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Banner News

Lester K. Mwirichia

Julie Roosa

Lisa O'Neal

Elisabeth Rinehart

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Banner News

Volume 13
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 Issue 13

Your Life, Your Campus, Your News

bannernews.org

Deadline changed for Val Dickson tribute

The *Banner News* has extended the deadline for submitting materials in memory of Valree Blewett-Dickson, the nursing instructor who died at her home on March 18.

As reported in our previous issue, the paper will publish a special memorial page dedicated to Professor Blewett-Dickson. Several faculty and staff members already have submitted items, but the paper would like to collect additional materials so the original deadline has been extended.

We invite readers to submit their thoughts, memories, anecdotes and stories about Val, as well as photographs, by Wednesday, April 16, at 5 p.m. Materials may be sent electronically to bannernews@dmacc.edu. Or dropped off in person to Room 115.

The special tribute page will be published in the final spring semester issue of the *Banner News* on April 23.

More than 200 register for 'Boots'

Registration has topped more than 200 for the inaugural "In My Boots" 5K run, walk or ruck-march, hosted by DMACC/Boone, on Saturday, April 19 starting at 9 a.m. in McHose Park in Boone.

Registration continues until race day. The entry fee is \$30 per person. A four-person ruck team is \$80. This option is only for military personnel and veterans. The 5K is open to all ages and abilities. Parking and shuttle services to and from the event will be available at the Boone Campus.

The "In My Boots" 5K run, walk, or ruck-march will celebrate military veterans and raise money for the Wounded Warrior Project. To register, visit <http://go.dmacc.edu/boone/inmyboots5k/Pages/welcome.aspx>, or to donate to the Wounded Warrior project, visit <http://web.charityengine.net/individual-fundraising/DMACC>.



Photo by Lester Mwirichia/Banner News

Levi Robson works out regularly in the Boone DMACC weight room. Robson placed second in his first national physique competition on April 5 in St. Paul, Minn. He now will go on to Nationals.

Student places near top in physique contest

By Lester K. Mwirichia
 Staff Writer

Unlike most other kids at the age of 11, Levi Robson was in the gym at 5 a.m. every day before school lifting weights with his father.

Little did he know that the hard work and dedication he learned in the weight room would earn him an opportunity to compete one day in the National Physique Competition and the possibility of going pro.

That day came on April 5 when Robson, 24, a DMACC student at the Boone Campus, entered his first physique competition in St. Paul, Minn.

"I am physically, mentally, emotionally, and spiritually ready to compete," Robson said as he was preparing to go to the competition.

It turns out he was right: Robson placed second in two events at the Gopher State Classic, which is part of the

See LEVI, page 3

what you said...

Recommend DMACC to a high school senior?

Talon Kim



"Yes. The small class sizes are better for some students."

Nicole Miller



"Yes. It is good preparation for transfer students."

Jon Green



"Yes. It's affordable and has smaller class sizes."

Mary Heiller - BHS student



"Definitely, I am going to college with a semester already done FOR FREE."

Dustin Buckowing



"Probably, you can get one-on-one with the teachers."

Week in review

Carroll campus provost named

Dr. Joel Lundstrom has been named the new Provost at the DMACC Carroll Campus. Most recently, Lundstrom served as Vice President of Student Services at Manhattan (Kan.) Area Technical College. Lundstrom, who will start May 27, replaces Dr. Steve Schulz, who resigned in December to become President of North Iowa Area Community College. Former DMACC Carroll Campus Business Administration Professor John Brockelsby has been serving as the DMACC Carroll Campus Interim Provost.

A nine-member search committee, led by Dr. Kim Linduska, DMACC executive vice president for academic affairs, has been searching nationwide for the new Carroll Campus Provost.

Linduska said 43 candidates applied for the position. DMACC officials narrowed that pool to 15. The search committee interviewed seven candidates and invited the final five candidates to meet in Carroll with the committee, DMACC President Rob Denson, Vice President Linduska, DMACC staff, students and members of the community.

Bear Briefs

ALEKS math placement

Beginning fall semester 2014, students who wish to enroll in a mathematics course at DMACC for the first time will be required to take the ALEKS mathematics placement assessment.

Exemptions may include:

Current DMACC students who have earned a C- or higher in a transfer equivalent math course within the previous 18 months from the date of enrollment will be exempt.

Students who only need MAT772 for their program of study are also exempt.

For additional information on the ALEKS Math Placement Assessment, go to <https://go.dmacc.edu/mathplacement/Pages/welcome.aspx>

Phi Beta Lambda raffle

Phi Beta Lambda, a business-related student organization, is hosting a raffle. Tickets are \$5 per ticket or five for \$20. First prize is a new iPad. Second prize is a \$50 Target gift card. The last day to buy a ticket is Monday, April 14. Tickets will be sold at a table set up in the Courter Center this week. Winners will be selected and announced on Wednesday, April 16, in the Courter Center. Contact PBL member Andrea Anderson at aranderson7@dmacc.edu for information.

Blood donors

If you gave blood last week at the Boone Campus blood drive, please stop by Steve Krafcisin's office 188D (east of the gym) to pick up your \$10 Casey's card. A total of 19 people gave blood. Thank you.

Also, \$720 was raised during the Feb. 15th RED OUT for the American Heart Association. Again, thank you.

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.

Learn more about

London Study Abroad

There will be a meeting on DMACC's London Study Abroad program on April 16th at 3 p.m.

· Ankeny Campus, Bldg. #6, Rm. 8

· Boone Campus, Rm. #117, broadcast from Ankeny

· Carroll Campus, Rm. #144, broadcast from Ankeny

· Newton Campus, Rm. #128, broadcast from Ankeny

· Urban Campus, Bldg. #1, Rm. 213, broadcast from Ankeny

Denim Day at DMACC

April is Sexual Assault Awareness Month. The DMACC Boone campus is joining the Iowa Coalition Against Sexual Assault (IowaCASA) as it launches its 1st Annual Iowa Denim Day event in an effort to raise awareness about sexual assault throughout Iowa, raise funds to support our mission to promote a society free from sexual violence, and to meet the diverse needs of survivors.

