



Staerkel Planetarium gets a facelift. P. 3



—Dos and Don'ts: How to survive the semester  
—Cobras men's basketball team aims high  
—What to expect musically in 2010



MLKday, a celebration of greatness. P. 6

# Prospectus News

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## Parkland student invited to attend CGI U

Sean HERMANN  
Publications Manager

Recently, Parkland student Toby Onyekonwu was invited to attend CGI U, also known as the Clinton Global Initiative University. CGI U is hosted by President Bill Clinton and holds an annual conference for students who want to help make a difference in the world. This year, Clinton Global Initiative University's third annual conference will take place April 16-18 at the University of Miami. The conference exposes students to global leaders, and often plays an essential role in helping them develop innovative, world-changing projects. One student has called it "the most inspirational, motivational, and practical conference I've ever had the privilege of attending."

This year's conference will be arranged around plenary sessions, working sessions, and skill sessions, all of which allow members to interact with one another and formulate commitments and productive partnerships. Students will also be given the opportunity to do service work in the Miami area. "It will be a very unique experience for the students," says CGI U director, Keisha Senter.

Onyekonwu was accepted to attend the conference last year, which was held in Texas and was invited to attend this year's conference due to his great influence last year.

In order to attend the conference, students must apply, and in their applications they must include a Commitment to Action, which is a pledge to



Students from throughout the country discuss global issues at last year's CGI U conference in Austin. Courtesy of Clinton Global Initiative.

take specific action to make the world a better place. Commitments range from installing energy-efficient light bulbs to establishing campus bike share programs, from distributing life-saving water filtration kits to designing medical backpacks for nomadic doctors in Africa. Since the inaugural meeting, nearly 2,000 commitments have been made,

according to the CGIU website.

Onyekonwu's commitment to action this year is on the portability of water in rural areas in Africa. "My plan to carry it out is first to seek those communities that have a water source but do not have the technology or manpower to draw out the water for their community. My plan is to invest in portability

of the phase 2 project will be dependent on the success of the first phase," he said. Onyekonwu is just one of about 1,200 students expected to attend the conference this year according to Senter. Last year, over 3,000 students applied to the University. So how can one student stand out from the rest?

able overhead water tanks and generators so that the community can have the resources to distribute water to their communities. This first phase is for communities that have an existing water source, such as pipelines and boreholes. The second phase will be more in-depth and will be for communities that don't have an existing water source. The actualiza-

tion of the phase 2 project will be dependent on the success of the first phase," he said. Onyekonwu is just one of about 1,200 students expected to attend the conference this year according to Senter. Last year, over 3,000 students applied to the University. So how can one student stand out from the rest?

"There are a number of key factors that determine whether or not a student is accepted. The three main factors would be commitment, which is based on whether or not their goals are tangible or sustainable; Student makeup - what ethnicity and where they are from. We take a good look at their

See CGI U on page 6

## Parkland Dental Students help needy through RAM

Merry THOMAS  
Staff Writer

When considering the amount of people that are without health insurance in the world, it's nice to know that there's something being done to aid those in need. In hopes to alleviate the number of untreated people in the United States, Remote Area Medical and the Parkland Dental Clinic are teaming up to bring treatment to the people that need it most.

Volunteers from the Dental Clinic will be traveling to Knoxville, Tennessee in February to aid those who lack health or dental insurance. Although this clinic isn't just for dental patients - there are other medical treatments and tests provided - more people were treated for dental work last year. The specific treatments performed include teeth cleaning, filling, and extractions. This is the second year that volunteers from Parkland have participated in this program and hope to make it an annual happening.

Knoxville is a more than appropriate destination, too. According to the Tennessee Department of Health website, Tennessee is the only state in the U.S. that allows out-of-state doctors to volunteer within the state. Each and every year Tennessee gets a flood of people seeking treatment that they wouldn't normally be able to



Dental Hygiene program does service work for the needy last year in Tennessee. Courtesy of Peggy Boyce

receive due to finances.

But how did Parkland wind up traveling all the way to Tennessee to do this? According to Peg Boyce, Parkland's Dental Hygiene Program Co-Director, about two years ago a faculty

member had seen a special on the television program 60 Minutes about Remote Area Medical or RAM. RAM is a nonprofit volunteer group whose mission is to "providing free health care, dental care, eye care, veter-

inary services, and technical and educational assistance to people in remote areas of the United States and the world" according to its homepage, [www.ramusa.org](http://www.ramusa.org).

RAM was started in 1985 by

founder Stan Brock who spent 15 years of his life with the Wapishana Indians and saw firsthand how important even simple medical treatment was for the tribe's survival. There are plenty of remote areas that

have no access to modern medicine and areas with extreme poverty, so the volunteers who work with RAM play a very important role in helping the people in those areas.

In knowing what the program was about, and considering the dental services the Dental Clinic provides, it was clear that Parkland had something to contribute to the cause.

The volunteers from Parkland are a wide variety of individuals. Faculty members as well as fifteen students from the Dental Clinic, and two area dentists will be going on this trip. The best part about this excursion is that the students will undoubtedly have a very hands-on experience.

"Last year the students were allowed to do sterilizing procedures, assist the dentists, and just pitch in whenever they could," said Boyce. "They also did demonstrations on oral health and cleaning teeth."

While doing this clinic, the students got a feel for the critical thinking needed for mass treatment. In the two days that they spent in Tennessee last year, they helped 657 people for dentistry alone. The entire clinic treated 911 patients total and did around \$146,332 worth of work. It was so busy at one point that the students had to set up folding chairs in order to complete more cleanings.

Considering the amount of work that the volunteers

See RAM on page 3



## Prospectus

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PARKLAND COLLEGE

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# Chuck Shepherd's News of the Weird

## LEAD STORY

Natives of the Erromango section of the Pacific island Vanuatu recently held a formal "conciliation" with the great great grandson of the British missionary whom the islanders' ancestors ate when he came ashore in 1839. Charles Milner-Williams' forebear, Rev. John Williams, was regarded as the most famous Christian missionary of the era. Vanuatu legislator Ralph Regenvanu told BBC News that cannibalism was traditionally a sacred warrior practice for "vanquishing a threat (and) absorbing the power of the enemy." Nonetheless, he said, the island has long felt "guilt," and even a "complex," from killing and eating Rev. Williams. In penitence, Vanuatu symbolically gave the Williams family a 7-year-old girl, who will not be eaten but whose education Milner-Williams promised to underwrite.

## Can't Possibly Be True

In November, a Chicago judge ruled that former firefighter Jeffrey Boyle is entitled to his \$50,000 annual pension even though he had pleaded guilty in 2006 to eight counts of arson (and allegedly confessed to 12 more). Boyle is known locally as "Matches" Boyle to distinguish him from his brother, John "Quarters" Boyle, who is now in federal prison for bribery following the theft of millions of dollars in state tollgate coins. Judge LeRoy Martin Jr. concluded that Matches' arsons were wholly separate from his firefighting.

Salvadorian citizen Ernesto Gamboa, who worked for 13 years in the Seattle area as a snitch for federal drug agents and contributed to at least 92 convictions for drug and weapons-smuggling, was "fired" by Immigration and Customs Enforcement in May after asking the agency for regular employment. Gamboa originally entered the U.S. as a visitor but overstayed and now aspires merely to an "S visa" granted aliens who assist law enforcement. Not only did ICE deny that request but, according to a November Seattle Times report, the agency informed Gamboa that he should prepare to be deported.

## Inexplicable

"It is the Christian commandment to love your enemies and to do good to them. I did that," explained Dan Ross, 61, a retiree in Lehigh Acres, Fla., who in November wired a dozen yellow roses to Maj. Nidal Hasan, the accused Fort Hood spree killer. "Whereas the ministers out there in Fort Hood are praying for (Hasan) ... I went one step further," Ross told the Naples Daily News. The card Ross ordered

with the flowers read, "In God's eye, and those who submit, you are a hero!" The Texas florist who received the order notified the FBI.

While reporting on Britain's oldest newlyweds in November (husband 94, wife 87), the Daily Telegraph also noted that in 2008, Bertie Wood and her husband, Jessie, of Falmouth had decided to end their 36-year marriage, evidently at a point where they felt they needed a fresh start. Both were 97 years old at the time. Jessie has since died, and Bertie lives in a nursing home.

## Unclear on the Concept

Michael Yavorski, 52, who drew a three-month sentence in October for having twice fondled a 12-year-old girl and given her a beer, complained through his lawyer that the sentence was too long. "The collateral consequences for Mr. Yavorski here are tremendous," said the lawyer, in that the negative publicity about the case might force Yavorski to close his business in Lower Nazareth Township, Pa., an ice cream parlor.

In a December letter, lawyers for the world-famous Lincoln Center for the Performing Arts in New York City threatened litigation against Lincoln County, Miss., which recently changed the name of its Lincoln County Multi-Purpose Facility to "Lincoln Center." The facility, in the town of Brookhaven (pop. 9,800), is used mostly for livestock shows and family reunions.

Almost every Thursday night, Jack Knowler, 61, and his girlfriend, Bev Rogers, enjoy themselves at Hanc's Bar in Bowmanville, Ontario, and then, knowing their limitations, leave their vehicles parked and call A Ryde Home, a local service for the intoxicated. On a recent Thursday night, according to a December report in the Toronto Sun, as Knowler and Rogers waited outside Hanc's for their ride, they were ticketed by police (at \$65 each) for being drunk in public. Said a police supervisor, "It's not a 'mixed message.' You can't be intoxicated in a public place."

It's Good to Be a British Criminal (actually, "United Kingdom Criminal") (continued)

After pleading guilty in Cardiff Crown Court to forging an uncle's checks worth 41,000 pounds (\$65,000), Hayley Price, 42, was fined 5 pounds (\$8), given a suspended sentence and ordered to do community service. The judge reasoned that Price was broke, having already spent the 41,000 pounds.

Brian Wallace was the victim of a severe beating in Belfast, Northern Ireland, in 2007, stabbed five times and hospitalized with lung and kidney lacerations, and to this day

is battling for 7,500 pounds (\$12,000) compensation from a government fund. In December 2009, Wallace learned that his attacker, Simon Granhof, who had been mistakenly kept in jail two weeks longer than his sentence, would receive 12,500 pounds (\$20,000) from the government for deprivation of rights. (Granhof's sentence had already been cut in half before the mistake.)

## People With Issues

Kevin Derks, 53, of Kenosha, Wis., swears that he has never touched an underage girl, even though he admitted to an all-consuming fixation on their "innocence" and beauty. Derks' apartment, according to a detective, appears to be a "shrine" to little girls, with walls covered with posters and photos, including snapshots of celebrity kids and local children, according to a Kenosha News report, and a bed full of stuffed toys and two adolescent-sized mannequins in sexual positions with adult mannequins. Derks was arrested in November and charged with 20 counts of child pornography based on some of his photos and videos. Said Derks, to detectives: "This was my own world. I knew what I was doing. I took a gamble. It's like going to Vegas, except I lost everything. (N)ow my ass is gonna fry."

