

WORLD NEWS  HARPER HUB

The Harbinger

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SPORTS

Fans call an easy win for the Chicago Bears

By Michelle CzaJa
News Editor

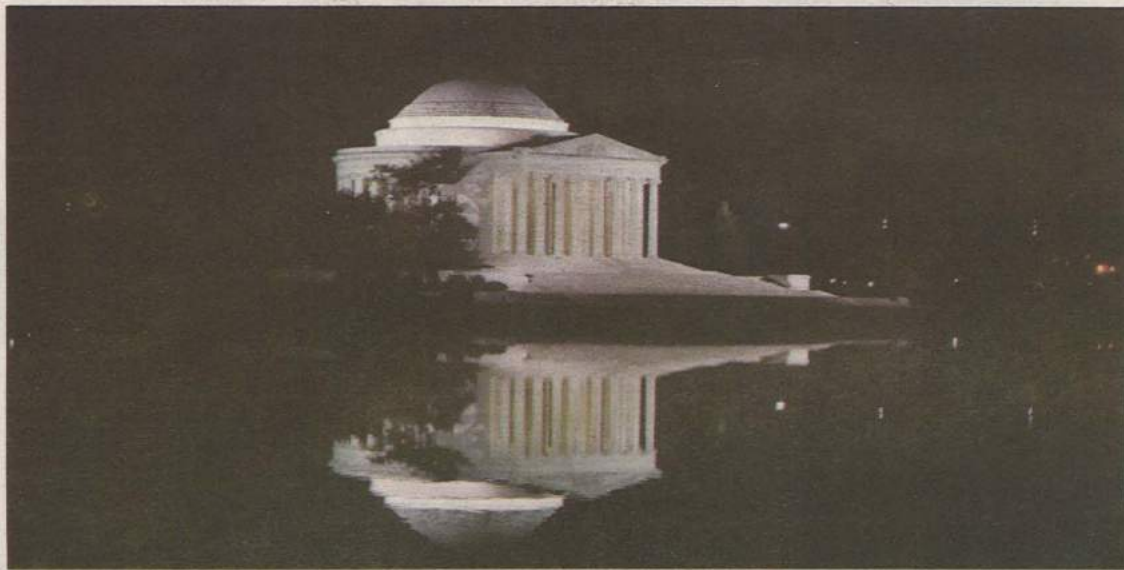
Starting off the season with a 3-0 record in the NFC North division, the Bears fall short of continuing their winning streak when they lost games against the Detroit Lions and New Orleans Saints. The end result of these games was very close, as both the offensive and defensive line fought to defeat their opponents late in the fourth quarter.

Having lost both games by just eight points, the Bears stressed how much they still need to work during the week of practice to come out on Sunday with a win. With a remainder of 11 games left in the season, the Bears still have high hopes to make it to the Super Bowl. First-year Head Coach, Marc Trestman, believes in his team and hopes to make it to the Super Bowl just as much as his players do.

Both the offensive and defensive line could use some improvement protecting Jay Cutler during the game, but more importantly, they need to work on scoring points and making great plays every drive of the game. In terms of completing more passes and running the ball down the field, the Bears offensive

See Chicago Bears, Page 4

The American Government: the latest shutdown update



PIERO PALOMINO

My reading of history convinces me that most bad government results from too much government. —Thomas Jefferson

By Piero Palomino
Staff Writer

Back in 1995, the federal government decided to go "offline", because of the conflict between the two parties, Republicans and Democrats, over funding of Medicare, the environment, the education, and public health on the following year's budget. Bill Clinton, president at that time, wanted to enact this funding proposal. The Republican Party did not agree with the proposal for the following year, (1996) so they decided to stop working until a consensus was reached.

For this shutdown, the total money spent was 1.4 billion dollars (or 2.1 billion dollars in today's money value), the total days of closure were 26 and the number of furlough federal employees was

approximately 790K.

While the representatives were still receiving their own checks, no check was given to any furloughed employee.

All this money is protected under the 27th Amendment of the Constitution. This Amendment was submitted in 1789 and adopted in 1992 (200 years later). In addition to this, there is no law capable to decrease or stop representative's money from being taken.

The current, ongoing Government shutdown is going to cost more money for the country and it is going to be harder to recover from it. We have a weakened economy with a high unemployment and underemployment rate to spend 2.1 billion dollars per week.

Leaving 900K furlough federal employees without their checks

also affects the economy, meaning late payments or even no payments. Though the Congress approved the proposition to pay all the money to their furloughed employees, which is a remarkable action to support those workers, it is also money given with no action in return.

Many federal programs are affected too, such as the National Institutes of Health (NIH) programs that support people with cancer, leukemia and many other diseases, as well as providing vaccine treatments for new patients and research.

There are a myriad of national effects as well. In Arkansas, 85K meals for children might end and 2K new babies might not receive formula. A Head Start program

See Governemnt, Page 2

Grand Theft Auto V breaks records

By Nicholas Sadowski
Staff Writer

At the cost of \$265 million, Rockstar's newest video game, Grand Theft Auto V, is the second highest piece of entertainment to be produced. Rockstar apparently wasn't worried about the cost, because the video game developer made the money back on just pre-orders alone.

These are monumental numbers, and bigger ones were still to follow. After the first 24 hours, Take-Two Interactive, the games' distributor, released a statement saying that they had raked in a groundbreaking \$800 million. They followed up two days later with another statement saying that the game had grossed over \$1 billion.

"We believe this marks the fastest that any entertainment property, including video games and feature films, has reached this significant milestone," stated Take-Two Interactive CEO Strauss Zelnick. That three-day span does indeed mark the fastest race to \$1 billion.

To put these historic numbers into perspective, the fastest movie to reach the billion-dollar mark, "The Avengers," took 19 days. The previous record held was that of Activision's Call of Duty: Black Ops 2 with 15 days.

"GTA V" crushes both of those titles with a combined total of 28 days.

In the weeks before the release, analysts were predicting GTA V to reach \$1 billion in sales by the end of its first month. Little did they know, the game would turn out to be one of the most anticipated of all time.

This title and its predecessors have made this series into one of the highest grossing franchises in history. All of its immense popularity comes with the expense of heavy criticism. The franchise

See GTA V, Page 2

CAMPUS

Harper receives \$1.1 million grant for Career Training

By Melissa Edwards
Staff Writer

Congresswoman Tammy Duckworth recently announced a grant worth about \$8.5 million that will be awarded to four different colleges in the state of Illinois. The money will be awarded to Lewis and Clark Community College in Godfrey, John Wood Community College in Quincy, Northwestern University in Evanston and our very own William Rainey Harper College in Palatine.

The grant is part of the Trade

Adjustment Assistance Community College and Career Training Program, which promotes skills development in areas such as manufacturing, transportation, and healthcare. The money being provided to Harper is part of a total \$8.5 million allocation for community colleges across Illinois to help address workforce needs along the Mississippi River.

"Building a well-educated workforce is critical to achieving President Obama's priority of grow-

See Harper Grant, Page 2

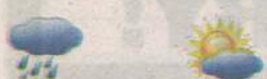


WIKIMEDIA COMMONS

Official portrait of Congresswoman Tammy Duckworth (D-IL).

Weather

Today High: 50° Low: 30° Showers
Tomorrow High: 48° Low: 30° Partly Cloudy



Index

News	2	Cartoon Strip	20
Features	19	Editorial	16
Sports	4	Harper Hub	7
Fashion	14	Cuisine	14
A&E	12	Recipes	15

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21 OCTOBER 2013

Harper's annual job fair

By Piero Palomino
Staff Writer

Harper's annual job fair, on Oct. 4, was open to Harper students, workers, and the general public.

Building M hosted the fair with more than 40 companies and various positions available. There were more full-time positions being offered than part-time positions. Companies' representatives discussed job opportunities, educational and skill requirements, and salary ranges.

The job opportunities offered included management positions, supervisors, assistants, indoor sales, teachers, caregivers, drivers, entry level positions, and many more.

Harper College has been helping the community for more than 10 years by establishing relationships with several leading companies in different sectors. The col-

lege hopes that by hosting the job fair, it is making available a wide range of selections to potential job seekers.

Companies such as Rivers Casino, American Chartered Bank, Renaissance Hotel, Hegele Logistics, Netcost Claim Services, Property specialists, Fieldwork Chicago-Schaumburg, Lutheran home, FedEx freight, Mariano's, Potbelly, Walgreens, and Six Flags are just a short list of the present companies.

Six Flags offered jobs and internships in areas like retail and restaurant management, aquatics, park services, safety supervisor, marketing, and security. This company has 24 million guests per year and claims to offer a great working environment to gain experience.

Today, with an unemployment rate of eight percent, job fairs like the one held at Harper are not only helpful, but also necessary.



Staff member from Six Flags, at the Harper College Job Fair Oct. 4

Harper Grant: one in four schools that receives grant

Continued from Page 1

ing the economy from the middle class out," said acting Secretary of Labor Seth D. Harris. "Funding additional grantees will allow thousands more workers around the country to acquire world-class skills in top occupations." Harper will receive funding in the amount of \$1.1.. These funds will be used in support of the Career Training Program.

The Career Training Program assists students with vocational training and helps them obtain real-world work experience. Participants take part in internships, apprenticeships, and on-the-job training to better prepare for their future career. The National Association of Manufacturers estimates as many as 600,000 jobs nationwide are not filled because companies can't find workers who have the skills they need. These grants are issued to help bridge the nation's "skill gaps" and they will help enable participating students to take part in field training for a career.

"I am proud of Harper College's work to develop the skills of its talented students and I know they will put this grant to good use,"

said Congresswoman Duckworth. The Career Training Program provides assistance across a broad spectrum of potential career fields. Students may elect a focus on Supply Chain Management, Business and Management, Computer Training, Event Planning, Health Care, Real-Estate, Truck Driving, or Veterinary Assistant. Other areas of focus are also available upon consultation with Harper's Career Training Program staff.

To address differing goals and desires of students, one may take classes toward obtaining a degree in the program of his or her choice or elect to work towards obtaining a certificate. The knowledge, skills, and experience obtained through the Career Training Program are not limited to the selected program of study. These programs enable students to learn skills applicable across many jobs in differing fields.

To learn more about Harper's Career Training Program, visit http://goforward.harpercollege.edu/ce/information/info_sessions.php to RSVP for an information session. To speak with someone in person, visit the Wojcik Conference Center Lobby, Building W.

Government: shutdown continues

Continued from, Page 1

for children was completely shut down in Connecticut. In Georgia, 9K employees from the CDC stopped their research and jobs.

The national and state parks have all been shut, including Glacier and Yellowstone parks in Montana. In Nebraska, the commodity supplemental food program is not distributing food, and in Texas, tech students won't see financial aid. Wisconsin's hunger task force said it would lose 217K pounds of food if the shutdown lasts into mid-October.

The security of the country is also affected because FBI agents will not receive their checks while the shutdown lasts and the intelligence service will not inform promptly about security issues because of the lack of employees. It is still uncertain if the military service is going to continue their operations overseas. No bill has been passed yet.

Tourism is also affected because more than three-hundred national parks and museums are already closed and no money is

not being refunded. Tourists will not likely come back. Salem Mass, the favorite spot for the Halloween season, is going to lose \$30 million because of the shutdown, and currently, portable bathrooms have been installed for tourists who are already in the city.

Tourists in Washington D.C. are still in their hotels waiting for the shutdown to end because no museum or state park is open. Tourists all over the country are complaining about this situation and waiting for president Obama and the Congress to solve this dilemma.

Some representatives say that having two parties makes the situation more difficult to find solutions to disputes like this one.

Some say Obama is the one who is pushing the government to increase the debt ceiling to fund Obamacare, while others government workers say that there is no control over the budget. They feel that raising the debt ceiling will make other presidents (or the current one) to ask for more money next year.

Others still, say that it is not fair to pay taxes.

Should citizens pay taxes while representatives are not working for them?

This shutdown does not mean that citizens and legal aliens are going to stop paying taxes because they have no Amendment or law that can protect them from the non-working representatives.

Even with all the information from several economists, it is still hard to understand how the nation employees keep earning money? There is no company in the world where employees receive their checks for doing nothing. This would cause the company to go into bankruptcy.

