



The days of civility are over? We tell Wilson, Serena, and Kanye to "stick a sock in it." Opinions: page 6



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—Welcome home, Bulldogs!



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Summer isn't over until Matt and Kim say it is

By PATRICK WOOD
Editor

Matt and Kim, the increasingly popular indie-pop-dance duo from Brooklyn won best break-through video at the MTV Video Music Awards Sunday night. They weren't there to see it, though. Instead they announced their win to their fans during a free concert at Parkland College on a beautiful night that graced the cusp of summer and autumn.

Matt Johnson and Kim Schifino have gained a reputation over the last five years as being a fun, high-energy pair that love to perform and love their fans just as much, if not more. Their performance at Parkland College reflected that.

While most artists would have cancelled their performances due to sickness, Matt and Kim did not, even though Kim was suffering from a sore throat Sunday night. Most artists that have a tour schedule as hectic as Matt and Kim's would have jumped on their tour bus and booked after a show, but Matt and Kim stayed and signed everything from t-shirts to pizza boxes for everyone that wanted an autograph. They seemed to encapsulate Parkland's accessibility and open atmosphere, lending an air of success that was reflected by the numerous amounts of concert-goers.

According to Public Safety estimates, between four and five hundred fans turned out to what may be the first of many more free shows to come at Parkland College. The concert, which featured opening act Yea Big and Kid Statick, was hosted by Parkland's radio station, 88.7 The Wave.



Patrick Bright/Prospectus

Station manager Eleni Kametas wants to make live music performances more common at Parkland.

"I thought it would be really cool if we offered shows, and we hadn't previously had any shows at the radio station so we decided to do it," said Kametas.

The selection of performers was key when Kametas was

planning the concert. Matt and Kim seemed more than appropriate for the setting.

"I'm a fan of [Matt and Kim], and I just had a feeling that they were really going to blow up soon." Kametas said. "I thought that they'd be a great act to bring and I thought it was someone who we wouldn't necessarily get in Champaign-

Urbana."

Although Champaign is outside the radius of many concert tours - having a home that is nestled a couple of hours away from Chicago, St. Louis, and Indianapolis - there is a thriving music scene that is usually hosted by places such as Krannert Center for the Performing Arts at the University

of Illinois. Kametas wanted to help bring Parkland into the spotlight as another venue of music appreciation.

With all of the people that showed up at Matt and Kim, Kametas is positive about the future.

"I'm hoping that we will be able to have more shows. I'd like to shoot for one or two big

shows every year," she said.

Kametas was able to secure funding through Parkland College, and received a lot of support from students, faculty, staff, and Public Safety. As the popularity of the Matt and Kim show grew in scope and size, the venue at Parkland had

See **M&K** on page 6

Parkland supports the troops on all levels

Sean WHITSITT
Staff Writer

[For pictures of the Veterans' Homecoming celebration at Parkland, turn to page 10]

Looking for a fun way to honor our American Patriots? Look no further, as Parkland has several ways for you to be involved in supporting our troops. Here are some of the events that took place at our own school to honor and aid our American Heroes.

First up was the Bravo Company Welcome Home celebration. The event was held at the Parkland College track on Friday September 11 from 1-3pm. The celebration welcomed home and honored the 634th Bravo Company, a National Guard Unit.

There were a lot of smiling faces. "[Turn out was] a couple hundred, at the very least," said Parkland Staff Liaison for Student Veterans at Parkland (SVAP) Ronnie Turner-Winston. "[The soldiers] have been away from home for more than a year."

The Welcome Home celebration started out with a parade in Mahomet and advanced all the way to the track here at Parkland.

Many families have been eagerly awaiting their loved ones with anticipation, even here at Parkland. "The Bravo Company is returning from serving a tour in Afghanistan. One of Parkland's very own, David Wentz, [was] one of the

soldiers returning. Families [were] waiting for them at the track area, on the bleachers," said Veterans Certifying Official and Veteran Services Coordinator for Parkland College Kristina Taylor.

"When they arrived, the soldiers filed out onto the middle of the track, their unit commander conducted a very short dismissal ceremony and then the families mobbed them and carried them home," said Taylor. The angst that these families have been feeling with their loved ones on the other side of the world was finally replaced with joy as they are once again reunited.

Parkland also hosted the "Helping our Hometown Heroes and Patriots" event. The event was held at the Parkland College Gymnasium on Saturday, September 12 from 10-2pm. The Illinois Department of Veterans Affairs sponsored the event and approximately 40 vendors participated. Among the vendors, Parkland participants included the Office of Financial Aid and Veteran Services, Office of Disability Services, Counseling and Advising, and SVAP. Other participants included the Veterans Medical Center, Illinois Department of Veterans Affairs American Legion and many others.

Attendees had the opportunity to speak with various vendors, procure informational materials, and have their questions answered. A hot dog



Aaron Geiger/Prospectus

lunch was also provided.

"This event [was] intended to let the community know what resources are available to veterans and their families. Many veterans are unaware of the services available to them or have questions about how to access these services. With this event we are able to put the services together in one space to ease the confusion and make

them more accessible," said Taylor. With this event Parkland provided an easier way to lend a hand to our local veterans who may not have been aware of the opportunities available to them.

"Because we are not close to a military base, many people assume that we don't have many veterans or active duty military personnel in our area.

This is far from true. Our community college district is home to roughly 16,000 veterans. Many people in our area are in need of services, but don't know how to find them or that they are even available. In military towns, resources are easy to find. In other places, veterans or their families may not know anyone else in their situation and have no idea of who

to turn to or even who to ask," said Taylor. The event raised awareness on veteran needs and shed light on ways that they can be solved.

Parkland has been very active in reaching out to our veterans and soldiers. One such way is found in the fairly new student organization Student Veterans Association at

See **Troop** on page 4

Prospectus

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- Views expressed are opinions of staff and contributors and not necessarily that of the Prospectus or Parkland College.
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- The rules of correspondence: all submissions must be signed with a phone number and address. The Prospectus staff must verify the identity of letter writers. Correspondence may be edited to accommodate the space requirements of the paper. The deadline for all submissions is 12 p.m. of the Thursday immediately before the upcoming issue.



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Chuck Shepherd's News of the Weird

To cookbook or not cookbook?

LEAD STORY

Breakthroughs in Eye Hair: The pharmaceutical company Allergan has introduced eyelash-thickener Latisse, a \$120 per month prescription "medication" to help a woman overcome feelings of inadequacy if she suffers from scrawny lashes. Alternatively, eyelash transplants are now available in the U.S. and Britain, originally developed to restore lashes for burn victims, but, according to the American Academy of Cosmetic Surgery, now to market to women dissatisfied with their own (at about \$6,000). And in May, Washington, D.C., resident Brian Peterkin-Vertanesian petitioned the Guinness Book to recognize "Wally," his 6 3/8-inch eyebrow hair as the world's longest, beating the current record by almost an inch.

The Continuing Crisis

—Juvenile disruptions by "Girls Gone Wild" video producer Joe Francis in two recent federal lawsuit depositions have apparently backfired on him. Under questioning by plaintiffs' lawyers, Francis had persistently and solemnly claimed not to understand common words and, during one session, repeatedly passed gas. At another deposition, he appeared indignant when asked if he had paid two teenage girls to fondle him ("disgusting allegations (against) a man of my integrity"). One judge summarily ruled against him on a \$3 million Las Vegas gambling debt, and the other judge was considering a similar course in a class-action lawsuit by some of Francis' allegedly underage "models."

—With no help from Verizon Wireless, law enforcement agencies managed to hunt down a disturbed, 62-year-old man sought in an 11-hour manhunt following a domestic violence call in Carrollton, Ohio, in May. Deputies had wanted to use the man's cell phone signal to locate him, but the company had shut off his service over an unpaid \$20 bill and refused to turn it on, even for a few minutes, unless deputies paid the \$20. The sheriff was reluctantly about to pay when deputies found the man.

—Union Rules: (1) One subway line in Boston is still forced to employ two drivers per train when the other Boston lines, and most all subway systems worldwide, use only one. A June Boston Globe analysis estimated that the second driver, doing virtually nothing useful, costs the government \$30 million annually. (2) At any one time, the New York City school system is forced to keep about 1,600 teachers on full salary and benefits (costing about \$100 million per year) even though they cannot be required to work. Six hundred are in a multiyear arbitration process for terminable misconduct or incompetence, and 1,000 are long-term layoffs from shuttered schools but whom principals continually pass over for transfer.

Yikes!

—The New Torture: (1) In August, Glasgow hosted the sixth annual World Pipe Band Championship, with 200 bagpipe bands competing. (Professional piping often hits a sound level of 100 decibels and can go to 120, which is louder than a pneumatic drill.) (2) Two musician-beggars in the village of Moseley, England, were banned from perform-

ing in the area in August after a magistrate court heard complaints by desperate residents that the pair played only two songs (Oasis' "Wonderwall" and George Michael's "Faith") over and over and over.

—Animals Gone Wild: (1) In July, scuba divers around San Diego were forced out of the water by the estimated 1 million human-sized Humboldt squid that infested the area. Usually deepwater dwellers, they swarmed near the shore for several weeks, flashing their "razor-sharp beaks and toothy tentacles," according to a KABC-TV report. (2) In June, in Ana Lee Spray's garage in Riverside County, Calif., a full-grown mountain lion was cornered and held at bay for 45 minutes by Spray's three Chihuahuas, yapping at it relentlessly. Eventually, animal control officers arrived and removed the grateful lion.

Oops!

—Agile Athletes: (1) Chicago Cubs' pitcher Ryan Dempster missed a month with a broken toe suffered in July when he tripped on a railing while leaving the dugout to celebrate a victory over the Milwaukee Brewers. (2) Kansas City Royals' Jose Guillen missed over a month after tearing a ligament in his knee while leaning over to put on a shin guard before his turn to bat in a July game. (3) Appalachian State quarterback Armanti Edwards, a three-time All-American, was to miss the first month of the season after injuring his foot in August while mowing his lawn.

—In August, Democrat Michael Heagerty failed by one name to meet the ballot requirements to run for reelection to the city council in Syracuse, N.Y. He was credited with 334 of the 335 necessary signatures, but realized too late that he had forgotten to list his own name. (He said he would run for re-election, anyway, as an independent.)

