

## Warming the PC campus

By DAVID J. BODNAR  
*Prospectus Guest Writer*

During one of the long, cold dreary, and gray central Illinois winter days spent inside the shelter of Parkland College, one might wonder just how Parkland facilities maintain such a temperate climate. Parkland's heating system is composed of four large, natural gas powered hot water boilers. Yes, the entire school is heated by a process akin to heating an enormous hot water bottle on a gas stove.

Parkland College Physical Plant Director, James Bustard, says that this system of boilers, apart from some changes in insulation and minor mechanical upgrades, has remained the same since the conception of Parkland College in the early 70's. He says there have been some plans for a more modern heating system to be put in at some point in the future; however, he expects the boiler system to stay the heating agent for the main Parkland structures for years to come. He cites two main reasons for this. One is that advancements in boiler efficiency have been slow in coming for such large scale industrial units, such as the one Parkland has put in place. Apparently, there is not a significant efficiency difference between older and more modern boiler heaters.

The other reason is the current Parkland budget. There is simply no way at the present date to justify the cost of complete renovation of the heating facilities.

Given that gas prices have seen a significant hike in the last year, it is logical to assume that the Parkland College utilities spending, especially on heating, would have also drastically seen an increase. Bustard says that this is not really the case. This is due to a partnership buying plan established between Parkland College and the University of Illinois. Both buy natural gas, heating oil and other petroleum products used

See **Warmth** on page 5



Parkland student Shane browses the works of Judy Dethmers, currently on display in the Art Annex of the Parkland Library.  
*Nicole Simmons/Prospectus*

## Art Annex desires more student interaction

By DYLAN HEATH  
*Prospectus Staff Writer*

Officially started in January of last year, the Art Annex of the Parkland Library has been a great venue for students and faculty alike to showcase their artistic talent.

Unfortunately, due to lack of student participation as well as knowledge of the space, only two shows have taken place. This space started as a collab-



oration between the Parkland Library and the Art Gallery to give students access to new space for their art.

Currently, Judy Dethmers, a Parkland art student, is exhibiting a sample of her artwork. For her first solo show, she felt a combination of excitement and nervousness.

Her artwork shows a common underlining idea that compares what is considered beautiful and actual beauty. An example of this concept is a still life featuring man-made plastic bottles. Judy Dethmers wants to show people beauty is everywhere, even where you would least expect it.

If you would like to contact Judy Dethmers, e-mail her at: [JKDethmers@yahoo.com](mailto:JKDethmers@yahoo.com)

It is the hope of Parkland College that the

Art Annex will become a place where the entire community can come together to view fellow students and staff creations. It "will provide a forum to discuss ideas, encourage critical thinking, and recognize all of art's cultural value."

The shows are also great practice for anyone who is considering becoming a professional artist as they get hands-on experience.

It is up to the students to hang their own work and consider the lighting and placement. They also allow the students to learn to feel comfortable with their artwork and whatever criticism or praise they receive.

Yet if no one participates, this space could be lost. Funding can

dry up, and the time could be spent on other projects. While there is no official comment on whether lack of participation could lead to the closing of the Art Annex, it is something to consider.

In order to be eligible to use the space, the artist must be affiliated with the school, either as a current student, graduate, or staff member. The artwork must have been originally created by the artist with in the last two years, and must be a 2-D piece.

More information on eligibility and the entry form can be found online on their website. If you are interested at all in showcasing your artwork, please, please don't hesitate to apply.

For more information on the Art Annex visit:  
<http://www.parkland.edu/gallery/annex.html>



## First Off

By JON VOLKMAN  
Prospectus Editor

What do you want to do with your life?

I guess that is not a question to ask as graduation bears down upon one's self after three years of college. I know I have a course planned out, and a perceived plan of action. Yet as it all starts to move forward, and the wheels of progress shake off their rust, doubt creeps over the situation like a storm cloud.

Ideally, I will graduate in May and be able to move out of state. I will secure an entry level job in my field, and settle into a better life for both my partner and I. Better since I will be working full-time and bringing home an actual paycheck, not the remnants of part-time jobs and bits of financial aid.

The hard part is making it all happen. We have a house here, a fixer upper that is still being fixed up. Work has to be finished with money that doesn't exist. Costs have to be covered involving moving and selling and all sorts of other grown up responsibilities. For now though, that is the challenge as finding the money is as easy as cutting a diamond with dental floss.

I guess that is where responsibility, maturity, and patience have to enter the equation. As much as I would like to move immediately, maybe it will take a year to regain some financial leverage as well as job experience.

While living in this area for another year is not appealing, it might be inevitable. I guess there are worst places to live, and I still would be working towards the goal of moving. Besides, having the extra time might allow us the ability to finish other projects with the house and be more stable in the move.

The problem is one can not predict how a situation will play out. We could struggle and move upon my graduation, and be okay. It could also be a disaster. We could try and wait and have something unexpected prevent a move. Or we could wait, and as a result move without a hitch.

That is part of the problem with big decisions like moving halfway across the country. One never knows when the time is right, and having a wait-and-see attitude can further hinder any plans. It is never the right time, as I discovered after graduating and moving from Virginia to Wisconsin with no money or job.

My time in Wisconsin was not memorable, but I did have several experiences that helped shape who I am today. Though a rocky time in my life, without Wisconsin I would have never landed in Illinois.

I guess only time will tell, as will patience and long conversations. After all, being in a relationship means give and take, and if we are both agreeable, then it will work out. I guess I will know soon enough, and maybe then, just maybe, I will have a better idea of what I want to do with my life.



Charelle Johnson reading the news on Parkland's radio station, 88.7 The Beat. Broadcast students work in radio stations on and off campus during their training.

Chad Thomas/Prospectus

## Dollars and Sense from FinAid

By DONNA MAYER  
Prospectus Guest Writer

A special feature from the Parkland College Office of Financial Aid

Credit Cards:  
What You Need to Know

The Good:

- Emergency situations can be easier to handle.
- Paying the balance on time establishes a good credit record, critical for future large purchases

The Bad:

- If you can't pay off your balance in full, you will end up paying more for your purchases over time.
- Excessive spending means that more money will go to pay off debt, rather than your budget.
- It takes seven years for anything to be erased from your credit rating, good or bad. Declaring bankruptcy stays on your report for 10 years.

Important to know:

Excessive credit card debt can make it much more difficult for you to get private student loans.

Watch Out for Hidden Fees

- Annual fees: Find a card that doesn't charge one.
- Annual percentage rate (APR) or interest rate: Rates vary. Shop and compare — pick

one with a low rate.

- Introductory offers: Interest rates can go up considerably after only three to six months.
- Additional fees: Many cards have extra fees for late payment, exceeding your limit or maintaining a balance.
- Cash advances: The interest on cash advances is almost always higher than the interest rate on regular purchases. Use cash advances for emergencies only.

Recognize Risky  
Credit Card Behavior

You may have a problem with debt if you:

- use a credit card to pay off debt on another credit card.
- are at or near your credit limit on many credit cards.
- can only afford to make the minimum payment.
- ignore collection agency calls about unpaid bills.
- hide purchases or lie about your finances to your family and/or friends.
- have been declined from making purchases because of insufficient credit.

If these statements sound familiar, strongly consider getting help.

- Get a free copy of your credit report online at: [www.annualcreditreport.com](http://www.annualcreditreport.com).
- Contact your credit card



company. Ask if they can lower your interest rate or set up a more affordable payment plan.

- Rethink your spending. Set up a budget. Be realistic about your spending and financial needs.

- Get help from a local consumer credit counseling center. Avoid credit groups that charge fees.

