

1-28-2015

Banner News

Sarah Muller

Megan Olson

Amanda Betz

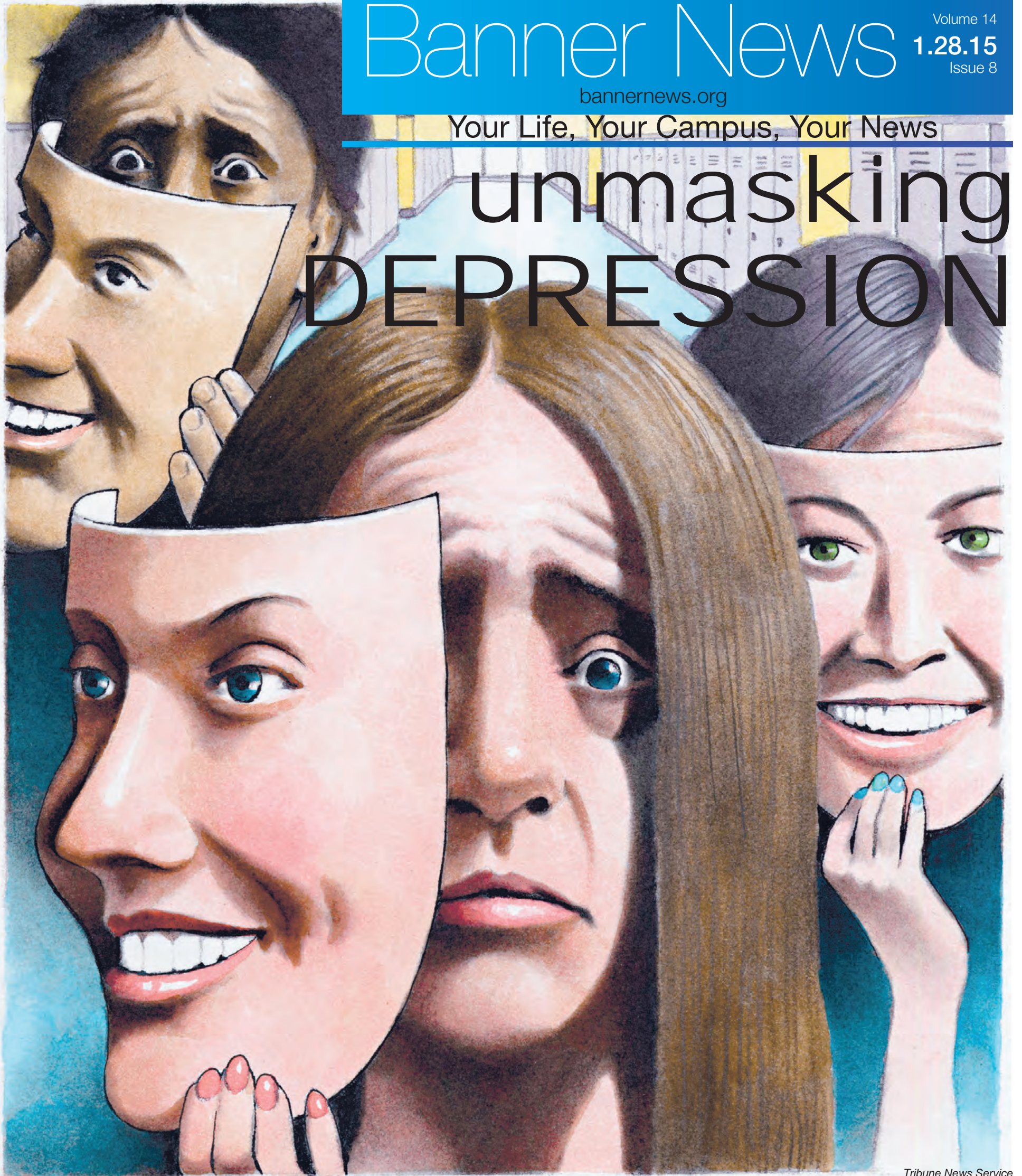
Follow this and additional works at: https://openspace.dmacc.edu/banner_news

Recommended Citation

Muller, Sarah; Olson, Megan; and Betz, Amanda, "Banner News" (2015). *Banner News*. 6.
https://openspace.dmacc.edu/banner_news/6

This Book is brought to you for free and open access by the Student Work at Open SPACE @ DMACC. It has been accepted for inclusion in Banner News by an authorized administrator of Open SPACE @ DMACC. For more information, please contact rsfunke@dmacc.edu.

unmasking DEPRESSION



Tribune News Service

'I was numb': Reporter tells her story

EDITOR'S NOTE: This story originally appeared in the *Iowa State Daily* on Jan. 15. It is reprinted with permission. The reporter, Sarah Muller, is a student at ISU and DMACC. She works for the *Daily* and the *Banner News*.

By Sarah Muller
Staff Writer

"What are you feeling now?"

The counselor leaned forward ready to scratch her pen against her paper.

"Nothing," I said. "I feel absolutely nothing."

Depression is a mental

illness, which can be caused by the chemical imbalance in the brain.

Nathaniel Wade, psychology professor, said in the clinical sense, depression is a syndrome marked by certain symptoms, such as loss of interest, sadness, sleep difficulties and more.

"Formally, somebody would be diagnosed through a clinical interview with someone who is trained to diagnose depression and they would look for those symptoms," Wade said. "If they meet a certain criteria, then they would be considered diagnosed with

depression."

However, depression is not to be confused with sadness.

"I would distinguish [sadness and depression] in the terms of degree," Wade said. "Sadness would be a description of an emotion or feeling that everybody has at some point in their life."

Sadness also does not contain factors of suicide or self harm, while it is often seen in depression. It doesn't take the duration or persistence that depression does. Sadness also does not dominate a person's life, the

way that depression does.

"Sadness is not usually accompanied by a sense of hopelessness," said Dr. Carver Nebbe, a psychiatrist at Thielen Student Health Center.

Nebbe explains that depression can be a family trait or caused by lifestyle choices.

Wade said if someone is predisposed to be depressed or have depression, different events can trigger the feeling of depression, such as a criticism, rejection, a difficult time of life, an accident or traumatic experience, time of year

or smaller events that are particularly important to a person.

"I think a lot of times people will think people who are depressed just need to snap out of it, or that there is a sense of will that they're not using," Wade said. "That [people with depression] are choosing to feel down. That is not true with depression at all."

Wade said the importance of being open about depression can be life changing.

If a family member or

See DEPRESSION, page 4

INSIDE this ISSUE

- Bear Briefs, p.2
- Campus News, p.3
- Student spotlight, Brian Berg Renovations*
- Fracking program*
- Campus News, p.4
- Depression, cont.*
- Sports, p.5
- Opinion, p.6
- Social Media, friend or foe?*
- Lifestyle, p. 7
- Up and Coming Artists 2015*
- Beards, boots, and whiskey*
- LeTote*
- Entertainment, p. 8
- Crossword*
- Horoscope*
- Upcoming events*

BEAR BRIEFS (Boone Campus and Boone Community)

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.

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, eaneumann@dmacc.edu.

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, eaneumann@dmacc.edu. Or call 515-433-5037.

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.

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

Graduating Spring 2015?

You must submit a graduation application to receive your degree, diploma or certificate.

Deadline: February 2, 2015.

Information and Applications are available online at dmacc.edu - <https://go.dmacc.edu/handbook/graduation/Pages/application.aspx>

If you are a Summer 2015 graduate and plan on walking at the Annual Commencement Ceremony, please submit the graduation application by February 2, 2015.

