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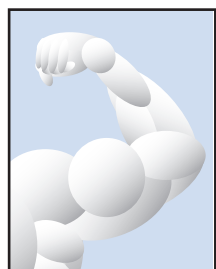
Google chief urges North Koreans to get connected

News - Page 2



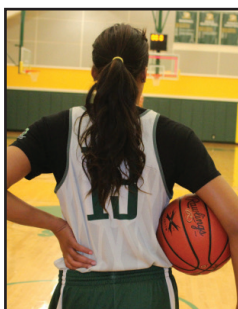
Is the resume dead or just evolving?

Opinions - Page 4



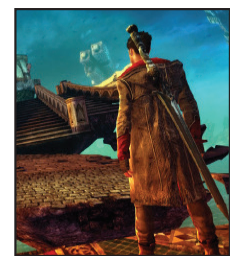
Is cloud storage taking over?

Lifestyle - Page 3



Women's Basketball enter final stretch

Full Story - Page 7



Newest "Devil May Cry" sees improved gameplay

Full Story - Page 8

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News - 2
Lifestyle - 3
Opinions - 4
Puzzles/Comics - 6
Sports - 7
Entertainment - 8

Parkland Fitness Center among best in the country



Photo by Craig Towsley/Prospectus News

The Parkland Fitness Center helps student, faculty and staff reach their fitness goals with some of the most modern and advanced equipment available anywhere.

PN Mark Roughton
Staff Writer

Last semester's excitement for the highly anticipated fitness center at Parkland College wasn't entirely due to the fact that it was new. Those in the know were excited because they knew that this particular fitness center contains some of the most advanced workout equipment available.

The buzz generated by the arrival of the new fitness center last August led to memberships being sold out for the entire fall semester. Even the non-credit, gym membership fee program was booked within the first two weeks of the fall semester.

Kinesiology professor Chris Warren, who was involved in deciding which equipment to have in the fitness center, knows it's anything but regular.

"There's every piece of top of the line equipment that you would want that exists in the world in that facility," Warren said.

This fitness center contains Olympic style in-lay platforms. This means the surface is level with the ground, allowing users to complete their workouts on an entirely flat surface.

The main equipment that Warren speaks highly of are four big Keiser power racks in

the middle of the lower level that are used for bench-press, leg-press, pull-ups and squats.

"All of the Keiser racks in the middle and the machines that are mounted on the wall run off of pneumatics," he explained.

Pneumatics machines use air compress to provide resistance. This allows users to perform exercises such as pull-ups with varying levels of resistance. This, in turn,

makes it possible for people of all skill levels to be able to benefit from the equipment to the utmost.

"The nice thing about pneumatics is that you can do assisted or resisted exercise," he explained. "It really gives us the freedom and flexibility to do some things that traditional strength training equipment doesn't offer."

See PC on P. 5

NASA says this will be a year of science on the space station

PN Mark K. Matthews
Orlando Sentinel

Right before Christmas, a Russian rocket carrying three astronauts - one American, one Russian and one Canadian - launched from a chilly spaceport in Kazakhstan to begin a five-month mission to the International Space Station.

Unlike many of its predecessors, this crew's job is straightforward: Do science - from studying solar rays to investigating how microgravity affects fish and their bones, which could provide insight on why astronauts lose bone density while in space.

"Twenty-thirteen really promises to be a productive one," said Chris Hadfield, a Canadian Space Agency astronaut, after arriving at the outpost.

If that's true, NASA will get one step closer toward finally fulfilling the promise of the \$100 billion space station that was intended to be a groundbreaking laboratory circling about 220 miles above Earth.

Although critics have questioned why it has taken so long - work began on the station in 1998 - NASA said the new emphasis on science and the arrival of new equipment mean the future looks bright.



Photo by Red Huber/Orlando Sentinel/MCT

A Falcon 9 rocket carrying a Dragon blasts off Sunday, October 7, 2012 for a scheduled launch at 8:35PM from Cape Canaveral Air Force Station in Florida. This is the first commercial re-supply mission to the International Space Station.

"As the coming year unfolds, NASA will continue to conduct important research on the International Space Station, which continues to yield scientific benefits and provide key information about how humans may live and thrive in the harsh environment of space," NASA leaders wrote in a year-end status report.

Key is the addition of new equipment. By next fall, NASA plans to send to the station an "Animal Enclosure Module" that will

allow scientists to study the effects of weightlessness on rodents - which could help doctors develop better medicines for bone and muscle ailments. The 60-pound module had flown 23 times aboard the space shuttle.

Marybeth Edeen, NASA manager of the station's national laboratory, said the rodents could be used to test drugs intended to treat osteoporosis or illnesses that degrade the muscles, such as Lou Gehrig's disease.

"A 30-day-old mouse on the station has the bone and muscle structure of a 60-to-70-year-old woman," said Edeen, adding that rapid changes brought on by weightlessness enable drug companies to quickly assess the results of experimental medicines.

"You start to get some quick models to test different pharmaceuticals," she said.

Similarly, NASA plans to increase the number of plant test beds on the station and add a new "atom lab" in the

next couple years that will be cold enough to slow atomic particles - giving scientists a chance to better study their makeup.

Edeen said 2013 also promises to yield results from the Alpha Magnetic Spectrometer, a van-sized device that's essentially a tube wrapped in powerful magnets. Designed to study interstellar particles, it was flown to the station in 2011 and attached to the outside of the observatory. So far, it has tracked more than 27 billion cosmic rays.

The hope is AMS can provide new insight about the universe and its formation, particularly as it relates to a mysterious substance called antimatter. Scientific theory holds that the universe was formed from equal parts of matter and antimatter, but finding traces of antimatter is difficult - it's annihilated when it comes into contact with matter.

But more could be known in six months. "The first (AMS) papers will come out in summer 2013," Edeen said.

Getting to this point, however, hasn't been easy.

Though crews have staffed the station since 2000, astronauts were averaging only three hours of science work a week as late as 2008.

Two events changed that:

See NASA on P. 5

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Fact or Fiction?

Clint Eastwood won an Oscar the first time he was nominated.

(Find the answer on page 5)

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News

Google chief urges North Koreans to get connected

Barbara Demick
Los Angeles Times

Could Google drag North Korea kicking and screaming into the 21st century?

Eric Schmidt, executive chairman of the world's most popular search engine, on Thursday urged the world's most Internet-shy nation to open up or risk falling further behind the developed world.

"As the world becomes increasingly connected, their decision to be virtually isolated is very much going to affect their physical world, their economic growth and so forth, and it will make it harder for them to catch up economically," Schmidt told reporters at Beijing airport while en route home from Pyongyang, the North Korean capital. "It's time for them to start or they will remain behind."

Schmidt's four-day trip to Pyongyang, as part of a private mission led by former New Mexico Gov. Bill Richardson, drew criticism and skepticism. The State Department loudly voiced its disapproval of any outreach to a country that last month shot off a long-range missile in defiance of international warnings.

One stated goal of the trip - to secure the release of an imprisoned American, Kenneth Bae, a 44-year-old tour operator - did not produce much in the way of tangible results. The delegation was not permitted to visit him, although Richardson said Thursday they were informed he was in good health and had managed to pass on a letter from his son.

Although now under the leadership of the world's youngest head of state, Kim Jong Un, who celebrated his 30th birthday this week, North Korea lags far behind in connectivity. Unlike tech-savvy South Korea, one of the

world's most wired nations, North Korea has made itself a virtual black hole in the Internet as part of its overall rejection of foreign influences.

Foreign television, books, magazines, music and movies are for the most part illegal. Less than half of the nation's 24 million people have telephones at home, and those who do are barred from calling overseas.

Schmidt and Richardson visited a library at the elite Kim Il Sung University, named for the reclusive state's late founder and the current leader's grandfather, and chatted with students who had limited Internet access and were searching in Cornell University's library online.

"People were not able to use the Internet without somebody else watching them, it appeared," Schmidt said. He noted that North Korea's mobile telephones, introduced about four years ago, can't currently access the Internet but that technological hurdles were not insurmountable.