For More Information:

Contact the Consumer Credit Counseling Service by phoning 1-800-959-2227, or e-mail [www.ccsillinois.org](mailto:www.ccsillinois.org). Please send questions you have about financial aid and other financial challenges to [finaid@parkland.edu](mailto:finaid@parkland.edu) with the subject line, Dollars & Sense.

## Prospectus

The Prospectus is a student publication, and is published weekly during the Fall and Spring semesters, intermittently in summer. To contact the Parkland Prospectus: phone: 217-351-2216, fax: 217-373-3835, e-mail: [prospector@parkland.edu](mailto:prospector@parkland.edu), U.S. mail: Parkland College, Room X-155, 2400 W. Bradley Ave., Champaign, IL 61821. URL: <http://virtual.parkland.edu/prospectus>

### Advertising

phone: 217-373-3876, fax: 217-373-3835, e-mail: [prospectorads@parkland.edu](mailto:prospectorads@parkland.edu), U.S. mail: same as above.

- Advertising is accepted which is non-discriminatory and not in violation of any laws. The Prospectus reserves the right to refuse any advertising. Publication of advertising constitutes final acceptance.
- Advertisers must verify ads for accuracy.
- The Prospectus deadline for all advertising is 5 P.M. of the Wednesday immediately before the upcoming edition.

### Letters and Editorial Policy

- Views expressed are opinions of staff and contributors and not necessarily that of

the Prospectus or Parkland College.

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

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

### Staff

Editor: Jon Volkman  
Photography Editor: Nicole Simmons  
Photography: Danielle Clem, Jon Moore, Erika Porter  
Production: Travis Shoemaker, Ricky Kennedy  
Advisor: John Eby  
Advertising/Business Manager: Kate Kaput  
Software/Layout Consultant: Larry Gilbert  
Writers: E. Clarkson, Jake McGill, Erik Pfeifer, Kyle Kroha, Dylan Heath



## Parkland police plunge to benefit Special Olympics

By **SUZANNA WINANS**  
*Prospectus Staff Writer*

Illinois summers are a little too harsh and frigid for some people, but six Parkland Public Safety Officers will learn a whole new meaning of the word "cold" when they jump into a lake next month.

The officers will be participating in the annual Polar Plunge, which is held by the Illinois Police Department.

The event takes place on March 4 at Lake of the Woods in Mahomet. Fifteen districts statewide will be participating in order to raise money for the Special Olympics, which are held in Bloomington, Illinois.

Although the various police departments are in charge of the event, the public is also encouraged to get involved and raise money to participate as well.

In the past, the event has attracted an abundance of groups, from Boy Scout troops to frat houses. All it takes is a \$75 minimum amount of donations to participate.

Friends and family are welcome to come and cheer on the plungers. Also, hot soup and sandwiches will be provided following the plunge.

Last year this police district alone raised over \$17,000. Each of the 15 districts will be in competition to find who can raise the most money.

At the same time, the Campaign Chief of Police is having a competition with Von Young from Parkland's Public Safety team. The winner of the contest will get to pick the attire that the loser must wear at the actual Plunge.

This year Parkland will have half of its Public Safety team plunging into the freezing water for the event. Among them are: Angela Corray, Michael Elliott, Jake Brand, Jeremy Sharlow, Jim Hand, and Von Young.

Officer Corray and Officer Young both participated in 2005. Young was able to raise around \$900. Even the officers who have felt the wrath of the breath taking cold water before seem relatively enthusiastic about this year's jump.

The officers have already started collecting, but plan to raise much more money next week when students will be able to make donations in the college center.

In addition, the Public Safety team plans to have a raffle for the students who choose to



Von Young and Angela Corray of Parkland's Public Safety at last year's Polar Plunge. The event raises money for the Special Olympics, and takes place in early March.

*Prospectus Photos*

donate. Some winners of the raffle could take home gift cards from area businesses or even an MP3 player!

Come down to the college cen-

ter on Wednesday, February 22, to help donate. Or contact Von Young if you are interested in participating in the 2006 Polar Plunge.

## Parkland announces community workshops

Parkland College announces community workshops starting in March. The courses aim to include everyone, with RadKIDS for the children, and re-entry courses for those seeking to return to college.

### RadKIDS March 20-24

RadKIDS is the national leader in children's safety. More than 50,000 children have been trained in the RadKIDS personal Empowerment Safety education program, which can only be taught by Certified Instructors.

RadKIDS teaches children and parents how to protect themselves from violence and harm. Topics include home, school, and vehicle safety; realistic defense against abduction; good-bad uncomfortable touch; and more. Empower your children and help build a safer community.

This course meets Monday-Friday, March 20-24 from 9-

10:30 am (Ages 5-7) or 12-2 pm (Ages 8-10) at Parkland College, Room D244. The course fee is \$40. The registration deadline is March 13.

Call 217/351-2546 for more information.

### Parkland Accelerated Evening Programs Information Session March 8

Work towards an associate's degree spending just one night a week on campus.

Choose from Parkland's accelerated programs in general studies, health professions pre-entry, and business. The programs are best suited for adults 24 years and older with work experience but little or no college.

The informational session will be held on Wednesday from 5:30-6:30 p.m. in Room X107. There is no fee, but reservations are requested at [finishyourdegree@parkland.edu](mailto:finishyourdegree@parkland.edu) or 217/353-2666.

### Smart Start for Beginning Exercisers March 14

Are you new to exercise? Are you stuck in the same old routine? Learn how to create an effective exercise program that fits your lifestyle. This course meets Tuesday, March 14 from 6:30-7:30 p.m. at Parkland College, Room D233.

The course fee is \$14. The registration deadline is March 7. Call 217/351-2546 for more information.

### "Ed2Go" Online Noncredit Classes March 15

Parkland's 6-week, instructor-facilitated online courses offer a fun, convenient, and highly interactive way to learn, right from the home or office and any time of the day or night.

Enjoy more than 170 course offerings in business, art, history, math, careers, photography, law, per-

sonal enrichment, teaching, personal finance, computers, and more. Each course is project-oriented and includes lessons, quizzes, hands-on assignments, supplementary links, discussion areas, and more. Courses are \$89 each.

For more information, visit [www.ed2go.com/pc](http://www.ed2go.com/pc) or call 217/351-2546.

### Safely Handling Dogs March 15

Learn how to safely meet and greet a strange dog. Understand what their body language means to you and what your body language means to them. Also learn how to safely handle your own dogs - great workshop for parents and kids!

This course meets Wednesday, March 15 from 6:30-8:30 p.m. at Parkland College, Room D230. The course fee is \$9. The registration deadline is March 8. Call 217/351-2546 for more information.



### Staerkel Planetarium

Friday, Feb. 17:  
7:00 p.m.—Winter Prairie Skies  
8:00 p.m.—Skywatchers of Africa  
9:30 p.m.—The Who's "Teen-age Wasteland"  
Saturday, Feb. 11:  
7:00 p.m.—Rusty Rocket's Last Blast  
9:30 p.m.—The Who's "Teen-age Wasteland"

### Parkland Art Gallery

Feb. 20—Mar. 29:  
2006 Biennial Ceramics Invitational  
Thursday, Feb. 23:  
6:00 p.m.—Opening Reception for Biennial Ceramics Invitational  
8:00 p.m.—Skywatchers of Africa

### Parkland Athletics

Wednesday, Feb. 22:  
5:30 p.m.—Women's Basketball vs. Danville  
7:30 p.m.—Men's Basketball vs. Danville  
Thursday, Feb. 23:  
5:30 p.m.—Women's Basketball vs. Shawnee

### Parkland Theatre

Feb. 22, 24, 25:  
8:00 p.m.—The Mousetrap

### Black History Month Events:

Monday, Feb. 20:  
12 p.m.—1 p.m. : Black History Scramble/Trivia Drawing, Flag Lounge  
Wednesday, Feb. 14:  
12 p.m.—1 p.m. : Black History Live!, Flag Lounge

Send events to:  
[prospectus@parkland.edu](mailto:prospectus@parkland.edu)  
or drop by  
Room X155





By **LARRY V. GILBERT**  
For the Prospectus

**W**HEN WAS THE last time you had homemade ice cream — the kind made in a hand-cranked freezer? I'm not talking about the canister one places in the freezer compartment of the refrigerator for a few hours.