Depending on the length of the government shutdown, 900k furloughed federal employees will not be able to afford bills, food, transportation and many other basic needs expenses.

It is likely that the people who were receiving medical treatment will not be able to receive it in the meantime.

GTA V: big deal for gamers

Continued from Page 1

has been blamed for the breakout of violence by glamorizing drugs, sex, and gangs to name a few.

Ned Luke, who is the voice actor for Michael De Santa, stated, "Anyone who has any conception at all about the games and hasn't played them should go play the games before they open their mouths."

He also stated why he believes these violent games have heavy adoration. "GTA V allows you to tap into everything that you can't do in real life. In real life, you don't get to go out and rampage and do all these bad things," Luke stated.

Even though the game franchise has been the scapegoat for widespread violence, the numbers achieved show how the game's popularity is impervious by those claims.

Grand Theft Auto V obliterated countless sales records and is still racing past them. Analysts now have predicted that sales won't be stopping and expect it to continue growing past \$2 billion.



A GTA IV advertisement painted on a wall in the Chinatown District of NYC

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Innovative food production operation takes root in Chicagoland area

By Bill Waltrich
Staff Writer

What was once an old meat-packing facility near the Union Stock Yards of Chicago is now being transformed into a new and innovative hub for sustainable, eco-friendly food production.

"The Plant," located at 1400 W. 46th Street, Chicago, Ill, within the economically deprived "Back of the Yards" neighborhood, is being transformed "into a net-zero energy vertical farm and food business operation." (Plant Website)

The 93,500-square-foot meat-packing facility is now comprised of 7 tenants, including a beer brewery, fermented tea brewery, two bakeries, and aquaponics farm that will produce both fresh organic vegetables and tilapia. The Plant is also in the process of constructing a commercial kitchen, though they currently have room for more businesses to move in.

The most interesting and innovative aspect of The Plant's operations is that all the entities within this facility operate symbiotically.

The wastes from each business help to feed the whole operation, in what is described as a "closed-loop system".

The Plant will be powered by a new anaerobic digester (converts organic waste into power).

According to The Plant website, "Funded in part by \$1.5 million in grant money from the Illinois Department of Commerce and Economic Opportunity, The Plant will install an anaerobic digester and a combined heat and power system to operate completely off the grid. By 2015, the completely enclosed, odorless anaerobic digester will consume 27 tons of food waste a day (~10,000 tons annually), including all of the waste produced in the facility and by neighboring food manufacturers. The digester will capture all of the methane from that waste, and the methane will be burned in a combined heat and power system to produce 400 kW of electricity, plus all the process heat needed for an onsite craft beer brewery. Excess heat will be used in an absorption chiller to regulate the

building's temperature."

EISENMANN Corporation is responsible for the design, construction, and installation of the anaerobic digester.

The emerging field of aquaponics also lends greatly to the design and efficiency of this "closed-loop" system. Making up one third of the whole operation, it is integral to the structures functionality. Thus, it deserves special attention.

Nelson and Pade, Inc., arguably one of the most reputable names in commercial aquaponics systems throughout the Midwest, describes the process like this,

"Aquaponics is the combination of aquaculture (fish farming) and hydroponics (soilless plant culture). In aquaponics, the nutrient-rich water that results from raising fish provides a source of natural fertilizer for the growing plants. As the plants consume the nutrients, they help to purify the water that the fish live in. A natural microbial process keeps both the fish and plants healthy. This creates a sustainable ecosystem where both plants and fish can thrive."

In other words, this farming technique mimics the parameters of a natural ecosystem. In doing so, fertilizer, pesticide, and water usage is greatly reduced.

"Further, the system can be based indoors, making it a year-round growing option that can be placed close to the site of consumption" (Plant Website).

Green and Gills, LLC, along with SkyyGreens Aquaponics, is currently responsible for these systems within The Plant.

Rebecca Nelson and John Pade, of Nelson and Pade, Inc., have been acting as Green and Gill's aquaponics consultants throughout the whole process.

The Plant's interconnected operational design paves the way for sustainable and environmentally friendly food production to take root in the Chicago region. It offers a blueprint for eco-friendly agricultural design.

In addition to the environmental benefits of The Plant, the operation also claims that 125 jobs will be created.

Being able to locally produce

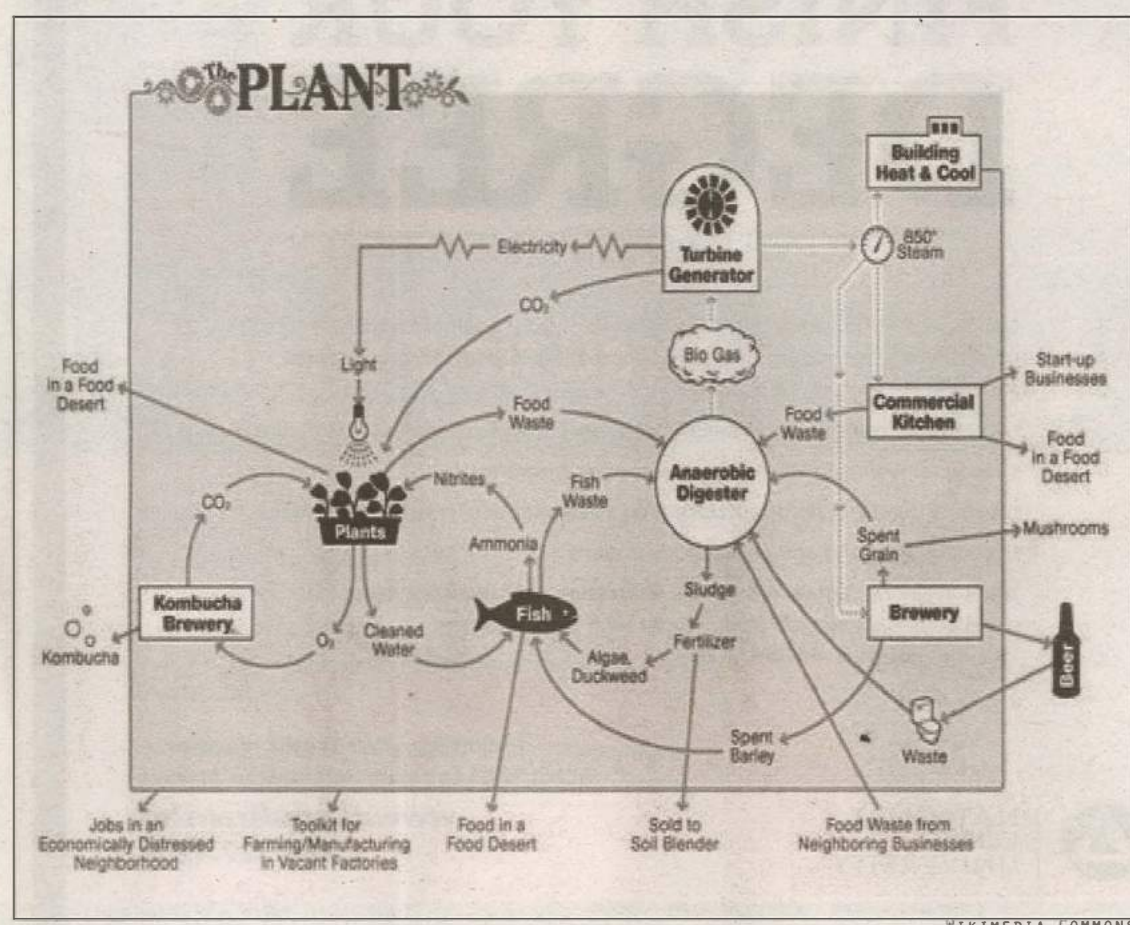
and distribute high quality, organic produce, fish, and other food supplies, while at the same time drastically mitigating the environmental footprint of these operations (compared to conventional means), opens up a new field in the increasingly pertinent study of "Green Technology"

The potential for this system spans much further than the urban setting. Imagine if most your food products could one day be produced just minutes away from you, as opposed to hundreds or even thousands of miles away. And in a way that substantially reduces environmental degradation!

Locally produced dynamic food operations, such as "The Plant," could be the future of sustainable food production in all areas of our country, and also the world.

For more information, check out <http://plantchicago.com/>. There are volunteer opportunities for anyone that is interested.

A wealth of information concerning aquaponics can also be found at the Nelson and Pade website, <http://aquaponics.com/>.



A visual representation of the system and the parts explained in detail.



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Blackhawks look to win back-to-back Stanley Cups

By Nick Sadowski
Staff Writer

Last season, the Chicago Blackhawks accomplished something that no other team has done, when they won their second Stanley Cup in the salary-cap era.

Their goal for this season is to become the first team to win back-to-back Stanley Cups in the salary cap era. The last team to win back-to-back championships was the Detroit Red Wings, from 1996-1998.

The new season for the Hawks has started and the hunt has begun.

On opening night, the Blackhawks raised their fifth Stanley Cup banner during a ceremony before the game.

For anyone there, it was truly a magnificent sight to see.

The season's first game followed the ceremony and was just as exciting as the ceremony.

The Blackhawks opened the season with a 6-4 win against the Washington Capitals.

The team is looking forward to this year's playoffs and even looking to take home the cup once again.

The players know they will have to work together as a team for them to accomplish this historic feat.

The Blackhawks, along with the entire NHL, will go through the first season of the new NHL realignment.

Some say the Hawks will benefit from the changes, while others aren't so sure.

Now that Detroit is realigned in the East, there won't be six games between the rival teams.

The rivalry between the Hawks and the Red Wings may take a huge hit. It also might even get more intense because now the two teams could possibly meet in the Stanley Cup Finals.

The Hawks are the only Original Six team in the West. People think that the team got cheated by being put with the lower end teams.

That might play to the Hawk's advantage though.

A team as good as the Blackhawks won't have a problem zipping through the season schedule and making the playoffs if everything goes right.

When it comes to the fans perspective, they seem to have very

high hopes.

Harper student Przemyslaw Koczur hopes that the Hawks will make the playoffs. He said, "I would expect them to at least make it to the playoffs".

So many fans will view this season as a bust if the team doesn't make it very far into the postseason. You can't win them all, but as good as this team is, why not?

Every season comes with new players. The core players have the same expectations every year.

It's the new, young players who create the most conversation.

With the NHL recruiting young players these past years, it's hard to not put them into conversations, especially the Blackhawks' first-and-second-year players.

The Hawks' farm system is arguably the best in the league.

The past years have seen players like Andrew Shaw, Viktor Stalberg, and other players that shine right out of the draft.

Koczur said, "I'm looking at Brandon Saad. I think he's an up and coming player."

Whether he is or not, there are plenty of new players on the team ready to repeat Blackhawks history.

Harper women take 16th at Benedictine Invitational

By Bill Smith
Sports Communications Assistant

Warrenville, Ill. – The Harper women's cross country team had six runners compete at the Benedictine University Eagle Invitational on Friday, Oct. 11 and took 16th place with a team score of 442 points.

Stephanie Chaires (Palatine, Ill./ Christian Liberty) led the Hawks with a 97th place finish, completing the 6K race in 27:17.

Mary Piltaver (Conant) finished

in 128th place with a time of 28:47 while Marisa Andreuccetti (Elk Grove Village, Ill./ Conant) was close behind with a 130th place finish in 28:54.

Newcomer Lori Delfin (Wheeling) was Harper's third finisher with a 149th place finish in 31:20.

Gabby Beaupre (Elk Grove Village, Ill./ Elk Grove) took 150th with a time of 31:59 to round out the scoring while Cindia Salgado (Wheeling, Ill./ Wheeling) took 154th in a time of 32:43.



JIM CUMMINS

The Hawks took 16th at the Benedictine University Eagle Invitational.

Hawks tie for fifth at Benedictine Invitational

By Bill Smith
Sports Communications Assistant

Warrenville, Ill. – The Harper men's cross country team tied for fifth out of 17 teams at the Benedictine University Eagle Invitational on Friday, Oct. 11. The Hawks scored 176 points to tie with Wilmington College, and they were the top junior college at the meet.