People With Worse Sex Lives Than You

Danny Brawner, 46, was indicted in Albuquerque, N.M., in August for aggravated indecent exposure. A police officer and his 10-year-old son had seen Brawner with his pants down around his ankles, performing simulated sexual intercourse against the trunk of his car. The officer also said Brawner was shouting and swinging his arms, as if enjoying the real thing.

Least Competent Criminals

Two home invaders in East St. Louis, Ill., holding 11 people hostage as police surrounded the house, were eventually tricked outside by the captives and arrested. The hostages, borrowing an idea from several movie scripts, convinced the invaders that their only shot at freedom was to change clothes to look less conspicuous and then to release everyone. The two would appear to be part of the hostage group, and the hostages "promised" to tell police that the home invaders had already escaped earlier. However, as everyone walked out, the captives merely pointed out to police the two invaders.

Recurring Themes

For at least the third time in eight years, geography-challenged vacationers bought airline tickets for an Australian holiday but failed to notice

(until they landed in "Sydney") that their tickets took them to Sydney, Nova Scotia. Dutch man Joannes Rutten and his grandson appeared shocked when they de-planed in Canada, even though they had boarded an earlier connecting flight in Halifax, Nova Scotia. In December 2008, an Argentine woman made a similar mistake, and in August 2002, a young British couple, after realizing their error, decided to spend their holiday in Nova Scotia, after all.

Readers' Choice

(1) In Torrington, Conn., in June, a teenage girl, hearing a woman she lived with screaming in another room, summoned four of her friends, who quickly arrived and beat up the 25-year-old man who was with the woman. It turns out that the couple were having consensual sex (and good sex, at that). The girl and three of the boys were charged with assault. (2) Keith Griffin, 48, was arrested in Martin County, Fla., in August for possessing child pornography on his computer. He tried to talk detectives out of the arrest by claiming that his cat often walks on the keyboard and must have stepped on some combination of keys that resulted in the downloading of about 1,000 images.

A News of the Weird Classic (March 1996)

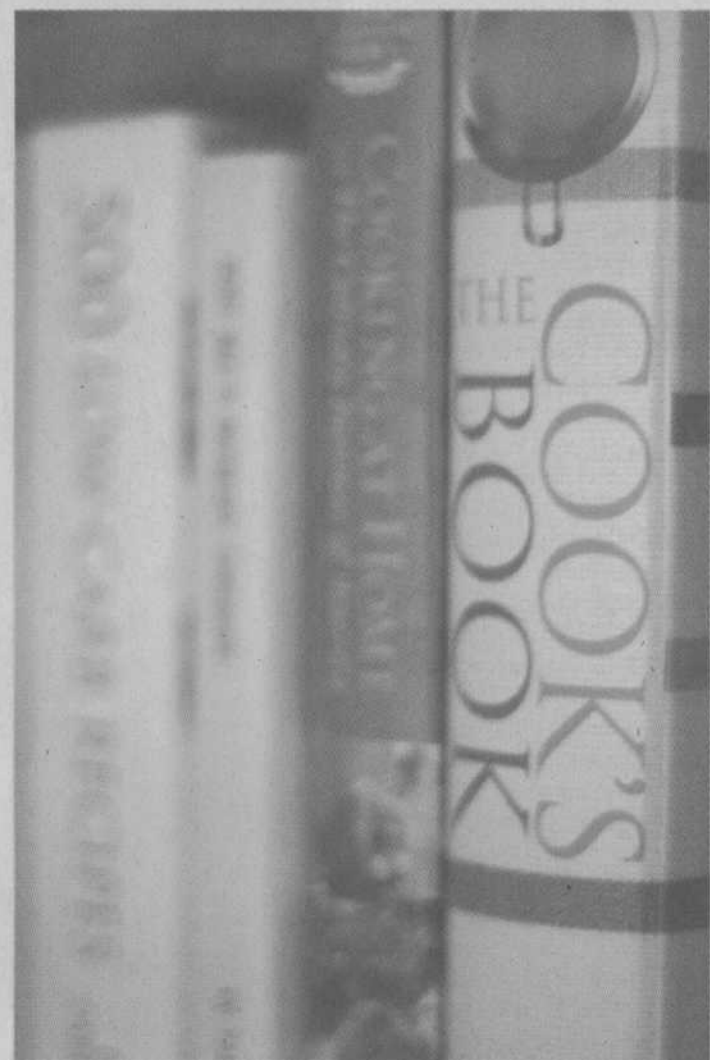
Postal worker Douglas C. Yee, 50, was indicted in February 1996 in San Mateo, Calif., for pulling off bulk-mail scams totaling \$800,000. Found in Yee's garbage were notes he had written to God expressing gratitude for his continued help in evading police detection. Read one, "Lord, I am having a difficult time myself seeing you as a God who hides crime, yet your Word says that it's your privilege (or glory) to do just that."

Read News of the Weird daily at www.weirduniverse.net. Send items to weirdnews@earthlink.net.

Chrissie MCKENNEY
 Nutrition Columnist

defective a decade or two early, but mostly it is because I don't make them that often, while my grandmother has made them every day for most of her life.

My grandmother has a whole series of dishes that she makes regularly, depending on what time of year it is, what is on sale at the grocery store that week, and what she likes to eat. She makes her shopping list, goes to the store, and



Levi Norman/Prospectus

cooks. She doesn't use a recipe when she makes much of anything. She has one or two cookbooks somewhere in her kitchen, but they don't get opened very often. I have lots of cookbooks that get opened regularly. About 85 at last count. I have also downloaded countless recipes from the Internet, and I regularly check out cookbooks from Parkland's vast library collection.

I make pretty good biscuits, too, and even though I always use the same recipe, I still have to double-check the measurements every time. Part of this is that my memory has become

that's it, she has everything she needs for the week. When I am planning what to cook for dinner tonight (never mind the rest of the week), I flip through cookbooks and troll the Internet looking for something that will catch my eye and excite my palate.

This is not necessarily a terrible way to plan dinner, but too often, it leads to unplanned trips to the grocery store and late-night dining. There are dishes or meals that I make regularly, but I don't have a discrete set of recipes to cycle through each week or month.

See Book on page 6

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Patrick Swayze gone to "Roadhouse" in the sky

Robert KAHN
Newsday

MELVILLE, N.Y.—Patrick Swayze, the "Dirty Dancing" actor whose unapologetic virility set him apart from other leading men of his era, died Monday after a nearly two-year struggle with pancreatic cancer. He was 57.

Swayze died at his California ranch, according to a statement from his publicist, Annett Wolf. Lisa Niemi, his childhood sweetheart and wife of 33 years, was at his bedside.

As a popular culture figure, the actor's high watermarks came in films such as "The Outsiders," "Dirty Dancing" and "Ghost"; he earned Golden Globe nominations for the latter two, along with the adulation of love-struck fans.

By 1990, the year of "Ghost," Swayze had cemented his status as an oiled-up leading man of the silver screen, a heart-throb at the far end of the spectrum from Harrison Ford or Michael Douglas. With his shaggy mullet and Harlequin-novel musculature, it was easy to imagine him dancing on stage at Chippendale's, an image the lampooning entertainer himself offered in a gut-busting "Saturday Night Live" sketch with Chris Farley.

Swayze's star turns were fewer by the end of the last decade, but he entered the limelight again with a focused and determined response to his cancer diagnosis in January

Pancreatic cancer

One of the most serious cancers, pancreatic cancer spreads rapidly and is seldom detected early; more men than women are affected.

Pancreas function

- Gland in the abdomen
- Secretes enzymes that aid digestion and hormones (insulin) that help regulate the metabolism of sugars

Cancer characteristics

Only minor symptoms until well-progressed; hard to treat

Survival rate 3-6%

Causes, risk factors

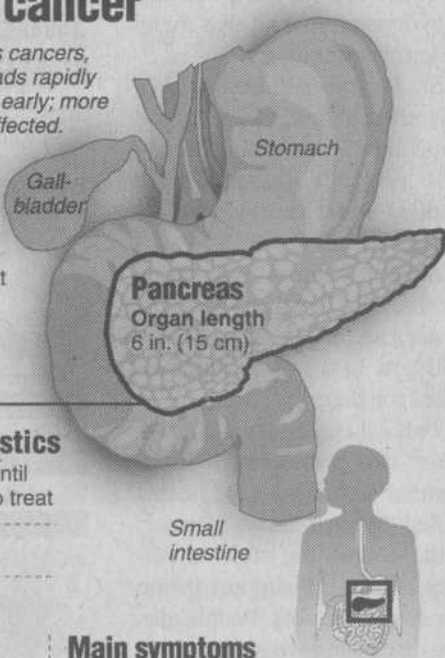
- Smoking
- Diet high in animal fat
- Diabetes patients
- Alcohol consumption
- Chemical exposure

Treatment

- Surgery
- Chemotherapy, radiotherapy

Main symptoms

- Pain in upper abdomen, may radiate to back, gets worse when patient eats or lies down
- Jaundice when tumor blocks bile duct
- Weight loss
- Nausea
- Itching of skin



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Source: Cancer Research UK, MayoClinic.com
Graphic: Jutta Schelbe, Morten Lyhne

2008. Shortly after, he agreed to a continuing role as a rogue FBI agent in the A&E series "The Beast."

There was talk from production executives on the TV series, formally canceled in June, that even during the grueling first half-season of shooting, Swayze only missed a day-and-a-half of work for chemotherapy.

"How do you nurture a positive attitude when all the statistics say you're a dead man?"

was a question Swayze posed rhetorically in an interview last October.

Came his reply: "You go to work."

Swayze continued to film "The Beast" while exploring a variety of cutting-edge cancer treatments. He eventually discussed his diagnosis in a January interview with Barbara

Walters, noting his history as a recovering alcoholic and cigarette smoker may have contributed to his illness.

Swayze was born Aug. 18, 1952, in Houston, to an engineer father and choreographer mother, the owner of a dance school. One of the students at that school was Niemi, whom Swayze met when she was 14 and he was 18. They married in 1975.