Denim Day is based on a case in 1998, when a teenage girl in Italy was raped by her driving instructor. The girl was held down on the ground by the instructor and was threatened with harm to herself and her brothers. The instructor was tried, convicted, and sentenced to jail, and his case went to the Supreme Court of Appeals in Rome. The court overturned the original ruling stating that because the victim wore very tight jeans, she must have had to help remove them thereby giving consent to have sex.

The case made international headlines and the young woman's jeans became a symbol of the many misconceptions still surrounding sexual violence, such as there being a "correct" way for someone to respond during an assault and that what someone wears can be an excuse for rape.

On April 23, 2014, DMACC Boone will join businesses, non-profits, and groups throughout the state to allow employees to pay \$5 in exchange for wearing jeans on Denim Day. Wearing jeans is a visual sign of your support for survivors of sexual violence, and participants will also receive a sticker letting everyone know why they're wearing jeans.

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/>

HiSET replaces GED

Since 1949 GED has been the test of choice to determine whether a student has acquired the equivalency of a high school diploma. Starting January 2014, Iowa, along with other states, will begin using the HiSET test in place of the GED test. It will be similar to the GED with Reading, Social Studies, Science, Writing Skills, and Math tests.

The next session of classes will be March 3 through April 24. A summer session will be offered also. For information please stop by the AAC or call 515-433-5095.

Honors seeks applicants

DMACC is seeking highly motivated students to join the Honors program.

If you have completed one college-level English and one college-level math class or are currently enrolled in them, will have completed a minimum of nine college credits and fewer 50 credits at the end of spring with a cumulative GPA of 3.5 or higher, you are eligible to become a DMACC Honors Student. Besides receiving Honors credits on your transcript, enjoying an Honors Lounge on each campus, and attending special events, you will be eligible for up to \$1,000 in merit scholarships each semester you remain in the Program.

To apply, go to www.dmacc.edu/honors. Contact Dr. Sarah Waddle, the Director of the Honors Program, at stwaddle@dmacc.edu with any questions.

Celebrate National



EVENTS

- April 11** Friday Poetry in room 142 at 11:00 a.m.
- April 18** Friday Poetry in the Writing Center, room 170, at 11:00 a.m.
- April 21-24** Visit the Writing Center to pick up a poem for your pocket. **Read a poem to a Writing Center consultant and receive a prize.**
- April 25** Friday Poetry in the Writing Center, room 170, at 11:00 a.m.

Students: Listen in class to see if your instructor is offering incentives for "catching" you with a poem in your pocket.

Sponsored by the Writing Center
For more information, contact Krystal Hering at klhering@dmacc.edu or 515-433-5212.



BANNER NEWS STAFF Spring 2014

The *Banner News* is an independent student newspaper serving the DMACC Boone campus. We strive for accuracy and fairness. Errors in will be corrected in this section. To request a correction, please contact us. The *Banner* publishes bi-weekly in print. Free copies are available on campus. Additional copies may purchased for \$.50 each. Please recycle.

CONTACT US
Room 115, 515-433-5092
bannernews@dmacc.edu
bannernews.org

Editor in Chief
position available

Staff Writers

Les Mwirichia
lkmwirichia@dmacc.edu

Keith Taylor
ktaylor3@dmacc.edu

Kyla Durr
kcdurr@dmacc.edu

POSITIONS AVAILABLE
bannernews@dmacc.edu

Contributing Writers
Brian Osborn
baosborn1@dmacc.edu

KayCee Purdy
kmpurdy@dmacc.edu

Faculty Advisor
Julie Roosa
jkroosa@dmacc.edu

Printer
Wilcox Printing, Madrid

Copy Editors
POSITIONS AVAILABLE
bannernews@dmacc.edu

Web Editor
Carl De Vries
cjdevries@dmacc.edu

Business Manager
POSITION AVAILABLE

Advertising Sales
POSITION AVAILABLE

Cartoonist
Erica Brown
ebrown11@dmacc.edu

Columnists
POSITIONS AVAILABLE

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Physique events focus on athletic build

LEVI, from page 1

National Physique Competition. One event was the True Novice and the other was the Class D Open.

Robson said he was happy with his first performance. Placing this high in the first competition has earned him the opportunity to compete in the NPC National Championship in Orlando, Fla., this November. According to Robson, now that he's nationally qualified, if he ranks in the top three at nationals, he is then considered a "professional."

Unlike a bodybuilder, whose goal is to have a huge, mass-muscular body, a physique competitor looks for a lean, muscle defined body. A more athletic body; so what's difference between a bodybuilder and a physique competitor?

"The diet," Robson said.

Originally from Bristow, Ill., Robson grew up in Ankeny. He lifted weights while growing up and all through out high school. He also ran cross country at Ankeny High School. Robson enjoyed running and the aspect of being on a team. But after experiencing stress fractures from run-

ning long distances, he was forced to end his running career.

So he went back to what was natural to him: lifting.

After graduation, Robson attended DMACC in Ankeny to pursue a graphic design degree. He later decided that graphic design wasn't for him. So he re-evaluated what he was good at and what he was really passionate about. Fitness and health came to mind.

While looking to his future, Robson began lifting heavier weights.

"I gained 8 pounds of muscle in two years," Robson said.

Not that he couldn't gain more, but Robson had developed a mental block.

"I had a lot of negative people in my life," he said.

Close friends had told him that he wasn't good enough to compete nor did he look good enough to even enter such a competition. Robson said he wanted to prove those people wrong. So he began to fill his life with positive thinking.

To rebuild, Robson said, "I relieved myself of the negative friends and relationships surrounding me."



Photo by Lester Mwirichia/Banner News

Levi Robson placed second in two events in a National Physique Competition. He now qualifies for Nationals in Florida in Nov.

Robson said he became spiritual during this period of his life as well. He began reading self-motivation materials and listening to motivational speakers, such as Life Coach Anthony Robbins.

With all the positivity going on in his life, Robson found his way back to school. He also decided he wanted to compete. Working out daily and eating

six to eight times a day was just part of his program to get where he wanted to be to compete. He moved from 128 pounds on to 160 pounds in a three-year period.

In 2013, between January and August, Robson kicked it to high gear and moved from 160 pounds to 181 pounds. He reached the level where he wanted to compete.

"I know my body, and know where I need to be to compete," Robson said.

DMACC student Jolynne Carlson is a friend of Robson's in the health and fitness program.

"Levi is a gym rat and a hard worker," she said.

