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Banner News

Sarah Hubbard

Allison Anderson

Megan Olson

Nick Noah

Amanda Betz

See next page for additional authors

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Authors

Sarah Hubbard, Allison Anderson, Megan Olson, Nick Noah, Amanda Betz, Edward Schultz, Guy Morgan, Caleb McKim, and Courtney Bowlin

Music shaming: Finding our own beat

By Sarah Hubbard
Contributing Writer

Four albums, two concerts, tour merchandise from the concerts, tickets to their movie, Chelsea Silvers is a dedicated fan of the popular boy band sensation One Direction.

But Chelsea is not a boy-crazed 12-year-old girl – she’s a 19-year-old college student.

“When people find out that I am a college student who enjoys boy bands, they definitely look at me differently. I often feel really judged,” says Silvers, a DMACC student.

Chelsea is a victim of music shaming. She, like many others on college campuses everywhere, is facing music shaming in their everyday lives. Music shaming is the term used to describe making someone feel insecure about his or her music taste to the point that they alter their preferences in order to fit in. This phenomenon happens, experts say, because of ~~the ancient desire to put people down~~ to feel superior. Even though music shaming may seem like a juvenile issue that would only affect a younger age group such as teenagers, it happens on DMACC campuses, and even in workplaces as an adult.

Everyone is trying to find themselves and what they like, and music often helps define with this process.

“We know who we are by judging ourselves based on others, and trying to establish a social norm,” says Gary Titchener,

MUSIC, see page 7

Searching for

SHUT-



-Y

College students suffer from lack of sleep

By Allison Anderson
Contributing Writer

usually worry about schoolwork before bed.”

Gabby Woods yawns then rubs her eyes.

Volleyball player Katy Lewis, 19, of Boone, says being sleepy wrecks havoc on her focus every day.

A few seconds later, she yawns again.

“Lack of sleep makes it hard to tell my body how to react. My reaction time is slower, which is scary when I’m driving long distances. Being so tired makes me less able to concentrate on my volleyball games and I’m less focused. Before bed, I worry about how I’m going to balance the next day with class, volleyball, and homework.”

Gabby, 19, is a dedicated athlete and motivated student.

And she’s tired.

Woods, who plays softball for DMACC, says her grades come first, sports second, and according to her, sleep is last.

“I’m always rushing to get things done, and I’m usually up late studying or finishing homework. Sleep is for the weak!”

Lewis also says it can be difficult for her to fall and stay asleep.

Although Woods is joking, she knows she really isn’t getting a full night’s rest.

“I overthink and worry about things a lot, which keeps my brain awake. It’s really hard on me because I need plenty of sleep for practices and games. Some nights I end up lying in bed wishing to fall asleep, but just can’t.”

“I get about six and a half hours of sleep every night. I know it’s not enough, but I just have so much to do with softball, schoolwork, and other priorities. It’s hard to fit it all in.”

Woods’ story is common among the college crowd. According to the National Institute of Health, 70 percent of college students are not getting the recommended eight or nine hours of sleep per night.

Dr. Scott Thiel of Boone County Family Medicine cited studies that show that teens and young adults need plenty of sleep. “But often they are the ones getting the least amount of sleep,” he says, “because they are trying to stay afloat with all their activities.”

The result can lead to lower grades, learning difficulties, moodiness, memory loss, and accidents.

Thiel also points out that many college students spend a lot of time on their cell phones,

“Not getting enough sleep makes me feel sluggish and can affect my focus,” Woods says. “I

SLEEP, see page 5

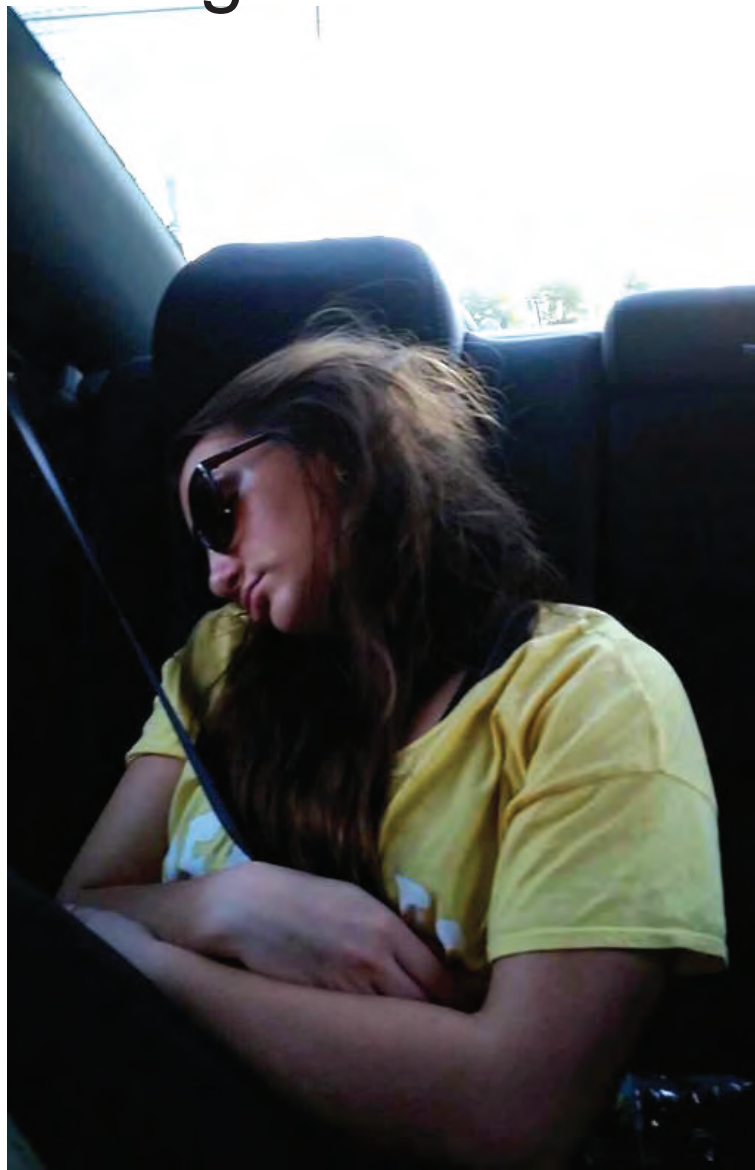


Photo by Allison Anderson

DMACC student and athlete Gabby Woods catches a nap during a car ride with friends. Woods, like a majority of college students, says she often doesn’t get the recommended amount of sleep each night.



Photo by William Jenks

And they’re off: Participants in the 2nd Annual In My Boots 5K Run Walk Ruck take off on April 18. Photos, see page 7.

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GRADUATION IS MAY 8

See page 5 for details

BEAR BRIEFS (Boone Campus and Boone Community)

Alcohol Awareness Day

Thursday, April 23rd, is Boone Campus Alcohol Awareness Day. Staff from a local agency will be on hand with informational pieces and giveaways. Everyone is welcome to complete a brief alcohol awareness assessment.

DMACC Boone Campus students who complete the assessment will be able to enter a drawing to win one of five Casey's \$20 gas cards.

The information and brief assessments will be available in the L.W. Courter Center from 11 a.m. – 1:30 pm.

**May Graduate Survey**

This month, all May graduation applicants will receive an email at their personal email account currently on file with the college requesting that they complete a brief survey on a website called Outcomes Survey. The data collected through this annual survey is very important to DMACC programs, students and other stakeholders within and outside of the college.

If you are graduating this May, please take a few minutes to complete the survey; all data collected is confidential and reported anonymously. Please help the DMACC Career Center with this important survey! Questions about the survey can be directed to Sara Moore, DMACC Career Center Specialist, at snmoore@dmacc.edu or (515) 964-6215.

Help stock campus pantry

As the semester begins, please consider helping restock the campus food pantry.

Current needs include:

- Canned chicken
- Spaghetti sauce
- Canned fruit/Dried fruit/ Applesauce
- Rice
- Peanut butter
- Jam/Jelly
- Dried beans
- Oatmeal/Hot cereal mix/ Boxed cereal
- Bread/Muffin mix
- Oils (vegetable, olive, etc.)
- Toilet paper
- Bath soap and shampoo

Please drop off donations to Erin Neumann (Room 124) or Jane Martino's office (Room 122). All donations are greatly appreciated. The food pantry is available to any student who might need assistance. If a student has a more significant need for food/resources than a visit to our campus food pantry can assist with, please contact Erin Neumann, eanemann@dmacc.edu.

Course Evaluations Available

Each term, Des Moines Area Community College goes through a course evaluation process with the goal of affirming what we do that works for you, and identifying areas we need to improve. Your evaluations are a critical part of this process!

We need your comments and suggestions. The surveys should take less than 10 minutes of your time and we really want to hear your thoughtful feedback!

Transfer Program

Have you heard about the University-College Transfer Program at DMACC? If not, check out the following website at <https://go.dmacc.edu/uct/Pages/welcome.aspx>. The goal is to guide you through your two-year degree and to prepare you for the four-year college of your choice.

Free money for school

Have you done farm work in the last two years? If so, contact Carrie at Proteus Inc. 515-271-5306 ext. 129

Phi Theta Kappa

Phi Theta Kappa is the International Honor Society for two-year colleges. PTK will host several informational meetings on the Boone campus. Students are invited to attend to find out more about joining PTK. For more information, contact Nancy Woods, nawoods@dmacc.edu, 515-433-5061. Or Stacy Amling, slamling@dmacc.edu, 515-433-5089.

Honors seeks applicants

The DMACC Honors Program is seeking highly motivated students to apply for honors. There are openings for current DMACC students who want to challenge themselves and graduate from the Honors Program.

If you have completed one college-level English and one college-level math class or are currently enrolled, will have completed a minimum of nine (9) college credits and fewer than fifty (50) credits at the end of summer with a cumulative GPA of 3.5 or higher, you are eligible to become a DMACC Honors Student.

To read more about Honors and submit an application, go to dmacc.edu/honors and get started on your way to a rewarding, challenging educational opportunity.

Writing Center open

Writing Center consultants are available to help with any writing assignment, during any part of the writing process. With their experience in different types of writing (technical to creative writing) and a broad range of life experience (journalism, firefighting, novel writing, Hawaiian culture, literature, and veterans affairs), you're sure to find someone that "gets you." Stop by any time during our hours. No appointments are necessary for this free service. For more information, contact Krystal Hering, WC coordinator, klhering@dmacc.edu. Or visit <http://go.dmacc.edu/boone/writingcenter/>.