## Alcohol Was Involved

In November, the Seattle Police Department, investigating a complaint about a beating, interviewed a 25-year-old man hospitalized after being found screaming in pain impaled on a metal fence. He said he had run away from a barroom fight and momentarily thought he was a "ninja warrior" capable of leaping the fence.

Sean McDowell, 24, was arrested in Ashland, Ore., after attempting to steal a 4-foot-tall stuffed giraffe from the front of a children's store. A police officer had witnessed an inebriated McDowell grab the giraffe and make simulated sexual movements, then walk away, and then return 90 minutes later to snatch the animal for good.

## We Have Rules!

Shawnee Mission North-  
 See **World** on page 4

# What to Expect Musically in 2010

Tara MOON CHRISTOPHER  
 Music Columnist

Typically by the New Year, I find myself reminiscing over old music; songs I know well that everyone at the party I attend will be able to recite. This year however, I found myself welcoming in the New Year silently with nothing but hope that 2010 will bring me something grand. 2009 brought

seems to be that of Blink 182's rumored last album. After fans recently welcomed the band back into their hearts they are faced with having to say goodbye yet again. This time it is said to be for real. Hopefully the members of Blink 182 will create one of their most memorable and party worthy albums to date.

Other than album releases to look forward to, there comes a question of how music will



Guitarist Chris Urbanowicz of Editors records a guitar track for their new album *In This Light and on This Evening*, which was released earlier this week.

Photo courtesy of Editors

some beautiful albums, but this year I expect only sheer greatness.

Already off to an amazing start, 2010 has brought the releases of Vampire Weekend's "Contra", OK Go's "Of the Blue Colour of the Sky", and Omari-on's "Ollusion". As I sit here listening to Contra, I thank 2010 for starting my year off wonderfully, yet I can't help feeling that the best is yet to come. If these releases aren't your fancy, there's plenty more to look forward to.

This week you can expect more musical genius to take over you radio as Cold War Kids, Editors, Missy Elliott, Motion City Soundtrack and Spoon all release their albums on the 19<sup>th</sup>. Other expected releases include solo albums from both Andre 3000 and Big Boi, which if received well by the public, we will be rewarded with the release of a new Outkast album.

Courtney Love has even recreated Hole, and although it comes with all new band members, there is hope for the same angry girl music perfection. No Doubt has finally rejoined, and all I can hope is that Gwen's choice to go solo did not destroy one of the 90's greatest bands. The most anticipated release of the year however,

sound and what trends will be created this year. 2009 erupted with the popularity of auto-tune pop and synth-rock. Listening to OK Go's new album, it seems apparent that synth-rock is still going strong and that bands like Haduken! still have a place in our hearts. As a fan of electro rock and synthesizers, I have no doubt that 2010 will supply me with unlimited amounts of electronic joy.

The real question is what will happen to auto-tuned music? On Jay-Z's newest album, he mentions his pure dislike for auto-tune in multiple songs including D.O.A and On To The Next One. As a music enthusiast I hope that the end of auto-tune is near, yet it doesn't seem to be a reality. When asking people what they thought of musicians using auto-tune they said they enjoyed it as it makes for great club music and that they wouldn't mind hearing more. Very few of them considered that the increase in computer-controlled vocals could lead to the death of the singer/songwriter and of those who actually have talent. Another issue with auto-tune is that the sound is credited to the musician when it is really the talent of the producer and a well-equipped recording studio.

See **Music** on page 4

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# Welcome to the Staerkel Planetarium

**Cassandra CUNNINGHAM**  
Social Media Editor

Opening in the fall of 1987, Staerkel Planetarium at Parkland College has been an attraction for students, staff and community members for over 20 years now. This year, the second largest planetarium in Illinois is getting a face lift. Planetarium Coordinator David Leake had some special information on the project.

"The William M. Staerkel Planetarium is preparing for its upgrade to an immersive digital projection system this summer by cleaning and repainting the dome. The new paint will reduce the reflectance of the dome. If you have a highly reflective surface, a video image projected on one side of the dome will brighten the opposite side in an effect called "cross-bounce," he said.

"The lower reflectance will reduce this effect and provide for high-contrast images. Mr. Brian Glass, from Astro-tec, Inc., out of Canal Fulton, Ohio,



Levi NORMAN/Prospectus

is doing the painting. The paint is specifically made for planetarium dome and the spray nozzle is specially manufactured for the project. The dome is perforated with roughly 40 million holes and the holes can't be plugged, so the dome can't be rolled or sprayed in the traditional sense," said Leake.

"In order for the rolling scaffold to be positioned anywhere near the dome's surface, a 5 foot high temporary floor was installed by Peterson Scaffold. After the painting is completed, the floor will be dismantled and then the dome floor will be re-carpeted, then the seats will be returned to their original positions. The planetarium will be open for regular weekend programming and school field trips in February. The facility will close again in June, July and August for the installation of the digital system. A grand (re)opening is tentatively being planned for September," he said.

# The dos and don'ts of Parkland

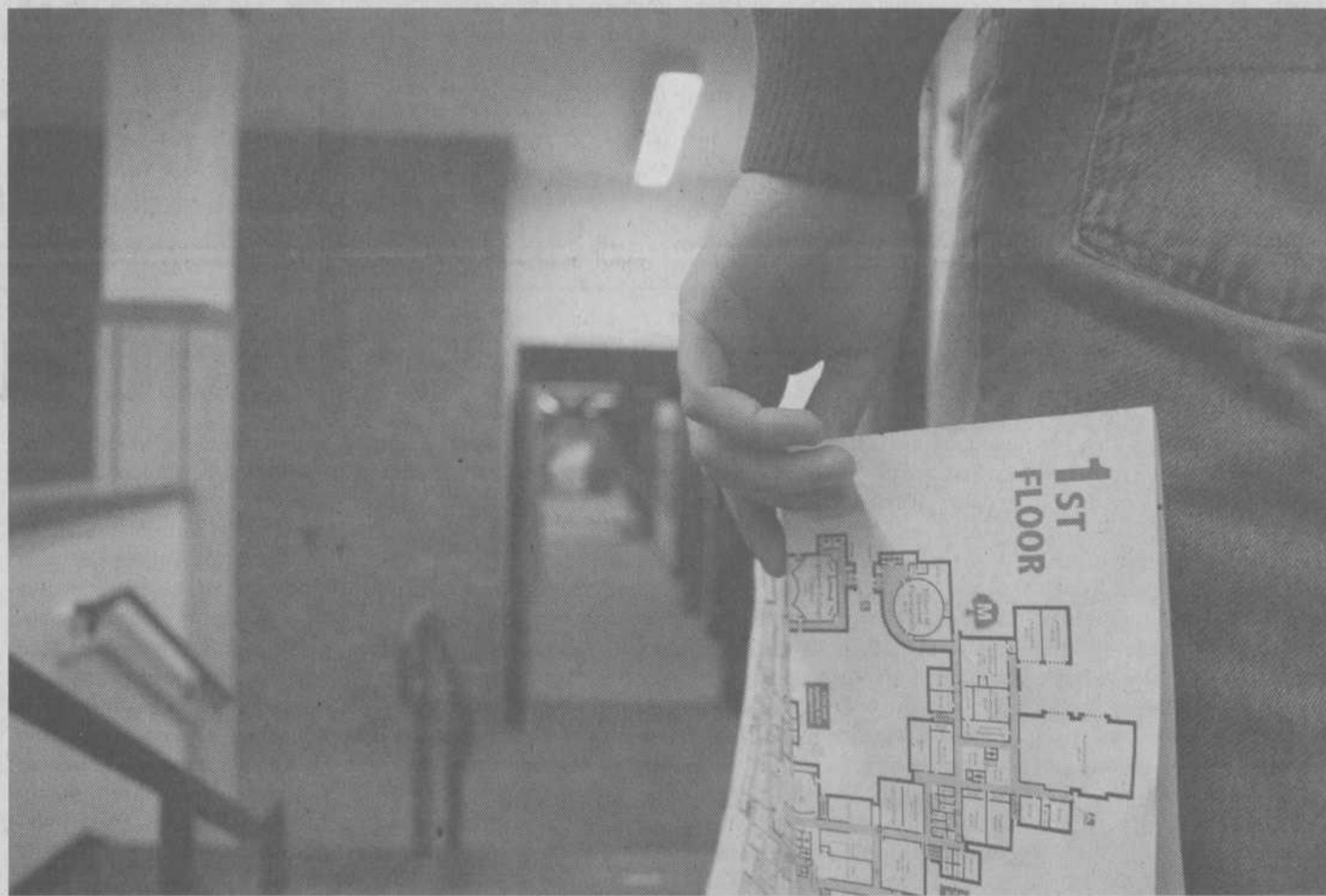
## ■ How to survive the semester

**Patrick WOOD**  
Editor

You may be a just-out-of high school freshman or a continuing student that's attending their last semester at Parkland; either way there are things that you still need to know in order to survive. New students must learn the ropes of college so to speak, but even seasoned veterans of postsecondary institutions can be taught new tricks. Parkland College may be daunting or frustrating for some, but it helps to know some of the dos and don'ts that can get you through the semester unscathed.

**DO:** Buy books early. Before the semester starts, try to order as many textbooks as early as possible. If you wait until the last minute, there is a good possibility that you may not have the required reading material in time for your first few weeks of classes. Search for textbooks online too. By going to the Parkland bookstore's homepage, you can avoid the hassle of physically traveling to school to buy books. Ordering books online also gives you the opportunity to find used copies that are almost always cheaper than new ones.

**DON'T:** Wait until 20 minutes prior to the beginning of your first class to traverse the gap between your residence and Parkland College. Mattis Ave-



Be sure to browse around campus and learn the building(s) well to make the most of your experience at Parkland.

Patrick WOOD/Prospectus

due and Bradley Avenue are heavily traveled during certain times of the day and both roads lead to Parkland. It's wise not to risk getting stuck behind morning or afternoon commuters while trying to make it to class on time. Professors agree that it's better to be 15 minutes early than 15 minutes late.

**DO:** Scout out your classrooms and explore the college in general. Sometimes Parkland can seem like a labyrinth of twisting halls and phantom wings, but simply mapping out where your classes are located makes all the difference. And who knows, you may discover

something you weren't even looking for. Students that have attended classes for several semesters at Parkland have never noticed the television station (PCTV), the radio station (WPCD 88.7 The Wave), the art gallery, or the quiet study gallery on the third floor. Information on any of these

places can be found on Parkland's website.

**DON'T:** Park on white lines. With hundreds, if not thousands of students and faculty coming and going, Parkland's parking lots are usually full up. Individuals that don't take the time to park their vehicles

properly risk dented, dinged, and scratched doors and a potential ticket from Public Safety.

**DO:** Take advantage of Parkland's student services and student activities. Speech labs, writing labs, computer labs, tutoring, and the Parkland library are all invaluable resources that many students never utilize. And getting involved with student organizations like German Club, Chess Club, and Student Government can be great ways to make new friends and potentially make a difference on campus.

