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UIUC smoking ban takes effect

As of January 1 the University of Illinois has officially become a smoke-free campus.

PN Mace Mackiewicz
Staff Writer

According to University of Illinois at Urbana-Champaign's official smoke-free campus website, there were many reasons that this campus-wide ban started. The movement began in 2011, when students were asked if they would be interested in the U of I becoming a smoke-free campus. 70 percent of students voted yes.

In January 2012 the "Smoke Free Ad-Hoc committee" was formed by Chancellor Phyllis M. Wise. The committee included staff, faculty, undergraduates and graduate students.

The committee distributed a survey to 10 percent of students and faculty to see their attitudes towards tobacco use on campus.

The committee collected all of this data and then came up with three options to send to Wise in the summer of 2012. The options included establishing a tobacco free campus, establishing a smoke free campus or retaining the current smoking policy. Chancellor Wise chose option two for the campus.

Communications major Ethan Young has mixed feelings on the policy.

"I think the policy is bad for students that are smokers. They may become disgruntled and not be very happy. I do believe however it is good for the environment and for the other students on the campus," Young said.

The U of I's website also mentions that there will be signs placed across campus and on owned buildings stating that the area is smoke-free. There are not areas on campus designated for smoking, as the committee thought it would defeat the purpose of having a smoke-free zone.

The smoke-free campus committees also banned the use of electronic cigarettes on campus, due to their possible danger from secondhand smoke and the difficulty it could cause those enforcing the new ban, since the e-cigarettes often look like real ones.

The U of I campus is also providing access to many items to help students and faculty who want to quit smoking. These locations include the State farm center, the union, activities and recreation center, 57 North, the ice arena, Chomps and Penn station.

If caught smoking in the campus area, students will be reported to the proper disciplinary office. Those who are not students at U of I will be subject to law enforcement involvement and may face fines.

Parkland College has a smoking policy as well, although it's nowhere near as strict as the U of I policy.

"Smoking and use of smokeless tobacco are prohibited in all College buildings and College vehicles. Smoking is also prohibited within fifty feet of all entrances to the College, except in clearly marked 'designated smoking areas'. Smoking receptacles will be located in all designated smoking areas," Parkland's website on the smoking policy read.

Activities Program Manager John Eby outlined what Parkland has been doing for its own smoking policy.

"The Campus Smoking Policy Task Force was established in spring 2013 to evaluate our current policy and current practice, in relationship to state law. Our purpose includes developing possible changes to Parkland's policy that would be best for our campus. Parkland is still operating under a policy that was revised and approved in 2008, prior to the passage of the Smoke Free Illinois Act. What Parkland currently

THE SMOKE-FREE CAMPUS POLICY PROHIBITS SMOKING IN THE FOLLOWING AREAS DISPLAYED ON THIS MAP

- Building
- Parking
- Street
- Open Space

Smoke-Free Campus Policy Applies to Property Leased and Occupied by the University

Research Park - Smoke-Free Campus Policy Applies to Spaces Leased and Occupied by the University and University Employees, Students, Contractors, and Visitors; Private Lessor Policies Apply to Spaces Leased by Third Parties and to Their Employees and Visitors

Other Property - Private Owner or City Policy Applies

NICOTINE REPLACEMENT THERAPY

- A STATE FARM CENTER
- B ACTIVITIES AND RECREATION CENTER
- C 57 NORTH Ikenberry Dining Hall - First Floor
- D ICE ARENA
- E ILLINOIS UNION
- F CHOMPS Illinois Street Residence Hall - Lower Level
- G CAMPUS RECREATION CENTER EAST
- H PENN STATION Pennsylvania Avenue Res Hall - First Floor

Smoke - Free Campus Policy

As of January 1, 2014, Smoking is prohibited on all Campus Property at the University of Illinois at Urbana-Champaign, both indoors and outdoors, in university-owned vehicles, and in privately-owned vehicles parked on Campus Property. Please see the complete policy at <http://go.illinois.edu/smokefree>.

Be A Good Neighbor

The campus district includes certain private property, property leased to third parties, and city-owned streets and sidewalks. Please respect our campus neighbors by following the applicable private owner, private lessor, or city smoking policy, not trespassing on private property, and not littering tobacco products on private property or city-owned streets and sidewalks.

The Smoke - Free Campus policy prohibits smoking in the following locations that may not be displayed on this map:

- Robert Allerton Park, including but not limited to the Allerton Park and Retreat Center;
- Research and Education Centers operated by the College of ACES and located throughout the State of Illinois;
- Property under the jurisdiction of the Committee on Natural Areas; and
- Property leased and occupied by the university on behalf of the Urbana-Champaign campus within the State of Illinois.

Welcome to our...
Smoke-Free Campus

attempts to follow is that act," Eby said. "I can't say whether the campus will or will be going smoke-free. However, I anticipate a stronger restriction on places where people can smoke, creating designated smoking areas and requesting stronger enforcement of campus policies." Eby continued.

Eby also explained what the plan is for the campus in the future.

"Our desire is to have policy recommendations made this semester, with education and implementation begun by Fall Semester 2014. There are still several

procedural steps that must be made before the Administration receives any recommendations," Eby said.

"I don't think Parkland needs a strict smoking ban but I am all for having designated areas where students must go to smoke" Young said

Parkland's own policies could be changing by the fall as local colleges seem to be trying to make their campuses more environmentally friendly and healthy for their students.

For more information on U of I's smoking ban policy, visit www.campusrec.illinois.edu/Smoke-Free/.

Number of students applying to more colleges declines

Larry Gordon
Los Angeles Times

The panic in the college application process may be easing a bit.

That's the way some experts are interpreting statistics in a new report that shows a slight decline in the number of high school seniors who apply to seven or more colleges.

That decline in 2012 was the first in 20 years, according to the study by the National Association for College Admission Counseling. It had swelled from 9 percent in 1992 to 29 percent in 2011. Then the share of students applying to seven or more schools declined to 28 percent.

"In good news, there are some indicators that there may be an end in sight to the application scramble among students and colleges," said the report, entitled "2013 State of College Admissions."

It also said that anecdotal evidence suggests

some colleges are "curbing efforts to bring in as many applications as possible, in favor of more focused targeting of 'good-fit' students who would be likely to attend."

In related matters, the study found that colleges continue to consider students' grades in high school college prep courses by far the most important factor in admissions decisions. Those grades were described as considerably important by 82 percent of colleges in 2012. Admissions test scores were considered very significant by 56 percent of colleges.