Hours: Boone Campus, Room 170, Monday-Friday from 9:00 a.m.-12:00 p.m. and 1:00 p.m.-3:00 p.m.; Hunziker Center (Look for signs for our location.), Monday-Thursday 4:30-6 p.m.

DMACC offers Spring Europe trip

EF College Study Tour is offering a 20-day trip to London, Normandy, Paris, Berlin, Warsaw, Krakow, Prague, and Munich in May 2015.

This trip is an extraordinary chance to see so many of the sites and museums of the Second World War and the Holocaust with a very interesting group of travelers.

Any adult DMACC student, other college student, or community member can sign up, and please consider traveling with a friend or family member. DMACC History Professor and WWII Author Dr. Lisa Ossian will lead and coordinate this unique tour.

The travelers leave Des Moines on Sun., May 10th and return on Fri., May 29th or Sat., May 30th, (depending on return flight schedules) 2015. Payment arrangements are made with EF College Study Tours and these may be monthly or periodic installments.

This is an all inclusive tour: roundtrip international airfare, hotels, half the meals, tour buses, night ferry excursion, train fares, tour guides, museum entrance fees, and travel insurance.

For more information, contact Lisa Ossian at (515) 964-6568.

Childcare and Transportation help

A program called Iowa New Choices offers assistance with childcare and transportation for qualifying single parents and displaced homemakers (separated, divorced, widowed or spouse disabled.) For information, contact, Erin Neumann, Room 124, eanemann@dmacc.edu. Or call 515-433-5037.

Netherlands contest

As part of DMACC's celebration of the Netherlands during the 2014-2015 academic year, there is a contest in which each of three persons will win two tickets to the Netherlands Gourmet Dinner on Thursday, April 23, 2015.

Go to the Netherlands Year site for details.

Student artist discusses project at Library

The Boone DMACC library will be holding a Meet the Artist event for student Edward Schultz. He is displaying his Honors Project as a part of Leadership class project. The event will be held Thursday, April 23, at 2 p.m. in the Boone campus library. Edward's project consisted of creating an artistic rendition of depression in English and creating a Spanish translation and is currently being displayed on the central resource shelves. Those who attend will be able to view his project and to ask questions about it.

Light refreshments will be available.

Foundation scholarships available

DMACC students who are enrolled in 6 credit hours or more and have a 2.00 grade point average are eligible for DMACC Foundation Scholarships.

The DMACC Foundation Scholarship application is now available on the DMACC Website. The deadline for application is 4/24/15 @ 4 p.m.

This scholarship may be applied toward charges for tuition, fees, and/or book charges at DMACC for the semester for which the award is given.

To learn about the specific award criteria and to apply online, visit: <https://go.dmacc.edu/foundation>. If you have any questions, please contact Sue Rardin, Financial Aid Specialist-Scholarships at 515-965-7179 or via email at sgrardin@dmacc.edu.

Jobs and internships for DMACC grads

The DMACC Career Center has received a record-breaking number of job and internship postings from employers this year. These employers want to hire current DMACC students and graduates for their full-time, part-time and internship opportunities.

To view current postings and access a variety of other career resources, create your free account on the Career Center's job and internship website, www.CollegeCentral.com/DMACC, today.

BANNER NEWS

www.bannernews.org

News produced by and for DMACC students at the Boone campus.

The Banner News is student publication produced in print and online serving the Boone campus of Des Moines Area Community College. We strive to cover Your Life, Your Campus, Your News. Our news operation is funded by advertising and student fees. A print version of the newspaper is published and distributed for free on campus every other Wednesday starting the third week of the fall and spring semester. Additional copies may be purchased for \$.50/each. The Web site is updated more frequently. Please contact us with your news tips, comments and corrections.

bannernews@dmacc.edu Banner News, 1125 Hancock Drive, Room 115, Boone, IA 50036 515-433-5092

SPRING 2015**EDITORIAL STAFF**

Editor in Chief

Amanda Betz, akbetz@dmacc.edu

Reporters

Megan Olson, mlolson3@dmacc.edu

Ethan Lyle, ejllye@dmacc.edu

Copy Editor/Business Manager

Kaylee McDaniel, kamcdaniel2@dmacc.edu

Reporter/Social Media

Sarah Muller, samuller@dmacc.edu

ADVERTISING STAFF

Advertising Manager

POSITION AVAILABLE, bannernews@dmacc.edu

Advertising Sales Reps

POSITIONS AVAILABLE, bannernews@dmacc.edu

Marketing Manager

Kevin Barfield, kabarfield@dmacc.edu

CONTRIBUTING STAFF

KayCee Stickley, kmpurdy@dmacc.edu

Nick Noah, nanoah@dmacc.edu

OTHER

Web Editor

POSITION AVAILABLE, bannernews@dmacc.edu

Photographers

POSITIONS AVAILABLE, bannernews@dmacc.edu

Layout/Design

POSITIONS AVAILABLE, bannernews@dmacc.edu

Cartoonist

POSITION AVAILABLE, bannernews@dmacc.edu

We are always looking for talented students to join our staff. CONTACT US for more information, bannernews@dmacc.edu

Faculty Advisor

Julie Roosa, jkroosa@dmacc.edu

Member of Associated Collegiate Press
and the Iowa College Media Association

Printer
Wilcox Printing, Madrid

PLEASE RECYCLE

Campus

In the Spotlight

Meet Molly Geick

Editor's note: This section will feature a student, staff member, or instructor from the Boone DMACC campus. Do you have a suggestion for someone we should feature? Send your ideas to bannernews@dmacc.edu

by Megan Olson
Staff Writer

Molly Geick is a current student here at DMACC. It is her second year.

She plans to graduate this spring and transfer to the University of Iowa for Human Physiology.

Geick is a member of the DMACC golf team.

"Golfing is my hobby," says Geick.

She was on the team this spring when DMACC women's DMACC golf won the first Team Championship of the 2015 Spring Season at the Iowa Central Invite.

She grew up in Pomeroy,

Iowa. She went to high school in the Pocahontas Area. In high school Geick was involved in golf, basketball, and softball.

In Pomeroy Geick grew up with her two parents and her two older sisters.

Geick graduated in 2013. She came to DMACC to play golf.

"I like DMACC because it is a small, personable campus."

Geick is excited to continue her journey this fall at the University of Iowa and start her major.



Molly Geick

DMACC Women's Golf Schedule			
04/24/15	Region XI Tournament	Otter Creek - Ankeny, IA	TBA
04/25/15	Region XI Tournament	Otter Creek - Ankeny, IA	TBA
05/11/15 - 05/14/15	NJCAA	Longbow - Mesa, AZ	TBA

Boone PBL students win at state conference

The Phi Beta Lambda State Leadership Conference was held at the Boone Campus on April 10 and 11. Phi Beta Lambda is a student organization for those transitioning to the professional business world.

Boone campus DMACC students competed in a variety of events, including online testing and presentation events. Students competed against colleges from all over the state of Iowa. Dakota State University (South Dakota) and University of Minnesota - Twin Cities also participated in the conference.

While the students compete against the out of state colleges at conference, they only compete against the Iowa colleges to determine whether they qualify for the National Leadership Conference.

The students listed were all of the students who signed up and participated at conference. They all qualified to attend the National Convention because Boone PBL Chapter placed second in the state of Iowa with their Community

Service Project. Students have been spending (a lot of) their free time, including weekend time, to build lending libraries. They will continue to do this and hope to have more placed around Boone in the next couple or few months. Their first completed lending library is located in the Courter Center.

Congratulations to these students for their placements within the state of Iowa:

- PBL Boone Chapter**
- 2nd Community Service Project
- 2nd Largest Local Chapter Membership
- 2nd Largest Percentage Increase in Local Chapter Membership
- Jean Haberichter**
- 1st Accounting for Professionals
- Rachel Davis**
- 2nd Accounting for Professionals
- 4th Information Management
- Jade Barker**
- 1st Business Communication
- Talyor Swan**
- 4th Business Communication
- 2nd Word Processing
- Kara Sloan**
- 3rd Client Service
- 4th Personal Finance
- Talynn Griggs**
- 1st Future Business Executive
- Kelsie Groth**
- 4th Human Resource Management (team with Brandie and Megan)
- 1st Management Analysis and Decision Making (team with Brandie and Megan)
- Brandie Lee**
- 4th Human Resource Management (team with Kelsie and Megan)
- 1st Management Analysis and Decision Making (team with Kelsie and Megan)
- 1st Retail Management
- Megan Waterbury**
- 4th Human Resource Management (team with Kelsie and Brandie)
- 1st Management Analysis and Decision Making (team with Kelsie and Brandie)
- 2nd Retail Management
- Arlo Starbuck**
- 1st Justice Administration
- 3rd management Concepts
- 4th Organizational Behavior and Leadership
- Alli Vanbuskirk**
- 4th Public Speaking

Final Exam Schedule - Spring 2015

Friday, May 1, 2015 through Thursday, May 7, 2015

The EXAM TIME and DATE listed are determined by referring to the beginning LECTURE time and days scheduled for a class