Allow me to give some background first. My grandparents lived on a farm southwest of Mahomet. They, for the most part, raised all the food they put on the table: chickens, pigs, beef cattle, milking cows for meat, cheese, butter, and lard. Ever had pie crust made with home-rendered lard? Nothing compares with it.

They had two gardens, a small one near the farmhouse where they grew tomatoes, onions, green beans, peas, cabbage, corn, lettuce, radishes, strawberries, raspberries, and asparagus.

The truck patch near the milk barn produced sweet potatoes, white potatoes, popcorn, and melons. Apples, peaches, apricots, cherries, and pears were harvested from the orchard. So you can see that very little was purchased at the grocery store.

With many of the above ingredients available, my grandfa-

ther would "go to town" and to Jack Burk's ice house to buy crushed ice. Back on the farm, my grandmother would make a pudding-like mixture from eggs, sugar, vanilla, and milk and thick cream. The cream was very rich, so much so that it was too thick to be poured. It had to be spooned into the mixture. After the mixture was cooled, my grandmother poured it into the ice cream freezer, added more milk and/or cream, folded in egg whites, and place the paddle into the can.

Then the "grandkids" did their part: we placed the lid on the can, attached the cranking device, and added layers of ice and rock salt around the can.

There were no electric motors on the freezers then. In fact, I can remember when the farm had no electricity at all. So we cranked and cranked and cranked the mixer until the ice cream was so frozen that we, as children, could no longer turn the crank. At this point my dad or my grandfather took over.

But even when they could not turn the crank, we had to wait another hour or so. "The ice cream has to cure," my grandmother would say. We carefully removed the crank, opened the can, and removed the paddle. There was sometimes a "dis-

agreement" on who could eat the ice cream from the paddle. Waxed paper was placed over the can and the lid was put back in place. More ice was placed over the top of the lid. My grandmother would find a clean throw rug and place it on top of ice.

Back in the kitchen, my grandmother would prepare the icing for the two or three cakes she had baked. She always made an angel food cake (fresh egg whites), a chocolate cake, and my favorite, the hickory nut cake. Chocolate icing for the chocolate cake, 7-minute icing for the angel food cake, and white icing with chopped hickory nuts for the hickory nut cake.

I'm talking good eating. I'm talking calories galore, but we were all very active and soon burned off those extra calories.

The homemade ice cream cannot be compared to that made in the small canister with the plastic crank on top. My grandmother would never have considered making ice cream with "Junket" tablets, a cold mix. She would not even eat anyone's ice cream if it were made with a mix. She insisted on the cooked version, the very rich version, the high calorie version.

If you have never had "real" homemade ice cream, I should warn you about something before you try it for the first time.

Take it easy. Eat the ice cream slowly. If you gulp it down, you will get an instant headache. You will probably drop the spoon and place your hand on your forehead.

Throbbing pain!

## Volunteer Wanted



Hi, my name is Alissa. I am 12 yrs. old and I have autism. I like books, dancing, music, puzzles, my wooden shapes and mac-n-cheese. I am looking for fun people who would come play with me.

## Help Create a Miracle for Me

We invite you to volunteer to be part of our exciting and energetic, in-home program for our special child. This approach combines a non-judgmental attitude with an intense effort to engage and motivate our daughter to reach her full potential. This child-centered program is based on the Option Process described in the book and TV movie Son-Rise.

We are looking for volunteers who:

- Have energy, excitement and enthusiasm
- Want to make a difference in the life of a very special child
- Welcome an opportunity to enrich her life and yours, too
- Can make a weekly commitment of 4 to 6 hours

No experience is necessary; we will provide training and ongoing feedback

If this volunteer opportunity appeals to you, please call Alissa's Mom and Dad (Barb and Jesse) at 217-568-7602



Drawing I instructor Matthew Watt gives directions to students for an objects assignment. Corey Todd, Elinor Catriel, and Jessica Mabery work on drawing the inset objects.

Chad Thomas/Prospectus

# Come Get Your SIZZLE ON!

Piping hot  
**FAJITAS**  
&  
Ice-Cold  
**MARGARITAS**

**Chevys**  
FRESH MEX.  
103 W. Marketview Drive  
355-7300

Call us for large parties and catering

# Features

PROSPECTUS — Wednesday, February 15, 2006 — Page 5

## WARMTH

continued from page 1

at their facilities on the open market instead of buying their supplies through an secondary distributor or retailer. Parkland and the U of I try to obtain the longer contracts to insure a fixed and reasonable price. Apparently, in the current market most of the most recent contracts have been short due to gas price volatility.

Bustard states that although gas prices have been on the rise in the open market, because of the partnership bulk buying with the U of I, Parkland should only experience an increase of 20 to 25 percent in total utility costs over the winter. Head of the Parkland Business Office, Chris Randles, says that as of December 23 Parkland is at par with last year in regard to costs of heating the college.

"Because of our buying strategy and the overall efficiency of the Parkland buildings, I don't expect to see a significant difference in heating costs this winter comparative to the last. There is always the unforeseen chance, if it's a particularly brutal winter, but as of now we are not expecting any big change."

Bustard points out what he sees as the Parkland College's main strengths and weaknesses from a heating standpoint. He says that for an older structure of its time the building is well insulated. He says that Parkland has independent thermostats in every wing and that staff and faculty are free to raise or lower the heat in each independent wing to meet their comfort needs but that they are generally advised to keep the thermostat at a reasonable level, around that of average room temperature, 72 degrees. Bustard says that this independent thermostat system is apparently more efficient than a single centralized thermostat system.

He says that Parkland's most inefficient design from a heating standpoint is its high ceilings and angular roofs.

"There is just a lot of unusable open air space to heat in a facility like this. Though it may be architecturally pleasing it does make the building a lot less efficient in the winter."

Bustard offers some useful hints that Parkland students can use in attempting to save on their own utility costs. He says, whether students are in a house or an apartment, the two most useful things to do are:

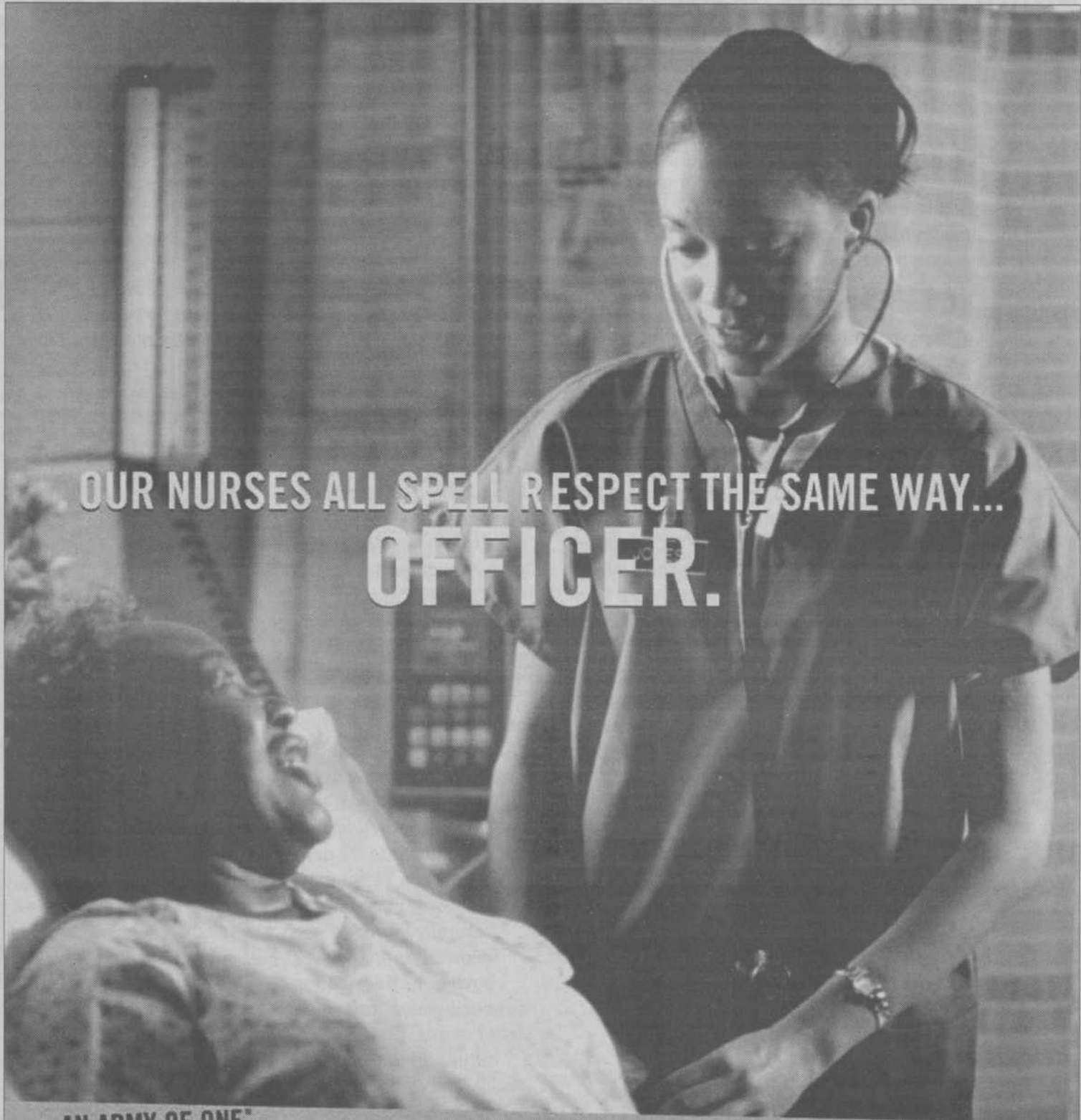
turn their thermostat down to 60 degrees in the night before going to sleep or whenever

they can tolerate that temperature and to make sure to keep all doors and windows securely

closed.

"We all can do some things to improve the quality of our lives

and save us some money as well, during the cooler months of the year."



OUR NURSES ALL SPELL RESPECT THE SAME WAY...  
**OFFICER.**

### AN ARMY OF ONE™

Combining your nursing education with Army ROTC means you'll graduate with the skills of a nurse and the respect of an Army Officer.

**ENROLL IN ARMY ROTC**  
BECOME AN ARMY OFFICER



Attend the Army ROTC Medical Symposium, at the Armory Building, Room 101, Wed, Feb 22, at 5:15pm. Hear from Army Doctors, Nurses and Veterinarians. Free food and fun. Call 217-244-1407 for more info!



## Have you ever come across those 'desert island' exercises? Something like "what five books would you take to a desert island?"

I have one of those for you to consider. What five things would you put into a first aid box? What is interesting about the answer to that question is not so much the list of items, but the assumptions made about the type of injury you could be dealing with. Most people, I suspect, would design their list to deal with physical ailments like cuts, grazes, broken bones, etc. However, how many would give much thought to psychological first aid? Each day we find ourselves in situations that cause stress and anxiety. Financial pressures, assignments, deadlines, and all the little things that alone are nothing can, when added together, take their toll.

Everyone has had one of

those days, it seems to be one of the prerequisites of the human condition. No one is immune. Let me give you a recent example of my own.

I got to work early because I needed to use the photocopier. I had tried to use it the night before but there was a long line so I decided to wait until the morning. I walked in to use the machine and there was a sign saying 'out of order'. That in itself was not so bad, but the large smiley face was not appreciated, and neither was the helpful quip from office management: "You should have done it last night." I bit my tongue and proceeded on my rounds to open the doors. I do this every morning, and it is normally a five minute job. Not this

particular morning. I stuck the key in the second to last door, it turned easy enough and the door opened, but for some reason the lock would not give up the key. I wrestled valiantly with the lock, jerking, tugging, wriggling even using the old reliable deep breath but the lock was not to be bested. This had never happened before and my five minute job was turning into a labour of Hercules. Then for some inexplicable reason the lock yielded and I withdrew the key.

As I turned around to move on to the last door, I said, "It's about f.... Oh! Good morning guys." Two boys were standing behind me and I barely caught my slip in time. They seemed to be smiling as they said, "One of the sprinklers on the lawn is broken and water is going everywhere." I set off for the lawn to investigate. Naturally the boys followed to enjoy the show. Sure enough the sprinkler was spraying water everywhere. I

managed to turn it off, but not until I had got myself uncomfortably wet. I headed back to the office to find a towel, wondering why I had gotten out of bed. I was only fifteen minutes into the day. On the way I was reminded by a well-meaning person that the

last door needed opening. Fortunately this went off without any drama. None of these issues on their own were much of a problem, but put them all together—and add in the two smiling faces that were waiting at the office to tell me a toilet was blocked—and I was starting to feel less resilient than normal. I was in need of a little first aid, but I get the feeling that if I had gone to the first aid kit there would have been little to help. A bandage and an aspirin would not have been much assistance. I administered my own first aid. I sought out a work buddy I get along with and spent a few minutes relating my tale of woe and we had a bit of a laugh together. A university degree to fix sprinklers and unblock toilets, what next I wonder? We laughed and I was ready to find out what else was in store for me.

Laughter is not only good for helping when you are under pressure, the lack of it is also a good early warning system to tell you when you may need to pay more attention to your psychological health. If you find that you are not having any fun, or not having a laugh occasionally, it is a pretty good indicator that you



should take steps to rectify the matter.

What would I put in a first aid kit to help when it all becomes too much? Ideally, a laugh. However since that is not strictly possible, a joke or something to stimulate laughter would be a good choice. I would also include the phone number of a friend to share the laugh.

