously eyeing college costs. Lots of working adults, returning to school for MBAs, job change, also are calculating the price tag.
And no wonder And no wonder
According to Board, the average annual cost of tuition and fees at a private four-year university in 2008-09 is $\$ 25,000$. Pile on books, clothes and living expenses not to mention fur money-and change. inite impact on people's anxiety levels on how they're going to pay their tuition bills," said Craig Carroll, CEO of Student Financial Aid Services Inc., a private Sacramento, Calif. based company that-for a fee-guides families through the financial-aid process. Car-
roll said calls to his company roll said calls to his company
this month have jumped 40 percent, compared with a year ago. Given the economy, "Even
families that were feeling very comfortable about their savings are starting to feel ver uncomfortable," he said Among those feeling the an aspiring teacher who is graduating from Sierra College in Rocklin, Calif., this spring She's applied for fall admission to the University of California, Davis; California State University, Chico; and California Polytechnic State University, San Luis Obispo.

Looking ahead, Lewis and her parents are fretting about her parents are fretting about
how they 11 foot the bill this fall. Tvv years ago, Lewis enrolled at California State University, Sacramento, but even with a part-time job and financial help 2.500 her grandparents, the tuition, books semester for secame eturned home and enrolled at Sierra, a two-year community college that's considerably cheaper.
"I feel a lot of guilt that we lidn't prepare more for colto go," said her mother, Yolanda Lewis, who works full-time for an insurance company. "We haven't done loans. We said Lewis, who also das two said Lewis, who also has two
younger daughters to send to counger daughters to send to now and be sure it's paid for because there may be unforeseen expenses when she enters seen expenses
a university")
The Lewis
The Lewis family hopes to again bypass student loans by setting aside savings and applying for gran.
ble scholarships.
A company like Carroll's would charge $\$ 80$ to $\$ 100$ to assist a family in the financialaid process. But you don't need to spend a dime to find financial aid for college, if you know where to look. There's a wealth of Web sites, workshops and financial calculators that you can access for:free looking, there's where you're first step: filing the FAFSA arst step: fling the FAFSA
Officially known as the Application for FederalStudent Aid, it's the gateway to getting virtually any kind of financial help for college. It's free to file at www.fafsaied.gov.
With more than 100 ques-

> Worried high school seniors

High school seniors who say they have done the following due to the financial crisis:

- Considered less prestigious colleges that may be more affordable

57\%

- Changed focus from four-year to two-year college

14\%

- Decided to get a job while in college


## $71 \%$

- Increased time spent searching for scholarships

85\%

## © 2008 MCT

Source: MeritAid.com online survey sent to 50,000 high school seniors; 2,535 responded Oct. 3-10, 2008
Graphic: Judy Treible
tions, it's earned a reputation - azine. But Clark, who has filled as "a pain in the FAFSA," said out the FAFSA for one of her Jane Bennett Clark, a senior own three kids, said it's not so associate editor with Kip- bad.
linger's Personal Finance mag- Herwn three kids, said it's not so
documents, estimate your 2008 income and get it filed ASAP. "The free (state and federal) you want to get your application squared away as quickly and accurately as possible." Io see a complete list of Clark's dos and don'ts for filling out a FAFSA, go to www. Traps to Avoid").
Traps to Avoid")
to financing a college routes tion: scholarships, grants, federal and private loans, workstudy programs, and part-time and summer jobs.
Consult your high school or college financial-aid office. Visit the public library or look for online resources.
Ir you're opting for student recommend that you seek fed eral loans, rather than private ones. Many private lenders have dropped out of studentaid programs. Federal loans are generally considered to offer lower interest rates and more flexibility with repayment.
But carefully consider how much debt you want to be star-
ing at on graduation day. Even ing at on graduation day. Even
with a college degree, you may with a college degree, you may loan repayments, some financial planners warn. than you're prepared to repay based on your career goals," said Tamara Zidar, a certified financial planner with CLC Inc. in Granite Bay, Calif. "Too many (students) have been encouraged to go to a highpriced school that somehow would magically pa
after graduation."
Obviously, that doesn't always happen, said Zidar, not ing it's not uncommon to see cli-
ents trying to pay off $\$ 100,000$
or more in student loans on a teacher's salary.
For parents, Zidar advises against breaking into your retirement piggy bank to pay for your children's col retirement savings in order to pay for colle between paying dren's college for your chil retirement."
To figure out how much stu dent loan debt you can handle there are repayment calcula tors for parents and students alike at Web sites such as www. finaid.com.
Above all, don't Take it from ant despair Loughner of Roservil. Ceres who's working part time while attending American River Col lege for a restaurant manage ment degree, said "persistence and patience" are essential in the hunt for financial aid. The 26 -year-old waded through reams of paperwork to score some help this semester: about $\$ 300$ in tuition waivers and dis counted parking.
Loughner said it required jumping through " $a$ set of
hoops multiple times," but the payoff was worth it, "as I can attest."
(Claudia Buck is the assis tant business editor of The Sac ramento Bee.Personal Finance Notebook answers questions about money matters, tapping a roster of experts for advice on navigating the often-confusSubmit questions to cbuck@ sacbee.com or P.O. Box 15779 Sacramento, CA 95852.)
(c) 2009

