



"Who wants to be the next PCTV celebrity chef?" No, really. Who does? Chrissie McKenney wants some volunteers with good ideas.



Inside:  
College money traps  
Farewell, Mr. Kennedy  
Cobra sports preview  
GHB: silent killer?



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# Prospectus News

A student produced publication since 1969

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## Prepping for Pygmalion

By SEAN HERMANN  
Assistant Editor

Over 100 performers + 15 venues = one huge music festival. And it's, gasp, in Champaign-Urbana?

Just weeks away, Pygmalion, one of C-U's biggest music attractions, looks to be one of the best yet. What was once a tiny festival with only 45 bands and six venues has now become a six-figure event and is in the national spotlight. According to an official Pygmalion Music Festival press release, it (Pygmalion) seeks to engage a devoted group of music fans each fall by presenting both established and emerging artists in venues no bigger than a small theater.

Running through September 16-19, people from all over will be flocking in to see featured artists such as Iron and Wine, Lucero, RJD2, The Books, The Horse's Ha, Pomegranates, and Headlights. There will also be big name underground acts such as The Antlers, YACHT, Wavves, JigGaw, Margot and The Nuclear So & So's, Ra Ra Riot, Japandroids, Autolux, Bob Nanna, and So Many Dynamos. Skream, Maps and Atlases, DJ Famicom, Elsinore, So Long Forgotten, and Good Night And Good Morning will be playing as well.

The headlining show featur-



Pat Bright/Prospectus

ing Iron and Wine, The Books, Princeton, and Ra Ra Riot has already sold out, but according to the festival Web site there may be a situation where more tickets open up. Many of the shows taking place at the Canopy Club still have tickets available and a handful of weeklong wristbands are avail-

able as well. Some shows are even free, so be sure to make it out if you can.

With so many different bands playing, and so many genres being represented, Pygmalion will be sure to draw in quite a diverse crowd of music fanatics. This year's genres range from ambient to techno, indie,

pop, rock, and acoustic, proving that there is something for almost everyone at Pygmalion.

Parkland student Paul Little has already bought his festival passes.

"I'm most excited to see Lymbyc Systym and Mase-rati," said Little. "I didn't go last year. This is my first year

going, but I'm really into a lot of the bands that are on the bill and hopefully it keeps getting better (each year)."

After about ten months of nonstop planning, Seth Fein, founder and curator of Pygmalion believes this year's festival will be a big hit for the Champaign-Urbana music scene.

Now in its fifth year, Pygmalion has almost twice as many bands and ten times the budget from when it first began.

But how did the idea of Pygmalion come about? In 2005, Fein attended AthFest, an arts and music festival in Athens, Georgia and had a great time. He kept thinking, "Why can't Champaign have its own festival?"

The folks behind the scenes of Pygmalion want to convey that the music festival has always sought to be the bridge between the thriving local music scene and the national indie-rock spectacle. In each show, there are local bands present alongside some of the finest that the nation, and the world, has to offer. All of the shows that are part of the festival offer tremendous intimacy, and near-perfect sightlines. Lines are short, yet shows are filled and comfortable.

Champaign-Urbana has indeed filled the shoes of a thriving music festival city and hopes to keep growing. The festival serves as a great base for exposure for many of C-U's finest locals, allowing them to play alongside hard working nationally touring acts and for huge new crowds as well.

Here are some talented acts and stacked shows to keep an eye out for.

See **Prep** on page 1

## New recruits looking to keep Cobra edge sharp

By AARON PARTRIDGE  
Staff Writer

Although there were plenty of standout performers last year in Parkland athletics, the new school year has rapidly approached us, and brought with it many new faces to Parkland. Recruiting is all over the national scene in division I schools, but there is no reason that Parkland recruits shouldn't be recognized. Here are some names that you'll be likely to see, helping to bring each team to the next level this school year.

### Women's Basketball

Hannah Ohl, Bismarck-Herzing - 5'7 guard

Ohl was named News-Gazette All Area Player of the Year, while averaging 15 points per game as senior, scoring 1429 career points. Ohl was also on the National Honor Society which is something that definitely shouldn't go unnoticed.

"We are so excited to have Hannah at Parkland. She was the top athlete in the area this past season and we have had success with local athletes, so we hope she follows suit. Her skills should fit right in with our transition game and also has a high basketball IQ," said Karrie Redeker, women's basketball head coach.

Tenia Singleton, Decatur MacArthur, 5'6 point guard

Singleton is known for her excellent ball handling skills, and is a great defender. While at Decatur MacArthur she averaged eight points and four assists per game, and led her team to a regional title.

"Tenia is very athletic and understands the game of bas-



Susie Jean, a new recruit from St. Thomas More, joins the Cobra volleyball team this year. Jean was named 1st Team All-Area by the News-Gazette and was named on the list of Top 50 Liberos in the nation by prepvolleyball dot com. She is only one of many new top-notch recruits that Parkland has added this year to an already stellar cast of winning athletes.

Photograph by Rod Schilts / Parkland

ketball. She plays hard and makes the other people around her better," said Redeker.

### Women's Volleyball:

Susie Jean - HS of St. Thomas

More, Prime Time Volleyball Club

Jean was named 1st team All-Area by the News-Gazette and was named on the list of Top 50 Liberos in the Nation by prepvolleyball.com. Jean was the

starting libero for her sectional qualifying high school team and Junior Olympic qualifying team for Prime Time.

"She'll bring a defensive intensity, all-out hustle and a bit of wackiness to the volleyball

team this season to make for a lot of fun for teammates and the fans," said Cliff Hastings, women's volleyball head coach.

Brittany Monken - Breese Central High School, Southwest Illinois Volleyball Club

Monken has been an integral component to one of the top high school and club programs in the nation. Monken was on the special mention All-State team by the News-Gazette, and has just completed a Top 20 finish in the country at Junior Olympics in Miami.

"She brings a long history of being part of a team's winning success and will continue that play-to-win leadership this year at Parkland as well," said Hastings.

Molly Goodrich - Lincoln Community High School, Illini Elite Volleyball Club

Goodrich led the Pantagraph area in assists per game during the 2008 high school season, as well as leading her team to a regional championship. She also led her team with 692 assists and 239 service points. Goodrich kept up her top-level of play for her club team this past season and enjoyed great success throughout the season as well as at the JVDA Championships.

"Molly brings excellent court awareness and leadership to the court this year for Parkland," said Hastings.

### Women's Softball:

Jenna Harshbarger, pitcher, Monticello High School

Harshbarger was named to the All-Area Team News-Gazette, as well as the Herald-Review ICA All-state Team.

"Jenna has several pitches that she uses with great speed and accuracy," said

head coach Chuck Clutts.

Sarah Gray, infielder, Decatur Eisenhower High School

Gray was named Macon County Player of the Year, and was also a member of the Herald-Review All Area Team.

"Sarah combines speed with power at the bat. She does a great job covering the infield and possesses a very strong and accurate arm," said Clutts.

Samantha Inman, outfielder, Okaw Valley High School

Inman was named a member of both the ICA All-State Team and the Herald Review All-Area Team.

"Sam is a 5 tool player, takes control in the outfield and swings a solid bat," said Clutts.

Casey Sowers, infielder, Cumberland High School

Sowers was named on the All-area team, as well as the ICA All-State Team.

"Casey's skills and knowledge of the game makes her invaluable as a player," said Clutts.

### Men's Soccer:

Spencer Bolen, goalkeeper, Urbana High School

Bolen was a member of the 2009 News Gazette All-Area, and the IHSSCA All-Sectional and was considered one of the top goalkeepers in downstate Illinois.

Miguel Manero, midfielder, Urbana High School

Manero was named to the 2009 IHSSCA All-Sectional team, and is considered a solid midfielder with gritty defensive skills.

Tim Parks, forward, Urbana

See **Recruit** 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.

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

The rules of correspondence: all submissions must be signed with a phone number and address. The Prospectus staff will 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

**LEAD STORY**

Lonely Japanese men (and a few women) with rich imaginations have created a thriving subculture ("otaku") in which they have all-consuming relationships with figurines that are based on popular anime characters. "The less extreme," reported a New York Times writer in July, obsessively collect the dolls. The hardcore otaku "actually believes that a lumpy pillow with a drawing of a (teenage character) is his girlfriend," and takes her out in public on romantic dates. "She has really changed my life," said "Nisan," 37, referring to his gal, Nemutan. (The otaku dolls are not to be confused with the life-size, anatomically-correct dolls that other lonely men use for sex.) One forlorn "2-D" (so named for preferring relationships with two-dimensional) said he would like to marry a real, 3-D woman, "(b)ut look at me. How can someone who carries this (doll) around get married?"

**Cultural Diversity**

—Thousands of Koreans, and some tourists, uninhibitedly joined in the messy events of July's Byryeong City Mud Festival, which glorifies the joys of an activity usually limited to pigs. Mud wrestling, mud-sliding, a "mud prison" and colored mud baths dominated the week's activities, but so unfortunately did dermatological maladies, which hospitalized 200 celebrants.

—National Specialties: (1) In May, Singapore's Olympic Council, finding no athlete good enough, declined to name a national Sportsman of the Year. (2) A survey of industrialized nations by the Organization for Economic Cooperation and Development revealed that Japanese and Koreans sleep the least, while the French spend the most time at both sleeping and eating. (3) A Tokyo rail passenger company, Keihin, installed a face-scanning machine recently so that employees, upon reporting for work, can tell whether they are smiling broadly enough to present a good impression.

—The director of a child advo-

cacy group told The Associated Press in June that, since 1975, at least 274 children have died following the withholding of medical treatment based on religious doctrine. In one high-profile case this year, the father of a girl said turning her over to doctors would violate God's word (she died), but in another, a Minnesota family that had trusted their son's cancer to prayer, based on advice from something called the Nemenhah Band, changed course and allowed chemotherapy, which so far appears to have prolonged the boy's life.

—The Shinto temple Kanda Shrine, near Tokyo's version of Silicon Valley, does a brisk business blessing electronic gadgets, according to a July dispatch in Wired magazine. Lucky charms go for the equivalent of about \$8.50, but for a personal session, the temple expects an offering of the equivalent of at least \$50. The Wired writer, carrying a potentially balky cell phone, approached the shrine with a tree branch as instructed, turned it 180 degrees clockwise, and laid it on the altar. After bowing twice and clapping his hands twice, he left, looking forward to a glitch-free phone.