Here is a little something for you to use when you need a little psychological first aid:

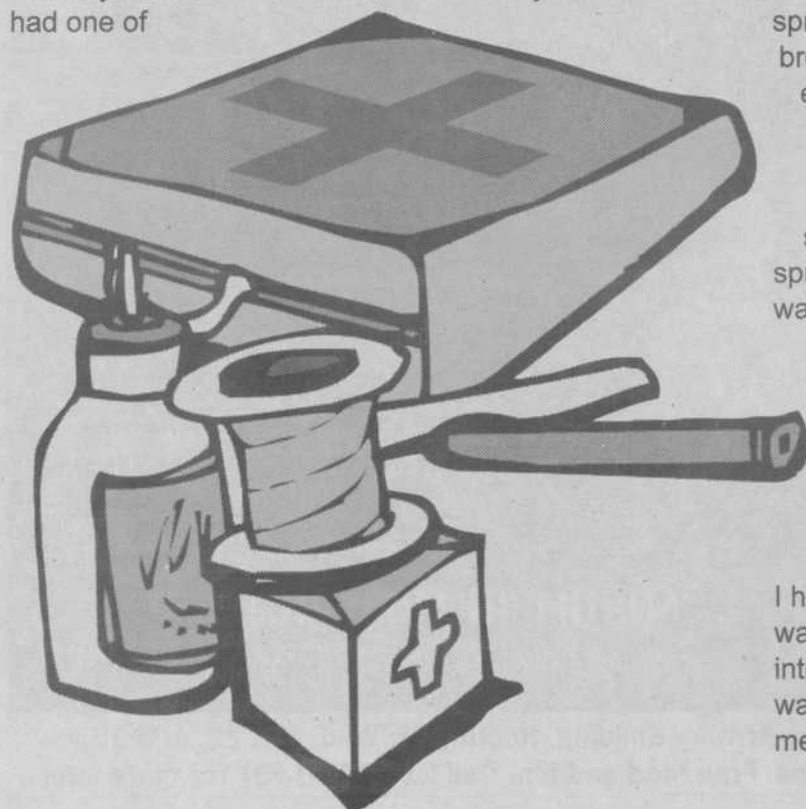
A frog calls the Psychic Hotline and is told, "You are going to meet a beautiful young girl who will want to know everything about you."

The frog says, "This is great! Will I meet her at a party, or what?"

"No," says the psychic. "Next semester in her biology class."

Remember: take time to laugh, it's good for your health. Next time the boss catches you reading humorous e-mails try explaining that it is a bit of psychological first aid.

Written by: Anthony Kearns  
Designed by: Nicole Simmons



## Don't get hooked by Internet phishing

By **PHYLLIS FURMAN**  
New York Daily News (KRT)

It sounded serious and looked legit. Megan Rosati, a 22-year-old recent college grad, received an E-mail, addressed to her — from what appeared to be her bank, Citibank. The message was urgent, telling her to “confirm security information.”

So, she followed the instructions and clicked on the linked Web site. She promptly filled in the blanks, including her name, password, and account number.

By the next day, Rosati knew she had made a grave mistake. “Over \$1,600 was missing from my bank account.” The money was withdrawn from ATMs located as far away as Greenwich, England.

Like millions of Americans,

Rosati was the target of a phishing scam — a cyber fraud aimed at getting you to fork over your credit card information, Social Security number or other personal data. The goal: to clean out your bank account or set up new accounts using your identification.

Fortunately, when Rosati notified CitiBank, she was able to convince officials that she had been robbed and the bank gave her \$1,600. But many are not that lucky, and the money is not returned.

Brazen cyber thieves have been around for years. But now the phishers have gone from savvy kid hackers to sophisticated criminals. And they are stepping up their fleecing efforts with more aggressive, more targeted and more tech-

nologically advanced Internet scams.

Newer bogus E-mails are sometimes personalized. They come after you with urgent messages — ironically telling you must do something quickly to avoid a security breach. And they are mimicking legitimate sites down to the logo and the language.

The number of people falling prey to phishers is growing as rapidly as the annoying spam piling up in your inbox.

Last year Internet bad guys cost American Web surfers nearly \$1 billion, according to a recent survey by Gartner Group. The same study found that as many as 73 million adults were hit by 50 phishing E-mails last year, up 28 percent from the year before.

“It’s skyrocketing,” said Andrew Weinstein, a spokesman for America Online. “It’s the most potentially destructive danger on the Internet.”

Traditionally, phishers have targeted the customers of major institutions, like big banks, or shopping sites like eBay, or PayPal, the giant online payment facilitator.

But in another new twist, called “puddle phishing” they are now going after the customers of smaller regional banks and credit unions. Because the crooks are targeting a smaller

### Don't get reeled in

Tips for avoiding phishing scams — phony e-mails and Web sites designed to trick consumers into divulging financial information:

- ▶ Be suspicious of e-mails with urgent requests for financial information that appear to be from your bank or credit card company; scammers often hijack brand names
- ▶ Never use the links in suspicious e-mails to get to a Web page, or fill out forms in e-mails asking for financial information; call or log on to the company's Web site directly
- ▶ Log into your online accounts regularly to check activity; report any suspicious transactions to your bank or card issuer

### Personal Finance

#### The numbers

Number of unique phishing reports submitted to a consumer group:

October 2004

6,960

September 2005

13,560

© 2005 KRT

Source: Anti-Phishing Working Group  
Graphic: Pat Carr

group, their pitches can seem more credible, making the targets even more vulnerable.

“This started in late 2004 and gained momentum in 2005,” said Bill Rosenkrantz, group consumer product manager, Symantec, a security company. “It’s worth it to the (phishers) to go after the smaller banks.”

Even if you are smart about not revealing your information, you could be in trouble just by clicking on a link in a bogus E-mail. Clever hackers now fill scam Web sites with dangerous viruses that could infect your computer when you visit the site.

“Once the computer is infected the hacker can track every key stroke or steal all of your personal information,” Weinstein said.

Getting educated about the perils of phishing is your first line of defense. “A majority of threats can be addressed by employing common sense,” Symantec’s Rosenkrantz said.

Heed the following tips from the experts and from the Anti-Phishing Working Group:

—Be suspicious of any E-mail with urgent requests for personal financial information.

—Have an anti-spam solution in place either from your Internet service provider or buy anti-spam software, or both.


—Don’t use the links in an E-mail to get to any Web page, if you suspect the message might not be authentic. Instead, call the company on the telephone, or log onto the Web site directly by typing in the Web address in your browser.

—Always ensure that you’re using a secure Web site when submitting credit card or other sensitive information via your Web browser. To make sure you’re on a secure Web server, check the beginning of the Web address in your browser’s address bar. It should be “https://” rather than just “http://”.

—Regularly log into your online accounts to ensure that all transactions are legitimate.

—If you think you’ve been scammed, notify the Internet Fraud Complaint Center of the FBI by filing a complaint on their Web site: [www.ifccfbi.gov/](http://www.ifccfbi.gov/)

© 2006, New York Daily News. Visit the Daily News online at <http://www.nydailynews.com/>



## Day of Hope

**February 22, 2006**

Help us bring the “Gift of Hope” to the Champaign/Urbana area.

Each Gift of Hope — ten beautifully bloomed daffodils in a vibrant blue vase — will be presented anonymously to a local cancer patient attending treatment in the community.

Donate on the Day of Hope at any participating sponsor to help us reach our goal of 1,200 Gifts of Hope to be delivered to all Cancer Patients at Carle Cancer Center, Provena-Covenant Medical Center and Christie Clinic.

1-800-ACS-2345  
[www.acs.org](http://www.acs.org)  
Hope. Progress. Answers.®

American Cancer Society  
Daffodil Days

DAFFODIL DAYS - THIRD WEEK OF MARCH

Fit at **40**  
1966-2006

Donate Here  
at Parkland College!

PARKLAND COLLEGE

Call 217-356-9076 for more information

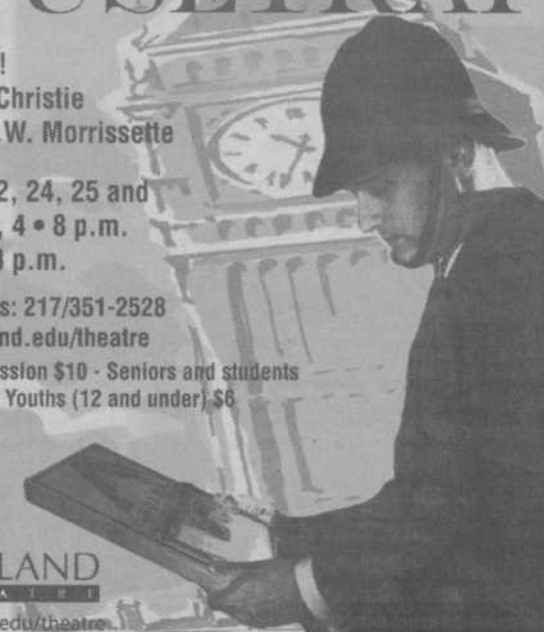
# THEATRE MOUSETRAP

Whodunnit!  
by Agatha Christie  
Director: J.W. Morrisette

February 22, 24, 25 and  
March 2, 3, 4 • 8 p.m.  
March 5 • 3 p.m.