Living on the Boone campus, Robson works out in DMACC's fitness room on the second floor of the gymnasium. When he is doing his work out, other students admire his technique and have asked Robson to assist them.

Student Saddik Meja asked Robson to help with a specific work out. "He knows what he is doing," Meja said of Robson.

Robson said he doesn't mind assisting others while lifting. Although he does not yet meet the qualifications to be a personal trainer, he considers himself a "glorified spotter."

Carlson said, "Bodybuilding is the perfect outlet for Levi. He will do well in the NPC."

Robson said he hopes to continue performing well. His long-term goals include receiving a degree in fitness and health management, along with being named Mr. Olympia and starting a franchise of fitness centers.

Small Business Awards

DMACC-- Nominations are being accepted April 1 - June 1 for the 2014 DMACC Small Business Awards.

Businesses will be honored in five categories; Most Innovative, Young Entrepreneur of the Year, Dennis Albaugh Award, Top Growth Company and Small Business of the Year. For a list of criteria visit <https://go.dmacc.edu/dbr/sba/Pages/criteria.aspx>

The DMACC Small Business Awards Ceremony will be held Sept. 11 at the DMACC Ankeny campus FFA Enrichment Center. The ceremony includes a cocktail reception, entertainment by the Nola Jazz Band, dinner, a program and a video presentation highlighting each award winner.

Mediacom is the presenting sponsor and will show a delayed broadcast of the event.

To submit an application for the 2014 DMACC Small Business Awards click here. <https://go.dmacc.edu/dbr/sba/Pages/welcome.aspx/>

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towel tags

Be sure everyone knows whose towel is whose so that they stay on the hook and out of the laundry hamper longer.

YOU WILL NEED:

- Bath towel and wash cloth
- Permanent, waterproof ink pad
- Letter stamps
- Cotton twill tape
- Pinking shears
- Iron
- Needle and thread

Using the stamps and ink pad, spell out a family member's name onto the cotton tape. Trim the tape with pinking shears (to prevent fraying), so that there's about 4½ inches extra after the name and a few inches before the name. When the ink is dry, set it by covering the tape with a cloth and pressing it with a hot, dry iron. Fold both edges of the tape under about ¼ inch and crease the folds with the iron. Sew the folded edges to the towel edge.



time out

This cheerful whale can help reduce the length of your family's showers by giving a friendly "ding!" when it's time to finish up.

YOU WILL NEED:

- Whale template (download the template at familyfunmag.com/printables)
- Red felt
- Cereal-box cardboard
- Black felt or googly eye
- Timer
- Tacky glue
- Blue felt
- Glue dots

Cut one whale shape from felt and a second backing shape from cardboard. Glue the shapes together. Attach an eye and adhere the whale to the timer with glue dots. On the timer dial, adhere a red felt arrow at your target shower length (time your shower, then try reducing it by a minute or two). Glue a matching arrow on the whale, pointing to zero.



name a napkin

Cloth napkins aren't just for special occasions. Personalize a set or two with each family member's initial and use them for several meals, then pop them all in the wash.

YOU WILL NEED:

- Cloth napkins
- Foam or stencil brush
- Con-Tact paper
- Fabric paint

For each, cut a 5-inch square of Con-Tact paper. Trace and cut a 2½-inch circle from the center. Trace a printed letter on the circle, and cut that out. Peel the backing from the square and the letter, and adhere both to a pre-washed napkin. Dip the brush into a shallow dish of fabric paint, then dab (don't brush) the paint onto the napkin. After the paint dries, peel off the paper. Set the paint according to the manufacturer's directions.



snack packs

Repurpose a milk or juice carton into a reusable snack container. For an eco-friendly trifecta, fill it with treats from your supermarket's bulk bin!

YOU WILL NEED:

- Half-gallon milk/juice carton (clean, dry)
- Colored/patterned duct tape
- Adhesive-backed Velcro square

Measure, mark and cut the carton so three sides are 4 inches tall and one side is 7 inches tall. Trim the tall side into a curve. Pinch the front and back panels together while tucking in the sides of the carton, as shown. Fold the curved flap over the front of the carton. Cover the outside with duct tape. Add the Velcro square to the inside of the flap and the front of the carton.



scrap saver

Make it easy to reuse single-sided school flyers and office memos by stacking them, blank side up, in accessible bins.

craft a greener home

By Deborah Way
FamilyFun magazine

Make your house more eco-friendly this Earth Day with easy, fun crafts and creative tips

paper monster

Turn two grocery bags into a friendly monster that wants nothing more than to be fed paper scraps. Once it's full, pack up the whole shebang and send it to the recycling center.

YOU WILL NEED:

- 2 large brown paper bags (for a sturdier creature, use paper lawn bags)
- White and black paper
- Glue stick
- Masking tape

FamilyFun

Cut a large oval hole in one of the bags. Use a glue stick to attach a row of pointy, white paper teeth inside. Add eyes using black paper and the leftover white scraps. Open the second bag and slip the first bag over it, overlapping the edges an inch or two. Seal the seam with masking tape.



DMACC splits with ICCC, sweeps SWCC

DMACC -- The DMACC softball team improved to 20-6 overall and 11-3 in the Iowa Community College Athletic Conference (ICCA) by winning three of four games April 5 and 6 at the DMACC softball diamond.

The Bears split with Iowa Central Community College (ICCC) on April 5, dropping the opener, 8-1, and winning the nightcap, 1-0. DMACC then took both ends of a doubleheader against Southwestern Community College (SWCC) on April 6, winning by scores of 7-2 and 3-2.

DMACC was limited to five hits and one run in dropping the opener to ICCC. Sophomore Kaitlin Briley of Creston had a pair of hits, including a triple, and freshman Hannah Swafford of Welston, Okla., had two hits, including a double. Sophomore Riley Fisher of Des Moines pitched all seven innings and suffered her fourth loss of the season against seven wins. She allowed nine hits, struck out six and walked four.

Freshman Meghan Thompson of Waterloo hit a pinch-hit double in the bottom of the seventh inning, driving in freshman Cailey Schlenker of Bondurant with the game's only run as DMACC took the second game, 1-0. Sophomore Aly Netty of Waterloo allowed just two hits, struck out eight and walked one as she improved to 7-2 for the season.

