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Prospectus News

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Campus fights have faculty, staff scrambling

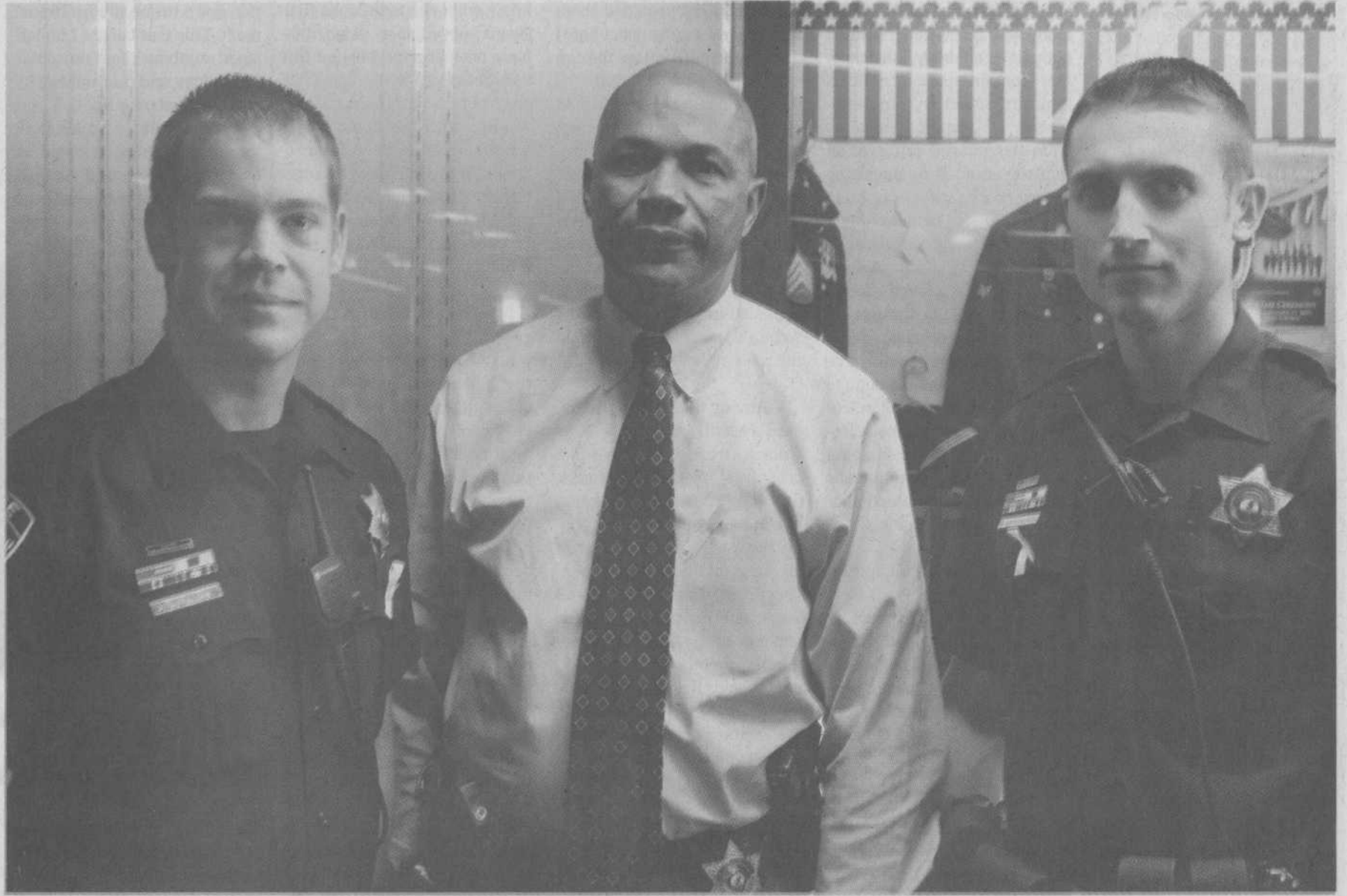
Prospectus NEWS

This semester at Parkland several physical altercations, and a threat of an altercation, occurred. Two of the altercations took place in the college center at the heart of campus. While Parkland is known for being relatively quiet and crime-free, the tempo of physical interaction has picked up dramatically in the past two months. At the heart of the issue is student safety, as well as the welfare of faculty members that have sometimes been the first to arrive on scene to disperse the altercation.

One incident, in particular, involved two female students that were fighting in front of tables from the University of Illinois' Global Campus, Eastern Illinois University, and Millikin University at the college center, causing a bit of a eyesore to Parkland's image. Normally an area patrolled diligently by smiling police and faculty, several employees rushed to stop the fight.

A couple of weeks later, during the threat of an altercation between several male students, one faculty member, Tom Caulfield, Director of Student Life, inserted himself peaceably and without physical contact between the students, raising the question of the role of faculty members and student altercations. What should Parkland employees do when confronted with a potentially violent situation?

"We don't want employees to put themselves in harm's way," said Dr. Linda Moore, Vice President for Student Services, who observed several students threatening each other with physical violence during the confrontation that



From left to right: College Relations Officer Matt Kopmann, Chief of Police Von Young, Jr., and Officer Ben Birmingham are just three of the officers that regularly patrol Parkland College. They practice preventative policing, which means getting to know the students on a personal level. They, like Parkland's staff and faculty, try to stay as accessible and visible as possible.

Caulfield helped to disperse. Moore and Dr. Tom Ramage, President of Parkland College, both interacted with students on scene to calm tensions while Public Safety police officers arrived on scene to restore order and investigate the incident.

During the instance where Caulfield inserted himself, he made a calculated judgment to attempt to keep the students

from coming into physical contact with one another, helping to avert an escalation of tensions.

"The first time it becomes a flesh-to-flesh instance, then it's all over," said Caulfield.

Matt Kopmann, Public Safety College Relations Officer, said it is official policy to let police officers handle violent or potentially violent sit-

uations. He recommends contacting police immediately, then "find a safe place, and, more importantly, be a good witness."

Kopmann asserted that the police need good descriptions of altercations, such as details of suspects and timelines.

But the police are grateful for employees like Caulfield. "We need people to be out and

among students, helping out to prevent problems," said Kopmann.

Dr. Moore agrees with preventative actions and "community policing."

"We all can help by talking to students," said Moore. "We can all do a better job with that."

And Caulfield does do just that, making rounds each day, talking to students and get-

ting to know them, effectively becoming a useful tool for the police and Parkland College.

"I've never been in a physical fight in my life," said Caulfield.

According to Public Safety and Moore, "community policing" from staff can only go so far; the conflicts seem to stem

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Help around the Holiday Season

Merry THOMAS
Staff Writer

The holiday season is coming up fast, and with it comes family, food, and presents. Or that's what most envision. However, not everyone is so fortunate. There are many people in need annually, but being needy around the holiday season takes on a more profound meaning. It means that individuals can't provide good meals or presents for their family on these most special of holidays. If you were in the position of being in need, you would feel much better if someone cared about you. So what can you do to help? You can donate or volunteer.

Food around the holiday season can encompass a multitude of different things. Tradition, culture, good memories, and family are just a few prime examples. Providing food to those who need it can help them feel all of these things. When you have food, it means less worry, and the Eastern Illinois Foodbank was founded specifically for that reason. Established in 1983, the EI Foodbank's mission, according to their website, is to "alleviate hunger in Eastern Illinois by providing a reliable source of food for the hungry through cooperation with a network of food pantries and agencies."

When the EI Foodbank started, it had about \$2000 dol-



lars in the bank, but managed to distribute 770,000 pounds of food during its first year. In 2008, the it distributed nearly 5 million pounds of food in 2008, and distributed tens of thousands of meals to more than 43,000 people each month.

If you would like to get involved with the EI Foodbank, it's relatively easy. You can either e-mail the organization at volunteer@eifoodbank.org to begin the registration process, or you can organize your own drive at school, work,

or maybe even a group you're part of. To get great tips on how best to run a food drive, go to the EI Foodbank website.

It's especially difficult for needy children around the holidays. It isn't so easy to deal with poverty when you're young,

Many children don't receive gifts for the holidays, and that can be a terrible feeling. Toys for Tots is here to help children feel like children, even in the most discouraging of times. Their mission is to collect new and unwrapped toys during the months of October through December and distribute them to children in need around Christmas.