Reservations: 217/351-2528  
[www.parkland.edu/theatre](http://www.parkland.edu/theatre)

General admission \$10 - Seniors and students  
(over 12) \$8 - Youths (12 and under) \$6



PARKLAND THEATRE  
[www.parkland.edu/theatre](http://www.parkland.edu/theatre)



## IHSA expansion will dilute state tournaments

By **ERIK PHEIFER**  
Prospectus Staff Writer

Next week the High School Boys' Basketball state tournament will begin. Over the past couple decades, the IHSA, which is the governing body of high school sports in Illinois, has crowned two state champions in both boys' and girls' basketball.

This format has produced some very memorable games throughout tournament play. Everyone in small towns can recount the time when their local team made a run through the state tourney. It is not uncommon for these small towns to send a majority of their population to cheer on their teams. It is stories like these that have

made high school basketball so great in this state.

Almost ever since the IHSA changed from one to two classes in basketball there has been discussion of even more expansion. The basketball purists vehemently fought this as class expansion picked up more support during the '90s.

Most people knew that class expansion would greatly dilute the quality of the state tournaments. The more state champions that are crowned the less meaning each of those championships have. Other states have expanded their classes in sports and have found the results to be disastrous.

Illinois' neighbor, Indiana, has seen the attendance and quality of their four state tournaments

not even come close to what it was when there were only two classes.

Finally after much turmoil, the IHSA finally announced that they will be expanding classes in most sports, including expanding both boys and girls basketball to four classes. This will undoubtedly lead to the demise of what has been dubbed as "The Original March Madness."

I am certainly not a fan of class expansion. I understand that it will be fun for those teams each year that will win a state tournament, but it takes away all those once in a lifetime stories that you will hear across small towns in Illinois.

It will not be uncommon for schools to play for state titles

on a regular basis meaning that attention will wane in high school sports as the years pass.

I know the IHSA had good intentions for instituting more classes in sports, but I believe they really dropped the ball on this one.

The saying "If it's not broke don't fix it" comes to mind. Illinois has produced some of the most exciting high school basketball in the nation over the years and they are throwing that out the window.

A main reason for class expansion was that private schools were dominating the state tournaments. Yet they did nothing that will effectively counter private school domination. The only thing that more state tournaments will do is produce

more private school state champions.

I have never been a huge fan of the IHSA. Those who know me may think this is a bit of an understatement, but this is, beyond doubt, the worst thing they have ever done.

They are ruining the state's version of March Madness, which is one of the best things sports has ever seen. Take the NCAA tourney for example; crowning one champion in a single elimination tournament is what makes it so great.

So in a couple years when high school basketball in this state becomes obsolete and ignored by most sports fans, you can say I told you so. This is unquestionably a cheerless time in high school athletics.

## Victory ends ride for the 'Bus'

By **JAKE MCGILL**  
Prospectus Staff Writer

No more than two weeks ago the Pittsburgh Steelers won Super Bowl XL. The hype was not about the game involving Pittsburgh and Seattle. Instead it involved several other factors.

The Seattle Seahawks have reigning MVP Shaun Alexander and a Super Bowl winning coach in Mike Holmgren, play hard, fundamental football. The Steelers hailing from Pittsburgh are a team mixed with youth and experience. The team is led by seasoned veteran Jerome Bettis, and they play smash mouth football with a coach who you will never see smile.

If we go back to last season's AFC Championship game when the New England Patriots defeated the Steelers, Jerome Bettis was on brink of retirement and disappointed on another year of being so close to the Super Bowl. At the time rookie quarterback Ben Roethlisberger convinced Bettis to stay on the team for one last run.

Super Bowl XL was about one player, Jerome Bettis. The hype of the game wasn't as great but the story line surpassed it all.

A final game in his home town of Detroit, Jerome Bettis had one last chance to complete his dream. As the game itself was mediocre, and many players disappointed by the officiating, the final outcome was tremen-

dous.

The Pittsburgh Steelers came out on the winning side of things due in part to a trick play. That play put the Steelers on top for good, and they went on to win Super Bowl XL 21-10.

As the time expired, all the

attention was on Bettis. Standing in front of many die hard Steelers fans who made the trek, he held the Lombardi Trophy in his hands and officially declared his retirement from the NFL as a member of the Super Bowl Champion Pittsburgh Steelers.

Visit Parkland athletics online:

<http://www.parkland.edu/athletics>

## Think Fast — Think FedEx.



For part-time Package Handlers at FedEx Ground, it's like a paid workout. The work's demanding, but the rewards are big. Come join our team, get a weekly paycheck, tuition assistance and break a sweat with the nation's package delivery leader.

### P/T PACKAGE HANDLERS

#### Qualifications:

- 18 years or older / Not attending High School
- Must be able to lift 50 lbs.
- Ability to load, unload, sort packages
- Part-time, 5-day week
- Must be able to pass Criminal Background Check

#### Benefits:

- \$9.00-\$9.50/ hr. to start
- Tuition assistance
- \$100 New Hours Bonuses
- \$.25 raises every 90 days for the first year
- Paid vacation after 6 months
- Health benefits after 1000 hours
- Opportunities for advancement
- Holiday Pay after 1 year

#### Shifts available:

Day: 1:30pm-6:30pm • Twilight: 6:30pm-11:00 pm  
Midnight: 11:00 pm-3:30am • Pre Load: 2:30am-7:30am  
Sunrise: 3:30am-8:30am

Attend a Pre-employment tour conducted every Monday and Wednesday 2PM and 3:30PM. Friday 7AM, 2PM, and 3:30PM. You must attend a tour before you can fill out an application, no appointment necessary. For safety reasons, you must be at least 18 years old to attend.

102 Mercury Drive • Champaign, IL 61822 • P:217/363-5106

[fedex.com/us/careers](http://fedex.com/us/careers)

Women and minorities are encouraged to join the team.

EOE/AA

FedEx  
Ground

You know why.  
We know how.

Free help to stop smoking

Free to Parkland College employees and students  
nicotine patches and other quitting aids, workbooks...

and a shoulder to lean on

from somebody who's been there.

Stop by the Wellness Center in L122, call  
217/373-3879 or email [jburch@parkland.edu](mailto:jburch@parkland.edu)

PARKLAND COLLEGE





## Weather Forecast

**Wednesday:** A 30 percent chance of rain after noon. Increasing clouds, with a high near 49. South wind between 7 and 10 mph.

**Wednesday Night:** Periods of rain, mainly before midnight. Low near 43. South southeast wind between 10 and 16 mph. Chance of precipitation is 80%.

**Thursday:** Showers likely, with thunderstorms also possible after noon. Cloudy, with a high near 48. Breezy, with a southwest wind between 17 and 24 mph. Chance of precipitation is 70%.

**Thursday Night:** A chance of rain showers before midnight, then a chance of snow. Some thunder is also possible. Cloudy and blustery, with a low around 21. Chance of precipitation is 40%.