Sophomore Kaylee Buch of Clarinda had four hits, including a pair of doubles,



Photo by Lester Mwirichia/Banner News

Sophomore Jody Hagedorn warms up Saturday, April 5, as the Bears prepare to take on Iowa Central. The Bears split with ICCC, winning one of the two games played that afternoon.

and Briley and freshmen Marisa Graslewicz of Omaha, Neb., and Jessica Bastian of Des Moines had three hits apiece to lead DMACC past SWCC in the opener on April 6. Briley drove in one run with a solo home run, and Buch and sophomore Allie Fitzgerald of Des Moines drove in two runs apiece. Netty had two hits for the Bears.

Netty pitched the first six innings and got the win to run her record to 8-2 for the

season. She allowed three hits, struck out seven and walked one. Fisher threw one inning, allowing one hit and striking out two batters.

Briley and Graslewicz had three hits apiece and Graslewicz and Schlenker drove in one run each to lead DMACC to its win in the second game. The Bears got the win when sophomore Abby Thomsen of Carroll singled in the bottom of the seventh

inning, driving in freshman Dani Bianchi.

Schlenker pitched the first six innings, allowing two runs on four hits. She struck out one and walked one. Fisher worked the seventh inning and came away with the win, her eighth against four losses. She struck out all three batters she faced.

DMACC travels to Marshalltown on April 9 to face Marshalltown Community College (MCC).

Sports Round Up

Baseball sweeps four-game series

The DMACC baseball team ran its winning streak to 10 consecutive games with a four-game sweep of Iowa Lakes Community College (ILCC) April 5 and 6 at the DMACC baseball diamond. The series was originally schedule to be played in Estherville, but was moved to Boone after inclement weather made the ILCC diamond unplayable.

DMACC defeated the Lakers by scores of 6-3 and 5-2 on April 5 and won by scores of 11-3 and 4-3 on April 6. The Bears improved to 20-9 overall and 12-2 in the Iowa Community College Athletic Conference (ICCA).

DMACC plays Marshalltown Community College (MCC) April 8 at Marshalltown.

Women's golf wins Iowa Central Invite

Freshman Haley Froehlich of Algona shot rounds of 93 and 79 for a 36-hole total of 172 to lead the DMACC women's golf team to the team championship in the Iowa Central Community College (ICCC) Invitational April 5 and 6 at Otter Creek Golf Course in Ankeny.

Froehlich finished second in the individual competition after tying Shelby Williams of Southwestern Community College (SWCC) for top honors.

The DMACC women's golf team will play in the AIB Invitational April 11 and 12 at Lake Panorama National Golf Course in Panora.

Men's golf finishes fourth at ICCC Invite

The DMACC men's golf team placed fourth in the Iowa Central Community College (ICCC) Invitational April 5 and 6 at Otter Creek Golf Course in Ankeny.

The Bears turned in a score of 623 strokes over the 36-hole tournament in finishing fourth. ICCC took the team championship with 602 strokes. ICCC's Ben Hogan took medalist honors with a 36-hole total of 142 on back-to-back rounds of 71.

The DMACC men's golf team will play in the AIB Invitational April 11 and 12 at Lake Panorama National Golf Course in Panora.

Sports Calendar

- Apr 09: Softball vs. Marshalltown
- Apr 11: Men's Golf – AIB Invite
- Apr 11: Women's Golf – AIB Invite
- Apr 12: Men's Golf – AIB Invite
- Apr 12: Women's Golf vs. AIB Invite
- Apr 12: Softball vs. Central (NE)#
- Apr 12: Baseball vs. NIACC
- Apr 12: Softball vs. Kankakee#
- Apr 13: Softball vs. Muscatine#
- Apr 13: Baseball vs. NIACC
- Apr 13: Softball vs. Mineral Area#
- Apr 14: Men's Golf vs. Iowa Central CC
- Apr 14: Women's Golf vs. Iowa Central CC

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April is Sexual Assault Awareness Month

Where is your line?

Editor's note: These guest columns were written as part of an initiative by the Iowa Coalition Against Sexual Assault to partner with newspapers to publish articles this month to raise awareness about sexual assault. Twenty-three guest columns were submitted. Three are printed here. For information about IowaCASA, visit iowacasa.org.

Enlist frats, athletics as allies in prevention

By Robert Dennis Jr.

Prevention Education Specialist, Certified Victim Counselor, ACCESS, Ames
Guest Columnist

A few days ago I was presenting to a group of college students about bystander intervention and sexual assault prevention. While I was presenting, I mentioned that I believed that fraternities and athletes held the greatest potential to be affective allies for sexual assault prevention on college campuses. This comment elicited a head nod from a small portion of males and a booming laugh from the rest of the crowd.

I see why many people may laugh at the idea of fraternities and athletic teams holding the greatest potential as allies. It is easy to know how these groups have historically been associated with holding the highest risk of sexual assault perpetration, so skepticism to the idea of these groups being the solution to sexual violence prevention is understandable. We need to recognize that although these groups have historically been associated with perpetration, the large majority of these populations are not perpetrators nor do they support perpetrators.

The time has come to reconstruct our thought process on the relationship between fraternities, athletics, and sexual violence. These male groups have many attributes putting them in position to be our best ally in preventing sexual violence in every community. There are three reasons we need to rework our impressions of these groups and focus on engaging them as allies in violence prevention.

1. The Group.

These groups often have one cohesive identity setting them apart from others and identifying them as a unit, which they take great pride in. For fraternity and athletic males, the group becomes intertwined in their identity. When so much of an individual's identity is invested in the group, there becomes a need to monitor the group identity.

In the past we have seen cases of groups protecting their identity by hiding negative behavior, such as the Jerry Sandusky case, but there is another way groups monitor their image.

They eject members of the group who negatively impact the group's image and address negative behaviors head on. Bystander intervention trainings are great tools for these groups because when they are empowered and equipped with intervention strategies they can not only monitor and challenge negative behaviors of their own groups, but other groups in their community.

2. Values.

When you ask many coaches how they gauge success, they will not say that success is about wins but rather about inspiring and making an impact in the lives of their athletes. Athletes and fraternities base everything they do around values and principles. These values almost always include a sense of respect, leadership and service, all of which are very important to sexual violence prevention. Most bystander intervention programs can be seen as leadership trainings advocating for respect at their core. These men are constantly immersed in philanthropic work; why not expand to working with domestic violence or sexual abuse agencies in the community?