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.

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 joint PTK. For more information, contact Nancy Woods, nawoods@dmacc.edu, 515-433-5061. Or Stacy Amling, slamling@dmacc.edu, 515-433-5089.

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.

Musician performs

Zachary Svoboda (pictured at right) will perform at the DMACC Campus in Boone on Wednesday, January 28 from 11 am to 1 pm, during which time Subway is offering a free drink and chips or a free drink and cookie with the purchase of a sandwich.

**Skiing Postponed**

The Boone DMACC Seven Oaks Ski Night has been postponed until Feb. 12 and Feb. 22 due to unseasonably warm temperatures. The Student Activities Council will pay \$10 of the \$16 lift ticket price, but each skier/snowboarder/snow tuber will need to pay their own rental and show their DMACC Student ID. Students may share this bargain with up to five family members or one guest.

**REDOUT!**

On Saturday, February 7th, DMACC is teaming up with the American Heart Association to host a REDOUT basketball game

Support our REDOUT Event by donating \$10 and receive a REDOUT t-shirt to wear to the game.

Stop by the Courter Center to make your donation and get your REDOUT t-shirt then wear your t-shirt to the REDOUT game on Feb. 7 when DMACC faces off against Iowa Lakes CC-Women's game at 1:00pm.

**Foundation Scholarships available**

If you are a DMACC student enrolled in 6 credit hours or more and have a 2.00 GPA, don't miss out on this great opportunity!

The following DMACC Foundation Scholarship applications are now available on the DMACC Website:

Summer/2015: Application Deadline is 3/13/15 @ 4 p.m., Central Standard Time.

Fall/2015: Application Deadline is 4/24/15 @ 4 p.m., Central Standard Time.

*IF you would like to apply for both a Summer AND a Fall scholarship, PLEASE only complete one application & make sure to mark both the "Summer" and the "Fall" boxes to indicate which semester you are applying for.

These scholarships 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/Pages/district-wide-scholarship.aspx>.

If you have any questions, please contact Sue Rardin, Financial Aid Specialist-Scholarships at 515-965-7179 or via email at sgrardin@dmacc.edu.

BANNER NEWS

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

The Banner News is student publication 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.

Contact us at bannernews@dmacc.edu

1125 Hancock Drive, Room 115, Boone, IA 50036 515-433-5092
www.bannernews.org

SPRING 2015**EDITORIAL STAFF****Editor in Chief**

Amanda Betz, akbetz@dmacc.edu

Reporter

Megan Olson, mlolson3@dmacc.edu

Copy Editor/Business Manager

Kaylee McDaniel, kamedaniel2@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

CONTRIBUTING STAFF**Reporter/Columnist**

KayCee Stickley, kmpurdy@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

In the **Spotlight**Meet student **Brian Berg**

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

Brian Berg recently transferred from Iowa State University to DMACC.

"I came to DMACC because I thought I would like the atmosphere here more. Iowa State is very large. DMACC is more personable and I like that."

Brian transferred to DMACC to continue to pursue a business degree.

"It's cool because all my credits transfer so I don't have to retake any classes," he says.

Berg is from the small town of Keota, Iowa. He graduated with 16 other classmates.

In high school, Berg played basketball and baseball. The basketball team won their conference every year throughout Berg's career.

His family owns a farm of crops and pigs. Berg is a very hard worker. He helped his dad all throughout high school and still goes home when needed to help his family out.



Along with helping his dad Berg also has a business of his own. He collects scrap metal from people who are wanting to clean up their land. He collects the metal and takes it in for money. It has been going very well for him and he hopes to keep collecting.

One of Bergs favorite things to do is go to the Iowa State men's basketball games. He has season tickets and enjoys watching his Cyclones play. He tries to make it to most games with his friends.

Berg hopes to graduate in 2017. He enjoys DMACC and is looking forward to finishing his last two years here.



Photo courtesy of Brian Berg

DMACC student Brian Berg, from Keota, played baseball and basketball in high school. Now enrolled at DMACC, he hopes to graduate in 2017 with a degree in business.

DMACC makes improvements on campus

By **Megan Olson**
Staff Writer

DMACC Boone Campus has been making improvements to the campus with several projects under way right now.

"We apologize for the inconvenience it is causing students. We appreciate your patience," said Brian Green, associate provost.

Here is a round-up of construction and maintenance in the works:

- Over break the carpet in the library was replaced. Also, the hallways were painted throughout the school.
- The softball field was redone. It should be done very soon. The team is hoping to have their first game later this spring.
- The bathrooms right off of the Courter Center are being stripped and completely remodeled. This includes all new sinks, toilets, stalls, etc. The goal is to be finished remodeling the bathroom very soon.

The largest project is the \$2 million expansion project for Civil Engineering Technology (CET).

CET is taking bids hoping to start later this spring and be done next December. This project will provide training for the Department of Transportation and more faculty office space. DMACC Boone Campus is one of the only training facilities for the DOT in Iowa. With a two-year degree, students can become certified DOT employees.

Another project being done with the DMACC Campus is at the Hunziker Campus in Ames. Land was donated recently for expansion. In the next few years the campus is hoping to expand depending on enrollment growth.

Community college to create fracking degree program

(TNS)

A southwestern Illinois community college has received the go-ahead to create a petroleum drilling technology, or fracking, program.

Lincoln Trail College in Robinson, Ill., will enroll its first students this fall. The college petitioned the state for the degree and received approval this month.

"We are very rich in oil in this part of the state," Lincoln Trail College President Kathryn Harris said last week. "The degree will focus on new ways and technologies to extract oil. We want to be ready when the oil boom comes to southern Illinois."

It has been two months since Illinois approved and enacted rules for high-volume oil and gas drilling. Denver-based Strata-X Energy is the only company that has registered with the Illinois Department of Natural Resources, but it has not formally applied to begin fracking.

Fracking will be an emphasis in the two-year associate degree program. The process involves using technology to drill into shale rock and retrieve oil or gas using a high-pressure mixture of water and chemicals.

The current drop in oil prices has led to layoffs in some regions of the country, and Harris said low prices could affect the job market.

"I prefer we be dependent on our own oil over foreign oil,"

she said. "It's hard to make money when the price has dropped."

Despite the plunge in prices, the extraction field is expected to grow domestically, according to the Illinois Department of Employment Security. It predicts a 23.2 percent increase for oil and gas roustabouts, or oil rig personnel, a 23.6 percent increase for drill operators and a 24.1 percent increase for derrick operators through 2022.

"There's a huge need for petroleum workers, and we can't fill them fast enough," said Robert Conn, former dean of instruction at Lincoln Trail College and current dean of instruction at Wabash Valley College in Mount Carmel, Ill. "The price in oil fluctuates so much. Anything can happen, that's the interesting thing. The economy will push fracking here. This is just a little hiccup to try to slow down U.S. production."

Dr. Bill Eustes, an associate professor at the Colorado School of Mines, said Tuesday that job growth is likely to increase as older professionals retire. Eustes teaches subjects related to petroleum engineering.

"When you look at the 1980s, when the market collapsed, a lot of people were laid off and not many companies were hiring," Eustes said. "That left a gap between us older folks and younger people. We call it the big crew change. A lot of us are retiring.

Who is going to take our place?"

Harris said Lincoln Trail College had a petroleum drilling technology program about 35 years ago when the first big oil boom hit. The original program slowly dissolved after qualified graduates saturated the market and companies stopped hiring.