**Questionable Judgments**

—They Took It Too Far: (1) Maryland corrections officials, hoping to improve juvenile rehabilitation by a kinder, gentler approach to incarceration, opened its New Beginnings Youth Center in May. The lockdown facility had declined to use razor wire, instead merely landscaping its chain-link fences with thorny rose bushes. After one inmate easily escaped on the second day of operation, razor wire was installed. (2) Bride Lin Rong wed in August in China's eastern Jilin province, walking down the aisle in a dress that was more than 7,000 feet (1.3 miles) long (rolled up in a wagon behind her).

—Britain's National Health Service of Sheffield issued a "guidance" to schools this summer to encourage teaching students alternatives to premarital sex, including masturbation. According to the Daily Tele-

graph, the leaflet (titled "Pleasure") contains the slogan "(A)n orgasm a day keeps the doctor away" and likens the health benefits of eating fruits and vegetables, and exercising, to the benefits of masturbating twice a week.

—Latest Questionable Grants: (1) Welsh artist Sue Williams was awarded the equivalent of about \$33,000 in June, from the Arts Council of Wales, to explore cultural attitudes toward women's buttocks, especially "racial fetishism" in African and European culture. Williams said she will create a series of plaster casts of buttocks to work with, beginning with her own. (2) In July, the National Institutes of Health awarded \$3 million to the University of Illinois Chicago to identify the things that cause lesbians to drink alcohol. It will be very important, said research director Tonda Hughes, to compare why lesbians drink with why heterosexual women drink. (This is a different NIH grant from the ones reported in News of the Weird in June, to study why gay men in Argentina drink and why prostitutes in China drink.)

**Rock People**

—(1) Chicago police arrested motorist Daniel Phelan, 27, in August and charged him in connection with a three-week spree of drive-by rock-throwing at other cars. Officers discounted ordinary road rage as a cause, in that Phelan appeared to have been driving around during that time with an arsenal of rocks in the passenger seat. (2) A 22-year-old man was arrested in Kitsap, Wash., in August after tossing a barrage of rocks at people, leading some to chase him until police intervened. The man explained that he is preparing to enter Ultimate Fighting Championship contests but had never actually been in a fight and wanted experience at getting beaten up.

**Least Competent Cops**

—(1) The Supreme Court of Spaintossedoutassault charges against Henry Osagiede in August because of unfairness

See **Weird** on page 4

## Who Wants to Be The Next PCTV Celebrity Chef?

By **CHRISSE MCKENNEY**  
*Nutrition Columnist*

Starting this fall, I will have my very own cooking show on Parkland's TV station. This is not something that I had ever expected to do. The first cooking show that I remember watching is *Yan Can Cook* on PBS—I was maybe six or seven. It must have been during the summer, because that was back when cooking shows only came on in the afternoon, competing with talk shows and soap operas for housewifely attention. I enjoyed the show. Martin Yan wore shirts that read "Wok with Yan" or "Wok and Roll" and made dishes like "Ba-na-na-nana Rolls"—much more fun than most grown-up programs. I looked forward to watching his show when I could, but I didn't start daydreaming about being the next Martin Yan. The deliberate pursuit of a career as a TV chef is a very recent phenomenon.

making a cooking show? I have never had any desire to be on TV, but I do love giving cooking demonstrations. When I am up in Chicago for culinary classes, I get to volunteer with an organization called Operation Frontline (OFL). OFL is part of Share Our Strength, a national organization dedicated to eradicating childhood hunger (<http://www.strength.org/>). I conduct cooking demonstrations as part of their nutrition-education program that teaches individuals, parents, and children how to prepare healthy, tasty meals on a limited budget. Currently, we do not have an OFL program here in Champaign, but we do have a TV station (PCTV). I saw an opportunity to create a TV series that would allow me to share similar ideas for healthy and inexpensive meals. With the involvement of Jane Valentine, Dietetic Technician Program Director, and the staff at PCTV, that opportunity has developed into a series of TV



Anthony Burkert/Prospectus

Somehow, cooking shows have gone from low-budget educational programming for home cooks, to the substance of an entire network that has become a showcase for glamorous celebrity chefs. In our national perception, cooking and the chef have been elevated from a household chore and a low-status job to an esteemed art and a highly-skilled professional. Do not misunderstand my perception of cooking; I am a huge fan of the home-cooked meal. I come from the South, where "tastes like homemade" is much higher praise than "restaurant quality". My only cooking-related aspirations have been to have the skills to put a meal in front of anybody that shows up for dinner and to feed them something good enough to tempt everyone into a second helping. So, why am I

shows called *What's in Your Pantry?*

As a nation, we have been spending a lot of time getting excited about watching other people cook, but we aren't putting much effort into following their example. According to the Department of Energy, the number of meals cooked at home dropped dramatically during the last decade. With the rise of convenience foods and fast food restaurants, many people have gotten out of the habit of cooking at home, and many others have never even learned how. Since the economy has taken such a sharp downturn, however, popular interest in home cooking has increased. I hope to support that interest by providing novice cooks with some of the basic tools they need to feel confident about feeding themselves and their families at home. I have no objection to celebrity chefs and food as entertainment, but I am much more interested in home cooks and food as dinner.

Jane Valentine and the students in the Dietetic Tech Program are featuring local chefs and home cooks in another series called *Look Who's Cooking* that they are producing for PCTV this fall. If you have a favorite recipe that you want to share or if you just want to be a TV chef for a day, contact Ms. Valentine at [jvalentine@parkland.edu](mailto:jvalentine@parkland.edu) or 217-351-5293.

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# College bound? Don't fall into these money traps

By DIANE C. LADE  
Sun-Sentinel

FORT LAUDERDALE, Fla.—The school of financial hard knocks is in session for college-bound freshmen, living on their own for the first time. Among the lessons they will learn:

—The new credit card they signed up for to get that great T-shirt also comes with a 21 percent interest rate.

—Pizza doesn't qualify as an emergency expenditure.

—Paying your bills late today means you may not be able to rent a good apartment tomorrow.

“The problems young people have with money usually start with (the student) wanting too much and not paying close enough attention,” said Dr. Doug Emery, chairman of the Finance Department at the University of Miami.

Parents should talk with their children about managing money long before they head off to the ivy halls. But what Emery hopes is once the kids arrive there, “Mom and dad can give them enough leeway to learn from their mistakes

but not enough rope to hang themselves.”

Here's a short course, from the experts, on common fiscal mistakes college students make and how to avoid them. And study up, parents: These tips aren't just for kids.

1. Getting the credit card with the neatest swag. The majority of Florida college campuses restrict credit card vendors' access to students a study, according to a study released in June, by Florida Chief Financial Officer Alex Sink and the state's Financial Literacy Council.

The bad news: Students are going to be bombarded with offers anyway, some offering free stuff as bait.

Don't bite. Instead, go online to research cards with the best rates and terms at independent sites like bankrate.com or cardratings.com. And get only one card, to use preferably for emergencies.

2. Forgetting that charging is the same as spending cash. It's easy to lose track of credit card expenses because you don't see the dollar bills leaving your wallet, Emery said. So get in the habit of using cash

or a debit card for most daily expenses and paying off your one card every month.

ida Institute of Certified Public Accountants.

Make out a budget and stick to



3. Not making a budget. Not knowing how much you need every month to cover your costs is a sure way to get in trouble, said Terry Seaton, a St. Augustine accountant who heads the financial literacy committee for the Flor-

it. Go back to the allowance system you may have had as a kid, asking your parents to send you a certain amount monthly. When it's gone, it's gone.

4. Not asking mom and dad for a free loan. Students often turn to their credit cards or

high-interest loans if they have a necessary but big-ticket expense. That means you'll be paying off that debt plus your student loans when you graduate. Instead, Emery suggests getting a loan from your parents, but one that includes interest and a written payback agreement.

5. Keeping a car on campus. It may seem like that \$8,000 used car fits into your budget. But Emery said teens may forget to factor in insurance, maintenance, gas and parking fees—easily running up to \$250, \$300 a month. Plus then everyone else wants you to drive—to the party, the library, the supermarket. Ditch the car, take the bus, save the money.

6. Not monitoring your credit report and score. Late payments and closed accounts can stay on your credit report for up to seven years and affect your score. Which might not seem like a big deal—except that your credit score may affect your ability to get a good loan, rent an apartment or even get a job, as more employers are checking reports.

Nina Banister, spokeswoman for the Florida Department of

Financial Services, suggests checking your score regularly with all three major credit reporting agencies and immediately correcting any deficiencies. You can get one free report a year, courtesy of the federal government, at [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com).

7. Not having insurance. You know you need to insure your car. But what about your stuff? Check to see if you are covered under your parent's homeowner's policy if you live in a dorm. But if you are crashing off campus, you probably should get a renter's policy. See if your family's insurance carrier will sell you one. Seaton even has seen coverage just for laptops; one policy he noticed would insure a \$1,000 laptop for three years for \$75.

8. Not developing good fiscal habits. Properly handling money is like getting enough exercise or eating right, Emery says: It takes discipline but once you get into the habit, it becomes routine. Start your fiscal workout this semester.

(c) 2009  
Sun Sentinel

# A nation bids farewell to Sen. Edward Kennedy

By DAVID LIGHTMAN,  
MICHAEL DOYLE AND  
SILVIA SPRING

McClatchy Newspapers

ARLINGTON, Va.—America Saturday celebrated the passion and legacy of the late Sen. Edward Moore Kennedy as President Barack Obama—whom Kennedy helped propel into the nation's highest office—pledged at a funeral mass: “We carry on.”

The Senate's liberal icon, scion of a political family whose style and views influ-

enced policy-makers for half a century, died Tuesday night at age 77 after a 15-month battle with brain cancer.

He was buried Saturday just after sundown at Arlington National Cemetery near his slain brothers John and Robert. “They called him the lion of the Senate, and indeed that is what he was,” said Cardinal Theodore McCarrick, archbishop emeritus of Washington. “You always knew, and you were always touched, by his passion for the underdog ...”

McCarrick read from a letter

Kennedy wrote to Pope Benedict XVI just before his death, a letter President Barack Obama personally delivered last month. Kennedy asked the pope to pray for him. “I know that I have been an imperfect human being, but with the help of my faith, I have tried to right my path,” Kennedy wrote.

The brief graveside service ended a day that began with a morning funeral mass at Our Lady of Perpetual Help Basilica in Boston that combined a remembrance of his storied life with a vow to keep the

spirit alive.

As a panorama of American political figures looked on—including three former presidents and their wives, dozens of U.S. senators past and present and three generations of Kennedys—Obama and family members recalled Kennedy's ability to overcome daunting obstacles and eagerly and good-naturedly champion the causes he cherished.