Friday, May 1	Monday, May 4	Tuesday, May 5	Wednesday, May 6	Thursday, May 7
If your class STARTS at 8 a.m. MTWRF 8 a.m. MTRF 8 a.m. MWF 8 a.m. MF 8 a.m. WF 8 a.m. F	If your class STARTS at 9:05 a.m. MWF 9:05 a.m. MTWR 9:05 a.m. MTWF 9:05 a.m. MTRF 9:05 a.m. MWRF 9:05 a.m. TWRF	If your class STARTS at Before 8 a.m. TR 8 a.m. T	If your class STARTS at Before 8 a.m. MWF 8 a.m. W	If your class STARTS at 8 a.m. MTWR 8:05 a.m. TR 8:05 a.m. R
YOUR EXAM TIME IS Friday, May 1 8-10 a.m.	YOUR EXAM TIME IS Monday, May 4 9:05-11:05 a.m.	YOUR EXAM TIME IS Tuesday, May 5 7:30-9:30 a.m.	YOUR EXAM TIME IS Wednesday, May 6 8-10 a.m.	YOUR EXAM TIME IS Thursday, May 7 8:05-10:05 a.m.
If your class STARTS at 11:15 a.m. M 11:15 a.m. MW 11:15 a.m. MWF 11:15 a.m. MTWF 11:15 a.m. MTRF 11:15 a.m. MWRF 11:15 a.m. TWRF	If your class STARTS at 12:20 p.m. MW 12:20 p.m. MF 12:20 p.m. WF 12:20 p.m. MWF 12:20 p.m. MTWR 12:20 p.m. MTWF 12:20 p.m. MTRF 12:20 p.m. MWRF 12:20 p.m. TWRF 12:50 p.m. MW	If your class STARTS at 9:40 a.m. T 9:40 a.m. TR 10:10 a.m. TR	If your class STARTS at 10:10 a.m. F 10:10 a.m. MW 10:10 a.m. MF 10:10 a.m. WF 10:10 a.m. MWF 10:10 a.m. MTWR	If your class STARTS at 11:15 a.m. TR 11:15 a.m. R 11:15 a.m. MTWR
YOUR EXAM TIME IS Friday, May 1 11:15 a.m. - 1:15 p.m.	YOUR EXAM TIME IS Monday, May 4 12:20-2:20 p.m.	YOUR EXAM TIME IS Tuesday, May 5 9:40-11:40 a.m.	YOUR EXAM TIME IS Wednesday, May 6 10:10 a.m. - 12:10 p.m.	YOUR EXAM TIME IS Thursday, May 7 11:15 a.m. - 1:15 p.m.
If your class STARTS at 2:30 p.m. M 2:30 p.m. MF 2:30 p.m. WF 2:30 p.m. MWF 2:30 p.m. MTWF 2:30 p.m. MTRF 2:30 p.m. MWRF 2:30 p.m. TWRF	If your class STARTS at 2:25 p.m. MW 2:30 p.m. MW 3:35 p.m. MWF 3:35 p.m. MTWR 3:35 p.m. MTWF 3:35 p.m. MTRF 3:35 p.m. MWRF 3:35 p.m. TWRF	If your class STARTS at 12:50 p.m. TR 12:50 p.m. T	If your class STARTS at 1:25 p.m. MWF 1:25 p.m. MTWR 1:25 p.m. MTWF 1:25 p.m. MTRF 1:25 p.m. MWRF 1:25 p.m. TWRF	If your class STARTS at 2:25 p.m. TR 2:25 p.m. R 2:30 p.m. MTWR
YOUR EXAM TIME IS Friday, May 1 2:30-4:30 p.m.	YOUR EXAM TIME IS Monday, May 4 3:35-5:35 p.m.	YOUR EXAM TIME IS Tuesday, May 5 12:50-2:50 p.m.	YOUR EXAM TIME IS Wednesday, May 6 1:25-3:25 p.m.	YOUR EXAM TIME IS Thursday, May 7 2:25-4:25 p.m.

Evening/Saturday Final Exam Schedule

Spring 2015

Evening Courses, i.e., courses that start at 4:00 pm or later will have exams at the time and day listed below:

Monday night classes (Final Exam) -----	May 4
Tuesday night classes (Final Exam) -----	April 28
Wednesday night classes (Final Exam) -----	April 29
Monday/Wednesday night classes (Final Exam) -----	May 4
Thursday night class (Final Exam) -----	April 30
Tuesday/Thursday night classes (Final Exam) -----	April 30
Friday night classes (Final Exam) -----	May 1
Saturday classes (Final Exam) -----	May 2

DMACC+2@SIMPSON

COMPLETION OF AN ASSOCIATE OF ARTS DEGREE WILL FULFILL ALL OF SIMPSON'S GENERAL EDUCATION REQUIREMENTS.

2+2 Programs Include:

- AA in CJ-Homeland Security to BA in CJ
- AA in CJ-Corrections to BA in CJ
- AA in CJ-Electronic Crime to BA in CJ
- AA in CJ-Law-Enforcement to BA in CJ

- AA in Management to BA in Management
- AA in Marketing to BA in Marketing
- AA in Business Administration to BA in Management
- AA in Business Administration to BA in Accounting
- AA to BA in Psychology

SIMPSON COLLEGE
SIMPSON.EDU/DMACC

Spring 2015 Candidates for Graduation

DMACC Boone Campus, May 8, 2015

This is a draft candidate Graduation List. Any additions, corrections, please notify Sandi Johnson, Boone Campus, DMACC Main Office right away.

Phi Theta Kappa and Honors Program notations will be also added to the program

CANDIDATE GRADUATION LIST (ROUGH DRAFT)

Key:

* Honors (3.5 gpa and above)

+Fall Grad

PTK symbol

CANDIDATES FOR ASSOCIATE IN ARTS

BUSINESS

ADMINISTRATION—AA

Seth Patrick Aquino
Brian Christopher Archambault
Jade Elizabeth Barker
Courtney Brooke Beatty
Morgan Rose Bennett +
Nicholas Michael Carlson *
Courtney Lorraine Carman
Colby A. Glass
Danielle Nichole Hansen
Morgan RaNae Jones +
Orin Lee Nauman
Michael Robert Otis
Molly Jo Sayre
Travis Mitchell See
Trevor Alan Thompson
Joann Lynn Tran +
Megan C. Waterbury

CRIMINAL JUSTICE--AA

Neyma Edith Browning
Monica G. Dillavou
Sally Lynn Gibbs *
Michael James Grote +
Latasha L. Harmon
Colton Lee Hill +

ENVIRONMENTAL SCIENCE—AA

Justin R. Langord
Kallie Marie Webber

LIBERAL ARTS—AA

Emily Jo Achey +
Jay Austin Wayne Adams
Corrisa Ann Ahrens
Blaze Patrick Alesch
Chelsea Nicole Anderson *
Seth Patrick Aquino
Brian Christopher Archambault *
Taylor Christopher Arens
Danyelle Ellen Ault
Adam Joseph Bach
Robyn Michelle Bahlmann +
Breonna Lashay-Christine Bailey
Ethan M. Ball *
Zane Alizabeth Barber *
Katie Korin Becker
Danielle Rose Bianchi
Clayton Sawyer Brandt
Ryan Keith Brennecke
Alyssa L. Brice +
Samantha Kay Brooner *
Natasha Tonnon Brown
Dylan James Campbell
Makayla Jean Carlson *
Travis L. Cavan +
Madison Christin Clark
Katelyn Sue Clarke *
Nathan John Coder *
Caitlin R. Collins

Dakota Ridge Cooney
Braden Jay Crim
Carl James John DeVries + *
Nathan A. DeWitt
Paige Nicole Dixson
Jeffrey D. Dubert + *
Zachary Joseph Ebner
Clinton W. Eichinger
Camryn Lynn Eller
Skye Nichole Ellett + *
Khrystyne Rhachyl Elsberry *
Kendra Marie Ferguson
Lindsay Ann Fitzgerald *
Haley Maria Froehlich
Karla Y. Fuentes
Molly L. Geick
Zachary Scott German
Ryan James Giardino
Kalieb Mathew Gillespie
Randi Jo Gorman +
Marisa Ann Graslewicz
Joseph Paul Greene *
Elizabeth Leigh Greenwood
McKenzie Lee Grimm +
Jean Ann Haberichter *
Jody Marie Hagedorn
Fancy Kay Hall +
Jillian Dawn Hansen
Samuel Joseph Hanson +
Kay I. Haroldson + *
Alexander Chase Hartman *
Lori Curran Harvey *
Andrew Stephen Hathaway + *
Jacob Taylor Haugland +
John David Hegland
Nickademus Ian Matthew Hicks
Spencer Logan Highland +
Kelsey Marie Hinders + *
Derrick Lee Hinton II
Emerson G. Hoffman
Jacie Jo Hoffman
Mackenzie Jo Holmes *
Lee Henry Hueser
Amber Jo Huttman *
Laticia Marie Joens +
Morgan RaNae Jones +
Abigail Ann Judson *
Kirk Theodor Kantro +
Marcus Adrian Keinert +
Ashley Jean Kew + *
Morgan P. Kramer
Kaitlyn Jane Ladehoff
Natalie Jennifer Lapke +
James D. Lasher
Meredith Anna Lehmann + *
Katherine Anne Lewis + *
Carly Joanna Lindholm
Brett Daniel Lingren *
Kellie Florence Long
Emily Louise Maxfield
Savanah Lousie McNertney
Nevada Rose Meis *
Solene Marie Mendez +
Sara Rose Miller
Hamid B. Mohamed
Miranda Ann Murphy
Brittney J. Musser
Samantha Theresa Nimmo *
Megan Lynn Olson
Melissa Ryan Otis
Bailee C. O'Brien Person
Maggie Rose Peters
Gary Lee Peterson II +
Joseph Douglas Peterson
Jolene Marie Peterson
Gary Lee Peterson II
Wyatt James Powers + *
Carissa Lee Rainey
Leilone Veaney Rethmeier
James Lee Reynolds
Chance Michael Riordan +
Nicole Amber Roetman
Nicholas Jole Roney *
Tamera L. Rouse *
Aaron Pour-El Sacks + *

Kurtlyn Mackenzie Mae
Sandrock + *
Molly Jo Sayre +
Sheri Lucinda Schaaf *
Maxwell Brandt Schroeder
Cailey Renee Schlenker *
Shannon M. Schmal + *
Edward Lloyd Schultz *
Boqian Shen + *
Amber Elizabeth Skinner + *
Megan Ann Spaulding +
Rodger Louis Sperling
Teresa Marie Starbuck
Madison J. Starman
Justine Chantelle Stevens
Kaycee Merie Stickley
Stephanie Sue Stone
Amy Jolynn Strandell +
Matthew Bruce Tabke
Morgan L. Taylor
Kimberly A. Teno + *
Timothy James Teut
Alena Marie Thelen +
Charles M. Thilges *
Meghan Nicole Thompson
Tiana Janae Thompson *
Haley Marie Toomsen
Kaitlynn Elizabeth Vought +
Carlye D. Wigert
Brady R. Wilson
Sara Jessica Wyss
Hui Yang +
Tyler Gregory Zaugg
Mingyuan Zhu +

MANAGEMENT—AA

Seth Allen McCoy *

CANDIDATES FOR ASSOCIATE IN SCIENCE

BUSINESS

ADMINISTRATION—AS

Shay M. Conyers
Emily May Craig +
Joann Lynn Tran +
Race Carlton Wilen

CRIMINAL JUSTICE-AS

Blayne Remington Sunstrom +

FITNESS & SPORTS

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Summer class sign-up starts

by Megan Olson
Staff Writer

If you want to take summer classes through DMACC and have not yet enrolled, advisors encourage you to get registered soon.