3. Strong Bond.

"Guy talk", "Bro Talk", or "Real Talk" - However you refer to it, when guys are alone they have a way of letting their guards down and talking very honestly and vulnerably with one another. The closeness that fraternities and athletic teams create leads members to feel they can open up and are in a safe space. Opening up in this way is very powerful for two reasons. First, men can engage in conversations openly and honestly ranging from relationships and sexuality, to sexual violence reflecting on what healthy verses unhealthy relationships look like. Second, guys are able to disclose experiences they may not be able to share with anyone else, which is often the first step to healing.

It's time to think critically about how we historically have viewed athletes and fraternities and sexual violence. The time has come to actively engage these groups in conversations about sexual violence. However, rather than thinking of them as the issue, we need to think of these groups as our allies in ending sexual violence. The strengths of these groups ranging from their identity and social power, to their values puts them in strong positions to be active bystanders in their community and throughout their lives.

By Becca Lee

Prevention Education Specialist, Founder, HollaBack! Des Moines
Guest Columnist

When does someone need permission to touch you? How do you stop an unwanted touch from happening?

We live in a culture that doesn't require us to negotiate consent for touch. Think about it: have you ever been in a situation where another person can touch you when you don't want it, whether sexual or nonsexual?

Consider unwanted pats on the back, groping on public transit, strangers attempting to touch your hair, tattoos or pregnant stomachs. Has anything like this ever happened to you? Based on far too many conversations I've had with folks, these things happen more than we talk about.

This is dangerous because rape culture works by restricting individuals' control over their own bodies and granting others a sense of entitlement to them, especially in public spaces. Rape culture manifests in harassing behaviors and assault, sometimes overtly sexual, sometimes not.

For example, when I used to work retail, a customer once hugged me forcefully without saying a word. He walked in the door, made a beeline for me, opened his arms wide open and closed in around my body. I

froze. When he released me, he grinned and thanked me, then said he was sorry because he "just needed a hug."

In processing how shaken I felt afterward, I acknowledged there was nothing overtly sexual about the hug. But I did not consent to it, and frankly, I'd never felt more violated in my life.

A few years later, a stranger put his hand on my butt while I was ordering a drink at a bar. This time, I grabbed his hand and threw it back at his body as hard as I could. He left without a word.

His touch was sexual, though not technically assault. Regardless, it was again unwanted, and I again felt violated.

These two encounters speak volumes about the continuum of harassment, sexual assault, rape culture and the entitlement some men feel toward women's bodies. These two incidents stay with me every time I get catcalled on a street, fend off an unwanted arm around my waist, hear yet another radio artist sing "I know you want it" in reference to coming on to or having sex with a woman. Really, do you know what I want? All around us, messages about body language and arrogant machismo run right over any discussion of consent.

We live in a society where explicit verbal consent isn't required and it isn't "sexy." In-

stead, we try to navigate consent using unspoken "consent maps," subconsciously assuming where other people will accept touch, depending on levels of intimacy.

For example, we can shake someone's hand upon first meeting without explicitly asking. We can rub a partner's shoulders without getting permission. We can grind against someone's pelvis on a dance floor without hesitation. These are assumptions, so how do we ensure we aren't actually violating someone else's body if we don't ask?

When we aren't given a choice to consent or object, when we teach that consent for any touch, even as "innocent" as a hug, can be "implied" through the absence of a "no", we perpetuate rape culture.

Instead, we need to think about actively reclaiming explicit verbal consent - asking for and receiving verbal consent for all touching, even when we know the other person and without pressuring for a yes.

Think of what would happen if everyone practiced explicit verbal consent. We would experience safeness and joy within our bodies that can only come from having sole ownership. Do it for yourself, and for all those around you who desperately wish someone would simply ask, "May I" rather than demand, "Let me."

Call to action is long overdue

By Julie Roosa, J.D., M.A.

Professor, DMACC/Boone
Former Support Services
Manager, ISU Police
Guest Columnist

In mid-January, President Obama announced the formation of a federal task force to combat sexual assault on college campuses. He hopes the task force will build upon the momentum created by student activists who are on the front lines trying to change the campus culture that tends to ignore, overlook or minimize the crime of sexual assault.

Obama's White House report cites studies that find about one in five women is a survivor of attempted or completed sexual violence while in college.

Studies from nearly 20 years ago established the same statistic: One in five.

One in five then. One in five now. The call to action is long overdue.

While the physical wellbeing of our college students, especially women, hasn't garnered the immediate attention of the government, another aspect - their financial wellbeing - has.

In recent years, the rising default rate on student loans has made headlines. An estimated 1 in 10 college students are defaulting on their federal student loans within the first two years. It didn't take long for the government and colleges to act. President Obama announced new student debt-relief initiatives last August. Even before that, helping students better manage their money was on the radar at DMACC.

In 2011, DMACC added financial literacy to a mandatory college orientation class. The class is designed to help students be successful "in college and in life." The timing for the financial literacy component coincides with the developing storyline about student loan defaults.

The message from this class: To succeed in college and in life, financial health matters. It matters enough to be covered in a mandatory class.

Surely physical and mental health matters too.

And DMACC recognizes that. The orientation course already covers some aspects of physical wellbeing. Topics on the syllabus include the impact of good physical and mental health, i.e., proper sleep, nutrition, exercise and staying healthy.

But sexual assault does not make the list.

Historically, college campuses are more than willing to devote time, money and manpower to the "environmental side" of sexual assault prevention. More lighting. Security cameras. Self-defense classes. Safety brochures. Hotlines. A police presence.

What's missing is attention to the cultural side of the issue.

The message of sexual assault prevention is largely directed to female students, implying that those who are most likely to be victims are somehow to blame when they don't prevent the crime from happening in the first place. But only the perpetrator can prevent the crime. In one study, 1 in 12 men committed an

act that meets the legal definition of rape. Another study found that 43 percent of college-aged men admitted to using coercive behavior to have sex, including ignoring a woman's protest, using physical aggression and forcing intercourse.

By focusing more prevention efforts on males, including the bystanders, we can change the cultural side of sexual assault.

President Obama knows this. When announcing the task force, he said, "We've got to keep teaching young men in particular to show women the respect they deserve and to recognize sexual violence and be outraged by it, and to do their part to stop it from happening in the first place."