There are several things you can do in order to help Toys for Tots. You can donate a toy, hold a drop-off at your work or group, or volunteer your services.

Donating a toy and hosting a drop-off site are both very easy. To find a local drop-off site, or to find information on how you can host your own drop-off site, the Toys for Tots webpage has all the information that you need. If you would like to volunteer, all you have to do is contact Cesar M. Perez, Kris Fuqua, or Judy Norwood to find out what to do. There are several locations, and all of them need volunteers to collect donations, pick up toys, deliver the toys to the distribution center, and work events. If you're interested, look at the website for more information.

Another group that helps aid children around the holidays is the Center for Women in Transition. This year, they're holding the "Adopt a Family" program. The mission for this program is to help aid strug-

gling women make this time of year better for themselves and their children. What this involves is receiving information of a family that needs help, which includes a list of stores of their choice, and then you provide them gift cards in increments of \$25 for these stores. This gives the family in need a feeling of empowerment, because they're shopping for themselves rather than having donated gifts that they didn't pick out for their families.

The people that turn to the Center for Women in Transition are typically hardworking women who haven't had an easy time, whether it's abuse or financial struggle. They go there because they want a better life for their family. So in Adopting a Family, you are giving them so much more than just a few gift cards, you are giving them the feeling of independence. To learn more, go to the Center for Women in Transition's website.

Also this year, the Center for Women in transition is hoping to get items for the women that it cares for, so look at their website to find something to donate.

The holiday season should be a joyous time of year for everyone, regardless of how much you do or do not have, so make a difference for someone who needs the help and volunteer!

Prospectus

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The rules of correspondence: all submissions must be signed with a phone number and address. The Prospectus staff must verify the identity of letter writers. Correspondence may be edited to accommodate the space requirements of the paper. The deadline for all submissions is 12 p.m. of the Thursday immediately before the upcoming issue.



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Chuck Shepherd's News of the Weird

LEAD STORY

For some consumers, good environmental citizenship is important even when choosing among sex accessories. No longer will they tolerate plastic personal vibrators made with the softeners called phthalates; or body lubricants that contain toxic chemicals typically found in, say, anti-freeze; or leather restraints from slaughtered cattle. In an October issue, Time magazine described a market of organic lubricants, biodegradable whips and handcuffs, vegan condoms, and glass or mahogany vibrators (even hand-crankable models, eliminating the need for batteries). Some Catholic Church officials have also embraced the concept to further denounce chemical and latex birth controls, re-characterizing the traditional "rhythm" family planning as the back-to-nature detection of ovulation via body signals.

The Entrepreneurial Spirit

—The British retailer Debenhams announced in September that it would begin selling men's briefs whose opening is more accessible from the left side, for left-handers who have been forced for decades to manipulate a right-side opening. Previously, said a Debenhams executive, "(L) eft-handed men have to reach much further into their pants, performing a Z-shaped maneuver through two 180-degree angles before achieving the result that right-handed men perform with ease."

—Troubling Products: (1) Mattel is accepting pre-orders for the April 2010 release of the newest doll in the Barbie/Ken line, the spiffily dressed Palm Beach Sugar Daddy Ken (apparently to be showcased with a much younger, trophy-type Barbie). (2) Even more troubling (but so far only a prototype) is Alex Green's "Placenta Teddy Bear," exhibited in London in September and Newcastle, England, in October at the "(re)design" showcase of "sustainable toys" with children's themes. After the placenta is cured and dried, it is treated with an emulsifier to render it pliable and cut into strips with which to stitch Teddy together, thus "unify(ing)" mother and baby.

Animal Weird News

—CNN, reporting from the London Zoo in August, described the excitement surrounding news that the zoo would soon acquire a 12-year-old male gorilla from a preserve in France. Zoo officials were pleased, but its three older female gorillas were almost ecstatic. Shown posters of "Yeboah," the male, female "Zaire" "shrieked in delight"; "Effie" wedged the poster into a tree and stared at it; and "Mjukuu" held the photo close to her chest, "then ate it."

—Gay Vulture Tricks: The births of two chicks on the same day at the Jerusalem Bib-

lical Zoo in April was unusual enough but especially noteworthy because of the birds' lineage. Their fathers were a gay vulture couple about 10 years ago, according to a report in the Israeli daily Haaretz, and zoo caretakers provided them an artificial egg to "incubate" until they could replace the egg with a just-hatched vulture, as if the male-male couple had birthed it. In "an insane coincidence," said a zoo official, the two males eventually separated and paired with females, and those females hatched eggs on the same day last April. Two weeks ago, according to Haaretz, the two chicks achieved independence on the same day and were moved to the zoo's aviary.

—Among the species discovered recently in Papua New Guinea were tiny bear-like creatures, frogs with fangs, fish that grunt, kangaroos that live in trees, and what is probably the world's largest rat (with no fear of humans). Scientists from Britain, the United States and Papua New Guinea announced the findings in September, among more than 40 new species from a jungle habitat a half-mile deep inside the centuries-dormant Mount Bosavi volcano crater.

Leading Economic Indicators

—People With Too Much Money: A young, media-shy Chinese woman, identified only as "Mrs. Wang" and photographed in jeans, a T-shirt and baseball cap, purchased an 18-month-old Tibetan mastiff in September for a reported 4 million yuan (about \$585,000). She ordered a motorcade of 30 luxury cars to meet her and the dog on their arrival in Xi'an, in Shaanxi province. The price is almost four times the previous reported high for the purchase of a dog (a cloned Labrador, by a Florida family).

—Circular Reasoning: Surprisingly, the recession otherwise felt in the Phoenix area this year has largely spared one "profession": psychics. An October Arizona Republic report found that while long-time clients tended to reduce their use of astrology and related fields, their business was replaced by a new class of customers desperate to know the future—those facing financial ruin because of bad home mortgages. (Few, wrote the reporter, seemed to sense the irony of purchasing questionable psychic services to overcome the consequences of questionable mortgage decisions.)

Hyperactive Seniors

—Not Too Old to Do Her Own Hit: Elsa Seman, 71, was shot and killed in North Versailles, Pa., in September, when she was mistaken for a prowler. According to police, Seman had gone to the home of her ex-boyfriend at night and, dressed in black, commando-style, was lying in wait in his yard with a pistol, intending to kill him. A neighbor called in the report of

a prowler, and a police officer arriving at the scene fatally shot Seman.

—Not Too Sickly for a Career in Bank Robbery: Police in Southern California know what the man looks like (from surveillance video) but have not yet apprehended the well-dressed, 70ish man who has robbed four banks since August, with the latest being a Bank of America in Rancho Santa Fe in October. The man has shown special dexterity to pull off the robberies, since he is on oxygen and has to carry around his own tank.

Fine Points of British Law

(1) A September inquest into the 2007 suicide of a 26-year-old woman found that doctors at Norfolk and Norwich Hospital could have saved her, but that because she had executed a living will ordering no treatment, they rebuffed the pleas of family members to treat her because, they said, they feared the woman would sue them if she recovered. (2) An employment judge ruled in September that Tim Nicholson could use the "religion" claim for employment discrimination to sue the firm Grainger PLC, in Newcastle, even though the disputes he had with management were ostensibly just political—about his fear of global climate change. Judge David Sneath said he found Nicholson's ecology convictions so sincere and all-encompassing that they amounted to religious beliefs.

Recurring Themes

Drug-Runners Who Needed to Keep a Lower Profile: (1) Michael Dennis, 22, of Mahoning Township, Pa., dared to speed in May, police said, even though he had 100 packets of heroin in the back seat. (2) Mark Smith of Winslow, Ariz., dared to run a stop sign in Philadelphia in September, police said, even though he was carrying 11 pounds of heroin in the back of his SUV. (3) The driver of an 18-wheeler dared to make an illegal lane change on Interstate 15 in Riverside County, Calif., in August, deputies said, even though he was hauling 14 tons of marijuana. All were arrested, and all drugs seized.

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Partaking of the Turkey

Chrissie MCKENNEY
Nutrition Columnist

I hate turkey. Hate it. I don't care how much gravy you smother it with—it's always dry and flavorless. Plus, if you are going to camouflage it that completely, you may as well eat something else. So I do: When I was a kid, I negotiated my required turkey consumption down to one slice of breast meat. This was before I understood anything about muscular physiology and the superiority of dark meat over light.