After all the anxiety surrounding application essays, it may come as a surprise or a relief to some students that essays were deemed very important by just 20 percent of colleges. Counselors' recommendations was judged crucial by only 16 percent.

More than 440 colleges participated in the survey.

(c)2014 Los Angeles Times



Illustration by Patrick Farrell/The Miami Herald/MCT

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Fact or Fiction?

Yawning is contagious.
(Find the answer on page 3)

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News

Study abroad program a good opportunity

PN Mackenzie Eisenmann
Staff Writer

Parkland College offers many study abroad programs all around the world. Through Parkland, students can travel to England, China, Costa Rica, France, Ireland, Spain, or Austria to experience foreign culture while studying the language and history of the country.

While overseas, students have the opportunity to attend classes at national universities, live with native families, and tour some of the most beautiful countries in the world.

Despite these opportunities, each year only five to 10 Parkland students participate in the study abroad program.

Students have numerous doubts when considering studying in a foreign country, and because of these worries, many students view the idea as unrealistic.

One of the main reservations students have towards studying abroad is the cost. Study abroad trips have the reputation of being incredibly expensive.

Parkland student Rebecca Aardsma commented that while she would love to participate in the program and get a chance to study abroad, she just can't afford it.

With the costs of tuition, books, and housing, most students have a tight budget and assume they would be unable to pay the expense of the trip.

Going on a study abroad trip through Parkland is actually much less expensive than most universities' programs.

The University of Illinois offers a study abroad opportunity to Seville, Spain costing roughly \$19,300, including airfare.

A similar trip to Seville through Parkland would cost around \$12,400, which is almost \$7,000 saved in comparison.

According to Jody Littleton, Parkland's study abroad coordinator, Parkland offers a \$500 dollar scholarship to students who are participating in study abroad programs.

Students qualifying for a Pell Grant may also apply for the \$4,000- \$5,000 Benjamin A. Gilman International Scholarship to help cover their expenses.

Another reason students might feel reluctant to participate in Parkland's study abroad program is the time commitment.

"Some people don't want to be gone from their family and friends for a whole semester, that's a really long time," education major Clair Beeson said.

Many students are unable or unwilling to commit an entire semester to studying abroad, knowing they will be away from their homes for many months.

While Parkland does offer several full-semester study abroad programs, there is also the option to go on shorter trips. Students may travel to Austria, France, or Costa Rica for one month, which offers time to get to know the culture while being a more manageable time commitment.

Students on shorter trips will still get the opportunity to attend language classes as well as tour the country.

Most month-long study abroad trips happen during the summer months so students can more easily arrange their schedules.

Some students question if spending their time and money on a study abroad trip will be worth it, and many students are reluctant to invest time and money into studying abroad without knowing how the experience will benefit them in the long run.

Littleton recommends the experience for many reasons.

"It's a great resume builder; a lot of companies are looking for people with international experience who know how to deal with people from different cultures. It really sets you apart from other students," Littleton explained.

"But on a personal level, it is such an enriching experience. I know a student who actually changed their major (after studying abroad) to focus on international affairs. And it's just a whole lot of fun!" Littleton finished.

Students interested in the program or in getting more information should visit <http://www.parkland.edu/international/studyabroad>.



Photo courtesy of Jody Littleton/Parkland College

Parkland College offers affordable study abroad trips for students to participate in.

The human brain: What we do and do not know

Scott O. Lilienfeld
The Free Lance-Star

ATLANTA - What can neuroscience tell us about ourselves?

The answer to this question has long fascinated laypersons, and for good reason. The human brain, an unprocessed 3-pound mass of Jell-O-like material stuffed into our skulls, is the most complex structure in the known universe. There are more than 12 times as many neurons (nerve cells) in our brains than there are people on earth, and these neurons forge an estimated 100 trillion interconnections. In ways that neuroscientists are only faintly beginning to grasp, our brains undergird just about everything that makes us who we are - our personalities, memories, hopes, and most intimate thoughts and feelings.

Moreover, our brains are unmatched in many capacities. As New York University psychologist Gary Marcus has observed, no computer can rival our brains when it comes to inferring meaning. Marcus describes a Stanford University computer system, "Deep Learning," which has been programmed to distinguish positive from negative film reviews. Effective as Deep Learning is for some purposes, it is breathtakingly stupid compared with the human brain. Give the computer a line from a review that reads, "This

is a film that cannot afford to be ignored," and it rates the review as negative. In contrast to humans, who immediately grasp the meaning of the sentence, Deep Learning merely counts the number of negative words (such as "ignored") it encounters. The computer, well, computes; the person understands.

Discovering how the brain accomplishes this and other mental feats is one of science's most exciting endeavors. It is also one of the most difficult. As scientist Paul Alivisatos, director of the Lawrence Berkeley National Laboratory in California, noted, "Understanding how the brain works is arguably one of the greatest scientific challenges of our time."

As a psychologist interested in the causes of mental disorders, I am heartened by my field's relatively recent interest in the brain. For many decades, psychology was largely brainless. I did my graduate work in clinical psychology in the 1980s, and I can still vividly recall discussions with psychologists who insisted that mental disorders could be understood without any recourse to the brain. Back then, some prominent scholars contended that autism and schizophrenia, for instance, were merely products of bad upbringing. Today, we know that virtually all mental disorders are partly heritable, and that the genes that contribute to these conditions work by influencing

the brain's function and perhaps structure.

Fortunately, brainless psychology is a thing of the past, and the past two decades have been remarkably fruitful for neuroscience. In particular, the advent of functional neuroimaging tools, such as positron emission tomography (PET), functional magnetic resonance imaging (fMRI), and single proton emission computed tomography (SPECT), have allowed scientists to visualize the brain in action. Among other things, these techniques have offered us tantalizing clues regarding the brain correlates of mental disorders, such as schizophrenia, and of social problems, such as prejudice.

In the case of schizophrenia, we now know that this condition is associated with underactivity in the brain's frontal lobes, which subserve organization, planning and memory. This finding, in turn, may help to account for some of the cognitive deficits of this often devastating condition.

In the case of prejudice, psychologists have discovered that most whites display an immediate bias toward unfamiliar African-American faces: Their amygdalas, almond-shaped structures deep within the brain that respond to threat - "amygdala" derives from the ancient Greek word for "almond" - become activated when they view such faces for about one-thirtieth of a second. Yet, if we show white participants these African-American faces for about half of a second, we typically see initial amygdala activation, followed by activation in the anterior cingulate cortex and a region of the brain's frontal lobes, both of which play roles in the inhibition of impulses.