The actor moved to New York in 1972 to train at the Harkness Ballet School and Joffrey Ballet School, which led to his first professional job, as Prince Charming in Disney on Parade. After briefly working on Broadway, where he was a replacement for Danny Zuko in the original "Grease," he headed west, earning his first film role in "Skatetown, U.S.A."

Swayze's big break occurred in 1985, when he was cast in the TV miniseries "North and South." "Dirty Dancing," in 1987, was a surprise hit that elevated Swayze to superstar status. He played sinewy dance instructor Johnny Castle, alongside his "Red Dawn" co-star Jennifer Grey. Swayze also sang one of the songs on the soundtrack, "She's Like the Wind," which became a Top 10 hit.

"Ghost," three years later—with its sensual pottery-making scene—appealed in the same way to his legion of fans.

Other films that earned Swayze a loyal following included "Youngblood," "Road

House" and "Point Break," in which he was the leader of a gang of surfing criminals pursued by FBI agent Keanu Reeves. Swayze earned a third Golden Globe nomination as a drag performer in 1995's "To Wong Foo, Thanks for Everything! Julie Newmar."

Swayze's vices included alcohol and tobacco, crutches he eventually linked to the early death of his father and 1994 suicide of a sister. He found solace in a variety of forms of worship, including Catholicism, Buddhism and Scientology.

"I have a great deal of faith in faith," he once said. "I would like to believe that... there's life after death—because if there isn't, why are we here? I don't believe that just flesh and bones can contain from the point of view of physics this very real recorded energy inside of us."

"Whether it's true or not, we need to believe it."

(c) 2009
Newsday

Patrick Swayze



Actor, dancer

Born 1952 in Houston, Texas
Died Sept. 14, 2009

Family Married to actress Lisa Niemi

Education Houston Jazz Ballet Company; Harkness Ballet Theater School, New York; Joffrey Ballet Company; Eliot Feld Ballet Company

Career:

More than 30 movies, plays, musicals

1970s "Grease," his first theater musical

1979 "Skatetown USA," first movie

1987 "Dirty Dancing": Golden Globe nomination

1990 "Ghost": Academy Award, Golden Globe nominations

1995 "To Wong Foo...": Golden Globe nomination

2003 Returns to musical theater; "Chicago" on Broadway

2006 London West End debut, London's Picadilly Theatre: musical "Guys and Dolls"

2008 "Powder Blue"

2009 U.S. TV series "The Beast"

© 2008 MCT
Source: imdb.com, MCT Photo Service
Graphic: Junie Bro-Jorgensen

Stargazing and celebrating the International Year of Astronomy

Sean HERMANN
Assistant Editor

"Peering through his telescope, what would he see?
Four "stars" near Jupiter there seems to be,
Faint and slowly moving from night to night.
Orbiting moons are these points of light!"

—A poem from the International Year of Astronomy.

The International Year of Astronomy is here, but what exactly does that mean? The IYA is an international celebration of numerous astronomical and scientific milestones. They run projects both globally and nationally to help raise awareness of astronomy and strive to connect us all to our cosmic birthplace with science events across the planet that fosters a life-long interest in astronomy. This year Parkland will reach out and help IYA celebrate this wonderful year by partaking in a few of the local events.

The Champaign-Urbana Astronomical Society in partnership with the William M. Staerckel Planetarium are hosting a number of events at local parks to give people a close view of the Moon and moons of Jupiter via telescope. These events have been going on since early Spring, but not to worry as there are a few more dates left on the tour this Fall. The telescopes will be brought



out to the public for the last time this year on September

22 from 8pm-10pm at Clark Park in Champaign, Septem-

ber 24 from 8pm-10pm at Garden Hills Park and September

28 from 8pm-10pm at Centennial Park pavilion, weather permitting. For more information, please visit cuas.org

Levi Norman/Prospectus

scopes continue to expand our understanding of the Universe and was produced in companionship with the documentary, "400 Years of the Telescope," on PBS. The show will run almost every Friday and Saturday night at 8pm.

Another Fall Planetarium premiere that took place this past weekend was "Teddy's Quest," a long-time running show that will be coming to an end at the end of this year. "Teddy's Quest" features a teddy bear from outer space that searches for a friend among the stars, planets and constellations.

Premiering this Friday is a live narrated tour of the wonders of tonight's sky, "Prairie Skies," and accompanied by some of the legendary stories of the ancient sky. Visible

See Star on page 4

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GI Bill program puts veterans in private schools

Jenna ROSS
Star Tribune

MINNEAPOLIS—Beneath his name, Kyle Jones, and his rank, sergeant, he wrote his plan: student.

The tall, deep-voiced Marine was floored that few others in the class on moving from military to civilian life shared his goal of going to college.

"But looking back, it makes sense. The old GI Bill really limited what you could afford," Jones said. "The new GI Bill will revolutionize that, I think."

Jones is in the vanguard of the revolution coming with the new GI Bill's expanded benefits covering tuition, housing and even books; it will put some 250,000 American vets on campus by 2011.

Under a new companion effort, called the Yellow Ribbon program, many more, like Jones, will attend private colleges and universities. He started classes at the University of St. Thomas last week.

The size of the expected influx brings deep excitement and some concern, as students deal with the government's backlog of claims and schools scramble to prepare for their arrival.

Jones is a go-getter. By the time he graduated from Burnsville High School in 2003, he had already enlisted in the Marines. He later was deployed to Iraq.

During the quiet times there, when deserts didn't need patrolling, units didn't need monitoring, and Iraqi soldiers didn't need teaching, Jones would plan for college.

"It's funny," he said. "In Iraq, you have hundreds of hours of tedious nothing to do. So I'd think: How can I plan this to maximize the benefits most?"

After consulting with a ranking officer and Harvard grad, he decided to attend Normandale Community College, starting there after his return to the United States in 2007. The \$1,400 he received each month for college covered the school's cost, and not much else.

Last spring, when it came time to transfer, he thought public. Then he heard about the possibility of the Yellow Ribbon program, and "it expanded my horizons." He began lobbying St. Thomas to participate.

The same day the school finalized the program application, Jones turned his in. He was the very first undergraduate to apply for the program

at St. Thomas—a university he "never, ever" could have afforded with the old plan. Now, he will attend for free.

Under the program, St. Thomas covers half the difference between the new, per-credit benefits and the actual cost of tuition and fees—or \$1,236 toward the nearly \$15,000 in tuition and fees for 16 credits. The VA matches that. In the end, as many as 15 undergraduates and many more graduate students will have their education financed.

It's up to each school to decide whether it will participate in the program, how much it will contribute, and how many students will get the awards.

So far, 14 colleges in the Minnesota Private College Council have elected to participate.

A first-of-its-kind report released this summer by several associations, including the American Council on Education, shows that public schools are much more likely than private colleges and universities to have programs designed for military veterans. While 74 percent of four-year public institutions surveyed had such programs, only 36 percent of private institutions did.

That's due, in part, because they haven't had all that many veterans attending.

St. Thomas counted only 75 current military, veterans and dependents last fall. Already this year, 21 students have applied under the Yellow Ribbon program.

As its veteran population swells, St. Thomas administrators are discussing whether and how to set up special services for them.

Twice this school year, it will offer two professional development sessions for staff called "We All Serve." Its personal counseling staff is putting together a support group for returning vets. People also are discussing whether to hold focus groups with veterans to ask them what they want and need, said Mary Ann Ryan, executive director of campus and residential life.

"Do they want space? A student group? Who are we to say?" Ryan said. "Sometimes, too, they need to experience the university before they know what to ask for."

At the College of St. Scholastica, many of the 100 or so veterans were asking for space. It began a Veterans Resource Center, a room with couches,

America's veterans

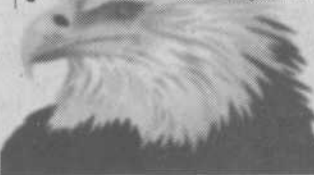
Almost 24 million of the more than 43 million men and women who have served in the U.S. military during war and peace time are still living.

Living war veterans

Estimates as of May 2007



*Does not include those still on active duty; some may also have served in Iraq and Afghanistan



a computer and a flag that flew over Camp Liberty.

"It's a place to share with one another their experiences—things a typical student wouldn't understand," said Clarence Sharpe, director of transfer admissions.

When Jones was researching schools, he asked each one whether they had a student veterans organization. Most of

the private colleges, including St. Thomas, answered no. So in addition to working part time, completing courses in his business management major and preparing for his MBA, he plans to start one.

Most of the 200 chapters of the Student Veterans of America are at public universities, said Derek Blumke, the organization's co-founder and executive director. He expects that with the new benefits, "we're going to see a lot more private schools starting chapters," he said.

Jones believes having a group will help St. Thomas attract veterans, then keep them on campus through what could be a tough transition.

"For people who are just coming out of the military, they're going to feel like, 'I'm the only one here,'" he said. "No one else knows where I'm coming from, no one else understands my story, my background and my experiences. As soon as they see there's an organization for them, all that will change."

(c) 2009
Star Tribune
(Minneapolis)

Farmers sell produce directly to consumers in growing movement

Jaideep HARDIKAR AND Doreen HEMLOCK

Sun Sentinel

FORT LAUDERDALE, Fla.—For the last four years, Roberta Levitt-Moscia has delighted in buying winter vegetables directly from a local farm but despaired at the end of each harvest season. She found produce from the supermarket less tasty, less nutritious and quicker to spoil.

So this summer, the Boynton Beach, Fla., resident is thrilled that nearby Green Cay Produce debuted a program offering summer fruits and vegetables, including eggplants and squash that she grills or steams in the microwave.

"I've gotten very spoiled by this," said Levitt-Moscia, 64, of the program. "I love it."

Across the United States, consumers are increasingly buying directly from local farms through a model started decades ago in Switzerland and Japan, now known as Community Supported Agriculture.

Nationwide, sales from farms directly to consumers—including CSA and farmers markets—jumped 49 percent from \$812 million in 2002 to \$1.2 billion in 2007, according to the most recent Department of Agriculture census. That's twice as many sales as a decade earlier, the federal agency said.