Let's take a cue from the student loan default issue and act now. Incorporate information about sexual violence in existing mandatory classes, such as college orientation, to help students learn how to better manage their personal relationships. Topics could include bystander training, healthy dating, clear communication and definitions of consent.

An argument likely will be made that there is no room in an already packed orientation class, but room was found for financial literacy. Let's do the same for relationship literacy.

It's time for the insiders in higher education to join with the activists on the front lines. Let's heed the call. We can't allow another 20 years to pass without changing the statistics for sexual assault in college.

Camp Adventure

Travel bug is one virus you'll want to catch

Editor's note: This opinion piece was written as part of an Honors Capstone course.



By Lisa O'Neal
Guest Columnist

If I had been told in high school that I will have traveled to Japan and Germany in the next two years, I would have laughed and told them they were thinking of someone else. I had no intention of traveling, but now that I have, I have the travel bug. Camp Adventure is the reason why I now want to go places, meet people, and make an impact wherever I go.

There is a unique place and experience for everyone in Camp Adventure. More college students should take the chance to get involved with this organization.

Camp Adventure is a program that trains college students to work with children on military bases around the world. The program is headquartered at the

University of Northern Iowa; however there are training sites at colleges throughout the country, including Iowa State and the University of Iowa, as well as in California, Ohio, Florida, and Oregon.

Both the training and your experience in the field count as college credit if you choose to do the few written reflections about your experiences.

Possibly the best part about the program: they pay for your plane tickets AND give you a living stipend for food and necessities!

Camp Adventure has much to offer college students that are willing to give up a summer or winter break. The experience looks great on a resume and the chance to travel allows you to accomplish life goals you might not have known you had.

But before you jump to your laptop to sign up, I want to share a bit more about my experiences with the program.

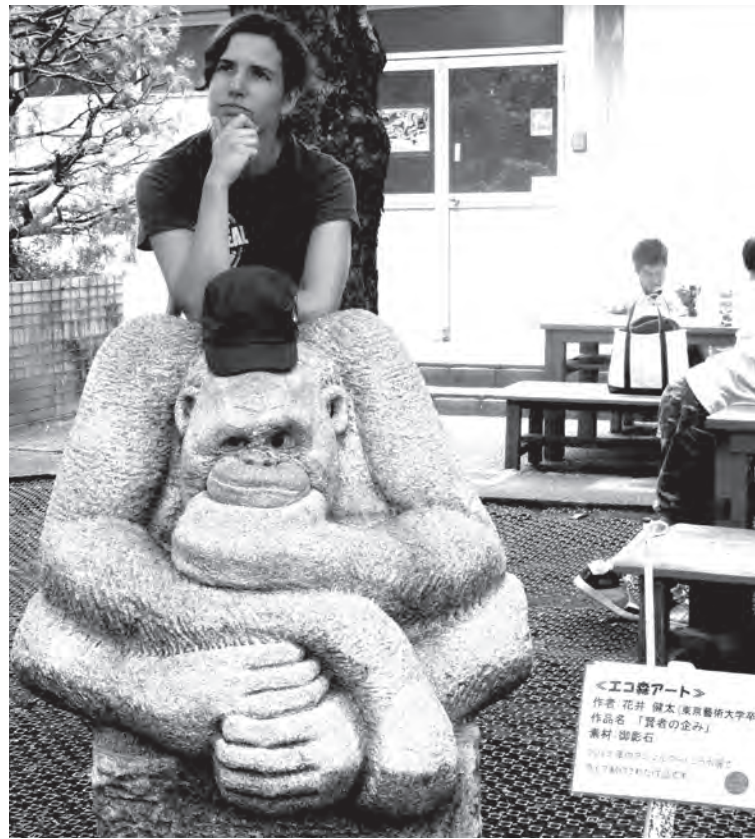
I learned about Camp A from my sister-in-law, who went to Germany for a semester through the program. I wasted no time sending in a request for an application at their website. My first exploration took place during summer 2013 in Yokosuka Naval Base in Japan as a part of their aquatics program.

Camp A has many different programs for students with

different interests: sports camp, teen center, day camp, child development centers (sometimes including a school age center), and the aquatics program. While participating in the aquatics program I spent my time lifeguarding, teaching swimming lessons, and organizing activities and events for when the day camp children came to the pool. These activities kept me busy for a good part of five days a week.

The weekends, thankfully, were ours to explore the country. I traveled with my fellow camp counselors to Tokyo, Kyoto, and Yokohama feeding monkeys, trying various Japanese dishes, and climbing Mt. Fuji. Though our travel time was limited, it was enough to make me fall in love with the country and want to go back one day.

I did participate in Camp Adventure again; however I did not make it back to Japan. Instead, I was sent to an Army Base in Bamberg, Germany for a winter break adventure where I worked with newborns through twelve-year-olds in a child development center (CDC) and a school age center (SAC). I worked in the CDC in the mornings, playing with the children, breaking up fights, reading books, and sharing many laughs. After lunch I rode a bus to the school on base to pick up the SAC kids. I would then



spend the afternoons helping them with homework, organizing games, and doing science experiments with them. On the weekends I was able to travel to Dachau Concentration Camp, Neuschwanstein Castle, Munich, and Berlin.

In college, travel abroad is a luxury few are able to afford, both in time and finances. Picture one or two places you have dreamed of traveling to. Now, insert a small group of college

students into the picture sharing the same dream as you. You can have an experience like this by signing up for Camp Adventure at their website: <http://www.uni.edu/campadv/>.

Lisa O'Neal grew up in Boone and is now earning her liberal arts degree at the Boone campus. She will attend the University of Northern Iowa in the fall to pursue an Elementary/Middle Education double major.

Family farm

Toiling in own soil yields bounty of benefits

Editor's note: This opinion piece was written as part of an Honors Capstone course.



By Elisabeth Rinehart
Guest Columnist

Growing up on a farm has been extremely beneficial to me and has trained me to work hard and persevere in all types of circumstances. During the spring, summer, and fall my family puts in many hours to plant, nurture, maintain, and harvest the fruits and vegetables that we would produce for farmers' markets. The reward of our hard work has been enjoying delicious

nutritious food straight from our garden. All this hard work we put in, brought my family closer together.