Hence, neuroscience implies that although many of us harbor reflexive biases against people of other races, most of us learn to override these biases.

Still, the linkages between the brain and human behavior remain poorly understood. For example, we don't know whether the brain differences between people with and without schizophrenia

contribute to this condition, or are merely statistically associated with it. At the risk of oversimplification, imaging techniques have generally been more successful in providing us with a map of the brain's functions than in elucidating how these functions connect up with psychological experiences.

That will surely change, especially with new imaging methods that permit scientists to track the pathways of neural signals as they course through the brain; yet the brain's staggering complexity reminds us that progress along these lines is likely to be glacial.

Recently, science journalist David Dobbs asked a group of neuroscientists, "Of what we need to know to fully understand the brain, what percentage do we know now?" Their estimates were all under 10 percent. Part of the problem is that functioning imaging techniques, remarkable as they are, are blunt instruments. The images generated by fMRI, for instance, display "voxels," little blobs that contain tens of thousands of neurons. As a consequence, a brain scan is a bit like the view of a sprawling city we glean from an airplane at 30,000 feet; we can make out some major landmarks, but we can't see people, let alone their interactions with each other. This state of affairs may soon improve with the Obama administration's recently announced BRAIN (Brain Research Through Advancing Innovative Technologies) Initiative, whose goal is to identify the activity of each of the human brain's 85 billion or so neurons. If successful, this initiative should permit us to map neuronal activity in a far more fine-grained fashion than we can now.

As exciting as brain imaging technologies have been, we must be vigilant about the dangers of going beyond the data. In our recent book, "Brainwashed: The Seductive Appeal of Mindless Neuroscience," my co-author, psychiatrist Sally Satel, and I discuss the premature application of brain imaging to marketing, lie detection, criminal

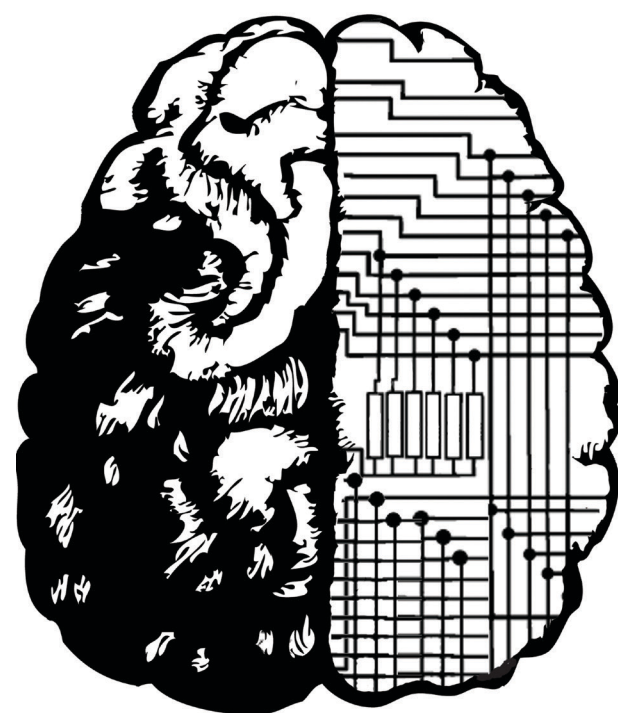


Illustration by Wes Bausmith/Los Angeles Times

responsibility, addiction and other domains. Although we acknowledge the potential of neuroimaging to shed light on all of these areas, we worry that the media, entrepreneurs and even a few exuberant researchers have at times advanced simplistic claims concerning neuroscience.

For instance, over the years, various teams of neuroimagers have claimed to have pinpointed a "God spot" in the brain's right parietal lobe, just above the ear. Yet recent work reveals that no such spot exists. Although there are certainly brain correlates of religious belief, such belief draws on multiple brain structures that interact in unfathomably complex ways.

Finally, in our understandable zeal regarding neuroscience's potential to inform our understanding of ourselves, we must be careful not to lose sight of alternative perspectives. Just as psychology was largely brainless prior to the 1980s, psychology is now at risk of becoming mindless, of forsaking the mental level of analysis. Although our thoughts and emotions are ultimately enabled by brain events, they may never be fully reducible to such events. These psychological experiences may be "emergent properties," phenomena that can't be decomposed into their lower-order elements. At any rate, these phenomena need to be understood and appreciated in their own right.

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Lifestyle

So Social: Messy Facebook? Clean it up

Scott Kleinberg
Chicago Tribune

When I used to look at my Facebook, I immediately thought of that junk drawer in the kitchen that barely opens and closes. So much stuff, so hard to organize.

It's my fault that it took so long, but I finally cleaned it up. Now, I use it like a pro and everything fits neatly in its own space.

Whether you have 10 Facebook friends or 10,000, you don't have to live with the clutter any longer. Here are just a few ways to keep everything manageable.

- CREATE A FRIENDS LIST: Facebook has a lot of options to narrow down content into easy-to-digest bites, but it doesn't always do a great job making people aware of them.

You've long had the ability to create a friends list, and now I'm going to tell you why you should. I create friends lists based on location.

So my friends from Pittsburgh and my friends from New Jersey each have a list. When I want to see what they are talking about, I click on the list. It's a giant filter and it works flawlessly.

To create a friends list, click "friends" in the left rail at facebook.com and click "create list" on the next screen.

Once you have your friends organized into lists, the way you use Facebook will change.

- DON'T MISS ANYTHING FROM THAT SPECIAL SOMEONE: With "Get Notifications," you can ensure that you never miss a post from a certain friend.

Once activated, you'll get a notification whenever this person posts something. And it should always show up in your News Feed.

To activate a notification for a specific person, go to the person's profile page and hover over where you see "Friends." Under there, select "Get Notifications."

- UNFOLLOW BEFORE YOU UNFRIEND: You know you've wanted to, but you chickened out because you didn't want the person to find out.

I'm talking about unfriending, and there's no other way to read it than "I can't stand all your posts about politics and diapers and I never want to see your

crap pop up in my Facebook feed again."

Resisting the urge to unfollow is just like resisting the urge to tweet something that you'll regret.

In that case, I tell people to launch Notepad or Word to type their thoughts so they don't get out on Twitter. In this case, I suggest something similar: Using unfollow instead of unfriend.