"We couldn't get our graduates jobs," Harris said. "The program failed. When we saw there was a possibility of an oil boom coming to southern Illinois, we wanted to bring our program back."

A study by the American Pe-

troleum Institute found that the oil and gas industry has created 263,700 jobs in Illinois as of 2012. The industry contributes \$33.3 billion to Illinois' economy, or about 5 percent of the total economy, each year.

The new program will focus on technological advancements. Harris said that college officials used a community college in Ohio as a template for program curriculum.

"We are hoping to have a full class of 20," Harris said. "I am very excited. We are hoping students will like and choose this option."

SIMPSON COLLEGE HAS DEFINITELY PREPARED ME. I'VE BEEN ACCEPTED TO MY DREAM GRADUATE SCHOOL IN THE PROGRAM THAT I WANT TO STUDY. WERE IT NOT FOR SIMPSON COLLEGE PROVIDING ME THE APPROPRIATE TOOLS, THIS WOULD NOT HAVE COME TO FRUITION.

- ANDRE THOMAS '14
Studying international peace and conflict resolution at American University in Washington, D.C.

A TRANSFER SUCCESS STORY

SIMPSON COLLEGE
SIMPSON.EDU

Learning to cope takes time

DEPRESSION, from page 1
friend suggests their loved one go to counseling, it could send the message to that person that seeking help is acceptable and often encouraged.

“Allowing them to talk about their experiences, it can be difficult, but I think balancing attending to them and caring for them when they are depressed with not treating them like they’re broken or fragile,” Wade said.

Nebbe emphasized the importance of knowing one’s boundaries.

“Try not to be judgmental,” Nebbe said. “Don’t be an expert. Telling a person not to use medication or dangers of medication or that therapy does not work [and] is not helpful.”

Routine can help people experiencing depression, with regular sleep patterns, balance eating and exercise habits.

This reporter’s story

At the age of 14, I sat in a dimly lit room facing a woman I had met only minutes before and was expected to give her, a complete stranger, permission to pick apart my deepest darkest thoughts in order to find a cure.

Flashing back three years before that moment, I sat in my living room as my parents explained their inevitable divorce to my siblings and me. That was the beginning of the end, or so I thought.

Divorce comes in all forms and the destruction it leaves in its wake can be brutal or barely noticed. This divorce left devastation in my eyes. After time passed, many thought I was going through a phase of teenage rebellion or just mourning the death of my parents’ relationship that had kept my family together.

Either way, I was creating chaos in my family’s lives. It began with poor decision making, followed by anger management issues. Respecting authority wasn’t one of my priorities, causing me to ruin my relationship with my mother.

After some time, I lost interest in activities that once consumed my life, quitting sports and

bailing on clubs. I stopped attending family functions, including events as basic as family dinner. I stopped associating with friends, began locking myself in my room and refused to attend school.

I was numb.

It was years after the divorce when people began to worry about me. I watched them worried, heard their concerns but never listened, nor did I care. That was until my grandfather took my hand and began crying asking me, “where has my little girl gone?”

That was the only moment in my life I’d ever seen him cry.

After that moment, I was open to help, allowed my diagnosis and sat in dimly lit rooms while a stranger sat to analyze me. We realized that depression had run in my family and by some twist of fate it happened to land on me with the divorce as its trigger.

Learning to cope with depression took motivation and hope, both of which I had little to none of. I had to force myself to get up in the morning and make myself believe that I could get through the day. My loved ones encouraged me to try new hobbies and participate in group activities, even as simple as going to the movies.

Over time, the dimly lit room didn’t seem as gloomy as it did comforting. I was finally open to expressing my feelings and thoughts, which were slowly coming back to me as I learned how to empathize with people.

Seven years later, depression still attempts to fight me each day, however, I have learned to conquer it with coping methods learned through counseling. While I’ve never used medication, it is a reasonable option for those struggling.

I realized those suffering from depression have to want help in order to receive it. For those who know someone with depression it is important to stay patient. Dealing with depression is a slow process but taking it one day at a time with the people you care about to support you, it makes it bearable.

Nine criteria used to diagnose depression

- Feeling down or depressed
- Lack of motivation
- Irregular sleep
- Low energy
- Lack of appetite
- Feeling slow or scattered
- Difficulty concentrating
- Feeling low self-esteem
- Harmful thoughts

Magnetic pulses battle depression

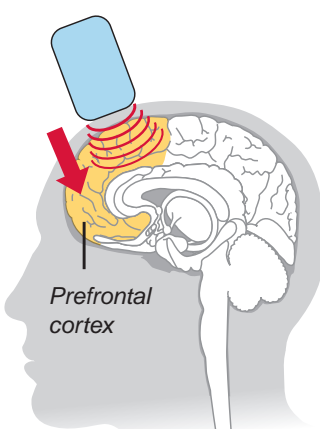
Transcranial magnetic stimulation is a technology used to treat patients with depression who don’t respond to medications. The device uses electromagnetic pulses to stimulate nerve cells in the brain. The pulses are similar in strength to magnetic resonance imaging (MRI) and target key mood activity areas in the brain that are underactive. Repeated treatments may produce antidepressant effects.

HOW TREATMENT WORKS

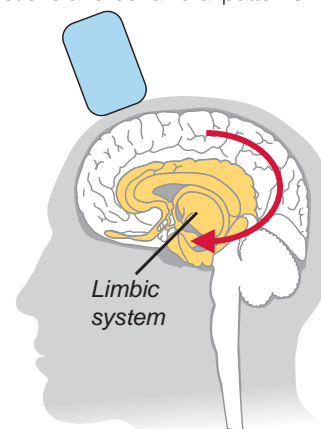
A treatment takes about 35 minutes, administered five days a week for up to four to six weeks.

1 The patient, who remains awake and alert throughout the process, reclines in a treatment chair. A small curved device containing the magnetic coil rests on the patient’s head.

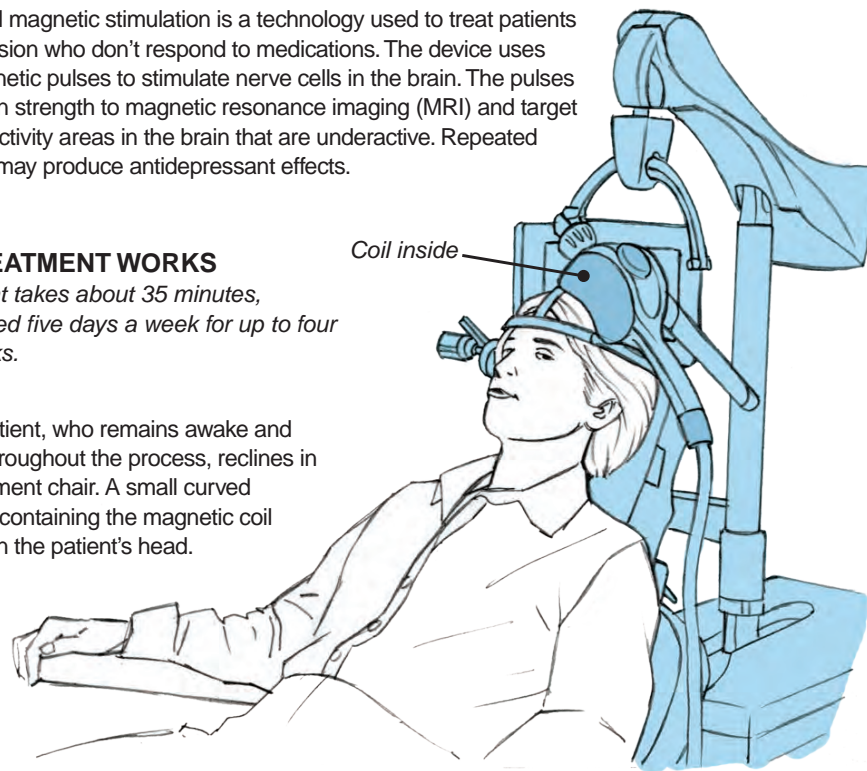
2 The device delivers magnetic pulses, which induce small electric currents in the left prefrontal cortex of the brain, the area that regulates cognitive, emotional and behavioral functioning.