The Sacramento Bee

Super surprises: Cardinals and Steelers are similar - but in different ways

## UPDIKE

## 3

or covitz

TAMPA, Fla.-Hall of Fame coach John Madden could have been speaking for the entire pro football world when he
pondered the matchup of Ari pondered the matchup of Ari-
zona and Pittsburgh in Super Bowl XLIII.
"Ive said the last few years, the NFL stands for Never Fig ure League," said Madden,
who will broadcast the game for NBC, "When you think you know what's going to happen you realize you don't know a doggone thing.
No one saw this one coming. Arizona, champion of a weak
NFC West, lost four of its last NFC West, lost four of its last
six regular-season games by an six regular-season games by an
average margin of 24.2 points per game and was an under dog in all three playoff games, including two at home.
Yet the Cardinals, whose last NFL championship was in 1947 when they were based in Chicago, became the first No. 4
seed ever to reach the Super Bowl, and unquestionably are the most unlikely team to play for the title.
"When. you look back at it it's kind of staggering," Arizona coach Ken Whisenhunt said of his team's wild ride to the Super Bowl.
Even the Steelers, who won
Super Bowl XL Super Bowl XL as a sixth seed
three years ago, are a mild surthree years ago, are a mild sur-
prise. They were a second seed prise. They were a second seed
and had lost $31-14$ to top-seeded Tennessee in the second-to-last regular-season game.
But in the playoffs, the Titans were upset by Baltimore in the second round ... Indianapolis, which had won its last nine reg-ular-season games, was taken out by San Diego in the first advantage of home-field advan advantage of home-field advan-
tage, beat Baltimore in the AFC championship game and will be appearing in its seventh Super


Arizona Cardinals running back Edgerrin James answers the questions from the press Tuesday, January 27, 2009

Bowl and aiming for a reco ixth Vince Lom for a reco The seven trips to the Super owl are the second most in NFL history, trailing only the Dallas Cowboys, with eight. And Pittsburgh's five rings are tied for the most Super Bowl wins with Dallas and San Francisco.
Both Ar
Both Arizona and Pittsburgh are led by second-year coaches who at 36 is the youngest head coach to reach the Super Bowl and Whisenhunt, who was the Steelers' offensive coordinator
when they won Super Bowl XI under Bill Cowher.
Tomlin's pediere is defense, and that's what car ried the Steelers to the Super Bowl. The Steelers, for the second straight season, were the NFLs top-ranked defense. They also led the league in scoring defense, passing defense, were second against the run, second in sacks and featured
linebacker James Harrison, linebacker James Harrison,
the NFL Defensive Player of the Year. the Year.
Whisenhu is in offense, background

Joe Rimkus Jr./Miami Herald ing Cardinals ranked fourth in total offense, second in pass-
ing offense and tied for ing offense and tied for third Yet the $S$
89 points in their last three games, their most productive three-game output of the season, while the Cardinals have played some stout defense, especially in a playoff game at Carolina where they forced six turnovers.
Both teams have former Super Bowl MVPs
Warner was MVP of Super