The first round for summer classes is a 10-day course beginning on May 11th. The next round beginning May 27th and end July 22nd. The last time available for summer courses begins later in June and end on August 6th.

The courses that last 8 weeks and the courses that last 10 weeks are about the same in fullness. The most common start date is May 27th.

Most students just choose the time that the course begins that will fit best with their schedule.

"I am taking summer courses so I can graduate from DMACC after this coming fall semester and transfer to Iowa State University to major in communications," said Stephanie Stone.

Jocelyn Kovarik, an academic advisor here at DMACC, says students should try to balance their class choices with their time demands in the summer.

"Be sure if you do take summer courses that you do not overload yourself. Students often take too many classes and it makes it hard for them to enjoy their summer," she said.

A good selection of classes is available in almost every general category, according to the DMACC course list. Students may take face-to-face classes, which have a good variety of courses available or take online classes. There is a large list of online classes available. The only course that would be difficult to take online and that Kovarik recommends you wait to take during a fall or spring semester is a science course.

Regular courses that are offered usually fill up like they would during the school year. However, the more technical courses don't as much.

According to Kovarik about every 1 out of 3 students register for summer classes. Most students are taking summer courses to keep up with their graduation date.

Still summer enrollment tends to be smaller than the spring or fall semesters.

"It is a lot quieter around here," Kovarik said.

Students can stay in the DMACC housing over the summer. The requirements to stay can be discussed with an advisor or housing staff representative.

Contact DMACC housing staff for more information. Or visit, <https://go.dmacc.edu/boone/Pages/studenthousing.aspx>



The following information was provided by Sandi Johnson, one of the graduation organizers.

Spring graduation for the Boone DMACC campus is Friday, May 8, in the gymnasium starting at 10 a.m.

About 120 students are expected to walk in the graduation ceremony. Boone Campus Provost Tom Lee will present the class to the audience. Faculty also will be a part of the ceremony.

The guest speaker is Steven Schulz, president of North Iowa Area Community College in Mason City. Schulz is the former provost of the Carroll DMACC

SLEEP, continued from page 1

laptops, and watching television before bed. "The bright light from these devices trick the brain into staying awake, which drops natural melatonin levels in the body. Avoiding the use of technology before bed would allow for these students to fall asleep much quicker."

For another DMACC student, the sleep culprit isn't so much electronic devices but her work schedule.

Shannon Wirtz, 19, of Boone, says she works more than 30 hours per week as a waitress at The Lucky Pig in Ogden, "so that really cuts into a lot of my time."

She says when she thinks about it, she'd "rather have more tips than more sleep."

"I must sacrifice my sleep schedule in order to make the most money possible."

But making more money sometimes comes at the cost of getting her assignments done.

"I don't do my homework because of how tired I am all the time. I take naps instead."

Thiel stressed the importance of getting enough sleep.

"The brain is not fully developed until the age of 25, so plenty of rest during this time is crucial to promote better brain functionality. In fact, college students should be getting about 9 hours of sleep or more per night. Setting an earlier bedtime would help tremendously."

Dr. Thiel also suggests that students who suffer from lack of sleep should not rely on sleep medication. Sleep products, such as Nyquil, aren't good because the body may become dependent on these medications to fall asleep. Students should first try Melatonin tablets, which are natural

campus.

The student speaker is Lindsay Arin Fitzgerald. She is receiving her Liberal Arts-AA degree.

Students walking in the ceremony are advised to be on campus between 8:30 to 9 a.m. to pick up their gowns at the Main Building. Students should arrive NO LATER THAN 9 a.m. to receive instructions for the ceremony. The ceremony will begin immediately at 10 a.m. Students must be on time to receive all the directions they need to know what will happen in the ceremony and the seating arrangements. Meet in the auditorium.

Students who have earned the right may wear the DMACC honor cords, Phi Theta Kappa (PTK) stoles, and Honors medallions. Anything additional to those accessories is prohibited.

PTK members must make arrangements to purchase their stole prior to graduation. The stoles are priced at \$25. PTK

sleep aids that can be bought from any drugstore.

Wirtz drinks water to counteract her tiredness.

"I try to drink a lot of water to revive myself. I drink water throughout the day to keep hydrated and to improve my focus."

Wirtz has also tried to wake up at a decent hour with an alarm. "I'll set the alarm, but I usually end up hitting the snooze button so much that I eventually fall BACK asleep and miss all my classes!"

She says it can be hard for her "to shut my brain off from all the hustle of waitressing."

Naps can help recoup lost sleep.

Trevor Wheelock, 19, a student and wrestler for Morningside College who was back in Boone to visit during a recent weekend, says he makes up for his lost hours by taking naps during the day to try to recover. "The naps I take range between 30 minutes to 6 hours, depending on how much free-time I have."

Wheelock also says he relies on physical activity to stay awake. "I exercise a lot to keep my brain wired. A solid workout gets my blood pumping and can really wake me up."

Wheelock, who considers himself a party animal, acknowledges that his social schedule can cause him to miss out on sleep.

"To be honest, I go out a lot on weekends. I sometimes even pull all-nighters with my friends, which I know aren't good for me, but I remind myself that I'll never remember the nights where I got plenty of rest."

Jordon Murray, 19, of Ames, says getting too little sleep damages his focus as an ISU student. "Lack of sleep definitely affects how much I'm able to do the next

Campus

Graduation information



Provost Tom Lee



Dr. Steven Schulz

members also have the option of renting the stoles, which is priced at \$5. This also must be done prior to graduation. Also, students that have an cumulative GPA of 3.5 or higher, from the end of fall semester may wear honor cords during the ceremony.

Immediately following the ceremony students may take pictures, then return their cap and gown.

A formal reception will be

following the ceremony. There will be cookies, coffee, and punch available in the Courter Center.

About 20-30 minutes after the ceremony pinning of the associate degree-nursing students will occur.

Students may fill out a photography packet to receive professional pictures.

-- Compiled by Megan Olson,
Banner News staff writer

day. Especially after a weekend of all-nighters and studying late."

Murray says he usually gets six to eight hours of sleep per night. But, at times, it doesn't seem like enough.

"Grogginess keeps me from focusing and my work ethic suffers from lack of sleep as well. I hate feeling groggy at work because I know I'm not performing at my best."

Health studies say support how Murray is feeling: In one study, students ranked sleep problems right behind stress as the reason for their low academic performance.

Besides night time sleep deprivation, daytime sleepiness also

is a common problem on campus. The National Institute of Health estimates that one in every two college students suffers from daytime sleepiness.

Wirtz may fit that statistic. She estimates she gets about seven to eight hours of sleep a night. She makes it clear that much of the time even when she does sleep, still feels exhausted. "I attempt to wake up earlier for class, but even then, I still feel comatose."

Allison Anderson is a student in JOU121, Newswriting & Reporting. She wrote this story for an assignment in class.



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Earth Week Schedule of Activities

Tuesday (21 April)	8:30 to 9am	Earth Rise Breakfast*
	7 to 9pm	Evening Film: Wall E**
Wednesday (Earth Day Fair*)	9am to 2pm	Earth Day
	11:30 to 12pm	Environmental Readings*
Thursday (23 April)	8:30 to 9:15am	Earth Rise Breakfast*
	10 to 11am	Speaker: John Roosa, Boone Co. Landfill**
	7 to 9pm	Evening Film: Silent

Running**

*Courter Center; **Auditorium

Obama's climate policy survives court challenge

By David G. Savage
Tribune Washington Bureau (TNS)

WASHINGTON — President Obama's ambitious plan to battle climate change by forcing power plants to reduce greenhouse gases appeared to survive its first court challenge, but only because formal rules are still pending at the Environmental Protection Agency.

Obama's Clean Power Plan, which calls for a 30 percent reduction in carbon pollution by 2030, could be the signature environmental achievement of his presidency. But his plan is moving forward without the approval of Congress, including the new Senate Majority Leader Mitch McConnell, R-Ky., a fierce defender of the coal industry.

With no prospects for new regulatory legislation, Obama's EPA administrators last year turned to the Clean Air Act of 1990 to set state-by-state targets for reducing pollution. States could reach their targets by, for example, replacing coal-fired power plants with ones that burned natural gas. But leaders of the coal industry and lawyers from the coal-producing states cried foul.

And on Thursday, an unusual hearing before a U.S. Court of Appeals panel turned into a preview of things to come.

Lawyers for the coal producers and coal-dependent states took turns urging the judges to stop the

proposed climate change regulations, even though they are not expected to be formally issued until later this year.

They described Obama's plan as a "vast expansion" of federal authority that could force the shutdown of a large number of coal-fired plants. They contended the climate-change plan amounts to illegal "double regulation" of power plants.

Industry attorneys were joined by famous Harvard Law professor Laurence Tribe, a onetime mentor for Obama. He suggested the plan was unconstitutional because federal officials were "commandeering" states to do the bidding of Washington. Tribe, who was hired by Peabody Energy Corp. raised eyebrows last month when he testified before a House committee and described Obama's environmental policies as "burning the Constitution."

The three appellate judges, all Republican appointees, listened respectfully Thursday, but said it was too early for them to act. "This may be a big, extraordinary case," said Judge Brett Kavanaugh, an appointee of President George W. Bush and a steady skeptic of Obama administration regulations. But he said judges can only review regulations once they are finalized, not when they are still proposals. "You can move for a stay as soon as they are final," he told a lawyer for West Virginia.

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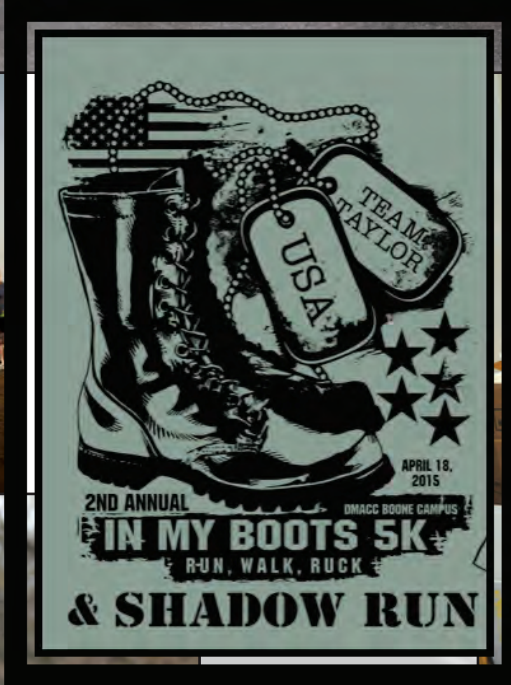


Photo by Nancy Woods



submitted photo

Photo by William Jenks



Second annual 5K to benefit U.S. military. Events were held in Boone, Iowa; Texas; Georgia; & overseas.