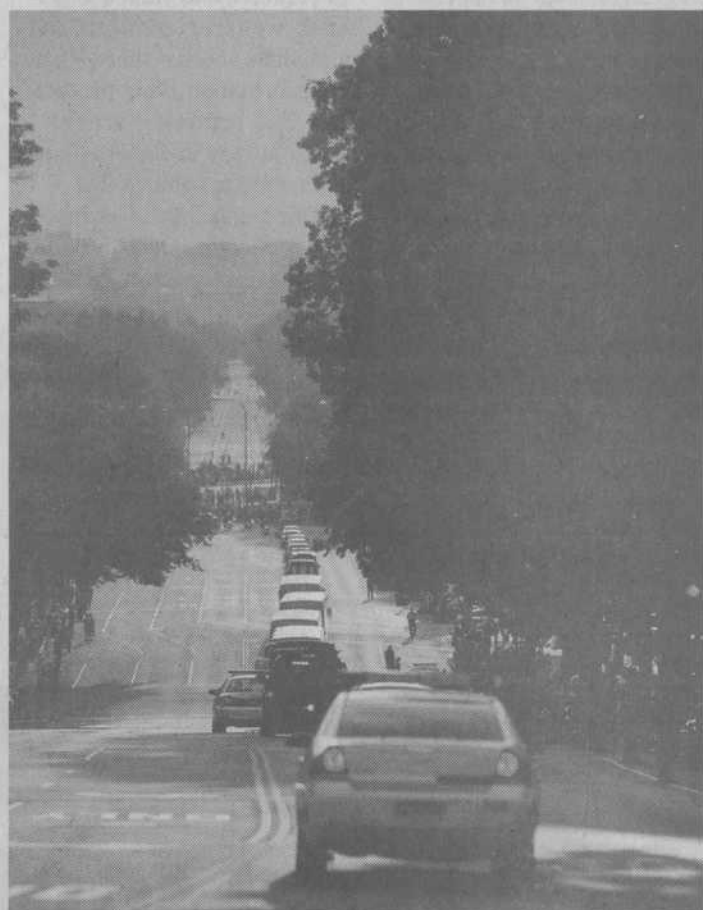
“We can still hear his voice bellowing through the Senate chamber, face reddened, fist pounding the podium, a veritable force of nature, in support of health care or workers rights or civil rights,” said Obama.

Kennedy's endorsement of Obama early in the 2008 primary season was an important boost to his candidacy, and nowhere has Kennedy's bid for a legacy been more evident than Obama's struggle this year to overhaul the nation's health care system.

No one was talking hardball politics Saturday, but there was an undertone to the eulogies by family members—to pass the health care legislation. Exactly one year before he died, Kennedy told the 2008 Democratic convention that health care was “the cause of my life,” and it has become the cause of the first year of Obama's presidency.

Obama and family members suggested that Ted Kennedy would have striven to avoid public displays of rancor as the health care fight got uglier.

“While his causes became deeply personal, his disagree-



The hearse bearing the remains of Sen. Edward Kennedy leaves the U.S. Capitol in Washington, D.C., and heads toward Arlington National Cemetery, Saturday, August 29, 2009.

Olivier Douliery/Abaca Press/MCT

ments never did,” said Obama. “While he was seen by his fiercest critics as a partisan lightning rod, that is not the prism through which Ted Kennedy saw the world, nor was it the prism through which his colleagues saw him.”

He recalled Kennedy as “a product of an age when the joy and nobility of politics prevented differences of party and philosophy from becoming barriers to cooperation and

mutual respect, a time when adversaries still saw each other as patriots.”

The day also had the end-of-an-era feel, a time to remember the last and youngest of the Kennedy brothers, who lived under the harshest of public spotlights. Obama recalled how Kennedy survived personal tragedy—the loss of two brothers to assassin's bullets in the 1960s, the 1964 plane crash that badly injured him, two children diagnosed with cancer.

“It was a string of events that would have broken a lesser man,” the president said. No one mentioned the Senator's 1969 auto accident at Chappaquiddick, in which a woman drowned and Kennedy delayed informing police.

The senator's oldest son, Ted Jr., remembered his father's frailties and his strengths. “Although it hasn't been easy at times to live with this name,

See Kennedy on page 4

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# Treatment at CIA 'black sites'

By GREG MILLER  
Tribune Washington Bureau

WASHINGTON—Their transformations took place in a sensory cocoon: aboard a CIA aircraft, shackled in place, deprived of sight and sound by a system of blindfolds, headsets and hoods.

They emerged into an existence that the world could only wonder about for most of the past eight years, but one that is becoming possible to glimpse through dozens of declassified files.

Their days were unending, illuminated around the clock by a pair of 17-watt fluorescent bulbs. White noise from the walkways filtered through the cell walls "in the range of 56-58" decibels, about as loud as people generally talk.

There were touches of CIA hospitality. Prisoners were given books, movies and checkboards to pass the time. They could hit the gym for exercise, and let their hair grow as long as they liked.

But there were also long, brutal stretches designed to break a prisoner's will. They were stripped, shaved and shoved against walls from the moment they arrived. What came next was an escalating menu of interrogation options, culminating in waterboarding, designed to make them believe they were in imminent danger of drowning.

The harrowing moments have been the focus of public attention. But the newest records round out those narrow accounts with fuller descriptions of what passed for everyday life.

The CIA "black sites" are empty now, if not already dismantled. They were never examined by a congressional committee or inspected by the International Red Cross.

Only those considered "These papers may pro-

vide the only picture that history gets of what life was like in these facilities," said Tom Malinowski, Washington director of Human Rights Watch.

The files released last week by the Obama administration record the bleak character of facilities that came to symbolize the nation's response to the Sept. 11, 2001, attacks. Some documents show a previously undisclosed level of consideration for prisoners' well-being, but critics of the CIA program say it can't be redeemed.



"I don't think it should improve the reputation of these places, nor do I think that it will," Malinowski said. "As if feeding somebody three hot meals a day somehow compensates for being waterboarded."

The purpose of the black sites was not so much to house prisoners as to reduce them to a near-helpless state. The aim, as outlined in one document, was to teach every detainee "to perceive and value his personal welfare, comfort and immediate needs more than the information he is protecting." The prisoners' arrival—almost always in diapers—was engineered to achieve that.

After being shaved, stripped and photographed nude, detainees were examined by CIA medical and psychological personnel. Then came a preliminary interrogation that would determine the prisoners' fates.

Only those considered extremely cooperative would

avoid a trio of techniques designed to produce a "baseline, dependent" state: the deprivation of clothes, solid food and sleep.

Follow-up sessions would start with the prisoner standing with his back against a wall and a towel or collar wrapped around his neck to prevent whiplash. He could be thrown against the wall just once "to make a point or 20 to 30 times consecutively."

Prisoners so abhorred the repeated slamming that they would remain in so-called stress positions, such as painful kneeling postures, for hours to avoid a return to the wall, according to one Dec. 30, 2004, memo.

The rules for administering such methods were spelled out by CIA headquarters, with chilling precision. Detainees could be kept in a large box for 18 hours a day, but small boxes only two hours at a time. They could be hosed with water for 15 minutes, but the air temperature had to exceed 65 degrees if they weren't given a towel.

Earlier this year, the Obama administration released a series of Justice Department memos from the Bush administration that labored to find legal rationales for CIA's array of coercive interrogation methods. The documents released last week show that the agency also sought Justice Department review of the prisoners' basic conditions.

In some sections, the memos seem contradictory, describing on the one hand ways to reduce prisoners to an infant-like state, even while insisting that the agency be committed to "minimizing the physical discomfort and psychological distress that detainees are likely to suffer."

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## RECRUIT

continued from page 1

### High School

Parks was a member of the News Gazette All-Area team, as well as the IHSSCA All-State team. Parks can be described as a quick forward with tremendous speed and a great eye for the goal.

Isaac Leake, center back, Urbana High School

Leake is a solid, and very dependable center back that brings calm to the back line.

Richard Kayede, Urbana High School

Kayede was named 2009 News Gazette Player of the Year, and also to the IHSSCA All-State, and NSCAA All-Regional teams.

Richard "Ghana" Kayede is one of the top players in Illinois and the region. He is a steady midfielder who can be a dominant presence at the college level.

Victor Martinez, midfielder, Champaign Centennial High School

Martinez, a member of the 2009 News Gazette All-Area honorable mention team, is one of the most solid midfielders in the area with great technical ability.

Jacob Longo, midfielder, Quincy High School

Longo was named to the 2009 All-Conference 2nd team, and IHSSCA All-Sectional honorable mention. Longo is a tremendous left outside midfielder from a top-notch school.

Men's Golf:  
Joe Smith, Champaign Centennial

Smith competed in the high school state tournament all four years of high school, finishing at least in the top ten every year, in the top 5 three times and finished 3rd twice. He was a red shirt freshman last year at University of Toledo.

Bryan Ideus, Rantoul High School

Ideus qualified for the state tournament in his last two years with a finish of No. 16 during his senior year. Ideus was also one of the top academic students at Rantoul and earned an academic scholarship to Parkland.

Look for all of these student athletes to succeed in their respective sports this school year as well as with their studies. Good luck to all of these recruits as well as those not mentioned.

## KENNEDY

continued from page 3

I've never been more proud of it than I am today," he said.

The senator "loved everything French—cheese, wine and women," the son chuckled. "He was not perfect, far from it. But my father believed in redemption."

But Ted Jr., 47, also reminded everyone that his father knew how to be a father. After losing a leg to bone cancer at age 12, he struggled to climb a snowy hill so he could go sledding.

"I know you can do it. There is nothing that you can't do. We're going to climb that hill together, even if it takes us all day," Ted Jr. remembered his father saying. "Sure enough, he held me around my waist and we slowly made it to the top."

Choking up, he remembered how on that day, "I knew I was going to be okay. My father taught me even our most profound losses are survivable."

After the service, the funeral party flew to Andrews Air Force Base in suburban Maryland and drove to Washington. It halted in front of the U.S. Capitol, where an estimated 2,000 people waited for hours on the steamy, hot afternoon.

"Thank you for sharing the senator and so much of his life with us," the Rev. Daniel Coughlin, the House of Representatives chaplain, told widow Vicki Kennedy.

Certain themes kept recurring among people in the crowd: Kennedy's humor, his loyalty, his political and emotional acumen.

"He is a man who could have been bent, broken, destroyed by any number of things in his life, and he wasn't," said Michael Slevin, 62, a clinical social worker who worked for Kennedy between 1984 and 1994.

Slevin said he showed up to await Kennedy's last Capitol appearance because he has "a lot to process," but he wasn't crying. No one seemed to be crying; except, perhaps, when the crowd joined in the singing of "America the Beautiful."

Watching and waiting, Nan Simpson distinguished the relatively upbeat mood from June 1968 when she, as a young Mount Holyoke College graduate, watched as Edward Kennedy's slain brother Robert was conveyed through Washington.