**DON'T:** Blow off classes. Common sense dictates that if you're paying for classes, want to transfer to another college, or simply want to further your education, you will attend the classes that you're registered for. Parkland College is a great stepping-stone for many students, and to cheat yourself out of a great education would just be unwise.

College is a learning experience and Parkland is no exception. However, it never hurts to have access to a little sound advice that you can benefit from in the long run. Hopefully some of these dos and don'ts will make a noticeable difference during your time at Parkland College!

# Is your class size overcrowded this semester?

## RAM

continued from page 3



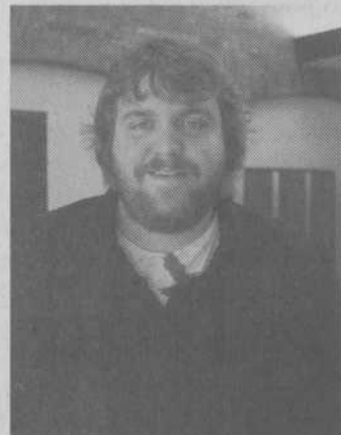
Jacob Barnes

Major: History  
Is your class size overcrowded? Yes



Kelsey Jamrerson

Major: Criminal Justice  
Is your class size overcrowded? Yes



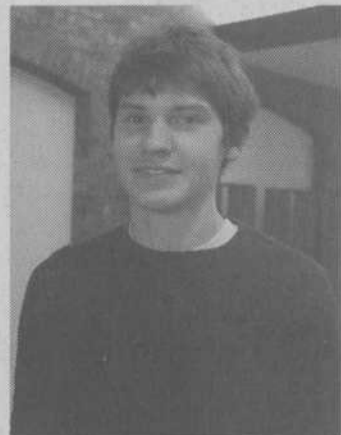
Matthew Coburn

Major: Mathematics  
Is your class size overcrowded? No



Drew Bradley

Major: General Studies  
Is your class size overcrowded? No



Jacob Milby

Major: Auto Collision Repair  
Is your class size overcrowded? Yes

put forth, it's no wonder why so many people come to this clinic. There were patients from as far as Chicago and Cleveland that came just to receive treatment.

"People started waiting at one in the morning last year in order to be seen that day," said Boyce. "It was amazing."

In the end, Parkland students get great real-life work experience and people benefit from their services. If you're interested in seeing what the Parkland website. There's a video called "In a Volunteer State" from last year that shows the Parkland volunteers helping with the patients.



# Students save cash by renting textbooks

Holly K. HACKER  
Dallas Morning News

DALLAS — You can rent an apartment, a car or a DVD. Now add college textbooks to the list expensive items that people are renting because they are short on cash or looking for a better deal.

Students at the University of Texas at Arlington and the University of North Texas can lease some textbooks through their campus bookstore, while others can find deals through a growing number of online rental sites — think Netflix for English lit and calculus.

Meanwhile, a few professors and colleges are experimenting with free online textbooks.

There's good reason for the demand. College students can expect to shell out more than \$1,000 on textbooks over the academic year, according to the Southern Regional Education Board. While that's still a fraction of tuition and fees, the high cost prompts plenty of gripes.

"It comes to a point where you feel like you have to take out a separate loan just for your textbooks," said Branden Scott, a sophomore at UNT.

Scott rented a \$70 textbook for his English class through UNT's bookstore. The price for a semester-long rental: about \$25.

"I was in a rush to get my textbooks for the cheapest prices I could," he said.

UNT and UTA were among seven colleges nationally to offer textbook rentals this

fall through their bookstores, which are managed by Follett Higher Education Group. This month, the program will expand to 22 colleges across the country.

In general, a \$100 new textbook rents for \$42.50 per semester. Students must be at least 18, provide a credit card and sign a contract agreeing to return the materials on time. Otherwise, they're charged 75 percent of the new book price, plus a 7.5 percent processing fee. Users can highlight and write in the books, but they must be returned in good condition.

At UTA, just over 4,000 students rented more than 6,000 books this fall, said Bill Coulter, the campus bookstore manager. "It went well. Everybody's happy with it," he said.

Internet startups are jumping on the rental bandwagon, too. A California-based company called Clegg lets students order textbooks online and then ships via UPS. The four-year-old company has rented more than 1.5 million textbooks this year.

So many sites have popped up it's hard to keep them straight: bookrentals.com, campusbookrentals.com and textbookrentals.com.

Not every textbook can be rented. Experts say books need to have a decent shelf life so they can be rented several times. A bookstore won't recoup its costs if the fourth edition of a book is quickly replaced by the fifth. A 2005 federal study reported that publishers revise textbooks

every three or four years.

Nor does renting always make sense. Students who need their books beyond one semester class are better off buying. If a student needs a book immediately, waiting for books from Amazon.com and half.com might not be possible.

Consumer advocates say textbook rental programs help by offering more choices. But it shouldn't stop there.

"We think that open-source textbooks are the ultimate solution," said Nicole Allen, textbook advocate for the Student Public Interest Research Groups, a coalition of student consumer organizations.

Allen cited a company called Flat World Knowledge, which publishes about a dozen business e-textbooks, with more titles in the works. Students can read the books online for free or buy a printed version (ranging from about \$20 for a print-it-yourself copy to \$60 for a soft-cover color copy).

At Cedar Valley College in Lancaster, Texas, students taking Introduction to Business all use the same e-text from Flat World. Professor Diane Minger said she likes the book, and not just because it's easy on students' checkbooks.

"I found the book to be extremely thorough, covering material in much greater depth and detail than current books on the market," she said. "So far, I'm getting good comments from students."

Still, experts say don't expect e-books to replace printed books any time soon. Even though young people today are

more likely to download music rather than buy a CD, or to get their news online, StudentPIRGs found that most would still rather buy a low-cost textbook than read one free online.

Texas lawmakers are expected to join the debate, too. The House Committee on Higher Education has been ordered to study ways to lower the cost of instructional materials, including electronic textbooks, open source books and other online resources.

Other attempts to lower textbook costs — such as exempting them from sales tax — have failed in the Legislature.

As for rentals, they're expected to expand rapidly. The Higher Education Opportunity Act of 2008 included \$10 million for textbook rental programs, with another \$10 million allocated this year. The National Association of College Stores estimates that 200 of its member campus bookstores offer a rental program.

Scott, the UNT sophomore, said he'd actually prefer digital textbooks. "I don't think a lot of students in this day really do care whether or not it's physically in print or if you just have to access a Web site," he said. "Both are just as convenient."

And while he had a good experience renting, Scott found one major downside.

"I'm a little sad I have to return it, because I enjoyed a lot of the stories in it."

(c) 2010,  
The Dallas Morning News.

## MUSIC

continued from page 2

However, only time will tell if auto-tune's popularity will last in 2010.

As 2010 continues, I look forward to all it will provide for us, and which albums will become memorable and which will fail. I also look forward to new artists providing us with new hits and old artists saying goodbye to the industry that loved them so dearly. And of course, because I'm sure many of you are wondering this too, what will happen to Lady Gaga, our generation's oddest popular musician. Will she be deemed our new Cher? Or will she continue on a path unlike any seen before? Enjoy the year of 2010 and I hope you all receive wonderful gifts in the form of sheer musical magic.

Other bands to keep an eye on in 2010:

Alkaline Trio, Arcade Fire,

## WEIRD

continued from page 2

west outscored the competition in the Kansas Girls State Gymnastics Championship in November, but finished in third place because of a one-point penalty for a rule violation. The school's coach had inquired about a balance-beam score outside the five-minute "window" for inquiries. The two schools that were tied for second place were declared co-champions.

Environmentally conscious David and Katie France live 400 yards from their recycling center in Blandford, England, and decided in October to hand-carry their garbage

Animal Collective, Bad Religion, Barenaked Ladies, Beastie Boys, Beyonce, Bleeding Through, Blink 182, Busta Rhymes, Cake, Chingy, Christina Aguilera, Coheed and Cambria, Deftones, Dillinger Escape Plan, DMX, Eminem, Goldfrapp, Good Charlotte, Goo Goo Dolls, Gorillaz, Gym Class Heroes, Hawthorne Heights, HIM, Hot Chip, Janet Jackson, Justice, Kelis, Kid Rock, Klaxtons, LCD Soundsystem, Lil Jon, Lil Wayne, Linkin Park, Limp Bizkit, Ludacris, Lupe Fiasco, Madonna, Matchbox Twenty, Metro Station, MGMT, N.E.R.D., Nelly, The Offspring, Panic! At The Disco, Katy Perry, The Roots, Shout Out Louds, Britney Spears, Stone Temple Pilots, Story of The Year, Three Six Mafia, U2, Usher, Velvet Revolver, Amy Winehouse, Yeasayer, and many, many more.

instead of driving their car the short distance. However, they were refused entry, based on a "safety" rule requiring that trash be brought in vehicles.

A News of the Weird Classic (July 1991)

In May 1991, Maxcy Dean Filer of Compton, Calif., finally passed the California Bar exam. He had graduated from law school in 1966 but had failed the exam 47 straight tries. (After opening a practice in Compton, he was suspended in 2007 for failing to pass the California Bar's Professional Responsibility exam. He remains suspended.)



# Making health care about health

Julie DEARDORFF AND  
Chithra GRAHAM  
Chicago Tribune

Young cardiologist, Steve Devries noticed a disturbing pattern: His patched-up heart patients kept returning for repairs. It happened so often that Devries decided there must be another way to advance patients' health. Today, his thriving Chicago practice focuses exclusively on preventing disease, and Devries is far more likely to counsel patients about diet, sleep habits and exercise than to prescribe high-tech scans or cholesterol-lowering drugs.

Motivated by a growing sense that America's health care system is broken, doctors such as Devries and public health experts are turning to preventive medicine for a potential fix. And lawmakers, eager to curb rising health care costs, are paying close attention. Every serious proposal for health reform includes measures to promote healthier lifestyles and minimize the burden of disease.

In a significant move, the federal government last month earmarked \$650 million in grants — the largest sum ever — for community programs designed to reduce tobacco use, increase physical activity and improve eating habits. But there's no easy or cheap way to transform an ailing care system into one that promotes health and wellness.

At every level, from the way doctors are trained to the way

they're reimbursed for services, the overshadowing of prevention is overshadowed by a focus on treating illness and a reliance on expensive medical technologies and procedures. "Health reform gives us a great opportunity to shift the focus," said Mike Barry, executive director of the American College of Preventive Medicine. "Instead of pulling out a prescription pad, we want to see physicians prescribing lifestyle changes." Prescribing research documents the potential impact.

In an April article in PLoS Medicine, an international peer-reviewed journal, researchers estimated that 191,000 fewer deaths would occur each year in the U.S. if people got more physical activity; 216,000 deaths forestalled if people were a normal weight instead of overweight or obese; and 467,000 deaths averted if people gave up smoking. Less clear is the effect on health care costs.