Photo by Sandi Johnson

Photo by Nancy Woods



submitted photo

Be proud of music taste, professor urges

MUSIC, continued from page 1

a sociology professor at the Ankeny DMACC campus.

When people do not fit into those social norms, they face judgment. Anticipatory socialization is a strategy that was developed to help avoid judgment from peers. Anticipatory socialization is looking at groups that are popular, cool, or en vogue to discover what behaviors to copy to gain acceptance.

Stereotypes are a product of culture, family, peer groups, and the media, says Titchener. Without firsthand knowledge and experience with different social groups, a person is more likely to believe in the stereotypes they have been taught.

"The enemy of stereotypes is knowledge," says Titchener. "If we understand those with different tastes or preferences, they stop being a 'them,' and they become an 'us'."

Still the simple question "what kind of music do you like?" can send people of all ages into a panic.

"I hate talking about what kind of music I like because my old roommate used to make fun of my music taste," says Mike Ethen, a DMACC Transportation Institute student.

With more country songs on his iPod than any other genre, it is clear what his favorite type of

music is. "People assume that because I like country music I am a complete redneck hick. Although I like to think of myself as more country than a lot of people in Ankeny, I am a person and my preferences should be respected just like any other person's preferences."

The spread of this evolving type of shaming can be attributed to many different factors. Just like slut shaming and weight shaming, much of music shaming's power has grown with the exponential growth of social media.

"I think that it is easier to judge people on their music taste because of social media and increased global interconnectedness," says Talia Hertz, a second year DMACC student. What Makes You Beautiful, the music video that catapulted One Direction to international fame has a YouTube comment section full of comments like the one Collin Jett posted saying 'Seriously. One Direction and its fans SUCK'. The same is true for many other music videos for different genres on YouTube.

What makes humans likely to appreciate music in the first place has always been somewhat of a mystery until just recently. A study by Anne Blood and Robert Zatorre at McGill University in Montreal discovered one reason humans may be so drawn to music. Blood and Zatorre used

magnetic resonance imaging to look at a brain while the test subject was listening to music they enjoyed. The images showed that areas in the limbic and paralimbic regions of the brain were stimulated by the music. This triggered what are known as euphoric reward responses, like rushes of the neurotransmitter dopamine. The body also releases dopamine after sex, after consuming a favorite food, and when taking addictive drugs.

It is also possible that auditory responses were once linked to survival instincts. Correct responses to noises during ancient times could be the difference between life and death. The brain would release a bit of dopamine as a reward for staying alive. Nowadays, the human brain will do the same thing if it accurately predicts the next sound pattern of a song. This is the reason that music can cause strong emotional reactions like anger, sadness, or extreme happiness.

Musical taste is an extremely subjective thing. There is no scientific proof to say that one genre of music is superior to another, or that those who listen to one genre of music are more intelligent than those who listen to other genres of music.

It is entirely possible to expand the variety of music one enjoys by learning what elements to listen for. A study by the Universi-



(Adam Orchon/Sipa USA/MCT)

One Direction, pictured here at the 2013 American Music Awards, is an example of a band that often subjects college students to music shaming.

ty of Melbourne suggests that the human brain responds most favorably to music containing higher levels of detectable dissonance. Dissonance is a nonphysical element of music where there is a lack of harmony between instruments, vocals, or both. According to the University of Melbourne study, those who have a higher level of professional music training are able to pick up on dissonance more easily, and therefore are able to enjoy a wider variety of music than those without any professional music training.

Titchener advises those who are facing music shaming to celebrate their diversity, because altering one's likes to fit in with the

norm is not what makes a person unique. Changing to fit society's ideas of normal makes a person quite unremarkable.

Chelsea Silvers estimates that she has easily spent a thousand dollars or more on all of her One Direction related things, including travel and food expenses for her trips to concerts.

After falling victim to music shaming, does she have regrets?

"I would do it all again in a heartbeat."

Sarah Hubbard is a student in JOU121, Newswriting & Reporting (Ankeny). She wrote this story for a class assignment.

Softball ends regular season with losses to KCC

DMACC--The DMACC softball team closed out the 2015 regular season with a pair of losses to Kirkwood Community College (KCC) April 20 at Cedar Rapids.

KCC came away with 9-1 and 12-2 wins over the Bears to claim the Iowa Community College Athletic Conference (IC-CAC) regular season championship with a 23-1 record. DMACC finished second at 21-3 and fell to 43-8 overall.

The wins give KCC the No. 1 seed in the National Junior College Athletic Association (NJCAA) Region XI Championship, which begins April 24. DMACC will be the No. 2 seed.

KCC used a five-run rally in the bottom of the fourth inning to come away with the win in the first game of the doubleheader. DMACC was limited to six hits in the game with freshman Brittany Roby of

Knoxville getting a pair of doubles. Sophomore Jamie Reynolds of Des Moines drove in the Bears' only run in the third inning.

Sophomore April Brown pitched the first four innings for DMACC and suffered the loss. She allowed eight runs on seven hits, struck out three and walked three. Sophomore Cailey Schlenker of Maxwell pitched a third of an inning, allowing one run on two hits.

Roby and sophomore Marisa Graslewicz of Omaha, Neb., hit solo home runs to account for DMACC's only hits and runs in the second game.

Freshman Holly Hinkel of North Liberty pitched the first four innings, allowing seven runs on eight hits. She struck out two and did not issue a walk. Schlenker threw the last inning and two-thirds, allowing five runs on six hits.

DMACC intramurals offer fun

by Nick Noah
Contributing Writer

Throughout the school year, the DMACC intramural program gives something fun for the students on the Boone campus to participate in.

In charge of the program are women's basketball coaches Steve Krafcsin and Ashley Martin. Every month, they set up tournaments of various sports for the students to participate in. Over the course of the past school year, they have set up activities such as dodgeball, kickball, basketball, and volleyball.

"I really enjoy working with the intramurals and student activities," said Coach Ashley Martin. "It's fun to be involved with the students and set up things that they're excited about."

Because DMACC is often considered a commuter college, there is not a whole lot to do on campus outside of practices and classes.

"I really enjoy participating in the intramurals here, they always give you something to do on a small campus where there's usually not a whole lot going on," said sophomore men's basketball player Elliot Defreitas.

"So far my favorite activity they've set up was dodgeball, I wasn't very good, but it was still fun," Defreitas added.

Organizers say the DMACC intramural program has brought many people on campus closer together and has made plenty of friendships. It is a great way to get out of the dorms, they say, get some physical activity in, and meet plenty of new people around campus.

DMACC Sports Calendar

April 22: Baseball vs. #3 Iowa Western, Council Bluffs, IA 2:30 PM

April 23: Women's Golf vs. Region XI Tournament, Otter Creek - Ankeny, IA Time TBA

April 24: Softball vs. TBA, Boone, IA 2 PM

April 25: Women's Golf vs. Region XI Tournament, Otter Creek - Ankeny, IA Time TBA

April 25: Baseball vs. Southeastern, West Burlington, IA 1 PM

*denotes home game at Boone

Baseball team sweeps doubleheader from SWCC

DMACC--The DMACC baseball team improved to 24-15 overall and 11-7 in the Iowa Community College Athletic Conference (ICCAC) by sweeping both ends of a doubleheader against Southwestern Community College (SWCC) April 20 at Creston.

The Bears won by scores of 10-9 and 18-5 to run its current winning streak to seven games.

Freshmen Eric Weisbrod of Racine, Wis., and Jacob Adams of Brandon, S.D., each homered to lead DMACC to the win in the opener. Weisbrod drove in three DMACC runs and Adams had a pair of RBIs. Sophomore Chris Kelly of Boone and freshmen Zac Repinski of Prior Lake, Minn., Brad Mathiowetz of Rochester, Minn., Levi Schreiner of Waukee and Brett Slight of Boone had two hits apiece in the game.

Freshman Cole Jackson of Polk City pitched the first five innings and improved to 4-3 with the win. He allowed eight runs on 13 hits, struck out four and walked one. Freshman Victor Vazquez worked two-thirds of an inning, allowing one run on two hits and striking out one batter. Fresh-

man Cody Harmon of Mason City pitched an inning and a third and earned his sixth save of the season. He struck out one batter and walked one.

Adams had a pair of base hits and drove in three runs as DMACC took the second game behind a 10-run rally in the top of the ninth inning. The Bears came away with 21 hits, including five by sophomore Anthony Mroska of Coon Rapids, Minn., four from Schreiner and freshman Mickey Leius of Plymouth, Minn. Mathiowetz and Weisbrod joined Adams with two hits apiece. Mroska, Schreiner, Weisbrod and Leius drove in two runs each for DMACC.

Freshman Michael Peters of Coal Valley, Ill., pitched the first six innings, allowing three runs on three hits. He struck out 13 and walked three. Freshman Robert Hansen of Des Moines pitched a third of an inning and gave up two runs and walked one batter and Harmon got his third win of the season against one loss with two and two-thirds innings of work. He gave up three hits, struck out two and walked two.

DMACC and SWCC will meet in another doubleheader today at Creston.

Women's golf team wins at NIACC

DMACC -- Freshman Ashley Dumler of Dike and sophomore Haley Froehlich of Algona turned in 18-hole scores of 80 and 81 respectively to lead the Des Moines Area Community College (DMACC) women's golf team to the team championship in the NIACC Spring Invitational April 16 at the Mason City Country Club in Mason City.

The Bears won the team championship with a score of 338, 14 strokes better than runner-up North Iowa Area Community College (NIACC). Iowa Central Community College's Julie Laisney won individual medalist honors with a 77.

Dumler finished second in the individual competition and Froehlich was third.

Other DMACC scores included an 85 by sophomore Maggie Peters of Jewell, an 87 by sophomore Cami Eller of Radcliffe, a 90 by sophomore Molly Geick of Pomeroy, a 92 by freshman Rachel Walljasper of Johnston, a 93 by freshman Mara Masching of Carroll and a 96 by freshman Emma Sweeney of Sutherland. Peters tied for sixth, Eller finished 10th, Geick tied for 15th, Walljasper finished 19th, Masching was 20th and Sweeney finished in 21st place.