A trio of freshman – Juan Barajas (Hoffman Estates, Ill./ Schaumburg), Zach Stella (Palatine, Ill./ Palatine) and Brennan Albus (Hoffman Estates) – led the charge for Harper on the 8K course at the St. James Farm Forest Preserve. Barajas took 26th place, finishing in 26:41 while Stella captured 45th place with a time of 27:13. Albus was not far behind, finish-

ing in 48th place with a time of 27:24.

Sophomores Nick Modlin (Wheeling, Ill./ Wheeling) and Jhoan Lino rounded out the scoring with 58th and 60th place finishes. Modlin crossed the finish line in 27:41, and Lino was close behind with a time of 27:44.

Other Harper finishers included Sebastian Ramirez (Lima, Peru/ Palatine) in 79th place, Vince Greco (Elk Grove Village, Ill./ Elk Grove) in 96th place, Andrew Guibord (Crystal Lake, Ill./ Prairie Ridge) in 110th place, John Majerus (Elk Grove Village, Ill./ Elk Grove) in 111th place, Jordy Arriaga (Wheeling, Ill./ Wheeling) in 132th place, Connor Williams (Wauconda) in 135th place, Livan Turyamusiima (Modern Secondary School) in 148th place

and Daniel Lim (Schaumburg, Ill./ Streamwood) in 176th place.

North Central College won the meet with 39 points, placing five runners in the top 11 positions. Wheaton College took second place with 46 points, and Saint Joseph's College rounded out the top three with 86 points.



JIM CUMMINS

Harper's Brennan Albus ran his best race of the season.

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Hawks suffer 4-2 defeat at College of DuPage

By Bill Smith
Sports Communications Assistant

Glen Ellyn, Ill. – The Harper College women's soccer team fought back from a 2-0 deficit to tie the game, but College of DuPage scored two second half goals to beat the Hawks 4-2 on Oct. 9.

In a rematch of the Region IV championship where the Hawks emerged victorious 2-1 over COD last October to advance to nationals, the Chaparrals got on the board first in the 13th minute as Emily Plourde found Angela Toritto, who beat Harper goalkeeper Mikayla Nagle to make it a 1-0 lead.

Two minutes later, Plourde found Bianca Rivera for a goal to give COD a 2-0 advantage.

Despite the early deficit, the

Hawks clawed their way back into the game. In the 41st minute, Harper's Jessica Cosentino (Bartlett, Ill./ Bartlett) scored on a penalty kick to cut the deficit to 2-1 at halftime.

Just 10 minutes into the second half, Cosentino found midfielder Lacey Richards (Hobart, Ind./ Merrillville), who beat Chaparrals' goalkeeper Christina Siddu to tie the game at 2-2.

COD went ahead 3-2 on a goal in the 67th minute by Katie Rubright on Plourde's third assist of the game. Heather Muno beat Nagle in the 74th minute to give the Chaparrals a two-goal lead.

Siddu earned the win in goal, stopping three shots. Nagle received the loss, making six saves in the game. The Hawks were outshot 10-5 on the day.

Sports Calendar

SPORTS KEY:

WVB: Women's Volleyball MBB: Men's Basketball
WXC: Women's Cross Country MXC: Men's Cross Country
WSOC: Women's Soccer MSOC: Men's Soccer
*To be determined: for more information, visit Harper athletics website.

October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24 WVB McHenry County College 6:00 p.m.	25	26 MBB at Rock Valley Jamboree-Exhibition TBD* WVB Kankakee Trimatch 10:00 a.m. MSOC TBD 12:00 p.m. WSOC vs District Championship TBD
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30 MSOC vs TBD in TBD 2:00 p.m. WVB vs Region IV Quarterfinals in TBD 6:00 p.m.	31	1	2 WVB vs Region IV Semifinals in Rockford, Ill. TBD WVB vs Region IV Championship in Rockford, Ill. TBD WXC at Region IV Championship

"I was surprised how easy it was. I was able to transfer a full 60 credits."

MICHELLE KOCELKO, BBA IN MARKETING, QUINLAN SCHOOL OF BUSINESS



For Michelle Kocelko, transferring to Loyola from Harper College was a breeze. From reviewing her transcripts to helping her line up financial aid, Loyola’s advisors helped Michelle every step of the way. And that let Michelle focus on what matters most—getting her degree from one of the nation’s best universities.

Meet with us at Harper College: Oct. 9, Oct. 30
Meet with us at Loyola: Open House on Nov. 9, Nov. 16 • Transfer Night on Oct. 23

Learn more about transferring to Loyola at LUC.edu/transfer.



SEE WHAT ELSE
MICHELLE HAS TO
SAY ABOUT LOYOLA.



Preparing people to lead extraordinary lives

“Breaking Bad” star R.J. Mitte speaks at Harper about overcoming adversity

By Hanan Aquil
Office Manager

A crowd of people swarmed to the plush red seats of the Preforming Arts Center (P.A.C.) at 7 p.m. on Tuesday Oct. 8 to hear the acclaimed actor of AMC’s “Breaking Bad”, R.J. Mitte, talk about turning a perceived bad thing into an opportunity.

Suspense rose in the room as people waited for Mitte, to reveal himself and talk about his life. Mitte greeted the audience with a charming smile, beautiful brown hair, and humble words.

Event Directors Sarah Alhayek and Jalen Little coordinated the talk, a Question and Answer portion, and pictures and signatures afterwards. Little was impressed with Mitte and felt the talk resonated with a lot of the audience.

He received a large round of applause both before and after the event. Harper student Nicholas Modlin was impressed with the actor’s sincerity, connecting with the audience and his own feelings. Modlin’s younger brother was impressed that Mitte talked about how people tend to judge others based on appearances, but never think to see the potential in people.

Many audience members, including Darreck Ryan and Katie Bruli, hoped that the talk could have lasted longer and that Mitte had been able to answer more questions. However, both were pleased with the event and excited to meet Mitte.

The talk lasted about an hour. He started off by talking about his childhood and early acting career. Mitte has had small roles in shows, including “Hannah Montana”. He grew into a celebrity when he accepted the role of Walter White Jr.

Like White Jr., Mitte has cerebral palsy (CP), a physical disability that affects motor control in the body. He described the condition as “having a giant Charlie horse in your body 24/7”.

In addition to acting, Mitte works with groups that advocate for anti-bullying and disability rights such as Diversity and I AM PWD (Inclusion in the Arts and Media of Performers With Disabilities).

Mitte inspired the audience with his story of resilience and perseverance. “I am a living example you can achieve what you want,” he said.

Students find it challenging to achieve goals when dealing with

a tremendous amount of stress and fear of the challenges. Mitte advised, “You need to start fighting. Anxiety and fear are the main weaknesses of being a human”

As a person with CP growing up, Mitte experienced bullying, and he acknowledged that people with disabilities are targets for bullies.

He addressed the damaging effects of bullying on a person’s self-worth, stating, “Those little chips become cracks. Eventually you’ll shatter.”

It is important for people to stand up against bullying. Mitte advocated, “Make a difference, make a claim, make a fight, and make you present.”

Media, such as television, have made a difference in raising awareness on issues like bullying and inequality with disabilities. Mitte stated, “TV. is a major platform to have your voice heard.”

With media advocating for disability rights, people with disabilities have more opportunities in society. “In a world where equality is an important thing, equality is what you rely on.”

He also acknowledged how another form of media, social media, can have very damaging affects. Mitte stated, “We have so much so-

cial media that’s actually fighting other people... Social media is an amazing tool but it’s an amazing weapon.”

Throughout his life, Mitte has had a very supportive network of friends and family and accredits them with much of his success: “True friends want to elevate you to a new direction- to challenge you.”

Mitte’s talk was motivational and encouraged students and community members to work hard

and look deeper inside the self to achieve great success. Mitte challenged Harper students, “Seize the moment ... You will define what this world [will become.]”

To end his speech, Mitte stirred the audience’s ambitions possibly speaking directly to any listeners with disabilities themselves, and leaving the able-bodied ones with no excuses. He explained, “Being different just gives you an advantage over normal people. All you normal people- you got nothing.”



Jalen Little, R.J. Mitte, and Sarah Alhayek taking a photo after R.J. Mitte speaks about overcoming adversity at Harper Tuesday night on Oct. 8

Events Calendar

October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 Xtreme Spirit Illinois Showdown Championship 10 a.m. Wellness and Sports Center, Gym Gritty Pretty Art Exhibition Space Banned Books Student Art Contest Library	21 Lifestyle Options (Employer) 9 a.m. to 1 p.m. Building A, Floor 2 Gritty Pretty Art Exhibition Space Banned Books Student Art Contest Library	22 Medieval Times (Employer) 9 a.m. to 1 p.m. Building A, Floor 2 Gritty Pretty Art Exhibition Space Banned Books Student Art Contest Library	23 National Novel Writing Month: Find Characters and Hatch a Plot 3 p.m. Library Classroom Ann Taylor 9 a.m. to 1 p.m. Building A, Floor 2 Bust-A-Move for Awareness Building M, Gym 12-1 p.m.	24 Music Student Performances 12:30 p.m. P-205	25 Gritty Pretty Art Exhibition Space Banned Books Student Art Contest Library LinkedIn: Profile Perfect 9-10 a.m. Harper Professionl Center	26 ChiTown Challenge All Day Wellness and Sports Center, Gym Make a Difference Day 9 a.m. to 4 p.m. Little City Foundation Gritty Pretty Art Exhibition Space
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Illinois Shotokan Kick for Cures 12-1 p.m. Wellness and Sports Center Gritty Pretty Art Exhibition Space Banned Books Student Art Contest Library	28 Gritty Pretty Art Exhibition Space Banned Books Student Art Contest Library	29 Find Characters and Hatch a Plot 11 a.m. Library Classroom Andy Clausen, Poet and Author 7-8 p.m. Drama Lab Theatre Gritty Pretty Art Exhibition Space	30 Germanfest! 12-1 p.m. Building A, Floor 2 Gritty Pretty Art Exhibition Space Banned Books Student Art Contest Library	31 Gritty Pretty Art Exhibition Space Banned Books Student Art Contest Library	1 National Novel Writing Month (NanNoWriMo) Kick-Off Celebration 1:30-2:30 p.m. Library Classroom Gritty Pretty Art Exhibition Space	2 Gritty Pretty Art Exhibition Space Deaf Nation Expo 9 a.m. to 5 p.m. Wellness and Sports Center, Gym

Hospitality Service Club hosts pumpkin carving contest

By Hanan Aquil
Office Manager

The month of October is full of fall fun, and in celebration of Halloween, Harper's Hospitality Service Club is hosting a Pumpkin Carving Contest.

It will be held in the student center lounge in building A from 9 a.m. – 3 p.m. Students can sign up at the Student Involvement Office A-336.

Harper understands that October would not be complete without the costumes, candy, and of course, the jack-o-lantern on the front stoop.

Leaves turn different shades of gold and red and the air smells of cinnamon and spice, and carving pumpkins adds to these delicious fall aromas.

The Pumpkin Carving Contest is exciting and free to students who sign up. Hospitality Club will provide

vide pre-hallowed pumpkins and tools.

Students can bring stencils, if they choose, to carve their design. Student carved pumpkins will be showcased in Avante. Hospitality Club will accept the first fifty students who sign up for the contest.

In addition to pumpkin carving, the Hospitality Club is also hosting cookie decorating and a bake sale. Sugar cookies and frosting are provided for students who want to decorate their own cookies.

The bake sale will include good ol' fashion treats like brownies, cookies, cupcakes and savory items (for those without a sweet tooth).

Hospitality Club hopes to get students more involved on campus and gain recognition as a club.

As member Eva Ivanova states, "We're hoping to get art students involved, people passionate about

food involved... it's a way to get people involved and be interested in club and student activities."

Student Adeline Lord is happy to be participating in the pumpkin carving contests and Hospitality Club. She states, "[It's] something to do in my free time and be more involved in school."

Katheryn Forssander, member of the Hospitality Club, recognizes this as an opportunity to meet people and have fun.

As fun as the Pumpkin Carving Contest will be, the Hospitality Club hopes for a successful bake sale. Katheryn Forssander states, "We're trying to raise funds and promote Hospitality Club. We revived this year, and we want to bring it back strong."