Although some forms of prevention save money, others require a significant upfront investment and can prompt increased spending, said Louise Russell, chair of the division of health policy at Rutgers University. In medical offices across the country, doctors practice primary prevention when they administer flu shots or immunizations, check a patient's blood pressure or cholesterol and perform cancer screenings such as mammograms, trying to identify people who could become ill

and minimize that potential.

Secondary prevention occurs when physicians help people with illnesses such as heart disease, asthma or diabetes manage those conditions and avoid possible complications. About 75 percent of health care spending is driven by people with chronic illnesses, according to Jeff Levi, executive director of The Trust for America's Health.

A third form of prevention focuses on the places where we live, work, play and learn. This strategy recognizes that it's difficult for people to change their behavior without safe, convenient places to walk and exercise; fruits and vegetables in school lunchrooms; and restaurants where tobacco smoke doesn't drift across tables; among other social supports. "If we lower the barriers to making healthier choices in the community, then we can create a culture of health in this country," said Partnership for Prevention President Robert Gould.

A recent report in the Archives of Internal Medicine underscores the point by finding that people who live in "healthy" neighborhoods — areas with plentiful opportunities for physical activity and eating well — had a 38 percent lower rate of Type 2 diabetes than those in "unhealthy" neighborhoods. Though the analysis doesn't prove cause and effect, "altering our environments so that healthier behaviors and lifestyles can be easily chosen may be one of the key steps in arresting and reversing these epidemics," wrote researchers from Northwestern University, Drexel University and several other institutions. Similarly, a new Institute of Medicine report has concluded that smoking bans — an increasingly common community-based

prevention strategy — reduce the risk of heart attacks in smokers as well as nonsmokers by limiting exposure to secondhand smoke.

But messages about relationships between health and social factors often provoke controversy, impeding prevention efforts. Many people resent the government telling them what to do, including how to stay healthy.

In a new study, University of Michigan researchers found a partisan divide: Republicans were less supportive of prevention strategies after news reports suggested that diseases are related to social or economic factors, while Democrats became more supportive, according to the report, published online this month in the American Journal of Public Health.

Insurance policies that pay doctors handsomely for performing medical interventions but not for counseling people about healthier lifestyles present another hurdle. Many insurance policies cover stomach-reducing surgery for obese patients, for instance, but will not pay for weight loss programs or nutritional counseling.

To promote prevention, insurance policies need to be restructured "to create the right kinds of incentives," said Dr. A. Mark Fendrick, co-director of the Center for Value-Based Insurance Design at the University of Michigan. What is needed is a link between how much health is produced and how much the nation pays for medical care, he said.

Under proposed health reform, Medicare, the government's health program for seniors, would take a step in that direction by waiving co-payments for older Americans who seek preventive care

and rewarding doctors for delivering recommended preventive services. Businesses could also impose stricter penalties on employees who smoke or are overweight. But if we're committed to becoming a healthier nation, change needs to start even earlier, in the halls of American medical education, argues Dr. Andrew Weil, the founder and director of the Arizona Center for Integrative Medicine. Most medical schools give short shrift to prevention and, "American medical doctors are functionally illiterate about nutrition and unable to counsel patients about improving their eating habits," he wrote in his new book, "Why Our Health Matters."

Because of economic incentives, too many doctors become medical specialists and too few become internists, family doctors or pediatricians — the physicians most needed to oversee the overall health of their patients and deliver preventive services, Weil said.

Like many doctors, Devries was drawn to preventive health after seeing too many patients on the back end, when they are sick. Early in his career, he focused on using medication to lower cholesterol. But when the same patients returned with ongoing symptoms of heart disease — and he realized that more than half of all heart attacks occur in people with normal cholesterol levels — he began to seek out the root of the problem. Now an integrative physician who blends conventional care with alternative treatments, Devries uses blood tests more often than heart scans.

Blood tests, he said, allow him to look for the actual causes of heart disease; scans simply track disease that has already occurred. And rather

than embracing the polypill concept — a bundle of five medications that some doctors hope will one day reduce heart disease — Devries often prescribes what he calls the "polyplate," or a colorful assortment of fruits and vegetables to be eaten on a daily basis.

Statins can reduce risk of heart events by one-third. But studies have shown the Mediterranean diet is associated with a 72 percent reduction in cholesterol levels, Devries said. Still, encouraging behavior change may be the toughest obstacle to prevention of all. It usually requires a health scare, like the one Adele Simmons recently had after discovering she had high blood pressure and a slightly blocked artery.

Simmons, 68, dreaded the thought of giving up ice cream, brownies and regular Coke. But after meeting with Devries, she changed her diet, went on a natural statin called red yeast rice (best used under the supervision of a qualified doctor) and became more vigilant about incorporating exercise, meditation and breathing into her day. Both her blood pressure and cholesterol levels have dropped back into the normal range. A bonus: She lost 10 pounds. "I thought I'd feel like giving up, but in fact, it was easier than I expected," said Simmons, vice chair of Chicago Metropolis 2020 and co-chair of the Chicago Climate Action Plan. "When I changed my diet, my taste buds changed too, so some of the things I found irresistible, I just don't like anymore."

(c) 2009  
Chicago Tribune.

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# Number of free, noncredit courses on Web increasing

Susan SNYDER

The Philadelphia Inquirer

A stay-at-home mom in Maine; A supply teacher in an under-supplied school in Quito, Ecuador; A food-service-supply salesman in Lancaster, Pa., laid up for months with little to do after a hang-gliding accident; And two out-of-work West Philadelphia men looking to take an intellectual journey from their living room.

They are among millions around the world who have been attracted to Yale University's free courses on the Web, complete with audio and video lectures, syllabi and supplementary materials.

"It was such a great thing to me," said Steve Ziegler, 40, of Lancaster, who during his recovery watched Ivy League English-class lectures on Cormac McCarthy's novel "Blood Meridian," which quickly became one of his favorite books. "I was able to get more out of something that I love because Yale put these courses online."

More universities are beginning to upload full-length, free courses through iTunes, YouTube and the international consortium site OpenCourseWare.

The University of Pennsylvania put up an environmental course and a psychology course on its "open learning" site last year, with plans to expand.

Eastern University in St. Davids, Pa., launched a Christian spirituality course and an urban sociology course, also in the last year.

The University of Delaware started a page on iTunes last month with courses currently restricted to staff and students, but with some likely to become public.

While some worry such projects are tantamount to giving away perhaps a university's most prized treasure - it's teaching - others say the projects fulfill a mission to disseminate information widely.

Of the eight Ivy League schools, Yale has been a leader, with 25 free courses online and



And you can't beat the price of tuition. Vincent Evangelisti takes advantage of Yale's noncredit courses online. More universities, including several in the region, are offering full, free courses.

Bonnie WELLER/Philadelphia Inquirer

11 more coming this fall.

"We wanted to share our academic treasures more widely with the world," said Diana E.E. Kleiner, a history of arts professor who directs the project.

Since the Web site's launch in December 2007, more than 2 million from 193 countries have viewed - though not necessarily completed - courses, she said. Many others have tapped into the courses on iTunes and YouTube, she said. Though these are the same courses taken for credit by Yale undergraduates on campus, they are noncredit on the Web.

The learning is self-directed. There are no grades, no feedback, no course credit and no

class-time interaction with faculty. Participants send e-mails to professors, which some opt to answer.

Some of Yale's star professors take part, including economics professor Robert J. Shiller, who wrote "Irrational Exuberance," about bubble like market behavior.

The project is being funded by a \$3 million, four-year grant from the William and Flora Hewlett Foundation.

One of the biggest challenges is raising funds to add new courses, Kleiner said.

Such ventures can be costly. The Massachusetts Institute of Technology in 2002 launched its OpenCourseWare site and eventually uploaded materials

for all of the university's 1,950 courses, said Steve Carson, external relations director for MIT OpenCourseWare. Thirty classes offer video.

It cost about \$30 million - all but \$5 million funded by outside sources. The university spends about \$3.6 million a year to maintain it, some of which also is funded from the outside.

The site's popularity has grown. In 2009, 15 million watched courses, up from 4.5 million five years earlier, he said. About 42 percent are students at other schools, 9 percent educators and the rest "self-learners," he said.

The project has boosted relations with universities

worldwide, improved teaching as professors evaluated themselves, strengthened ties with students and alumni, and helped with recruiting, Carson said.

"About half of our incoming students said they have looked at the site," with many reporting it influenced their choice, Carson said.

As more universities around the world began asking for help to do the same, the nonprofit OpenCourseWare Consortium was created that now includes about 13,000 free courses from more than 200 higher education institutions and associated organizations from around the world. Twenty-two are in the United States, including

the University of California at Berkeley, University of Michigan, Tufts, Notre Dame and Johns Hopkins.

Professors say the project has been rewarding to them and a public service.

"We can't admit everybody to everybody absolutely free," said physics professor Ramamurti Shankar.

He's heard from high school students aided by his course, the stay-at-home mom in Maine who told him it expanded her mind and an educator at a university in Istanbul, Turkey, who used his course.

Philosophy professor Shelly Kagan - who teaches "Death," which explores immortality, suicide and other issues and has become one of the most popular courses - said he had gained a wider audience, both geographically and in the kind of students he reaches.

"I had a janitor who e-mailed me and said he listened to some of my lectures while cleaning," he said.

Vincent Evangelisti, 53, and Matthew Moseley, 39, the West Philadelphia housemates, are making their way through Yale's intro-to-psychology course. They've also looked at Roman architecture and molecular, cellular and developmental biology.

"We've been absolutely thrilled," said Evangelisti, a 1979 Yale grad.

Ziegler, a high school dropout who said he has nonetheless always had a thirst for knowledge, began to watch as a way to stimulate his mind, awash in painkillers and idleness after his 2008 accident. He started with an MIT biology course and moved on to English courses at Yale.

He found the material accessible and understandable.

"I wouldn't consider trying to get through 'Paradise Lost' without having a course online," said Ziegler, who has recovered and is back at work.

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The Philadelphia Inquirer.

# Cobras Men's Basketball team aims high

Shagun PRADHAN

Staff Writer

After beating 13th ranked Louis and Clark, the Parkland men's basketball team proved that they are definitely not lacking the potential and talent, despite being young and inexperienced. It seems everyone on the team is new except for the two returning sophomores, 6'2 Guard Jeremy Paprocki from Ashwaubenton, WI and 6'6 Forward Jonathan Jackson from Chicago, IL. Assistant coach John Kleber is also entering his second season with the Cobras, everyone else on the basketball team is new.

New head coach Nate Mast, a former University of Illinois basketball player (1997-2001) brings his college playing and coaching experience (recently from the Kansas University Jayhawks). While at the University of Kansas as an assistant coach under Bill Self, he helped bring the Jayhawks to three Big 12 championships and an elite 8 appearance.