And if you didn't know there was an unfollow, you aren't alone. But there's a big difference between the two: Unfriend is permanent and eventually the person you unfriended will find out, even if they just get the add friend prompt on your page.

Unfollowing is completely hidden. You won't see a thing from the person in their feed - nothing at all - but they will be none the wiser.

To unfollow, just find some content from that person in your newsfeed and hover over it until you see a downfacing arrow in the upper right corner.

Click on the arrow and select unfollow. Boom! You lose the annoying stuff and no one's feelings are hurt. Although note that you won't get any birthday wishes from this person. Just in case that matters.

- BE SELECTIVE: Remember the friends list from earlier? You can create a list under here called "restricted" or "no" and use it to keep prying eyes out. So a post can be shared with "close friends" and hidden from "restricted."

To pick and choose between lists, look for the "custom" menu under the friends icon in the posting window.

In the menus that pop up, you'll see the option to share with some but hide from others.

There are other ways to be organized on Facebook, and I would love to hear what works for you. But these should be a good starting point.

What questions do you have about social media? Tweet them to @scottkleinberg. He might select yours for use in a future column.

(c)2014 Chicago Tribune

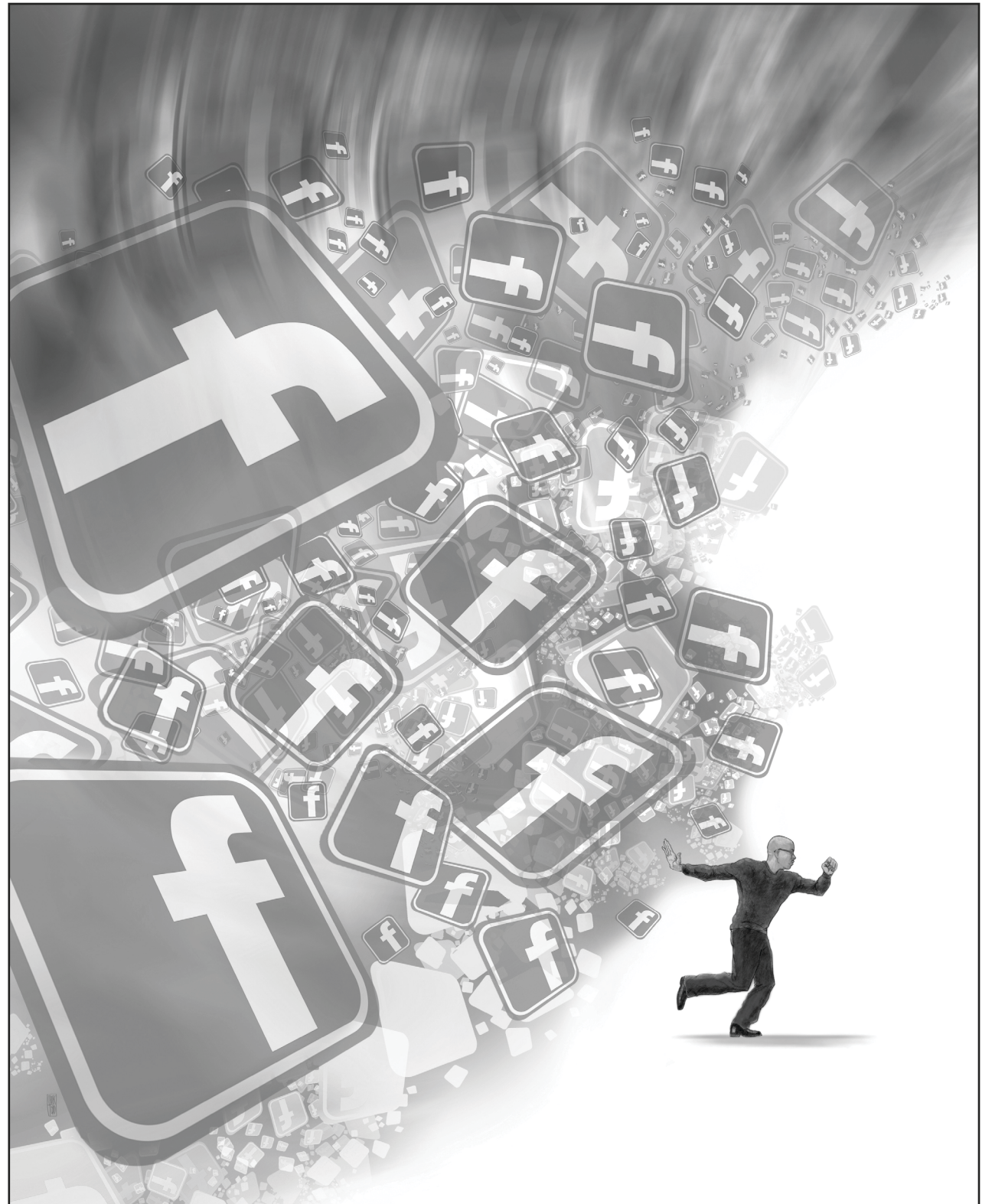


Illustration by Chuck Todd/San Jose Mercury News

Obama and the State of the Union

The primary themes of President Barack Obama's State of the Union addresses have varied, but the economy has been a major part of all the speeches. That will likely be the case again this year.

Obama's approval rating with highlights of his State of the Union addresses

Weekly percentage based on a three-day rolling average

Feb. 24, 2009

Major themes Economic recovery, energy, health care

Quote "The weight of this crisis will not determine the destiny of this nation."

Jan. 27, 2010

Major themes Job creation, health care reform, climate change legislation

Quote "We don't quit. I don't quit."