"There's something quite different about the death of a man who lived long enough to become a master of Congress," Simpson said.

In Boston, an estimated 60,000 people had waited, often for hours, from Thursday night until Saturday morning, at the John F. Kennedy Presidential Library & Museum, to pay their last respects before Kennedy's coffin.

And though Saturday was rainy in Boston, hundreds gathered outside the basilica to say goodbye.

Patricia Bell, 53, took a 5:30 a.m. Greyhound bus from the

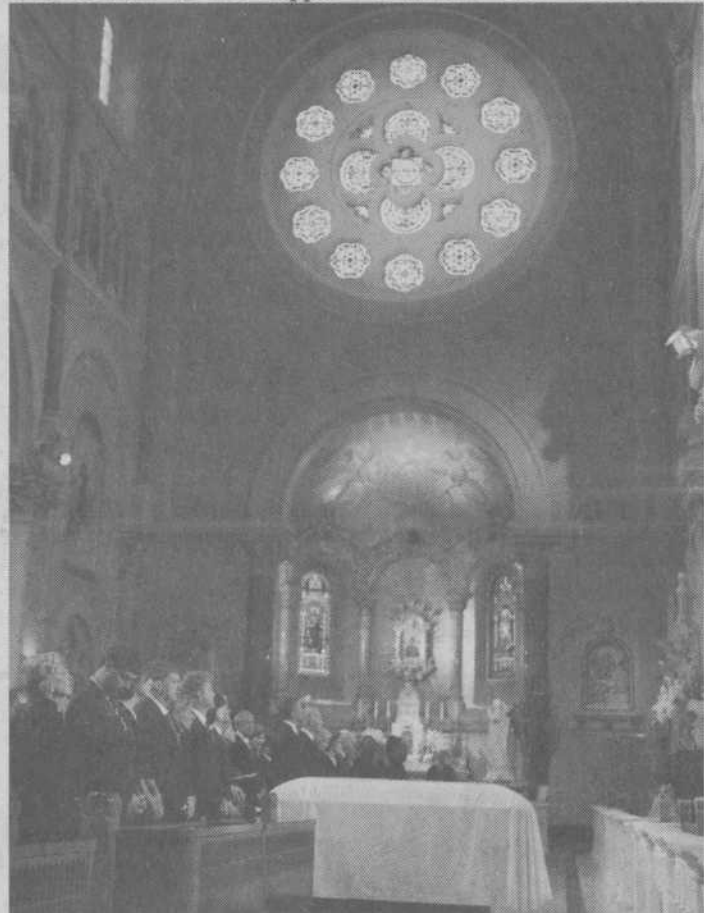
Bronx to Boston. "I want to tell him 'thank you, we love you, and we appreciate your sacrifice,'" she said, standing under her umbrella, clutching her breakfast in a paper bag.

Inside the vast basilica, where Kennedy had prayed daily as his daughter Kara fought cancer, most were old enough to remember the family tragedies and triumphs: The election of the dapper

ios cereal box read "THANK YOU SENATOR KENNEDY."

Massillon Laporte came from Montreal, Canada, to play Schubert's "Ave Maria" on his trumpet for Kennedy. The doleful sound of drifted up the street through the rain.

"I came out to honor a beautiful man and to show my respect," said Lillian Bennet, 59. "He was one of a kind. We want him back." Bennet had



Sen. Kennedy's sister Jean Kennedy Smith, from left, his stepson Curran Raclin, his son Rep. Patrick Kennedy, President Barack Obama and others attend funeral services for Sen. Ted Kennedy on Saturday, August 29, 2009, at the Basilica of Our Lady of Perpetual Help in Boston, Massachusetts.

Brian Snyder/Abaca Press/MCT

young John F. Kennedy 49 years ago, his assassination a thousand days later, Bobby's brief run for the presidency in 1968, until an assassin cut him down and Ted's own tragedies and triumphs.

"The spirit of resilience and good humor would see Ted Kennedy through more pain and tragedy than most of us will ever know," Obama said.

The mood was less one of sadness than reflection.

"The Mass of Christian burial weaves together memory and hope," said the Rev. Mark Hession, a Cape Cod priest and a Kennedy family friend.

That theme was woven through the service. Kara Kennedy Allen led the audience in a recitation of Psalm 72—"Justice shall flourish in his time and fullness of peace forever." Hession cited Matthew 25:31-32A, 34-40, which talks about compassion.

Ten nieces, nephews and grandchildren recalled "Uncle Teddy" or their grandfather. Ted Junior's son, Teddy, used the occasion to remind the audience to keep up the fight for health care.

Outside, in the rain, some waved signs that read "KENNEDY THANKS," that were being passed out by Mayor Thomas Menino's staff. Others made their own signs that read "HEALTHCARE, DO IT FOR TED." Another, inked on cardboard torn from a Cheer-

arrived from nearby Dorchester at 6:45 a.m.

"It's the passing of history. This is the end of an era," said Bill Zoppo, who was there with his wife, Sally. "He was a father to all his brothers' children, so this is a big transition for them. Who will pick up the mantle?"

Inside, Obama added a personal touch. He recalled how he had hung a painting of a Cape Cod seascape in his personal study—a gift to a freshman legislator who had just arrived in Washington and happened to admire it when Ted Kennedy welcomed him into his office.

"By the way," Obama chuckled, "that's my second favorite gift from Teddy and Vicki, after our dog Bo."

Obama urged the nation not to forget Ted Kennedy's dream. Remember, he said, "the memories he gave, the good that he did, the dream he kept alive, and a single, enduring image, the image of a man on a boat, white man tousled, smiling broadly as he sails into the wind, ready for whatever storms may come, carrying on toward some new and wondrous place just beyond the horizon."

(Lightman and Doyle reported from Washington. Spring reported from Boston)

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## PREP

continued from page 1

# What to look for at Pygmalion

### Wednesday Sept 16

#### Canopy Club

- 8:30- Common Loon
- 9:30- Mt. St. Hellen's Vietnam Band
- 10:00- Owen
- 11:00- Japandroids
- 12:00- Headlights
- 1:00- Physical Challenge DJ's

### Friday Sept. 18

#### Blues BBQ

- 11:30 AM-Girls Next Door
- 12:00 PM-Ryan Groff
- 12:45-William Fitzsimmons
- 7:00 -The Jips
- 8:00- Empires
- 9:00- JigGaw
- 10:00-So Many Dynamoes
- 11:00-So Long Forgotten

#### Red Herring

- Comedians
- 10:30-Jon Hansen
- Pat Deane
- Devin Bockrath
- Collin Bullock
- Trey Mowder
- Bill Casey
- The Turtle Brother

### Thursday Sept. 17

#### High Dive

- 9:00-Dubstep show featuring DJ Skream along with DJ Belly, DJ Mertz, DJ Geist

#### Blues BBQ

- 11:45 AM-Liesel Booth
- 12:30 PM-Pamela Machala

#### Canopy Club

- 6:20 PM-Ohtis
- 7:00-Santa
- 7:40-Mason Proper
- 8:20-Company of Thieves
- 9:00-Elsinore
- 9:40-Joe Pug
- 10:30-Decibully
- 11:10-Margot and the Nuclear So & So's
- 12:10 AM-Maserati
- 1:00-Lucero

We'll see you at the show...



# WEIRD

continued from page 2

by Madrid police. Osagiede, a black man, was convicted after the victim identified him as her attacker, in a lineup in which he was the only black man. (2) Six Ormond Beach, Fla., motorcycle officers, detailed to chaperone the body of prominent Harley-Davidson dealer Bruce Rossmeyer from the funeral home to the cemetery, accidentally collided with each other en route, sending all six riders

and their bikes sprawling.

## Recurring Themes

—(1) "Spitting Contests": A man was almost killed in Rodgau, Germany, in July when, attempting to show friends he could spit a cherry pit the farthest off of a balcony, made a running start but accidentally toppled over the railing. He was hospitalized with hip injuries. (2) "Assistance Monkeys": Evidence of the dexterity and usefulness of monkeys (for

fetching objects for disabled people) came from the Plants & Planters store in Richardson, Texas, in July. The store owner, seeking to combat recent burglaries, installed a surveillance camera, which revealed a monkey scaling the fence, scooping up plants, flowers and accessories, and handing them to an accomplice waiting on the other side.

## Undignified Deaths

—(1) Two 22-year-old men

were accidentally killed in Mattoon, Ill., in May during an outing in which an open-top double-decker bus was used to transport guests. Several people were standing in the top tier, but investigators said only the two tallest men were accidentally hit when the bus passed under Interstate 57. (2) A 23-year-old man drowned in Corpus Christi, Texas, in February, when he sought to back up his claim in front of "friends" that he could hold his breath underwater for a long

period of time.

## A News of the Weird Classic (June 2003)

In early 2003, several news organizations profiled 70-year-old Charlotte Chambers, who was a Orlando Starz of the Independent Women's (tackle) Football League. Said the Starz chief executive, "Last year, I thought I should tell the other teams to go easy and not hit her too hard. But now I'm afraid

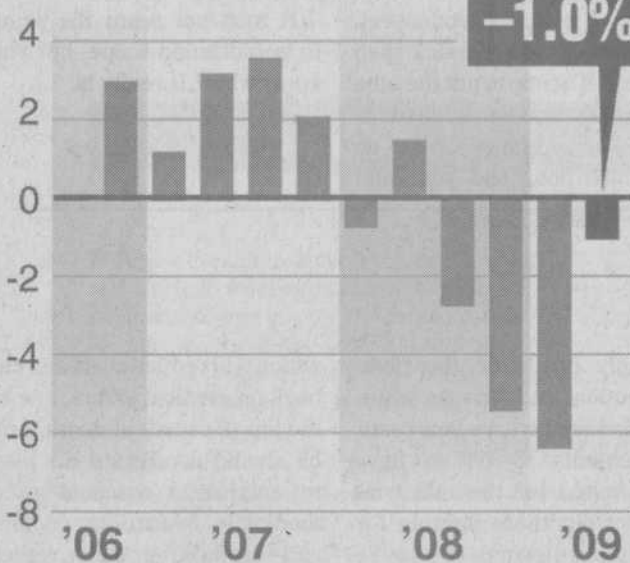
she's going to hurt somebody." Said the 5-foot-4, 140-pound Chambers, "I say, 'You better hit me (first), because I'm laying you out.'"

Read News of the Weird daily at [www.weirduniverse.net](http://www.weirduniverse.net). Send items to [weirdnews@earthlink.net](mailto:weirdnews@earthlink.net).