The club provides a great opportunity for students to practice in Hospitality Management. Harper offers an Associate Degree in

Hospitality Management with an emphasis on Restaurant or Hotel Management.

Students can also earn certificates in the Culinary Arts and Pastry Arts. As Forssander states, "For people in the Hospitality program—this is a way to get out there and get experience."

The Hospitality Club is associated with the International Food Service Executive Association, IFSEA, which provides food service certification, education, networking, mentorships, and community service opportunities.

According to the Hospitality Club's purpose statement, "IFSEA reaches beyond the culinary and restaurant professions...Our services broaden the skills and relationships needed for becoming an executive within the food service and hospitality fields."

The Pumpkin Carving Contest

is a great way to enjoy your time with friends and see who can carve the best pumpkin.

Students have nothing to lose and tons to gain – free pumpkin carving, free cookie decorating, and baked treats are all provided by the Hospitality Club.



WIKIMEDIA COMMONS

Garland Martin Taylor visits Harper to talk about his show, "Gritty Pretty," and share his inspiration

By Michelle Mabry
Staff Writer



Garland Martin Taylor

In 2001, Garland Martin Taylor's first semester of school was charged on a credit card. He needed foundry materials to work with, and free scrap from the nearby manufacturing industry became his medium, and now his artwork is shown throughout the country.

"Gritty Pretty", Taylor's current gallery at Harper, describes his process and his pieces perfectly.

During his talk on Thursday Oct 10 2013, Taylor described how sculptures grew from metal throwaways such as discarded, unsorted buckets of metal slugs and punchings covered with oil, after being sifted and cleaned through a system he developed using oil dry and

a cement mixer.

With these scraps, he applied his love of history and an accidental discovery of art through Henry Jackson Lewis, an ex-slave whose work appeared in a weekly, 19th century, black newspaper, The Freeman.

The paper became the inspiration to teach himself and others about the past.

Taylor's varied, colorful works reveal this inspiration piece by piece.

"I'm a bad painter, and that's how I found sculpture. Sculpture

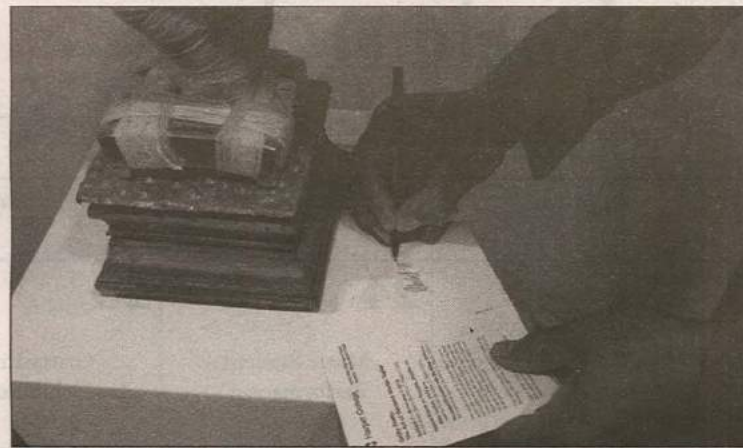
allowed me to walk around. It has to work from all those angles. I don't give up," said Taylor.

Using a brush on a canvas didn't work. He explained that painting was restricting, and he felt "claustrophobic" on canvas.

It's easy to see, when experiencing his work, that Taylor paints with sculpture and branches "out of his comfort zone with a variety of materials, including wood, fabric, hair, paper currency, and porcelain. Some of his pieces use acrylic-cocktails to make a form.

His involvement with the general public and academic institutions, (most recently, Yale's Summer Institute) and the elegant constructs he presents as sculptures seem to be just the tip of Taylor's offerings for knowledge through an endless learning process into himself.

His show runs through Nov. 7 in Harper's Gallery (Building C, Room C-200) and should not be missed. Gallery hours are Monday through Friday, 8:30 a.m. to 4:30 p.m.



MICHELLE MABRY

Garland Martin Taylor signing his autograph for a student in the Harper Gallery after his presentation on Thursday, Oct. 10.



MICHELLE MABRY

Garland Martin Taylor's sculpture in Harper's Gallery, "Song of the Renaissance Brown Thrasher," after his talk on Thursday, Oct. 10.



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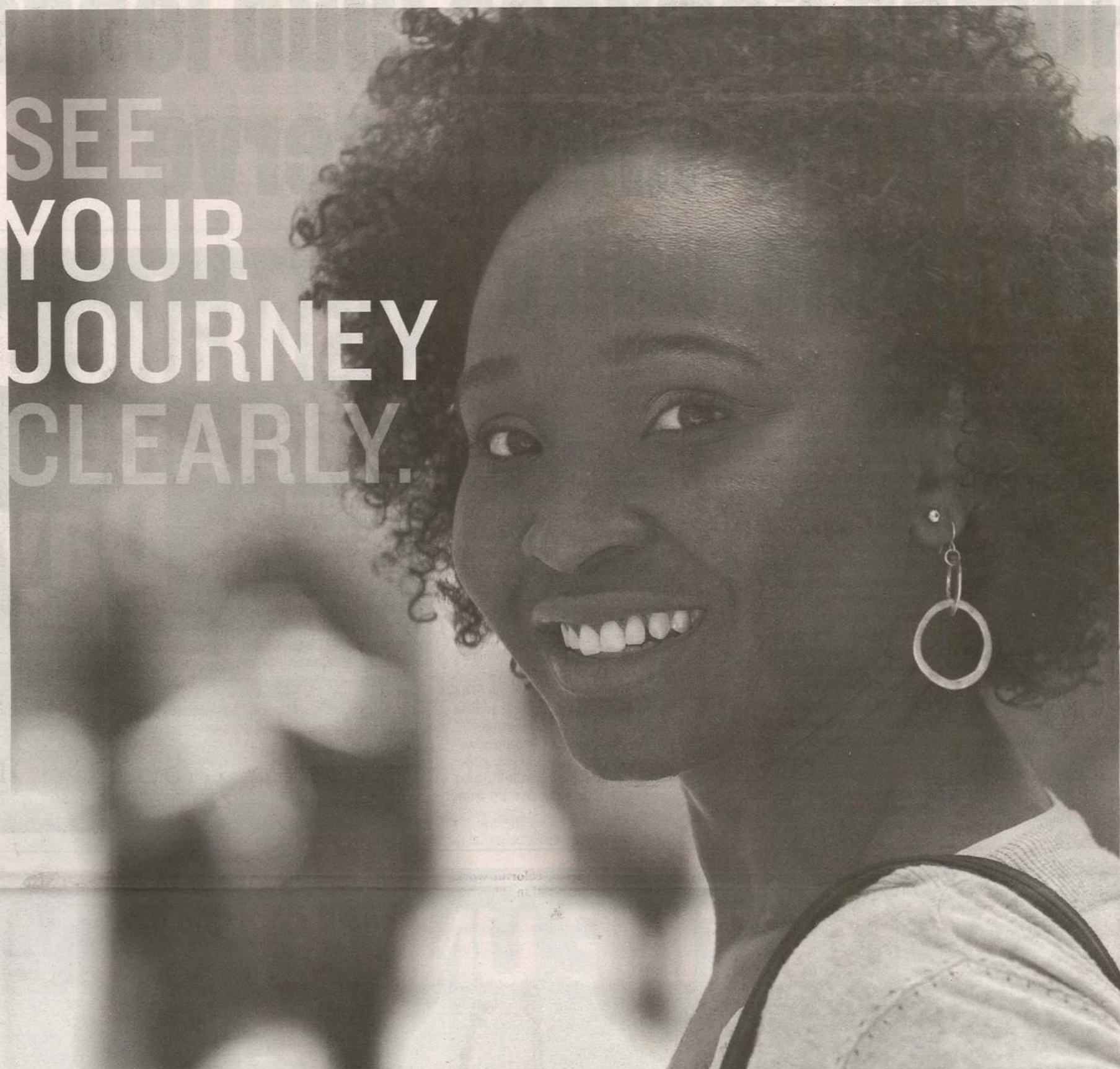
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DEPAUL UNIVERSITY

Human Services Club lends a helping hand to serve the community

By Hanan Aquil
Office Manager

Advisers: Valerie Walker and Colleen Tomanek

President: Kameron Hill

Meeting Times: Every other Tuesday from 6 p.m. – 7:15 p.m.

Location: D-226

When anyone needs a hand at Harper, the Human Services Club is ready to help. Focused on the service of people and the community at large, the Human Services Club members strive to make a positive impact on Harper students and their community.

President Kameron Hill defines the mission of the club stating, "We are students who are interested in Human Services and Human Rights. We enrich the professional and personal lives of all Harper Students through education, service opportunities, and commu-

nity involvement. We love giving back to our community and helping out those in need."

Currently, the Club is hosting a clothing drive, through which donations are collected for needy families for the winter. Clothes in high demand include gently-used coats, packaged socks, and underwear.

Vice President Neil Hemmer also lists clothing items such as kids snow pants, jackets, socks, t-shirts, and blankets.

Students can drop donations on Oct. 21, Oct. 31, Nov. 4, Nov. 14, Nov. 18, and Nov. 21 from 9 a.m. – 1 p.m. in the boxes scattered throughout Building A or drop them off at D-191 or D-142 at any time.

Also, the Human Services Club will be participating in National Make a Difference Day on Oct. 25 from 9 a.m. – 4 p.m.

National Make a Difference Day is an annual community service day celebrated nationwide, and


this is Harper's first time participating.

Students will volunteer at the Little City Foundation, which helps children and adults with mental disabilities, to beautify the outside and inside of the campus.

Being a member of the Human Services Club is rewarding, Kameron states, "I think people should join because this group helps you grow as an individual. We are all about empowering others to do better in life and help out wherever they can. I personally have gained a great group of friends; I also have gained a lot of great networking resources for when I start looking for a job as well."

As Mahatma Gandhi said, "The best way to find yourself is to lose yourself in the service of others."

To participate in community service and grow as a person, come to the Human Service Club's next meeting on Tuesday, Oct. 29 from 6 p.m. – 7:15 p.m.




Make a Difference Day

Saturday, October 26
9 AM – 4 PM

Spend the day at the Little City Foundation working on a cleaning/beautification project. Weather permitting it will be an outdoor campus cleanup, or indoor beautification projects. Tasks might include picking up trash on the grounds, cleaning inside or light maintenance work.

Advance registration is required!
Visit www.harpercollege.edu and search the Campus Calendar for "Make a Difference Day."