3 The signals hit the resting brain cells or neurons in that area. The neurons depolarize, becoming more positively charged or activated. They release neurotransmitters that travel along pathways to the brain’s limbic system, structures that are thought to control emotions and behavioral patterns.



4 Blood flow and glucose metabolism increase in the stimulated regions, which is thought to result in improved mood.



Help is available at DMACC/Boone

Visit <https://go.dmacc.edu/boone/Pages/studentervices.aspx> for more information. According to the website, professional counseling services are provided to students by the college to assist with academic and personal problems. Counselors can help with decision-making, working through a crisis, and making referrals.

Reach the Boone Campus Student Services office at 800-362-2127 (number 3 on the menu) or 515-432-7203.

NFL: Deflategate probe to last past Super Bowl

By Sam Farmer
Los Angeles Times (TNS)

In its first public statement about the so-called Deflategate situation the allegations that the New England Patriots played with deflated footballs against Indianapolis in the AFC championship game the NFL said Friday that it has launched a formal probe and "will fully investigate this matter without compromise or delay."

Leading the investigation, which began Sunday night, are Jeff Pash, the league's top lawyer, and Ted Wells, who conducted the Miami Dolphins bullying investigation last year.

By all indications, the investigation will probably be conducted over a period of weeks, not days, and it's unlikely the league will do anything that will disrupt the Feb. 1 Super Bowl between New England and Seattle.

In announcing the investigation, the league provided cover for the Patriots, who can now say "I can't comment on an ongoing investigation" when asked questions about football inflation next week during the build-up to the Super Bowl.

In its statement, the NFL said:

"Our office has been conducting an investigation as to whether the footballs used in last Sunday's AFC Championship Game complied with the specifications that are set forth in the playing rules. The investigation began based on information that suggested that the game balls used

by the New England Patriots were not properly inflated to levels required by the playing rules, specifically Playing Rule 2, Section 1, which requires that the ball be inflated to between 12.5 and 13.5 pounds per square inch. Prior to the game, the game officials inspect the footballs to be used by each team and confirm that this standard is satisfied, which was done before last Sunday's game.

"The investigation is being led jointly by NFL Executive Vice President Jeff Pash and Ted Wells of the law firm of Paul Weiss. Mr. Wells and his firm bring additional expertise and a valuable independent perspective. The investigation began promptly on Sunday night. Over the past several days, nearly 40 interviews have been conducted, including of Patriots personnel, game officials, and third parties with relevant information and expertise. We have obtained and are continuing to obtain additional information, including video and other electronic information and physical evidence. We have retained Renaissance Associates, an investigatory firm with sophisticated forensic expertise to assist in reviewing electronic and video information.

"The playing rules are intended to protect the fairness and integrity of our games. We take seriously claims that those rules have been violated and will fully investigate this matter without compromise or delay. The investigation is ongoing, ..."

will be thorough and objective, and

Men lose 92-90 in double OT

Iowa Central Community College (ICCC) outscored the DMACC men's basketball team 16-14 in the second overtime to come away with a 92-90 upset of the Bears Jan. 24 at the DMACC gymnasium.

The loss was the fourth of the season for the Bears, who fell to 17-4 overall and 3-1 in the Iowa Community College Athletic Conference (ICCAC). DMACC came into the game ranked fourth in the most recent Division II poll from the National Junior College Athletic Association (NJCAA). With the win, ICCC improved to 14-7 overall and 3-2 in the ICCAC.

DMACC trailed 38-36 at halftime. The game was tied at 69 at the end of regulation and at 76 at the end of the first overtime.

Sophomores Jon Fuqua of Maywood,

Ill., and Aarias Austin of Gurnee, Ill., led DMACC with 19 points apiece. Sophomores Jamar Hurdle of Milwaukee, Wis., and Trey Sampson of Cedar Rapids scored 17 and 15 points respectively and freshman Paris Collins of San Antonio, Texas, had 12 points.

ICCC had a 44-42 advantage on the boards with Fuqua and Hurdle grabbing nine rebounds apiece to lead the Bears. Collins had eight rebounds and Austin had six rebounds and 10 assists. Collins led DMACC in steals with four.

DMACC travels to Cedar Rapids on Jan. 28 to face Kirkwood Community College (KCC). The Eagles are 16-4 overall and are tied with DMACC for first place in the ICCAC. KCC is ranked 12th in NJCAA Division II.

Women beat ICCC, 84-74

Freshman London Vais of Adair led three players in double figures with 22 points as the DMACC women's basketball team handed Iowa Central Community College (ICCC) an 84-74 loss January 24 at the DMACC gymnasium.

Freshman Kiana Peterson of Madrid scored 13 points for the Bears and sophomore Tiana Thompson of Tama had 11 points as DMACC improved to 14-7 overall and 3-2 in the Iowa Community College Athletic Conference (ICCAC).

DMACC led throughout the game, including 47-36 at halftime. The Bears shot 47 percent, hitting 31 of 66 field goal attempts, including six of nine shots from beyond the three-point arc. Nine of

Thompson's 11 points came on threes as she made three of four attempts.

DMACC had a 55-36 advantage in rebounding, including 16 offensive rebounds. Freshman Cassie Geopfert of Sioux City led the Bears with nine rebounds and also contributed seven points and seven assists. Thompson and sophomores Latasha Harmon of Milwaukee, Wis., and Chelsea Anderson of Gowrie had seven rebounds apiece. Thompson and Anderson also finished with three assists apiece.

DMACC travels to Cedar Rapids on Jan. 28 to face Kirkwood Community College (KCC). The Eagles lead the ICCAC at 5-0 and are 17-4 overall. They are ranked eighth in the latest Division II poll.