Men's golf team finishes 6th at NIACC

DMACC -- The DMACC men's golf team placed sixth in the NIACC Spring Invitational April 16 at the Mason City Country Club in Mason City.

Kirkwood Community College (KCC) took the team championship with 297 strokes and DMACC finished sixth at 319. Waldorf College's Cody Rozales won medalist honors with a 18-hole score of 70.

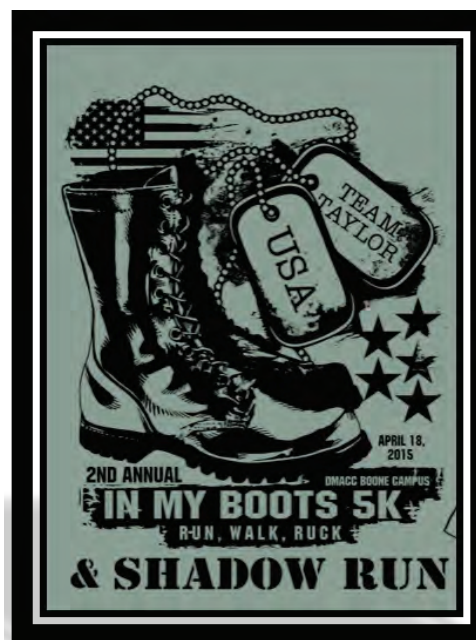
Freshman Ty Mason of Huxley led DMACC with a 77 and tied for 13th in the individual competition.

Other DMACC results saw sophomore Jon Mack of Boone tie for 16th with a 79; freshman Grant Juber of Sibley tied for 26th with an 81 and freshmen Zach Mason of Sac City and Brett Romig of Boone tied for 26th with 82s. Sophomore Sam Wilkie of Carroll tied for 35th with an 83.

The DMACC men's golf team will play in the AIB Invitational April 19 and 20 at Lake Panorama National Golf Course in Panora.



Follow the Bears
at
www.dmacc.edu/athletics



Thank you to our participants, sponsors, volunteers, and supporters for a wonderful event. A special thank you to Boone City Parks and DMACC staff.
-- In My Boots 5k Team Taylor Committee

STEP into MY shoes



Student athlete/reporter gives glimpse into life in college sports

By Nick Noah
Contributing Writer

Student athletes across the nation have a lot on their plate at a very crucial time in their lives. Some can handle it, while others can.

It's definitely not an easy task.

As a student athlete myself, I'd like to take you on a walk through the world of college athletics.

Although playing a sport in general is a great time, it is important to remember that academics come first and athletics come second. As a student athlete, it is very important that you balance your time between the two very carefully.

"Time was extremely valu-

able," recalls DMACC Women's Assistant Basketball Coach Ashley Martin, who played college ball. "You were always either in class, in practice, and resting or icing your body."

Non-athlete students usually work part-time jobs, which takes about 20-30 hours a week. An average collegiate athlete will usually spend close to 40-50 hours a week working on their game, which is why many say that playing a sport in college is similar to working a full-time job. It's quite the hefty addition to their normal course load. Based on their practice schedule, athletes arguably don't get the same amount of time to study and prepare for class that others may get.

According to the NCAA, if athletes don't keep their grade point average up above a 2.0, they may violate the general rules of eligibility and become academically ineligible to compete.

Which is when time management becomes an important skill. "It was very challenging to manage your time as a student athlete," Martin recalls.

Living the typical college life could be pretty difficult for some, but consider this:

In-season college athletes will typically have a six-day practice schedule that includes workouts, practices, film, conditioning, and games. Student athletes also face all of the problems that non-athletes face when it comes to homework and attending classes. Athletes also run into road games,

which could be just a short hour drive, or a long six to seven hours. If combined with other responsibilities like cleaning, cooking, shopping, and dating, a student athlete's schedule always seems to be busy.

When it comes to everyday homework, let's talk about the numerous absences from labs and lectures that occur outside of one's control.

Imagine taking a course that is considered challenging to most students. Now imagine missing a few classes every couple weeks during the regular season, not only are you behind in class, but you are forced to become your own teacher on the road in the back of a bumpy bus where Wi-Fi is not present, or in your hotel room. At that time you don't have anyone to answer your questions besides your textbook, which may only solve half of your problem, and it's not like you can stay up late to do all of your homework when you have to play an important game the next day.

If a student is not completely on top of everything all of the time and not in constant contact with their professors, it will be very easy to fall back and not succeed.

Every student has their own way on making sure that they stay on top of everything.

"Coach usually helps us set up times to go in and work on homework and get our school work done," says sophomore volleyball player Carissa Rainey from An-

spend all my time doing that, then I remember that school is why I'm here."

If a player doesn't succeed in the classroom, it could cause poor grades which could lead to your eligibility or scholarship being taken and your spot on the team could be up for grabs. At worst, all of that could possibly lead to being off the team and out of school. The pressure is very real and something that all student athletes know.

When asked about what advice they'd give to someone who wants to pursue a sport in college and become a student athlete, both Woods and Rainey had similar responses. "It may be a heavy load, but don't ever let up on your classes," said Gabby Woods. "It is definitely possible even though it does seem like quite the challenge, and you have to remember that you're a student before you're an athlete," said Carissa Rainey.

Martin encourages athletes to keep the lines of communication open.

"Reach out to your professors after class and let them know what you're struggling on and that you want to let them know that you care."

Adds Martin: "You also should reach out to your coaches and let them know that you're working hard or when you're struggling with something because odds are they can help you by setting you up with a tutor."

A common question people may have is "If it's so hard, why do it?"

When asked that question, basketball player Matt Hislop from Jewell, Iowa, said, "I do it because I love basketball enough to play it at a higher level and I really like being able to continue working on my game. But I cannot sacrifice my future after I'm done playing basketball so I really have to stay on top of both of them."

The scholarship money does reduce the average college tuition bill a tremendous amount, but for a lot of athletes it's being able to still play the sport they grew up loving and hopefully continuing to be around that sport even after college is all said and done.

In the end, all the work is definitely worth it.



Carissa Rainey

keny, Iowa. "She also keeps track of our grades and makes sure that we were doing OK in our classes and performing at our academic level that we should be at."

Freshman DMACC softball player Gabby Woods from Boone, also stays on top of her grades while she performs and succeeds on the softball field. "I make sure to prioritize and take it one day at a time. I always make sure I get the most important things done first because grades always come first," said Woods. "It's definitely not easy staying on top of it all. I love softball so much I could



Matt Hislop



Coach Ashley Martin



Gabby Woods

Nick Noah is a student in JOU121, Newswriting & Reporting. He wrote this story for an assignment in class. He is also a member of the DMACC men's basketball team.

From the Editor



Amanda Betz,
Editor-in-Chief
akbetz@dmacc.edu

I want to start out by thanking everyone who turned out for the In My Boots 5k this past weekend. There was a great turnout to support a great cause, and I couldn't be more proud to have been a part of it.

This is my last issue, and I can't tell you all enough how amazing the past year has been on staff here at *Banner News*. I wish I could stay for another year, but unfortunately I have to move on. If you're thinking about joining the staff, I can't tell you how much I have learned over the last year, and it's definitely worth the extra time and effort to be apart of the paper. Not to mention the coolest student adviser ever, Julie Roosa.

For more information about the Editor-in-Chief position, drop Julie an email at jkroosa@dmacc.edu

There is barely three weeks left in the semester, and it's crunch time! There is a lot going on in this issue. The finals schedule is in this issue, as well as photos from the 5k this last weekend, commencement list, Food Inc. reviews, and two more honors columns.

Thank you all for letting me be your editor for the last year. It has been a great learning experience, and I wish I wasn't leaving. I hope you all have a great summer, and good luck on the rest of your education careers!

Tell us what you think! Submit a letter to the editor or your own opinion column to bannernews@dmacc.edu

- Submissions must be:
- DMACC student or locally related
- Well informed (sources cited)
- Approximately 500-700 words



The difficulties of being indecisive

Editor's Note:
This column was written by a DMACC Honors student for a capstone class.



by Edward Schultz
Guest Columnist

Imagine someone being asked to go out with a friend and declining just because they were unable to decide on what to do. Imagine someone trying to write a paper for class and just sitting there staring at the blank screen because they couldn't decide on a topic.

I am that someone.
In these situations the issue

at hand is likely indecision. Merriam-Webster's online dictionary defines "indecisive" as "not able to make choices quickly and confidently" or "not settling something or making something final or certain."

For some, being indecisive is occasional or rare, but for others, like me, being indecisive is a common issue.

Being indecisive may seem like a minor problem or like it would not be debilitating, but when it takes more than half an hour to make a decision that would normally take less than a minute, that time adds up. In small amounts it is manageable and isn't very detrimental, however with time it can grow and grow until it consumes a person. The inability to make decisions can have drastic and negative effects in nearly every aspect of a person's life, from what to have for dinner to what career path to pursue while attending college.

In some instances being indecisive is good. Some decisions do take time and it is important to keep that in mind. If being

indecisive becomes a problem or a person simply wants to be able to make snap decisions, there are ways that they can take to overcome and curb indecision.

Healthline has a five step program designed to do just that.

Step one: "Forget the fear." According to Healthline a common reason that people have difficulty making decisions is because of fear. It is important to determine what is causing that fear and address it and to remember that there isn't necessarily a right or wrong choice.

Step two: "Tune into your emotions." It is important to not overanalyze. It may take practice but by turning to how a person feels about a situation can make decision making easier.

Step three: "Practice on the small stuff." Take it slow and try making simple decisions. This can be anything from what to eat to what to buy.

Step four: "Learn to trust yourself." This step focuses on letting go and allowing yourself to make a decision. Worrying too much about the outcome of a

decision may hinder one's ability to even make a decision.

Step five: "What will it matter 10 years from now?" It is important to remember that most decisions that are made have little long term importance. This step ties into the others in a sense that it allows a different perspective of the importance to make the right choice.

I have been following these steps and I have seen improvement in myself. Some of the steps are hard to follow through with, though with time it has gotten easier. I have reduced the time that it takes for me to make a decision and I also feel better about myself and am more confident in my decision making.

Edward Schultz is a liberal arts major and will be graduating with honors at the end of this term. He plans to move to Florida and take a break from school after graduating until he is able to decide on a career path to follow.