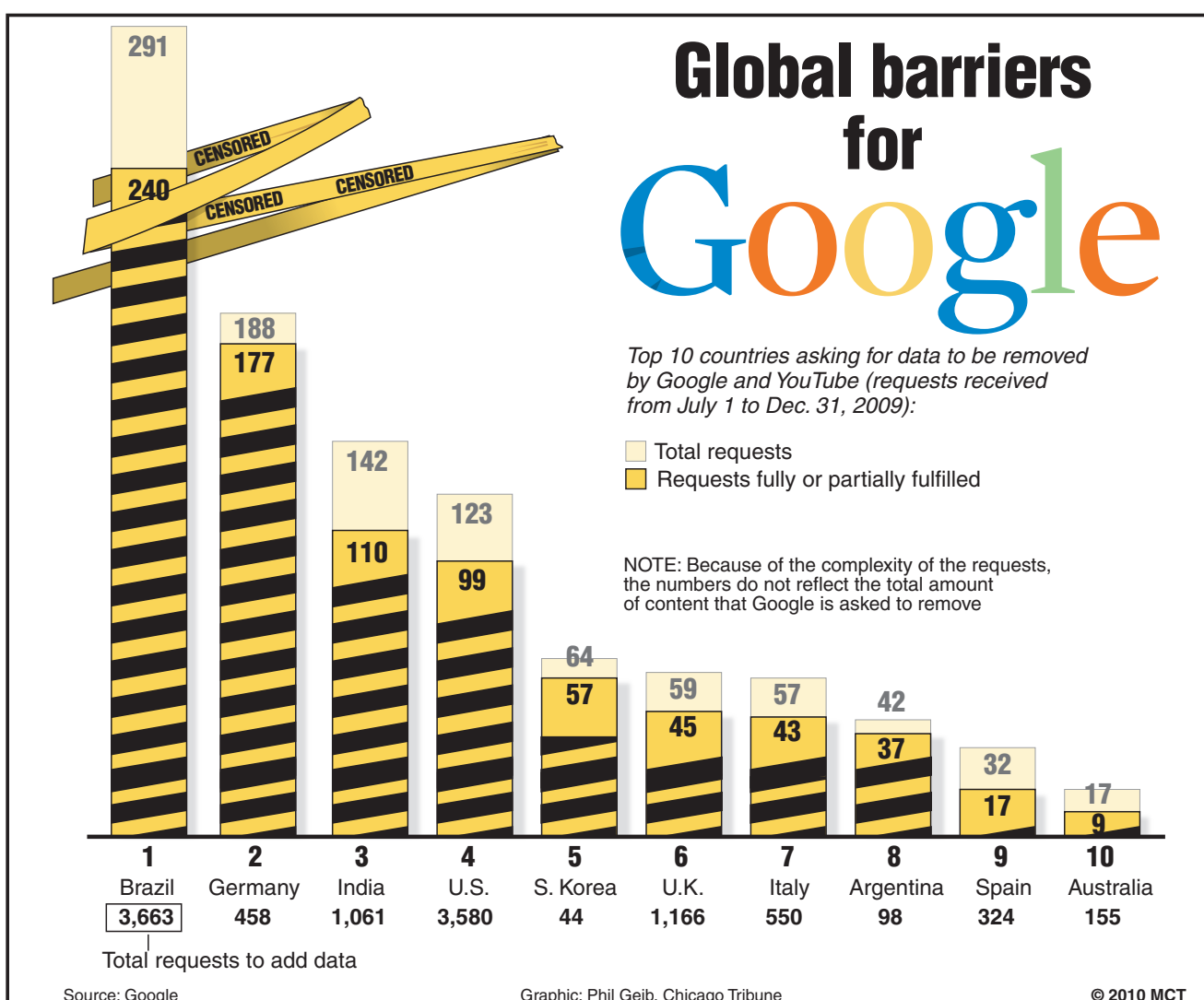
"It would be very easy for them to turn that on," Schmidt said.

North Korea experts say the obstacles to introducing the Internet are more political than technological.

Unlike China, which merely blocks access to sensitive political topics, the North Korean regime - to perpetuate its own existence - needs to prevent its population from discovering how much poorer they are than their neighbors.

"Impossible," declared Andrei Lankov, a Kim Il Sung University graduate who is now a professor at South Korea's Kookmin University. "If people had access to the Internet, in a matter of minutes they would learn that most South Korean households have private cars, which is unimaginable to them."

Internet access is restricted to elite



scholars at a few universities, among them the Pyongyang University of Science and Technology, which was opened in 2010 by evangelical overseas Koreans. "They do have to report the sites they visit, but otherwise they are given relative freedom in using the Internet for their study and research," said Norma Nichols, a school official, in an email.

closed system known as the intranet. "It is a somewhat reduced and out-of-date version of the Internet. Scholars who go overseas often bring back material and they are often ransacking the Net and putting up things that are appropriate," said Stuart Thorson, a professor of political science at Syracuse University who has been working with the North Koreans for a decade

to improve information technology. When he first started in 2002, he was told there were only 10 people in the entire country with unfettered Internet access. "While the number has changed, it is clear that it is a political decision who accesses it and how much," Thorson said.

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Are cloud storage services taking over?

PN Ted Setterlund
Staff Writer

For many students, having a portable storage device is a convenient way to save and transport their files. For a while, the most popular of which has been the USB flash drive, also nicknamed the thumb drive or pen drive.

Flash drives first came onto the market in 2000; they revolutionized the way that computer files can be stored. Previously, the only ways that files can be portably stored were floppy discs and compact discs, which had size limitations or posed difficulties when rewriting data.

Flash drives made it more convenient to store. Their smaller size, larger storage capacity and easy rewriting capability made them a better overall option.

Recently, cloud storage has become the new method for easily storing files digitally without the use of hardware or tools.

Although the trend of storing files online has become more popular in the recent years, cloud storage is nothing new in the online world. Since the 1990s, various websites have offered online storage for no charge, although in much smaller file sizes.

One of the earliest online storage services was Yahoo Briefcase. Owned by the internet corporation Yahoo, this service offered 50 megabytes of free storage to Yahoo members, which allowed them to share files and pictures easily. Yahoo has since shut down Briefcase, due to lack of use.

Since technology has improved, internet companies are making it easier now to offer the service in higher file sizes, with some websites going as high as a terabyte with a subscription.

One of the most popular cloud storage services is

Google Drive, which has been offered by Google since April of last year. With a free account, Google offers 5 gigabytes of storage, with additional data storage available with a paid subscription.

Another popular storage service is the iCloud from Apple. Launched in October 2011, it offers the same amount of storage device as Google Drive.

What makes it unique, however, is that it focuses on providing easy navigation of files and apps for iPhone users to other Apple products. iCloud also has an option for Windows users, making it an unusual platform for a product owned by Apple.

One of the most popular cloud storage services is provided by Dropbox, which provides 2 GB of free storage to all members. Dropbox even allows users to increase their storage space for free by completing certain actions such as referring new members, connecting additional devices and syncing smartphone cameras for automatic photograph upload.

The service also integrates seamlessly with operating systems, and the space appears as just another folder on your hard drive that automatically updates to similar folders on other connected devices.

While many of these services only offer a place where people can just store data, other websites are experimenting with more ways for people to use the internet to handle functions such as taking notes and writing papers.

One of the best places to type documents online is Google Documents, which is part of their Drive service. This allows one to type a document without the need to purchase or download a word processor application, and is quickly integrated into the Drive.