It is a good thing for people to learn how to grow their own fruits and vegetables to increase understanding of the many challenges it takes to provide fresh, healthy, and tasty produce. Knowing where our food comes from is vital for our health and well-being. When we grow our own fruits and vegetables we gain a better appreciation for our health and what we eat. Many years ago almost all families in Iowa grew their own crops. Today, an increasing number buy produce from the local grocery store and are concerned about whether to purchase exclusively organic produce or not.

One big issue is the many misconceptions about the meaning of "organic" when used to describe fruits and vegetables. As farms continue to grow in size, more people have been very concerned about having locally grown organic fruits and vegetables in their diets. I have heard from others that "organic" means



The Rinehart family in 2011

production without any type of chemicals on their produce. This is not what it truly means though. Living on a farm and being actively involved in farmers' markets, has taught me many things about chemicals and the meaning of "organic".

Many organic farms spray organic chemicals on the plants to keep the plants healthy. They

may also use manure to fertilize their fruits and vegetables, which can be just as harmful as chemicals if it contaminates the fruit or vegetable. The manure may contain harmful bacteria, such as E. coli, Listeria, or Salmonella bacteria.

In some instances, spraying chemicals is essential to save plants from an insect, disease,

or infection and ensure healthy fruits and vegetables to customers. On our farm, we do not use any chemicals unless it is necessary to save a crop. Farmers have to take certain measures when their plants, fruits, or vegetables are at risk. Most importantly they must follow all recommendations for chemical use, whether organic or synthetic because they have been tested and found to be safe under those guidelines.

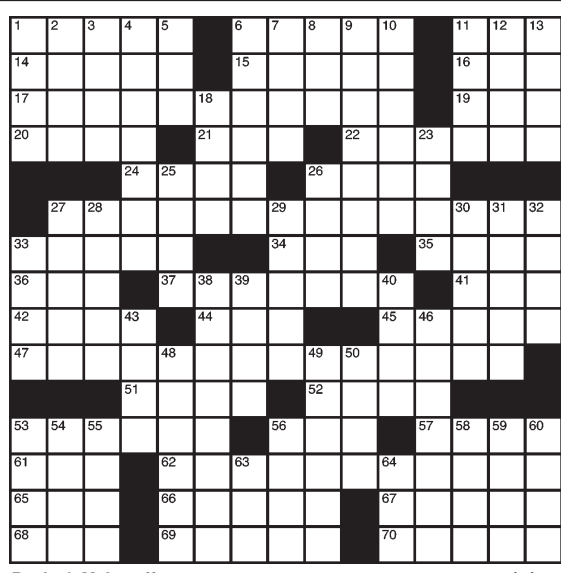
This spring, a community garden is planned on the DMACC Boone campus for those who would like to grow some fruits and vegetables. I believe that once more people become involved in growing a delicious tomato or a luscious ear of sweet corn, they will come to better value the hard work and enjoyment of fresh and healthy produce straight from the garden.

Elisabeth Rinehart is a sophomore from Boone, enrolled in the Honors Program and is on the DMACC woman's golf team. She plans to transfer to Iowa State University where she will get her degree in Agronomy.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- Theater attractions
 - Big fusses
 - Gallery display
 - Taxpayer's worry
 - Real estate offering
 - Sinking ship signal
 - Takeout option
 - Wash. neighbor
 - Personal IDs
 - Ambulance destinations, for short
 - Comfy shoe
 - Biblical pronoun
 - Bic products
 - Subject for a meteorologist
 - Ross of the Supremes
 - "won't be afraid": "Stand By Me" lyric
 - French lady friend
 - Jerusalem's land: Abbr.
 - Look after
 - Chicken ___ king
 - Swindle
 - Prefix with classical
 - Bernese Alps peak
 - Bill Gates or Paul Allen, vis-à-vis Microsoft
 - Those, to Tomás
 - On an ocean liner, say
 - All for ___: to no avail
 - Co. that merged into Verizon
 - Gas company with toy trucks
 - Egyptian snake
 - Summoned up
 - Curtain support
 - Shed ___: cry
 - Muhammad Ali's boxing daughter
 - Exec. moneymen, and a hint to 17-, 27-, 37-, 47- and 62-Across
 - Requirements
 - Aggravate
- DOWN**
- Animal pouches
 - Comments from the confused



- By Jack McInturff 4/7/14
- Supreme Norse god
 - Salem, N.C.
 - Fr. holy woman
 - 1994 Denis Leary film about a crook who acts as an arbiter
 - Gut-punch reactions
 - Batman and Robin, e.g.
 - Italian tenor standard
 - Spiritual Arizona resort
 - "Keep dreaming"
 - Came by horse
 - Old Russian royal
 - Flower starter
 - Nick and Nora's dog
 - Former Congressional gp. concerned with Communist infiltration
 - Univ. teacher
 - "The ___ Kid": '50s TV Western
 - Former Calif. NFLer
 - ___ a kind: unique
 - Mental picture
 - Persian Gulf ship

Saturday's Puzzle Solved

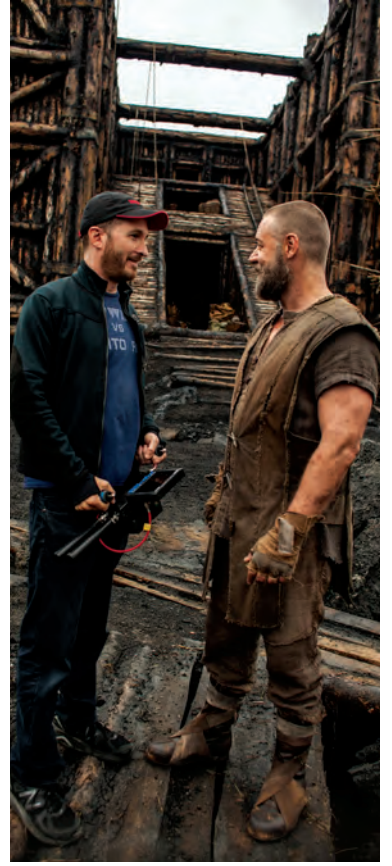
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M	I	R	M	E	N	T	A	L	I	M	A	G	E
P	O	S	D	N	A	A	N	A	L	Y	S	I	S

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Photos by Niko Tavernise/MCT

Above: Jennifer Connelly is Naameh and Russell Crowe is Noah from Paramount Pictures and Regency Enterprises.
Right: Director Darren Aronofsky, left, and Russell Crowe talk on the set of "Noah."