Jan. 25, 2011

Major themes Boosting the economy through government cuts, investments

Quote Obama urged the creation of programs to "out-innovate, out-educate and out-build" the rest of the world

Jan. 24, 2012

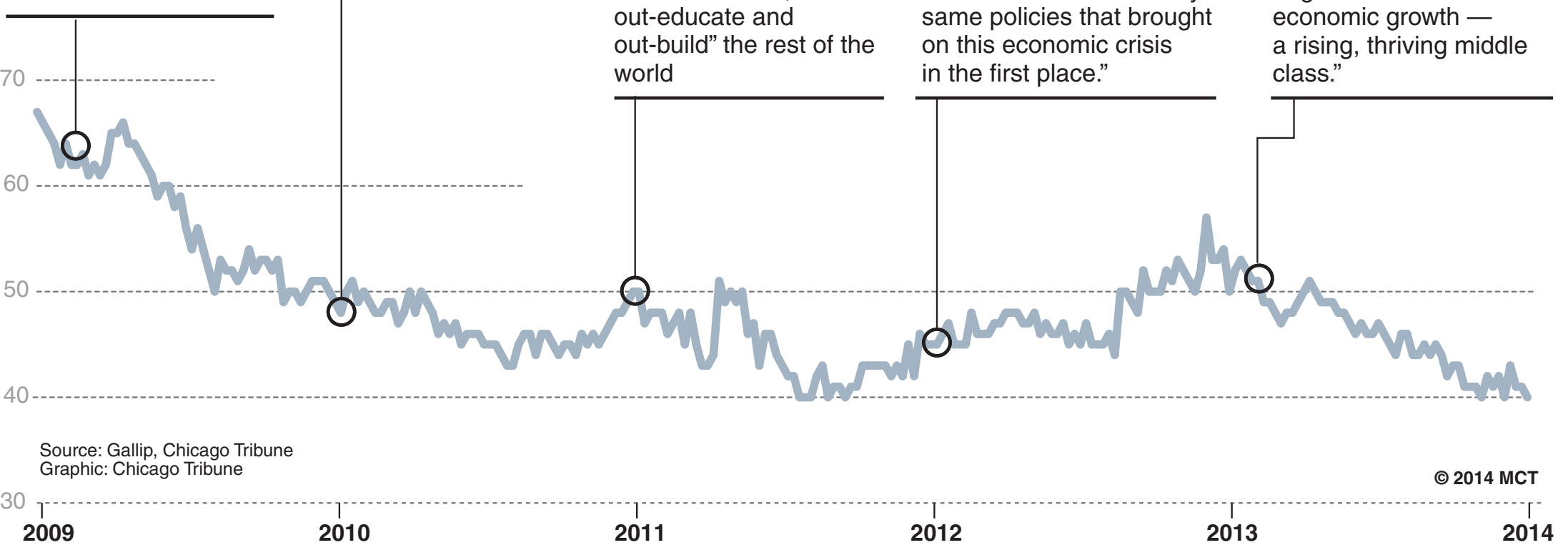
Major themes Fighting congressional obstruction, income inequality

Quote "I intend to fight obstruction with action, and I will oppose any effort to return to the very same policies that brought on this economic crisis in the first place."

Feb. 12, 2013

Major themes Helping the middle class, easing congressional gridlock

Quote "It is our generation's task, then, to reignite the true engine of America's economic growth — a rising, thriving middle class."



Source: Gallup, Chicago Tribune
Graphic: Chicago Tribune

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Fact or Fiction?

FACT: Yawning really IS something that can pass from person to person. Recent studies have found that our yawn mimicking has a possible relation to subconscious 'herding behaviour', similar to the mechanism that cause flocks of birds to take flight simultaneously.

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Opinions

Prospectus News

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- All submissions must follow the Parkland College code of conduct. All violations of said code will be turned over to Parkland College Administration and Public Safety.

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- All submitted content must be original work.

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All unused issues of Prospectus News are donated to the Parkland College Veterinary Technology program or the Champaign County Humane Society.



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Making college safe for women



Keith Myers/Kansas City Star/MCT

Teacher Tabitha Phegley, of Warrensburg, pictured Sept. 17, 2013, displays a pin and gives her support to those who have been victims of rape.



The Philadelphia Inquirer

"I've never been able to get close to a guy. I just imagined his hands on me every time and sort of spiraled into a breakdown. It's not just one night they hurt you when they do stuff like that, it's every night from then on. I can't remember the last time I didn't dream about what he did to me."

Those are the words of a rape victim, a Penn State student who recounted her experience in an interview posted on an independent campus blog called Onward State. The victim also said that at times she felt responsible for the assault because she wore a short skirt, drank, and danced.

What happened to the young woman was of course not her fault, and it is all too common, according to a new White House report. Nearly one in five women in this country have experienced rape

or attempted rape in their lifetimes, the report says. So have one in 71 men, another startling figure.

The numbers motivated President Obama, the father of two adolescent daughters, to launch a federal task force that has been given 90 days to recommend policies to reduce sexual assault on college campuses. "We've got to keep teaching young men in particular to show women the respect they deserve," Obama said last week.

The report notes that some of the highest rates of sexual assault occur among students. "This violence, and the stress, fear, and mental health challenges that often follow, combine to increase dropout rates and limit opportunities for success in college," wrote senior White House adviser Valerie Jarrett. Reducing sexual assaults, she added, is key to the administration's goal of including more

women in the workforce.

The relatively short 90-day time frame for the task force to complete its report may be a good sign given that this isn't the first time Obama has addressed the topic. In 2010, he urged more aggressive action to decrease rapes. In 2011, the Department of Education issued new guidelines for colleges handling sexual assaults. In 2012, the government redefined rape to better reflect reality by including male victims. And last year, Obama signed a reauthorization of the Violence Against Women Act, which funds specialized training for law enforcement and health professionals.

By now, Obama must know that saying something should be done won't get it done, so he's created a task force to push things forward. Given its deadline, the panel should take full advantage of the wealth of

recommendations already made by other organizations to reach consensus on what else the nation should do about sexual assault.

For example, Women Vote PA, an initiative of the Women's Law Project, has made recommendations for schools at every level from kindergarten through college. First and foremost is adopting and making readily available to students clear guidance on what constitutes sexual misconduct, what is and is not consent, how to report an assault, and what campus and community resources are available to victims.

Ultimately, students must act more responsibly, too. As Obama said, it's a matter of showing respect for one's peers and being willing to step in to help those who are vulnerable.

(c)2014 The Philadelphia Inquirer

Obama makes the case for a higher minimum wage



The Baltimore Sun

"No one who works full-time should ever have to raise a family in poverty." That was the message President Barack Obama brought from Tuesday night's State of the Union address to a Costco warehouse in Lanham, Md., on Wednesday morning, and it's hard to believe that there's much disagreement on that sentiment.

Yet based on the reaction from congressional Republicans, one would think that President Obama's decision to issue an executive order raising the minimum wage for new federal contractual workers to \$10.10 per hour from the current \$7.25 was tantamount to socialism. And that's about the nicest thing his Republican critics had to say in the wake of Tuesday's speech, including those who claim he's violating the Constitution (as if offering a modest wage increase was on-par with the internment of Japanese-Americans, the freeing of the slaves or other far more ambitious actions presidents have taken by executive order in the past).