I come from a small family, so some years, to avoid an excess of leftovers, we would roast a chicken instead. Those were the years I was most

ous Farm, Triple S Farm, or from Strawberry Fields or the Common Ground Co-op. (And, of course, you can always shoot one in season, if you have the appropriate hunting license and gun permit.) None of the people that I usually eat with around here eat meat, however, so I can't be bothered to buy and roast an entire turkey just for me.

It's not just turkey that I can happily live without, though. I don't get that excited about most typical Thanksgiving and holiday feast-time foods. I like the ingredients themselves, just not in their typical holiday incarnations. I always eat some of everything out of politeness, but I don't have to



TURKEY!?!?

thankful. I have heard people rhapsodize about the orgasmic qualities of perfectly roasted, crispy turkey skin. I have absolutely no idea what they are talking about. Maybe this is because all of my family's Thanksgiving turkeys came from the grocery store frozen and injected full of various undesirable liquids after being raised on a diet of corn and soybeans (not exactly a standard turkey diet).

When I was finally lucky enough to taste free-range turkey several years ago, I discovered that I don't hate turkey; I just hate most of the turkey that is readily available. My introduction to real turkey was many years ago, and I have absolutely no idea how it was cooked, except that it was not roasted. I ate so much that I almost killed myself. I only stopped eating when I ran out of food. (I was eating leftovers, and I am only alive today, because there was a finite amount available.) It is possible to order free-range turkeys from local farms like Tomahn-

struggle with the temptation to overindulge, because I never really wanted to eat any of it in the first place. I feel a little left out, but at least I don't have to worry about gaining several extra pounds at the end of every year. Dramatic weight gain over the holiday season is a real problem for many people, though. It starts with Halloween candy and ends with Christmas and New Year's Eve parties. If you're into holiday cuisine, it can be difficult to resist, especially when it forms an important part of personal and family tradition. If it were just one holiday, maybe waistlines could easily bounce back from a day or two of bingeing, but there are so many events between the end of October and the end of December that, by the time next October rolls around, you still can't fit into the clothes you wore last Thanksgiving. Many people struggle with this every year, but I think I have finally found a solution to the year-end-holiday-weight-gain problem. We

See Turkey on page 7

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Invincible

Tara MOON CHRISTOPHER
Music Columnist

What comes to mind when you see a treadmill? Running, tracksuits or maybe even a gym? Or do you think of four men, dressed in floral wallpaper print suits, running around frantically, while performing over-the-top dance moves? No? Well then, you must not be familiar with the ridiculous world of all that is OK Go.

OK Go and treadmills have become one of the same. Thanks to the release of their 2006 YouTube video, choreographed to their hit single 'Here it Goes Again' which was performed on eight, in-synch treadmills, OK Go has become a world-wide music



phenomenon. Rather than go the expected route in the music industry and release professionally made videos through their management, this band created some of the most refreshing and entertaining homemade videos to ever raid the World Wide Web. Within days of posting their treadmill video, the most popular of all their viral releases, OK Go shot to the top of the charts and gained unimaginable recognition.

When OK Go entered my life I was unfamiliar with their work. True to my nature of going to any show presented to me, I showed up at the concert not knowing what to expect. As soon as the first note was stuck I knew the trip to the city had been well worth my time. With feel good distortion and electro pop tendencies OK Go knows how to rave. They were able to get the crowd moving and laughing with their feel good riffs, charismatic jokes, and ridiculous stage antics. They were able to put their unique personalities into their performance and bring the stage to life. It became instantly apparent that this band had no problem with being true to themselves, and had even less of a problem enjoying all that had been presented to them. OK Go instantly became one of

the bands that I turn to when I need to smile, need to escape to a world of carefree fun and energized dance moves. To be able to enjoy life the way they do, and to be able to present such a happy go lucky attitude while on stage, is something to truly aspire to. Not to mention they have mad, amazing musical abilities.

The Masterminds that make up this over the top Chicago based band consist of Damian Kulash, Tim Nordwind, Dan Konopka, and Andy Ross. While Tim, Dan, and Andy Duncan, a member who was later replaced by Andy Ross, played in the Chicago band Stanley's Joyful Noise, Damian was attending Brown University where he took part in several musical side projects. Once Damien moved to Chicago he joined forces with Stanley's Joyful Noise to create the eccentric OK Go. With heavy influence from the Washington D.C punk scene, post-hardcore and indie rock OK Go released their first feel good album, self-titled OK Go, in 2002. In 2005 they released their second and more known album, Oh No.

To promote the release of their second album the band released their viral music videos, including several filmed in one of the members yard. Damien's sister Trish choreographed all of the dances performed and without the consent of their Capital Record's management OK Go released their videos. Surprisingly, in their videos Damian, the lead singer, is not the one who lip synchs their devious lyrics. Tim steals the spot light and takes over for Damian. There are many rumors as to why this occurs but it is still unknown. OK Go is not only able to step beyond the commonalities of today's music but they are also one of the few bands that keep some mystique surrounding their popularity, a wonderfully delightful rarity in today's mass-produced industry.

Since the release of their second album and incredibly amusing videos OK Go has rapidly developed and established their place in today's music industry. With a new album, Of the Blue Colour of the Sky, in the works OK Go is standing their ground. Leading the way in originality and much needed joy this band will continue to be a worldwide success. I will be one of the first in line to purchase their new album when it hits stands on January 12, 2010 and I recommend that you be there rocking out by my side to the wonderful enthusiasm that makes OK Go so loveable.

"Reinventing Alternative": The Wave looks to please both DJs and listeners

Sean HERMANN
Assistant Editor

Are you listening? Well, you should be. WPCD 88.7 The Wave is Parkland College's non-commercial Alternative Rock radio station and they have some big plans for the upcoming months.

The Wave is looking make some additions to the station that will please both the station's DJs and listeners. Over the next few months, Eleni

ing in the forthcoming months.

Another great addition the station will be getting is a Radio Data System (RDS) encoder, which will allow the station to send song title, artist and other song and station information to RDS compatible radio receivers.

There have been many listeners who have had trouble identifying a song title or artist such as avid Wave listener, Keith Griffet who had this to say about the issue, "The

hooked since," he said.

Yet another great upgrade for the station will be a new website which is currently in the works and will be launched in the next coming months. The website will feature a live stream of the station, news and updates, information about the station, sponsorships, and contact information as well as links to the station's social networking pages. Be on the lookout for that and other great things from WPCD in the near

ticket giveaways, news about the station, band interviews, in-studio performances, and new music. Be sure to tune in and listen to these great DJs and see what's in store for the future of local radio.

The Wave is also always looking for students to either DJ or help choose music to be played on the station. The format remains the same as it is mostly new and underground alternative music, but Kame-tas encourages students to get



Alisha REYNOLDS/Prospectus

Kametas, station general manager hopes to incorporate a student center in the station to "help make student DJs feel more welcome rather than just coming in to do a job," she said. "The idea is to make (the station) aesthetically pleasing," said Kametas.

The station student center will potentially consist of a microwave, desks, and other "break room" type items and appliances that will give station deejays a nice place of their own to come hang out and relax between classes. This is just one of many great things the station will be implement-

ing. Wave plays the best music. They really need to answer the phone or announce song titles and artist info. I'm going to have to start recording the radio station if they don't."

With the help of an RDS encoder, listeners will have access to information about the songs and station at their fingertips and eliminate the unfortunate occasion of not being able to identify a song.

While some listeners have had some minor problems with the station, other listeners such as Troy Savalick can't get enough of it. "I just started listening this week and have been

future.

The Wave's future is looking bright but we can't overlook what's going on at the station right now. There are several specialty shows that are currently "making waves" over the air. Such shows include the "Brian Walters show," which airs on Fridays from 6-8pm and features mainstream alternative music with fan favorite commentary, the sports music and talk show which airs Saturdays from 6-8pm, and "the Second Alarm" featuring two Prospectus staff members, which airs Tuesdays and Thursdays from 8-10am and features

in contact with her and would love to hear what students want to hear on the airwaves.

The Wave is a great opportunity for future radio personalities at Parkland as it offers on-air time, promotional events, sports broadcasting and many other behind-the-scenes type duties for communication students.