Considering and confronting 'why'

Editor's Note:
This column was written by a DMACC Honors student for a capstone class. The student did not provide a photo by presstime.

by Guy Morgan
Guest Columnist

A single word that can shape the past, present and future.

Motivation, accomplishment, sadness, jealousy, and rage these feelings and many more have one root cause. One word that shapes the roller coaster ride that is life. It shapes not only our lives but the lives of humanity since its inception. That word is why. Why is the sky blue? Why does the sun rise in the morning? Why is she prettier than

me? Why does he have more money than me? Why should I do my homework? These simple questions and the word why, have shaped the pursuit of knowledge and the pursuit of happiness throughout history.

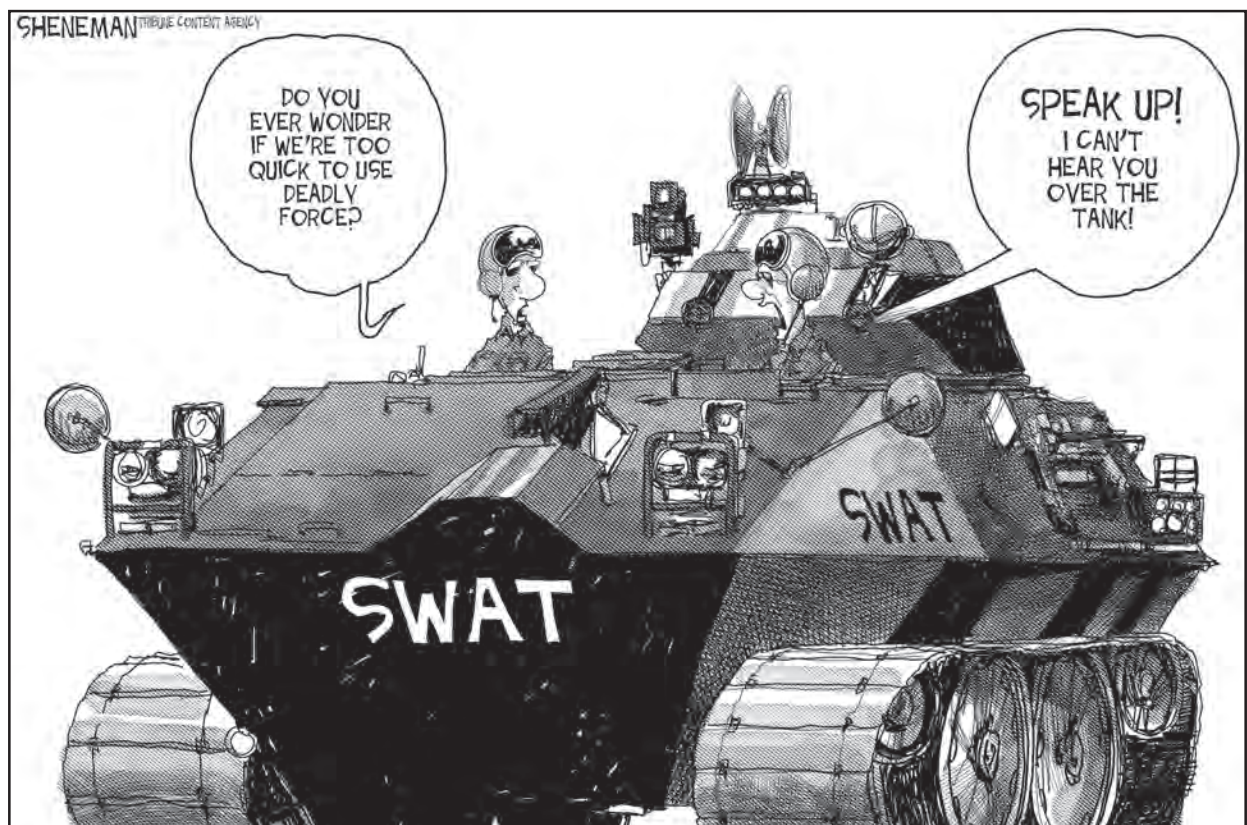
Merriam-Webster defines why as: "the cause, reason, or purpose for which". I can think of no better way of saying that why is the reason and the purpose for which we live. Understanding the why of things lets us unlock the motivation for the world. We can understand why we are in school. We can understand why we got up this morning. We can understand why the world around us behaves as it does. All this and more is hidden within three letters. Why is just a word.

How can it have so much power? Does it really have power? I think Lord Byron answered this question when he said "Words have no power to impress the mind without the exquisite horror of their reality".

As individuals we need to recognize for ourselves what why means. What is our own individual reason or purpose for living? I have struggled with this question as I am sure each and every one of you has. Worse yet there is not one golden answer to this question. It is a living changing idea that transforms with our lives. There are times in our lives when we might be motivated by money or family and the very next day it will become something else.

To become successful you need to understand the whys you encounter every day. You must control why and not let why control you. There is an easy way to understand and control the why. When you are faced with a why take a moment and confront it. Why did I get up this morning? Why did I go to school today? What do I want from this school? Take a moment and answer these questions for yourself. You will find the answer empowering. Confront questions don't dismiss them.

Guy Morgan is a DMACC student who will be graduating in the summer with a liberal arts degree. He plans on attending a four year university and to major in physics.



Reviewing 'Food Inc.'

By Caleb McKim
Guest Columnist

Living in an agriculture-based state such as Iowa, we should all be aware of what is going on in the world of agriculture as it directly affects the quality

of our lives. For example, last year, according to iowacorn.org, Iowa produced 2.4 billion bushels of corn, making us the largest grower of corn in the nation. Even though most of us don't live on farms, farming is still the backbone of Iowa's economy. We all reap the benefits and consequences of the how well the farmers produce our food. As a result we should be keeping up with what is going on and what the effects will be with agriculture.

Food Inc. is a documentary film directed by Robert Kenner that discusses food and how its production, processing, and consumption has changed since the 1950's. It does provide decent information on some subjects. However, it does fail to put forth the full story. It is not an unbiased film as the filmmaker appears to be anti-capitalist and anti-big business. The film advocates smaller farms where people raise their crops and livestock in a more natural way, and speaks out against Monsanto, slaughter houses, and everything else that encourages agri-business.

The purpose of the film is to lift the veil of everything that goes on behind the scenes in the food industry. In many areas it is successful in doing this because of the information it presents that many people may not be as familiar with. However, it is less successful in the fact that it fails to include a lot of valid information, such as the benefits of producing cheaper food. Not everyone has the money to be able to afford the better, more expensive food and having cheap food available allows them to be able to satisfy their appetite without having to worry about not having enough money to survive. Another issue the film doesn't answer is how we are going to be able to feed the world's rapidly growing population without the use of chemicals like Monsanto's that are helping us to provide a significant increase in our yields. And when the chemicals that we are using have yet to be directly linked to any causes of sickness or disease, would we rather have people starve by outlawing their use or continue to use them while constantly continuing to look for ways to improve them in order to make them even safer

Students in Professor Sam Pritchard's English 106 class reviewed the documentary film "Food Inc." as part of a class assignment. Two of the reviews are printed here.

and further increase our agricultural yields?

The biggest point that Food Inc. is trying to make is that so much of our food is being produced in a factory system where quantity is emphasized over quality. The business owners look to produce as much as possible for as little cost possible to maximize profits. To do this many of these food factories will hire illegal aliens who are willing to do extremely difficult jobs that most other people try to avoid, for extremely low wages.

Other ways companies can maximize profits is by not allowing them to retain their seed for future use and by genetically modifying and changing the animal's diets in order to make them mature faster, grow bigger, or cheaper to raise. On some very rare occasions, all of the genetic modifications and changes in diet can increase the chances of the animal having salmonella or some other disease that may be harmful to humans if it hasn't been prepared properly. As a result of several cases of food poisonings that ended up leading to death, we now have Kevin's Law in order to try to make meat safer.

One thing that more and more people are doing in order to avoid processed or altered food is buy organic. Organic food is food that has been grown or raised naturally, without any artificial chemicals for plants, and for animals it means they are raised unaltered and fed their natural diet. Because the food is raised in its natural state, a lot of times it will be safer and healthier.

Overall, Food Inc. is not a bad movie, as long as you understand the bias of the authors and you realize that some information has been excluded in order to further emphasize their points and help their cause. It does shine some lights on areas such as the condition of workers in the food processing plants and ways that some companies alter their products in order to increase their profits. In that way it does accomplish its goal of lifting the veil, however, there are many areas where the veil still remains.

By Kourtney Bowlin
Guest Columnist

Did you know that seventeen percent of Nigerian packages of orange juice, and twenty percent of mango and tomato juices, contain heat resistant fungi? So after the juice is pasteurized, which the U.S. government tells us is important for our health, fungus can still remain. Even something as simple as orange juice has many health issues. The orange crop is sprayed heavily with pesticides that are very toxic to the nervous system, which end up in the juice. On top of that, acids are added to get every bit of juice out of the oranges as possible. All of these things may be reasons why fruit juice has been associated with dementia.

Many students don't know about the possible health risks in everyday food like orange juice. I thought this way until I watched Food Inc. After watching this film I understand the truth behind where my food comes from, what goes into it, and what possible dangers lurk inside of it. In my opinion, Food Inc. is a very good documentary addressing a real, very important, problem in our society today. The creators of the film make sure to portray their opinion over this topic in a factual way, while also depicting it as a coherent whole.

Food Inc. makes you think about the food you eat every day, and they do it in an interesting way. It outlines the terrible conditions the animals are kept in before being slaughtered. Companies insist on all of their farmers using large sheds with no windows so the chickens never see the light of day. They pack so many into these sheds, they're unable to move. I, personally, like the dark meat of a chicken, but apparently so many people like white meat, they've also started engineering the chicken to have larger breasts. This makes it so chickens can't move, because they're growing too much for their bones and muscles to stand.

They connect the conditions of how the animal is kept, to the processing of the meat. Cows, for example, stand leg deep in their own manure. When they are slaughtered, their hide is caked with manure, and there is

no way to get all of that manure off the carcuses. What does this mean? Well, I take it as some of that manure gets into our meat. Now, I don't know about you, but that's not what I sign up for when deciding to buy my ground beef at the grocery store.