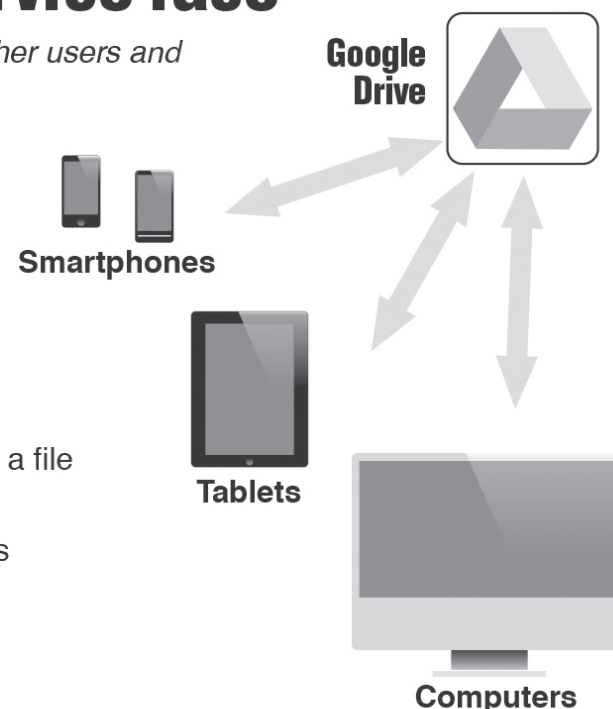
A website called Evernote allows people to take quick notes while using the internet.

Google drives into cloud service race

Google Drive will allow users to share and edit files with other users and devices by storing the files on Google's servers.

How it works

- 1 Users install Google Drive on computer, tablet or smartphone
- 2 On a Mac, PC or Android device, Google will create a folder on your desktop; whatever file you put into the folder will automatically be uploaded to Google's cloud service
- 3 Files automatically update between devices each time a file in one location is changed
- 4 Up to 30 file types are searchable, and a menu of apps is also available



Dropbox: One of Google Drive's major rivals

Google Drive is competing against the popular cloud service, which has seen its traffic triple within the past year, with lower prices and new features

Dropbox monthly unique visitors



Source: Google, Dropbox and comScore.com

Graphic: Bay Area News Group

Price comparison

	Google Drive	Dropbox
Free storage	5 GB	2 GB
Premium storage price per year		
25 GB	\$29.88	—
50 GB	—	\$99
100 GB	\$59.88	\$199
Special features	Auto image and text searches	Free extra storage for referrals

© 2012 MCT

The website can also store website pages, which allows the site to save the text, images and the URLs all in one place.

Even with an increase in cloud storage, the end is not yet here for physical storage devices such as flash memory drives.

Last week, electronics

corporation Kingston announced the world's first flash memory drive that will hold up to one terabyte of data, yet it will still be the same size as a normal flash memory drive.

Kingston has already revolutionized the flash memory market, since they

introduced a flash memory card that can hold 512 gigabytes, according to the CNET website.

Many of the cloud storage services also offer a mobile platform which allows users to access their files on their Smartphone, which makes it easier to access their files on

the go.

While the cloud may be the default platform for digital storage, it may take a while for the cloud to completely take over as the flash drive manufacturers are finding new ways of competing.

Fight the urge to splurge: 7 ways to avoid monster spending

Anthony Everette
Student Health 101

In December, many events and celebration take place, and this can make spending seem attractive, even necessary. Plus, for some, shopping is a way to escape the grind of exams and papers. A mall full of decorations and piped-in music may be preferable to a desk overflowing with books.

Whatever your rationalizations for spending, going overboard can actually add to the season's stress. Learn where your motivations come from, and how to manage your money, so that buying what you need, and a few things you want, will feel empowering rather than overwhelming.

Developing Financial Awareness

Conventional logic says that if you're afraid of spending, you'll spend less, but Frederick Brown, a personal financial consultant who has studied the psychology of spending habits for 40 years, says the exact opposite is true. "When you [have fear about money], you'll actually spend more," he says.

Brown notes that the majority of Americans have financial concerns, but says it's important to try and overcome fears because they have an impact on how and when we spend.

Manage Fear, Manage Finances

There are strategies for overcoming anxiety about money and examining the things that have led to your current financial management woes, says Brown. He suggests people use a Personal Financial Summary worksheet to record their financial facts. When you know where you stand, money feels more manageable.

"I once had a psychiatrist as

a client, who admitted to me that he'd write checks without looking at [his bank] balance because he was afraid to see how much money he was spending," says Brown.

This is a common issue. "The purchase of discretionary items happens out of frustration with something," Brown explains. "You have to look at that frustration and understand what it's doing to your pocketbook. If you can identify what has caused your current attitude toward money, it is then much easier to make an alternative choice."

So, how do you overcome anxiety (or mindless spending) and make smart choices?

Avoid Seasonal Temptations

Winter celebrations, holidays, and gift exchanges can fuel the desire to spend in many people. Plus, you may want to shower those you care about with lovely things, and stores and companies hungry for your dollars prey on this.

You can ground yourself and fight temptation by using a few simple rules:

Beware of Sales

Reduced prices and "door-buster deals" can sometimes make you feel that you can't afford not to buy. Remember, if

you don't need, or even really want something, then it's not a good deal, no matter how inexpensive it is. Use these opportunities, instead, to stock up on things you know



Illustration by George Turney/The Orange County Register

you'll use—groceries plus household and school supplies for example.

Stick to a List

Identify what you need to purchase and to whom you will

give gifts. Many families and friends pick one person each to spread the financial burden.

No matter the season, make a list before you shop. Prioritize; you don't have to get

everything all at once, and taking the time to compare prices across a few stores is a good idea. As soon as you find what you're looking for (within the budget you've set), move on.

Salespeople Are Selling

Be courteous to people who help you in stores, but at the same time, don't make a purchase simply because they went above and beyond for you. Their job is to assist and sell you something, but you don't "owe" them anything other than a simply stated thank you.

Find an Alternative

If the urge to shop is still strong, there are several things you can do to resist and remain disciplined. Here are some ideas:

Volunteer

Shopping is sometimes about filling a void or "trying on" identities. What would it be like to be someone who dresses in designer duds or carries the newest tech gizmo?

Instead of focusing on what you don't have, think about what you do. Immerse yourself in meaningful activities that are fulfilling and help other people. This will not only distract you from shopping; it will give you perspective, increase your sense of self-worth, and is a form of generosity that's perhaps more important than bestowing things.

Exercise

Shopping, especially when fueled by anxiety or used to fill a void, can create a chemical

high. Try replacing it with physical activity, a great way to release endorphins without spending money. If you like group outings, sign up for a relay race, 5K, or team sport. You can also focus on another life improvement challenge, like learning to play an instrument, reading 5 books (for pleasure) in 5 weeks, or whatever else you've been meaning to do.

Take in Some Art

If shopping inspires your eye for beauty and helps you to keep up with the "next big thing," visit some museums and other cultural attractions. Take an architectural tour of your area, check out local galleries, or meander through a museum of contemporary art or science. All of these offer the opportunity to learn about what's new.

Stepping away from your studies for a short while to immerse yourself in something absorbing can help your mind relax and rejuvenate. Many cultural institutions offer discounted or free tickets for students with an I.D.

Understanding your motivations for spending, and keeping on top of them, can ultimately reduce a lot of stress. As Brown notes, "What's required is an understanding of both the psychology and the practicality of dealing with money."

Take time to understand these issues and you'll better be able to balance getting what you need, and some of what you want, for yourself and others.

Students can access the Parkland College Student Health 101 magazine online at <http://readsh101.com/parkland.html>. Copyright 2012 Student Health 101

Opinions

Is the resume dead or just evolving?

Eddie Lou
MCT

Resumes may not be dead yet, but they are absolutely evolving - and not just moving from printed paper to digital copies. While some businesses still rely on traditional resumes in the hiring process, many are seeking a more complete picture of their future employees and turn to social media sites to learn more about potential hires.

Who can blame them? Resumes are two dimensional, offering only work experience and education. They are also sometimes incomplete or completely fudged. Think of those old personal ads in the newspaper - sure, you got a four-line snapshot of your potential match, but how much can you really learn about someone from just a few lines about their favorite hobbies and pet dog?

In recent times, college admissions use Facebook as the 21st-century SAT test. According to Collegerecruiter.com, more than 90 percent of human resource departments use social media like LinkedIn, Twitter, Facebook and Pinterest to find reasons to hire or not hire a candidate. An online profile can be a big plus in the hiring process - when done right. It can highlight a candidate's personality, image, interests and ability to communicate. In addition, endorsements from work colleagues, professors and peers can highlight a person's potential, which all adds up to create a three-dimensional view of the candidate.

It is important to build a proper online persona. Make a good first impression, because the job search is much like dating. The goal of both is to make a match.