The station loves to hear feedback from listeners so be sure to tune in and give the DJs a call, send them an IM, e-mail or send a message on myspace and let them know what you think.

See 88.7 on page 10



Santa's Secret Star

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Things Transfer Students Should be Wary of

Merry THOMAS
Staff Writer

Every year, it seems that more and more Parkland students that are looking to transfer are staying at Parkland longer. There are a number of reasons for that, one of the biggest being that many transfer students aren't able to finish their associates in the allotted time period, which is typically two years.

for certain majors. The class catalogs can be located by the advisor's office. Also, when signing up for classes, it's best to find out what classes count toward your specific major. Really, the best way to do this is to go see a counselor. They have all the information that would be good to know, however, it's best to ask questions and tell the counselor that you're seeing exactly what you want out of the meeting. They don't know what you

to make sure all the transfer requirements for your specific major are met. If you are planning to transfer out of state, you will want to make contact with a transfer advisor from that institution to discuss your transfer plans." For students who know what they're major is, much of this is fairly easy, but what about students who don't have a declared major? Cockrum says it isn't necessarily any more difficult to transfer.



A contributing factor to this extension of enrollment is that many students aren't sure what classes to take. Students often make the common, and potentially detrimental mistake of signing up for classes that count for nothing in regards to their transfer credit, and then find themselves far behind when those two years roll around. In order to graduate in time and prevent these mistakes, it's best to learn as much as possible in order to complete the necessary requirements and use the resources that are available to you. For transfer students that have been at Parkland for a while, seeing a counselor before signing up for classes isn't required. They can simply register online. Many don't schedule to see the counselors and talk about what classes they should take past their first year. If you do this, it's very important to know all of the information about the classes you sign up for and how it factors into your transfer credits. Be sure to use the class catalog, which has all of the information about what classes to take to fulfill the requirements

want, so it's up to you to help them help you. Dennis Cockrum, a counselor at Parkland, says the best way to get the maximum benefits of meeting with a counselor is to, "Do your own research ahead of meeting with the advisor... don't just rely on the advisor to do this." Once you have scheduled a meeting with a counselor, it can be easier to figure out what school you want to go to after Parkland, and that's something in itself. After deciding on several transfer schools, there are some important things to consider. The more you know about the requirements for your major, the better. Not all schools are the same—many Universities have different requirements for the same degree. On the Parkland website, you can find a specific counselor that knows the requirements for certain transfer schools, so make appointments with them to talk about what classes to take. "We all handle UIUC," said Cockrum, "And then we split up the remaining Illinois schools. The advisor can help

For someone who is undecided about a major, they "will be advised to choose either Associates of Arts, general, or Associates of Science, general." This means that a student who chooses one of these as their degree would have to complete 60 credit hours of classes that go specifically toward their degree. The information for this can be found on page 74 in the current class catalog. Another option that an undecided major has is to go to the Career Center to talk with an advisor there. They can also check the Career Center online. Both provide helpful information that could assist you in determining what your major should be, as well as helpful links and other such information. In the end, the best thing that you can do still, to make sure that you're on track to graduate on time, is to meet with a counselor and do your research. Meet with a counselor as early as you can, develop a plan for graduation, and stay organized. If you do all of these things, then you'll be well on your way to graduate and transfer.

FIGHT

continued from page 1

not only from activities that occur outside of Parkland College, but have involved adults that are not even members of the college, and in those instances, Parkland needs student involvement.

"The best thing to do is to report suspicious activities," said Kopmann, who asserts that if you know or notice people who do not belong at the college milling about, you should feel comfortable about letting the police know, so they can pay attention to potential issues.

Students and outside adults that engage in threats, assault, or battery on Parkland's grounds face a variety of punishments.

"Legally, we issue a City of Champaign 'Notice to Appear,' which means a court date and a fine," said Kopmann. If the seriousness of the crime warrants it, or if someone repeats their conduct, the police can charge that person with a state

crime.

"It can mean you go to bond court, you can go to jail, and it's on your permanent, criminal record," said Kopmann.

Marietta Turner, Dean of Students, works with another side of student conflict—mediation, safety, and emotional outlets after a fight occurs.

"We usually offer an immediate and interim suspension while we conduct an investigation," said Turner.

Turner's office evaluates the seriousness of the situation with an investigation, and decides what to do with a student based upon the conditions she finds.

"If it's physical violence, I may remove them from school," said Turner. "If it's verbal, I may remove them for a day, or from certain areas." Turner can also sanction students, or submit them to a hearing to determine the outcome of their future at Parkland.

Additionally, students might be referred to anger management through Parkland's coun-

seling services. More important, however, is the issue of preventing problems from escalating, and students can see Dean Turner for those issues, too.

"The student has a right to file a complaint against another student," said Turner, who also mentioned that any sexual harassment can be reported to Dr. Moore's office. "We are student advocates."

If you are a student facing potential conflict, or if you wish to talk to someone about an issue, the nearest solution is only a door away, whether it's a casual chat with Tom Caulfield, a closed-door meeting with Dean Turner, or a formal complaint with Officer Kopmann, the Parkland staff wants to help you avert the next crisis. After all, they are the ones that have been left trying to sort out the aftermath of a conflict once it reaches a serious level.

"This is not high school," said Turner. "I hold [students] to the standards of the Student Code of Conduct."

Army suicides expected to rise for 5th year, setting record

Nancy A. YOUSSEF
McClatchy Newspapers

WASHINGTON—Suicides in the Army are expected to reach a new high this year, with 140 suspected cases among active-duty soldiers so far, Army officials said Tuesday.

This will be the fifth year in a row that grim statistic rose despite an aggressive military campaign to tackle the mental health stigma in the Army. This year's number already matches that for all of 2008. There were 115 suicides in 2007 and 102 in 2006.

These new statistics come as the military is investigating what may have driven Army psychiatrist Maj. Nidal Malik Hasan, 39, who allegedly shot 55 people Nov. 5 at Fort Hood, Texas. The military has charged Hasan, who was set to deploy to Afghanistan, with 13 counts of premeditated murder.

Gen. Peter W. Chiarelli, the Army's vice chief of staff, said that the military wasn't seeing any trends that explained the rise. Forty suicides occurred in the first two months of the year. About a third were by soldiers who had never deployed to war zones, and 40 percent of those who committed suicide had seen mental health specialists.

"We are almost certainly going to end the year higher than last year," Chiarelli said. "This is horrible, and I do not want to downplay the significance of these numbers in any

way."

The wars in Iraq and Afghanistan often have demanded that soldiers serve multiple tours. Coupled with the shootings at Fort Hood, concerns are rising about stress on the force, particularly as the Obama administration considers sending more troops to Afghanistan.

Indeed, an Army study released last week found that a growing number of soldiers serving in Afghanistan are suffering from some kind of mental stress, and that the war zone doesn't have enough mental health counselors to meet the needs there.

Domestically, Chiarelli said, the biggest increased numbers of suicides happened at Fort Stewart, Ga., with 10, Fort Campbell, Ky., with 18, and Schofield Barracks in Hawaii, with seven. The biggest declines have occurred at Fort Hood, with 11; Fort Bragg, N.C., with six; and Fort Drum, N.Y., with two so far this year, even though they're some of the largest military installations deploying troops to Iraq and Afghanistan.

At Fort Campbell, the majority of suicides were by soldiers who'd never deployed.

"I've scrubbed the numbers every way I possibly can," Chiarelli said. "I cannot find a causal link."

He said the military's study had found that substance and prescription-drug abuse was increasingly a contributing factor, adding that he thought

that the Army needed another 300 substance-abuse counselors.

The Army is looking at ways to give more mental health options to the forces, including online counseling, which younger soldiers prefer.

Secretary of Defense Robert Gates has urged soldiers to seek mental health treatment, saying that it wouldn't be held against them during consideration for promotions. In a military culture that stresses perseverance in the face of challenges, however, the stigma of mental illness has stuck. On Oct. 1, the Army announced a Comprehensive Soldier Fitness program to evaluate the mental health of the force.

Brig. Gen. Colleen McGuire, the director of the Army Suicide Prevention Task Force, said there was no way for the Army to measure how many suicides its resources had prevented, making assessing possible solutions difficult.

In his tours to various military installations, Chiarelli has called mental health trauma from warfare equal to physical injuries.