Little City Foundation is located at
1760 W. Algonquin Road
Palatine, IL

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Chrissy Stelter

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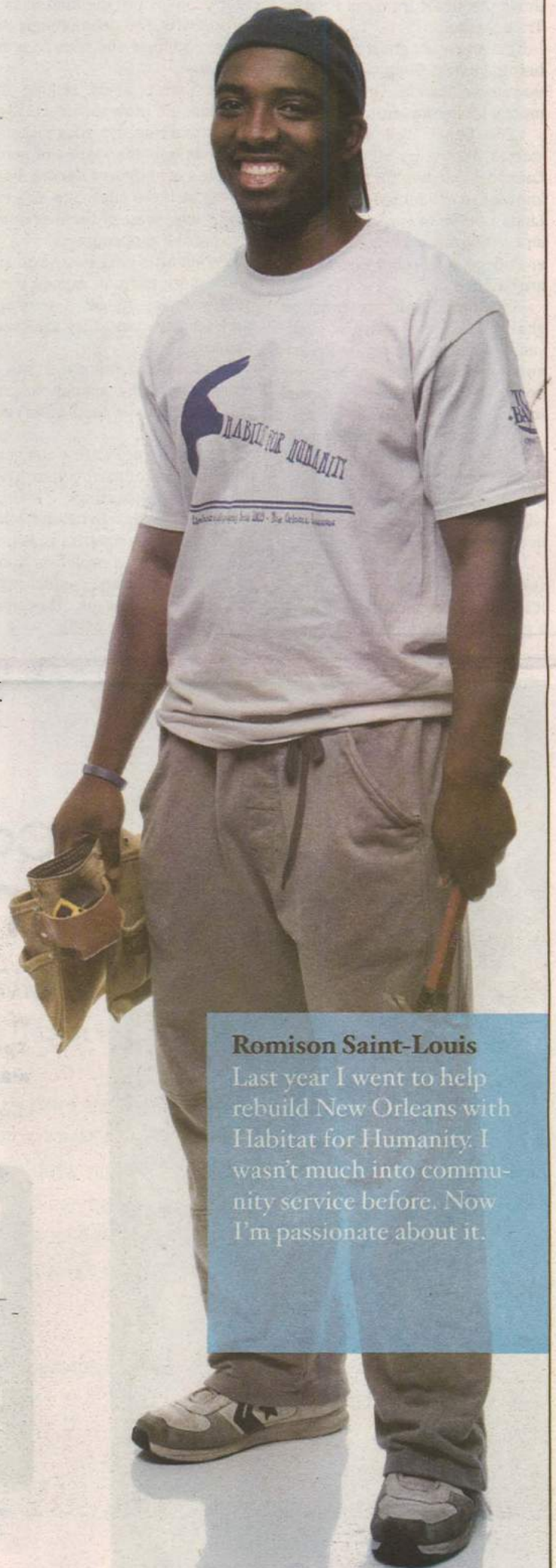
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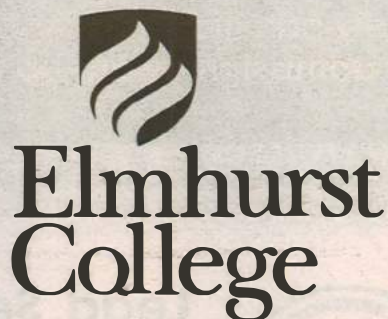
Wednesday, November 13, 2013
from 10:00 a.m. to 1:00 p.m.;
outside the theater in Building J.

See you there!



Romison Saint-Louis

Last year I went to help rebuild New Orleans with Habitat for Humanity. I wasn't much into community service before. Now I'm passionate about it.



Haunted houses will scare off anyone

gained some national attention from various websites and TV stations too. This one is a great choice for the whole family. Find more information at <http://thefearhauntedhouse.com>.

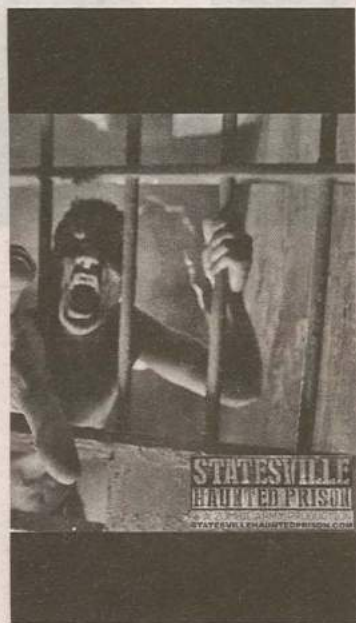
For even more screams, head over to Eleventh Hour Haunted House in Melrose Park, Ill. The reviews are frightening. They have moved from Elk Grove to a new 30,000-square-foot building in Melrose Park. Included with purchase of a ticket to the haunted house comes free admission into the Hollywood Boulevard or Hollywood Palms Theater.

In addition to those, you will also get a complimentary coupon for the Melrose Park Grand Prix.

For prices, scheduling, and more information please visit <http://eleventhhour.info>.

If these aren't enough, head over to Fear City Haunted House in Morton Grove, Ill. Fear City's decorations and special effects are what make this one remarkable. Beyond the special effects that

make this pop, Chicago Tribune's Chris McNamara was quoted, "It's a mom and pop little shop of horrors. Whether you're going for a scare or not, it'll be a good time."



WIKIMEDIA COMMONS

Rocking with The Ellevens

By Matthew Sadler
Staff Writer

The Ellevens, based out of DeKalb, Ill., performed in a benefit concert hosted by the Hard Rock Café in Chicago on Oct. 11. They were followed up by Michael Riser and Catalano. The whole show was electrifying.

The Ellevens consists of seven members: Daven Masulis (Lead Vocalist/Guitar), Daniel Orlovski (Bassist), Aaron Dingess (Rhythm Guitar), Joe Dzwonnik (Drums), David Fairchild (Mandolin/Keyboard), Echo Kaelin (Background Vocalist), and Ryan Kaplan (Trumpet). Their catalog spans a variety of genres including blues, rock, and indie. In order to come up with a set list, the group discusses ideas and messages they want to portray through the sequence of songs. Then, the group practices going through the set to see if the groove feels right.

Their set list for the benefit show included covers of Black Keys "Lonely Boy" to Smashing Pumpkins "1979". They also performed original songs: "The Wanted", "While In The Dark", "Trees", "Hometown", "Let You Out", and an encore of "Who Do You Think You Are".

Each band member brings a

different personality to the stage. This allows them to feed off the emotions of one another, bringing out the most natural talent of each guy.

Kaelin and Dzwonnik came up with the name, which stems from a couple of references. Kaelin explained that the letter "I" is a powerful letter; and that two "I's" is even more powerful. There are seven members in the band, and, like the group AM/PM, they decided to pay homage to a certain convenience store. They hope that the name brings them a better presence and a better identity (like a brand or logo).

The band received the opportunity to play at The Hard Rock Café from Michael Riser, who referred them, and also played that night. According to Masulis, "This place gives bands good exposure. There is good history here."

The Ellevens have high expectations for 2014. They hope to record more songs, make improvements, and increase the marketing of the band. Of course, they also plan to play more in the Chicagoland area.

Masulis hung out for a quick conversation after the show. He explained that he and his bandmates are passionate about their music. "We were glad to see so many fans at the show. Some people came

harbinger.harpercollege.edu

from far away. We love to give a good show and make the audience think the show went well," said Masulis.

He is the founder of The Ellevens, graduating from Harper College with an Associate's Degree in Arts, and plans to complete his Bachelor's Degree in Business/Marketing at Northern Illinois University this fall.

They are all excited for their future. Their next show, based on a Halloween Smash is Friday, Oct. 25., at The Otto's in DeKalb, Ill., at 10 p.m.

Many of the audience members were personal friends and co-workers of the band. They came from Elgin, DeKalb, and other neighboring cities to show their support. Tom Seymour, from Cary, Ill., was in charge of filming the show as he's done for the month that he's known them.



IATSUYA KURIHARA

Fans cheer on the band at the Hard Rock Cafe on Oct. 11.

Looking deeper into Second Chance for Prometheus

By Michelle Czaja
News Editor

"Without music, life would be a mistake," said Friedrich Nietzsche. The world seems to agree. Different varieties of music top the charts weekly and fans are always excited to hear the latest single or next album to come out.

New bands are always forming with all types of people from all around the world, but one band in particular is made up of students from Harper.

Second Chance for Prometheus is a progressive metal band from the Chicagoland area. The band was inspired by the story of Prometheus, who is credited with enabling the progress and civilization of humanity.

The band's hope is to motivate its listeners to look inside themselves and change for the better.

The band's songs tell stories and offer solutions to help others think more critically about their everyday lives. Second Chance for Prometheus promotes self-reflection, improvement, and the elimination of fears and vices.

The band was founded in 2007, and consists of five members: Eric Ramos (Guitar/Lead Vocals), Frankie Orozco (Bass/Vocals), Eric Mueller (Drums/Vocals), Felipe Rodela (Guitar/Vocals), and Sam Mickey (Guitar/Programming).

Orozco has high hopes for himself, along with the band, as more music

is being written and the band is in the process of releasing an album by 2014.

It will consist of at least 12 tracks. The band also hopes to go on tour in the summer of 2014.

"It's really tough. I mean, we're all trying to do really good in school. We took a break from school for a year to write a lot of our music, and all of our families were telling us to go back to school or else we wouldn't have a place to stay," said Orozco. "Our main priority right now is school, but we make time to do music."

Orozco is one of the songwriters, writing most of the lyrics. "If I have an hour or two to sit down and not do anything, I just listen to instrumental music and pull up a quote that I really like and generate what I want to say," he said. "I just look at the quote and I come up with a song."

It usually only takes Orozco one or two hours to write a whole song. It is just a rough sketch at first, but afterwards, the entire band comes together and edits and improves the song.

Second Chance For Prometheus has showcased its music at a variety of events and venues, noting Penny Road Pub as the most well-known thus far.

The band loves to be out in public, representing and expressing who they really are. When they are together, the guys feel a sort of "brotherly love," since they share interest in the same things and work towards similar goals.

Even though they wish to always be positive, the band occasionally has disagreements. "There are always disagreements in bands. We're all really cool, we hear each other out, we never really argue or yell at each other. It's usually for the better. Everybody is really good at what they do and if each of us show it, we can get better," said Orozco.

The band would love to gain more followers and supporters by writing more music and becoming more public as they make their dreams come to life.

They look forward to gaining more followers on their social networking sites, so they can get out there and become a band all their own. "With our music, we want people to think more, not just to think it's catchy. We make really catchy stuff, but when we make it catchy we want it to have a message that's really clear to people. We are all about exploring yourself, trying to think about good things, bring it out in yourself so you can create positive things for other people," said Orozco.

"If I were to give advice to other bands, definitely have an idea of where the band is going to go, make a lot of goals, and to definitely be really strict with each other. Bands should be more strict so that they can get somewhere, and progress can happen a lot faster. If you let people do whatever they want, there will always be a challenge; therefore, you need to set a standard."



KARA FRANCO

Second Chance for Prometheus poses for one of their photoshoots.

The RMU TRUTH

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Des Plaines offers a taste of Italy

By Michelle Czaja
News Editor

Recently, my family, neighbors, and I decided to go out to dinner. We chose to go some place new, Giacomo's Ristorante Italiano, which was featured on WGN9's Chicago's Best, aired on September 8, 2013.

Giacomo's Ristorante Italiano is an Italian restaurant, located at 740 North Wolf Road in Des Plaines, Illinois. Sicilian-born Chef Giacomo Zito, his wife, Anna Maria, who is the hostess, and their daughter Amanda have owned Giacomo's since 1998.

They describe their restaurant as "casually-elegant". There intimate dining room has an old-world, yet modern feel and is completely handicapped accessible. They also offer outside dining.

Giacomo has always had a passion to open his own business. He loves what he does: cooking and talking to people. Working holidays makes him proud because his door is open for others to spend the holiday with him.

"Giacomo has a passionate lifestyle for cooking. Running the business himself along with cooking. The food is truly amazing. He is just an amazing person," said Anna Maria. The service is outstanding. Having made a reservation at 8pm, we waited all of 10 minutes to be seated.

The chef himself is known for his lasagna. However, Giacomo's features a wide selection of food. You'll find everything from soups, salads, pastas, seafood, vegetarian dishes, meats, and desserts.

"If you want Authentic Southern Italian food, to feel warm and welcome and have great service, my restaurant is the place to be!" said Giacomo.

I chose to go with a light Chicken Caesar Salad, topped with grilled chicken. This light and simple meal has convinced me to add Giacomo's to my top favorite restaurants list.

The food was delicious and fresh. It looked like a piece of artwork on the dish. When you receive your meal it is evident that a lot of hard-work and time was put

into preparing it. Although it was my first time eating at Giacomo's, I felt like I was at home, and very welcomed. The servers were very attentive and polite, checking up on our table's satisfaction throughout the night. The environment felt very warming, as if I was at a little Ristorante in Italy.