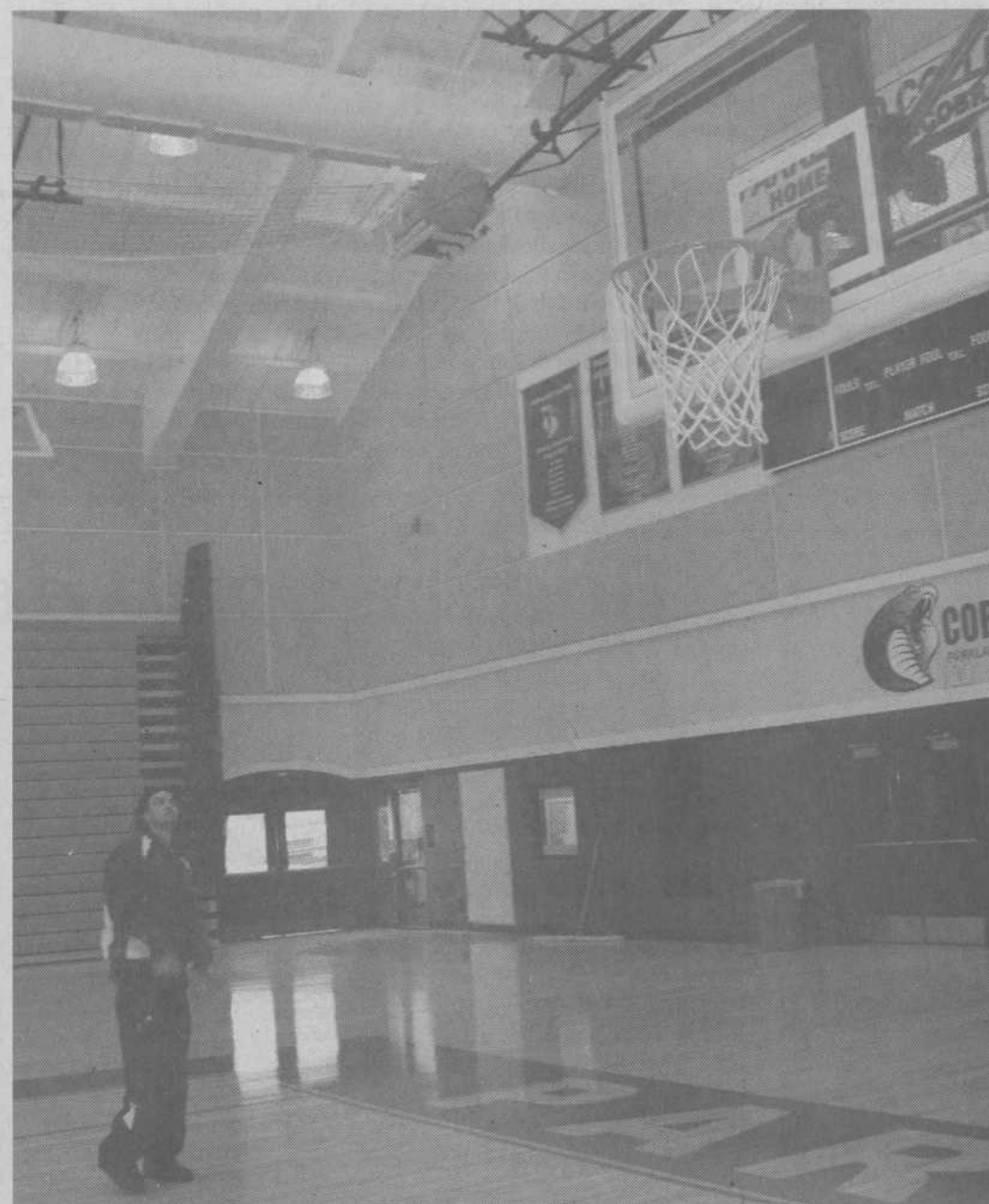
The team's overall record is currently 6-10 and 3-2 in conference play. Although the team is under .500, the team has showed potential by beaten top ranked teams in the nation including 8<sup>th</sup> ranked Shawnee 72-67 at home and at 13<sup>th</sup> ranked Lewis and Clark 81-77 in overtime.

Team manager Rhonda Harris explains the adversity the team has to face. "Our tallest

person on the team is 6'7, and that's harsh on us when there are other big men in the conference that are 6'11 and 7'0 tall." Her job on the team may not seem significant, but without her things would not run as smoothly, "I do all the dirty work to keep us going smooth like filling up (water) bottles before games and making sure all the uniforms are packed. I am like the team mom, and I am not to afraid to get on anyone if they are slacking" said Harris.

People like Harris are great motivators for this young team, "We just need all the motivation we can get" said 6'2 red-shirt freshman Shooting Guard Charles Glass. "The more people we can get to come to our games the better we play; it really brings up the energy level". Glass's main goal as a red-shirt freshman is to help the team prepare for games, giving him much experience with motivation and enthusiasm. "I help the team get ready physically and mentally. I make sure everyone is confident at what they are doing." Glass explains, "With the chemistry on the team we can push each other and give each other a high intensity level of competition to make sure everyone progresses throughout the season."

With experience comes progression, and that is what this Parkland team needs. "The lack of experience hurts the



Freshman DJ Hoskins prepares for the big game this Saturday against ICC.

Shagun PRADHAN/PROSPECTUS

team, because the transition from high school basketball and College basketball is a totally different level of intensity and talent," said Harris, "We just need to improve the little things."

The team is lead by 5'10 freshman Point Guard Simeon Simmons. "We start off games great, we have great perimeter shooters and our defense is outstanding. What we need to do is step it up in the second half and not turn the ball over," he said.

The Cobras are averaging 20 turnovers a game and that should be expected with such a young team. However, the team seems to be more and more consistent each game, and is beginning to learn how to play with each others specialized talents. "We play great with each other and we play now how to move as one team instead of being individuals," said Simmons.

The tip off against Illinois Central College (ICC) is this Saturday at 12pm here at Parkland. ICC is the number one team in the conference, but after coming off a win against 13<sup>th</sup> ranked Lewis and Clark this young Parkland team's confidence is brewing. "If we can get a lot of people to come to this game, we will be unstoppable" said Glass.

Hope to see you there!



# OPINIONS

## Dr. King at 81, an anniversary of greatness

**Paul M. GASTON**  
*The Free Lance-Star*

The last time Martin Luther King Jr. and I met was in March 1963. A student civil-rights group had invited him to come to the University of Virginia to speak. He came and, before an audience of almost 900 people, gave one of his typically vibrant and uniquely inspiring addresses.

After the speech and the reception that followed, three of us strolled about the university grounds with our guest. We heard a loud report. I assumed it was a car backfiring (which it was). Wesley Harris, the student leader with us, could not make that assumption. He pinned King to the wall of the building we were passing. Many years later I asked Wesley about that event. This is what he told me:

"It was without thought; it was instinct. Out of what I would describe as the Southern experience of a black person in that era. That we had seen so many of our leaders jailed and beaten and dragged through the streets, so a person of King's stature is priceless. So any possible threat of danger or whatever, you would need to protect him. I shall never forget that night."

Back in King's motel room

near midnight, speaking of what had happened, King told us that, yes, one of these days - and probably soon - he would be shot and killed. We left the room humbled and anxious. None of us was ever in his presence again.

Five months after our meeting, King was in Washington to lead a march for jobs and freedom. His "I Have a Dream" speech, the riveting highlight of the occasion, began with a prediction that the day would "go down in history as the greatest demonstration for freedom in the history of our nation." And so it did. Ironically, however, the meaning of that speech would soon be distorted and manipulated.

It has, for example, been used to turn the civil rights movement into yet another example of the heroic and dramatic story of American democracy. His dream, he said, was "deeply rooted in the American dream." And so the civil rights movement, as it swept away segregation and disfranchisement, came to be described as proof of the self-corrective nature of America's unique democracy.

Martin King had a different message, one seldom recorded in birthright encomia. After passage of the Civil Rights Act of 1964 and the Voting Rights

Act of 1965 he said it was necessary to move beyond the reformist tactics of the previous decade. The abolition of segregation and the acquisition of the right to vote were crucial to the freedom struggle, but they were not the ultimate goals of that movement, not ends in themselves. The meaning of freedom, he was to say often, reached far beyond those building blocks.

"We must recognize," he said, "that we can't solve our problems now until there is a radical redistribution of economic and political power." Among other things, this would require facing the truth that "the dominant ideology" of America was not "freedom and equality" with racism "just an occasional departure from the norm." Racism was woven into the fabric of the country, intimately linked to capitalism and militarism. They were all "tied together," he said, "and you really can't get rid of one without getting rid of the others." What was required was "a radical restructuring of the architecture of American society."

That phrase - "a radical restructuring of the architecture of American society" - was not uttered in the dream speech of 1963. The time was not right for it. The Jim Crow shackles had to be smashed

first. But the phrase carries the essential message and embodies the enduring legacy of Martin Luther King Jr., and it is a message virtually air-brushed from history. His radical critique was drowned out from the beginning by angry White House rejections, white fear of the Black Power movement, escalating riots in Northern cities, and liberal integrationists' continuing loyalty to reformist principles of contained social change.

Little time passed before the King who would remake the "architecture of American society" was absent from schoolbooks, anniversary celebrations and political oratory. Julian Bond had it right when he wrote that "we do not honor the critic of capitalism, or the pacifist who declared all wars evil, or the man of God who argued that a nation that chose guns over butter would starve its people and kill itself. We honor an antiseptic hero."

This antiseptic hero was the product of the whole culture, a culture innocently unable to imagine itself as fundamentally flawed. The right-wing assault on civil rights over the last generation, however, has been anything but innocent. It has appropriated King himself as its ally in rolling back the things for which he and his

comrades stood, fixing on the dream speech as its primary text. King's statement that his "dream is deeply rooted in the American dream" is interpreted to discredit his radicalism; and his hope for the day when people would be judged "by the content of their character rather than the color of their skin." It is enlisted in the battle against all legislation and programs that might help to undo the effects of three and a half centuries of racial exclusion and exploitation.

Pundits and politicians on the right have fixed on these two fragments. George Will, conceding the existence of continuing poverty and disadvantage, explains them as the "terrible price" blacks have been made to pay "for the apostasy of today's civil rights leaders from the original premise of the civil rights movement." That premise, he declares, was that "race must not be a source of advantage or disadvantage."

Rush Limbaugh writes that "the vision that Dr. Martin Luther King Jr. had for a color-blind society has been perverted by modern liberalism." Newt Gingrich and Ward Connerly, blasting what they call "the failure of racial preferences," conjure up King's "heartfelt voice" wishing for an end to judging people by

skin color.

Linda Chavez, prominent crusader against affirmative action, came to my university a few years ago to admonish us to cease judging applicants "based on the color of their skin" (which we did not do). King, she told us, would be opposed because our policy "smacks of the kind of racism that has long plagued this nation." She and a legion of others have given life to what George Orwell, in "1984," called Newspeak, the use of words in ambiguous and contradictory ways, telling lies by appearing to tell the truth.