Income inequality exists, and it's been getting worse for decades. That's a fact. There are any number of reasons for this well beyond the scope of government, as Obama has pointed out, including the loss of jobs that required relatively few skills but paid decent wages. Much of the remedy involves providing better educational opportunities and job training to workers, but part of the solution is to raise the wages of the lowest tier.

The president likely chose a Prince George's County Costco to make his first appearance after his speech for two reasons. The first is that Gov. Martin O'Malley and the General Assembly are now involved in a debate over the Maryland minimum wage with a push to elevate it to the same \$10.10 per hour, a cause that has already met some resistance from Democrats and Republicans alike.

But the second - and one that Republican critics should note - is that Costco is prime example of what



Pool photo Mike Theiler/Corbis via Abaca Press/MCT

U.S. President Barack Obama hugs Costco Assistant General Manager Teresa Allen as he arrives to deliver remarks at a store rally, as he takes his State of the Union address on a two-day tour outside Washington, in Lanham, Md., on January 29, 2014. Obama is pushing Congress to raise the federal minimum wage as part of his economic plan.

happens to an employer in the highly competitive, price-sensitive big-box discount retail market when wages are increased. The result is that everybody wins - workers, customers and shareholders.

Costco is not only a highly successful company, but it has prospered by paying higher wages and offering better employee health coverage than its competitors. Hourly workers in its 400 stores reportedly earn not \$10.10 per hour but average \$20.89 per hour (before any overtime is added in). Meanwhile, employees are expected to contribute a substantially smaller percentage of their health insurance plan's cost than is the norm.

Yet Costco's labor costs are relatively low, at least when compared to total sales. In part, that's because the higher wages attract a more stable, harder working, more responsible and loyal workforce. And that's exactly what

advocates for a higher minimum wage have been saying for years - the policy can be a win-win for the economy and for working-class families.

Obviously, business models vary, but this nation has had a minimum wage on the books since the 1930s. It isn't socialism, it isn't communism, it's just a protection to ensure that people are treated fairly. And, unfortunately, it has been allowed to become largely irrelevant because it hasn't kept up with inflation over the years.

America should be home to the American dream. Yet serious questions have been raised recently about how much social mobility exists in this country. If you are born poor today, you are about as likely to remain poor as you were 40 years ago, according to a study released earlier this month that also found that the U.S. lags many other nations in upward mobility (and that includes countries like Denmark,

Great Britain and Sweden where there is a much more elaborate - and costly - social safety net).

Will raising the wages of a relatively small percentage of the workforce change all that? Absolutely not. But even Mr. Obama's modest increase that might cover 200,000 workers is a step in the right direction. Small wonder that 21 states and the District of Columbia now require a minimum wage that is higher than the federal standard, too.

President Obama probably can't get a minimum wage through a Congress so dysfunctional that the opposing party offered four separate responses to his single State of the Union address instead of the customary one. His promise to do all that he can to boost economic opportunities, whether by law or by executive order, is about the best that can be offered at the moment.

(c)2014 The Baltimore Sun

Seattle Seahawks win Super Bowl XLVIII 43-8



Bruno Mars performs at halftime of Super Bowl XLVIII at MetLife Stadium in East Rutherford, N.J., on Sunday, Feb. 2, 2014.

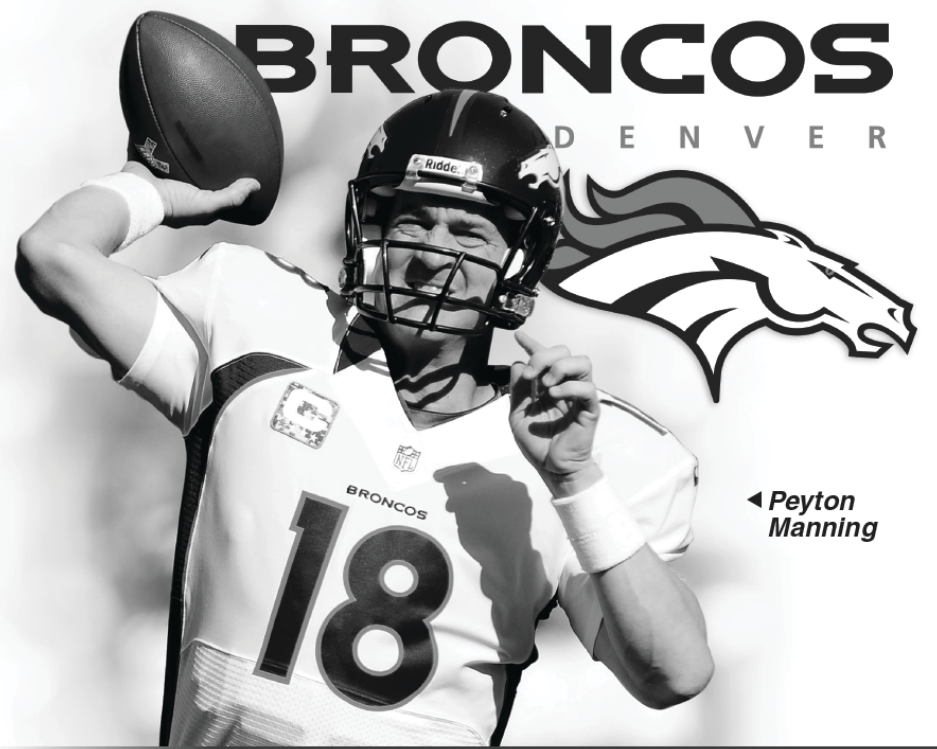
Mark Cornelison/Lexington Herald-Leader/MCT

Meeting for the big game

The Seattle Seahawks and the Denver Broncos will meet Feb. 2 to play in Super Bowl XLVIII at MetLife Stadium in East Rutherford, New Jersey.