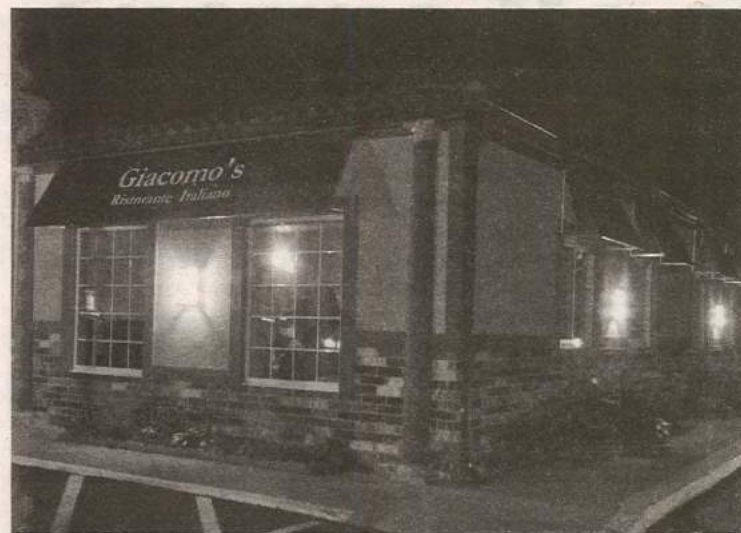
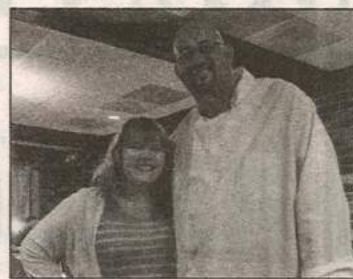
As we ate, the chef himself appeared from the kitchen and visited with all of his customers. Giacomo personally asked us how we were doing and if the food was good.

"People that visit my restaurant are truly coming to my home. Everyone that visits, I treat like family even though we aren't related. Greeting and meeting people that visit my own restaurant makes me proud and feel great about what I love to do," said Giacomo. His actions and dedication to his work are refreshing and added to the dining experience.

Giacomo and his family are very respectful people. With more and more people coming in and out of the restaurant, customers had

nothing but great things to say.

The quality of food and service at Giacomo's deserves to be recognized, so visit the restaurant in Des Plaines, Illinois. It is definitely worth the drive no matter where you live. And, as promised to Giacomo, the next time I visit, I will order something other than the Chicken Caesar Salad.



MICHELLE CZAJA

Halloween costume D.I.Y. on the Fly

By Elizabeth Lynch
Staff writer

Imagine it's the day before a Halloween party, and you're scouring multiple Halloween shops, searching for a last-second Halloween costume.

You want to have a clever costume, but you know you can't afford to spend forty dollars (the average price of a quality costume from a Halloween store), and to be honest, most of those costumes are already picked over and made with cheap fabric that nearly falls apart the second you try it on.

So, how will you throw together an easy, thrifty, last-second Halloween costume? Do it yourself!

Here's an idea for Women's Costume.

Love her or hate her, Miley Cyrus is considered 2013's most popular Halloween costume of 2013e. The only costume shop that sells her "Twerkin' Teddy Bear" leotard is Spirit Halloween.

Excluding all the outrageous accessories, the leotard by itself is \$39.99. If you want to go the more minimal route with a "Twerkin' Teddy Bear" t-shirt, you would still have to fork over \$24.99.

You may not realize it, but you could simply make the costume yourself for no more than half those prices. Depending on how far you want to take your costume, you could even create it for free.

The best part is that you do not have to be a master seamstress to make one! As long as you know how to use scissors and an iron, you can create your own.

First, start with a piece of clothing you want for your base garment. You can use an actual leotard (grey and silver look most authentic) or you can simply use a sweatshirt, t-shirt, or tank top you already own. Remember, the goal is to simply give off the impression of the costume you want to emulate.

Next, draw out the teddy bear design using Google Images for reference. Cut out each part of the bear from computer paper (ad-

justing the size as needed), lightly labeling in pencil which piece is which color. You will use this as a pattern. Afterward, cut each shape out of felt.

Felt is sold by the yard or in squares. Or, if you're really on a budget, you can get away with cutting the shapes out of old t-shirts or fabric of the same colors. The next part may sound a little tricky, but the actual process is simple.

You will appliqué your felt or old fabric to your base with a paper-backed fusible web.

Simply draw out each shape on the smooth, paper side in the reverse (otherwise your shapes will come out backwards) and cut out each shape.

Then, with the wrong side of the felt or fabric facing up, lay the fusible web over the shape and use a dry heat from an iron to adhere the fusible web to your felt or fabric.

Peel off the paper part like you would with a sticker, then place the shape on your base garment the way you want it to appear when worn. Use a dry heat to adhere the shape to your base clothing and TA-DA!

You have made yourself one twerk-tastic Halloween costume! The process is effortless, but another easy alternative is simply using fabric glue to adhere the shapes to your base garment.

All supplies mentioned can be affordably found at a local fabric and craft store, such as Jo-Ann Fabrics.

Best Friends' Costumes leave you with almost endless options.

You're not limited to using the above appliqué technique for a Miley Cyrus costume. You can also use it to create adorable, complimentary costumes for you and your best friend!

My personal favorite is going as Tweety and Twitter bird. For these costumes one person dresses in a monochromatic yellow outfit, the other blue. You can appliqué a cute Tweety bird face or #twitterbird.

Even making your own bird wings is simple. Just purchase an inexpensive pair of butterfly wings

(or use wire hangers and old tights to mold your own) and completely cover it in feathers.

Other cute and easy best friends' ideas you can use appliqué with include Pepsi and Coke, Thing One and Thing Two, and two halves of a best friends' heart.

Even if you choose to not use the appliqué technique, you could easily thrift for other funny and outrageous costumes such as Honey Boo Boo and Mama June.

Simply buy a pink tutu and plastic tiara for Honey Boo Boo and sweatpants and stuffing for June. For "The Real Housewives", all you need is fake fur and costume jewelry. "The Hunger Games" characters are easy to do too. You just need utility jackets or windbreakers and black clothing.

You can have a lot of fun with men's Costumes too! If you're really crunched for time but still want a creative look, you can throw together a costume with just six pieces or less and look as though you planned the costume for months.

The "Breaking Bad" series finale aired recently. What better way to pay tribute than to dress up as Mr. Walter White himself?

All you will need is a yellow disposable coverall (used for paint-

ing), thin-rimmed glasses, blue rubber gloves, a bald cap, a false goatee, and (if you're feeling especially ambitious) a pretend gas mask, which can be found at many Halloween stores for around ten dollars.

To save extra money, you could instead wear a plaid flannel shirt and khakis you already own in place of Walter's laboratory look.

Couple's Costumes are the most fun costumes to plan out. I recommend researching the phrase "couple's costumes" on Youtube, Tumblr, and Pinterest for inspiration. The easiest and cheapest to imitate are characters from children's cartoons.

For example, you can both dress up as Blue (blue dress with appliqué dots) and Steve (striped shirt, khakis) from "Blue's Clues". Or you can go as Lilo (Hawaiian shirt and grass skirt) and Stitch (blue hoodie with appliqué).

I also love the concept of going as one of the couples from "Duck Dynasty". It's totally fun and the only pieces needed would be a bandanna or baseball cap, camouflage, and the obvious scruffy beard.

Many of these costumes are clever and include minimal costs

and effort.

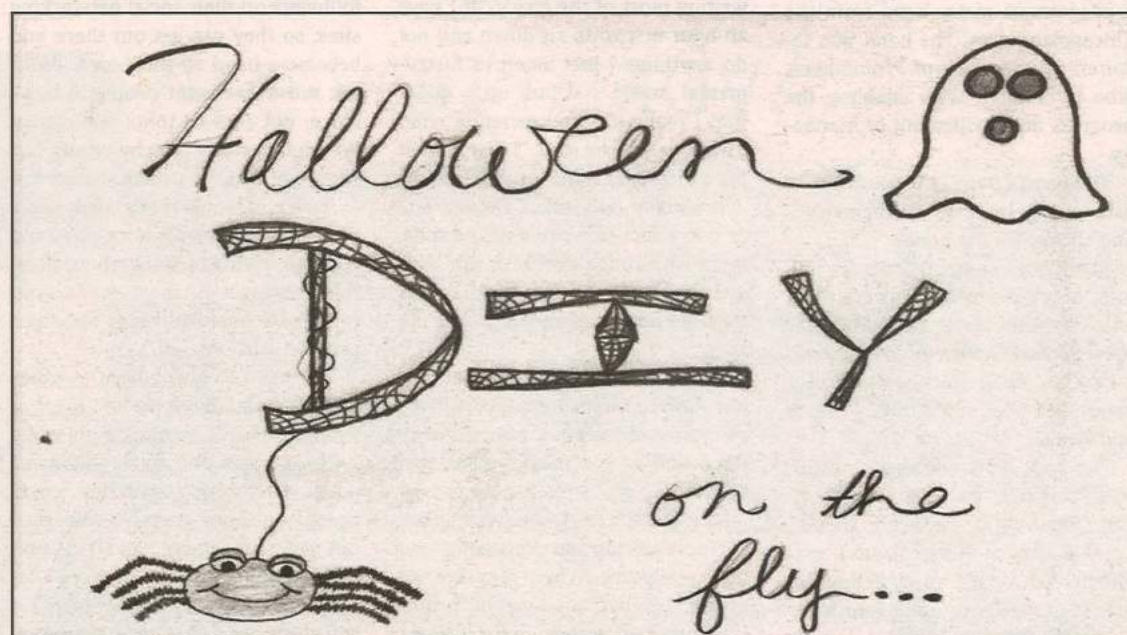
Great stores to shop at for supplies and inspiration include Goodwill, Salvation Army, home improvement stores, the Dollar Tree, and Jo-Ann Fabrics.

You should also consider putting emphasis on your hair and makeup. It's inexpensive and can really take your costume that extra mile.

Finally, if you are going the route of purchasing a costume from a Halloween costume shop, ask about the store's return policy. Many tend to be final sale. When possible, try the costume on in person before buying. The last thing you would want is to be stuck with an ill-fitting costume!

There are so many creative ways to create your own Halloween costume with minimal time and effort. This year, try thinking outside the box and create your own innovative look. Don't feel forced to completely mimic the look of one individual character.

Put your own spin on your look to give off the personality of the character you want to portray. When you receive many compliments during that Halloween party, you'll be proud you took the time and effort to DIY your own costume!



ELIZABETH LYNCH

“Machete Kills” is so ridiculous it’s great

By Larissa Martinez-Szewczyk
Staff Writer

“Machete Kills”, Robert Rodriguez’s latest “over the top” film, is so chock-full of ridiculousness, it’s amazing. The actors play their roles brilliantly in a way that leaves the audience laughing for the whole hour and forty-seven minutes.

The cast of this movie is excellent. Danny Trejo plays the role of the main character, Machete. Sofia Vergara plays Desdemona, a woman who runs a brothel.

Michelle Rodriguez plays Luz, one of Machete’s friends. Mel Gibson plays Voz, the man who tries to bring about the destruction of the world and Lady Gaga plays La CAMELEÓN, a skilled killer who can literally change her face.

Antonio Banderas plays one of La CAMELEÓN’s transformations. Last, but definitely not least, Charlie Sheen plays none other than the President of the United States.

The basic plot of the movie is the President tells Machete that he needs to track down a guy named Mendez (Demian Bichir) in Mexico and kill him because he has a mis-

sile aimed at Washington.

Things get complicated when Machete realizes that the multiple-personalities Mendez has linked the missile to his heart, meaning that if he dies the missile will be launched. There’s an interesting twist when Machete and Mendez find out a \$10 million hit is placed on them and brings with it many interesting hit”men”.

The film is all tongue in cheek. The fact that Charlie Sheen is the President implies that this movie is not to be taken seriously.

The techniques that Machete uses to kill his enemies are just ridiculous. He kills one guy by sticking his hand into his victim’s stomach wound and pulling out the guy’s intestines. Machete then throws the innerds into the moving rotors of a helicopter, meaning the guy gets chopped up.

At the beginning of the film, Machete grabs a foe by his neck and sticks his machete into a power box, electrocuting the guy in the process. Afterwhich, Machete just walks off as if nothing ever happened.

The self concious references emphasize the camp nature of the movie. Alexa Vega, who plays

the character Killjoy, and wears leather-studded chaps, is known for her role as Carmen in the “Spy Kids” movies. Banderas, also a star in “Spy Kids”, is one of the transformations that La CAMELEÓN makes.

His character is complete with a fake mustache, which he rips off to the enjoyment of any “Spy Kids” fan, since his character in that movie kept having his moustache ripped off.

All the prostitutes pull double duty as hit men. Desdemona is one who is out to kill Machete.

She normally has a group of her prostitutes with her, especially when she is chasing after Machete. Interestingly enough, they all are proficient with guns.