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# GDP

Percent change from previous quarter, seasonally adjusted:



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Source: U.S. Bureau of Economic Analysis

# Long-term abductions require years of therapy, support

By TRACEY KAPLAN  
San Jose Mercury News

SAN JOSE, Calif.—When 14-year-old Victoria Gardner emotionally collapsed after being abducted and raped in 1968, the only remedy doctors in San Jose offered was a series of electro-shock treatments to help her forget her horrible experience. She turned them down.

Four decades later, Jaycee Dugard, the Antioch, Calif., woman abducted 18 years ago and freed this week, will have more psychological help to deal with her trauma, thanks to significant advances in the therapy field known as "recovery and reunification."

Already, a San Francisco Bay Area counselor who works with the National Center for Missing & Exploited Children has been tapped to help Dugard and her family through the first few days of the unexpected and long-delayed reunion.

But experts—and families

with similar experiences—say it will take many years of crucial professional support to cope with victims' issues, from anger at parents for failing to keep them safe to ambivalence about their abductors. Often there's even guilt for being too paralyzed with fear to run away.

"Today, there's a lot more help, but still, the fears and nightmares will come," said Gardner, who remains troubled—41 years later—about her ordeal at the hands of a physician inside a San Jose hospital over a three-day period.

Dugard was gone for nearly two decades, and experts say she can look forward to the first stage of her recovery/reunification—which is likely to be euphoria.

"There's a honeymoon period, a sense of wild joy, like your best dream has come true," said Georgia Hilgeman-Hammond, who founded the Vanished Children's Alliance in San Jose in 1976 after her



This is a family photo of Jaycee Lee Dugard who was kidnapped in 1991. Authorities say they have found her being held captive in the backyard of a couple in Antioch, California, and in the ensuing years has had two children.

Sacramento Bee/MCT

13-month-old daughter was abducted. Her daughter was found four years later.

"But it's not 'happily ever after,'" she said. "You find out they're not the same person. There's confusion, loyalty issues, like 'Why didn't mom or dad find me sooner?'"

Dugard was 11 when she was snatched near her home near South Lake Tahoe, Calif., in 1991. On Thursday, she surfaced with the convicted sex offender who police say took her all those years ago and forced her to live in a shed and tents and to bear him two daughters.

Even though Dugard is 29 now and has the two girls, 11 and 15, fathered by her abductor, Philip Garrido, her emotional age is likely to be much younger because she has been utterly powerless for so long, experts say.

The sudden freedom can be overwhelming, according to research funded by the U.S. Department of Justice. Families should not expect their rescued children to be able to cope with socializing right away, including everything from welcome-home celebrations to big family reunions.

Recovered victims are more likely to act withdrawn or hostile, probably because they're scared of being re-abducted. Parents also are urged not to criticize abductors in front of victims because the victims often bond with their captors and are ambivalent about them.

"They've been through kind of a brainwashing," said Ernie Allen, president of the National Center for Missing & Exploited Children. "They've been brutalized and told they would be killed and their families would be killed. The human instinct is to do whatever it takes to prevent getting killed, including

not trying to run away." Gardner said she understands that self-preservation instinct.

"No one understands what Jaycee is going through unless they've been a victim," she said. "The fear is so immobilizing."

In 1968 when a doctor kidnapped and raped her, she said, incidents like that were rarely discussed publicly. "There was no mental health for kids then," she said.

Experts know so much more about the psychology of these kinds of crimes because so many American children are abducted—which the 'government defines as taken against their will through physical force or threat for at least an hour. About 258,000 children are abducted in the United States every year, according to the National Center for Missing & Exploited Children.

The vast majority—about 200,000—are parental abductions. Most of the remaining 58,000 abductions are resolved within 24 hours.

Then there are the so-called "stereotypical" kidnappings like Jaycee's, in which children are taken more than 50 miles away or taken overnight or held for ransom or taken with the intent to keep permanently or kill. There are only 115 of those a year. As expected, the recovery period is not short. Abductees and their families can get help from state victim compensation funds with considerable expense of long-term treatment.

"We preach patience," Allen said. "You don't take a shot or pill to get over this."

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A full 1/4 pound of fresh sliced medium rare roast beef, provolone, lettuce, tomato, & mayo.
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Fresh sliced turkey breast, applewood smoked ham, provolone, and tons of lettuce, tomato, and mayo! (A very traditional, yet always exceptional classic!)
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Fresh baked turkey breast, provolone cheese, avocado spread, sliced cucumber, sprouts, lettuce, tomato, and mayo! (It's the real deal, and it ain't even California.)
- #13 GOURMET VEGGIE CLUB®**  
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# OPINIONS

## Americans need to “sweat” a little

By THE PROSPECTUS STAFF  
Prospectus News

The other day one of our staff members received a newspaper clipping in the mail from mom. In the article the staff member's old dorm was featured, with a particular gripe that students had during move-in this year. Are you ready? There was no elevator. The building was three stories high. And the rooms are mostly furnished.

A staff member also watched a parade last year, and there were moms running around and among the high school marching band members, spraying water on the necks with a mist bottle, all with loving affection. It was 75

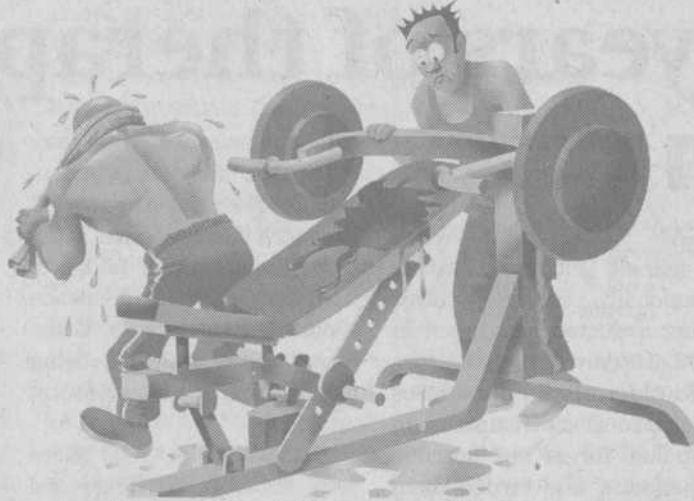
degrees. And I guess nobody stopped to think that the body sweats for a reason—to cool off the body.

In a land where sports teams don't “win,” and there isn't a score kept, and everyone wins trophies, something is going seriously awry. What ever happened to the mantra, “Competition breeds success?”

As Americans, we're supposed to thrive on competition and hard work. We are the land of corporate empires, the most powerful military on the planet, and the country that usually walks away with the most medals at the Olympics. We watch reality TV, and root for the last “Survivor,” the most eligible bachelor, and the most creative and hardworking chef.

Yet we are faced with paradoxes more often these days, it seems. People are getting lazier. We now have an obesity epidemic. We are slipping

will not outlive their parents). Yesterday the former director of Carle mentioned in a News-Gazette opinion that our nation is now No. 37 in the world in



in education, quality of life, and life expectancy (it is said that today's 18-25 year olds

terms of health care. While this is happening, our banks and auto industries are

being bailed out. Money is being lent to lean governments. Corrupt companies are being slapped on the wrist and told to play nice. We're so afraid of letting everyone play fair—in the hopes of rescuing the lowly individual taxpayer from suffering—that we're taking the competition out of the game. If corporations, businesses and politicians don't have a stake in “losing,” then what do they have to fear?

We are naturally lazy beings. We take the path of least resistance—mostly. We rise to the occasion when we're forced to, which means if you sweat, you sweat. If you feel sick, then perhaps it's time to put the tuba down and sit under the shade of a tree. If you have a room on the third floor, and you can't

carry everything by yourself, then either get some help from a friend, or lighten your load.

Perhaps it's time for Americans everywhere to lighten their load, or perhaps sweat a little bit more, or reach out to one another for a helping hand. And when someone asks for your hand, you give it right back. It's time to stop thinking that everything should be there for you “just because.” That goes for an elevator on a three-story dorm room, or a bailout because you mismanaged your company because of greed.

It may not seem the same in breadth and scope, but you know what? It really is.

## A tale of two presidents

By THE SAN JOSE MERCURY NEWS

The president of the United States was determined: Universal health care was something Americans should expect, and he would deliver it. He argued forcefully for an employer mandate and for government-run insurance pools as an option for those who couldn't obtain private insurance. Commentators in all the media were abuzz.

The time? Nearly 40 years ago. The president? Republican Richard Milhous Nixon.

The irony doesn't end there.

Nixon's plan failed because of one powerful opponent: Sen. Edward M. Kennedy. He stood firm in favor of a single-payer system, and the moment was lost.

In the years leading up to his death last week, Kennedy must have regretted this, as he heard the ideas that Nixon once espoused as conservative doctrine now slandered as socialism when proposed by President Barack Obama.

The Kennedy skill at collaboration had yet to evolve in the early 1970s. And given the family history with Nixon, who had run against John F. Ken-

edy, a Nixon-Kennedy plan for national health care was probably asking too much at the time.

It's apparently asking too much for today's Republicans to collaborate on the Nixon, or Obama, goals. But it should not be. Today, far more than in the '70s, the good of the nation demands health care reform.

Obama's mistake has been allowing opponents to frame the debate and put him on the defensive. The Obama who was a master communicator during the campaign can recapture the lost momentum. He has to hammer home the

folly of doing nothing, which is what his opponents want, and convince the American people that only through reform will they be assured of affordable, high quality health care in the future. The current system is not sustainable.

While providing health care to the 20 percent of Americans who now have none is critical, the president needs to aim his arguments toward the 80 percent who have coverage at the moment—at least until they get laid off—and are scared to death that they will have inferior care in the future.

He also needs to more

strongly challenge the pharmaceutical and private insurance industries to reduce costs. Agreements to do so have been touted, but the industries are not out there fighting for Obama's reforms. If they're not on board, then he should not let up on the challenge. They have a right to reasonable profits, but the nation cannot sustain the rate of increase in costs. Fewer and fewer businesses will be able to offer insurance to their employees at the current pace.

The president should be talking more about the move to electronic medical records,

which will reduce costs and cut back on medical errors, one of the top 10 causes of death. And he should accelerate his plan to emphasize outcome-based medicine, rewarding doctors and hospitals for quality, rather than quantity, of care. There is ample evidence that the two do not equate.

The president has the oratory skills to turn this around. He also happens to be right about what's needed. Richard Nixon, that well-known socialist, would agree.

(c) 2009, San Jose Mercury News (San Jose, Calif.).

## Can we carry last season's Cobra momentum?

Joel REUTER  
Staff Writer

With every new school year comes a new fall sports season, and there is plenty of reason for optimism at Parkland this fall.

The volleyball team is coming off of a 36-13 season that ended with a third place finish at Nationals. However, this team looks very different from last year's team, starting at the top with a coaching change.

