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Prospectus News

A student produced publication since 1969



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COBRAS WIN WORLD SERIES!

■ Parkland sports has spectacular year in all departments and fields



By SEAN HERMANN Staff Writer

This is a year to be proud of indeed.

Parkland was sent to play in the World Series for the first time since 2006, after winning the Region 24 tournament in Springfield, Illinois. The team went on to play in Enid, Oklahoma, and won all five games, taking on the title of national champions after destroying

Parkland athletics continues to set the bar high after another dazzling year of success. Added to the trophy case this year were five conference titles and four national tournament invitations-three of those which finished top four or higher. The Cobra's latest achievement comes from the Parkland baseball team, who won the NJCAA Division II World Series, which took place in Enid, Oklahoma.

Kennedy also won the NCJAA Division II Coach of the Year.

"We knew we would hit and put some runs up but the way we pitched and our defensive play was off the charts. Defensively was our biggest concern going into the season and post season and we were nearly perfect when we arrived in Enid,"

The Cobras set some high standards for themselves, looking towards the finish line from the very onset of the season.

"We exceeded our goals set this year. We felt we had a team that could compete for a national championship, but the fashion we did it in was unbelievable. The way we played as. a team and how hard we played was what we preached all year and it paid off," he said. I

t did pay off-the Cobras went on to win their second national title in seven years.

Parkland, which won their



They were lead by the hitter of the tournament Nate Roberts who broke the individual hitting record going 12-17 for a .710 average.

According to the Parkland Athletics Web site, "[Roberts] was joined on the All-Tournament team by teammate Kory Rombold, who was selected the Pitcher of the Tourney for picking up two wins while walking just two batters and striking out 22. Also selected were second baseman Jordan Mitchelhill who hit .570, third baseman Collin DeDecker who hit .500 and was outstanding defensively, and right fielder Kevin Kiermaier, who was named MVP after he hit .444 with 3 HR and 9 RBIs."

The team finished the season with an outstanding 49–9 record, while going 9-0 in postseason play.

When asked what the team has to do next year to continue the success, Kennedy replied, "Kiermaier, Glover, DeDecker and Watts have to lead the offense next year while Worman, Winkler, Ollier and Powers head up the pitching staff. These eight guys are going to be vital to our team's success next year. Hopefully next season we can rebuild and make another run. On paper we look to be very talented but unless we gel as a team and become one, we will not come close to accomplishing what we will set out to do."

With the caliber of some players leaving, another national championship may be a tough, yet obtainable goal for

the 2010 Cobras. With many great players named above coming back and a whole new freshman crew coming in, the Cobras look to make a dent in the NCJAA record books again next year.

Cobra baseball was not the only success story this year; other Parkland athletic National Champions; volleyball-3rd place; women's basketball-4th place; and golf—8th place.

Many athletes also earned All-American status to top off the great year, and to recognize these great athletes the Parkland athletics department has announced their annual athletic award winners for the year.

Parkland Male Athletes of the Year:

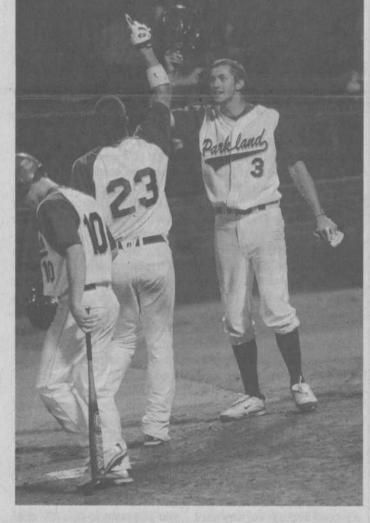
Michael Davan, Golf and NateRoberts, Baseball. "Davan earns the award for the second straight year after leading the Cobras to a #8 finish at Nationals. The sophomore finished in a tie for 7th over-all and earned 2nd Team All-American honors. Roberts, a transfer from Northwestern, caught fire during post-season play hitting .710 (22-31) in nine playoff games. Broke the school record with a .514 batting average for the season and was named a 2nd Team All-American," according to the Parkland Athletics website.

the Cobras to a 3rd place finish at Nationals. McKean, was a First Team NJCAA All-American and earned Region 24 and M-WAC recognition leading the Cobras to 4th place at Nationals.'

Freshman Athlete of the

Kevin Kiermaier, Baseball. "Kiermaier burst on the scene in impressive fashion earning MVP honors at the World Series after being named First Team All-Conference and All-Region and winning freshman of the Year awards. Was named 3rd Team All-American and broke or tied the school records for home runs (13) and triples (13)."

Many more student athletes were awarded for their academic achievement including, Dustin Curtis, Soccer, Robert Huey, Golf, Corey Kallembach, Soccer, Kevin Mast, Golf, Colin McKeen, Baseball, Andrea Carmichael, Soccer, Dana Coles, Softball, Shelby Glover, Softball, Heidi McKean, Women's Basketball, Jaclyn Meado, Vol-



How did they do it? "Pitching and defense were keys to winning the World Series," said coach Matt Ken-

five games in the series by the combined scores of 51-20, broke the NJCAA record for team batting average with a .408 mark for the tournament.

achievements include baseball, golf, men's soccer, volleyball and women's basketballall winning M-WAC titles. Baseball, volleyball and women's basketball won Region 24 titles, and golf and men's soccer won Region 24 runner up.

Parkland national finishing teams include baseball-

Parkland Female Athletes of the Year:

Kylie Cavanah, Volleyball and Heidi McKean, Women's Basketball. "Cavanah swept the VB post-season awards, winning M-WAC and Region 24 Player of the Year and was an NJCAA and AVCA First Team All-American, leading leyball, and Jessica Redden, Volleyball.

Congrats to. everyone involved in Cobra athletics this year and great job! Let's keep

Dean's List - Spring 2009

The Parkland College dean's list is published for the fall and spring semesters, listing the students whose scholastic achievement has been outstanding. Awarding of honors will be based on performance on courses 100-299 (excluding Arcola ALS courses).