Dating sites have long evolved from those newspaper personal ads into vibrant profiles that offer real insight into a person. Likewise, the job search is following suit. Online communities

like Sittercity, which enables families to find trustworthy babysitters, and my firm Shiftgig, which connects service industry candidates to employers, work in a similar fashion to dating sites such as Match, eHarmony, and Plentyoffish. Instead of making romantic connections, they match potential employees with employers. Just like those dating sites, creating an attractive online profile increases chances of a match. Sam Yagan, co-founder and CEO of OKCupid, confirms an unfortunate truth of online dating, "No matter how much time you spend polishing your profile, it's your picture that matters most." A professional profile faces a similar challenge, so don't be afraid to add a photo to your online profile. Make it show off your personality. Let it help you stand out. Catch an employer's eye and help them put a face to a name. However, provocative photos or inappropriate pictures are a huge mistake. Always remember that the Internet is written in ink, not pencil; and that you never get a second chance to make a first impression. So make sure you don't distract from your most marketable qualities by presenting your best professional profile right from the start.

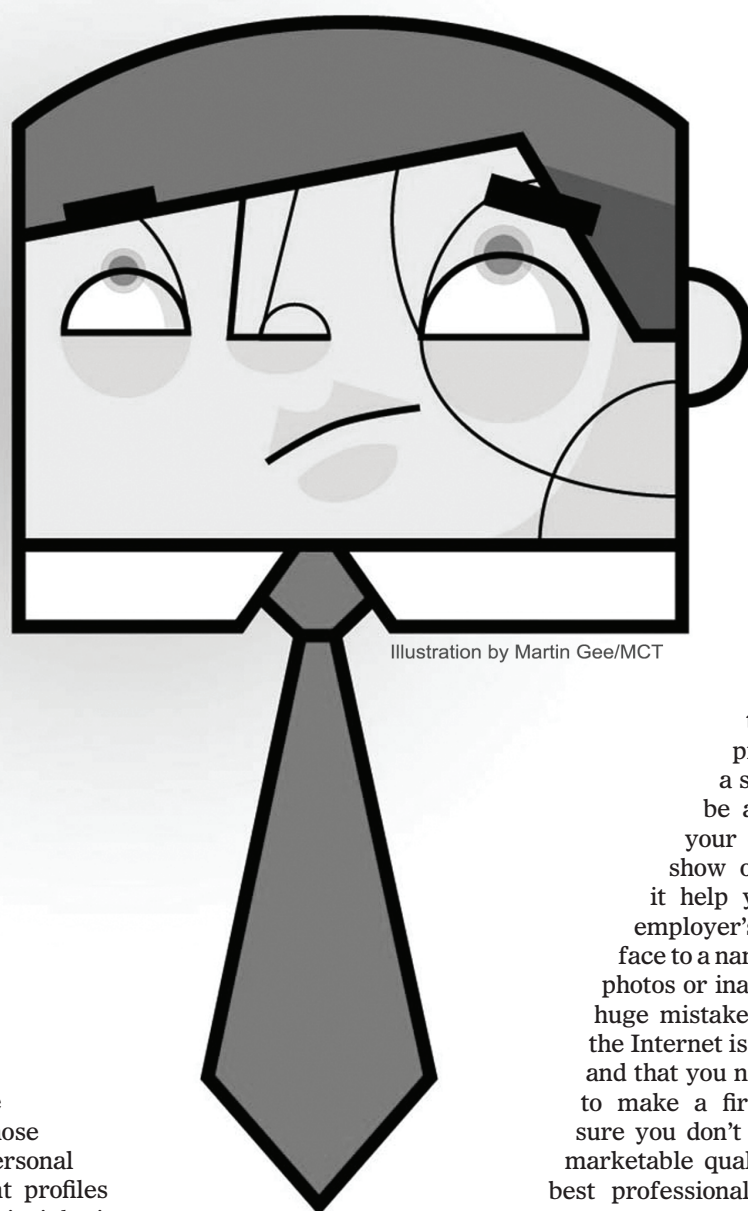


Illustration by Martin Gee/MCT

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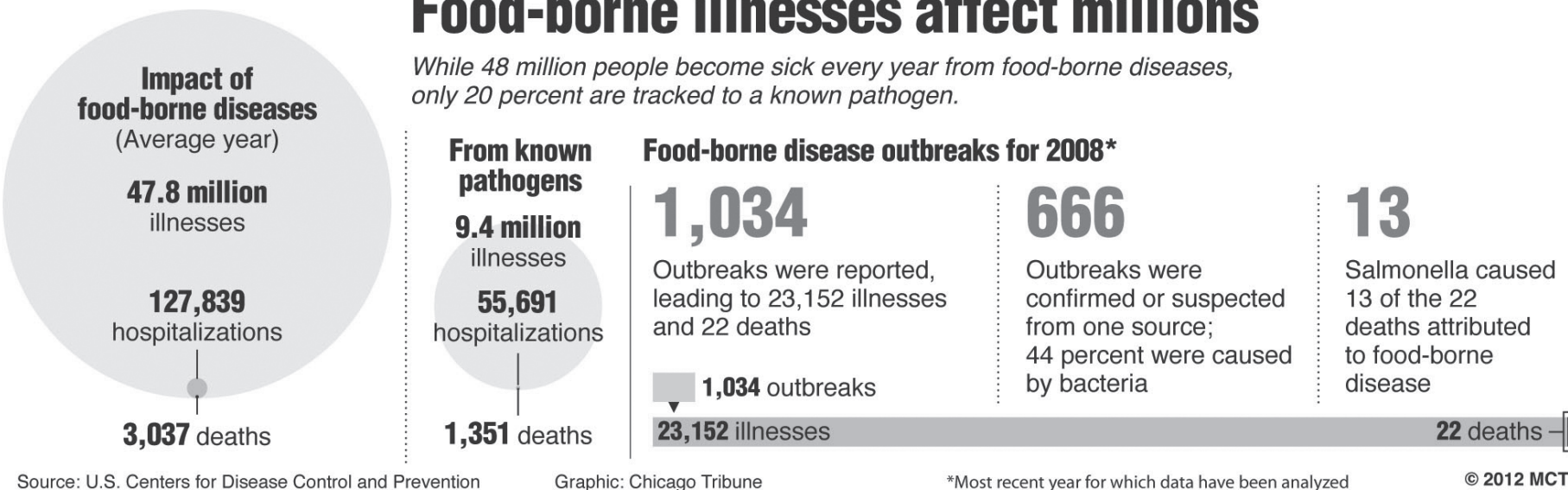
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Late better than never for new food-safety rules

Food-borne illnesses affect millions

While 48 million people become sick every year from food-borne diseases, only 20 percent are tracked to a known pathogen.



The Philadelphia Inquirer

The Food and Drug Administration has proposed the most sweeping changes in food-safety rules in decades. The changes being made under the Food Safety Modernization Act, which became law in 2011, are long overdue and should be implemented as soon as possible.

If adopted, the new rules would require farmers to take common-sense precautions against food contamination by making sure workers wash their hands, irrigation water is clean, and animals are kept out of fruit and vegetable fields.

Also, a food-safety plan would be required for food manufacturers as evidence that efforts are being made to keep their operations clean.

Abiding by the new rules could cost large farms about \$30,000 a year and manufacturers up to \$475 million annually, the FDA said.

The changes also should help the FDA operate much better, taking it from an agency that reacts to food crises to a proactive operation that can prevent contamination from occurring.

Toward that end, Congress must adequately fund the agency so it can provide better oversight under the

new regulations and better protect consumers from foods that make them sick. The proposed regulations come in the aftermath of a rash of recent deadly outbreaks linked to peanuts, cantaloupes, and leafy greens.

Ever year, there are an estimated 3,000 deaths from food-borne illnesses. One in six Americans becomes ill from eating contaminated food each year, and nearly 130,000 require hospitalization, according to government estimates.

The new rules could prevent nearly two million illnesses annually, according to the FDA. But, unfortunately, that

might take several years. It could take the FDA a year just to craft the new regulations. Larger farms would then have two years to comply, with small farms being given even more time. That seems too long when people's health is at stake.