We are right, on the anniversary of his birth, to celebrate King's courage, vision, and leadership that helped to transform our country for the better and helped to bring about, for the first time in our history, the election to the presidency of an African-American. We should not do so, however, without heeding the largely forgotten words of the last three years of his life, a life ended by the assassin's bullet he had foreseen five years earlier.

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The Free Lance-Star

## The perils of flying while Nigerian

**Okey NDIBE**  
*The Hartford Courant*

It's never been easy to be a Nigerian immigrant in the United States. Thanks to some Nigerians who send out scam letters and e-mails around the world, there's the perception that Nigerians are financial predators prowling the cyber world for gullible victims.

When I first arrived in the United States in 1988, I found it difficult to open a bank account. The FBI and other agencies had sent out bulletins to banks, credit-card companies and other financial services firms to beware of Nigerians. In the end, a bank opened an account only after I had lined up several longtime customers to vouch for me.

Fast-forward to 2010 and Nigerians face a different kind of peril. It's now going to be a nightmare to fly, domestically

or internationally, while carrying a Nigerian passport.

On Christmas Day, a 23-year-old Nigerian named Umar Farouk Abdulmutallab was foiled as he attempted to ignite a fire inside a Northwest flight that was about to land in Detroit. The would-be suicide bomber, a former engineering student in London, is a child of privilege. As a student, he lived in his father's \$4 million apartment in London. His father had held cabinet positions in Nigeria and, until last year, ran one of the country's largest commercial banks.

Abdulmutallab's privileged background has baffled American commentators trying to come to grips with his dastardly plot, which would have killed close to 300 fellow passengers and crew members aboard the flight from Amsterdam.

Nigerians are just as amazed.

They are also troubled by the haste with which the Obama administration put Nigeria on a list of 14 nations deemed breeding grounds for al-Qaeda terrorists. Other nations on the list include Yemen, Saudi Arabia, Cuba, Afghanistan and Pakistan. Somalia, Libya, Algeria and the Sudan are the only other African nations on the roll.

I travel abroad several times a year and I dread the consequences of this designation. Even though I now carry an American passport - having become a U.S. citizen in 1996 - I travel frequently to Nigeria, and that makes me a target for increased security screening. Many Nigerians sympathize with the thinking that informed the recent branding of their country, but some strongly contend it's an unfair policy. That's my position. The decision by the Obama admin-

istration was, in the end, driven less by sound considerations than by hysteria.

One doesn't advocate laxity in the screening of Nigerian passengers. The reality is that, in the post-9/11 climate, few passengers ever get by without being thoroughly searched. My argument is that, despite Abdulmutallab's depraved plot that was blocked by some vigilant passengers, Nigerians do not pose a unique terrorist threat to America.

From what we know so far about the bombing suspect, Nigeria played little or no role in his action. He apparently became radicalized as an extremist Muslim during his student days in England, and then received his preparation and equipment in Yemen. Besides, the moment his father got a whiff that his son had fallen in with Yemeni radicals, he alerted the U.S. embassy in

Nigeria. That the young man was subsequently able to board a flight bound for the United States was a terrible lapse by American intelligence.

I don't believe that Nigeria deserves to be stigmatized as a terrorist haven on account of one sick man's murderous designs.

Many Nigerians who have traveled in recent weeks have had a taste of the unsavory experience of being treated as potential terrorists. A day after the aborted Christmas Day bombing, a Nigerian traveler suffering from diarrhea was forcibly removed from the toilet of another Northwest flight bound also for Detroit. Wole Soyinka, the 1986 Nobel laureate in literature and a frequent traveler, has described his recent trips as "stressful." A Nigerian editor who visited Austin, Texas, has written about the mental torture

of subjection to multiple "pat-downs" at Dulles International Airport near Washington.

At 140 million people, Nigeria is Africa's most populous nation. A huge number of Nigerians live in the United States and work hard at a variety of jobs to support themselves and contribute to America's competitiveness in the world. Many Nigerians also visit the United States each year, on recreation or business. They are inspired by America's openness, ingenuity and enterprising spirit. Far from wishing America ill, they were just as shocked and outraged by Abdulmutallab's action as any.

It's sad to portray and treat these innocents as vile terrorists out to harm America.

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The Hartford Courant

### CGI U

*continued from page 1*

biography; and diversity - our goal is to have representation from all 50 states, a large number of different colleges and a wide ethnic range," said Senter.

How successful do the student's commitments to action generally turn out?

"Many of the goals are a year long, while some are over 3-4 years long. We receive progress reports on the goals and keep track of how much they have accomplished. Every effort is important and there is nothing too small to not be considered a success," said Senter.

CGI U is proof that young people have the power to make a significant impact by con-

fronting some of the world's most urgent challenges.

Onyekonwu takes CGI U efforts to heart and really believes in doing service for the world. He feels as though there is a lot of work to be done, however "if we engage students, we can accomplish a lot." Onyekonwu would like to start a chapter of a service work group at Parkland and believes that, "we are definitely capable of that with the students here at Parkland."

If you are interested in applying for the 2010 CGI U conference, visit [www.cgiu.org](http://www.cgiu.org). The deadline for applications is February 22.

## Body art and deviant behavior

**Steve JOHNSON**  
*Chicago Tribune*

Here's a new aphorism: "The more body art you have, the more likely you are to be involved in deviance."

So says Jerome Koch, a sociologist with Texas Tech University's "Body Art Team" - true moniker - which surveyed 1,753 students at four colleges and found a correlation between multiple tattoos or piercings and "deviant behavior."

The severally inked or poked at the unnamed Midwestern and Southern colleges said they engaged in, roughly speaking, more promiscuity, more drug use, more binge drinking, more arrests and

more cheating on academics than their peers.

The research team has been studying tattoos and piercings since 1999; its latest study will be printed in *The Social Science Journal* in March and was first reported in *Miller-McCune* magazine, which tracks academic research.

But the new data also suggest parents needn't freak about a lone dolphin (14 percent of surveyed students had a tattoo) or a belly-button ring (37 percent had a body piercing). "For low-level body art, these kids are not any different from anybody else."

The correlation with deviant behavior came among the 4 percent of students who had four or more tattoos, seven or

more piercings, or one "intimate piercing," said Koch.

Over at Taylor Street Tattoo, close to the University of Illinois at Chicago's Near West Side campus, owner Timothy Gooding stood up for his clients.

"The people I see on a regular basis that get tattooed are some of the nicest, most well-mannered people," Gooding said. "I see college kids, screaming, yelling, fighting on a regular basis. Those are not my kids."

Koch doesn't necessarily disagree. He says what the study really demonstrates is how body art going mainstream has upped the ante for those who would treat it as more of a subculture.



(c) 2009  
Chicago Tribune.



WINTER GAMES 2010  VANCOUVER, CANADA

# Lasting impressions

## Reviewing some of the memorable moments in Winter Games history

**1924**
**CHAMONIX, FRANCE**

Initially organized as an International Winter Sports Week, the Games at Chamonix were not officially recognized as the first Winter Olympics by the International Olympic Committee until 1925. Five sports were represented: Nordic skiing, figure skating, speed skating, bobsled and hockey.

Canada established its reign as hockey champions by winning the gold in the first four Winter Olympics.

**Charles Jewtraw** won the United States' only gold medal in the 500-meter speed skating event.



USOC ARCHIVES

**1928**
**ST. MORITZ, SWITZERLAND**

The second Winter Olympics used the facilities of an established ski resort. It also was the first time since World War I that the Germans were admitted back into any Olympic competition.

The Games at St. Moritz were the only time that bobsled teams could have five men instead of four. The United States placed first and second in the event.

**1932**
**LAKE PLACID, UNITED STATES**

Due to the Depression, turnout was low, with only 17 nations participating. Half of the athletes were from the United States or Canada. Dog sledding was included as a demonstration sport.

The U.S. bobsled team captured gold for the second time in a row. Team member Eddie Eagan became the only person to win a gold medal in both the Winter and Summer Olympics. He already had a gold in boxing from the 1920 Summer Games.

**1936**
**GARMISCH-PARTENKIRCHEN, GERMANY**

The Germans saw these Winter Games as a prelude to the Summer Games in Berlin. An attempt by German emigrants in the United States for a national boycott failed.

Ivan Brown and Alan Washbond (United States) won gold in the two-man bobsled.

**Sonja Henie** (Norway) won her third consecutive gold medal, making her the most successful individual Olympic female figure skater.

**1940**

The Games were scheduled to be held in Sapporo, Japan, but war with China caused Japan to pull out. Germany volunteered, but World War II forced cancellation of the Winter Olympics until 1948.

**1948**
**ST. MORITZ, SWITZERLAND**

The popularity of Alpine skiing increased, and slalom and downhill events were added. The winter pentathlon (cross-country skiing, downhill skiing, fencing, shooting and horse riding) was held as a demonstration sport.

Henri Oreiller (France) won two golds and one bronze in Alpine skiing and was the most successful athlete of the 1948 Winter Games.

Barbara Ann Scott (Canada) became the first North American to win a gold in figure skating.

**1952**
**OSLO, NORWAY**

Germany and Japan were allowed to compete for the first time since World War II. The Oslo Games marked the first time the Olympics were held in a Scandinavian country.

Andrea Mead (United States) was victorious in the slalom and giant slalom, becoming the first U.S. athlete to win two golds in a Winter Olympics.

Richard Button (United States) won his second gold and was the first to perform a triple jump in the figure skating competition.

**1956**
**CORTINA D'AMPEZZO, ITALY**

An Italian television station provided

the first Winter Olympic live coverage. "Eurovision" allowed parts of central Europe to watch competition.

The United States swept the men's figure skating competition. Gold went to Hayes Alan Jenkins, silver to Ronald Robertson and bronze to David Jenkins, Hayes' younger brother.

The new Soviet hockey team upset Canada in the finals and took the gold undefeated.

**1960**
**SQUAW VALLEY, UNITED STATES**

The opening and closing ceremonies were stage-managed by Walt Disney, chairman of the Olympic Pageantry Committee. South Africa was represented for the first and last time until 1994. Figure skating events moved indoors.

Georg Thoma (Germany) became the first non-Scandinavian to win the Nordic combined.

**1964**
**INNSBRUCK, AUSTRIA**

Computers helped officials time and judge events. Mild weather prompted the



USOC ARCHIVES

**1968**
**GRENOBLE, FRANCE**

For the first time there were two separate German teams competing in an Olympics.

Peggy Fleming (United States) took home the gold in women's figure skating. Jean-Claude Killy (France), the host country's favorite son, won gold medals in all three Alpine skiing events. The Games were dubbed the "Killympics."

**1972**
**SAPPORO, JAPAN**

The Sapporo Games were the first Winter Olympics held outside of Europe and the United States. They also marked the first time all three medals in one discipline were won by a non-European country (Japan, in the normal hill ski jump).

Galina Kulakova (U.S.S.R.) captured three gold medals in women's cross-country skiing.