**Friday:** Mostly cloudy, with a high near 25.

**Friday Night:** Partly cloudy, with a low around 15.

**Saturday:** Mostly sunny, with a high near 24.

**Saturday Night:** Mostly clear, with a low near 7.

**Sunday:** Mostly sunny, with a high around 26.

## Did you know that safety is everyone's business?

By OFFICER MEYER

Identity theft is a crime that happens to people of all walks of life. Credit cards and Social Security numbers should always be kept confidential to help alleviate the potential risks of damage to your credit report and profile. This is going to be a 2 part article on practical ways to help you protect your identity. First and foremost, when you receive a new credit card do not sign it. Yes, I said do NOT sign your credit card. Simply write in the signature space, "Check Photo ID". This way you know for sure that if something happens to you card the clerk at the store or the waitress at the restaurant will be making sure that you are the one using your card and

the criminal that has acquired your card. If you have a card stolen do you have the phone numbers to contact your credit card company accessible? One of the first things you should do if you have your cards stolen is to make a report with the credit card company. The faster you are the better to insure that those cards are canceled, and to reduce your liability. A good suggestion in to make copies of all your contents of your wallet and keep it in a SAFE place. Make sure you copy both the front and back of the items so that later you can retrieve the information quickly and don't have to wait until the banks are open to help you. Next week, we will continue with some ideas to keep paper checks more safe. Additionally, there is information in the College Center in Public Safety's brochure "Identity Theft".



## Just asking Parkland's Cheerleaders... Which game this season stands out most in your mind? Why?



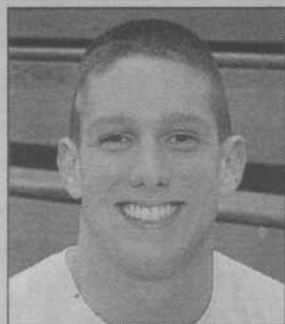
Chelsea

Hopefully this one because tonight (Illinois Central) our new mascot is being revealed.



Elizabeth

Parkland vs. Lincoln because they were ranked 3rd in the nation and we won.



Erik

The game against Lincoln because they were ranked the #3 team in the nation and all the cheerleaders and fans got really into it.



Jared

Malcolm X, one of our guys kicked their megaphone during a free throw and it hit his girlfriend in the head, and the game was stopped.



Kayte

The guys game vs. Lincoln stood out to me the most because they were the number 3 team in the nation. Go Cobras!



Kyle

The game that stands out most in my mind is the game against Lincoln because they were ranked 3rd in the nation and we beat them.



Kylee

Every game stands out to me. All the cheerleaders are so much fun and every game is a new experience.



Lacey

Parkland vs. Lincoln because they were ranked 3rd in the nation and we won. Go Cobras!



Nicole

Parkland vs. Lincoln because the crowd was so involved.



Steve

This game (Illinois Central) because I have to sit out, due to injury.





Two Dudes

by Aaron Warner



The Family Monster by Josh Shalek



A College Girl Named Joe

by Aaron Warner



"I'm so deeply grateful for this Nobel Prize, which I SO deservedly won for assembling that pesky IKEA coffee table."

"In her mad pursuit to become Friday Night Ball Caller at Bingo, Agnes takes things a little too far."

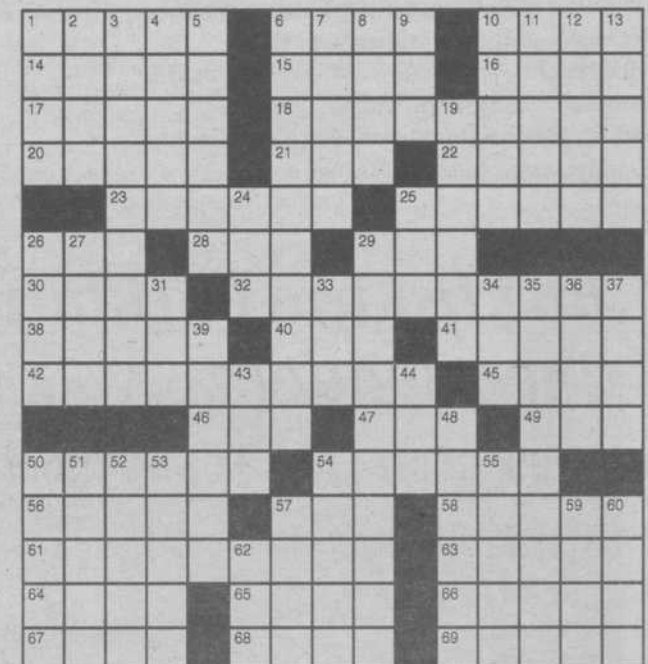
A College Girl Named Joe

by Aaron Warner



## Crossword

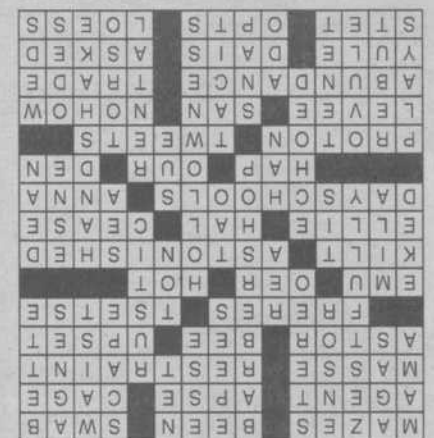
- ACROSS
- Labyrinths
  - Has-\_\_
  - Ear cleaner
  - Representative
  - Church part
  - Actor Nicolas
  - Billiards stroke
  - Abridgment of freedom
  - Mary or John Jacob
  - Speller's test
  - Unexpected triumph
  - Bordeaux brothers
  - Dreaded fly
  - Cassowary cousin
  - Poetic contraction
  - Sizzling
  - Highlands wraparound
  - Dumbfounded
  - "Dallas" matriarch
  - Actor Holbrook
  - Break off
  - Some places of learning
  - Actress Magnani
  - General Arnold
  - "\_\_ Gang"
  - Lair
  - Charged particle
  - Chirps
  - Embankment
  - \_\_ Antonio
  - Not in any way
  - Profusion
  - Exchange
  - Noel
  - Speaker's platform
  - Made a request
  - Proofer's save
  - \_\_ out (withdraws)
  - Loamy deposit



© 2006 Tribune Media Services, Inc. All rights reserved.