To be on the dean's list, a student must earn a minimum 3.5 GPA for the semester in which they are being awarded.

For students who earn fewer than 12 hours in that semester, a minimum 3.5 cumulative GPA with 12 or more cumulative hours must be achieved for the academic year (summer, fall, spring).

Congratulations to all who have earned a place on the dean's Goodson, Scott R.

Altamont Hammer, Breana R.

Anderson, Jenna L. Bickel, Thomas Blagg, Abrian S. Brewer, Ryan S. Clark, Kylee Clark, Leah A. East, Misty D. Gutierrez, Omega Herbert, Braden E. Lebeter, Brian K. McCoy, Emily Rich, Debra J. Torres, Daniel A. Warth, Ethan

Argenta Sprague, Caitlin

Arlington Heights Somani, Naveed

Armstrong Duitsman, Eric J.

Arrowsmith Jones, Jennifer J.

Meister, Jodi S.

Ashkum

Atwood

Griffith, Melinda J. Jamison, Elizabeth L. Murphy, Megan R. Tohill, Heather A.

Barrington Schiller, Richard Sedberry, Brittany C.

Batavia

Bellflower

Bement Barnes, Tiffany M.

Bedford, Ronald L

Lytel, Sarah

Strutynski, Kathleen M.

Knowles, Crystal D. Moreland, John L. Nichols, Rajillia Purcell, Kyle R.

Blandinsville Moore, Dustin R.

Bloomington Bacon, Joseph Y. Crabill, David A. Foote, Timothy W. Heid, Christopher A. Steele, Stephanie M.

Bolingbrook Marion, Andrew M.

Bondville Arriold, Patrick M.

Scott, Emily E.

Bradley Stach, Kyle J.

Broadlands

Bosch, Jacob W. Luedke, Erin R.

Brocton Key, Kody L.

McGinness, Amy J.

Buckley Bleich, Alison S. Dodd, Hannah M. Hoopingarner, Rachael L. Sanders, Chase A. Schuldt, Amanda K.

Buffalo Grove Evans, Ashley H. Levine, Jayme L. Plotsky, Dan S.

Rosenbloom, Daniel M. Singer, Marc D. Burr Ridge

Rowland, Christopher C.

Cabery Clapp, Allison L. Moritz, Troy A.

Wright, Jason D. Camargo

Coblentz, Laura M.

See List on page 4

Prospectus

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Front page photography courtesy of Parkland athletics department



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Chuck Shepherd's News of the Weird

LEAD STORY

In a nondescript building next to a mosque in downtown Karachi, Pakistan, the Qadeer brothers discreetly make and market a million dollars' worth of fetish and bondage products a year for Americans and Europeans (through sales to stores and on eBay). In fact, if the radical Islamic office down the street knew about the Qadeers' work, they might be in trouble, according to an April New York Times dispatch, but fortunately, the gag balls, corsets and whips such as the "Mistress Flogger" are so odd for Pakistan that even the veiled women who sew them for the Qadeers do not understand that Americans use them for sex play. Customs officials, for example, were puzzled about how to categorize the items for tax purposes. "If our mom knew (the nature of our business)," said brother Adnan, "she would disown us."

The Entrepreneurial Spirit!

-Physician Geoffrey Hart, working with a grant from the National Institutes of Health, recently developed the Pedi-Sedate headgear to trick waiting-room kids into inhaling nitrous oxide while playing video games, thus knocking themselves out and, according to Hart's company, "dramatically improv(ing) the hospital or dental experience for the child, parents and healthcare providers." The helmet contains sophisticated sensors to monitor the dosages and effects on the child.

-Manliness:(1)TheRedneck Yacht Club opened in February near Naples, Fla., consisting of an 800-acre carefully designed mud pit that drivers pay \$30 to frolic in with their own customized off-road vehicles One mechanic told the Sarasota Herald-Tribune in April that he had spent \$15,000 fixing up his rig, with 6-foot-high tires and a skull ornament. His review: "This place is kick-butt." (2) For Germany's fathers' day in May, the Panzer Fun Driving School in Germany's Brandenburg state suggested sending men off to drive one of its 13 Soviet armored vehicles (following a short class on the controls), and for an extra fee, patrons can ram their tanks over an old car.

-Britons Sam Bompas and Harry Parr are revered chefartists whose medium is the gelatin mold, with which they have created jelly models of, for example, London's St. Paul's Cathedral and a Madrid airport terminal, and who, for a New York customer, recently created orange-juice jelly inside some Compari jelly to produce a Compari-and-soda jelly. In April, the pair also opened a London bar, Alcoholic Architecture, in which vaporized gin and tonic saturate the air in equivalent strength of one gin-and-tonic drink for every 40 minutes of exposure.

-Confusing Business Model: Patrick Ellison and Frank Mack, along with Edie Wells, were arrested in Dalton, Ga., in April after what

police said was a joint ven- his leg in several places (sayture in which alleged prostitute Wells knocked on a man's door and offered him sex, and when the man declined, Ellison and Mack arrived and forced the man to accept Wells' services. Following the sex, the three departed with the man's money and credit cards.

Weird Science

-Good to Know: A case report in a recent issue of the journal Emergency Medicine Australasia described the successful removal of a leech from an eyeball. A 66-yearold woman, gardening in her back yard in Sydney, had accidentally flicked some soil into her eye. By the time a surgeon could extract the leech, it had roughly tripled its body size by feeding on the eyeball's blood vessels. (The key, by the way: a few drops of saline solution).

-In a recent journal article, researchers from the University of Whitwatersrand (South Africa) and the University of Sydney (Australia) reported that young male Augrabies lizards avoid older predatory males by, basically, cross-dressing (pretending to be female by suppressing their extravagant male coloration until they are fully developed and able to defend themselves). Thus, they avoid being attacked and, at the same time, increase their own freedom to hit on females. (They must still be careful, say the researchers, because the older males might whiff their male scent, which cannot be suppressed.)