Luz, Machete’s one eyed pal, is a badass. Like the majority of the female characters, she kicks ass in limited clothing.

She ends up completely blind after Miss San Antonio (Amber Heard) shoots her in her good eye.

She somehow manages to live through it, and just after the shooting, she and Miss San Antonio are fighting each other.

Luz surprisingly holds her own in the fight, even though her opponent has a knife. The fight climaxes

when the pageant queen throws her crown at Luz, but Luz catches it and throws it back, the tip of it puncturing Miss San Antonio’s heart.

Voz, the villain, plays out the camp, as well. He seems almost crazy because he says he can see the future, though he plans to bring about the end of the world himself. He calls himself a “Star Wars” fan just as he gets into a replica of a speeder that was on Tatooine, except the replica had wheels instead of hovered, which was funny. He also designed many futuristic guns, including a molecule gun.

His Star Wars fan level is topped when he finds Luz stumbling around after she defeated Miss San Antonio and has her frozen in carbonite, just like Hans Solo in “Star Wars”.

As the camera looks at Luz’s frozen form, the audience sees that she was giving Voz the finger.

The film is so unrealistic but funny at the same time that it makes you ask, “Seriously?” The gore along with the great cast makes the movie amazing, possibly because it is completely ludicrous. Like Rodriguez’s other films, this may be the most ridiculous movie

out there, but it is a great time.

The movie is definitely going to have a sequel, most likely called “Machete Kills Again...in Space,” since it begins and ends with a somewhat dated-looking movie trailer with that name. Machete is seen fighting Voz with lightsaber-looking machetes, which is another product of Voz’s love for “Star Wars”.



WIKIMEDIA COMMONS

Pico de Gallo Guacamole

By John Filler
Dining Services

Ingredients Preparation

- 2 lbs Diced fresh tomatoes
- 6 oz Diced red onion
- 3 oz Diced fresh jalepeno
- 3 oz Chopped cilantro
- 1 ea Juice from 1 lime
- 1 tbsp Kosher salt

- Step 1.** Dice tomato into ¼ “ dice.
- Step 2.** Chop onion and jalapeno into 1/8” dice or mince.
- Step 3.** Finely chop cilantro and add all ingredients into a mixing bowls.
- Step 4.** Squeeze lime juice on ingredients, add salt and mix thoroughly.
- Step 5.** Refrigerate for up to 3 days.



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By John Filler
Dining Services

Ingredients

- 7 ea Avocado
- 1 ea Juice from limes
- 1 oz Chopped fresh cilantro
- 2.5 oz Pico de Gallo
- 1 small Diced fresh jalapeno
- Pinch Kosher salt

and twist each side until the avocado pulls apart.

Step 2. Using a spoon scrape out the avocado from the skin. Pull out the pit and throw away. Repeat with all avocados.

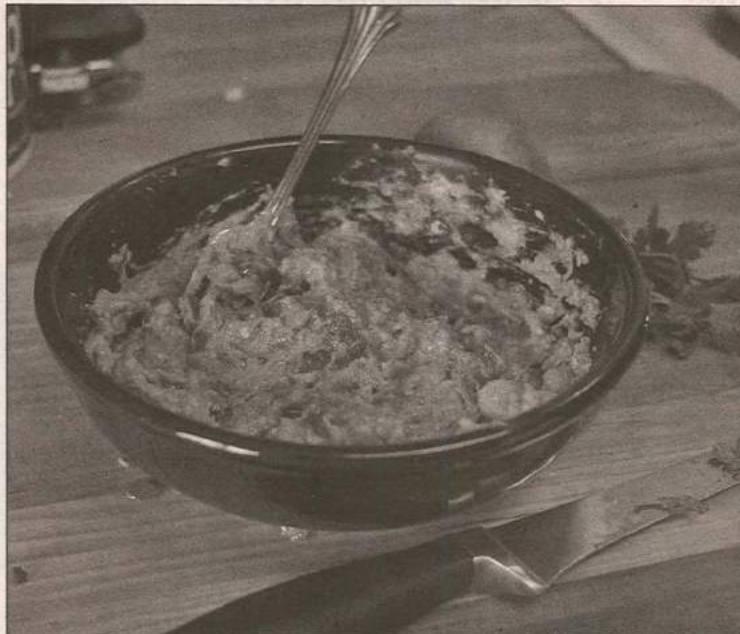
Step 3. Place avocado in a large mixing bowl. Chop the cilantro and dice the jalapeno. Add to the avocado.

Preparation

Step 1. Carefully using a knife, cut into avocado until the pit is hit. Slice around the pit until you reach where the cut started. Pick the avocado up in both hands

Step 4. Add the pico de gallo and salt. Mix thoroughly and refrigerate up to 3 days.

Step 5. If holding longer than 1 night, place 2-3 pits in the mix. This will help keep the avocado from turning brown.



WIKIMEDIA COMMONS

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The Origins and Expansiveness of Halloween

By Larissa Martinez-Szewczyk
Staff Writer

Over the years, Halloween has become a day where everyone can dress up and have fun with their friends, whether they are out trick-or-treating or at a party.

Perhaps one of the most anticipated holidays of the year, it is a time when Kids and teens choose which of their favorite TV or movie characters they will be for the night of fun and free candy.

Will they be an Avenger, a “Harry Potter” character, someone from “The Walking Dead”, or a “Hunger Games” character?

It’s also the one day a year when adults have free-reign to act like kids, dressing up, partying, and enjoying treats of their own.

Although almost everyone knows about the holiday, the majority of people do not know the history behind it. Halloween originates from the ancient Celtic festival of Samhain.

The Celts celebrated their new year on Nov. 1. They believed that on the day before their new year, Halloween, the boundaries be-

tween the world of the living and the dead would be blurred.

They wore masks to either ward off or appease the spirits that would come over from the world of the dead, which explains why we now wear costumes and why there is a spooky atmosphere of All Hallow’s Eve.

As a result of the blending of European and Native American cultures in colonial America, the early version of Halloween was called “play parties”. Neighbors gathered together and tell stories of the dead, read each other’s fortunes, and dance.

By the mid-1800s, they had annual autumn festivals, but Halloween was not yet celebrated nationwide.

If it was not for the Irish immigrants who came to America in the late 1800s, Halloween might not have been celebrated across the country.

Americans meshed the Irish and English traditions and started wearing costumes and going door-to-door asking for food or money.

The origins of trick-or-treating started out in England on All Souls’ Day. During the festivities, the poor

would beg for food. Families would give them soul cakes in return for the poor praying for the families’ dead relatives. This tradition became known as “going a-souling.”

The origins of wearing costumes started with the early Europeans and Celts.

Many were afraid of going outside their home at night. Since winter was approaching, if they had to go out at night during Halloween, they would wear masks.

They believed that if they wore masks and ran into a spirit, the spirit would confuse the mask as a fellow spirit and move along, instead of doing whatever it planned to do to mortals.

Americans are not the only ones who celebrate Halloween today. In Mexico, they celebrate Día de los Muertos (Day of the Dead) from the night of Halloween to Nov. 2.

They honor their deceased loved ones, who they believe come back on Halloween. Families make an altar to their loved one and decorate it with flowers, candy, and the deceased’s favorite foods and drinks. Sometimes, they will leave a basin of water and a towel so that the spirit can wash up before they eat

the food their family has left for them.

The families also decorate the grave of their loved ones and place paper chains, flowers, and wreaths on it.

On the last day of the celebration, they all gather at the grave and have a picnic, reminiscing about the deceased.

In Germany, everyone hides their knives at night so that no harm will come to returning spirits.

The French do not celebrate Halloween, however, and consider it an “American holiday”.

In Czechoslovakia, they leave chairs by the fireplace, one for every living and dead family member, and in Hong Kong, their Halloween celebration is called “Yue Lan,” which means Festival of the Hungry Ghosts.

The people burn pictures and money in hopes that those items will reach the spirit world and comfort the spirits that they believe wander the Earth for the whole day. Today, Americans spend about \$6 billion on Halloween, making it the second largest commercial holiday in the country.

Fitness: The New Social Networking

By Juan Cervantes
Staff Writer

“Do you even lift, bro?” These famous YouTube words have inspired millions of young Americans to go out and expand their muscles, some more successfully than others. The phrase “Do you even lift?” has become sort of an excuse for men and women to work out and show off their biceps all over the place.

One can even see the effects of the phrase when walking through the hallways at Harper, where men with pink, overly tight V-neck T-shirts that say “real men wear pink” and gelled-up hair shout those four words across one building to another.

They seem to walk normally, but are really expending as much ener-

gy as it takes to run a city by flexing their N.O.-Xplode-induced pecks at one another.

All of these men and women have access to affordable gym memberships at Harper. However, some opt to go to the more expensive places, like Xsport and LA Fitness, in hopes that by going to these establishments their muscles will grow faster, and they will potentially score with the hottie next to them on the elliptical or the young hunk that is repping 150s on the fixed gear press. But, who would blame them when it comes to courtship?

Women are equally guilty of this harmless act as they tightly fasten their skin-tight yoga pants for an early morning workout at the gym. Although not conscious about the effects their pants have on testosterone-infused males, females dis-

play their fitness both in and out of the gym just as much as males do.

Together, they form a special group among many that is hyper-conscious about their physical appearance, creating an unspoken law of mutual admiration.

The problem with having so many fit people arises only when encountered within the confines of a gym, whether it be at Harper or the other fitness clubs in the surrounding area. Once together, both genders embark on a journey to establish their physical dominance. For example, the males battle between who has the largest muscles and who has the ability to grunt the loudest in between reps, and the females brawl for the right to be the best-looking one in a nice black pair of yoga pants. I am sorry to have offended you, but seriously—

do you even lift, bro?

The point is, the gym is a place in which many rituals are performed on a regular basis. Whether you go to enhance the cathedral that is called your body or to attempt to court your future spouse—fitness, like bread and wine, brings thousands of people together every day, and it serves as a catalyst for a more attractive population.

Luckily, with the help of the Internet, motivational fitness videos on YouTube, or shows like “The Biggest Loser,” more and more people are seeking fitness. Remember, being fit not only makes you look better, it also makes you healthier in the long run. You just have to do it at a pace where your body won’t retaliate by getting so sore you can’t get up in the morning to use the facilities.