The Army has 710,000 active-duty soldiers, including the National Guard and the Reserve.

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McClatchy-Tribune Information Services.

Messages of Thanks

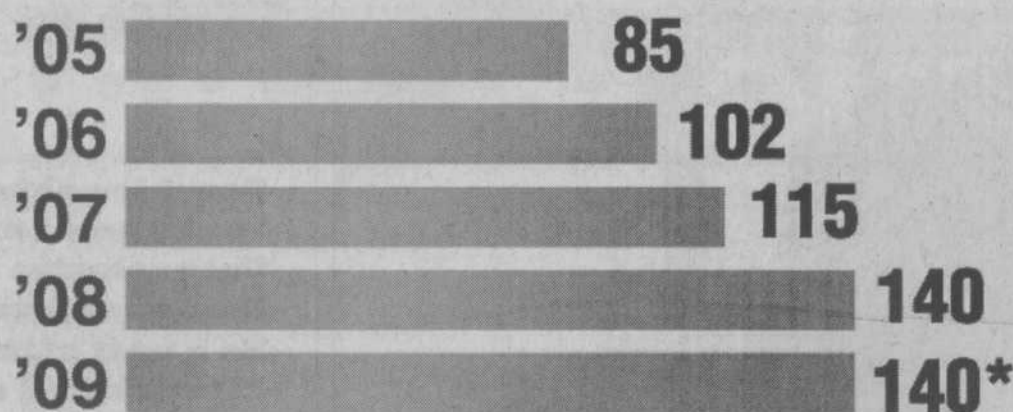
I'm thankful for One World Pizzas cheesy bread. Best comfort food ever.

I'm thankful for all of the great people and opportunities in my life.

I'm thankful for knowing people that actually care.

Army suicides rising

U.S. Army suicides are expected to reach a new high in 2009:



*As of Nov. 16, 2009

Source: McClatchy Washington Bureau, U.S. Army Graphic: Judy Treible © 2009 MCT

Two lives in welfare system turn out very different

Gina BARTON
Milwaukee Journal Sentinel

MILWAUKEE—The green prison uniform hangs on Ryan Banks' slender frame as he cradles the telephone receiver.

It's the high point of his day: talking with the closest thing to family he has left, a drug dealer he calls "brother."

Banks is doing 20 years for a murder he committed at 14. If he had it to do over again, he says, he wouldn't change a thing. And when he gets out, he's going back to the streets.

Darryl Sanders easily could have ended up Banks' cell-mate. Instead, Sanders has lobbied legislators about how to make things better for kids growing up in foster care.

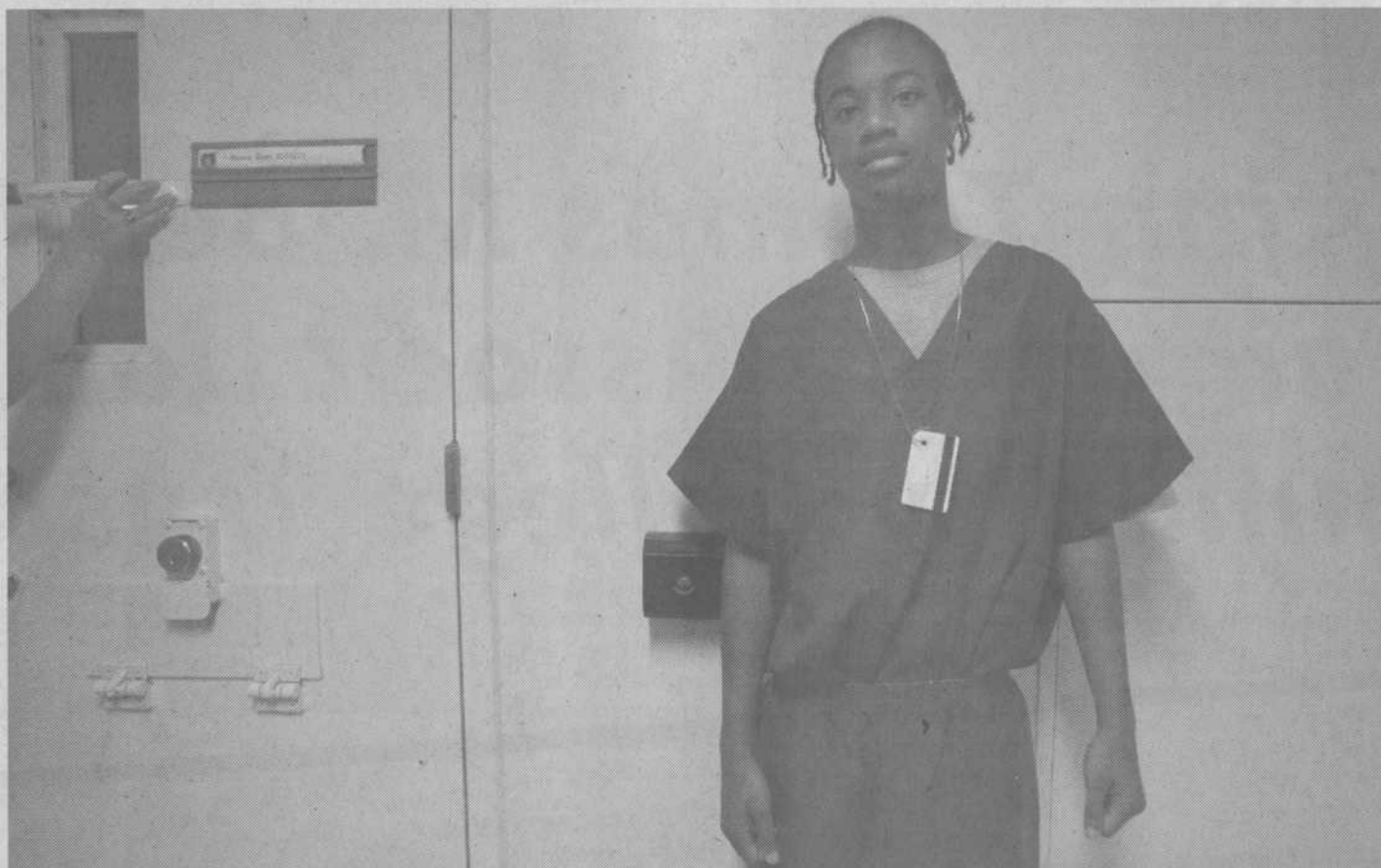
Their stories started out the same. Both lost their mothers as infants. Neither knew his father growing up. Both were selling drugs by the time they were teenagers, uncontrollable wards of the child welfare system.

For Banks, that system did nothing. For Sanders, it brought salvation.

Ryan Banks' mother died before he was a year old, a passenger in a car with a drunken driver. Even before that, his teenage mother had spent most of her time hanging out at bars and using drugs, Banks said. He lived primarily with his grandmother, Josephine Parks.

When his mother died, his grandmother became his legal guardian, according to an interview with Banks and children's court records.

Unlike foster care or court-



Ryan Banks, 17, stands outside his cell at the Racine Youthful Offender Correctional Facility, July 14, 2009. Banks is serving a 20-year sentence for the shooting death of Rance Jarvis. Banks, a former foster child, was 14 when he shot Jarvis who was 15 and also had spent time in the foster care system.

Kristyna Wentz-Graff/Milwaukee Journal Sentinel/MCT

ordered kinship care, which include ongoing supervision by social workers and the courts, guardianship is a permanent placement. Once a potential guardian passes a background check and is granted custody by a judge, the file is closed.

Banks lived on the ground floor of a duplex with Parks while his older brother stayed upstairs with their aunt.

His grandmother, Banks said, was "crazy." She wouldn't let him go upstairs to play

video games with his brother. She would wake him in the middle of the night, shouting at him to stay out of her room despite the fact he hadn't been in it. She gave him sleeping pills even though he slept fine. She beat him with a belt when he got in trouble at school. Banks says he cried even though it didn't hurt—the crying made her stop.

Parks died when Banks was 12. There is no indication in children's court records that

any of his remaining relatives pursued legal guardianship or notified child welfare officials of Parks' death. Instead, Banks was passed around from place to place.

For a time, the court file says, he stayed with Clarence Banks, whom everyone assumed was his father. The elder Banks wanted proof of that before he pursued legal custody. When a paternity test came back negative, he no longer wanted anything to do with the boy, Clarence Banks told the Milwaukee Journal Sentinel in 2006.