Leading Economic Indicators

In April, a manager at a Dean Health System clinic in Madison, Wis., received corporate instructions to "immediately" lay off 50 listed employees, and the manager (a 30-year nursing veteran) decided that that included pulling one RN out of a room in which she was assisting with surgery, leaving just a physician and lower-level staff members present. A clinic executive later called the manager's timing an error, but said there were no adverse consequences to the patient.

Things People Believe

Ms. Indra Ningsih, a 26-yearold maid, was detained by a court in Hong Kong in April after her employer accused her of spiking her vegetable soup with menstrual blood. According to a report of the case in Hong Kong's The Standard, the maid was employing a belief in some Southeast Asian cultures that menstrual blood has special powers and would improve an otherwise-contentious relationship between the maid and the employer.

Least Competent Criminals

First-time bank robber (according to police) Jason Durant, 32, reported to the hospital in New Milford, Conn., shortly after knocking off the National Iron Bank in April. As he fled the crime scene, he accidentally tumbled down a steep hill behind the bank, losing control of his stash, and his gun, during the fall. He broke

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Who will be the next PCTV celebrity chef?



ing later that he heard snap-

ping sounds). At the bottom of

the hill, he crashed into a plow

blade, slashing himself before

dragging his bleeding, broken

body to his getaway car (with

only \$2 left from the robbery).

Suspicious hospital staff mem-

Russia's long-running Mos-

reported in News of the Weird

in 1998, is still in service, aston-

ishing all who ever tried to

train a cat. In the United States,

Samantha Martin runs her own

similar show (at such venues as Chicago's Gorilla Tango The-

atre in March) featuring the

and drums, as well as a tight-

rope-walker, barrel-roller and

skateboarder, among other

daring performers. Martin

admitted to a Chicago Tribune

reporter that the cats' music

"sucks," in that "when they're

playing, they're not even play-

ingthesamething,"andanyway

she has two backup drummers

because her regular is prone to "walking off in a huff," sort of

"like diva actresses." "This is

why you don't see trained_cat

acts. Because ... the managers

Difficult Times for Funeral

Eulogists: (1) A 54-year-old

man was found dead of a heart

attack in a pornography video

booth at the Beate Uhse sex

shop in Cologne, Germany, in

December. (2) A 42-year-old

comedian (and owner of a com-

edy club in Blackburn, Eng-

land) was accidentally asphyx-

iated in April inhaling laughing

gas while viewing computer

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CHUCK SHEPHERD

pornography.

can't take the humiliation."

Undignified Deaths

Rock Cats trio on guitar, piano

Cat Circus/Theater,

bers notified police.

Recurring Themes

By CHRISSIE 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, and 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.

duct 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 some of the same 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 shows called, "What's in your Pantry?" The series illustrates ideas and techniques for creating meals out of simple and inexpensive pantry staples.

As a nation, we have been spending a lot of time getting



Photo Illustration by Anthony Burkert/Prospectus

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.

Somehow, cooking shows have gone from low-budget educational programming for home cooks trying to put dinner on the table, 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 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 (www.strength.org/). I con-

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. We may consider cooking high art, but we don't think of ourselves as artists. 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 more interested in home cooks and food as dinner.

Jane Valentine and the students in the Dietetic Tech Program are also featuring local chefs and home cooks in another series that they are producing for PCTV this summer. 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 or 217-353-2189. Look for all of these programs on PCTV (channel 9-Comcast; channel 10-Mediacom) this fall.

www.eiu.edu/~adulted

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Community colleges can be a bargain, but students must be careful

By GREGORY KARP The Morning Call

Community colleges can be a great bargain and a good start toward a four-year degree. But a common stumbling block is the sometimes tricky transfer to a four-year college or university.

Done wrong, a transfer can waste money and cause undue hassle, experts said.

"Two years and two years can be a smart choice if you do your homework and make an informed choice," said Susan Weir, an assistant vice provost at the University of South Carolina and author of the book "Transitions: A Guide for the Transfer Student." "It can be counterproductive if you just take classes without any guidance or plan in place."

With a down economy, shrunken college savings funds and parental jobs in peril, more high school students are continuing their education at a community college en route to a four-year degree. According to a poll of 120 institutions by the American Association of Community Colleges, schools report enrollment increases ranging from 4 percent to 26 percent over last year, with the average at 10 percent.

It can be a good plan. Some argue it matters less where you start college and more where you finish. The bachelor's degree diploma will read the same as students who spent all four years on campus and paid much heftier tuition bills.

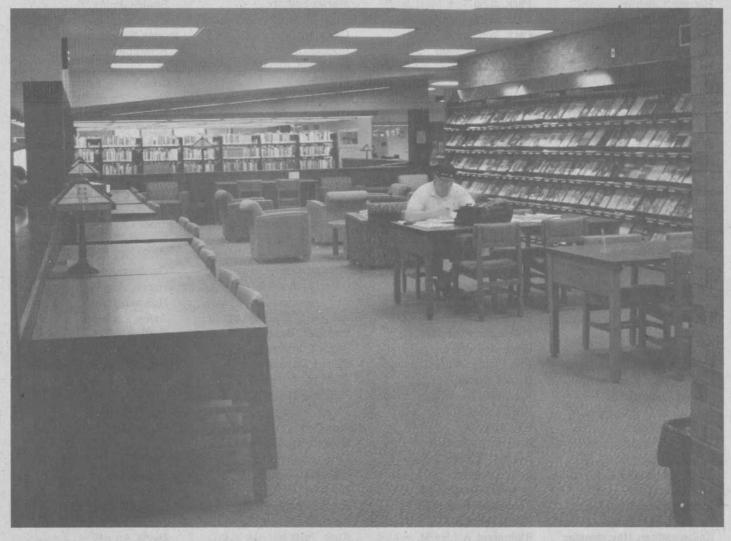
The savings can be huge. Sticker prices, before aid and scholarships, for tuition and fees for an in-state student at a public four-year school average \$6,585 this year, compared with \$2,402 for two-year community colleges, according

stratosphere at \$25,143.

to the College Board. Private between two-year and fourto a study "Do Community Col- year school and in a particular

"The student who wants to four-year schools are in the year institutions," according end up at a particular four-

degree," Weir said. "And then you're really wasting money." -Do your homework.



cheaper when factoring in living at home rather than at a dormitory or apartment.