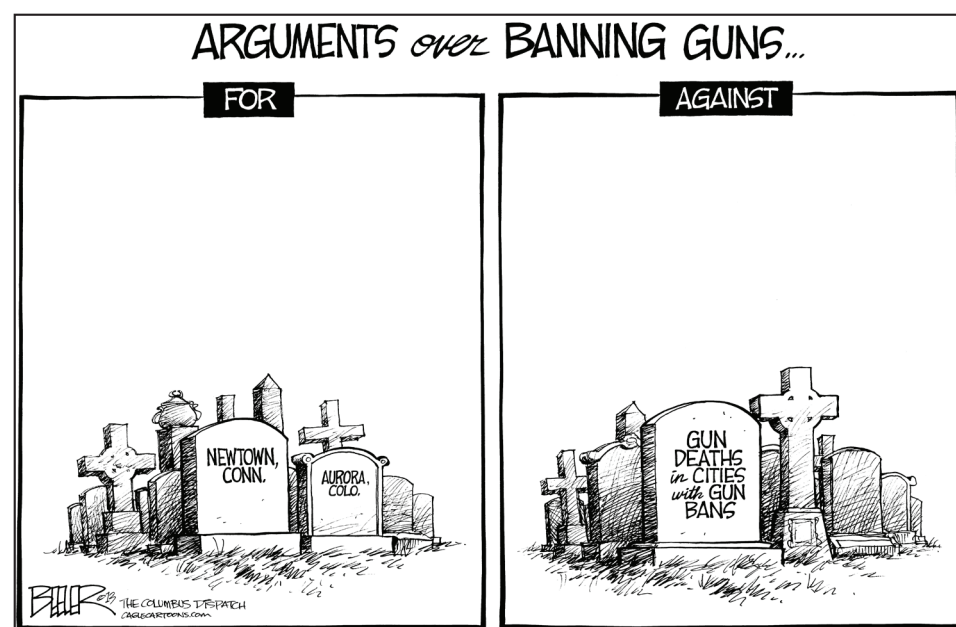
The proposed regulations might be closer to implementation had not the FDA dragged its feet after President Obama signed the food-safety act on Jan. 4, 2011. The legislation passed by Congress required the FDA to propose initial rules a year ago. But food-safety advocates were forced to sue the administration to get the

proposals released.

Many food companies and farmers already practice the food-safety steps that would become mandatory. The farm rules would apply only to those fruits and vegetables that pose the greatest risk, which should appease farmers.

The FDA also needs to swiftly draft rules regulating food grown or made overseas. People should have confidence that what they eat won't make them sick.

(c)2013 The Philadelphia Inquirer



Please Recycle

PC

continued from page 1

These machines are all state of the art push-pull systems. Also included in this fitness center are top-of-the-line fitness cardio, a vibration plate, a personal training studio, a walking/running track and a body age system that Warren uses for assessment of the body.

Not to be forgotten are the Woodway treadmill systems which are frequently underappreciated. "You'll find those at performance facilities but there are not a whole

lot of places that carry Woodway," he stated.

This brand of performance treadmill used for running and walking costs roughly \$12,000, according to Warren.

The new Parkland Fitness Center also contains the type of equipment that you will find in any gym such as dumbbells, ellipticals, weighted ropes and medicine balls for those intimidated by the new power racks.

"The college made a significant investment," Warren said.

"It's an investment in the college's wellness, an investment for kinesiology students and an investment for athletes, as well as

for the everyday student who wants a place to workout and get healthier."

Before the project was finished, Warren participated in a committee that helped choose the equipment and make the fitness center what it is currently.

"We tried to choose equipment that I felt was going to serve all of those different populations," he said.

It's safe to say that he and the lead design team known as the "Perform Better" design group were able to accomplish that goal.

The new fitness center is able to hold this entire top of the line equipment because it is 8,000 square feet inside the main lower-level.

The old room that students, athletes and coaches referred to as "The Dungeon" contained only 2,000 square feet total. When you factor in the additions of extra rooms like the personal training studio it comes out to 15,000 square feet, roughly seven and a half times the space of the old room.

"For a lot of years, we were operating out of a place too small to do a lot of things that we wanted to do, and now we have one of the nicest facilities in the country," Warren said.

When he says in the country, Warren is not joking. The lead designer from the company "Perform Better," expressed to Warren when it was

completed how significant it was.

"They said there are two or three top strength and conditioning facilities in the United States," Warren explained. "There's Parkland College, the University of Michigan's Football Facility and the Pittsburgh Penguins of the NHL."

Memberships are still available for the non-kinesiology students. Those who want to sign up should register for the WCE-800 class section 001 or call 217-353-2055.

Registration for this non-credit membership is a \$90.00 fee per semester.

NASA

continued from page 1

NASA and its partners finished the station, and the crew in 2009 expanded from three to six. Last year, astronauts spent about 50 hours a week on science, including research on how microgravity affects the spinal cord and observations of Earth's environment, such as melting glaciers.

Still, there has been lingering criticism of why NASA didn't better prepare for the station's completion and whether the scientific returns are worth the roughly \$1.5 billion spent annually to operate it.

Climate researcher Warren Washington, who recently served on a National Academies board that reviewed NASA's direction, said the station likely will be remembered more for its technological achievements than its scientific ones.

In particular, he expected the station to teach NASA a great deal about keeping astronauts alive in space. In 2015, Scott Kelly of NASA and Mikhail Kornienko of Roscosmos begin a year-long mission - about twice the usual stay - to measure the physiological and psychological effects of living in weightlessness

and close quarters.

"As NASA gets ready to go to places like asteroids or Mars, the space-station experience will be very useful," he said.

Still, Washington said that NASA gets more bang for its science buck from unmanned spacecraft, such as Earth-monitoring satellites that circle the globe or the Mars rover now probing conditions on that planet.

What's more, NASA is using only about 72 percent of the space station's science racks, which house experiments - though the agency plans to up that figure to 80 percent this year.

In addition, the group that NASA picked in 2011 to develop a pipeline to get experiments to the station has suffered from internal strife, prompting Congress to warn it to get its act together.

The Florida-based organization, known as the Center for the Advancement of Science in Space, or CASIS, has revamped its board and now claims to be ready to move on to the next phase: "Maximize utilization of the ISS," said CASIS leader France Cordova.

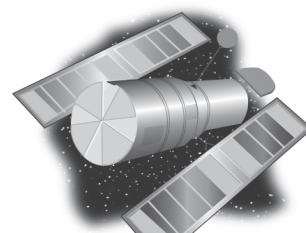
(c)2013 The Orlando Sentinel
(Orlando, Fla.)

Star-studded resume

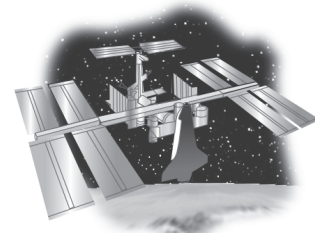
After 25 flights that included joint missions with other space agencies, repairing the Hubble Space Telescope and ferrying supplies to the International Space Station, Endeavour is retiring to Los Angeles.