Russell Wilson



Peyton Manning

Regular season	293-303
Postseason	11-12

Playoff appearances

1983, 1984, 1987, 1988, 1999, 2003, 2004, 2005, 2006, 2007, 2010, 2012, 2013

1972 Group of Seattle business and community leaders announce intention to acquire an NFL franchise for Seattle

1976 First season; named the Seahawks after contest of more than 1,700 names

1983 Chuck Knox hired as head coach; make first postseason appearance; lose in AFC Championship

1996 Microsoft co-founder Paul Allen purchases team after previous owner Ken Behring threatens to move team to Los Angeles

2002 Play first game at CenturyLink Field; stadium considered one of the loudest in the NFL

Feb. 5, 2006 Head coach Mike Holmgren leads team to first Super Bowl; lose to the Pittsburgh Steelers

2009 Jim L. Mora takes over as head coach for one year; ends the season with 5-11 record

2010 Pete Carroll named head coach; make playoffs; lose to Chicago Bears in Divisional Round

2012 Draft QB Russell Wilson in the third round; will start all games in the season; lose in the playoffs in the Divisional Round to Atlanta Falcons

Jan. 19, 2014 Defeat the San Francisco 49ers to advance to Super Bowl XLVIII

Regular season	432-378-10
Postseason	20-17

1960 Denver Broncos among eight teams in the start-up American Football League

1970 NFL and AFL merge; Denver has the worst record of any original AFL team

Jan. 15, 1978 "Orange Crush" defense leads team to its first Super Bowl appearance; lose to the Dallas Cowboys

1983 QB John Elway's first season; would play for 16 seasons and compile 148 wins

Jan. 28, 1987 Lose to the New York Giants in Super Bowl XXI; two more defeats follow, Super Bowl XXII and Super Bowl XXIV

Jan. 28, 1998 Super Bowl XXXII win against Green Bay Packers

Jan. 31, 1999 Defeat Atlanta Falcons in Super Bowl XXXIII; Elway named MVP; retires after season

2005 QB Jake Plummer leads team to third consecutive postseason; lose in AFC Championship game to Pittsburgh Steelers

2008 Head coach Mike Shanahan fired after 14 seasons, the longest-tenured and winningest head coach in Broncos' history

March 20, 2012 Sign QB Peyton Manning; takes team to playoffs in first season; lose to Baltimore Ravens in AFC Championship game

Jan. 19 2014 Defeat the New England Patriots to advance to Super Bowl XLVIII

Playoff appearances

1977, 1978, 1979, 1983, 1984, 1986, 1987, 1989, 1991, 1993, 1996, 1997, 1998, 2000, 2003, 2004, 2005, 2011, 2012, 2013

Super Bowl Champions

1997, 1998

Puzzles & Comics

Bliss



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Happiness is not something you postpone for the future; it is something you design for the present.

- Jim Rohn

Sudoku (hard)

8	9			5				
				1				2
	1	6	3					
				7		6		5
		3				8		
7	2		9					
				4	9	6		
4				3				
				6			5	7

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Imps! by Jeff Harris



GREEN APPLES by Jeff Harris



Best In Show

by Phil Juliano



THE TV CROSSWORD

by Jacqueline E. Mathews

1	2	3	4	5			6	7	8		
9							10	11			
12							13				
14							15				
		16	17	18				19	20	21	22
			23						24		
25	26	27					28	29			
30							31				
32							33				
			34	35					36	37	38
39	40	41					42	43			
44								45			
46								47			

Created by Jacqueline E. Mathews

10/6/13

ACROSS

- Actor Clark __
- "__ Vegas"
- To no __; fruitlessly
- __ 99; Barbara Feldon's role on "Get Smart"
- "Cagney & __"
- Captain Hook, for one
- Bit of sooty residue
- "__ the Explorer"
- __ up; relaxed
- "Cold __"
- "The __ King"; hit animated film
- "Brown __ Girl"; song for Van Morrison
- Burnett and Channing
- Actress Robin __
- Sharif or Epps
- Downey of "Touched by an Angel"
- Tim Daly's sister
- Family car
- Mary-Kate, to Ashley
- "Harper Valley __"
- "Harry __ and the Sorcerer's Stone"

- Late film critic Roger __
- Zodiac sign
- Capital of Oregon
- "The Whole __ Yards"; Bruce Willis movie
- Spreads for fancy crackers

DOWN

- Celebration
- Gardner and her namesakes
- "The __"; reality dating series
- "__ to Me"; Tim Roth series
- Ron of "Sea Hunt"
- Actress Thompson
- "The Atom __ Show"; cartoon show of old
- Sault __. Marie
- "Up in the __"; George Clooney movie
- Role on "The Mentalist"
- Pea casing
- Comfy room
- Be in poor health
- Distress signal
- Certain vote
- Title for Feinstein & Hatch: abbr.
- Begley and Bradley
- Rollaway bed
- Actress Brenneman
- Galloped
- "__ Bless America"
- "__ Celebrity...Get Me Out of Here!"
- "The __ & Stimp Show"
- Title for Alec Guinness
- Jazz guitarist __ Montgomery
- "One __ Hill"
- Machines that give \$20 bills, for short
- Emcee Sajak
- Miner's discovery
- "The Adventures of Rin Tin __"
- Sixth sense, for short

Solution to Last Week's Puzzle

A	M	E	N			O	L	D									
S	A	R	A			M	A	R	G	E							
S	P	L	I	T		T	A	M	E	R	A						
P	E	C	K			H	I	R	E		E	G	G				
A	N	O				T	O	M	S		K	Y	L	E			
						L	E	A	P		R	E	S	E	T		
						M	A	R	E		S	H	E	A			
T	W	I	S	T						P	E	N	N				
A	U	N	T			A	S	I	A		A	L	A				
M	R	T				E	R	I	N		A	T	A	T			
						S	H	A	R	O	N		S	T	O	N	E
						T	E	R	I	S		R	O	M	A		
						A	C	E			A	M	Y	S			

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Sports

Featured athletes of the month



Alex Wallner
Sports Writer

With women's basketball at Parkland entering the heart and the heat of the conference season, there is one athlete that has stood out amongst all the others.

Business Administration major Hannah Wascher from Rantoul high school is the women's athlete of the month. A month where Wascher averaged 15.7 points per game in seven games and eight rebounds in her seven games as well.

What are your thoughts of the season thus far?

"I think we're doing really well, throughout high school I never had a double digit win season, but I think we're doing pretty good. We have a few more games, before it (the rest of the season) gets serious and I think we can do pretty well in the postseason."

Do you think you have shown improvement throughout the season and how?

"I think I've shown a couple improvements, I can't really pinpoint my improvements on the offensive and defensive end, but the overall

improvement that I've seen is my attitude. I used to have a terrible attitude, but now I'm just having fun, I haven't argued with the refs in a long time, so that's the biggest change I think that I've had."

What do you think your strengths and weaknesses are?

"My weakness is definitely the defensive end, just everything about it (defense); my defense has a lot of improvement. My strengths, I'm strong, I can handle a beating and I can finish around the hoop, I think those are my two strengths that are the most noticed."