Among the biggest issues of attending community college is planning a transfer, especially making sure you're not wasting time or money on community college courses that you · will have to retake, and pay for again, at a four-year school.

"Many community college students face a number of personal and structural barriers to transfer, including financial concerns, limited information and the lack of coordination

Community colleges become leges Provide a Viable Pathway to a Baccalaureate Degree?" by professor Bridget Terry Long of the Harvard Graduate School of Education.

> Weir and Don Silver, author of the book "Community College Transfer Guide," offer some guidance on the transi-

Be decisive.

Choose a major and a destination four-year school as early as possible. It will make planning your transfer far more effective and result in taking fewer unnecessary classes at a community college.

major ... that student can really profit from this if they do their homework and play their cards right," Weir said.

If you're undecided on a four-year school, take courses whose credits will transfer to several potential colleges. And during the first year, use the career center, talk with academic advisers and join jobshadowing programs to help you decide on a major.

"You don't want to be undecided going into your second year of college because at that point you risk taking classes that don't apply to your

Transferring would be easy if courses were standardized — credit for an algebra course at any community college would count at any fouryear college. And community colleges sometimes have tight relationships with public colleges within the same state that eases the transition. But all too often, planning a transfer can be difficult.

"It's surprising to me it's such a complex process," Silver said. "Students get discouraged because they think, 'How am I supposed to know this stuff?"

As a transfer student, you cannot obtain too much advice from counselors or doublecheck too often on whether you're taking the right classes so credits will transfer and you gain admission to the destination school, Silver said.

Confirm every semester that you're meeting requirements not only for admission to the four-year school, but also the requirements of the specific major you've chosen.

-Take courses in your major.

Don't take only the standard general-education courses at community college. Also take lower-level courses in your major, Silver said. It could help you gain admission to the degree program you want while paying community college prices.

—Get a life.

Be prepared for "transfer shock," the social adjustment to a larger institution where many students already have friends and activities.

"Social isolation can really be detrimental," Weir said.

Take advantage of mentoring programs and social organizations aimed at transfer students.

-Hit the sweet spot for working.

Studies show that students who work during college actually do better, but only up to about 15 to 20 hours per week, Weir said. After that, working more can hurt a student academically.

> (c) 2009 The Morning Call (Allentown, Pa.)

■ How to beat a common college crisis



By HEALTH 101

Marcia Newbert, a junior at the George Washington University in Washington D.C., occasionally finds herself caught in a Catch-22. She loves ballet, and dancing makes her feel great, but often it can bring her self-esteem down. "I'm a ballet dancer who doesn't have the perfect ballet body," says the political communication major. "I've always struggled with wanting longer legs and a thinner waist."

Ballet isn't the only area of her life that affects her selfesteem. There's the pressurecooker atmosphere of a competitive college. There are the other girls on campus, who provide endless fodder for self-comparisons. There's also the media.

"I'd like to think that I don't judge myself against images in the media on a daily basis, but I'm sure it's there subcon-

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sciously," says Newbert. "I think ever girl I know would love to magically lose five pounds, have whiter teeth, and have clearer skin."

Like so many other college students across America, concerns about self-esteem occasionally get the better of Newbert. A Student Health 101 survey revealed that about one in three students reported having occasional problems with self-esteem. Eight percent classified their self-esteem problems as "bad".

It Touches Your Whole College Life

The consequences of low selfesteem go far beyond a bad day here or there. Unaddressed, it can lead to psychological symptoms such as depression or anxiety. Many people with low self-esteem find it difficult to function and form relationships. Low self-esteem can also cast doubts on academic performance, leading to poor grades and a decreased interest in school. Students who suffer from a poor self-image may be more likely to drink, experiment with drugs, engage in risky sexual behavior, develop eating disorders, or have difficulties getting along with parents, friends, and partners.

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Jillian Bolino would know. The senior, at Ohio University in Athens, went through a tough time this past winter that really rocked her self-esteem. Between recovering from an extended illness and dealing with the social pressures of her sorority, she was filled with self-doubt.

"I think a lot of my selfesteem issues came from comparing myself to others," says Bolino. "I am in a social sorority, and we are constantly comparing ourselves to other girls, to ex-girlfriends, [discussing] who is prettier than whom."

Bolino's self-esteem issues began to manifest in other aspects of her life: "I definitely think it has affected my academic performance, especially this winter quarter. It made it really hard to concentrate on anything but what I was going through. I was so ashamed of myself, and it was really hard to make it through the day without crying.'

Taking Positive Steps

When you feel bad about yourself, it's hard to imagine ways to pull yourself out of the rut. Fortunately, there are plenty of home remedies for self-esteem. One of the best ways to boost your self-image is to make goals and work towards them.

"Define what your goals are," says Dr. Kimberly Renk, a psychologist at the University of Central Florida in Orlando, who has done research on selfesteem. "It's important to have some smaller goals, and the big enchilada goal - the long-term thing that you are reaching for. But have something small that you can achieve along the way. It can be something like being good to a friend or participating in the community."

This was a strategy that worked well for Newbert, who conquered her self-esteem issues by dismissing her negative thinking, and working on her goals in the ballet studio. "Instead of giving up or focusing on what I thought was wrong with me, I worked even harder in my classes with the determination of proving that you don't need a 'perfect body' to be a good ballet dancer," says Newbert.