Gone is coach Mike Trame, who coached the team for five seasons before stepping down after winning Conference, Region, and Midwest NJCAA Coach of the Year last season. Trame took a non-coaching position at the University of Illinois. Taking his place will be Cliff Hastings, who brings a very impressive resume to

Parkland. Hastings is the director of the Prime Time Volleyball Club, where he has coached the 18-year-old age group the past two seasons.

“After playing competitive sports my whole life, coaching high school volleyball, and running Prime Time for a few years, I've realized that the sport of volleyball is more than a hobby to me, it's a passion,” said Hastings. “Whether I'm playing, coaching, reffing, or just watching third graders, it's something I really connect with and I love being a part of.”

Hastings will bring a passion to a team that, despite losing five key contributors from last year's team, will still start the season ranked ninth in the NJCAA Division II pre-season rankings. They open the sea-

son with a tournament in Kansas City, with games scheduled against the number three and number four ranked teams, and will be tested early and often.

“We have a lot of great competition to start the season, and at this point, I have the Parkland Invitational on September 25-26 circled on my calendar as the point where I really hope to have a sense of an identity of this team in tournament play,” Hastings said.

The men's soccer team is also coming off of a very successful season, as they finished 17-2-2 and won the M-WAC conference title. Although they have 13 newcomers, and have lost a pair of first team All-Americans, head coach Mike Sikora still has the highest of expectations for his team.

“Certainly, we would like to

win every match. Being a conference, regional, and national champion is paramount to our plans for this season. I also believe that our players need to be striving for excellence in the classroom,” said Sikora.

If any one can lead a team with these sorts of expectations, it is Sikora, who was named Conference and Region Coach of the Year last season after the team established a school record with 17 wins. It will all depend on how his team adjusts to a new style of play this year.

“We are not as big, physically, as we were last year. We are a little more technically sound though, and many of our players like to play more of a possession style. We have very gifted soccer players at every position,” said Sikora.

Finally, there is the wom-

en's soccer team, which, like the previous two sports, is also coming off of a very good season after finishing 10-2-3 last year.

The team also has new coach Josh Alford, who has a hefty sports background. He spent 14 years living in Argentina, where he played for a number of club teams. After attending high school in New York, Alford attended Parkland where he played soccer and was a two-time All-Conference first team, and two-time All-Region first team.

After finishing his career at Olivet Nazarene, Alford worked for the Unit 4 school district as well as the Champaign Park District. In 2006, he was the assistant coach for the women's team, and this past fall he was named the Parkland head coach. He also

coached at Champaign Central High School boy's team for two years, and led them to a Regional Title in 2007.

With half of the team made up of newcomers, the team may experience some growing pains, but Coach Alford still expects the team to build off of last season's success.

“My biggest expectation for the team is for them to be better than they were last season. In order to do that we need to stay focused on reaching our team goals of winning conference, regionals, and eventually making it to nationals and in order to reach those goals we need to execute our game plan each match,” said Alford.

Come support your Parkland Cobras this fall, as it should be a highly entertaining and successful season once again.

## GHB

continued from page 10

rata. Depression and suicide are other risks of GHB, Porrata said.

An inmate's death from GHB withdrawal in Florida cost \$1.75 million in a civil lawsuit, she said.

“Most drug detoxes are three to five days,” she said. “But GHB is 10 to 14, and they can die at any time during that if not adequately medicated and supervised.”

Some drug users gravitate to GHB because the courts and probation officers don't test for it, Porrata said.

Jackson County Drug Court routinely screens for eight drugs, but not GHB. Officials say they don't believe it is a drug of choice here.

But Porrata asks: How do they know if they don't test for it? “We have found subcultures of GHB abusers who started for exactly that reason,” said Porrata, who fields calls from addicts and parents across the country.

Will Hollingsworth bought GHB from a Florida health food store when it still was being sold legally in the 1990s. A wrestler and track speedster, he believed unsubstantiated claims it would help him build muscle and endurance. But it ravaged his mind. When he tried to stop taking it, the withdrawals sent him into psychosis. He thought he was Jesus.

His parents committed him to mental hospitals 12 times. “I didn't realize it was withdrawal,” said his mother, Jan Hollingsworth, a retired newspaper reporter now writing

a book about GHB's dangers. “I thought he was still taking GHB and that was putting him over the edge.”

Doctors found three distinct lesions in Will Hollingsworth's brain in 2002 that they couldn't explain. His hearing and sight were damaged, and he couldn't move without a walker. Doctors told him his condition would never improve. Four days later, he killed himself by setting himself on fire. He was 23.

Hollingsworth wrote a 2006 book about her son's struggle for The Tampa Tribune. After it was published, she heard from hundreds of readers, including a Florida man whose son, a top state wrestler, became psychotic after starting college. The son came home for psychiatric treatment and killed his girlfriend with a baseball bat while his parents were away.

“I don't know why I did it,” he told his parents when they returned home.

The father told Hollingsworth his son had been ordering GHB off the Internet for years. He had no idea it could be related to his son's mental decline until he read her story—three months after the homicide.

Hollingsworth is disappointed that after these tragedies, many front-line workers such as police, ambulance crews, doctors and medical examiners still are ignorant of the dangers of GHB.

She said any athletes who suddenly suffer psychosis or delusions should be examined for GHB use.

“There is a way to save these people's lives and there's a way to kill them,” she said.

Hollingsworth searched for information on the Internet after her son's first psychotic

episode. She found nothing but GHB recipes.

When Middleton first realized her daughter may have taken GHB, she asked a police friend, who had never heard of it. She asked her daughter's friends and they told her it wasn't addictive and “not to worry.”

“Well, it is addictive,” Middleton said recently. “It's probably the worst drug out there.... It's bigger than what they think.” Lack of education is the biggest reason GHB keeps hurting and killing people, experts say.

“These folks are outside the realm of recognition and help right now,” Porrata said. “Their numbers will grow.” Project GHB's Web site—started by parents who lost a son to GHB—features the stories of 19 men and women who died from GHB-related

causes. Many suffering overdoses were left to “sleep it off.” Heartsick parents lament that friends periodically “checked” on their loved ones, but no one called for help.

“I lost my child,” one parent wrote, “a part of my heart and a part of my reason to live, to GHB, the insidious monster.” Middleton understands the pain all too well. She raised two beautiful, successful and independent daughters. She got them through college and thought they were safe.

But now her younger daughter, who once loved frogs, angels and butterflies, is gone. And Middleton blames GHB.

“If this could happen to Alina, it could happen to anyone.”

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The Kansas City Star.



# HEALTH CARE COMPARED

Here's a general look at the similarities and differences between legislation from House and Senate committees aiming to reform the nation's health care system.

By DAVID LIGHTMAN  
McClatchy Newspapers

**A**s Congress returns to work this fall, lawmakers have two broad, similar outlines of how to overhaul health care waiting. One includes legislation crafted by three House of Representatives committees. The other was passed by the Senate Health, Education, Labor and Pensions Committee, and neither had much, if any, Republican input. Both alternatives back a "public option," where government insurance would compete with private plans. Both establish health care "exchanges" where consumers would shop for the best deals. And both bar insurers from refusing to cover people because of pre-existing conditions. The House is expected to vote on a plan in mid-September, while Senate prospects are less certain. Still to come is legislation from the Senate Finance Committee, likely later in September. Its

legislation will probably be combined with the health committee's bill — but no one is sure when or how.

That committee's action could go a long way in determining whether anything gets passed this year. Six negotiators, three from each party, have been talking privately for weeks, trying to iron out a compromise that can win bipartisan support.

Chances are it won't include the public option, and it's unlikely to have many of the taxes contained in the bills.

The negotiators' task will be even more difficult when Congress returns, thanks to some sharp criticism and loud protests this summer by opponents of the Democrats' health care plans. Notably, Sen. Mike Enzi, R-Wyo., said in a recent GOP weekly radio address that the Democratic proposals are too costly.

Several questions loom: How directly involved will President Barack Obama get? Will the death of Sen. Edward Kennedy be a calming influence on

senators and give them a new push to move ahead? Are Republicans emboldened by polls and people at town meetings showing increasing skepticism?

Senate Finance Committee Chairman Max Baucus, D-Mont., recently told the Associated Press, "I think the chances are still good" for an agreement and the negotiators plan to keep talking.

Should those talks fall apart, Democrats could wait until mid-October to seek a Senate vote on a plan. Thanks to a rules change, only 51 votes would be needed to move health care legislation forward, instead of the usual 60 needed to break a filibuster. Democrats currently control 59 Senate seats.

Party leaders are wary of using the rule, though, fearing any plan passed under those circumstances will have a distinctly partisan hue.

At the moment, that partisan tone colors the legislation that's been passed by committees so far. Here, in general terms, is how current legislation looks:

## HOUSE

## SENATE

### CONSUMER CHOICE

■ A new "health insurance exchange" would allow people without other health insurance to comparison shop among private and public insurers for coverage. While it would be a national exchange, states could choose to operate their own if they follow federal rules.

■ The "affordable health benefit gateway" will allow comparison shopping for people without other coverage. The gateways can be established by the federal government or states, which also can form regional gateways.

### PUBLIC OPTION

■ Consumers eligible for the exchange — generally people without coverage — will be able to choose insurance from the private sector or a government-run plan, subject to the same standards and consumer protections as private plans.

■ Virtually the same as the House.

### CONSUMER OPTIONS

■ Most consumers must choose an insurance plan. If not, they will pay a penalty of 2.5 percent of their adjusted gross income above a certain level. If a consumer can demonstrate financial hardship, they would not be penalized.

■ Most consumers must choose a plan. Exemptions would be available for people with no access to affordable coverage or those who would incur "exceptional financial hardship." Minimum penalty for not getting coverage would be \$750 per year.

### EMPLOYER RESPONSIBILITY

■ Employers with payrolls of more than \$500,000 must provide coverage to employees and meet minimum benefit and contribution standards. Or they can contribute funds to the Health Insurance Exchange Trust Fund, which provides subsidies to people having trouble affording coverage. Employers would pay up to 8 percent of their payroll.

■ Employers with more than 25 workers must offer coverage. If they do not, or if they pay less than 60 percent of employees' monthly premiums, they would be hit with a \$750 annual fee per uninsured full-time employee and \$375 per uninsured part-time employee.

### AFFORDABILITY

■ Would offer credits to low- and moderate-income people. Credits would decline with income, and would end when income hits 400 percent of federal poverty level, or \$43,000 per individual or \$88,000 for a family of four.

■ Provides credits similar to those in House bill.

### COST

■ About \$1.04 trillion over then next 10 years, according to Congressional Budget Office.