Estimates of active CSA programs vary, but the 2007 U.S. census found more than 12,500



Henry Williams harvests okra on his farm in Lantana, Florida.

farms selling directly to consumers in every state. The National Center for Appropriate Technology, an agriculture think tank, estimates CSA programs supplied food to more than 270,000 households last year.

Nancy Roe, who runs the 10-acre Green Cay farm west of Boynton Beach, said she launched her summer pro-

gram this year because of rising demand.

Her winter program already is filled to capacity, with 400 members who each receive a large box of mixed produce each week or two, depending on their subscriptions. Many potential clients remain on the waiting list.

At Swank Specialty Produce, a hydroponic farm in

Loxahatchee, Fla., membership is set to double this winter to 50 subscribers as the farm expands, said co-owner Darrin Swank.

Rhonda Riffe, of West Palm Beach, Fla., began buying directly from the Swanks two years ago, paying upfront for a minimum eight weeks' supply of vegetables harvested ripe. She finds the quality bet-

ter than supermarkets, which often get vegetables picked green to withstand journeys by air, sea and truck to stores.

Every other week, Riffe drives to the Swanks to pick up her box of newly plucked produce, including some items not sold in stores.

"Fresh food makes a big difference to my family's health," Riffe said.

For small farms, direct sales help provide a steady clientele that pays in advance and shares the risk in case of a hurricane or other woes.

"CSA provides a good economic model to new farmers," said Erin Barnette, director of California-based nonprofit Local Harvest.

Seven-year subscriber David Rizzo, of Fort Lauderdale, sees more than groceries. The retired health care manager backs the CSA model as a way to encourage local agriculture and healthier lifestyles. He's embraced the principles of best-selling writer Michael Pollan, summed up by Rizzo as: "To eat not too much, mostly vegetables and nothing that your grandmother wouldn't recognize as food."

Rizzo relishes the variety of crops that he receives and how long they last: spinach, chard, lettuces, radishes, cucumbers, broccoli, cauliflower, beans, corn, beets—to name a few. He also appreciates that the farm offers recipes.

He recognizes, however, that not all neighbors share his passion.

"Some people seem to be afraid of getting that many vegetables at the same time. They don't cook much at home," said Rizzo. "But we're really addicted, especially to the heirloom tomatoes. They're so good in the winter."

(c) 2009
Sun Sentinel

TROOP

continued from page 1

Parkland, otherwise known as SVAP, is open to all active duty military personnel, veterans, their families, friends, and other interested students. The SVAP meets every Tuesday from noon through 12-1pm in room X150. The first Tuesday of each month a free lunch is offered to those present.

"The officers of this organization are committed to the success of the organization and put a lot of their time into it. We would love to see the organization grow and reach new members," said Taylor. The pledge that our students and staff have undertaken to grow this new organization is outstanding.

The organization got its start when to Parkland staff members found a need and decided to fill it. "I became involved

when I started an email group with [Parkland] staff for veterans. Kristina [Taylor] started a group with students and we merged the two," said Turner-Winston of the experience.

"It began as a way to create an infrastructure within Parkland College for the purpose of establishing a network of support systems for student veterans," said Taylor. The organization fosters a sense of camaraderie among student veterans that is often missing after leaving the military." This organization speaks of the commitment and dedication that Parkland staff and student alike will go to help one another out: to recapture a sense of unity.

SVAP's mission is a proactive one. They aim to promote an understanding of veterans' issues, to assist other veterans through advocacy and mentoring, and to provide social and

recreational activities as a way to help ease the transition from the military to education.

This is just one of the many ways students can pay tribute to our veterans. "In my opinion, the best way for students to honor our heroes is to show your support through your words and actions, regardless of your own political views. It is appropriate to thank our veterans for their service and for making sacrifices for our country," said Taylor on the subject of patriotism and honor.

If you would like to be involved in SVAP or have any other questions regarding veteran's resources contact Kristina Taylor at the Office of Financial Aid and Veterans Resources either by phone at 217-351-2228 or by email at ktaylor@parkland.edu.

STAR

continued from page 3

constellations and planets will be highlighted and the show is intended for all ages.

While there are new exciting shows coming to Staerker Planetarium, there are bigger plans for the future of the planetarium.

"The Planetarium was state of the art in 1987 and our Zeiss star projector the first of its kind installed in the Western Hemisphere. However, the life of the equipment is coming to an end. In order to continue Dr. Staerker's vision of connecting students and the general public to Parkland and to science, we are challenged to once again reach for the stars," said Kris Young, Vice-President of Academic Services at Parkland College.

What does reaching for the

stars involve, you might ask? The planetarium is currently raising funds to make the transition to "full-dome immersive video," which involves multiple video projectors being mounted on the planetarium's 50-foot hemispheric dome. The projectors projection areas will border each other, covering the entire dome with video. Software programs will then stitch the screens together and planets will be able to enter the field of view from one screen and seamlessly cross to the other side of the dome, via another projector.

According to the Staerker Planetarium's Web site, "The full-dome system will allow the Staerker Planetarium to become more of a 'science center' as it will expand content to cover Biology, Chemistry, and Earth Science. More Parkland classes will be utilizing the

planetarium and Natural Science faculty will have input into show design. The planetarium staff has also had conversations with both the National Center for Supercomputing Applications at the University of Illinois and Precision Graphics regarding future collaborations."

The goal set by the planetarium is to raise \$1.2 million dollars and have already received contributions for about half of their goal. Be sure to make it out to a show, celebrate IYA and support the planetarium as it sets out to kick it up a notch!

For more information regarding IYA, please visit (astronomy2009.us). For more information regarding the Staerker Planetarium, please visit (http://www.parkland.edu/planetarium/).

House nears OK on expansion of college student aid

By DAVID LIGHTMAN
McClatchy-Tribune

WASHINGTON—The House of Representatives is expected this week to back overhauling—and simplifying—how college students receive financial aid.

The rules for awarding and repaying loans would remain unchanged, but the government would make all loans itself, ending the practice of subsidizing loans made by private lenders.

The Obama administration, which has made revamping the student loan system a major domestic priority, has hailed the bill as historic.

"This is a big, big deal," Education Secretary Arne Duncan said Tuesday at a news conference. He called the measure "the largest investment in higher education since the GI Bill" first passed in 1944 to help World War II veterans.

House Education and Labor Committee Chairman George Miller, D-Calif., vowed that the legislation would help students at "no cost to taxpayers."

That depends on how one interprets budget data, however. The nonpartisan Congressional Budget Office found that the loan program changes should save the government \$86.8 billion over the next 10 years.

It also noted in its official July report on the bill, however, that it would include spending all but \$7.8 billion of that on aid to students and higher education. In an update last week, the CBO said economic changes could boost spending overall by \$10.5 billion, meaning that the bill could add to the deficit.

"The truth is, no one really knows how much this plan will cost," said Rep. John Kline, R-Minn., the senior Education and Labor Committee Republican.

Independent analysts agreed.

Changes in the loan program will "save a big chunk of money," said Marc Goldwein, the policy director for the Committee for a Responsible Federal Budget, a watchdog group. "Will it be the right amount to offset the new spending? The obvious answer is we don't know."

Goldwein warned that the new system's fiscal outlook would be "particularly uncertain" because it would depend on economy-related factors such as default rates, need-based aid and other factors.

The bill would scrap much of the current student loan system, which critics say is too costly and too complicated.

Currently, the federal government provides loans through two different programs. It lends directly to students, and it administers the guaranteed loan program, in which students get funds from private lenders, with most of the loan guaranteed by the government against default.

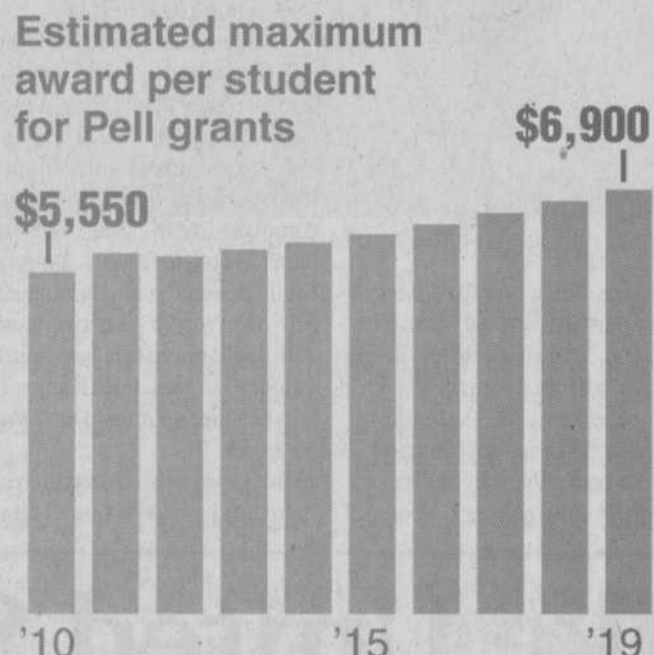
Under one such loan, the government pays the interest while the student is in school.

The student then begins repaying six months after graduation. If he or she defaults, the government makes the payment.

annually. At the same time, though, the measure would expand the cost of the Pell Grant program, which helps lower-income stu-

Increased funds for Pell grants?

A new bill before Congress would simplify applications for student loans and direct more money to Pell grants for low-income students.



Source: Congressional Budget Office
Graphic: Judy Treible © 2009 MCT

Until 2006, rates were variable but capped at 8.25 percent; after that they were fixed at 6.8 percent, with bipartisan support. Some rates then were lowered, but they're scheduled to go back up to 6.8 percent in 2012.

The bill would end the guaranteed loan program after next summer; then the government would make all loans directly.

That frightens some members of Congress.

"The U.S. Department of Education would become a behemoth federal bank," Kline said. "Democrats have had their sights set on a government takeover of student lending for more than a decade, and they're capitalizing on the market downturn to make it happen."

He sees parallels to the health care debate. Obama has urged creating a government-run health insurance program, or public option, to compete with the private sector.

"The legislation (on student aid) we're about to bring up ... eliminates the private option and leaves only the public option," Kline said. "It kind of makes you wonder, doesn't it, about the designs on the future of the public option in health care."