Food Inc. also talks a lot about how large companies control farming now, not the farmers with the land, doing the work. They have gone so far as to patent seeds. Yes, they can now patent life. On top of being able to patent their seeds, if any farmer is thought to be using their seeds without "permission" they are sued. Even if they had no intention of using them. Even if the only thing that happened was crossing seeds from nearby farms who do use the patented seeds. Most of the farmers who are sued by these companies start out fighting it but end up having to settle, because they can't afford it anymore. For example, the film had a specific guy telling his story on this, who said he paid half a million dollars in court costs before settling.

What is everything based on nowadays? That's right, money. Even the farming and production industry is based more on money than on the integrity of our food they're producing. Now, farmers feed cows corn. Why? Well, because it's cheaper of course. But as most people know, cows aren't meant to eat corn, they're meant to eat grass. Feeding cows corn is a huge contributor to E. Coli being found in our meat. The film even talks about food like spinach and apple juice, where E. Coli is also found, which happens from the run-off by nearby factories, polluting other products.

So, even though all of these things happen, regulatory agencies are handling it, right? Well, not really, no. The film talks about how these agencies are controlled by the same companies they watch. Inspections of slaughterhouses has gone down tremendously since the 1950s. In 1952, there was 50,000 inspections and by 2008, there were less than 10,000. Also, in the 1970s there were thousands of slaughterhouses, today, there are only 13.

The creators of Food Inc. have an obvious bias towards this

topic, but make sure not to let their opinions interfere with the facts. The information in this film

is supported by many types of evidence, one being real people telling their stories, another being statistics. The film also shows how they were trying to be fair when creating it. Multiple times the film says how they tried to contact companies like Tyson and Monsanto, and those companies either didn't respond, or didn't want to be filmed. This shows that the creators of Food Inc. were trying to make sure to get both sides of the story on all of the different topics discussed.

There are nine large categories talked about in the film, including Fast Food to All Food, A Cornucopia of Choices, Unintended Consequences, The Dollar Menu, In the Grass, Hidden Costs, From Seed to the Supermarket, The Veil, and Shocks to the System, the film is depicted as a coherent whole. With all of these different categories, the creators of Food Inc. make sure that they coincide with each other to create smooth transitions throughout the film, and tie into their underlying goal of the film.

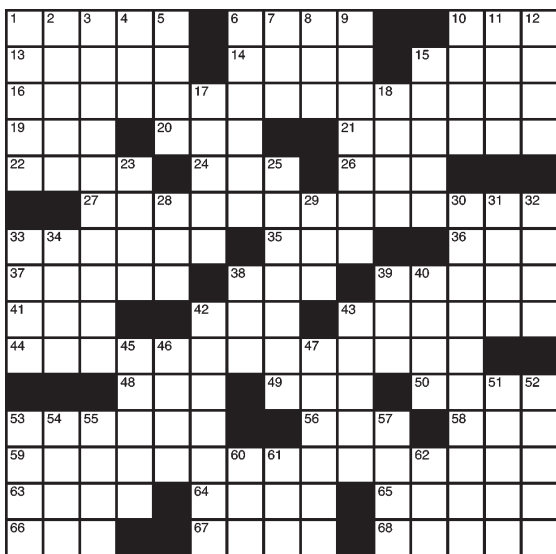
Food Inc. is enlightening and interesting in the way the information is displayed. The goal is to inform people on how the industry works now, and how that has created problems with the consumption of our food. Once upon a time, we would've been able to avoid this by eating other, organic, foods. Now, it's even harder to do that. Healthy food is more expensive, and for many families it's easier to go out to eat, eat fast food, or buy cheaper processed food at the grocery store.

I have found out that the food I eat is not as healthy as I thought it was. I always knew that the conditions the animals are kept in, and how they are slaughtered, isn't the healthiest, or safest, way but even with the knowledge I had, this film opened my eyes to many more disturbing facts about the food I eat everyday, and what process it goes through before getting to my grocery store. Food Inc. is trying to get all of us decide to take control of our food, and eventually we will no longer have genetically modified crops, sick animals, and disease-ridden meat, we will have healthy, organic food. I just hope that someday, we can all decide that we are going to take control of the food we eat, and where it comes from, for our own health.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- Hackneyed
 - Work out ahead of time
 - Lily of France garment
 - Prepared potatoes, as for hash browns
 - Boxcar hopper
 - Campus courtyard
 - Unnamed news supplier
 - ID theft target
 - Used a bench
 - Injector for severe allergic reactions
 - Slice opposite, in golf
 - Snappy dresser
 - Actress Aniston, in tabloids
 - Automatic setting for highway driving
 - Nabokov nymphet
 - Cold draft server
 - Weed whacker
 - Wipe off the board
 - Tidal retreat
 - Take control of
 - Rm. coolers
 - Lao Tzu's "path"
 - Puts a gloss on, as shoes
 - Christmas display
 - Country singer McGraw
 - Jamaican music
 - Annual spelling bee ailer
 - Understood by only a few
 - Portfolio part, briefly
 - Exceedingly
 - Conforms, or what each last word of 16-, 27- and 44-Across literally does
 - Seatback airline feature
 - Otherworldly glow
 - Actress Zellweger
 - "The Fountainhead" author Rand
 - Blue books?
 - Pretty pitchers



By C.C. Burnikel

- DOWN**
- Dumpster fill
 - Classic Unilever laundry soap
 - Religious rebel
 - Bowling pin count
 - Frozen custard brand
 - Instagram uploads
 - Soul singer Rawls
 - Crunched muscles
 - Bit of cosmetic surgery
 - Dinner table faux pas
 - Kentucky Derby, e.g.
 - Yemen's Gulf of
 - One of five in a maternity ward delivery
 - Criminal group
 - Ready for business
 - Singer Kristofferson
 - Auto parts chain
 - Sport-__: off-road vehicle
 - Chicago ballplayer
 - Fake diamond
 - Move like honey

Saturday's Puzzle Solved



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- Dregs
- Low in fat
- Aquatic predator
- Grab a bite
- "_ Loves You": Beatles
- One, in Dresden
- "Used to be ..."
- Sport-__: off-road vehicle
- Sicily's country
- Sicily's wine
- Headgear on the slopes
- Strength
- Botanical connecting points
- Mennen lotion
- One of the Gilmore girls
- Kilted family
- Land measure
- Total amount
- Capote nickname
- Opposite of fast fwd.

Upcoming Events

Date	Event	Location
April 22, 2015	Earth Day Fair	Courter Center 9am-2pm
April 22, 2015	Comedy College Graduation Night	ISU M-Shop 7pm
April 22, 2015	Grandma Mojo's Moonshine Revival	ISU M-Shop Doors open @ 10pm \$1 Admission
April 22, 2015	Environmental Readings	Courter Center 11:30am-12pm
April 23, 2015	Earth Rise Breakfast	Courter Center 8:30am-9am
April 23, 2015	Environmental Talk	Courter Center 10am-11:30am
April 23, 2015	Silent Running Free Movie	Boone Auditorium 7pm-9pm
April 24-26	The Wedding Ringer	ISU Carver 101 -Free Admission 7pm & 10pm
May 7, 2015	Last Day of Spring Semester	
May 8, 2015	Boone Commencement 10am	

Your Horoscope this Week

(TNS)
Taurus
(April 20-May 20)

Move quickly to take advantage of a profitable opportunity. Provide leadership. Today's work pays long-lasting benefit. Rake in the bucks! The more love you put into your project, the higher the value. Get a special treat.

Gemini (May 21-June 20)

The spotlight shines ... this is the moment you've been practicing for. Dress the part, and do your stuff! Your reputation is rising, and someone influential is watching. Exceed expectations. Good news comes from far away. Create something beautiful.

Cancer (June 21-July 22)

Good news travels fast. Let it inspire you. Savor beauty, symbolism and ritual. Meditation and time in nature restore your spirit. Enjoy nurturing, healthy food. Consider big questions, and make extraordinary discoveries. Make a soul connection.

Leo (July 23-Aug. 22)

Collaborate with friends for astonishing results. Your network has a much wider reach than you imagined. Get the word out about something you care about. Express your love and it grows. This



could get profitable. Celebrate together.

Virgo (Aug. 23-Sept. 22)

Advertisements and promotional communications go the distance today. Launch, share and push your message out. Put in extra work. Sensational results are possible. Apply what you've recently learned to your work. This could be your lucky break.

Libra (Sept. 23-Oct. 22)

Try out a new idea. Make a brilliant discovery in a subject of your passion. The truth is revealed. Listen carefully to other opinions. Imagine perfection. Invest in your education. Learn from a master.

Scorpio (Oct. 23-Nov. 21)

Unexpected funds appear, and you know just what to do with the money. Make a commitment. Work faster and earn more. Extra effort wins a bonus. Pay debts and save the rest. Surprise your partner.

Sagittarius (Nov. 22-Dec. 21)

Reveal your heart to the object of your affections. Words and actions align. Share

your love and it expands. Put your money where your mouth is. Show up for your partner. Open a new chapter in a romance.

Capricorn (Dec. 22-Jan. 19)

You're gaining respect, and a far-reaching opportunity appears. Beautify your work, and spice it up. Intuition is your creative guide. Word of what you're

up to travels farther than you imagined possible. Celebrate with a splurge.

Aquarius (Jan. 20-Feb. 18)

Your talents reach new heights. The game is really getting fun! Word of your latest exploits sets off a ripple. Love triumphs. Share your passion. Family and friends celebrate with you. Enjoy the fringe benefits.

Pisces (Feb. 19-March 20)

A fabulous surprise at home spreads like wildfire. Your secret idea pays off. Communication with family leads to unexpected results. Love and money provide beautiful results with long-lasting benefit. Share your domestic tricks and recipes.

Aries (March 21-April 19)

Creativity drips from your fingertips. Take advantage for huge productivity. Talk about your art. Your message goes further than expected. A windfall provides extra cash. Make big plans for the future. Broaden your perspective.

Movie picks

Tribune News Service	Chicago Tribune	Minneapolis Star Tribune	Philadelphia Inquirer
PG Home	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★
PG Second Best Exotic Marigold Hotel	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★
PG 13 Insurgent	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★
PG 13 Furious 7	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★
PG Cinderella	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★
PG 13 The Longest Ride	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★

music downloads

Week ending April 14, 2015



#1 Album
Cherry Bomb
Tyler, The Creator

Top tracks

- See You Again**
Wiz Khalifa
- Shut Up and Dance**
Walk The Moon
- Uptown Funk**
Mark Ronson
- Trap Queen**
Fetty Wap
- Earned It**
The Weeknd

Source: iTunes

Tribune News Service

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