■ CBO estimates cost at \$615 billion over 10 years.

### TAXES AND SAVINGS

■ \$544 billion would come from a health care surcharge, or tax. For married couples, the surcharge would be 1 percent of income between \$350,000 and \$500,000; 1.5 percent for income between \$500,000 and \$1 million and 5.4 percent above \$1 million. Other savings are projected to come from reduced health care costs.

■ Not clear precisely how bill would be funded; still under consideration by the Finance Committee.

### SMALL BUSINESS

■ Businesses with payrolls of less than \$500,000 are exempt from having to provide coverage. Those with payrolls between \$500,000 to \$750,000 must provide partial help, and others would be subject to penalties if they did not provide coverage. Also, a new small business tax credit would be created to help firms that wanted to provide coverage.

■ Employers with 25 or fewer full-time workers would be exempt from having to provide coverage. Also includes a small business tax credit.

### INSURANCE REFORMS

■ Companies cannot exclude coverage of treatments for pre-existing conditions, cannot cap lifetime or annual benefits or charge higher rates because of health status, gender and other factors. Premiums can be adjusted for age, geography and family size.

■ Virtually the same.

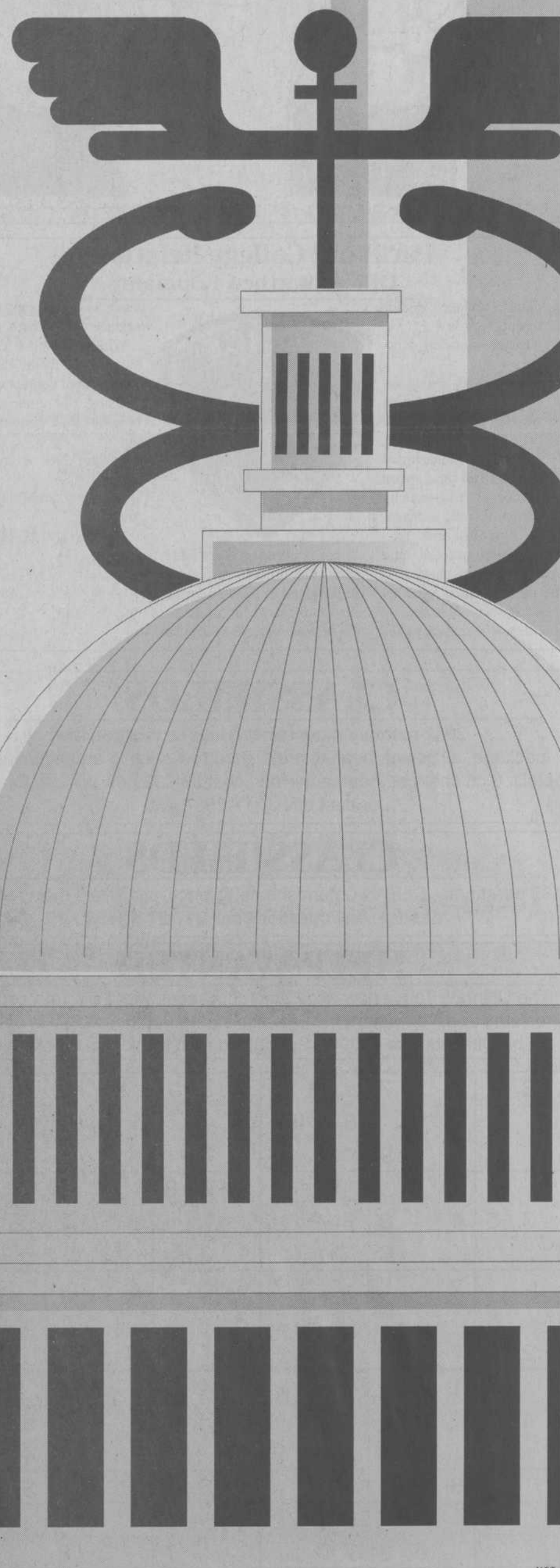
### MEDICAID

■ Expands Medicaid coverage to all individuals below 133 percent of the nation's poverty level.

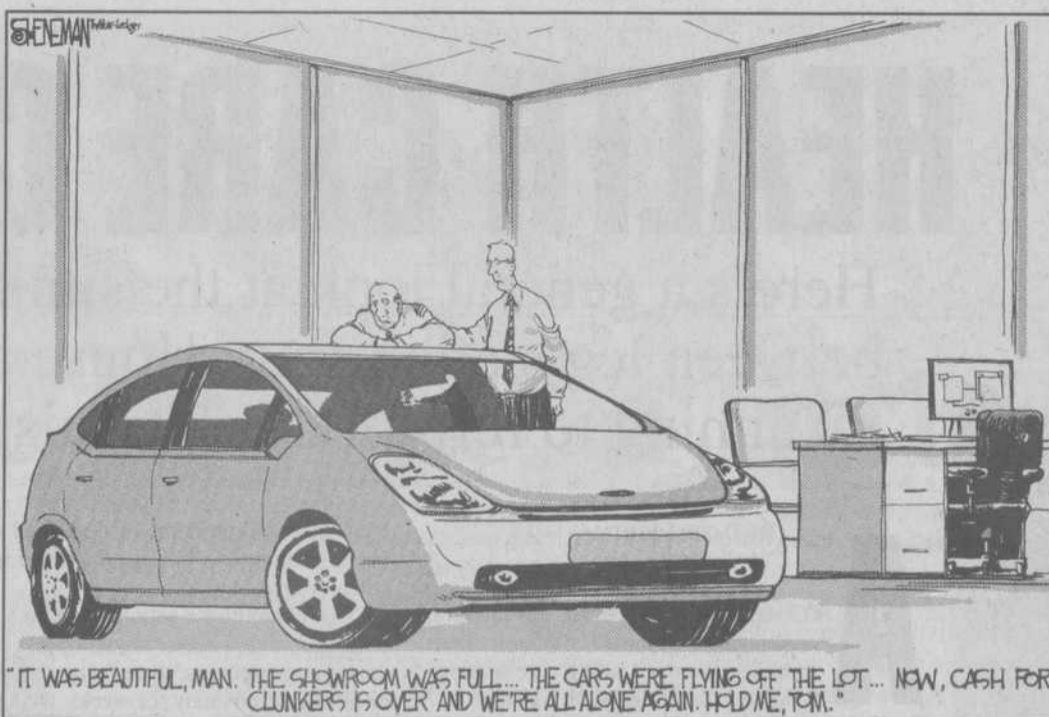
■ Expands Medicaid coverage to all individuals below 150 percent of the nation's poverty level.

### FOR MORE INFORMATION ONLINE

- Kaiser Family Foundation: <http://healthreform.kff.org/>
- Families USA: [www.familiesusa.org/august-recess-tool-kit/](http://www.familiesusa.org/august-recess-tool-kit/)
- Senate Health, Education, Labor and Pensions Committee's legislation: [http://help.senate.gov/Maj\\_press/2009\\_07\\_15\\_b.pdf](http://help.senate.gov/Maj_press/2009_07_15_b.pdf)
- House Energy and Commerce Committee's legislation: <http://tinyurl.com/ECClegislation>







### Parkland College Relations Officer Matthew Kopmann

Parkland College Police Department Overview  
By: Officer Matthew Kopmann

Now that classes are underway I want to give a brief overview of the Police Department at Parkland College. Fully staffed, the department consists of 14 full-time sworn police officers, two security patrol officers, one assistant director, four full-time telecommunication officers, and five part time dispatchers.

The department is open 24 hours a day, seven days a week, and 365 days a year. Each police officer is certified as an EMT-basic. The officers respond to all Parkland College emergencies and crimes in progress. We provide vehicle assistance such as jump starts, lockout service, and escorts.

While on campus if you need assistance from the Police Department contact us by:

- Using the emergency call boxes located throughout campus
- Dialing 2369 from a house phone
- Dialing 911 on staff/faculty phone
- Dialing (217) 351-2369




### CLASSIFIEDS

2002 mercury mountaineer, loaded, leather, tow package, all power, heated seats, third row seating and adjustable petals, 6 cd changer, heated mirrors, cost 36,000 new will sell for 6995 or best offer. 217-253-5080

### CLASSIFIEDS

418\$ per month. CLEAN unfurnished efficiency, all utilities included 300\$ deposit. Any questions call 217-273-2454.

### HELP WANTED

"The Ultimate Tan is now accepting applications for Part time counter associates and Permanent full time assistant manager. Apply in person at The Ultimate Tan 1909 W Springfield next to Blockbuster Video"

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			8	2			1			8	
4			9					6		2	
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	6	8	7		4	3	4	1	5		
			2	1			5	4		3	8

### CLASSIFIEDS

Female college student seeking female roommate to share 2BR 1 bath at Westgate Apts. 290\$/month includes some utilities. Email cgerber@stu.parkland.edu

### ACROSS

- Punch line's lead-in
- Where many a T-shirt is tie-dyed
- Mil. truant
- Bernardo's girl, in "West Side Story"
- "Rubáiyát" poet Khayyám
- Type of lily
- Generous sort
- Put the kibosh on
- Like most hoopsters
- Fuss
- Helpless
- Landed
- London insurance market
- Something wonderful, in old slang
- "How much wood \_\_\_ a woodchuck chuck ..."
- Weapons
- Curly and Larry's cohort
- Concerning, in memos
- Rum-soaked cakes
- Cass or Michelle, in the '60s
- Prefix with thermal
- First Bond movie
- Protection
- '80s animated character assisted by the seven Color Kids
- Bring in from abroad
- Overconfident morality tale critter
- Character who, in a movie released nationally 70 years ago today, sang the ballad formed by the first words of 21-, 26- and 43-Across
- Past
- Take a gander
- Exploitative type
- Felt the effects of overexertion
- Morlocks' "The Time Machine" prey
- Physical lead-in
- Not save

### DOWN

- Drawn-out story
- Oklahoma city on the Chisholm Trail
- VCR successor
- Sporty truck, briefly
- Released with conditions
- Violates the Tenth Commandment
- OAS part: Abbr.
- Espionage name
- Predicaments
- Houston team
- Exhausted
- Leered at
- Reclines lazily
- Compete
- Brewpub brews
- Competent
- Piece of kindling
- Sharpen
- Mark's successor
- "Shish" dish
- Second Amendment advocacy gp.
- Biblical gift bearers
- Leave out

By Donna S. Levin 8/25/09

### Monday's Puzzle Solved

R	O	P	E	A	S	H	E	N	T	A	R	O
E	P	I	C	N	O	O	N	E	A	R	E	S
H	I	G	H	A	N	D	L	O	W	R	E	E
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K	E	N	O	C	A	P	E	D	N	E	T	S

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35	Alleviate	47	Gelt
37	"Fox News Sunday" panelist	48	Smoking gun, e.g.
38	Michigan's Arbor	51	River through France and Belgium
39	No more than	52	"I ___ Kick Out of You"
41	Dressmaker's seam	53	Polite interruption
42	Side by side	54	Trait source
43	First-year player	55	Bookie's concern
44	Tara family	59	Numbers pro, briefly
45	-Mart		
46	Doesn't do a thing		





88.7 THE WAVE PRESENTS  
**MATT & KIM**

HEADLINING ACT: MATT AND KIM  
OPENING ACT: YEABIG AND KIDSTATIC  
DATE: SUNDAY, SEPTEMBER 13TH  
TIME: DOORS OPEN AT 6PM LOCATION:  
PARKLAND COLLEGE COST: FREE!