Count on Friends and Fam-

Turningtosupportivefriends, though, may be the best remedy of all. When Bolino was overwhelmed by her poor selfesteem this winter, she'd often try to feel better by dressing up nicely or buying a new eyeshadow. It was good for a quick self-esteem boost, but Bolino soon realized that "looks and self-esteem is never a sure relationship. Sometimes someone can look great because they do feel great, but other times someone can look great as a way to cover up their insecurities.'

Now, whenever Bolino is feeling a little too hard on herself, she turns to a trusted group of friends. "Surround yourself with people who are supportive and trustworthy," she says. "It wasn't until I told some of my friends about what I was dealing with that really helped me boost my esteem."

Parents, too, have a great deal of influence on selfesteem, greater than that of a student's peers or the media combined, according to Renk's research. Your parents are often the best source of a pickme-up for periods of low selfesteem. Students who were raised in a supportive, but disciplined parental environment are less likely to suffer from self-esteem issues than their peers. So next time you're feeling down, it may be a good idea to turn to mom and dad for some affirmation.

That's what Chrisbert Telesford, a senior at California State University in Los Angeles, does when the stress of college gets to be too much. The business administration major says that his grades can be a source of low self-esteem, partially because of his parents' high expectations for him. Though they can be hard on him, he still turns to them for support when he's feeling low.

"I still live with them now and they embrace me in every way," says Telesford. "They push me towards always trying to better myself as a person."

Now he finds that displaying his skills on the basketball court is a way to feel better about himself after a tough test, as well as repeating affirmations. "If you [say] that you are a conqueror...you will become a conqueror," says Telesford.

If your self-esteem problems originate from your parents' over ambitious expectations for you, you will have to stand up for yourself, says Renk: "I think at that point [students] need to take things into their own hands, and think about what they want for their life.

It's difficult because one thing they would have to do, perhaps, is go against their parents' expectations. That's really difficult to do, even for adults. Students need to learn to negotiate with parents, and still maintain a relationship."

Kevin Douds, a St. Francis University, in Loretto, Pennsylvania, thinks that the selfreliance all students develop in college is a natural way for someone with poor self-esteem to become bolstered.

"I think there's a place for everyone, especially in college, and you can find your own niche here," he says. "Once you find that, you gain confidence."

Maura Judkins is a recent graduate of the George Washington University. She writes frequently on health, the environment, and technology.

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Wiegel, Jacob D. Alexander, Laura N. Alexander-Roberts, Kody J. An, Hyun Jin An, Jae Sung Aod, Sean M. Bailey, Regina G Ban, Inseok Barnhart, Evan J. Bauer, Knut Breit, Douglas J. Burke, Janell L. Burton, Rosso S. Cardoso, Felix A. Chatmon, Tracee L. Choi, Yong Ju Collins, Julie A. Crowe, Mindy L. Danner, John B. De Haro, Stuart A. Deleon, Denise A. Deleon, Heriberto Eggen, Jessica T. Ellenberg, Dane P. Ellington, David M. Evans, Trent Farmer, Brendan

Faught, Rachel Feller, Jeffrey W. Feng, Chenchen Fields, Linda M. Fotzler, Matthew Freeburg, Izabelle F. Freeman, Greg R. Gantalao, Wayne Russ T. Holmes-Singh, Christopher

Garcia Contreras, Gerardo Gilbert, Michelle L. Gore, Kathleen B. Grady, Chelsea D. Greenholt, Shannon J. Griffin, Lisa A. Hackendy-Tilford, Gayle G. Hilton, Joshua D. Hong, Jayoung Hurley, James R. Ierardi, Rosalie A. Izard, Devon R. Jang, Hyojin Johnson, Anora R. Johnson, John A. Jones, Curtis L. Kang, Bo Ryoung Kang, Hyun Mi Keeley, Margaret Kim, Dale T. Kim, Dong Joon Kim, Hyunho Kim, Jae Jun Kim, Kyuchul Kim, Nahyun Kim, Setha Klauba, Nicholas M. Kleber, Samuel E. Klimentchenko, Anna V. Kohrt, Elijah E. Koo, Joshua J., Jr. Kouzoukas, Maria A. Krueger, Jacob E. Kueffler, Kimberly J. Lacy, Sarah Lane, Cara M. Lee, Hyon Joo Lee, Ji Eun Lee, Ji Mi Lee, Seunghoon Lee, Yu Ri Leshoure, Altovise D. Leyhe, Leslie M. Majd, Neil S. Mann, Nicholas S. Martin, Steven D. Mason, Melissa D. Matthews, Melissa A. Mccabe, Wesley R. McQueen, Laura S. Melchi, Matthew J. Messmer, Kate A. Miller, Cheyenne A. Miller, Travis Mills, Emma K. Monson, Anthony D. Moore, James D. Morris, Rachel J. Morris, Rhianna L. Mullen, Steven L. Muya, Floyd N. Nayfeh, Mona M. Newman, Alex T. Ng, Ngai Suen Ngamboma, Ornella W. Nguyen, David H. Nguyen, Justin H. Nguyen, Tommy Opgenhaffen, Bieke Ottemann, Cynthia J. Palafox, Mariana G. Parsons-Moss, Daniel

Park, Soo Eon Parker, Kathryn V. Payne, Ethan E. Popowski, Paula E. Puckett, David W. Qayyum, Shahab A. Reichard, Ben B. Rosas-Rossi, Kyram Ruan, Zhenyan Ruiz, Emilio I. Saindon, Casey R. Salmon, Elyse L. Sanders, Ethan A. Schaufele, Margaret D. Seck, Aboubacar Selen, Judith A. Seo, Seokje Shim, Woo Yong Sims, Ginny L. Siuts, Erin N. Smith, Hayley Smith, Jasmine R. Smith, Joyce M. Snelling, Chad M. Sullivan, Meredith P. Swinford, Josh Thompson, Lezley K. Thweatt, Wade A. Titus, Katy A. Voitik, Laura Walker, Samuel R. Wang, Liping Wang, Xiaoxia Warner, Rachael L. Weckel, Shelby D. White, Jason M. White, Max S. Whitlow, Shelly R.