The shuttle is named after the HMS Endeavour



Endeavour repairs the Hubble Space Telescope



Endeavour helps build the International Space Station

Aug. 1, 1987 Congress authorizes construction of a fifth and final space shuttle as a replacement for Challenger

May 1989 New shuttle is named after HMS Endeavour, the ship that carried 18th century British explorer James Cook across the seas

May 7, 1991 Endeavour arrives at Kennedy Space Center atop NASA's new Shuttle Carrier Aircraft

May 1992 First flight

September 1992 Joint mission with Japan using manned Spacelab module

December 1993 First Hubble Space Telescope servicing mission

March 1995 Longest shuttle flight to date: 6.9 million mi. (11.1 million km)

January 1998 Eighth shuttle docking with Russian space station Mir

December 1998 Begins space station assembly

April 2001 Installs Canadarm advanced robotic arm

August 2007 Executes backflip so crew aboard International Space Station can inspect orbiter underside, discovering 3-in. (8-cm) ding

November 2008 Outfits ISS for six-person crew

May 2011 Final flight

Oct. 30, 2012 Endeavour to go on display at the California Science Center in Los Angeles

Endeavour by the numbers

Cost to build \$1.7 billion
Flights 25

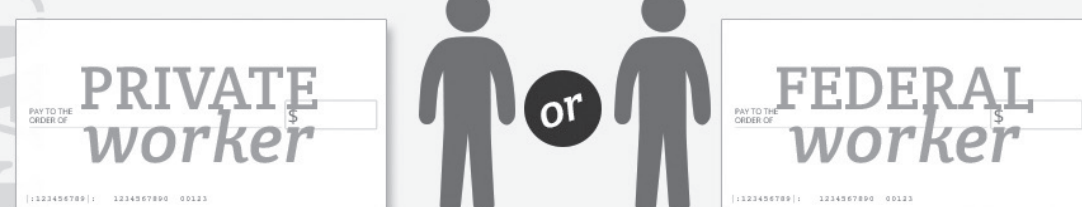
Total crew 139
Time in space 299 days

Earth orbits 4,671
Distance traveled 122 million mi. (198 million km)

Source: NASA
Graphic: Brady MacDonald, Los Angeles Times

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SOURCES: Congressional Budget Office: <http://www.cbo.gov/publication/42921> Congressional Research Service: http://assets.opencrs.com/rpts/RL34685_20110419.pdf



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Fact: Eastwood's film "Unforgiven" earned him the Academy Award for best director and best picture.

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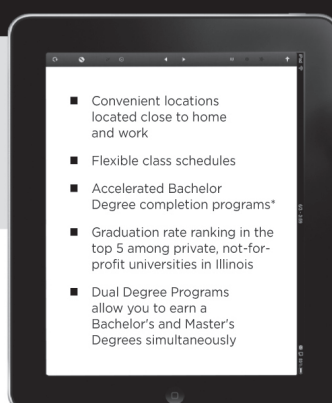
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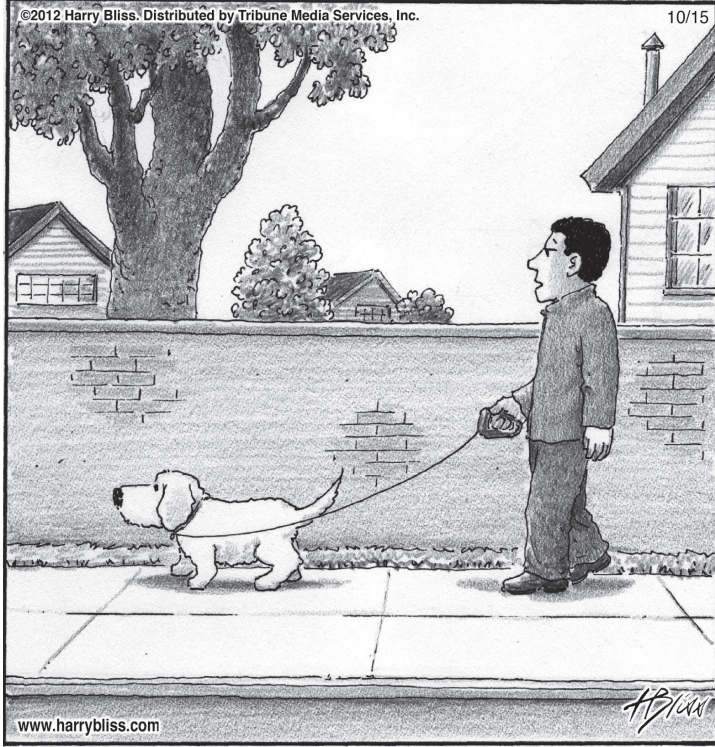
*Programs and schedules vary by campus

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Puzzles & Comics

Bliss



"I'm feeling adventurous today, Penny - let's tack on a block."

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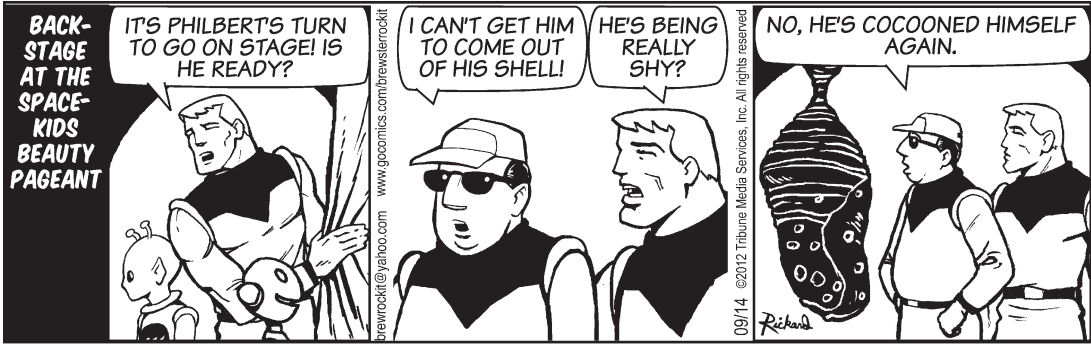
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Sudoku (easy)

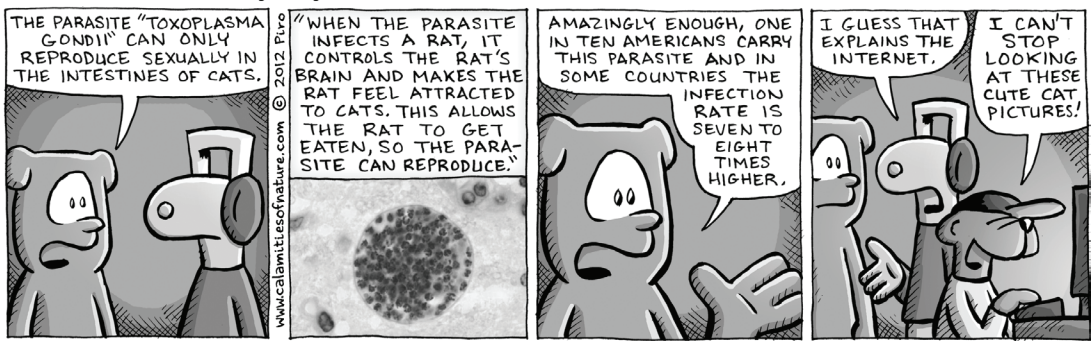
				9	7	1		4
					1		3	7
6				8		9		
3	8	9	7	5	6	2	4	
	5	1	2	4	9	3	6	8
		5		3				2
1	2		8					
8		4	9	6				