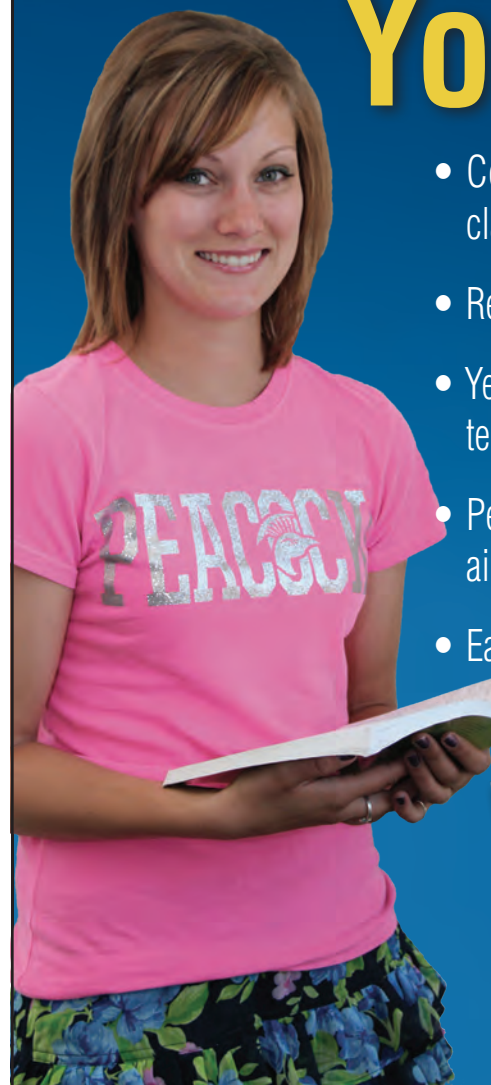
DMACC Sports Calendar

- Jan. 28: Women's Basketball vs. Kirkwood, Cedar Rapids 5:30 p.m.
Jan. 28: Men's Basketball vs. Kirkwood, Cedar Rapids 7:30 p.m.
Jan. 31: Women's Basketball vs. Ellsworth* 1 p.m.
Jan. 31: Men's Basketball vs. Ellsworth* 3 p.m.
Feb. 2: Women's Basketball vs. Marshalltown, Marshalltown 5 p.m.
Feb. 7: Women's Basketball vs. Iowa Lakes* 1 p.m.
Feb. 7: Men's Basketball vs. Iowa Lakes* 3 p.m.
Feb. 11: Women's Basketball vs. NIACC, Mason City 5:30 p.m.
Feb. 11: Men's Basketball vs. NIACC, Mason City 7:30 p.m.

*denotes home game at Boone

UPPER IOWA UNIVERSITY - Des Moines Center

Your Degree. Your Way.



- Courses that fit your busy lifestyle – classroom, online and self-paced
- Regionally accredited, non-profit
- Year-round schedule with 8-week terms
- Personal academic and financial aid advising
- Easy transfer of up to 90 credits

Register today – classes start March 2



5000 Westown Parkway, Suite 200, West Des Moines

515-225-1800 • uiu.edu/desmoines

Follow the Bears at
www.dmacc.edu/athletics



Academic Achievement Center, Room 102

Spring Semester Tutoring Services

Walk-ins welcome! Free!



Advanced/General Math

9:00-3:00 M/W/F
8:00-1:00 T
9:00-1:00 R

General Math/Basic Accounting

4:00-8:00 M-R

Advanced Accounting

By appointment only (433-5096)

Chemistry/Physics

10:00-2:00 T/R
9:00-3:00 W

Reading/English/Study Skills

8:00-8:00 M-R
8:00-3:00 F

Computer Skills

8:00-8:00 M-R
8:00-3:00 F

From the Editor



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

Welcome back, Everyone!
It's been a busy start to a new semester, and I'm excited to spend another semester in the newsroom.

I know you're all busy with classes, but we are in need of your help here at *Banner News*. We need your pictures, opinions, and student news! Send them to us at bannernews@dmacc.edu and show us how your year is going. Tell us what you think about what's happening around campus. Are you happy to only have Subway as our only food choice on campus? No? Then tell us! Did you attend something cool? Maybe the STEM Summer Research Opportunities for Undergraduates last week? We want to know how it went. Did you find opportunities to help your college career along? What did you do during your winter break? Did you travel? Personally, I enjoyed not doing any homework and sleeping in on those freezing, snowy, negative 30 degrees below zero days.

I am not the only staffer from last semester to return. Megan and Sarah are both back this semester, and bringing you great stories from our campus, and continuing to introduce us to students, staff, and resources.

I hope you're all having a great beginning to your semester, and I can't wait to see what the new semester brings.

.....

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



Social media, friend or foe?



by Sarah Muller
Staff Writer

He has a new girlfriend? Look her up on Facebook. Did you see what that girl tweeted? She totally subtweeted you. That selfie is so edited, it doesn't even look like her anymore. I refuse to like his Instagram post of them together. I can't believe they posted that video on their Snapchat story! We went to high school together, does that mean I can't swipe right?

If you can relate to any of the previous scenarios, you might be diagnosed with Compulsive Social Media Disorder (CSMD). This illness is very contagious, especially in those who befriend typical white girls and can form as early as 11-15 years-old, otherwise known as tweens or teenagers. Some signs of contagion is excessive hashtagging, memorization of filter names and perfecting the selfie light. The only cure of this cliché is to delete all social media websites or burn

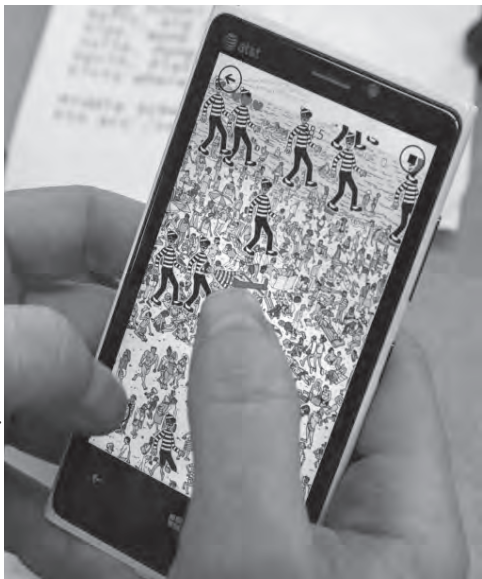
smartphones, computers or any technology that can reach the world wide web.

Now that we have had a good laugh, we can look at the reality of social media. The internet can arguably be the most influential technological advancement to hit mankind. With the internet we found ways to communicate with each other in large groups, email then instant messengers such as MSN were introduced.

Before we knew it, we were writing on walls, sending snaps, tweeting at each other, tumbling, instant gramming, swiping right or left and as uncomfortable as it is, people even dared to poke. The craziest thing about it all was it was happening in a different virtual world. While this might seem like a stretch, the internet is almost like some mystical land, foreign world, or invisible dimension, but strangely enough it's all taking place around us.

As this development has taken root here on earth, we have managed to change society to cater to it's need. Social media feeds off of peoples attention and once you join it's a leach.

While my word choice may make social media appear as a negative, I do see the positives. I do own Twitter, Instagram, Face-



MCT File Photo

book, Snapchat, etc accounts. I enjoy keeping up with my friends as they travel or go through life and sharing my own experiences as well.

However, something that does not belong in social medias dictionary and is beginning to disappear from human's is 'tone'. Due to all words being typed out and read, one person could send it as a joke and the person receiving it could read it as an insult sparking conflict. These sparks can start a fire all due to a misunderstanding.

Now, thanks to applications such as Yik Yak, we can contribute our opinions anonymously, with no fear of how people will receive our message or who we may wound with our sharp tongues, or should I say fingers

since everything is available on our phones now. It's like a suspense movie, everybody waiting for someone to mess up slightly so they can pull out their phones and be the first to post about it.

Publicly, we have no problem insulting people. How often do we see a photo of someone who may be considered overweight on social media with some nasty caption or video of someone dancing that isn't as cool as others. Those are just the examples that involve strangers, what if someone posted something of you with one of those captions in an attempt to mock you. Some people enjoy spending their time commenting on photos, videos, and status just being straight up awful to others for no reasons, other than to feel powerful.

As famously quoted in Spiderman, "with great power comes great responsibility." As soon as one signs up for a social media outlet, they are given power, now how are we going to use that power to societies benefit. We as people have a responsibility to our humanity, and social media has the opportunity to let our humanity flourish or slowly disappear.

Next time you log into any social account, consider what you want to spend your time doing, what you are going to allow your mind to take in, and how you will contribute to the online world.

Colleges tracking data to boost graduation rates

(TNS)
When Aundrea Nattiel goes in for a session with her college adviser at Georgia State University, there are no secrets.