The new program would create big savings, the CBO figures. It would save money because of changes in subsidy rates, the CBO said. Some savings could be achieved with lower interest rates; the bill would set a new rate based on the price of 91-day Treasury bills plus 2.5 percentage points. The rate would be adjusted

currently. Currently, the maximum annual award is \$5,350. Under the bill, that would grow to \$6,900 by 2019. The CBO estimated in July that the changes would cost the government at least \$39.4 billion over that period.

Members of the National Association of Student Financial Aid Administrators are divided on the bill's merits. Justin Draeger, the organization's vice president of public policy, likes the Pell Grant provisions.

"Any investment we can make in Pell Grants is money well spent. There's been irrefutable evidence that providing low-income families with these dollars year after year increases access to education," he said.

Most activists and lawmakers agree on at least one point: The application process needs to be streamlined. The bill promises to "dramatically cut down the number of questions on the form," partly by allowing students and families to apply for aid using data from their tax returns.

The Senate Health, Education, Labor and Pensions Committee hasn't yet considered the legislation but is expected to do so soon. The committee is considered sympathetic to changing the loan program, but its new chairman, Tom Harkin, D-Iowa, has said he wants to examine the spending proposals closely.

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McClatchy-Tribune Information Services.

Experts watch health of bat colonies in wake of white-nose syndrome

By SANDI DOUGHTON
The Seattle Times

WENATCHEE NATIONAL FOREST—The tiny male bat didn't expect to wind up in a biologist's hand when he set out in search of a nighttime snack along Box Canyon Creek.

After being snagged in a net, weighed and measured, the unhappy creature gnashed its teeth and squirmed as Pat Ormsbee stretched its wing for inspection.

The light from a headlamp shone through the translucent tissue, revealing bones tinier than toothpicks.

"This is one of the key things we need to be looking for," Ormsbee said, scanning for rips or scars that could signal infection with white-nose syndrome, the mysterious blight that has devastated bat colonies in the northeastern United States.

This bat—its body no bigger than an apricot—is given a clean bill of health.

Though wildlife officials in Washington and Oregon have received scattered reports of bat deaths this year, there's no evidence of large-scale die-offs and no sign of the fungus believed to be the cause of white-nose syndrome.

"We don't expect it to be here already," Ormsbee said. "But we need to start doing surveillance early."

More than 1 million bats already have perished in what one expert described as the most precipitous decline in American wildlife in recorded history. Extinctions are likely if the white-nose disease continues to spread, and could lead to a population explosion of mosquitoes and other insect pests normally held in check by the winged predators.

Ormsbee, a bat expert with the U.S. Forest Service and Bureau of Land Management, leads the Bat Grid—one of the nation's most comprehensive programs to monitor the flying mammals. Since 2002, she has enlisted more than 100 volunteers and biologists across the Northwest to regularly trap bats, record their calls and collect their DNA.

"I don't know of anyone else that has collected this level of data over ... such a large area," Ormsbee said.

With the appearance of white-nose syndrome, the project has taken on new urgency and significance.

Having good baseline data will alert scientists to abrupt drops in bat populations. Bat "gridders" also may be the first to spot signs of infection and identify bat caves and other sanctuaries that should be closed to protect the animals.

"For white-nose syndrome, one of the things we're finding is that we need a whole lot more monitoring," said Robert Locke, of Bat Conservation International, which helped fund the Bat Grid along with the Forest Service, BLM and Defense Department. The approach is being adopted by other bat researchers.

The state Department of Fish and Wildlife is stepping up its surveillance, with an improved database on bat roosts and dead-bat reports. First discovered in 2006 in a popular tourist cave in New York state, white-nose syndrome has spread to hundreds of sites in nine states. Marked by a powdery, white fungus on the bats' noses and wings, the infection can kill 95 percent or more of hibernating animals in a cave.

"When I talk to colleagues back East, they tell me they go into these caves and they cry," said Greg Falxa, a bat biologist

with Cascadia Research Collective in Olympia. "They can't walk without stepping on dead bats."

Some predict the disease will reach the West Coast in five to

it can be hard to tell some apart simply by sight. So Hart stood in the gathering dark and held a sensitive microphone that picked up the high-frequency clicks and squeaks the bats



Erika Schultz/Seattle Times/MCT

six years.

Though the Rocky Mountains might be a barrier to the westward movement of infected bats, it's likely people can transport the bug on their shoes or gear, said microbiologist David Blehert, of the U.S. Geological Survey's National Wildlife Health Center in Madison, Wis.

In fact, there are several hints the fungus—similar to a less-harmful version found in Europe—may have hitched a human ride to the United States.

"If somebody steps in a pile of it, doesn't clean their boots, then gets on an airplane to Seattle and enters a hibernation cave there, you have a potential introduction," said Blehert, the first to identify the new fungus.

Federal and state agencies have closed caves and abandoned mines where bats hibernate across much of the East. Washington hasn't taking that step, but is reaching out to spelunkers and miners to get a better handle on sites that might be used by hibernating bats, said Gerald Hayes, of the state Department of Fish and Wildlife.

Ormsbee and her corps of volunteers are using diluted bleach and ammonia solutions to clean nets and instruments, in hopes of slowing the disease's spread—but it's not clear how effective such measures may be.

"You try to do the best you can in the field, but disinfection is fraught with challenges," said Blehert, who is also developing a rapid test to identify the fungus and studying its transmission.

A particular challenge in the Northwest is that researchers don't really know where most of the region's bats spend the winter, Ormsbee said, as she held her captive male against a hand warmer to stave off the evening chill.

This is the fourth summer the researchers have trapped bats along this stream, gathering standardized data that ensure the Bat Grid is reliable and comparable across the region. But it's tough to study bats in the winter, when most species hole up and dial down their metabolism—and immune systems.

The white-nose fungus thrives at cold temperatures, and strikes when the animals' natural defenses are low. Infected bats often leave their hibernation sites, flying into a frigid world where they either starve or freeze to death.

The bats Ormsbee and her colleague Aimee Hart snared in their mist nets on this night in late summer are fattening up for hibernation. Some species can consume their body weight in mosquitoes, moths and other flying insects on a warm evening.

Fifteen types of bats make their home in Washington, and

emit to zero in on prey by echolocation.

Ormsbee then consulted a computerized library of voiceprints developed by researchers at Humboldt State University in California to determine which pattern most closely matched the bats flying overhead.

To identify the small male, Ormsbee and Hart used a technique that might be called "walking the bat." They attached a fluorescent glow stick shorter than a match to the animal's back, then slipped a dainty elastic harness over his shoulders.

The harness was attached to a plastic wand that Ormsbee held as she lofted the bat into the air. As he gained elevation, the blue light traced the animal's path.

Bats only call when they fly, and Hart was able to record the animal's voice before he slipped the noose and spiraled into the cobalt sky, gleaming like Tinkerbell.

The fluorescent bar falls off soon after the bat is freed, but the voice print, body measurements and small snippet of tissue the researchers collected for DNA analysis are now a permanent part of the Bat Grid database.

The animal's scientific name is *Myotis lucifugus*, or little brown bat—one of the species being hit hardest by white-nose.

"They used to be so common in the Northeast," Ormsbee said, watching the blue light zigzag above the treetops. "Now they rarely see them anymore in some places."

BAT FACTS

Diversity: With 15 or more species, bat diversity in the Pacific Northwest is among the nation's highest.

Diet: North American bats feed almost exclusively on insects. In one eight-county Texas area, bats save farmers \$1.7 million a year by eating insects.

Health: Less than one-half of 1 percent of North American bats carry rabies.

Mating: Bats mate in the fall; females store the sperm, then fertilize their eggs in spring if conditions are good.

Family: During the summer, females and their pups gather in maternity colonies.

Hibernation: Some Northwest bats will emerge from hibernation on mild winter evenings and feed.

Vampires? Three species of vampire bats occur south of Central Mexico. They lick animal blood from small cuts made with their teeth.

Threats: Northwest bats are threatened by habitat loss and climate change.

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The Seattle Times.



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OPINIONS

Wilson, Serena, and Kanye: stick a sock in it

the PROSPECTUS

First we have Rep. Joe Wilson yelling, "You lie!" during Obama's address on health care. Then we have Serena Williams tell a line judge, "I swear I want to take this [expletive] ball and shove it down your [expletive] throat." And finally, a liquored-up Kanye West takes the mic away from Taylor Swift at the MTV Music Video Awards, and tries to turn the attention to Beyonce, who didn't win that particular award. Swift was left standing on stage, looking like a girl who just had her puppy shot in front of her.

Instead of analyzing the reasoning behind these incidents — Obama may be lying, Serena's line judge may have been too picky, and Kanye may have

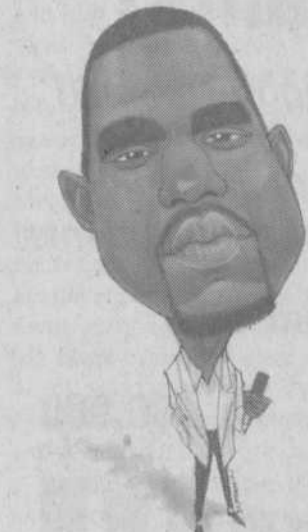
had too much cognac — the real story is, "Why on Earth are people talking like this?" Are we starting to lose common civility?

How many of you have watched John McEnroe when you were growing up? He was called the "bad boy of tennis," and if you look him up on YouTube, you'll find a slew of videos that demonstrate his expletive-filled prowess. His tantrums make Serena look like Oprah. And this is tennis, mind you, not the NBA or NFL. This is not a hockey fight. This takes place on a court of etiquette and proper attire—where handshakes are meaningful and not forced.

And before we charge Joe Wilson with being disruptive and disrespectful to our President, we must turn our heads to the House of Commons, sit-

uated in the heart of our kindred country of Great Britain. The members catcall, boo, hiss, cheer, and then stand up to recognize a speech they favor. Look up Prime Minister Gordon Brown on YouTube, when he was run into the ground by David Cameron in a duel of words, among a lot of noise in the background. But is this uncivilized? Or are we confused by the "proper" accent by the British? Are our members of Congress and the Senate beginning to unwind a little?

