also enjoys how flexible to sit down and play. He interesting and liked because he found it has stuck with piano for about 16 his father’s local busi and possibly take over like to work at a com it has. After fin very special because of Urbana community is thinks the Champaign- of friends in the com born and raised in the corporate ladder.

Roberts says he was once a week during the cafarelli said. "We have practice "They break the ornaments into the sea. Our first goal is to come in, do a practice or surgery, to Taylor Swift. Gray said. "The debate team has seen a lot of success this year. The biggest thing is being able to argue the opposite position. It requires you to have a passion for the competition," Cafarelli said.

The debate team has seen a lot of success this year. "The debate team did quite well at the state tournament this year. We got four trophies in total for being one of the teams in the open semifinals for parliamen- tary debate, one for the top speaker in the division for IPDA and one for the top speaker in the division for parlia- mentary debate," Gray said. For more information on debate, contact Brian Roberts at headdebatelor@parkland.edu

University of Illinois students host public event to showcase newest research March 14, 2018 Vol. 49, No. 9

EMMA GRAY holds trophies.

The Parkland debate team has seen a lot of success this year. "The debate team did quite well at the state tournament this year. We got four trophies in total for being one of the teams in the open semifinals for parliamen- tary debate, one for the top speaker in the division for IPDA and one for the top speaker in the division for parlia- mentary debate," Gray said.

For more information on debate, contact Brian Roberts at headdebatelor@parkland.edu

The debate team has seen a lot of success this year. "The debate team did quite well at the state tournament this year. We got four trophies in total for being one of the teams in the open semifinals for parliamen- tary debate, one for the top speaker in the division for IPDA and one for the top speaker in the division for parlia- mentary debate," Gray said.

For more information on debate, contact Brian Roberts at headdebatelor@parkland.edu

The debate team has seen a lot of success this year. "The debate team did quite well at the state tournament this year. We got four trophies in total for being one of the teams in the open semifinals for parliamen- tary debate, one for the top speaker in the division for IPDA and one for the top speaker in the division for parlia- mentary debate," Gray said.

For more information on debate, contact Brian Roberts at headdebatelor@parkland.edu

The debate team has seen a lot of success this year. "The debate team did quite well at the state tournament this year. We got four trophies in total for being one of the teams in the open semifinals for parliamen- tary debate, one for the top speaker in the division for IPDA and one for the top speaker in the division for parlia-mentary debate," Gray said.
include those as simple as keeping diets that have shown to be popular on a moderate, scientifically supported level. More typically avoided, among others, are grains, sugar, and processed oils. Diets vary widely. The paleo diet, which is switching one’s eating habit to align with the basics like meat, vegetables, of the processed foods and get back into your body. That’s the main reason most of these work,” Garcia said. “It’s a great thing to see what the students, registered student organizations and departments are doing. [The open house can be] a transition point for Parkland students as well,” said Bellary. “Next year we might reach out more firmly to Parkland students. I want the open house to grow as much as it can and to affect as many people as it can, and Parkland is a great place to begin.” Parkland student Grant Clark, a sophomore, talked about his desire to go into software engineering. Software engineering is an area of computer science that deals with the creation and design of computer applications. “I definitely think that I could get a benefit out of the Engineering Open House, to see what they can do with electronics and software. I’d like to see what I might be dealing with in the future,” he said.

It isn’t only students who present their work. They’re working on the open house, although the majority of the committee and presenters are students. Department heads and local businesses also present. Ford Motors had a table just inside the Engineering Hall, where they were presenting some of their work. Josh Driehaus, Kalid Collazo, and Andrew Moon, all of graduates and current Ford Motors employees, show their work for Ford at the Engineering Open House on March 9, 2018. The ketogenic diet, or keto for short, is a very low-carb diet that has shown to be effective for those who need to lose weight. It works by forcing the body to use fat instead of carbohydrates as its main source of energy. People on the keto diet usually eat a lot of healthy fats, such as avocado and olive oil, while avoiding carbohydrates and sugars. This can lead to weight loss, improved blood sugar levels, and a reduced risk of disease.

If you’re interested in learning more about the keto diet or how to incorporate it into your lifestyle, consider talking to a healthcare professional or finding resources online. There are many articles and books available that can help you understand the basics of the keto diet and how to get started. However, it’s important to remember that the keto diet is not a one-size-fits-all solution, and it may not be suitable for everyone. It’s always a good idea to talk to a healthcare professional before starting any new diet or exercise routine.

"I definitely think that I could get a benefit out of the Engineering Open House, to see what they can do with electronics and software. I’d like to see what I might be dealing with in the future," he said. For those interested in losing weight, the ketogenic diet can be an effective option. However, it’s important to remember that the keto diet is not a one-size-fits-all solution, and it may not be suitable for everyone. It’s always a good idea to talk to a healthcare professional before starting any new diet or exercise routine.

"I definitely think that I could get a benefit out of the Engineering Open House, to see what they can do with electronics and software. I’d like to see what I might be dealing with in the future," he said. For those interested in losing weight, the ketogenic diet can be an effective option. However, it’s important to remember that the keto diet is not a one-size-fits-all solution, and it may not be suitable for everyone. It’s always a good idea to talk to a healthcare professional before starting any new diet or exercise routine.
Fact or Fiction

Fiction: The legend contends that Saint Patrick drove away serpents.
VETERAN
located at the Veterans Resource Cen-
ter, which is right next to the Office of
Financial Aid and Veteran Services.
“Any veteran who wants to visit
SVAP can attend our monthly meet-
ings,” Taylor said. “It is an offi-
cially enforced process.” The Student Veterans Association at Parkland was made to help veter-
ans in a variety of ways. “SVAP began as a group that would
fulfill the needs of veterans looking for the camaraderie of those who have
similar experiences as them,” Taylor said. “It helps to ease the tran-
sition from the military to civilian life and enables veterans to
come to support other veterans or find out about resources available to
them.” There are also several other ways that SVAP helps veterans such as
serving as a safe place, and hosting guest speakers.
“It serves as a safe place where vet-
ereans can be with other veterans who
can understand them since they have
had similar experiences as them,” Taylor said. “It helps to ease the tran-
sition from the military to civilian life and it enables veterans to
come to support other veterans or
find out about resources available to
them.” For information about SVAP, indi-
viduals can contact Kristina Sayer at
klsayer@parkland.edu

HUMANS
ing a formal grand piano, to a bunch
of people standing around in upright
just having fun. I think it’s a versatile
instruments.” Roberts said. Roberts
has become skilled in piano,
writing a full blown musical about col-
lege life,” Roberts said.
A friend and I are in the stages of
writing a full blown musical about col-
lege life,” Roberts said.
A friend and I are in the stages of
writing a full blown musical about col-
lege life,” Roberts said.
A friend and I are in the stages of
Roberts began to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.
ent to work slowly putting together a
musical.