See List on page 6

Williams, Denise L.

continued from page 5

Yearsley, Emmett C. Yim, Yun Joo Zangerl, Daniel Zhang, Weichao Zhang, Yu Zhang, Zhen Zhao, Weimin

Villa Grove

Cornwell, Oliver D. Cress, Nichole R. Duncan, Rebecca P. Foreman, Matthew L Fudge, Cassandra M. Griffith, Cassandra Oberg, Jocelyn K. Piercy, Dustin Rogers, Allison K. Rogers, Bethany H. Rogers, Hannah L. Stutz, Kristie L. Wicklander, Laurie A. Wicklander, Robert J.

Watseka

Moore, Aaron J.

Weldon

Hall, James M. Lawrence, Sam J. Weaver, Tyler E.

West Chicago Muzzy, Carissa A. Newkirk, Krysta L.

Poggendorf, Bailee M.

White Heath

Grubaugh, Brandy S. Grubaugh, Julia A. Happ, Tina M. Long, Stephen C. Walton, Daniel B.

Windsor Doss, Rachel N.

Winfield

Lo, Stephanie A.

Worth Cullinan, Jacob D.

(1972), "Mean Streets" (1973), "Bound for Glory" (1976), "Americana" (1983), "Kill Bill: Vol. 1" (2003), "Kill Bill: Vol. 2" (2004), 'Crank: High Voltage" (2009) Upcoming films "Break," "The

Major films "Boxcar Bertha"

David

Carradine

Born Dec. 8, 1936, in

Hollywood, California

Family Married five times

Major TV roles "Kung Fu" (1972-75), "North and South"

Continues" (1993-97)

(1985), "Kung Fu: The Legend

two daughters; one son

Career highlights

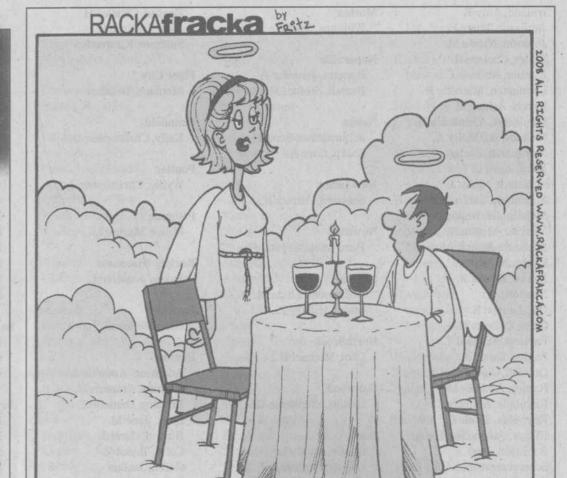
Days in Paradise," "Detention "Money to Burn" and "Night of the Templar" (all 2009) Awards Best Actor from the National Board of Film Review for Bound for Glory" (1976), People's

Prize at Cannes for "Americana"

Rain Chronicles," "Autumn," "Six

(1983), Best Supporting Actor Golden Globe for "Kill Bill: Vol. 2" June 2009 Found dead in

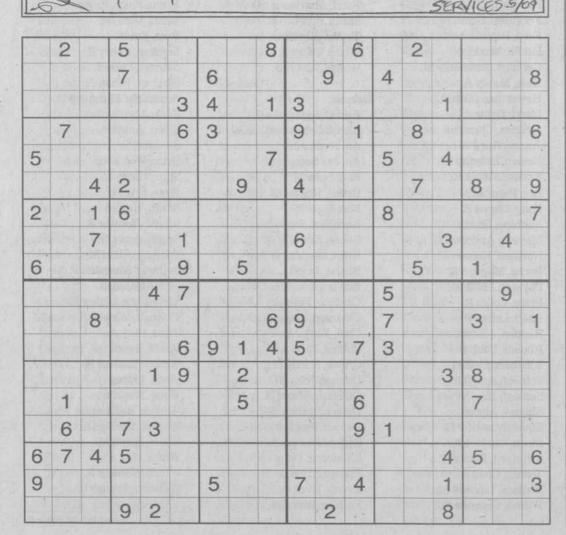
Bangkok hotel room



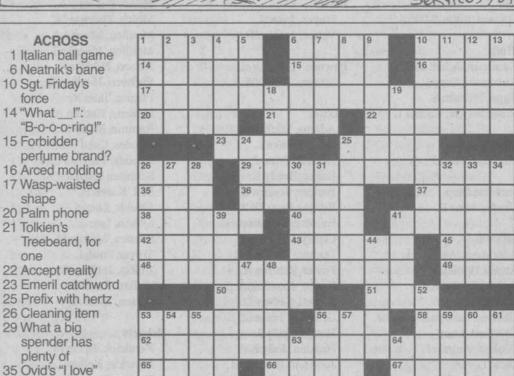
SORRY TO KEEP YOU WAITING, IT TOOK AN ETERNITY TO GET THROUGH THE LINE AT THE LADIES ROOM FOR HEAVENS SAKE. 11-19











By Betty Keller

4 Poor substitute

5 Quiche base

Potions teacher 42 Dix plus un

43 Moray hunter 45 "Vamoose!"

46 Boardinghouse sign

force

15 Forbidden

shape

21 Tolkien's

one

plenty of

euphoric walk? 37 "Look here, old

38 Raps with barbs 40 EPA-banned

36 How the

chap!