And when we speak of MTV, they immediately rushed to the press to confirm that Kanye was not scripted to be rude with his impromptu speech in the middle of what was supposed to be Taylor Swift's 10-second spotlight. Why did MTV do this? Because it was



only recently when Eminem took part in a staged antic with "Bruno," ending with Eminem's "abrupt departure" from the ceremony. MTV should be used to this sort of scenario.

But honestly, why do we, as viewers and readers, seemed

appalled at these incidents? Why are they always plastered on the front page of the papers and Web sites?

Perhaps we are sick of watching and hearing people turn themselves into fools, because if this sort of thing were commonplace, we wouldn't make such a huge deal of it all.

On the same token, celebrities probably do make a scene because they know they'll gain attention. If we turn a blind eye, we might be able to curb this behavior—to an extent. Annoyed with Joe Wilson? Don't vote for him. Do you think Serena was disrespectful? Don't buy her products, and don't go watch her tennis games. Do you find Kanye to be a blathering idiot? Don't buy his music.

Take everything away from them, and perhaps they'll slink

away to the land of no-name celebrity reality shows and bad commercials. But if you keep feeding into their frenzy and hype, then we'll just keep seeing the same lack of civility that we always see.

We can let these "meltdowns" occur, or we can hold people accountable. If we look back to the town hall meetings on health care last month, select numbers of people were heckling the town hall speakers, thereby interrupting and disabling public speech—speech meant to find a proper method of public discourse. Free speech is free speech, but there are limits. And to those who want to push the limits into incivility, we say "stick a sock in it."

Can we please act like United States?

Linda P. CAMPBELL
Fort Worth Star-Telegram

I want my country back. The one where a message of personal responsibility and the value of a good education is celebrated, not denigrated with suspicion and hostility.

The one where the opportunity to hear from the president of the United States is seen as a once-in-a-lifetime event, not decried as propagandistic indoctrination.

The one where public debate is engaged by reasonable people concerned with solving common problems, not radical voices making stuff up to misinform, inflame and divide.

This country is called the "United" States for a reason.

It's because once upon a time representatives of a motley collection of colonies considered it in their best interest — for the present and the future — to come together under a federal government that could serve their common needs while letting them have a degree of autonomy.

We aren't the "Secessionist" States, the irresponsible pandering of our opportunist Texas governor notwithstanding.

And despite the color-coding labels used by pundits and others who find it clever, we aren't even the "Red-or-Blue-Choose-Only-One" States.

Maybe I'm deluded, but I believe that a majority of Americans still respect the office of the presidency and its

occupant — whoever that might be — even if they consider some of his actions ill-conceived, disappointing or wrongheaded.

A majority believes that it doesn't promote the general

welfare of the United States

who look and think like us.

A majority believes that extremists on the airwaves, the Internet and elsewhere do not contribute to domestic tranquility by stirring fear, spread-

every Web head is using free speech as a cudgel, not a tool for enlightenment.

The vitriol aimed at President Barack Obama's back-to-school address is emblematic

responsibility and dedication to their goals and to their country. That somehow smacks of indoctrination.

Sheesh! Because President George

hasn't righted the economy, has called for health-care reform that could carry a mind-boggling price tag and advocates some ideas that challenge right-wing ideology, a relentless minority stubbornly — and wrongly — works to caricature him as a menace to America.

Loyal opposition this isn't, because loyal opposition isn't bent on destruction. It's dedicated to constructive criticism that leads to better laws, better policies, a better future.

Four years ago, I wrote about mainstream Americans worried about staying afloat during repeated downsizings, about paying for their health care, about whether their kids would find a decent job.

I believe mainstream Americans want solutions to a very real health-care crisis, not knock-down drag-outs at town hall meetings. They want rational discussion about improving the economy, putting people to work, making college affordable, reducing the federal deficit, and enabling people to provide for their own and their families' physical and emotional security.

They're worried about problems that we can work with our government to fix. Now, if only cooler heads would prevail and stop getting sidetracked by phony controversies fanned by extreme voices who don't speak for the majority of Americans.

(c) 2009

Fort Worth Star-Telegram.



eral welfare to demonize our national leaders as socialist or fascist, evil conspirators, law-breakers or liars.

A majority believes that no individual, political party or interest group has a monopoly on good ideas, and that we don't progress by living in bubbles where we listen only to those

ing malice and reaffirming our worst biases.

If our leaders are misleading us, acting above the law, abusing their office or otherwise breaking their commitment to those who elected them, then of course they should be called out and voted out. But seeing sinister conspiracy behind

of mindless opposition.

Culture conservatives are adamant about wanting public schools to teach kids values such as respect, hard work, personal responsibility and patriotism. But heaven forbid the president of the United States should talk to students about hard work, personal

W. Bush took the country into war on false pretenses, disregarded the law on wiretapping and treatment of detainees, and damaged the Justice Department's reputation for fairness, his most vociferous critics wrongly insisted that he could do no right.

Because President Obama

BOOK

continued from page 2

I could, but for some reason I refuse. I don't want to have stir-fry just because it's Tuesday or roast beef because it's Thursday. This means that I spend Tuesday and Thursday, and many other days standing in the kitchen staring into the pantry or rifling through cookbooks, wishing that I knew what to cook.

When I cook for myself, it doesn't matter what I make, and I am content to assemble whatever I find in the kitchen in some edible fashion. When I am cooking for more than one, as I usually am now, I feel pressured to do something more

interesting and inspired. I have no idea why, since my husband was happily living on oatmeal and bagels before I took over the kitchen. Sometimes when I am trying to decide what to cook, I become paralyzed by the endless options available to me. My husband frequently rescues me from this state by announcing that he is going to cook dinner, after which he proceeds swiftly and painlessly to make something that may not be the meal of my dreams, but is something that I am quite content to call dinner.

I have (more or less) stopped buying cookbooks for the time being. I am still tempted, but then I think guiltily of the many untested recipes cluttering my bookshelves and I

resist. I mean, how many recipes do I really need? Do I actually want to eat something different every day of my life? I have spent weeks eating little more than beans and tortillas, supplemented with a few fresh veggies and the occasional can of tuna, and been extremely satisfied. As long as the food tastes good, I will be happy, so why this pressure to have new and exciting food every day? Have I been watching too many cooking shows, reading too many cooking magazines? Those guys have to generate new content and recipes, because they have a product to sell. I just want to have dinner. It's like buying new clothes every week and then standing in front of the closet complain-

ing that I have nothing to wear.

In the interest of eating dinner regularly and before my preferred bedtime, I have posted a list of fourteen dinner recipes on the refrigerator. That is two weeks' worth. I don't have to use them, but I can. I can also add to the list, remove things from the list, or ignore it completely. If I actually do manage to plan dinner based on new and exciting recipes, great, if not, I can at least eat food that I know I like. I might even make some of those standards often enough that I can finally be like my grandmother and ignore the idea of recipes altogether.

M&K

continued from page 1

to change to accommodate the growing number of fans that were replying via Facebook, confirming that they were attending the event.

Parkland's police officers formed a bridge of teamwork to ensure security and safety for fans that were predominantly from high school and college. Some familiar faces were in attendance, including members of local band Elsinore and Common Loon, and President Ramage, who talked about the possibility of future concerts in league with the night's events.

"Before the show even

started, I think the expectations had been met given the number of people that were here before the first bands even started," said Ramage. "I think that it's something that will probably continue at Parkland—bringing in as many big name (or) bigger name bands from the Champaign area that we can get in here and having these free concerts. It's a great thing for students."

Prisons on the brink

By HOWARD MINTZ
San Jose Mercury News

CHINO, Calif.—It's nearing noon inside the central wing of the California Institution for Men, and it's not hard to find evidence of how this has become Exhibit A in California's prison crisis.

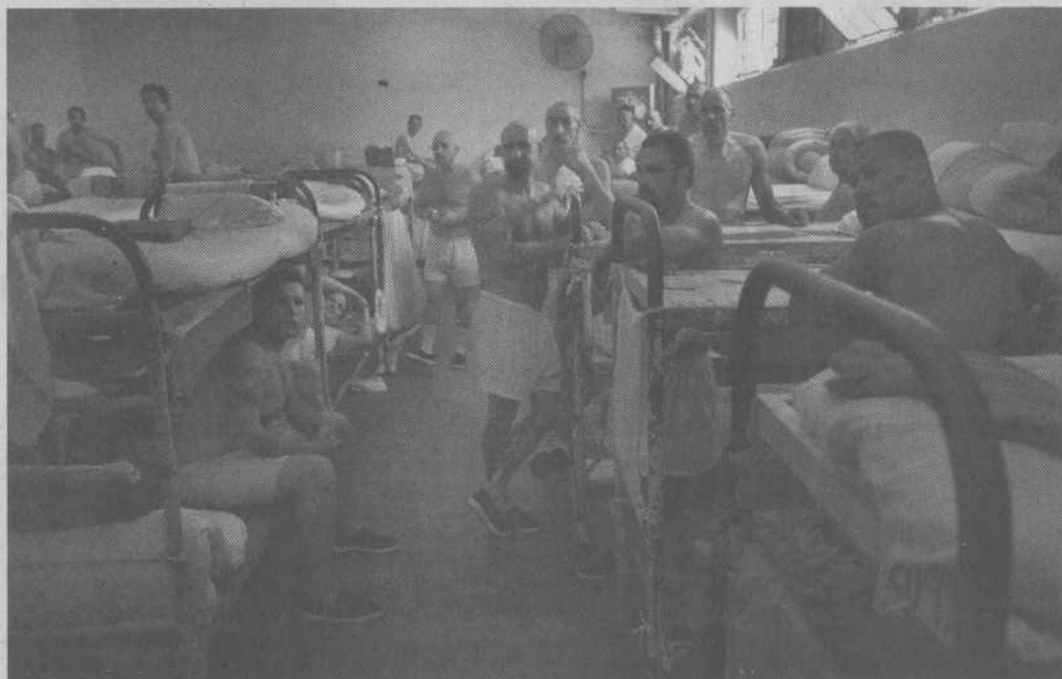
A gymnasium is a sea of bunk beds. The 213 inmates inside are quarantined on this day, the result of worries about a swine flu outbreak. In a room like this, there is nowhere for a virus to go but directly to another inmate never more than a foot or two away. The basketball hoops and theater stage are reminders that this decaying part of the prison was never meant to house prisoners.