Bowl XXXIV when he led the
St. Louis Rams to a' victory over Tennessee. Warner, 8-2 in his postseason career, is bidding to become the first quarterback in NFL history to lead two different franchises to Super Bowl titles.
Pitsburgh wide receiver
Hines Ward was MVP of Super Hines Ward was MVP of Super
Bowl XL against Seattle when Bowl XL against Seattle when yards and a touchdown from quarterback Ben Roethlisberger, who is $7-2$ in his postseason career.
But the players who have grabbed quite literally_most of the attention in the playoffs so far have been Arizona wide
receiver Larry Fitzerald and receiver Larry Fitzgerald and
Steelers strong safety Troy Steelers strong safety Troy
Polamalu.
Fitzgerald tied an NFL record with three straight 100yard games in the postseason, tied another record with three touchdown catches in the NFC championship game, and his 419 yards in the play-
offs are a singleser offs are a single-season, postseason record. And he still has
the Super Bowl left. the Super Bowl left. Polamalu has three career
postseason interceptions, including a 40 -yard return for a touchdown against Baltimore. It was the first interception return for a touchdown and longest return in Steelers postseason history. The Steelers are seven-point favorites, but remember this.
These teams met in the fourth game of the 2007 regular sea game of the 2007 regular sea
son-in Arizona. The Cardinals scored 21 second-half points for a $21-14$ victory.

What will be the biggest change Obama makes in $2009 ?$



Brittany Salm
Major: Transfer Student
Major: Transfer Student .
I believe that Obama's presidency will offer our country a fresh outlook on government and an improved sense of patriotism."


Nick O'Dea
Major: Transfer Student
He's giving people a restored sense of hope and giving them something to look forward in."

Major: Mathematics
"Obama is going to lead a education reformation during his presidency."


## Prospectus News is hiring for Spring 2009

cu... We're looking for those who want to cover the news of our Champaign-Urbana community ...

... the artsy creative folk who enjoy theatre, music and design ...

0... the Web-savvy Internet gurus who name their pets after social networking sites ...

... those who like to talk a lot, but write it all down ...

... and the sports junkies of Parkland ...

[^0]

As Blagojevich impeachment trial begins, he takes to airwaves in own defense


## Researchers find traces of mercury in high-fructose corn syrup

8

By MICHAEL

HAWTHARN | HAWT |
| :--- |
| MCT |

CHICAGO-A swig of soda or bite of a candy bar might be sweet, but a new study suggests that food made with corn
syrup also could be delivering syrup also could be delivering iny doses of toxic mercury. For the first time, research-
ers say they have detected traces of the silvery metal in samples of high-fructose corn ener that has replaced sugar in many processed foods. The study was published Monday in the peer-reviewed journ Environmental Health.
Eating high-mercury fish is the chief source of exposure for most people. The new study AuntieAnne's
AutieAnnes

## READY TO ROLL?

Do you want to be the best at your job? Roll with us and you'll join a. getting the job done.