Speed skater Dianne Holum (United States) won a gold (1,500 meters) and silver (3,000 meters). She would later coach Eric Heiden in the 1976 and 1980 Games.

**1976**
**INNSBRUCK, AUSTRIA**

The Games were originally awarded to Denver but later nixed by Colorado voters. Innsbruck used existing facilities from the 1964 Games.

Speed skater Sheila Young (United States) captured gold, silver and bronze medals, making her the first U.S. athlete to win three medals at a single Winter Olympics.

Ice dancing made its Olympic debut. Ludmilla Pakhomova and Alexander Gorshkov (U.S.S.R.) took the first gold medal.

**1980**
**LAKE PLACID, UNITED STATES**

The second Lake Placid Games marked the first use of artificial snow in Olympic competition.

Eric Heiden (United States) won five gold medals in speed skating.

Alexander Saizev and Irina Rodnina (USSR) won gold in pairs figure skating. It was her third consecutive gold medal.

The U.S. hockey "Dream Team" defeated the Soviets, who had taken gold since 1964.

**1984**
**SARAJEVO, YUGOSLAVIA**

It was the first and only time the Olympics were held in a Socialist country.

Jayne Torvill and Christopher Dean (Great Britain) scored the first perfect scores in ice dancing and won the gold.

Scott Hamilton (United States) took the gold medal in figure skating.

Phil Mahre and his brother, Steve, (United States) placed first and second in the slalom event.

**1986**

IOC voted to have the Summer and Winter Olympics in different years starting in 1994. The Games would be held alternately every two years, with the Winter Games in the same years as soccer's World Cup.

**1988**
**CALGARY, CANADA**

For the first time since 1968, demonstration sports (curling, short track speed skating and freestyle skiing) were included. Speed skating events were moved indoors.

Alberto Tomba (Italy) took two gold medals in the men's slalom.

Bonnie Blair (United States) captured the first of three consecutive gold medals in the 500-meter speed skating event.

**1992**
**ALBERTVILLE, FRANCE**

Germany was once again represented by one team. The Russian republics, with the exception of Lithuania, Estonia and Latvia, competed on a Unified Team.

Nordic skier Lyubov Yegorova (Unified Team) won three golds and two silvers, making her the most successful female athlete in Albertville.

World champion **Kristi Yamaguchi** (United States) garnered the gold medal in women's figure skating.



USOC ARCHIVES

**1994**
**LILLEHAMMER, NORWAY**

The South Russian team returned after 34 years. Each Russian republic had its own team.

Johann Koss (Norway) garnered three gold medals in speed skating and set a world record in each event.

Speed skater Bonnie Blair (United States) won two gold medals for a grand total of five, making her the most successful U.S. female winter athlete.

Drama lingered in the women's figure skating competition as Nancy Kerrigan faced her U.S. teammate Tonya Harding, who was investigated for plotting to disable Kerrigan prior to the Games. Ukraine's Oksana Baiul took home the gold medal and Kerrigan the silver.

**1998**
**NAGANO, JAPAN**

The Olympics returned to Japan after 26 years. Three sports — curling, snowboarding and women's hockey — made their medal debut. For the first time, the NHL suspended its season to allow the best professional players to participate in the Games.



AKIRA SUWA/KRT

**Japanese ski jumper Kazuyoshi Funaki soars to a gold medal at the 1998 Games.**

The Japanese ski-jumping team won four medals, including a gold in the team event.

Hermann Maier (Austria) won the gold in the giant and super giant slalom after recovering from a crash in the downhill.

Cross-country skier Bjorn Daelhlie (Norway) won three golds and one silver, giving him an unprecedented 12 total Winter Olympic medals (8 gold).

**2002**
**SALT LAKE CITY, UNITED STATES**

Women's bobsledding made its first appearance at the Winter Games. Jill Bakken and Vonn Flowers (United States) won the gold medal.

A vote-swapping scandal leads to two gold medals being awarded in pairs figure skating — one to Russia's Elena Berezhnaya and Anton Sikharulidze and one to Canada's Jamie Salé and David Pelletier.

In the short track speed skating women's 500-meter final, Yang A. Yang (China) won China's first-ever Winter Olympic gold medal.

**2006**
**TORINO, ITALY**

More than 2,500 athletes from more than 80 nations participated in the Torino Games, breaking Olympic records.

Albania, Ethiopia and Madagascar were represented in their first Winter Games, and snowboard cross and speed skating team pursuit made their debut.

Canada's Duff Gibson became the oldest athlete to win gold in an individual event, winning the skeleton at 39 years and 150 days old.

In his Winter Games debut, professional skateboarder and snowboarder Shaun White (United States), the first athlete to win both Summer and Winter X-Games titles, won gold in the men's snowboarding halfpipe.

**2010**
**VANCOUVER, CANADA**

Canada plays host to the 2010 Winter Games for the second time. The Vancouver Games will be spread across a 74.5 mile (120 km) radius that includes the popular mountain resort of Whistler. Ski cross — an event in which four to six skiers race against each other down a course featuring rollers, jumps and banked turns — makes its medal debut.

— McClatchy-Tribune

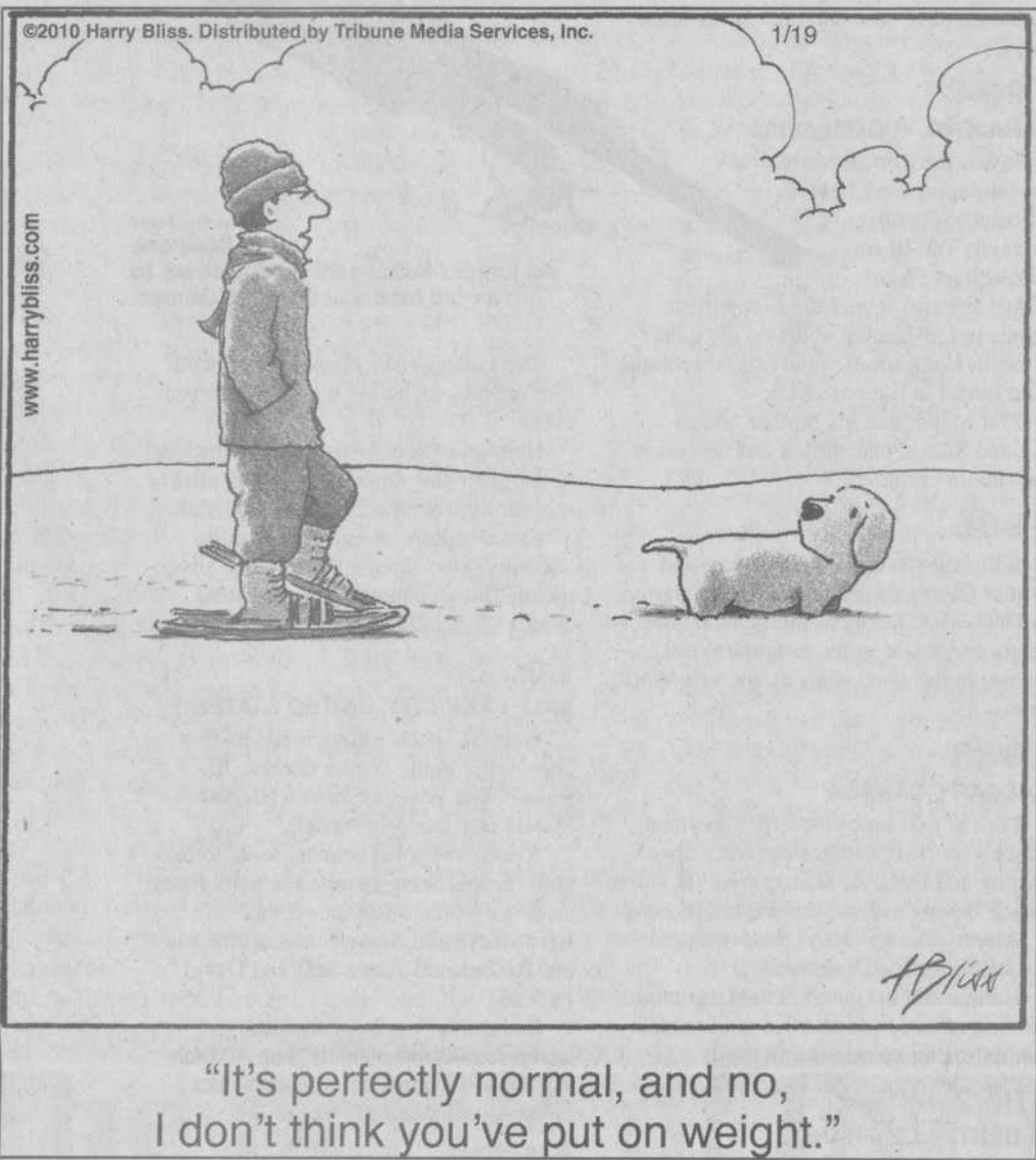
SOURCES: "THE COMPLETE BOOK OF THE WINTER OLYMPICS," BY DAVID WALLECHINSKY; "THE OLYMPIC FACTBOOK: A SPECTATOR'S GUIDE TO THE WINTER GAMES"; WWW.OLYMPIC.ORG; WWW.NBCOLYMPICS.COM; MCT



MARK REIS/COLORADO SPRINGS GAZETTE/MCT

**Shaun White (United States) catches air on his gold medal-winning run in the men's halfpipe snowboard competition at the 2006 Torino Games.**





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1/10/10

**Parkland College Relations**  
**Officer Matthew Kopmann**

As of January 1, 2010 there were laws passed involving cell phones. One law passed involves persons who hold an instruction permit or graduated license and another concerns texting while driving. Another law pas is about using cell phones in special areas. According to the Illinois Vehicle Code section 12-610.1, a person under the age of 19 years who holds an instruction permit or graduated license may not drive a vehicle on a roadway while using a wireless phone. A person may not operate a motor vehicle on a roadway while using an electronic communication device to compose, send, or read an electronic message. An electronic message includes, but is not limited to electronic mail, a text message, an instant message, or a command or request to access an Internet site. This is found in the Illinois Vehicle Code section 12-610.2. A person, regardless of age, may not use a wireless telephone at any time while operating a motor vehicle on a roadway in a school speed zone, or on a highway in a construction or maintenance speed zone. This is taken from the Illinois Vehicle Code section 12-610.1.