Likewise, a "day room" once envisioned as a place for inmates to play cards or watch TV is stacked with bunk beds, 54 beds for 54 prisoners who have little room to stand. In one corner, there is a shower and a toilet. Large fans stir the fetid air.

"This is self-explanatory," says an inmate perched on a top bunk. "We're overcrowded."

The state prison here is far from the only overcrowded, dangerous and crumbling prison in California. But by most accounts, it is as good a place as any to illustrate why three federal judges last month took the extraordinary step of ordering California to come up with a plan to shed more than 40,000 inmates from its overcrowded prison system.

Many prison officials and law-abiding citizens have little sympathy for the more than 150,000 inmates crammed into the state's prisons, saying they already get some of the best treatment in the nation. State officials plan to appeal the judges' order to the U.S. Supreme Court. But the reality for California's prison system is that a powerful federal court has concluded it is violating the prisoners' constitutional protection against cruel and unusual punishment. Beyond that, the state simply can no



A former day room is now used to house prisoners at the California Institution for Men in Chino, California.

Patrick Tehan/San Jose Mercury News/MCT

longer afford its overcrowding problem, struggling to find \$1.2 billion to shave from its prison budget.

The situation ensures the spotlight will remain on prisons such as Chino's, which has operated at or near 200 percent of its intended capacity, brimming with nearly 6,000 inmates in a facility designed 70 years ago for half that.

Even the stretches of this prison actually designed to house inmates appear bleakly overtaxed. Inside Madrone Hall, two inmates jam into 6-by-11-foot cells meant for a single bed. A second bed chained to the wall during the day is dropped to the floor at night, flat and tin-looking to earn the name "cookie sheet bed."

The overcrowding also is causing predictable chaos. Indeed, just four days after that unprecedented federal court order, it was the Chino prison that erupted in violence. And while the Aug. 8 riot was linked to race-related tensions, it underscored how incendiary it can be to run a prison so overstuffed with convicted felons.

Jeanne Woodford, former director of California's prison system and San Quentin's former warden, says she always put Chino as "one or two" on

her list of shabbiest prisons. And she considers the prison a prime example of why state leaders need to make major changes and address the court's recent orders, or risk years of continued problems in the prison system.

"I really thought I had a prison that had physical plant issues," Woodford said of her days at San Quentin. "But when I became director and went to Chino, I was shocked. How in modern-day corrections can anybody think this is OK? It's really not."

The state prison in Chino, known as CIM, is divided in four. One section is a minimum-security area, an oddly tranquil corner of the sprawling prison grounds worlds away from the elbow-to-elbow overcrowding elsewhere. Inmates mill around outside, go to work in prison jobs and sleep in dormitories.

The other three sections, however, are a Grand Central Station of inmates who flood through Chino on a regular basis, most of them shuffled back through the prison system for violating parole. They can be anyone from a low-level drug dealer to a killer, mixed together by the common ingredient that critics say causes

state prisons to fill up too much and too easily: simply violating parole terms and winding up back in the state prison system.

Lt. Mark Hargrove, the spokesman at Chino, estimates 600 parole violators stream into the prison each week, and 400 parole violators are cycled out. The recent federal court order suggested the state could ease overcrowding in part by diverting many of these parole violators out of state prisons.

Sammy Featherstone and Ben Turner are repeat felons newly arrived to Chino. They press up against their cell in Madrone Hall, unable to avoid interrupting each other as they point out the pitfalls of two men their size—Turner is big enough to be an NFL linebacker—being housed in a cell meant for one.

Turner moves a few inches to the toilet, demonstrating how close he is to Featherstone's bed if he needs to go to the bathroom. "There's too many people in here, man," Featherstone says.

For the California prison system and political leaders, there are indeed too many people in prisons such as Chino, and the federal court order concluded overcrowding has reached its limit. Specifically, the three

judges found that the prisons can't provide adequate medical and mental health care to inmates, violating their constitutional rights.

At prisons like Chino's, medical and mental health care is a volume business, with little space to handle the crush of inmates. Just inside Chino's central facility, where inmates first arrive at the prison, cages line one side of a corridor with inmates waiting inside for medical appointments. In the west section, where the riot occurred, inmates had to wait outside the clinic on wooden benches.

The San Jose Mercury News was not allowed to examine the medical clinics closely. But as part of the court case, experts who investigated the prison's medical care found the conditions appalling.

"The prison squeezes too many prisoners and too many providers into the available treatment area," Ronald Shansky, former medical director for the Illinois prison system, said in a court papers.

The charred remains of Joshua Hall, in the west section where the riot occurred, show a prison on the edge and in transition.

Inmates inside Joshua Hall torched mattresses, setting the dorm ablaze. One dorm over is where the riot started, in Mariposa Hall. Dried blood remains on the walls. Windows are shattered, the metal grids outside of them in some cases pried from their casings; 200 inmates were hospitalized.

Experts have said that riot, given the crowding, was all too predictable. "The housing unit was a serious disturbance waiting to happen," Doyle Wayne Scott, a former Texas state prison director, warned the three federal judges last year. "If the prisoners wanted to take over the dorm they could do so in a second and no one would know."

Prison officials have moved more than 1,000 inmates from the west section of the prison, transferring many of them to the nearby juvenile prison that

was just closed. But it's a temporary solution, typifying California's prison conundrum. Hargrove said they will have to figure out what to do with the west section, which houses 198 inmates in bunk beds in each dorm.

At some point, the prison likely will house all those inmates again. In the meantime, the rest of the prison remains as overcrowded as ever. The gym, the day rooms, the "cookie sheet" beds in the double cells.

Aref Fakhoury, the interim warden, concedes that a doubled-up inmate population is far from ideal, but he considers it a mistake for the system to release prisoners as a solution to overcrowding. Inside the central facility, Patrick O'Neill, a 21-year veteran prison officer, agrees. He is openly skeptical of concerns the inmates aren't getting adequate care.

"They call them patients," O'Neill says. "Remind yourself. They earned the right to come to prison multiple times. They are criminals."

For now, however, prison officials, as well as the state's political leaders, have to live with a different view from those federal judges who consider prisons such as Chino's inhumane. In their court order, they observed that one inmate per week, because of the abysmal medical care, had been "dying needlessly" in California prisons.

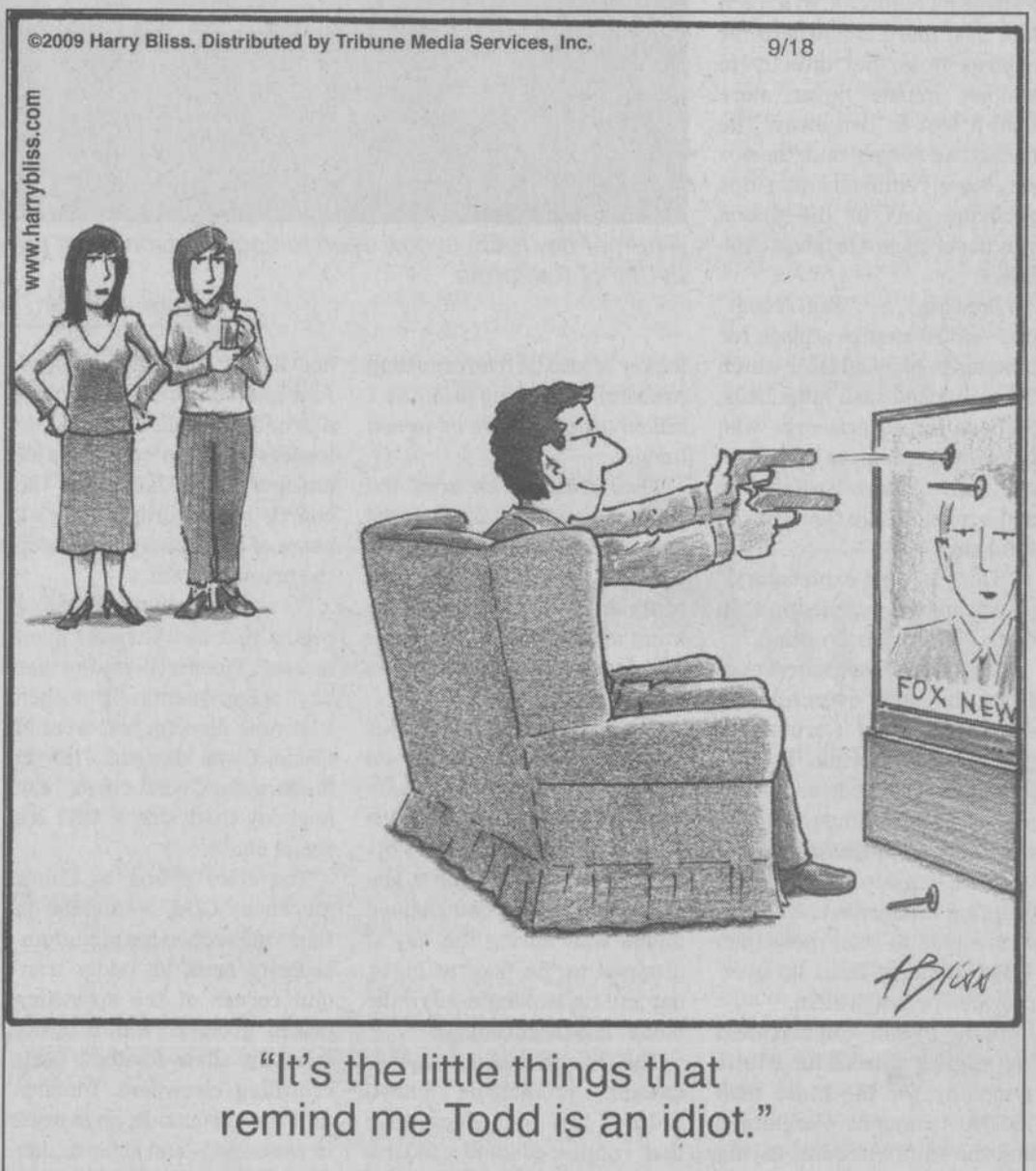
Woodford, who saw the problems firsthand as one of Gov. Arnold Schwarzenegger's prison leaders, tends to side with the judges right now.