To this day, Ryan Banks doesn't know who his father is.

He and his brother stayed temporarily with an uncle whom he described as a strict disciplinarian. When Banks got suspended from school, his uncle forced him to stand in a corner with his arms straight up over his head for the duration of the school day. Those punishments were frequent, because Banks often was suspended or expelled from school for stealing, swearing and refusing to do as he was told.

His uncle whipped Banks with a belt, too, the boy said.

"He was real big, and we was scared of him," Banks said.

Sanders has no memory of his mother, who overdosed when he was an infant. It was Sanders' fault, an uncle used to tell him—he cried too much as a baby, and his mother couldn't take it.

His father tried to raise Sanders and his two brothers for a few months but soon surrendered the boys to the foster care system, Sanders said. Sanders was still a baby when he entered foster care and does not remember living with his dad.

In preschool, Sanders gave a teacher a black eye.

In elementary school, he was constantly suspended for fighting and cursing at the teachers.

By the time he was 8 or 9, Sanders and his brothers had been separated.

By the time he was 11, he was living in a group home. He and his friends would climb out a window at night, running in the streets and smoking marijuana, he said.

Then his caseworker from the state-run Bureau of Milwaukee Child Welfare put him on a northbound Greyhound bus. New foster parents, Gail and Don Kowaleski, were waiting to take him to their farm in Denmark, outside Green Bay.

Removed from the influences of the city and supported by a couple who loved him, Sanders started to do better in school. He played football and basketball, and his foster parents always came to watch his games.

He started to think of the farm as home.

The Kowaleskis' adult son lived nearby, just across the field. He drove a white van.

Late one night, after Sanders had been living on the farm about a year, he decided to take the van for a joyride. After cruising for about 10 minutes, Sanders thought he saw blue and red lights flashing in the rearview mirror. He panicked and hit a mailbox, denting the van. The side mirror cracked off.

Sanders had only imagined the flashing lights, but the real police arrived the next day. He was taken away in handcuffs. His foster parents bailed him out of jail and brought him home, where he immediately started packing.

"Where are you going?" his foster mother asked when she saw what he was doing.

"Well, I'm leaving tomorrow, right?" he asked.

"No," she said. "We're going to stick it out with you because we see a lot of success in you."

Banks never made it to high school.

After his stints with the man he thought was his father and with his abusive uncle, Banks' aunt agreed to take him in.

"That's when the fun began," he said.

Banks attended school only sporadically. His aunt let him and his brother come and go as they pleased, and she gave them each \$100 a month as allowance. But that wasn't enough for Banks, who was 12 at the time.

"A hundred dollars? That's enough for, like, one pair of shoes. One shirt," he said.

Selling marijuana and sometimes crack cocaine for a friend's older brother, he could earn that much in a day. The drug dealer, whom Banks calls his brother even though the two are not related, gave Banks the choice of six or seven guns to carry for protection.

Although Banks made countless drug deals in the park across from his aunt's house, he was never arrested. Once, the police stopped him and found marijuana in his pockets, but they let him go, Banks said. He thinks they were looking for a bigger bust and didn't want to waste their time booking him.

Banks had been staying with his aunt, who had four young children of her own, for about 2½ years when investigators from the Bureau of Milwaukee Child Welfare showed up to respond to an abuse complaint. It was the first time the bureau got involved in Banks' life, according to records.

Banks and the other children were removed immediately. Banks was sent to Milwaukee's New Horizon Center, a group home for at-risk youth ages 12 to 17.

Three days after Banks arrived at New Horizon, he left for an evaluation at Children's Hospital and never came back, according to the children's court file. Instead, he walked for an hour and a half, right back to his aunt's apartment. Records don't indicate whether anyone from the bureau or from New Horizon looked for him there.

Saleem El-Amin, president and CEO of New Horizon, said he could not discuss Banks' case specifically, but confirmed that children are at liberty to leave. If a child returns 30 minutes later than expected from an appointment, staff members notify their supervisors, as well as the child's legal guardian and caseworker. Children who have not returned by 11 p.m. are reported missing to the police, he said.

According to court records, a warrant for Banks' arrest was issued about three weeks after he left New Horizon, but he wasn't picked up until two months later, after he killed 15-year-old Rance Jarvis.

Banks' account of the crime differs from the one detailed in police reports and in the criminal complaint filed against him.

Banks says he did not plan to kill Jarvis. Banks rode his bike to his old neighborhood to visit some girls, he said. He was carrying a gun—as he usually did—but put it in a duffel bag by the side of the house so it wouldn't go off while he was jumping on the girls' trampoline.

He got a call from his "brother," the drug dealer, who told him Jarvis was on the way

See *Welfare* on page 7

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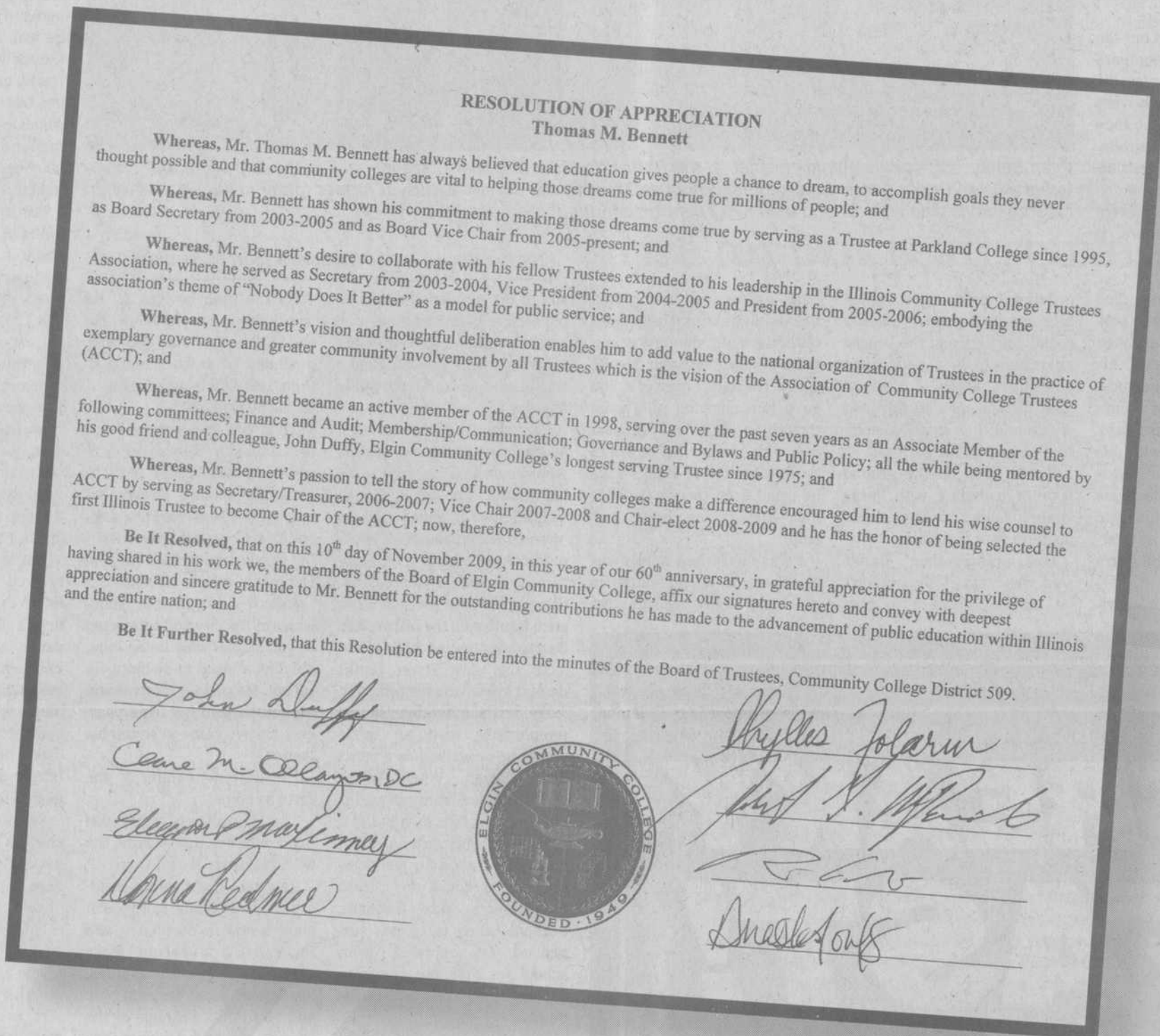
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Saluting Thomas M. Bennett, Chair of the Association of Community College Trustees



The Board of Trustees of Community College District 509—
on behalf of the president, faculty, staff and students of
Elgin Community College—salutes Thomas M. Bennett,
trustee at Parkland College, for his thoughtful and visionary
service to higher education and in recognition of his selection
as the first trustee from Illinois to become chair of the
Association of Community College Trustees.