© 2012 KrazyDad.com

BREWSTER ROCKIT



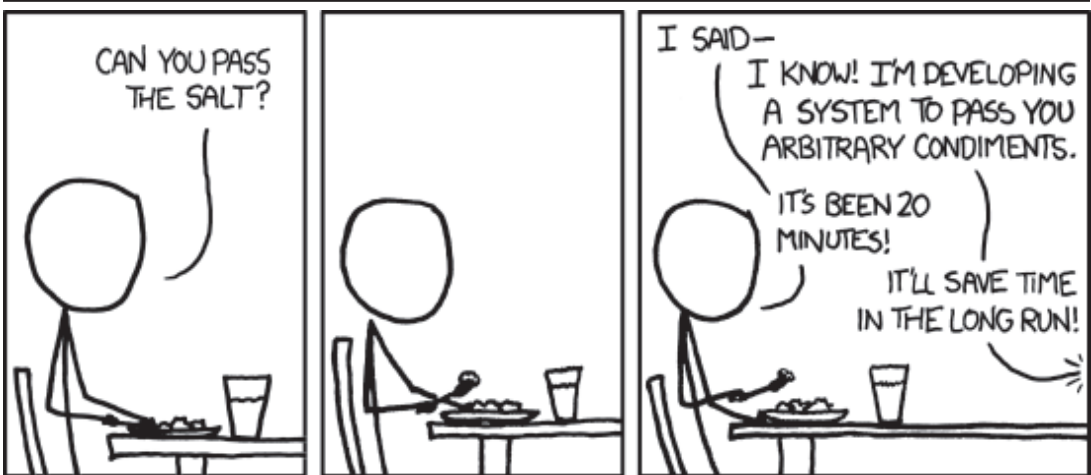
Calamities of Nature by Tony Piro



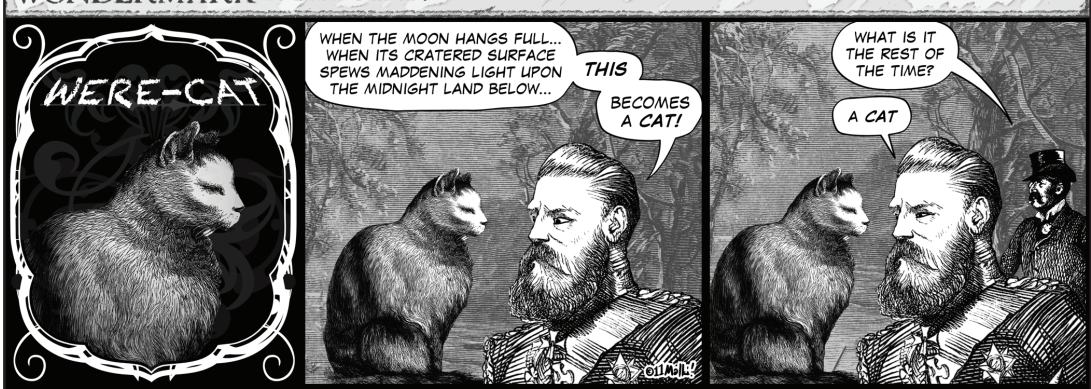
Best In Show



xkcd.com



WONDERMARK BY DAVID MALKI!



Mor@nTV



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The TV Crossword

By Jacqueline E. Mathews

- ACROSS**
- Brewpub choices
 - Bottle tops
 - Newly hatched pigeon
 - Lower California, familiarly
 - Mother Goose baddie
 - Hearing-related
 - Downside of reading in poor light
 - Magic wand wielder
 - PC go-to type
 - Use the ballot
 - Miles., in Spain
 - Drive-thru cleanings
 - Checkpoint "Hold it!"
 - Little-known information
 - Prefix meaning "billion"
 - Harbor landing
 - Bridge positions
 - Range for indoor comfort
 - "Tomorrow" title singer
 - High spirits
 - 1974 Sutherland/Gould spoof
 - "Burnt" crayon color
 - Egyptian cross
 - Staunch political group member
 - Montezuma subject
 - Admin. aide
 - Hawkish
 - Not so many
 - Solid baseball hit
 - African antelope
 - Muscular woe
 - Born and ___
 - Prepares, as cocktails
 - "Little" Dickens girl
 - "Besides that ..."

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	
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39				40				41						
42						43				44				
45					46		47			48				
49						50				51	52	53	54	55
					56			57						
58	59	60	61			62		63						
64						65				66				
67						68				69				

By Mel Rosen

12/12/11

- DOWN**
- Helps illegally
 - Hen, vis-à-vis eggs
 - Kick out
 - Olympic skater Cohen
 - Apple heart
 - Turkish title
 - Doctor's self-employment, and a hint to the starts of the five longest across answers
 - Hombre's title
 - Low-crime section of town
 - Sine ___ non: essential
 - Ocean State sch.
 - River to the Rhine
 - Activist Nellie
 - Addams Family nickname
 - Howard Hughes's airline
 - Scale, as Everest
 - Improvises like Armstrong
 - Welcomes to the penthouse
 - Blog piece
 - Freelance writers' ends.
 - Zoo swinger
 - Hold tightly
 - Ancient Greek region that was home to Heraclitus
 - One with no hope

Saturday's Puzzle Solved

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

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12/12/11

- Make ___: rake it in
- Sign anew, as a contract
- Thirty feet
- Soldier of Seoul
- Signs of relief
- Difficult
- "The Chronicles of Narnia" lion
- ___ the Greek
- Handle, as a baton
- Rain gutters run under them
- System of belief
- Banana covering
- Like "la" in Fr. or Sp.
- Quarterback Manning
- Like many lifelike museum displays
- Opposite of WSW
- Buffalo Sabres' org.

Haha Hemporium



Sports

Women's Basketball enters final stretch



Photo by Briana Kay Stodden/Prospectus News

Uzuri Williams, Forward, watches her teammates from the sideline during practice on Jan. 22, 2013 at the Dodds Athletic Center.

 **Alex Wallner**
Sports Writer

As the season winds down in the closing months, the Parkland Women's basketball team is starting to improve an already terrific season. The team, with a current record of 12-5, is looking strong.

Despite losing all three games during the team's trip to Arizona in late December, they have been focused on doing one thing, winning. Winning this late in the season is a must. At this point, maintaining focus is crucial, as every win contributes to a better seed in the Regional tournament.

"So far this season, I really love the team. I think we

have grown together and made a great team, and I love being with them," freshmen Stephanie Barmes said.

Freshmen Lindsay Lenon mentioned, "I think we have a very good team and this season is going pretty good. When we all play hard and play together we are hard to stop."

Sophomore Uzuri Williams said, "The season is going great. I think we are learning and growing more as a team every day."

"I feel like our team is doing well. Before Christmas break and traveling to Arizona, we had a record of 10-2. We had a rough time at our tournament in Tucson, and ended up coming back to Illinois with

a record of 10-5," sophomore Heather Baker added.

"Luckily, we were able to bounce back from our losses and win our next two games bringing our record to 12-5. All in all, I feel like we have had some tough matchups this season, but have fought hard in each and every one of them to try and come out with the win," she continued.

For every junior college team, the main dream is earning a berth to the National Tournament. Nationals are where the best of the best come to play. Teams that make it usually have five losses or less, so for Parkland, winning is essential at this point of the season.

Improving as a team every day is the key to getting to Nationals. Every practice and every game proves something in a team and can really show what needs to be tweaked and what doesn't.

At this point in the season, changing certain things is something every team and every player need to do to make their team better.

"In order to improve as a player, I can continue to practice hard. I can continue to get that extra five, ten, fifteen minutes in the gym practicing my shot," Baker said. "In order for us to improve as a team, we all need to stick together. We need to make sure we are all communicating on the floor, in

both practices and in games."

"Also, each and every one of us needs to push our teammates in practice. We need to make sure that we are constantly challenging one another in the two hours we are given each day to get better," she added.

Barmes said of her efforts, "To improve as a player, I think I just need to continue to work hard and give one hundred percent and finish strong."

Focusing on one main goal can really push a team. One mistake can cost them not only the game, but a chance at a postseason, as well.

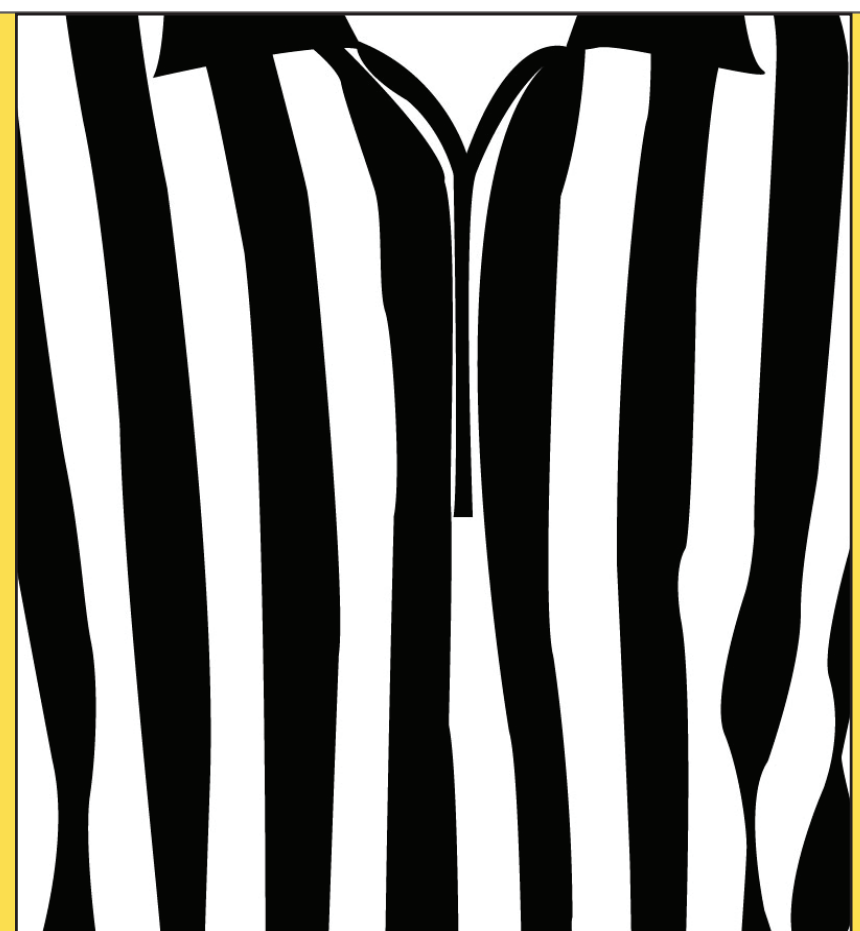
This year's team is focused on one goal that they have set for themselves since the beginning.