"If we're to address the medical and psychological problems in our prisons, we have to get rid of overcrowding," she says. "It seems it always takes the courts because people don't want to appear soft on crime. But if policy changes aren't made, it just means another place fills up."

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(San Jose, Calif.)

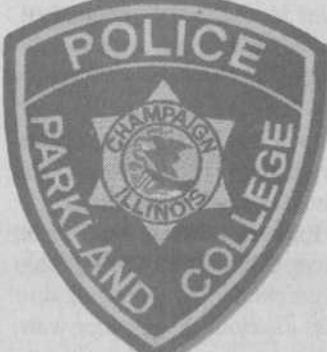




Parkland College Relations Officer Matthew Kopmann

Texting While Driving
By: Officer Matthew Kopmann

Illinois has recently passed a law regarding text messaging while driving that you should be informed of. According to the Illinois Vehicle code, 625 ILCS 5/12-610.2 (b), A person may not operate a motor vehicle on a roadway while using an electronic communication device to compose, send, or read an electronic message. They have joined 8 other states with



of them text while driving and 37% rated text messaging while driving as "extremely" or "very" distracting. Driver distractions, such as text messaging, play a part in 1 out of every 4 motor vehicle crashes. There is a display in the college center that explains the new law and a video that shows the risks of text messaging while driving. Check out the display and video before it ends on September 18.

the ban: Washington, California, Louisiana, Minnesota, Nebraska, New Jersey and Oregon. AAA conducted a survey of 1,000 teens. They found that 46%

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ACROSS

- 1 Disappear gradually
- 5 Prohibition agent Eliot
- 9 Vatican-related
- 14 Like deserts
- 15 Heavenly bear
- 16 "___ you clever!"
- 17 Hobbes, to Calvin
- 20 Motel restriction
- 21 T-bone, for one
- 22 Lock of hair
- 23 Med. plan choices
- 25 Opposite of "Huh?"
- 28 Damascus is its cap.
- 29 Fashion's Gucci and actor Ray
- 31 Nudge rudely
- 33 Makes a long story short?
- 34 City leaders
- 35 Ideal getaway
- 38 Taken care of
- 39 "Rich Man, Poor Man" novelist Shaw
- 40 Give body to, as hair
- 41 Obvious disdain
- 42 Mediator's syllables
- 45 Calculate sums
- 46 Coarse file
- 47 Rub it in
- 49 Key in the sea
- 52 Defective, as wiring
- 53 Armchair quarterback's hobby
- 57 Change
- 58 Summoned the butler
- 59 Peace Prize winner Wiesel
- 60 Fair-haired
- 61 Remain
- 62 Between-your-toes grains

DOWN

- 1 Passes out
- 2 Weapons storehouse
- 3 Baby seat cover?
- 4 Pieces jigsaw puzzlers usually start with
- 5 Convent residents
- 6 Historical period
- 7 Kazakhstan, until 1991: Abbr.
- 8 Assertions
- 9 Peel, as a rind
- 10 Opera highlight
- 11 Game played with a baby
- 12 "Raggedy" girl
- 13 Inc., in England
- 18 Appointment-confirming words
- 19 Dix and Knox: Abbr.
- 23 Set with a sharper picture, briefly
- 24 Inlaid designs
- 26 Traffic jam honker
- 27 "Isn't that cute!" exclamations
- 30 Prom car
- 31 Persistently worrying
- 32 "___ Eyes": 1975 Eagles hit
- 33 Poetic dusks
- 34 Bryn ___ College
- 35 Heroic exploit

By Fred Jackson III 9/28/09

Saturday's Puzzle Solved

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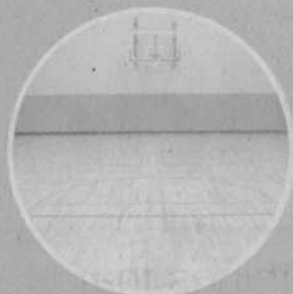
- 36 Draw inferences from
- 37 Farm output
- 38 The bus stops here: Abbr.
- 41 Mythical man-goats
- 42 "Va va voom!"
- 43 Marlee ___ Best Actress winner in "Children of a Lesser God"
- 44 Like fine coils
- 46 Notes after dos
- 48 Garage jobs
- 50 British machine gun
- 51 Baker's fat
- 52 Stodgy old-timer
- 53 ___ Four: Beatles
- 54 Every bit
- 55 Blubber
- 56 ___ scale of 1 to 10 ...



Patrick Bright/Prospectus

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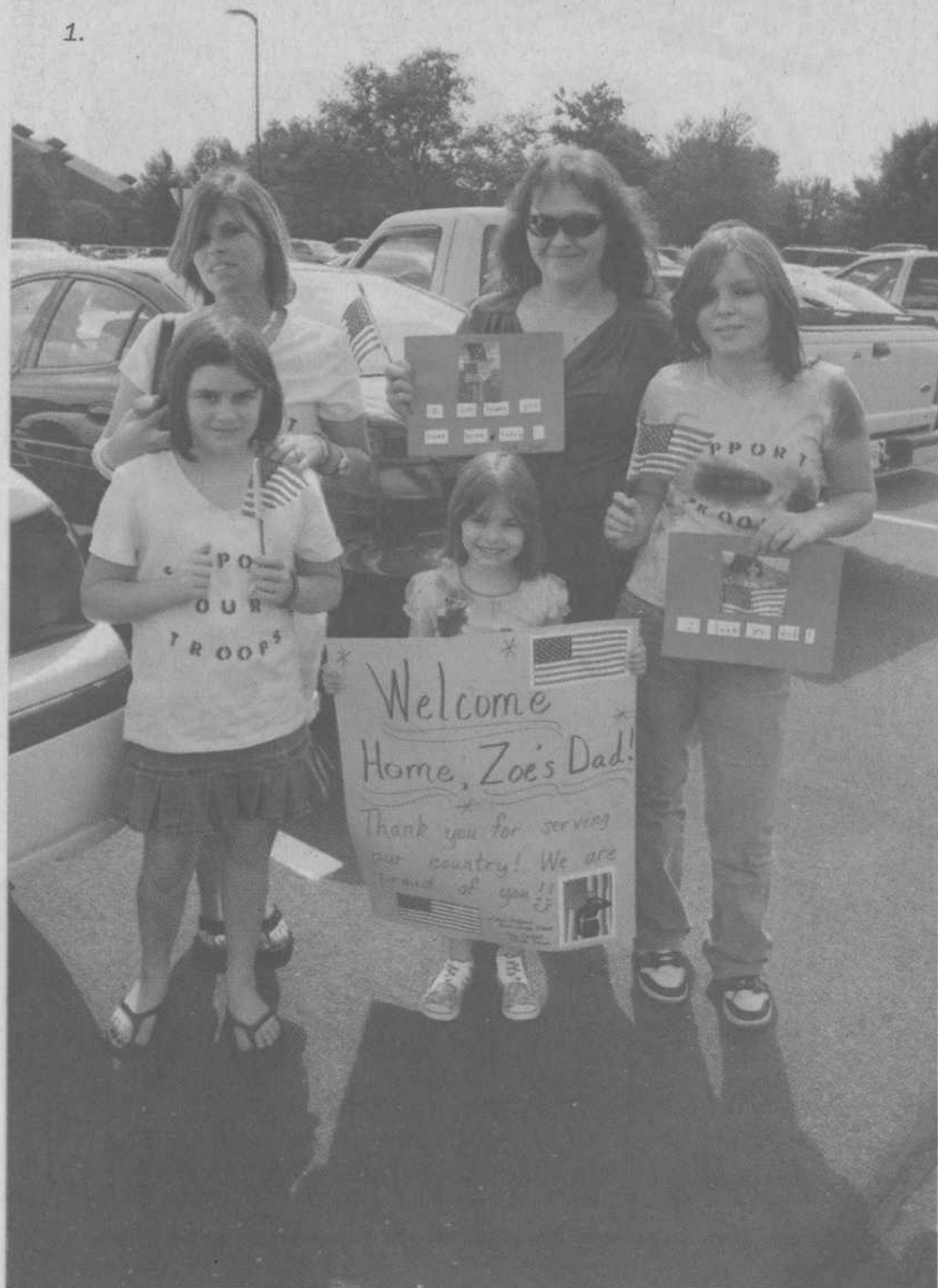
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Welcome Home, Bulldogs!

Welcome home, Bulldogs! On the bittersweet memorial day of 9/11, members of the Champaign and Sullivan National Guard returned home from a tour in Afghanistan. Family, friends, and grateful citizens lined a parade route that culminated in a return ceremony at the track and field at Parkland College. The soldiers that arrived comprise Company B, 634th Brigade Support Battalion, which has been gone from family for about a year.

From top left, clockwise: 1. Aimee and Dee Rilea, Kaydee (13), Zoe (6), and Chloe (10), await the return of Sgt. Christopher Rilea. 2. Members of Company B, 634th Brigade Support Battalion exit their bus to a standing ovation. 3. Jessica Rigg and nephew Mason (3) await the arrival of Specialist Niles Rigg, who came home on leave to marry Jessica. Also pictured is "son" Tank. (4) Stepdad Richard, mother Annette Jokisch, wife Cassie Stevens, and daughter Erin are seconds away from catching sight of Staff Sergeant Jonathan Stevens, a military mechanic. (5) On left: caregiver Diana Schmidt helps retired University physics professor Dr. David Lazarus to simply thank the troops for their service and dedication. At right is Dorothy Edinger of Norman, Ill., who traveled to see her granddaughter, Staff Sergeant Sarah Cottle. (6) Long before the troops were on their way, people traveled from hours away to line the stands at Parkland College's track and field. Sgt. Wentz of Parkland, was one of the soldiers that were welcomed back. The Prospectus featured Wentz a year ago, as well as a couple of his messages to the college. (7) Cadets from Lincoln's Challenge Academy, a program for youth sponsored and trained by the Illinois National Guard, stand at parade rest.

Aaron Geiger/Prospectus