POSITIONS ARE AVAILABLE FOR: Crew Members.. 3 Student
Positions Available

BENEFITS INCLUDE
FREE FOOD
AND A PAYCHECK TOO
Flexible Schedule
Market Place Mall.. Bergner's Wing
raises concerns about a previ-
raises concerns about a previ-
ously unknown dietary source ously unknown dietary source
of mercury, which has been of mercury, which has been
linked to learning disabilities in children and heart disease in adults.
The source of the metal appears to be caustic soda and hydrochloric acid, which manufacturers of corn syrup use to help convert corn kernels into the food additive.
A handful of plants across the nation still makke the soda and acid by mixing a briny solution in electrified vats of
mercury. Some of the toxic mercury. Some of the toxic
metal ends up in the final product, according to industry documents cited in the study. Corn syrup manufacturers insisted their products are mercury-free. But the study noted that at least one maker of caustic soda that has used the mercury-based technology
listed the corn syrup industry as a client.
"This seems like an avoidable source of mercury that we didn't know was out there," said David Wallinga, one of
the study's co-authors and a
researcher at the Institute for Agriculture and Trade Policy, a Minn
group. group
The that their study cautioned Only 20 samples were analyzed; mercury was detected in nine.
Still, the impact of the findings could be significant. High-fructose corn syrup has become such a staple in processed foods that the average American consumes about 12 teaspoons of it daily, according
to federal estimates. Teenagers and young kids tend to eat more of it than adults.
There is no established
safe dose for elemental mersafe dose for elemental mercury, the type discovered in corn syrup. But the U.S. Environmental Protection Agency says an average-sized woman
should limit her exposure to should limit her exposure to 5.5 micrograms a day of methfish.
If thatsame woman regularly
ate corn syrup contaminated at the highest level detected in the study- -.57 micrograms per
gram-the researchers estimated that she could end up consuming an amount of mercury that is five times One former EPA scientist who reviewed the paper said more study is needed to establish the risk; if any, posed by contaminated corn syrup. She urged the Food and Drug Administration to conduct a
review of food made with the review of f
sweetener.
"For the most part, previous studies haven't found mercury in foods other than fish," said Kathryn Mahaffey, a former EPA scientist who co-wrote a landmark report to Congress on the perils of mercury contamination. "Is this an outlier or something we didn't know
about before?" about before?"
In response to a 2005 Chi cago Tribune series about mercury hazards, then-U.S. Sen.
Barack Obama introduced leg. islation that would force chlorine plants to phase out its use or shut down. One plant in Wisconsin later vowed to switch to a mercury-free process by this
year, leaving four others-in year, leaving four others-in
Georgia, Ohio, Tennessee and Georgia, Ohio, Tennessee and
West Virginia -that still use the older technology. the older technology.
The new study's lead author, Renee Dufault, began her research while investigating the Wisconsin plant for the FDA in the mid-2000s. But her results weren't published until from, a year after she retired from the agency
Aill was waiting forman said he to the study. Industry representatives, meanwhile, said the study was outdated.
"It is important that Americans are provided accurate, science-based information," Audrae Erickson, president of the Corn Refiners Associaion, said in a statement. "They corn syrup is safe." In another statement, the Chlorine Institute said: "It is conceivable that measurable mercury content can be found in high fructose corn syrup cessed."
(c) 2009, Chicago Tribune



|  | 4 |  |  | 9 |  |  |  | 1 |  |  |  | 2 | 7 | 4 |  | 6 |  | 8 |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | 7 |  |  | 9 |  |  |  |  |  | 7 |  |  |  |  |  | 9 |  |
|  | 6 | 7 | 4 |  |  |  |  |  |  |  | 6 |  |  |  |  |  |  |  |  |
| 8 | 5 |  |  |  |  |  |  |  |  |  |  |  | 4 |  |  |  |  |  | 7 |
|  |  | 2 | 6 |  | 7 | 5 |  |  | 9 |  |  | . | 2 |  |  | 5 |  |  | 4 |
|  |  |  |  |  |  |  | 2 | 3 | 3 |  |  |  |  |  |  | 9 |  |  |  |
|  |  |  |  |  | 8 | 7 | 9 |  |  |  |  |  |  |  |  |  |  | 4 |  |
|  |  | 3 |  |  | 4 |  |  |  |  |  | 5 |  |  |  |  |  | 3 |  |  |
| 1 |  |  |  | 6 |  |  | 8 |  |  |  | 1 |  | 6 | 2 |  | 7 | 8 |  |  |
| 4 |  | 2 |  | 8 |  | 3 |  |  |  |  |  |  |  |  |  |  | 1 |  | 8 |
| 1 |  |  |  |  |  |  |  | 2 |  |  |  | 6 |  |  |  |  |  |  |  |
|  | 6 |  |  |  | 3 |  | 8 |  |  |  | 9 |  |  |  |  | 2 | 6 | 5 | 7 |
|  |  |  | 6 |  |  |  | 7 |  | 1 |  |  |  |  | 3 |  | 9 |  |  |  |
|  | 3 |  |  |  |  |  | 5 |  |  |  |  | 4 |  |  |  |  | 8 |  |  |
|  | 7 |  |  |  | 1 |  |  |  |  |  |  |  | 4 | 1 |  |  |  |  | 5 |
|  | 1 |  | 5 |  |  |  | 6 |  | 4 |  | 6 | 5 | 3 |  |  |  |  | 1 |  |
| 2 |  |  | . |  |  |  |  | 7 |  |  |  |  |  |  |  |  | 3 |  |  |
|  |  | 8 |  | 3 |  | 2 |  | 4 | 9 |  |  | 8 |  |  |  |  |  |  |  |