pesticide 41 Harry Potter's

49 Wynn and Sullivan

50 Knight titles 51 Thé, basically

53 Snapple product

56 Hollywood VIP 58 "If I Only _

Brain" 62 Godiva gift

65 The Auld Sod 66 Wait in hiding 67 Meal that can

precede the start of 17-, 29-, 46- or 62-Across

68 Head of France? 69 Online auction site

70 Chap

DOWN 1 Bangkok currency

2 Glade target 3 Rock's Mötley

for 62-Across

6 Baseball's Musial 7 At the end of the

line 8 Delivery docs

9 Self-serve meal 10 Lincoln's

birthplace 11 Flulike symptom

12 Gilpin of "Frasier" 13 Insect repellent

compound 18 53-Across flavor

19 "Othello"

conniver 24 "Famous" cookie man

25 South Carolina's Beach

26 Stubble remover 27 Kind of proteinbuilding acid

28 Bonkers 30 Raiders:

consumer advocates 31 Down-vielding

32 Utilities bill datum 54 Pear discard

duck

6/16/09

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33 Speedy 55 Sign over a door

34 Dmitri's dissents

39 Emerald or ruby

41 Span. miss

44 Año Nuevo month

47 Lord's holding

48 Prophet at Delphi

52 Ryder rival

53 "Fat chance"

Abbr. 60 Pack of cards 61 Queens tennis

57 Eliciting an

59 8, for oxygen:

"Ugh!"

stadium 63 Atlanta, for Delta

56 Cartoon explorer

Airlines 64 Barrister's deg.

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MacBook Pro 2.4GHz

Sale Price: \$1799

Normal Education Price: \$1899





Sale Price: \$1149
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Sale: \$179 Normally: \$229

*while supplies last, limited time only

illini apple center

512 E. Green Street, In the Heart of Campus www.illiniapplecenter.com Normal Hours:

217.337.3116

Mon-Sat: 10am-6pm

Graduation Weekend Hours: Open Sunday, May 17th.



Parkland student Jake Lee performed for WPGU's "Thirteen Thursdays" outside of the Cold Stone Creamery on Green Street, Champaign. WPGU is hosting different events in changing locations each Thursday of the summer from 6-8 p.m., and has been giving away free food, prizes, football tickets, and other goodies.

Inside the Supreme Court

Traditions of the court

The U.S. Supreme Court is steeped in tradition, from what the justices wear to how they greet each other. Here are just a few of the customs that characterize the court:

LONGEVITY

Long tenures have become something of a tradition among justices. Justice William O. Douglas holds the record for longest service - he retired in November 1975, having served for 36 years and six months on the court. Douglas broke the record previously held by Justice Stephen J. Field, who spent 34 years and six months on the court between 1863 and 1897. Justice Hugo Black had served for 34 years and one month when he retired in

SEATING

U.S. Supreme Court justices sit in order of seniority. The chief justice sits in the center chair, with the senior associate justice to his right. The second most senior justice sits to the chief justice's left, and so on, alternating between the chief's left and right. CLOTHING

Supreme Court justices have worn black robes in court since at least 1800. At one time, any attorney who appeared before the court wore formal "morning clothes." That tradition is still carried on by Department of Justice lawyers and other lawyers who represent the U.S. government.

ACCESSORIES Each justice has a pewter drinking cup and a spittoon that is now used as a wastebasket, Following a custom from

the earliest days of the court. white quills are placed on the counsel table

CONFERENCE HANDSHAKE

When he was chief justice in the late 19th century, Melville W. Fuller required that when the justices assembled for the private conferences in which they discuss decisions, each justice shake the hand of the other eight. He felt the practice reminded the justices that even when they disagreed about a decision, they were gathering for a common purpose. The tradition



In 1929, Chief Justice William Howard Taft, a former U.S. president, convinced Congress to authorize a permanent home for the U.S. Supreme Court. The court moved into the building on Capitol Hill in 1935.

The most pressing issues of the day fall to the nine justices on the highest court in the land

BY STEPHEN HENDERSON

n issues from abortion to the death penalty, and from tax law to gay rights, the final word in American society is often reserved for the Supreme Court, the nation's highest judicial

Composed of nine justices appointed by the president, the court is primarily an appellate body, meaning its cases typically originate in lower courts. Its job is to determine whether lower court rulings or acts of Congress and state legislatures comport with the constitution. Its rulings shape the law and by extension, the nation's poli-

It was the court that in 1857 doomed African Americans to continued slavery in its infamous Dred Scott decision. And it was the court in 1954 that felled the walls of legal segregation with its ruling in Brown v. Board of Education. The court established

the right of criminal defendants to have lawyers in Gideon v. Wainwright in 1963. And the justices preserved women's legal rights to obtain abortions in 1973's Roe v. Wade.

The court was described as "first among equals" by former federal judge - and former Whitewater prosecutor - Kenneth Starr in a recent book about the court. Though the U.S. Constitution created the legislative, executive and judicial branches as partners atop Washington's pyramid of privilege, and routinely strikes down

tral role in American life.

The court begins each term on the first Monday of October, and generally hears about 80 cases before it recesses in late June. Cases are argued before the court in public, and the justices announce their rulings in the majestic marble chamber that has housed the court since 1935.

But much of the court's work - its deliberations over which cases to accept and the debate between justices over the cases it hears — is conducted in private. The court's secrecy contributes to the mysterious nature of the court itself and the relative anonymity most justices enjoy.

In May, Justice David Souter announced his retirement from the

President Barack Obama nominated Judge Sonia Sotomayor to fill the vacancy. The 54-year-old, veteran federal judge from New York would be the first Hispanic justice on the high

About the building

Date of construction: 1932 to

Number of years in which the court did not have its own build-

Architectural style: Classical Corinthian, to blend with the nearby congressional buildings.

Architects: Cass Gilbert, who died while the building was being constructed; Cass Gilbert Jr. and John R. Rockart.

Cost of construction: \$9.74 million was authorized, but \$94,000 was returned to the U.S. Treasury at the completion of the project.

Foundation dimensions: 385 feet

Height: Four stories from ground level at its highest point.

Court Chamber dimensions: 82 feet by 91 feet, with a 44-foot ceiling.