Community College District 509 Board of Trustees

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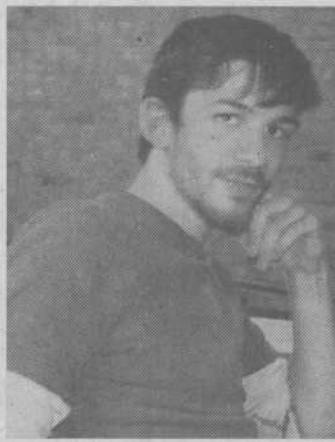
What's your crazy Thanksgiving tale?



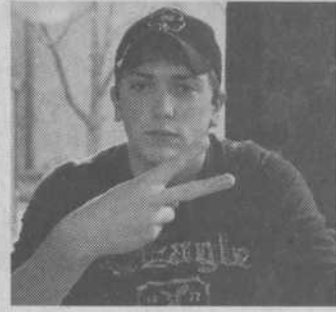
"Well one year, my aunt landed at the airport from California and went to baggage claim where they didn't have her bags. She asked them if it was a possibility that they sent her bags on the wrong airline. They said no. So we went to the airport every day for a week looking for her bags and they didn't show up. Finally, on the last day before she went home, they found her bags on a different airline. She ended up wearing the same outfit for a whole week." -David Nevolo



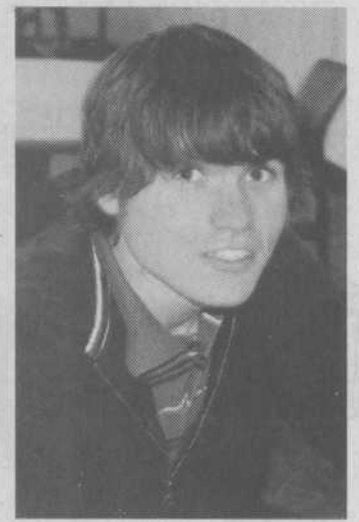
"I was at my friend's house on Thanksgiving and after some drinking he pushed me down the stairs...." -Jahaziel Howard



"My cousin and I were heading back to the house after riding ATVs and had to jump a barbed-wire fence. I jumped over and made it. My cousin was jumping over and I guess his hand slipped and he got caught up in the wire. He cut his hand and got barbed wire tangled around his collarbone arera. It was bad." -John Gardner



"My grandpa is a Cowboys fan and they were playing Denver. He threw a beer at the television." -Kevin King



"One odd thing I did on Thanksgiving was while I was visiting my uncle in Tennessee. He lives near a Native American reservation, so we rode four wheelers around it looking for Indian things on Thanksgiving Day." -Brock Orr

Cassandra CUNNINGHAM

TURKEY

continued from page 2

need to reduce the number of harvest festivals that we celebrate in this country.

Fall, reasonably enough, is a time for harvest festivals. Most countries/cultures celebrate one, during or at the end of their actual harvest time. In this country we celebrate three: Halloween, Thanksgiving, and Christmas. Surprised? Halloween was imported here from Ireland. It was originally a Celtic celebration of the harvest and year's end. The official start/end date for a calendar year is somewhat arbitrary, and they chose the end of the

growing season to mark the end of the year. The holiday that we celebrate as Thanksgiving is meant to echo a harvest meal celebrated by some of the early European colonists who relocated to North America. The Christmas holiday was first celebrated as an attempt by the early Christian Church to recruit members by co-opting Saturnalia, a Roman festival honoring Saturn, the god of agriculture. That looks to me like two harvest festivals too many. I am not going to make any recommendations about which ones you might want to eliminate, but I know which one is my favorite.

WELFARE

continued from page 5

and he should get out of there. But the warning came too late.

By the time Banks had collected his gun and his bag, Jarvis and another guy were pulling up in a van. Banks said he thought Jarvis was going for a weapon. Banks said he fired at the ground first, to scare the other boy. But when Jarvis didn't back off, Banks fired three more times, hitting his target.

It wasn't the first time he had fired a gun, Banks said, but it was the first time he'd ever hit anyone.

According to the criminal complaint, Jarvis was lured to the scene of the crime under the pretense that Banks would sell him drugs. Banks told Jarvis he'd get the drugs and walked to the side of the house, witnesses told police. But instead of retrieving the drugs Jarvis had been promised, Banks got his gun. He shot Jarvis, who was unarmed, from just a few feet away, witnesses said.

Banks was arrested at the dealer's house the next day. His nickname—"Lil Ryan"—tattooed on his arms, gave him away.

Banks, who is now 17 and no longer in touch with his aunt or his biological brother, will be 34 when he finishes serving a 20-year prison term for Jarvis' murder. He is incarcerated at the Racine Youthful Offender Correctional Facility.

"I was more scared to come here than to shoot the guy," he said.

Despite the support Sanders was getting from his foster parents in Denmark, he was selling drugs by the time he was 17.

Sanders says he never sold street drugs. He sold pills that had been prescribed to him for attention deficit-hyperactivity disorder. He had been selling about a dozen pills a week for two months before he got

caught.

Sanders wasn't prosecuted, but he was expelled from Denmark High School. He could no longer stay at the farm because his foster parents worked during the day and could not be there to supervise him.

"They were heartbroken," he said.

Gail Kowaleski said she and her husband made at least 10 trips to children's court in Milwaukee, campaigning to get Sanders into a residential treatment program at Norris Adolescent Center in Mukwonago.

"He treated us as if we were his parents, and he was like our son," she said. "You would not kick out your own child. You would get treatment for your child if they needed it."

Living at Norris, Sanders found a mentor in one of the workers.

"He told me, 'You're growing up too fast. You're running to the exit when you can walk to it,'" Sanders recalled.

Sanders realized if he didn't make a change, he would end up dead or in prison. Instead of sneaking out, he went to therapy. Instead of selling drugs, he studied. After Sanders earned a high school diploma at Norris' on-site school, the social worker who mentored him took Sanders to Lad Lake, a social service agency that helps youths who grew up in foster care to make it on their own.

Sanders said he will keep working for positive change, both in his own life and in the lives of other children who are growing up the way he did.

"I know it's hard," Sanders, 22, said of his life today, "but it beats sitting behind cold bars or lying beneath cold dirt. I see so much for myself. The only thing that I can do is pray that it gets better day by day."

(c) 2009

Milwaukee Journal Sentinel.

Cobras go to Nationals

Shagun PHRADAN
Staff Writer

Serve! Set! Spike! These are the things that the Parkland girls' volleyball team does best. The lady Cobras volleyball team is at a 38-5 record going into the national tournament. The year is filled with both new and familiar faces.

The success of the team is mainly because of the phenomenal teamwork that the girls display.

"Everyone gets along great," said sophomore Lucy Coleman. "The chemistry on the team has really got all of us working together in sync and we have shown it with our record."

The girls worked hard to achieve their prestigious status, and it didn't come easy. They started out the season with three-day practices also known as "3-a-days" for three weeks.

The "3-a-day" practices consisted of waking up early in the morning for in-gym workouts at 7am, then working out for an hour and a half, then a three-hour break. After that, the team is back at 12:30pm to practice till 2pm, and then break again, only to again practice from 6pm-9pm.

"At the beginning of the season, workouts were tough, but we got to spend a lot of time together which helped out the chemistry on the team," said freshman Molly Goodrich. "We seemed to be individuals at the beginning, but as we got to play with each other we became a team of one."

The volleyball team has fed off of each other's positive attitudes as they have continued to win matches.

"We are always usually together on and off the court" said Goodrich "We are very comfortable with each other,

we have themed dinners and get-togethers to keep the chemistry level up."