A detailed computer profile provides information about every class taken and every grade earned by Nattiel during her time at the school, as well as her academic history at the college she attended before transferring. If the junior sociology major withdraws from a class, forgets to take a prerequisite or doesn't register for enough credit hours to keep her on track for graduation, her adviser receives an alert and summons Nattiel.

The high-level tracking and advising done by Georgia State is part of the university's work to improve retention and graduation rates, prevent students from taking unnecessary classes, and ultimately lower college costs and student loan debt. Its progress has gained the school national attention. It was also one of the key factors in state college leaders deciding to merge the university with Georgia Perimeter College, which has struggled in these same areas.

Using 10 years of collected data, Georgia State has developed intervention initiatives, including a robust advising program, to help its students stay on track. The work _ headed by Tim Renick, Georgia State's vice president for enrollment services

and student success, as well as vice provost _ has become part of a national focus on improving college outcomes. Recent data on college students are discouraging. Most students are not graduating on time, according to a report from Complete College America, and loan debt has skyrocketed to more than \$1 trillion, exceeding auto and credit card debts. In this area, Georgia State has received awards from academic associations, and President Barack Obama lauded the school in November during the White House's college opportunity summit.

Call it Big Brother for college students.

When Renick moved into the vice provost office six years ago, he realized there were deeper challenges for Georgia State's students. The college has a nonwhite population of slightly more than 60 percent, and almost 60 percent of the college's roughly 32,000 students receive federal needs-based Pell Grants, Renick said.

"We knew our approach had to be different because of our population," he said.

In a recent piece in The New York Times, Renick noted that for students, particularly low-income students, there is a need to complete college expeditiously. If they run out of financial aid, "they're dropping out and they're dropping out with debt and no college degree," he said. "We're

giving them at least a fighting chance."

To better help students, Georgia State began using its collected historical data on grades and student outcomes to predict student performance in other classes. The data collection led to the use of a Web-based tracking system of more than 700 items that alerts advisers when students have gotten off track. Last year, the system found that 2,000 students had signed up for the wrong classes.

Having the kind of intensive advising that Georgia State does can be a bit disconcerting at first, but it is generally appreciated.

Nattiel, the sociology major, participated in required advisement at her previous state school in Georgia, but it was more about what classes were interesting to her, leaving a less-than-focused Nattiel taking classes she didn't need.

"This is about what is going to be good for them, what will help them be successful," said Lindsey Fifield, one of Georgia State's roughly 70 advisers for students such as Nattiel. With about two years of school left, Nattiel has mapped out her class schedule with Fifield's guidance through graduation.

To get these kinds of outcomes, Georgia State ramped up its advising staff, with each adviser responsible for about 300 students, down from almost

1,000 a couple of years ago.

Other colleges within the state are also working toward some form of advising and data analytics similar to Georgia State's. The work is key to the state's Complete College Georgia initiative, launched by Gov. Nathan Deal three years ago with the goal of increasing by 250,000 the number of college graduates in the state by 2020.

Georgia State's intervention work has yielded tangible gains. Although state funding has declined and the number of economically disadvantaged students has increased, the college has seen a rise in its graduation rates for students who earned their degrees within six years, including those for minority students. Ten years ago, Georgia State's graduation rate hovered around 32 percent. It increased to almost 54 percent last year, approaching the national six-year rate of 59 percent reported by the National Center for Education Statistics. The college also ranks among the highest in the nation in the number of bachelor's degrees awarded to black students.

"The major successes have not been with programs aimed at certain demographics," said Renick, who has set a graduation goal of 60 percent. "It's an issue of the problems, not people."

Up and Coming Music Artists of 2015

by Sarah Muller

Staff Writer

Hoodie Allen

Naming himself as a Woody Allen parody, the Brooklyn boy broke rap stereotypes by entering the game with fellow white rappers such as G-Eazy and Mac Miller. His 2012 hit "No Interruption" can be heard at any house party. However, he made another big splash in 2014 with his album "People Keep Talking". With collaborations with artists such as Ed Sheeran in "All About It," he is hitting top charts again. In his music, Hoodie isn't afraid to break a few hearts and explain the truth of the entertainment industry. Completely independent, Hoodie is the artists to watch this year with no label to hold

him back, we can expect nothing filtered.

Ryan Weaver

The feisty 22-year-old California native caught attention of many artists such as Charlie XCX when "OctaHate" debut solo track was released last summer. Last fall her EP "Promise" came out, setting up for a full album yet to come. Weaver combines independent women with pop/rock genre and in results gets a spicy powerhouse voice.

Ella Henderson

This Brit is living proof that just because you don't get first, doesn't mean you can't win.



TNS File Photo

Coming in 6th place in the singing competition, The X-Factor, Henderson was not done yet. She was quickly signed and released

her first album named "Chapter One," featuring her hit "Ghost" which can be heard on radio stations all over the U.S. Only being 19, she resembles an old soul in a young body with lyrics that are beyond her years.

Years & Years

The British are coming, and bringing their electronic house music with. Years & Years started as a five person band in 2013 but now consists of three guys. While not being completely consistent with their release dates, they made a big impact in 2014 with their songs "Real," "Eye's

Shut," and my personal favorite "Desire." With a voice to melt any girl's heart, lead singer Olly Alexander guides the band to the spotlight in 2015.

Misterwives

0 to 100 real quick, describes this band better than Drake. Only releasing an EP, Misterwives dominated the app Vine, with their catchy tune "Reflections," but that's not all. They have opened for Twenty One Pilots, American Authors, and other well known bands. Their song "Vegabond" was even featured as the intro to MTV's series Finding Carter. Blurring lines between pop and indie the trio dominated performances with their strong unique form of music.

Beards, boots, and whiskey

(TNS)

Next to the button-down shirts and brown-leather boots at the Cloak and Dapper store, you can find make-your-own-gin kits and beard-grooming oils.

The retailer that opened in November in Orlando's Ivanhoe Row neighborhood is what owner Calvin Cearley would call "a general store for the modern gentleman."

That is, if you're a guy in the market for ceramic flasks and whiskey-scented soaps.

Retro men's styles are hip once again at retailers and other businesses.

For a generation, men's retail has been geared toward technology and sports. But with slim-cut suits finding their way back into style and beards gaining in popularity, men's boutiques and barbershops are finding a

growing audience.

"We are starting to see companies capitalize on a group that hasn't been marketed to all that specifically," said Brett McKay, a blogger and author of a book titled "The Art of Manliness." "On the boutique level you are seeing a lot of entrepreneurs and artisanal stuff that is geared towards men. Some of it is cool, and some is downright silly."

Around Cearley's store, canvas satchels are filled with chopped wood, and the cologne has names such as Moonshine.

"We wanted to create a throwback, general-store type of vibe but a modern, tech-friendly version of that," Cearley said.

Gene Zimmerman, a Cloak and Dapper customer, said he likes the store because of its local ties and because many retailers aren't giving attention to the

styles the store carries. He has purchased items such as boots and jeans.

"You can go to a Bloomingdale's, and you can find things that have a similar look, but you have to dig," Zimmerman said. "These aren't just off-the-rack brands, they are American brands, and they are handmade and not necessarily mass-manufactured."

Much of the trend started with conglomerates such as Procter & Gamble creating lines of soaps and shampoos with manly scents. Just think of the popular Old Spice advertisements and products.

Craft liquors and cocktails also have roared back into popularity along with home-beer brewing.