Principal material: Marble. The exterior is Vermont marble; the inner courtyards are Georgia marble; corridor walls and floors are Alabama marble; and the 24 columns in the Court Chamber are made from marble from Liguria, Italy. The wood in offices, such as doors, trim, panels and some floors, is made of American quartered white oak.

Number of volumes in the Supreme Court library: More than

Before

Through the years, Supreme Court justices have brought vast and varied experience to the bench. Can you identify these justices by their former

1. This justice was an actuary.

2. This justice, pictured at right, was a professional football

3. This justice was a custom's col-

4. This justice was a newspaper

5. This justice was a practicing

physician 6. This justice gave singing lessons.

7. This justice was a page boy in the State Senate.

8. This justice played semi-pro

9. This justice played violin in a jazz band.

accountant.

ANSWERS

1. Justice Joseph P. Bradley (served from 1880 to 1892) was a part-time actuary for an insurance company and

had a lifelong interest in mathematics. 2. Justice Byron R. White (1962-1993) led the National Football League in rushing, playing for

Pittsburgh. 3. Justice James Iredell (1790-1799) was made Comptroller of

Customs in Edenton, N.C., in 1768.

4. Justice John H. Clarke (1916-1922) bought the Youngstown (Ohio)

Vindicator while still a young lawyer. 5. Justice Samuel Miller (1862-1890) received his medical degree in 1838 and practiced medicine in

Barbourville, Ky., until he was admitted to the bar in 1847. 6. Justice Nathan Clifford (1858-

1881) taught singing to young children while working his way through school.

7. Justice Anthony M. Kennedy (1988-present) began a five-year stint as a Senate page when he was 11.

8. Chief Justice Fred Vinson (1946-1953) played baseball in college and tried out for the Cincinnati Reds. Justice Sherman Minton was also a semi-pro baseball player and passed up a professional contract.

9. Justice Abe Fortas (1965-1969) played the violin with a local group at parties while a student at Southwestern College in Memphis,

10. Chief Justice Warren Burger (1969-1986) worked full time in the accounting department of an insurance company while attending law school

Quiz reprinted with permission of the Supreme Court Historical Society (www.supremecourthistory.org).

Confirming

How a Supreme Court justice is

a justice

1. NOMINATION

The president, after consultation with advisers, submits a nomination to the Senate

2. INVESTIGATIONS

The FBI, the American Bar Association and the Senate Judiciary Committee staff conduct investigations of the nominee's professional and private life. Special interest groups and the press also bring out information about the nominee

3. SENATE HEARINGS The Senate Judiciary Committee holds public hearings to interview the nominee and hear testimony from his

or her critics and supporters. 4. SENATE VOTING

Senate Judiciary Committee votes whether to recommend the nominee the full Senate. If recommended, the Senate then votes to confirm or reject

On the Web

The U.S. Supreme Court (www. supremecourtus.gov): The court's official site includes information about the court's history, biographies of the justices, rules and regulations of the court, past decisions and more. Supreme Court Historical Society

(www.supremecourthistory.org): The society's Web site offers a primer on how the court works, a historical timeline of justices and details about important events throughout the court's history. The site also includes a

gift shop, where you can buy everything from a set of Supreme Court bookends to a Christmas ornament. Legal Information Institute (supct.law.cornell.edu/supct/): Cornell University's Legal Information Institute offers a searchable archive of historical and recent Supreme Court decisions.



ho sits on the court?



JOHN G. ROBERTS Born: Jan. 27, 1955,

Family: Wife, Jane; two children. Education: B.A., Harvard University;

J.D., Harvard Law School. Joined U.S. Supreme Court: 2005, nominated by President George W. Bush; joined court as chief justice.



JOHN PAUL STEVENS Born: April 20, 1920,

Family: Wife, Maryan; four children (one de-

Education: A.B., University of Chicago; J.D., Northwestern University School of Law.

Joined U.S. Supreme Court: 1975, nominated by President Ford.



SAMUEL ANTHONY ALITO, JR. Born: April 1, 1950, Trenton, N.J. Family: Wife, Martha-Ann Bomgardner; two children

Education: A.B., Princeton University; J.D., Yale Law School. Joined U.S. Supreme Court: 2006, nominated by President George W.



The interior of the U.S. Supreme Court courtroom.

Born: March 11, 1936, Trenton, N.J. Family: Wife, Maureen; nine children. Education: A.B., Georgetown University

and University of Fribourg. Switzerland; LL.B., Harvard Law Joined U.S. Supreme Court: 1986,

nominated by President Reagan.



ANTHONY M. KENNEDY Born: July 23, 1936, Sacramento, Calif. Family: Wife, Mary: three children.

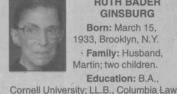
Education: B.A. Stanford University and the London School of Economics; LL.B., Harvard Law School Joined U.S. Supreme Court: 1988,



DAVID HACKETT SOUTER (Announced retirement) Born: Sept. 17, 1939,

Melrose, Mass. Education: A.B., Harvard University; A.B., M.A., Oxford University; LL.B., Harvard

Joined U.S. Supreme Court: 1990, nominated by President George H.W.



J.D., Yale Law School

nominated by President Clinton.

BREYER Born: Aug. 15, 1938, San Francisco Family: Wife, Joanna; Education: A.B.,

STEPHEN G.

Born: June 23, 1948,

Family: Wife, Virginia;

RUTH BADER

GINSBURG

Born: March 15,

Family: Husband,

Education: B.A.

Joined U.S. Supreme Court: 1993,

Education: A.B.

Holy Cross College;

Savannah, Ga.

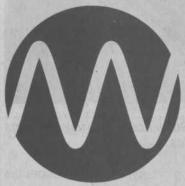
one child.

Joined U.S. Supreme Court: 1991,

nominated by President George H.W.

Stanford University; B.A., Magdalen College at Oxford University; LL.B., Harvard Law School.

Joined U.S. Supreme Court: 1994 nominated by President Clinton.



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