How can you improve on those weaknesses?

"I need to push myself further when we do our defensive drills and spend more time on defense, like with a one-on-one workout in the offseason, (instead) spend more time getting the basics of defense down, just the stance and the quickness and help side."

What are your goals for the end of the year as a team?

"I think our goals for the whole team is to make it to Nationals definitely and I honestly think that we have a really good chance of that,

especially if we keep playing the ball that we've been playing, then I really don't think that there's any team that can stop us."

What are your individual goals?

"I need to pick it up on the rebounding; my rebounding's been slacking a little lately, so hopefully with the end of the season coming, I can get those up."

How do you think you can help your team win?

"I think I can help my team win by playing my game and being the teammate that I know I can be and helping the whole team, just being there for them."

The Lady Cobras finished the month of January with nine wins and one loss.

For more information on Wascher and the women's basketball team, please visit <http://www.parkland.edu/athletics/womensbasketball>

SEE HER IN ACTION:

Parkland vs. Danville
Date: Saturday, Feb. 8, 2014
Time: 11 a.m.
Location: Dodds Athletic Center

22 Hannah Wascher

Center • 5-10 • Rantoul HS (Rantoul, Ill.)

Men's basketball is also starting to heat up for the new season, and sophomore Shane Senior has proven to be a vital part of Parkland's basketball team.

Senior has shone in the month of January, averaging 16.5 points per game to go along with his eight rebounds per game for the Cobras since the turn of the calendar.

Senior was also asked a series of questions addressing the season individually and as a unit:

How do you think you've improved from this year to last year?

"Coach gave me a list of things to improve on over the summer since I went home; I've gotten a personal trainer down there and a guy that I work with for basketball skills, so I just worked on that and worked on getting quicker and stronger."

What do you like more about this season than last season?

"I feel like this season, we're a lot more together as a team and as a family. Everyone hangs out with everyone, it's not as split and

conjugated as it was last year."

What main aspect of your game this year has improved the best?

"Definitely my post moves, last year I didn't have as wide a range of post moves, I've added a face-up game this year and counter moves (this year)."

What are you looking forward to the most about playing at Chicago State next year?

"I'm definitely looking forward to the 'D-1' experience, being able to travel all across the country, playing big teams; just being a part of what I think every kid who plays any sport, that's the goal 'D-1', to play on that big stage, so I'm looking forward to that."

Do you feel like the season has made you tougher as an individual and as a team?

"Definitely, we definitely have the toughest schedule. As far as our conference goes, easily the toughest schedule of probably anyone we play. At the beginning of the year we scheduled a lot of the number ones, a lot of the top teams with three to four guys, who were either 'D-1' transfers

or 'D-1' signees; we went up against those guys so we would be better prepared now in conference play and in postseason."

What do you like about going to another college and gaining more experience?

"I guess we're going to find out, I can't really say much now. I've been to a few games, I've talked to coaches on how they handle their players and the family they have up there, so from what I see, I'm looking forward to experiencing that, but like I said, we're going to find out."

To find out more information on the men's basketball team or to view upcoming games, go to <http://www.parkland.edu/athletics/mensbasketbal>.

SEE HIM IN ACTION:

Parkland vs. Danville
Date: Saturday, Feb. 8, 2014
Time: 1 p.m.
Location: Dodds Athletic Center



Forward/Center • 6-7 • Castle HS (Newburgh, Ind.)

Shane Senior 42

Photos by JoJo Rhinehart/Prospectus News

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Entertainment

Meet the new Director of WPCD

Ted Setterlund
Staff Writer

Parkland College's radio station WPCD welcomed a new director to its program in 2014. Deane Geiken, with over 20 years of experience in the radio business, has been hired to become a part of the Parkland faculty.

With the departure of former WPCD director Eleni Kametas, Geiken took over the position in December of 2013, about a week after finals were over.

Prior to taking the position at WPCD, he worked for the University of Illinois' Radio Reading Service for the Blind and Visually Impaired. According to Geiken, he wasn't expecting much of a chance when he applied for the position at the station, and was surprised when he first heard about being offered the director's position.

"The opening came across my radar. I was not looking to leave the university; I was planning on retiring from them. But something just called to me about coming to WPCD, and since I started here as a student. I was under the impression that a Masters Degree was needed, and I only had a Bachelors Degree. And I just never thought about leaving my position for the university," Geiken said.

Geiken is no stranger to Parkland College and WPCD. In the mid 80s, while studying at Parkland as a Computer Programming major, he worked as a DJ for WPCD.

Geiken was one of the first paid morning

DJs for two full semesters under former WPCD director Dan Hughes.

"I was kind of bored with Computer Programming, so I dabbled into some other programs, and Radio Production was one of the programs that really kind of lit my fire. I eventually finished my programming degree, but I always kept that love and desire to keep doing stuff with radio," Geiken explained.

His main goal while working for the radio station is to bring in more involvement for Parkland students from where it currently is, and also a closer working relationship with other departments around the campus.

"I want to use the radio station for their voice, and as a way to get things more widely known from their departments, and to see if we can work together to bring their students to the radio station," Geiken said.

As of now, Geiken does not have any plans to change the current format of the station, saying that the format has no reason to change.

"I am still trying to get my feel for everything at WPCD. Other than a few minor changes, there will be nothing big. I think the format serves the listening audience very well. I also think that the radio station is very well organized," Geiken said.

According to Geiken, WPCD has come a long way since when he was first part of the station nearly 30 years ago from a top 40 station. Over the years the station evolved to a rock-focused station and finally to where

it currently is, as an independent-focused variety station.

Geiken also stated that radio is defined by personality, and not just music.

"When I first started working here, we only used 45 records; at that time you needed somebody there to spin the records. And then the CDs came in, so we started using those instead. We used to use everything. If radio goes further from having a person on the air, it's just going to be Pandora. Radio is there to entertain, and it needs some type of personality to attract an audience," Geiken commented.

Although there will not be any changes to the station in the near future, Geiken's plans to expand student-focused opportunities for the station might offer some surprises for students and faculty members who listen to WPCD.



To hear more about what Parkland's radio station has to offer, tune in to 88.7 WPCD-FM.

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Photo by Ted Setterlund/Prospectus News

A look inside Parkland's Student Services Center, which is expected to be complete in late spring



Photo by Ted Setterlund/Prospectus News

A preview of the new Student Services Center, which is expected to be complete in late spring of 2014.

Who said print is going downhill?



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