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**ACROSS**

- Rather or Aykroyd
- Actor Holbrook
- \_\_\_ Grant; role for Ed Asner
- Vicki Lawrence's title role in her sitcom
- Vigoda of "Barney Miller"
- High-ranking naval title: abbr.
- College credits
- Trucker's truck
- Actress Leoni
- Eric Mabius' role on "Ugly Betty"
- Miner's discovery
- "Diamond \_\_\_"; Mae West play
- "\_\_\_ Let Her Go"; Mark Harmon/Rachel Ward movie
- Every
- Actor \_\_\_ Majors
- \_\_\_ Arden
- Mai \_\_\_; rum cocktail
- \_\_\_ Laurel and Oliver Hardy
- Workers
- "Blame It on \_\_\_"; Michael Caine movie
- Eerie sighting, for short
- Actor on "Mercy"

**DOWN**

- \_\_\_ Delany
- Tyrant Idi \_\_\_
- "Face the \_\_\_"
- Lead role on "JAG"
- Lover of an Irish Rose
- "Boston \_\_\_"
- "The \_\_\_ Show with Craig Ferguson"
- \_\_\_ to Billy Joe"
- Actress Thurman
- Stick-in-the-\_\_\_; old fogy
- Very dry
- On the \_\_\_; honest
- "\_\_\_ Hard"; Bruce Willis movie
- Gore and Pacino
- Butterfly catcher's need
- Early series for Judd Hirsch
- Zsa Zsa's sister
- Present an argument against
- "My Mother the \_\_\_"
- \_\_\_ and hers
- Peoples or Long
- "Just the Ten \_\_\_"
- "The \_\_\_"; Norman Fell sitcom
- Largest city in Nebraska
- Actress Barbara
- Bit of canary food
- Jack, once of "The Tonight Show"
- Blues singer \_\_\_ James
- Caviar source
- Corn on the \_\_\_
- Garden tool

Solution to Last Week's Puzzle

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# 10 must-read environmental books

**Jessica KNOBLAUCH**  
Mother Nature Network

The year 2009 brought a deluge of eco-literature that covered everything from green horsekeeping to urban farming, so we sifted through the masses and pulled out 10 books that either explore new topics or exorcise old environmental demons — all sure to entertain and educate even the most erudite green bookworm.

Here are 10 must-read environmental books:

“Eating Animals” by Jonathan Safran Foer (Little, Brown & Company, \$25.99)

Don't worry, meat eaters. This isn't your typical pro-vegetarian rant. Instead, author Jonathan Safran Foer's examination of the world of meat and his own relationship with it after learning that he is going to be a father is a poignant and eye-opening tale that asks tough questions certain to compel meat eaters, vegetarians and vegans alike to take a much closer look at their dinner plates.

“The Dangerous World of Butterflies” by Peter Laufer (The Lyons Press, \$24.95)

Wary after a long stint of reporting on gloom and doom, author Peter Laufer jokingly tells an audience one night that his next book will be about

butterflies and flowers. Much to his surprise, Laufer's nose for news soon leads him on a harrowing journey of discovery into the inner workings of the butterfly industry and the underground world of collectors. Along the way, he meets a number of idiosyncratic characters with a common obsession — the butterfly — and whose stories will give readers a whole new perspective on the sometimes rare but always beautiful species.

“The Wilderness Warrior: Theodore Roosevelt and the Crusade for America” by Douglas Brinkley (HarperCollins Publishers, \$34.99)

This meticulous and thoughtful examination of Theodore Roosevelt's lifelong dedication to conserve America's wild places will give you a renewed appreciation for the nation's parks. Despite the book's massive demeanor, the author skillfully keeps the reader entertained with fascinating stories of our 26th president's successes, which ultimately led to the setting aside of more than 230 million acres of American wilderness. And, check out “The Big Burn: Teddy Roosevelt and the Fire that Saved America” by Timothy Egan, which chronicles the devastating forest fire that cemented Roosevelt's vision of conserva-

tion in the minds of the American people.

“Climate Cover-Up: The Crusade to Deny Global Warming” by James Hoggan, with Richard Littlemore (Douglas & McIntyre, \$15)

Despite the fact that global warming is, well, for real, almost half of the country still believes it's not a serious concern. So who's to blame? Public relations professionals, according to James Hoggan, who as a publicist himself makes a bold move by calling out fellow colleagues who have purposefully sowed reasonable doubt about climate change into the public's mind. This account of the industry's ingenious tactics will no doubt leave you frustrated and angry, but hopefully also a little better prepared the next time the PR professionals try to pull the wool over your eyes.

“Power Trip: From Oil Wells to Solar Cells — Our Ride to the Renewable Future” by Amanda Little (HarperCollins Publishers, \$25.99)

Amanda Little's ambitious and engaging first book grabs readers from page one with lively profiles of just about everyone touched by oil — from NASCAR fans and their gas-guzzling cars to the plastic surgeon who uses synthetic (i.e. oil-derived) body

parts to remake clients into their dreams come true. Along the way, Little delves into the short-sighted policies that got us into this oil crisis in the first place and tracks down the people who are trying to get us out of it.

“Cold: Adventures in the Wrecker's Little Places” by Bill Streever (Little, Brown & Company, \$24.99)

This book may consist of tales of frostiness, but the author's poetic storytelling style won't leave you cold. After deciding to examine the world's frozen places before it's too late, the author begins his journey by plunging into Prudhoe Bay, an icy mass 300 miles north of the Arctic Circle and continues by masterfully linking the history, myth, geography and ecology of bone-chilling temperatures. Reading Cold is guaranteed to give you goose bumps — the good kind.

“Unquenchable: America's Water Crisis and What to Do About It” by Robert Glennon (Island Press, \$27.95)

It's time to turn the tap off. That's the message behind Unquenchable, which reveals the extravagances and everyday waste, from enormous fountains in Vegas to super-sized bathrooms, that is literally sucking the nation dry. Worse yet, the author finds

that clean energy technologies like ethanol and biofuels will tax our water supply even further. But this crisis is avoidable, he says, if we finally begin to value water as a commodity and as a fundamental human right.

“Conservation Refugees: The Hundred-Year Conflict Between Global Conservation and Native Peoples” by Mark Dowie (MIT Press, \$27.95)

Though conservation has long been heralded as a way to preserve Mother Nature for future generations, there is a dark side to the movement that's conjured up in the faces of indigenous peoples forced out of their homes and off of their land — all in the name of environmental protection. Investigative journalist Mark Dowie expertly and evenhandedly explores this complex issue by exploring the stories of people on both sides of the debate — the natives and the conservationists.

“Our Choice: A Plan to Solve the Climate Crisis” by Al Gore (Rodale Press, \$26.99)

If you're in need of a pick-me-up after the lackluster results of the climate debate this year, look no further than Al Gore's “Our Choice,” which exhaustively outlines the many diverse solutions already available to solve the climate crisis

— if only we can muster the collective will. And, for an inside look into how we got into this mess in the first place, check out NASA scientist James Hansen's first book, “Storms of My Grandchildren: The Truth About the Coming Climate Catastrophe and Our Last Chance to Save Humanity.”

“Eco Barons: The Dreamers, Schemers, and Millionaires Who Are Saving Our Planet” by Edward Humes (HarperCollins Publishers, \$25.99)

With all the focus on fat cat bankers lately, Pulitzer Prize-winning author Edward Humes' portrayal of financial titans who are measured not by their bank accounts, but by their impact on the environment is a refreshing reminder that there are still people out there willing to put their money (and lots of it) toward combating climate change. Profiles of fascinating environmental warriors such as Burt's Bees founder Roxanne Quimby and media mogul Ted Turner will keep readers excitedly turning the pages until the very end.

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Mother Nature Network.

## Nexus One great, but consider the ecosystem before you buy

**Troy WOLVERTON**  
San Jose Mercury News

When you buy a smartphone, what you can do with it is becoming more important than how it looks.

Most of the latest wave of smartphones have caught up with the iPhone's once cutting-edge design. What distinguishes the phones are their features.

That's because when you get a smartphone, you're buy-

ing much more than the gadget itself. You're buying into an entire ecosystem.

That ecosystem consists of the carrier network and all the accessories and applications that go with your phone. It also includes the developer tools and even the philosophy underlying the gadget. Those latter factors are important because they influence what types of applications get made for the device in the future and, ultimately, what consumers will

be able to do with them.

The notion that there's more to consider when buying a smartphone than just the way it feels in the hand was near the top of my mind as I was reviewing Google's new Nexus One, the latest in a line of putative iPhone-killers.

The Nexus One is an outstanding device that bests even the latest iPhone in a number of ways. But before buying one, you should consider the broader ecosystem, especially

if you already own an iPhone.

The biggest difference between Android-based phones and the iPhone is in the number of applications: There are now more than 100,000 available for the iPhone versus about 18,000 for Android devices. But that difference may not matter. Many of the most popular applications on the iPhone also are available for Android. So, if you don't have an investment in either one, you may not notice much of a difference.

However, if you already have one or the other, switching may not be so easy, because you'll have to repurchase and re-download all your apps. If you're like me and you've purchased a lot, moving to a different platform could be fairly costly.

But the ecosystem issue entails more than just how many apps are available and how many you have. It also comes down to what you can do with those apps and ultimately

your phone.

For example, Apple allows developers to utilize much more storage space on the iPhone than they can on a typical Android device. As a result, you'll find much more complicated programs, particularly games, on the iPhone.

And Apple's tight control over the iPhone's hardware and operating system means that apps written for it will run on it. There's much more

See **Phone** on page 10

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### PHONE

*continued from page 9*

uncertainty with Android about whether particular programs will run on a specific device.

But Android is a much more open and flexible operating system in some ways. On the home screen of an Android device, you can put a clock, or a widget allowing you to quickly turn on and off your Bluetooth antenna; you can't do that on the iPhone. And Android allows the users to run more than one application at time, so you can listen to Pandora radio while checking your e-mail, something you can't do on the iPhone.

Those differences are likely to change over time. But even if they do, they may indicate the degree to which you'll be able to personalize the devices or what you'll be able to do with them in the future.

So with the Nexus One, if you like widgets, it's great. If you

like games, it's not.

Those considerations aside, the device is great, albeit with one big flaw.

Unlike many of the Android phones before it, the Nexus One is sleek. It's thinner than the iPhone with rounded edges that feel good in the hand.

Additionally, its underlying software is much improved from that on previous Android phones. It's more refined and more sophisticated.

It appears faster than previous phones, quickly switching between programs or responding to commands. And it includes some neat eye candy. One of my favorites was how its list of programs appears to scroll across a three-dimensional cube instead of up and down a flat surface.

The Nexus One also includes some of the features that made Motorola's Droid a standout this fall, such as Google's free turn-by-turn navigation service, an online backup service that restores applications



as well as settings if they're deleted on the phone, and an address book that can integrate contact information from Facebook and Exchange

e-mail servers.

The Nexus One's biggest shortcoming is the network on which it operates. T-Mobile offers high-speed 3G data

access only in and around the biggest metropolitan areas in the country and even then, only spottily. Large swaths of the Bay Area either have no cover-

age or data access only through T-Mobile's slower EDGE network. (Google has promised to release a Nexus One compatible with Verizon's network, which offers much more complete nationwide coverage, later this year.)

It also has one other notable flaw: The virtual, touch-sensitive buttons beneath its display are hard to press. I often had to mash the back button repeatedly - with increasing pressure - just to go back one step.

But if the Android ecosystem - not to mention T-Mobile's coverage - fits your needs, the Nexus One is worth a serious look. I'm not sure that it's an iPhone-killer, but it's the closest thing yet.

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San Jose Mercury News (San Jose, Calif.).