"It's a combination of people wanting authentic stuff, and it's

also men wanting to feel like men," McKay said. "They want to differentiate themselves from women."

Procter & Gamble has opened Art of Shaving locations at two Florida Mall and Mall at Millenia, in Orlando. The stores have seen an increased demand for products such as beard oils and mustache waxes as facial hair comes back into style, said Florida Mall store manager Juan Vasquez.

"Adding a lather and a brush really takes a shave to the next level," Vasquez said. "It's really for the benefit of their own skin."

At Orlando's Liberty Barbershop, tattooed and bearded barber John Duvoisin is giving more close-shave, comb-over style haircuts. Clients can have a beer as they wait.

Beard-cutting services, using

an old-fashioned straight razor, are more popular than ever at the Orlando establishment.

"Working-class guys understand there aren't many things a man can do to feel good about himself better than getting a haircut, a shave and getting his shoes shined," Duvoisin said.

The revival of beards is a reaction to the "metrosexual" fashion movements of the mid-2000s, he said. Then men's barbershops took off in popularity when the economy tanked in 2008, and a simpler haircutting service was needed.

Duvoisin's old-fashioned barbershop is so popular he's opened a second place called The Den Shave Parlor.

"It's just a more 'high-end' experience where we hand out craft cocktails instead of Miller High Life," he said.

Le Tote, how well does it really work?

(TNS)

When it comes to subscription boxes, I don't discriminate. I've signed up for beauty boxes, jewelry boxes, even snack boxes. I love the idea of discovering something that I might not find otherwise. That was the initial appeal with Le Tote, a monthly subscription service that promises a box full of curated clothing and accessories for \$49.

How's it different from other stylist-in-a-box services? It has a hint of Rent the Runway's logic. Once you receive your tote, you can wear the items for as long as you'd like (no tags included). Then, you send back what you don't want and keep what you'd like to purchase _ at a discounted rate, I should add. You can return your tote as many times as you'd like throughout the month _ they send a new one as soon as the returned items are processed.

Le Tote, nicknamed the "Netflix of Fashion," is ideal for a 20-something who doesn't have hours to shop but craves a rotating closet. It's practical for the girl who's willing to buy and the girl who's never ready to commit. In theory, it's a dream come true.

In reality, the underwhelming selection leaves something to be desired.

TIME UP FRONT: Newbies should set aside a good chunk of time to register with Le Tote. Upon signing up, the site guided me through a laundry list of questions about my size and style preferences. Next, I scanned through dozens of items _ tops, skirts, dresses, jewelry and scarves _ and indicated what I liked. If you're not careful here, you could end up with something you don't want, as this is the pool the stylists draw from.

Admittedly, I registered on my lunch break and didn't give this part my undivided attention. But before I knew it, my first tote was on its way. You can peek at what's coming online, but I opted to keep it a surprise.

UNBOXED: Despite my lack of patience, my first tote didn't disappoint. I received a Splendid blouse, BB Dakota sweater, J the Way cardigan, Gazel necklace and Adia Kibur stud earrings. I was pleasantly surprised by the brands I recognized and intrigued by the ones I didn't know. I logged onto my account

to check the value of each item, just so I'd know the consequences of falling deeply in love with anything (sometimes I'm practical like that).

As I mentioned earlier, Le Tote members get a discount on every item. It was reassuring to know that the most expensive item in my tote, a red Splendid blouse, was \$84, marked down from \$108. An investment? Sure. Out of my price range? Nope.

I tried on everything and determined what I'd test drive further. That's the other thing about Le Tote: It's smart to have a game plan. I knew I wanted to return the tote fairly quickly in order to get at least two shipments out of my monthly fee.

The sizes were all accurate and fit well, but that's not tough with tops and jewelry. I wore what I wanted, decided against keeping any of it, packaged it up in the prepaid envelope (no cleaning necessary) and shipped it back.

SECOND TIME AROUND: That night, I logged onto my account and decided to clean up "My Closet," where Le Tote stores all those items you favorited at

the beginning of the process. I scanned the new arrivals section, added a few more items to my list and removed the stuff I hastily liked on day one. Within three days I received an email that my next shipment was en route.

This time, I took a look at what was coming before it arrived: a French Connection tee, RD Style blouse, Saint Grace dress, Trading Trunk statement necklace and Adia Kibur stud earrings.

Peeping on the tote worked to my advantage _ I pieced together outfits in my mind before the box even arrived at my desk. I'd pair the black designer tee with the blue-hued statement necklace for an effortless date-night look on Tuesday. The teardrop, vintage-inspired stud earrings would complement the two-toned blouse for a workday outfit on Wednesday. I'd rock the long-sleeved blue dress on Thursday or Friday.

With that kind of planning, it wouldn't be hard to get three boxes in one month. Because each box is valued at more than \$200, it's a fairly practical move.

THE VERDICT: The one

fault I found with Le Tote is their selection. If you're looking for wardrobe staples (striped tees, black pencil skirts and stud earrings), this is the holy grail. But if you're hoping to try new trends or step out of your comfort zone, you might want to look elsewhere.

Although everything I received was practical, I was hoping for more of a fashion challenge _ a box brimming with stuff I typically wouldn't pick up at the department store. Even after browsing and re-browsing the site's inventory, I couldn't find more than a handful of items that really excited me.

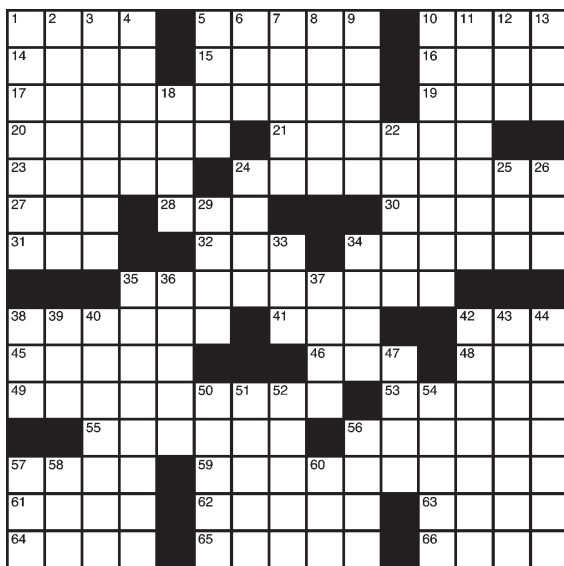
That said, I was impressed with both boxes and will definitely give Le Tote another shot. Is this a long-term wardrobe solution? No. Will your inner circle be impressed with constantly refreshed wardrobe? Abso-freaking-lutely.