2/15/06

## Solutions

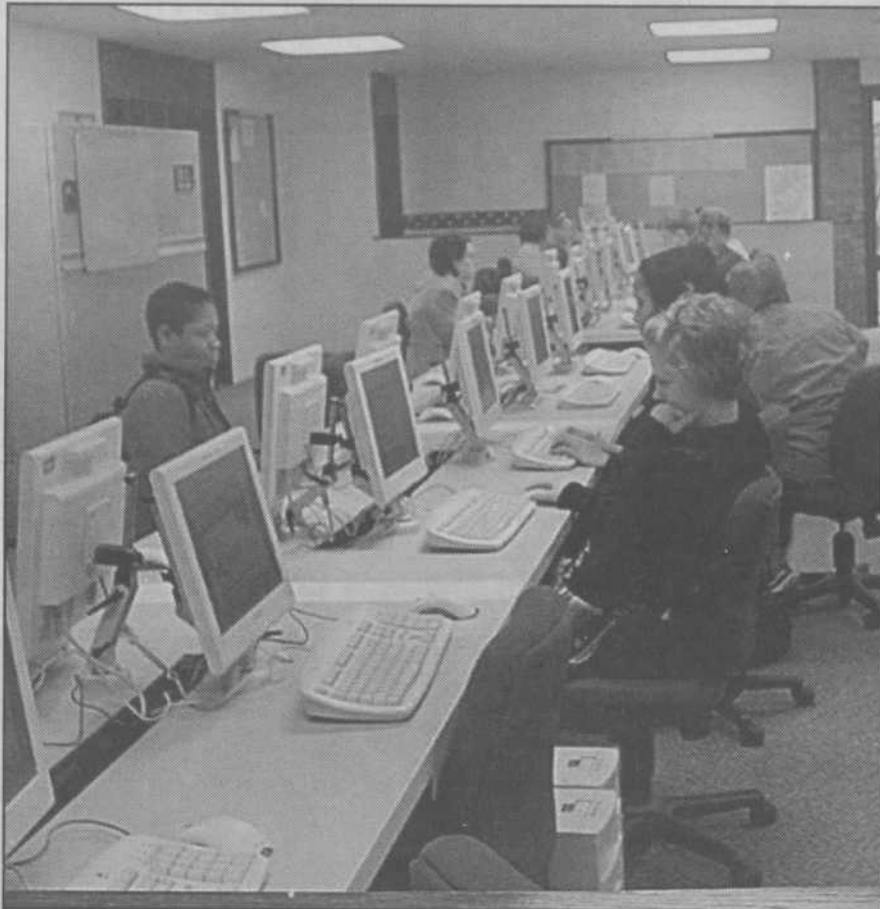


- DOWN
- Cass Elliot, for one
  - Turkish leaders
  - With gusto
  - David of CNN
  - Music player
  - Old-fashioned quartet
  - Fencers' foils
  - Latin being
  - Seine, e.g.
  - Land's end?
  - Middle section
  - Ms. de Mille
  - Midler or Davis
  - Rural
  - Actor Stephen
  - Heavy weight
  - Supplemented, the hard way
  - Uris novel, "18"
  - Lack of substance
  - Seventh tones
  - Eastern way
  - Salton or Caspian
  - Deal clincher
  - Feudal serf
  - College bigwig
  - Reverberated
  - Solo in "Star Wars"
  - Take to court
  - Temporary car
  - Broadway offerings
  - Disprove
  - Botanic structure
  - Principle of faith
  - Unspoken
  - Fragmentary sculpture
  - Ginger treat
  - Pindar works
  - Ties the knot
  - Brouhaha

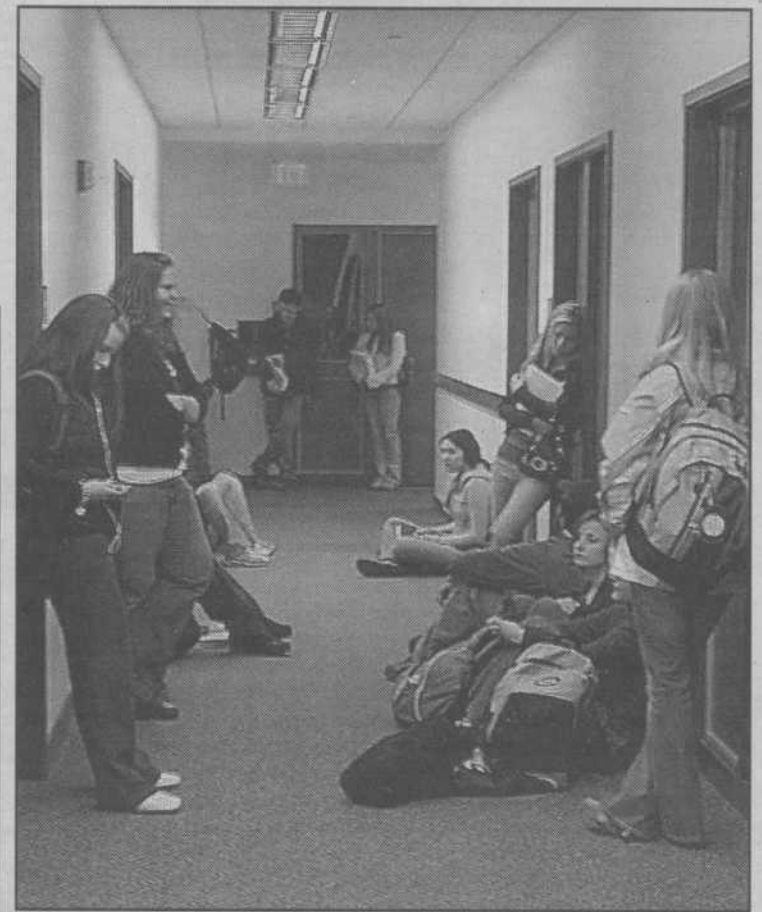
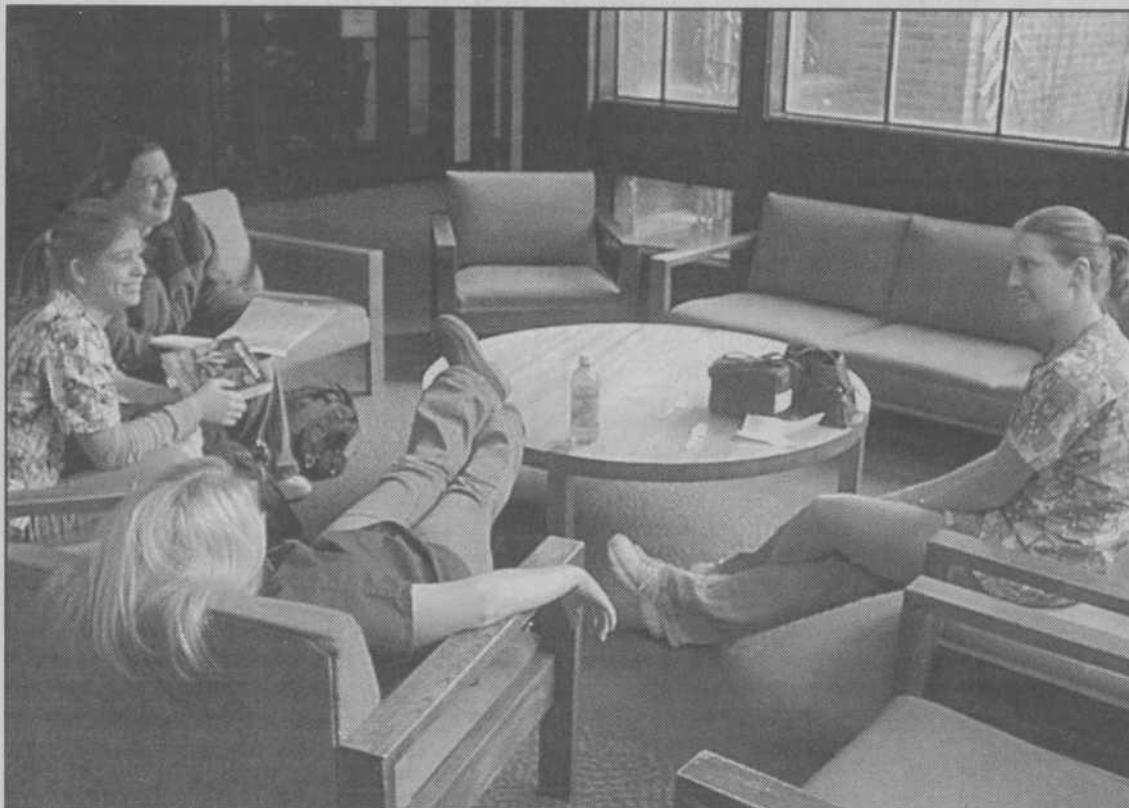








*Under one roof, students enjoy friendship, team work, and relaxing online*



Erika Porter sneaks a photo of an unusually quiet M-Lab, Whitney Keaton and Jenell Hendrix work together on a drawing between classes, students wait in the D-Wing for class to start, Mallory Morris, Jenifer Knight, Jessica Dotson and Kendall Rankin are caught just enjoying each other's company in the L-Wing. Erika Porter/Prospectus