## 告ctur

## Weather Forecast

Thursday: Scattered flurries. Cloudy, with a high near 29 . Wind chill values between zero and 10 . Thursday Night: Scattered flurries. Mostly cloudy, with a low around 13.
Friday: Partly sunny, with a high near 20 .
Friday Night: Partly cloudy, with a low around 10
Saturday: Mostly sunny, with a high near 33
Saturday Night: Mostly cloudy, with a low around 25 .
Sunday: Partly sunny, with a high near 36 .
Sunday Night: Scattered flurries. Mostly cloudy, with a low around 20.
Monday: Scattered flurries. Mostly cloudy, with a high near 32.
Monday Night: Partly cloudy, with a low around 20.
Tuesday: Mostly sunny, with a high near 35 .

## CrimeStoppers seeks assistance

 Champaign Police investigators are asking for infOn Sturday Novemberty and reckless conduct. ${ }^{\text {b }}$, at Market Street and Bradley Avenue in Champaign. Officers were advised that a sroup of four or five black male subjects were seen standing on the southwest corner of the intersection. As three LEX buses approached the intersection, one of the black males was observed throwing a paving brick, completely shattering the windshield of one bus. Another paving brick was thrown, which shattered two full-size passenger windows of another bus. Some of the passengers were sprayed with shattered glass and suffered minor cuts. One passenger was struck by a brick and suffered minor facial injuries.
The young black male subjects were described as being 14 to 16 years of age. One of the subjects seen throwing a brick was wearing a white shirt.
Investigators are seeking any information you might have regarding this incident

mmediate Response Information System (IRIS)
If you have not signed up for the campus emergency alert system, I would urge you to do so right away. In an on-going effort to make Parkland College as safe as possible, the IRIS (Immediate Response Information System) has been implemented. If you go to www. parkland.edu/publicsafety/alerts, you can sign up there. The purpose of the system is to dis seminate information as quickly as possible in the case of an emergency to students, faculty and staff.
information to mujur benefits of the IRIS alerts systems is that it can broadcast emergency information to multiple sources simultaneously. For instance, it can notify you by cell phone, ber, safety is everyone's responsibility.


88 WEST STUDENT APARTMENTS: State-of-the-art Fitness Center, Computer Lab, Resort style pool, Individual Leasing, and more.


CALL US: $\mathbf{8 6 6 . 7 7 8 . 9 3 8 6}$ OR VISIT: WWW.88-WEST.COM

## let Greenville College help you take the next step toward your NeXt Degree

TRANSFER FRIENDLY POLICIES - FAST TRANSCRIPT EVALUATION - CHRIST-CENTERED EDUCATION

## Traditional Academic Programs

- Over 50 programs of study like:
- Contemporary Christian Music
- Music Business
- Communication (PR, Mass Communication, Speech, Theatre)
- Media Promotions
- Biology (over 90\% admittance to Medical School)
- Teacher Education (rated a "Model" program by IL State Board of Education)
- Digital Media (Art, Audio Recording, IS, Internet, Video and Film)
- Supportive residential environment with on-campus housing available
- Located in Greenville, Illinois: an easy drive from Champaign-Urbana

[^1]
## Adult Degree-Completion Program

- You II attend class just once a week for 18 months
$\Rightarrow$ Classes meet on the Parkland campus
- Designed for Adults with at least 3 years of work experience
$\overline{\text { Adult Degree-Completion Counselor }}$ CALL 888.818.4625 its-time@greenville.edu


## BISCO

## Football fan or not, here's

 a game everyone can play


[^0]:    ... and all you need to be is responsible, hard-working, and good with deadlines (we are a newspaper, after all). We're looking for writers, columnists, designers, photogs, coders, and editors. We offer scholarships for the dedicated. Write: editor.prospectus@gmail.com, or call us at (217) 351-2216, or stop by room X-155 in the Prospectus office for more info.

[^1]:    Transfer Admissions Counselor:
    CALL 800.345.4440
    admissions@greenville.edu