THE DETAILS
letote.com
\$49 per month, plus \$5 optional insurance
3 garments, 2 accessories in each box

Los Angeles Times Daily Crossword Puzzle

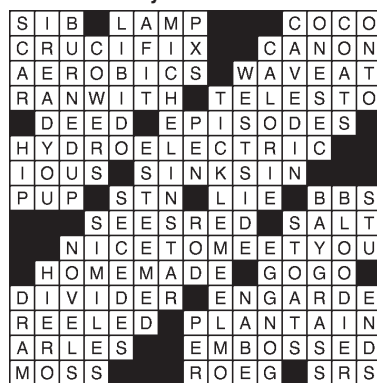
Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Parking lot fillers
 - 5 "Me too!"
 - 10 Outlass automaker
 - 14 Nike competitor
 - 15 Valuable violin, for short
 - 16 Genesis or Exodus, e.g.
 - 17 Like the 1920s-'30s, economically
 - 19 Wild revelry
 - 20 Audition hopefuls
 - 21 Enjoyed a sail, say
 - 23 Indian melodies
 - 24 Excellent work
 - 27 Dean's email suffix
 - 28 Japanese sash
 - 30 Back of a flipped coin
 - 31 2,000 pounds
 - 32 Uncooked
 - 34 Greek messenger of the gods
 - 35 Dramatic weight-loss program
 - 38 Geek Squad member
 - 41 Fireworks reaction
 - 42 EPA-banned pesticide
 - 45 Roger who broke Babe Ruth's record
 - 46 Refusals
 - 48 Prior to, in poems
 - 49 Deadeye with a rifle
 - 53 "A Doll's House" playwright
 - 55 Decorative inlaid work
 - 56 Watchful Japanese canines
 - 57 Comet Hale—
 - 59 Hectic pre-deadline period
 - 61 Thought from la tête
 - 62 Hayes or Hunt
 - 63 Slaughter in the Baseball Hall of Fame
 - 64 Surrender, as territory
 - 65 Grab
 - 66 Emailed
- DOWN**
- 1 Musical set at the Kit Kat Club
 - 2 Guacamole fruit
 - 3 Tear gas weapon
 - 4 Margaret Mead subject
 - 5 Georgia and Latvia, once: Abbr.
 - 6 Horseplayer's haunt, for short
 - 7 Island near Curaçao
 - 8 Perry in court
 - 9 Convention pin-on
 - 10 Section of a woodwind quintet score
 - 11 Conrad classic
 - 12 Guard that barks
 - 13 Big ___ Country: Montana
 - 18 Approximately
 - 22 One-to-one student
 - 24 Prejudice
 - 25 Corrida cry
 - 26 Undergraduate degrees in biol., e.g.
 - 29 Scottish hillside
 - 33 Detective's question
 - 34 Sunshine cracker
 - 35 Massachusetts city crossed by four Interstates
 - 36 Insurance covers them
 - 37 "Please stop that"
 - 38 Film lover's TV choice
 - 39 Corn serving
 - 40 Hardly roomy, as much airline seating
 - 42 Preordain
 - 43 "It'll never happen!"
 - 44 Most uptight
 - 47 Many a Punjabi
 - 50 Goldman ___ investment banking giant
 - 51 New employee
 - 52 Eyelike openings
 - 54 Tugs at a fishing line
 - 56 Clearasil target
 - 57 Clic Stic pen maker
 - 58 Poem that extols
 - 60 Pince-___ glasses



By Clement McKay

Saturday's Puzzle Solved



©2015 Tribune Content Agency, LLC 1/26/15

Upcoming Events

Date	Event	Location
January 28	Zachary Svoboda Musician	Boone Campus 11am-1pm
January 28	Grandma Mojo's Moonshine Revival	ISU M-Shop Doors open @ 10pm \$1 Admission
January 29- February 1	Big Hero 6	ISU Carver 101 -Free Admission 7pm & 10pm
January 30	Brian Imbus Hypnotist/Mentalist	Great Hall, ISU Memorial Union, 9pm-10pm
January 30	King Michael A Tribute to Michael Jackson	Great Hall, ISU Memorial Union, 11pm-11:55pm
February 3	Open Mic Night	ISU M-Shop, 8pm
4-Feb	Dear White People	ISU Carver 101 -Free Admission 7pm
February 5-8	Birdman	ISU Carver 101 -Free Admission 7pm & 10pm
February 10	Echosmith w/ The Colourist	Great Hall, ISU Memorial Union, 8pm, \$12 w/ ISU ID, \$20 public
February 11	Grandma Mojo's Moonshine Revival	ISU M-Shop Doors open @ 10pm \$1 Admission
February 20	DMACC In-Service No classes	All day

Your horoscope this week

(TNS)
Aries (March 21-April 19) Take advantage of related buzz at work. A quick response may be required. A friend can get farther than you. Get creative! You're up to the task. Listen carefully, and pick up the subtle innuendoes. Avoid confrontation. Charm skeptics.

Taurus (April 20-May 20) Prove you know what you're doing. A creative idea doesn't work. You may need to redo the work for free. Make necessary changes. Start a new approach. Watch for hidden agendas. Anticipate resistance. Learn what works through experimentation.

Gemini (May 21-June 20) Conclude an old arrangement. Let the metamorphosis happen naturally. Take leadership, and do what needs to get done. Family members offer support. Be careful not to overspend impulsively. Take care when testing a theory. Things may not work as planned.

Cancer (June 21-July 22) Things could get uncomfortable. Find peaceful surroundings for best results. Think over consequences and consider details in your planning. Heed encouragement and advice from afar. If it's good for the family, do it. Don't fund a fantasy.



Leo (July 23-Aug. 22) Support friends and be supported. Avoid squabbles about love and money, although these topics may be hard to avoid. A confrontation or misunderstanding provides a hurdle in a group project. Keep your actions practical, rather than whimsical.

Virgo (Aug. 23-Sept. 22) Remember to consult with your partner, and avoid an argument at work. Review financial details privately. Keep digging and find the missing clue. Clean up a mess and finish an important job before you take off.

Libra (Sept. 23-Oct. 22) Throw yourself into a project. Think and move fast. Make future plans, even if money's tight. Charm your way around a problem. Be confident in your own abilities. Make sure you have the facts. Discover an error. Keep costs down.

Scorpio (Oct. 23-Nov. 21) Your fame travels far and wide. Continue to work within the

system respectfully. A confrontation could change things. Proceed with caution. More study is required. Angry words can get expensive. Don't make assumptions. Be efficient, not destructive. Confer with family.

Sagittarius (Nov. 22-Dec. 21) Work takes precedence. Take advice from somebody who's trying to give it to you. It's a good time for transformations. Leave your money in the bank. Get out and exercise! Play with a friend and blow off steam.

Capricorn (Dec. 22-Jan. 19) Work conditions are favorable over the long term, but could present breakdowns or errors now. Don't be hasty. Cultivate compassion for others. Find out what the team thinks. You lack total agreement. Discipline is required. Your suspicions get confirmed.

Aquarius (Jan. 20-Feb. 18) Take action now for a possibility that could pay in the future. In a temporary setback, keep a secret and your patience. Hold out for what you want. Write up goals. Consider consequences. Friends help you go the distance.

Pisces (Feb. 19-March 20) Handle a home repair to last for the long haul. Avoid frills or unnecessary features. Find a great deal. Sort and organize, but don't hide your housemate's stuff or risk an outburst. Passions are close to the surface. Careful planning pays.



"Take the sweater - it's chilly outside,"

Movie picks

Tribune News Service

- Chicago Tribune
- Los Angeles Times
- Philadelphia Inquirer

Rating	Movie	Chicago Tribune	Los Angeles Times	Philadelphia Inquirer
PG	Into the Woods	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★
R	American Sniper	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★
PG-13	Big Eyes	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★
R	Inherent Vice	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★
PG-13	Selma	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★
PG-13	Imitation Game	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★

Tribune News Service

music downloads

Week ending Jan. 27, 2015

#1 Album
 1989
 Taylor Swift

Top tracks

- 1 *Uptown Funk*
Mark Ronson
- 2 *FourFiveSeconds*
Rihanna, Kanye West, Paul McCartney
- 3 *Thinking Out Loud*
Ed Sheeran
- 4 *Sugar*
Maroon 5
- 5 *Blank Space*
Taylor Swift

Source: iTunes Tribune News Service

Seen a good flick or heard some good tunes lately? Tell us about it. Submit your reviews to bannernews@dmacc.edu