# GHB: Deceptive, deadly and often overlooked

By **CHRISTINE VENDEL**  
The Kansas City Star

McClatchy Newspapers  
KANSAS CITY, Mo.—Susan Middleton first learned about GHB when she found a Gatorade bottle containing a clear liquid in her daughter's freezer in Kansas City, Kan.

Inexplicably, the liquid was not frozen. Middleton sniffed the contents. No odor.

"What in the world?" she thought.

Her curiosity led her to the Internet. Put in "odorless liquid" and "Gatorade bottle" and up pops gamma hydroxybutyrate, a powerful central nervous system depressant.

GHB seemed like the least of her daughter's problems. But as it turned out, GHB was the root of her problems.

Most people fear GHB as a "date rape" drug. But this deceptively dangerous liquid has grown in popularity in recent years with partiers, athletes and others who take it deliberately, sometimes with deadly consequences.

Partiers sip it to get high. A capful is akin to drinking five beers in five minutes with a little PCP on top, experts say. But drink too much and you may never wake up.

Bodybuilders and athletes use it as an alternative to steroids, thinking it makes them bigger and stronger. But it can send regular users into psychosis and ruin their bodies.

Police departments haven't routinely tested for GHB. But when Kansas City investigators busted a GHB lab in June in a River Market loft, they realized this drug may be a bigger player in the local drug scene than they thought. They recovered nearly a liter of GHB, enough for hundreds of doses.

GHB-related overdoses have killed at least three people in the area in recent years, including a 28-year-old Northland man in October.

Nationally, one expert identified 200 GHB-related deaths across the country from 1995 to 2005, but the real numbers could be much higher because police, hospitals and medical examiners don't routinely check for it.

People who supply GHB at rave parties, the bar scene or the gym contend it is harmless. But that's not true, said Trinka Porrata, a leading international GHB expert and retired Los Angeles police detective. "GHB addiction is the single toughest—most prolonged and most dangerous—of all drug withdrawals," said Porrata, who runs a nonprofit organization called Project GHB.

Even Middleton's daughter, Alina Bostic, seemed to realize that GHB, or G as it is known among users, had taken over her life.

Bostic told her mother in September 2007: "I think it was the G that really messed me up." A few weeks later, Middleton stopped by Bostic's home with leftover lasagna and brownies. She found her daughter lying facedown in her living room. She was dead.

Bostic moved to the Kansas City area with her mother and sister when she was about 1 year old. She danced on the drill team at Lee's Summit High School and joined the Sigma Sigma Sigma sorority at Northwest Missouri State University, where she earned a public relations degree.

"Alina was such a bright and charming girl," Middleton said. "She was the kind of person you wanted to be around." While working as a bartender, Bostic kept putting off plans to pursue a career related to her degree. She started using GHB through a friend she met at the bar. Her life soon spiraled out of control.

"It was like she turned a corner into a dark alley and never came out," Middleton said.

Bostic became withdrawn and extremely anxious and had angry outbursts. She quit working and wouldn't leave her home. She spent nearly all

dotte County Coroner Alan Hancock said. She had 432 milligrams per liter of GHB in her blood—well more than a toxic level, according to an international study of GHB deaths. She also had alcohol and small amounts of other drugs, includ-

But by then, police already had enough probable cause to get a search warrant. All told, detectives spent eight hours recovering nearly a liter of GHB they found in containers of various sizes. They also found a handwritten recipe, a video

beer at a neighborhood party. But her experience in 2005 mirrors many of the 31 sexual assault reports taken by Kansas City police in the past 18 months involving victims who feared they had been drugged. Victims reported attacks at

with GHB. Over five to seven hours, she drank three beers and had two shots of cinnamon schnapps. That amount normally would not make her ill, she said.

Her husband passed out in the backyard. In the house, Diana vomited, became disoriented and later could not control her muscles. She stumbled to the bathroom, where she drifted in and out of consciousness. Neighbors checked on her at different times. Then her friend's husband entered and locked the door behind him.

She doesn't remember the rape but has a distinct memory of him announcing that he had ejaculated.

The next morning, Diana felt fine. No headache. No hang-over.

But frightening images flashed in her head.

"It was like a horror flick," she said. "Little bits and pieces of what had happened."

She didn't know what to do. Another partygoer encouraged her to call the police.

"I know something bad happened to you," he said. "If you don't call the police, I will."

Diana and her husband took her party costume to the Kansas City Police Department's North Patrol Division station. Traumatized, she moved, changed jobs and went through therapy at MOSCA to overcome post-traumatic stress symptoms.

Eighteen months later, DNA tests linked semen on her costume to her friend's husband.

Clay County prosecutors initially declined to file charges. But after Diana persisted, Clay County Prosecutor Dan White got a grand jury indictment. White told Diana he was convinced GHB was put in her beer.

A jury last year found Michael David Heith, now 47, guilty of felony deviate sexual assault. A judge sentenced him to 30 days in jail. He later moved to Texas, where he is awaiting trial for allegedly soliciting a minor online.

Diana's experience made her more vigilant about her surroundings and her drinks, which she won't even leave alone at a buffet restaurant while getting food.

"I refuse to be a victim," said Diana, who volunteers for MOCSA.

Originally developed as a surgical anesthetic, GHB later was promoted as a legal alternative to steroids and sold at health food stores.

After some deaths and overdoses, federal officials declared it illegal in 2000.

But the main ingredient still is sold legally, as long as it is not marketed for human consumption. Some Web sites sell GBL as an industrial chrome cleaner or paint remover.

People taking GHB for athletic purposes or to sleep are most at risk to become addicted, experts say. Their bodies require increasing doses just to feel normal. Eventually they can need doses every few hours.

Many drug rehabilitation centers aren't familiar with the unique and lengthy detoxification necessary to kick the addiction, said Porrata of Project GHB.

Truman Medical Center has not seen patients for GHB overdoses or withdrawal-related problems, a spokesman said. But Porrata thinks the hospital and others are missing GHB cases because they are not testing for it.

"They miss it all the time," she said.

Some users dismiss the dangers as hysteria and say deaths and complications are due to people overindulging in GHB, making it no more deadly than alcohol.

Police, however, side with Por-



Police in Kansas City, Missouri, recently busted their first lab that produces the drug GHB among increasing reports of use of the substance with a reputation as a date-rape drug. The drug can also be used as a sleep aid, party drug and muscle builder.

Illustration by Chris Oberholtz/Kansas City Star/MCT

her time in bed trying—without success—to get some sleep. A doctor prescribed Xanax and sleeping pills.

Middleton moved her daughter into her Raymore, Mo., home to keep closer tabs on her. Whenever Bostic acted strangely, Middleton gave her a drug test. Each time, Bostic passed. But the test didn't screen for GHB. Eventually, Bostic refused a drug test and moved back into her own house.

At the time, Middleton thought her daughter was depressed and addicted to prescription drugs. In reality, Bostic was struggling with GHB and trying to medicate her painful withdrawal symptoms with other drugs—a common tactic among addicts, experts say.

Ten days after Bostic's 30th birthday, Middleton left work early to check on her. After finding the body, she called 911. Police crime scene technicians left behind a tea bottle containing a clear liquid. It was GHB. Middleton called police, who returned to get it. She had to ask the coroner to test her daughter's body for GHB, something he doesn't routinely do.

Multiple drug intoxication caused Bostic's death, Wy-

ing Xanax, in her system.

"GHB was a major contributor," Hancock said, adding that it was the second GHB-related death he has seen in recent years.

The other case involved a man who passed out at a house party. The next morning, everyone left for work except him. Residents didn't realize he was dead until they returned that night.

Hancock is open to the possibility that other GHB-related cases might have been missed. "It's totally invisible," Middleton said. "It can be any color and be put in any bottle. No one wants to hear about it."

GHB can hide in plain sight. That may be why a Kansas City woman suspected of running a GHB lab allowed police into her River Market loft in June. Acting on a tip that drugs were being sold from the home, police asked whether they could search it.

She opened her kitchen cabinet to show them a small bag of marijuana and a bong, or water pipe, used to smoke it.

"Here's all I have," she said. The detectives, however, didn't believe her. When they asked about a glass cup in her cabinet, she told them to leave.

of the woman making GHB and hundreds of little plastic bottles—an indicator that the GHB was being sold to numerous customers.

Criminals make GHB by mixing a degreasing chemical found in paint strippers, gamma butyrolactone, or GBL, with sodium hydroxide or potassium hydroxide, which are similar to drain cleaners. The resulting liquid tastes salty.

The bust—the first of its kind in Kansas City—prompted police to take notice.

"We said, 'Hey. We need to make sure we're paying attention to this,'" said Maj. Jan Zimmerman, who commands the narcotics and vice unit.

The woman has not been charged, pending further investigation.

Sgt. Tim Witcig said he believed that the woman, an unemployed bartender, probably was selling GHB as a party drug.

But police wondered: Had she also sold GHB to men wanting to take sexual advantage of others?

Before it happened to her, a Northland mother never dreamed that a man would slip a sexual assault drug into her

bars, homes, vehicles and hotels. Police were not able to prove the allegations, in part, because such drugs leave victims' bodies within hours.

Experts at the Metropolitan Organization to Counter Sexual Assault in Kansas City say they see an increasing number of victims who believe they have been drugged, and most of them don't report it.

"They don't have clear memories of what happened," said Allison Jones-Lockwood, MOCSA's director of advocacy and outreach. "It's very difficult to come forward and say you were raped when you don't know the details."

The Northland mother waited three days to report her attack. Diana (who didn't want her last name published) was 27. She and her husband attended a Halloween costume party at a friend's house. It was BYOB. Diana didn't know that until she arrived. Her best friend's husband provided her cans of beer.

"I didn't think anything of it," Diana recalled. "I had known him for three years. I look back now and consider myself stupid."

Diana said she believed she and her husband were drugged