The NJCAA National Volleyball Tournament for the second year in a row, which will be held at the Wisconsin Dells, starting November 19 at 9am. The Cobras are ranked No. 3 seed going into the tournament and will play No. 14 seed East Central Missouri, a familiar opponent who the Cobras played and beat last year.

The team has dealt with numerous obstacles this year that have been overcome. The Cobras beat defending National Champions Kishwaukee College three times this year, which helped them reach their No. 1 national ranking late this season.

However, the team recently lost to No. 3 ranked ICC to come to a No. 3 seed rank for the NJCAA tournament.

"Beating Kishwaukee was a great confidence booster, but beating them three times was the best to happen in the world," said sophomore Jeni Sykes. "It gave us a huge confidence boost and even more motivation to win a National Championship title."

The coaches of the team have played a huge part in these girls' lives. The team agreed that the coaching was one of the main reasons why they came to play at Parkland College. Cliff Hastings is the Head coach along with Gia Lewis-Smallwood and Heather Horn the assistant coaches.

"They work us hard every practice only to see us improve and grow," said Sykes and Coleman. "We would not have gotten this far if it were not for them."



Photo credits Andrew Mazzocato and Shagun Pradhant No. 2 sophomore Paige Lay in mid-spike during a match. Freshmen Susie Jean and Brittany Monken flank Lay as she hits the floor. Practice is always a constant for the Cobras volleyball team.

Black Friday SHAPE UP



TIM BEDISON/FORT WORTH STAR-TELEGRAM/MCT

Plan before you go

We know. Times a-wastin'. You could be out in those stores "right now," snapping up deals. But wait! You'll save time if you stop and think before you go.

Don't just drive to the mall and wander aimlessly through the stores. This is unwise. The fragrance department of a department store is not the place to start brainstorming for gift ideas — and if you do it on Black Friday, you might get trampled.

So sit down. Have another cup of coffee. And think. Devote half an hour to making a good, solid list of gifts to buy (you'll get the time back, we promise). Brainstorm for gift ideas online and with newspaper ads. Then come up with a plan of action: Think through which stores you'll visit and when, and what you'll buy when you arrive.

Reserve your gifts online

Got your list? Good. OK, now don't leave the house yet. Instead, hop online and take care of some business.

Lots of major retailers (Best Buy, the Container Store, Borders) will let you purchase an item online and pick it up at the store. You walk in, pick up your purchase and walk out — no aisle-wandering, no card-swiping.

Some stores (Borders and Barnes & Noble are two) will let you reserve an item online. It'll be on hold at the checkout counter, and you pay for it when you pick it up.

This is a year-round life-saver: You'll save tons of time if you can avoid all that aisle-wandering. And you'll always know that the item you want will be in stock and waiting for you.

Do your research

While you're making your list, do some comparison shopping. Check the ads and know your prices. And do a little work to narrow your choices.

This is where the magic of the Internet will really help. If you see two mp3 players in the ads, don't just head for the store and eyeball the descriptions on each box. Instead, read some reviews online before you get there. (A good site for product reviews is: www.consumersearch.com.) A quick scan of reviews can tell you whether you're about to make a mistake. If you shop without a clue, you will waste time and might end up with the wrong item.

(We know. It sounds like you'll never be able to leave home. But all this advance work will come in handy, trust us.)



RON T. ENNIS/FORT WORTH STAR-TELEGRAM/MCT
Make sure the advertised price matches the sale price of Black Friday items.

A little prep work puts you in tip-top form for the busiest shopping day of the year

BY ALYSON WARD
McClatchy Newspapers

Can you do it? Can you get over that pumpkin-pie hangover and get going? Can you be ready? Can you get moving?

That's right. We're talking Black Friday, the day of insanity that kicks off the holiday shopping season. And that means it is time to get serious about gifts.

We're here to coach you through this. You can survive. You can conquer that shopping list in one day — or at least by the end of the weekend. You just need to bring your A game.

The key, of course, is to focus. Plow through your list of gifts to buy. Do as much as possible in the shortest amount of time. Move quickly. Don't dawdle or agonize over decisions. Just get it done.

Even if you're not planning to elbow a kid out of the way for the last \$99 digital camera, you can still get some serious shopping done on Black Friday. Here's how to make the most of your time.

Be organized and ready for anything

Shopping on Black Friday is not a nice, leisurely browse. It is all-out warfare. So dress and pack accordingly. Wear comfortable shoes. Take all the junk out of your purse or pockets so you can travel light. Carrying a dozen lipsticks will only make your shoulder hurt.

You will, of course, need to pack a few key items. Make sure you have:

- Your list (and a pen)
- Aspirin for the inevitable shopping headache



■ A bottle of water to keep in the car (good shoppers know how to hydrate)

■ Snacks for when you crash in the afternoon (a piece of fruit and some almonds will make you feel far better than a food-court hot dog)

■ A big envelope so you can keep track of receipts

■ The ads and coupons you need
And think about what you wear. If you wear a coat, make sure it's one you don't mind carrying through crowded aisles in stuffy stores.

Start with the easy items first

There are some gifts you can buy without a lot of fuss or deliberation: the fancy coffee you always buy for Dad, the bottle of whiskey your uncle likes. Do those first. Then, if you've reserved gifts online, pick those up next. You will accomplish a lot quickly, which will give you energy to do the harder shopping.

Just park already

Give up on the idea of a good parking space. You will waste serious time driving in circles, waiting for a space to open up, following shoppers who seem to be headed to their cars. (Shoppers hate this, by the way.) Instead, take the first space you find, even if it's barely in the same ZIP code. You'll get inside faster, and that's the point. On the way in, you can think about how noble you are for the extra exercise. (Just remember the comfortable shoes.)



MICHAEL PLUNKETT/PHILADELPHIA INQUIRER/MCT
One tip to manage Black Friday shopping is give up on the idea of finding a good parking space.

Divide and conquer

If your family is available to join you, put them to work. Send your spouse to one store, your teenage daughter to another. Meet back an hour later and compare notes.

Make sure everyone has money and knows exactly what to pick up. Keep phones handy for consulting. And if your family has trouble staying on task, turn each shopping stop into a game or a race against the clock.



IAN MCVEA/FORT WORTH STAR-TELEGRAM/MCT
Cell phones help everyone stay in touch should shopping groups get divided.

Don't trust your family members to be in charge of the shopping? Use them to save time at checkout. If the line is long, send a family member to stand in it while you gather up the goods.

Don't agonize over decisions

Black Friday is not the day to be indecisive, so make a rule for yourself: Spend no more than, say, three minutes debating a purchase.

If you're undecided (Should I come back for this? Or buy it, just in case?), we offer the following handy formula. Consider: (the chance you'll never be able to find this color/size/style/price again) + (the store's return policy) - (the likelihood that you'll lose the receipt). Then factor in: (how much you will HATE returning to this store's parking lot) x (the chance that you can find it online) / (the probable cost of shipping).

See? Simple.

If you are still in doubt, write down the product information and the price, then get a move on. Don't let one decision expand to fill an afternoon.

Breathe

Things are likely to get tense. Black Friday is, after all, the biggest, most crowded shopping day of the year. At some point — probably before lunch — you will decide you hate lines, you despise every other shopper in the country and you never want to buy another gift as long as you live.

This is the time to work on your inner peace. Breathe deeply and relax. Consider repeating a mantra: "I am filled with peace and good will, and buying gifts for my loved ones makes me happy." Breathe. Say it again.

Regroup at home

You may have endurance. You may be strong. But, eventually, you'll have to go home. When you get there, relax for an hour. Take off your shoes. Eat something.

Then, it's back to work. Make a list of what you haven't found and hop online again. In the comfort of your own home, order what you're still missing. Get free shipping if you can. And — this is important — make a list of which gifts should be arriving and when.

After all, Cyber Monday — the online equivalent to Black Friday — is just around the corner. But by then, you'll be finished with your shopping, free and able to enjoy the rest of the season.



Future plans for WPCD 88.7 The Wave's studio and station call for more amenities to help working DJs feel more comfortable and relaxed.



Messages of Thanksgiving

"Thank you, economy, for not keeping me down another Christmas."

"I'm very thankful for all of the people in my life, including my wonderful girlfriend."

"I'm thankful for the great adventures life gives us."

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