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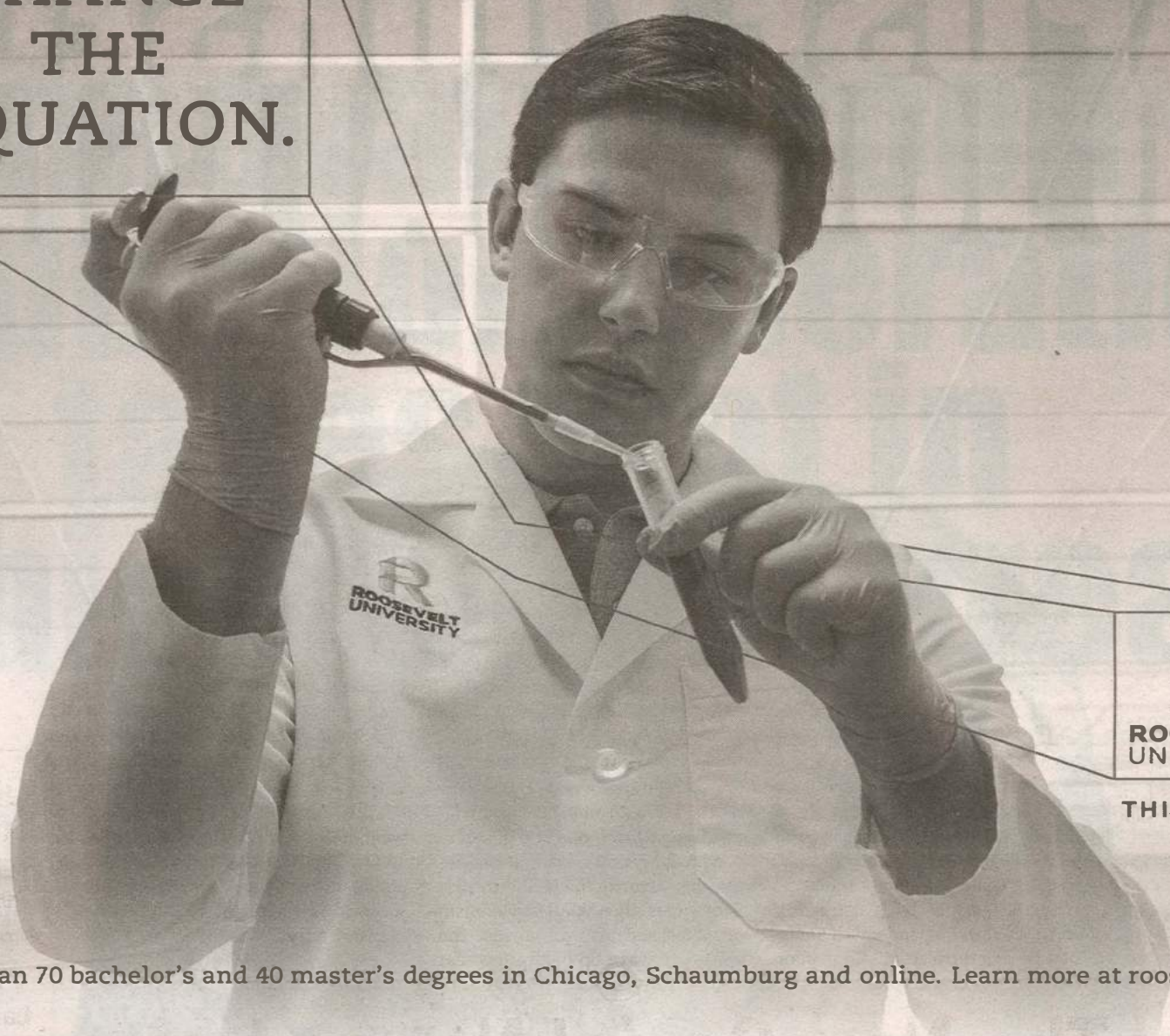
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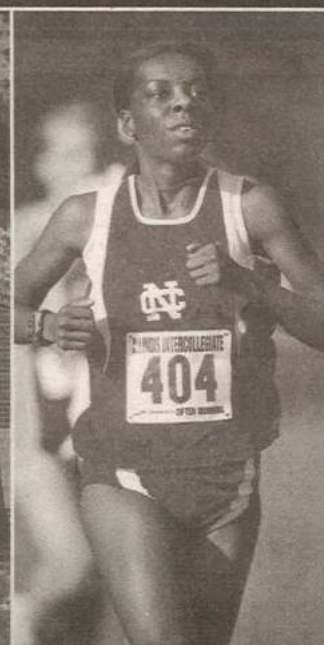
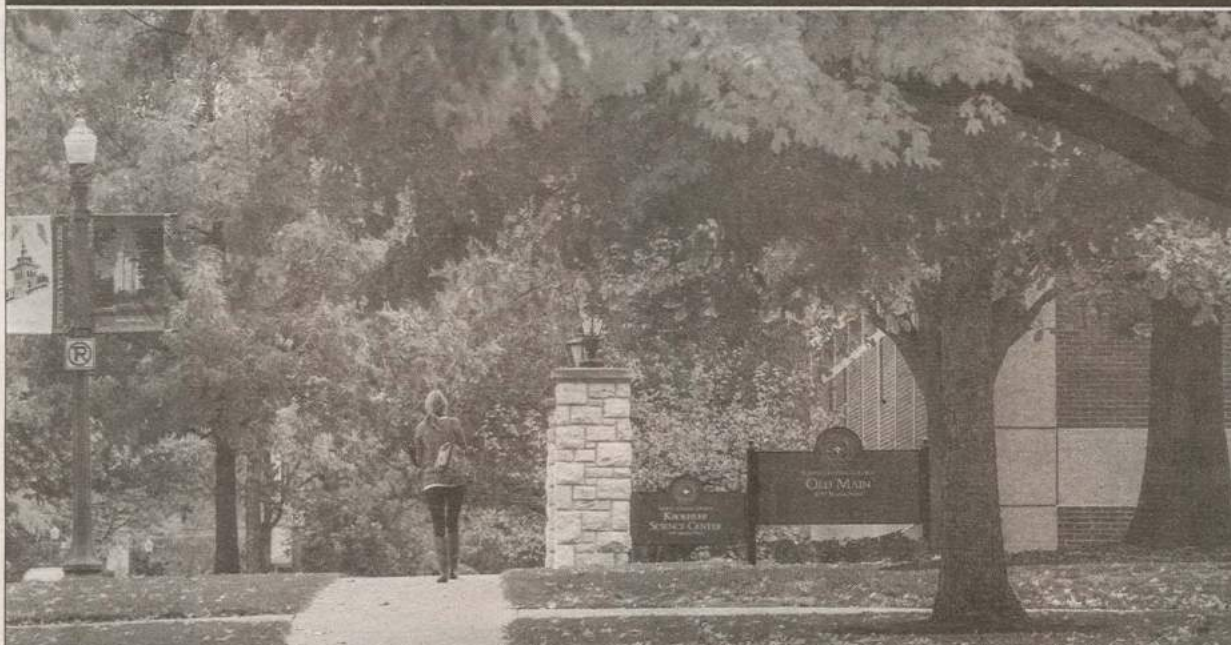
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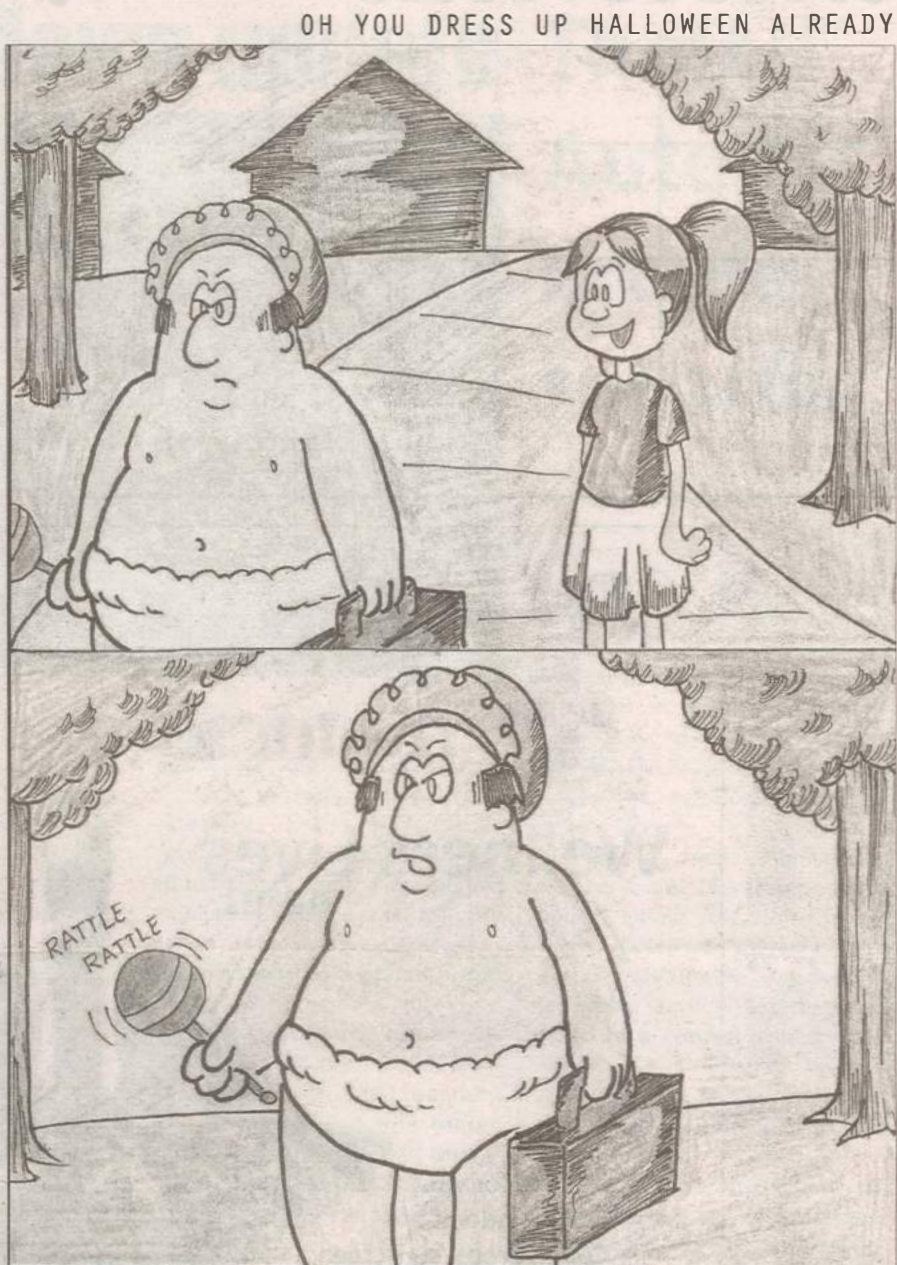
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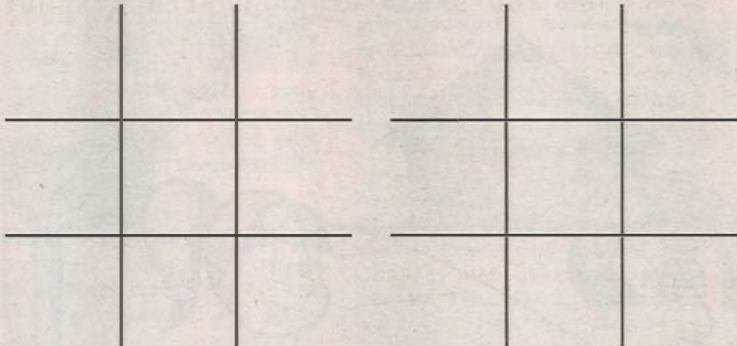


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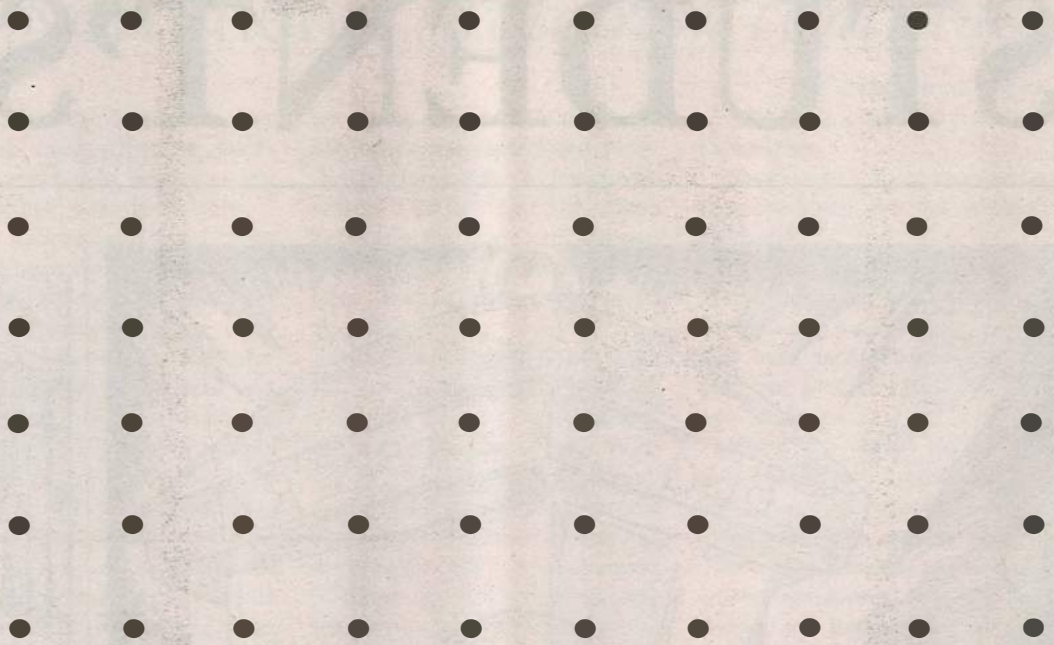
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