"My goal for the end of the season is to be a Region 24 Champion. I really think our team is good enough to do it, and I can't wait to see how we do," Barmes explained.

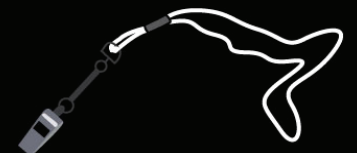
Parkland Women's Basketball has always been successful. Every year, players and coaches are always trying to continue to build a program of winning into the future. This is exactly what this year's Cobras team hopes to do: bring a National Championship back to Parkland for the first time in over six years.



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Entertainment

Newest "Devil May Cry" sees improved gameplay



Gameplay screenshot courtesy of MCT

PN Mace Mackiewicz
Staff Writer

"Devil May Cry" is a reboot of the popular video game franchise. The game can be seen as a reimagining of the first and third games in the original series in that it contains many of the same villains and plot points, but also changes origins and storylines.

The main character, Dante, is no longer half demon-half human. He is now a species known as Nephilim, which is half demon-half angel. The game follows him learning of his origins and seeking revenge for the death of his mom and banishment of his dad.

The story in this game flows more smoothly and is more consistent than the original four games. There aren't as many plot holes and it is overall a less goofy game. There's still humor, but it's not as groan-worthy as its predecessors were.

The world in "Devil May Cry" seems to be influenced by conspiracy theorist culture. Everything in

this world is controlled by one organization. This organization is owned by demons and secretly keeps the general public under control through various means.

The game features a resistance group with similarities to the real-world activist group Anonymous. They try to wake up the general public using their hacking skills as they try to reveal that the media and everything else that people consume is being controlled by a single group.

Another improvement over past installments is the gameplay. The previous games required the player to be very skilled with button presses and timing to be able to pull off the combinations.

In this episode, the base attacks are routed to two buttons on the controller. On the Xbox, the buttons were Y and B. Y is the normal attack and pressing it and timing it correctly performs combinations. Pressing B will send the enemies flying up into the air.

Using these two buttons together makes it easier to string combos. You

may use the X button to use Dante's guns, which helps to keep enemies in the air, prolonging combinations and racking up higher scores.

Combinations are based on a rating system of D all the way up to SSS depending on how long one can keep the combination going. These combination scores affect the player's final rating at the end of the mission.

Throughout the game, Dante acquires more weapons which are separated into two categories. The right trigger is for demon weapons and abilities and the left trigger is for angel weapons and abilities.

The demon and angel weapons are easy switch between, which helps the player sustain combos.

The combat takes place in a dimension known as Limbo, which is a distorted version of the real world. Things that happen in Limbo affect the real world and cause all sorts of destruction throughout the game.

DMC uses a type of grappling hook for a type of gameplay called platforming. Platforming consists of

extensive jumping between different platforms and attempting to reach different areas by various methods.

The demon version of the hook pulls platforms towards you while the angel version pulls you towards the target. These are also used during combat to pull enemies closer.

The grappling does bring up one flaw in the platforming. Sometimes, when pushing in the triggers, the game doesn't register it properly and your character will do a ground oriented attack and send you into the abyss.

Another issue "Devil May Cry" has is its length. There are only 20 missions that span from 15-45 minutes each.

The game also tries a bit too hard to be edgy. The soundtrack is done by a pseudo-metal band called "CombiChrist" and the music can get grating after a while if it's not your style. The parts of the game that don't feature the band feature dubstep music playing in the background.

The game is rated M, so cursing is to be expected, which is not always

a bad thing. But this game seems to force out the vilest of phrases and innuendos just to push its new edgy image.

"Devil May Cry" deserves 8 out of 10. The gameplay is easy to get into and feels smooth-flowing and fun, but aspects such as the soundtrack and the platforming gameplay detract from the overall enjoyment of the game.

Ratings for this game have been relatively high. The website Joystiq gave it 4.5 out of 5, IGN awarded 8.9 out of 10 and the game earned overall 86 on Metacritic.

Reviews for this game can be found at www.metacritic.com/game/xbox-360/devil-may-cry/critic-reviews for Metacritic, www.ign.com/articles/2013/01/14/dmc-devil-may-cry-review-360 for IGN and www.joystiq.com/2013/01/15/dmc-devil-may-cry-review-loves-keen-esting/ for Joystiq.

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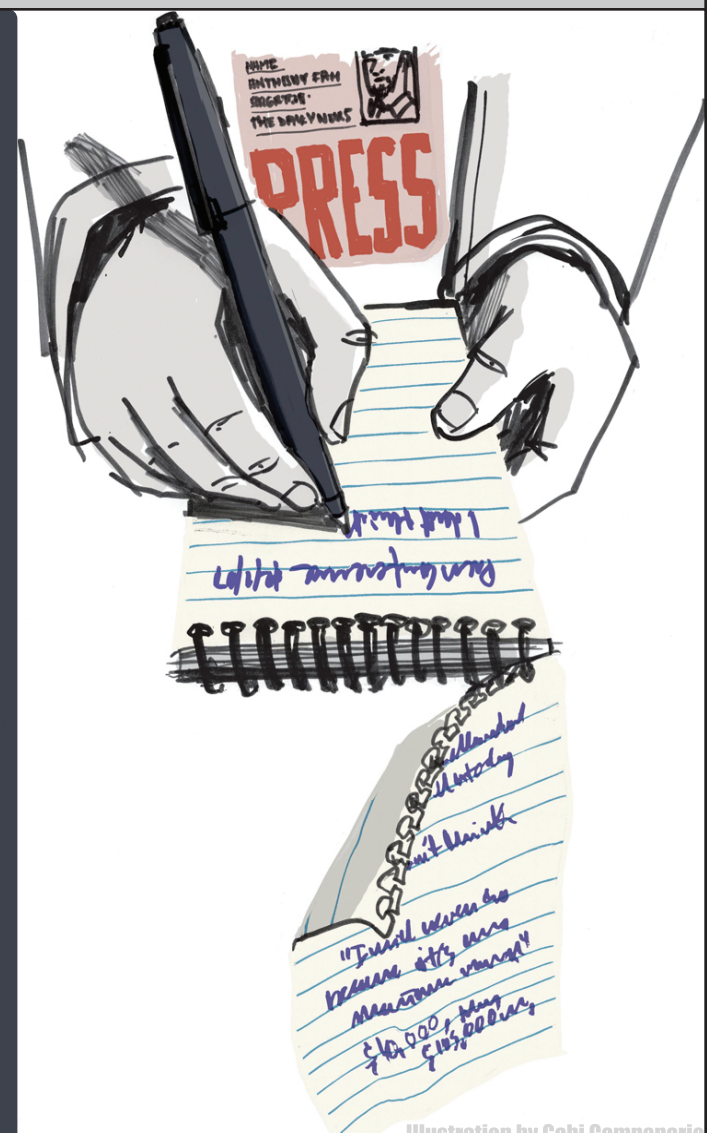


Illustration by Gabi Campanario