Movie review: 'Noah' surprises

This review appeared in the Iowa State Daily on April 1. It is reprinted in the Banner News with permission.

By Nick Hamden
Guest Movie Critic

A score of "religious" movies have come out recently. A month ago we had "Son Of God," "God's Not Dead" — that was somehow elevated from made-for-TV, B-Movie status to a wide theatrical release — and next month is "Heaven Is For Real."

But "Noah" is something completely different. It is directed by Darren Aronofsky and he was given complete directorial control over the picture. That is right, the guy who directed "The Fountain" and "Black Swan" is taking on the Bible.

This will not be a simple story and in all likelihood, it will not be like anything you read before.

For one thing, the entity that created the world pre-flood is always referred to as "The Creator." I will not tell you all the differences because that would ruin the fun.

Let us just say that the Adam and Eve story is basically the same, and the Cain and Abel story happened the same way too. Noah (Russell Crowe) is a descendant of Seth, the third son of Adam, while the vast majority of civilization is a descendant of

Cain. The human population — not including Noah and his family — has pillaged the world, draining it of its natural resources and animal friends. Noah has tried to protect his family from their corruptness, keeping them to a mostly nomadic lifestyle. Then he gets a vision. He believes the world will be cleansed by water and he must build an ark to save the animals upon it.

But if Man is the problem, can he save others? Is he even allowed to save his family or himself? Jennifer Connelly plays his wife, Logan Lerman, Douglas Booth and Leo McHugh Carroll are his three sons, Emma Watson is his adopted daughter who he finds along the way, Anthony Hopkins his grandfather, and Ray Winstone his main enemy.

Here is a pro-tip. Do not drink a lot of fluids in theaters while watching "Noah." It is a movie about a giant flood, which also occurs about halfway through the movie. Given the length of the movie, you might have some uncomfortable feelings before you reach the end.

Since the flood occurs so early, the second half of the movie is mostly human drama aboard the ark. Because of the drama, the ending does seem to drag on a little bit.

I thought "Noah" was awe-

some. The movie was visually stimulating. It was beautifully shot and the CGI elements were not terrible. The acting from the leads felt great on all accounts. In particular, I really loved the story of how Man came to be from the Creator in six days. It is a famous tale, but the way it was shown from start to finish in this movie was pretty unique.

However, at times I still felt the movie was just a tad bit too long. There are also certainly going to be people upset with the movie due to its loose interpretation of the source material.

"Noah" was definitely a much better movie than I thought it would be. It told a good story, was not pushy with any messages, had great acting, and was visually pleasing.

One thing the movie could have used? More puns. Just imagine this ending. The family finally makes it to land. The wife says "Now we can spread out and repopulate the earth!" Her husband turns to look at her and says: "Yeah, I Noah."

4/5

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

Your horoscope for this week



- Aries (March 21-April 19)** -- Today is a 7 -- Now you're cooking. Meditate on desired flavors. Add spices as you slowly raise the heat. Sip something delicious while another's enthusiasm infuses you. Let yourself get riled up. Get others involved. Your team adds crucial support. Coordinate efforts like a dance.
- Taurus (April 20-May 20)** -- Today is a 6 -- There's more work ahead. Passions rise, and could boil over if left untended. Consider a friend's suggestion. Your team's hot... provide leadership for balance. They're backing you, so provide the same support. Blow off steam together. Clean up a mess at home and relax.
- Gemini (May 21-June 20)** -- Today is a 7 -- Explore new territory today and tomorrow. Follow the money trail, and hit gold. A person of higher status can assist. Maintain your best behavior, and keep your schedule. Don't dive into deep water until you can swim. Suddenly, it all makes sense.
- Cancer (June 21-July 22)** -- Today is a 7 -- A new profitable opportunity arises before another project's done. Make plans without taking action yet. Set goals with a partner, and solicit feedback. Do the reading. Follow through on previous obligations before changing directions, and send thank you notes to contributors.
- Leo (July 23-Aug. 22)** -- Today is an 8 -- The Moon's in your sign, favorably aspecting warrior Mars. You've got the power. Physical exercise works wonders and builds energy. A hunch could be quite profitable... check the data before compromising. You're in the spotlight, rehearsed and ready. Play with finesse and style.
- Virgo (Aug. 23-Sept. 22)** -- Today is a 7 -- Get organized with your plans today and tomorrow to manage your deadlines. Travel later. Contemplate your next move. Clarify your direction, and chart out the logistics. Review priorities, and handle previous commitments before taking on new ones. Handle chores to keep systems functioning well.
- Libra (Sept. 23-Oct. 22)** -- Today is a 7 -- Play with your community today and tomorrow. Focus on partnership, and do what you promised. Together, anything's possible. Hold meetings, schmooze, and go to parties (or throw one). It's surprising what can be accomplished when people collaborate. Soak up the applause.
- Scorpio (Oct. 23-Nov. 21)** -- Today is an 8 -- Consider new opportunities over the next two days. Discuss them with a partner. Review your resources, and restock if needed. There's a test or challenge ahead, and a boost in status with success. Provide leadership, and schedule actions. Keep your cool, and love triumphs.
- Sagittarius (Nov. 22-Dec. 21)** -- Today is an 8 -- Today and tomorrow include expansion. Plan a trip, widen your territory, and broaden the focus of your studies. Travel and fun are favored. What do you want to learn? Emotional energy enhances an opportunity. Work to fulfill a passion. Light a fire under someone.
- Capricorn (Dec. 22-Jan. 19)** -- Today is an 8 -- The tempo's upbeat, and you're jamming. Find an area to increase efficiency, and save energy. Trust a hunch. You're gaining respect. Okay, now you can buy toys. Get a romantic surprise for your sweetie, and a little something for yourself. It's the mood that matters.
- Aquarius (Jan. 20-Feb. 18)** -- Today is an 8 -- Devote energy to a partnership today and tomorrow. Reignite common passions, and don't unveil your secret power yet. Provide well for your family and invest in your home. Exert yourself physically. Create something of value. Savor the fruits of your efforts together.
- Pisces (Feb. 19-March 20)** -- Today is a 7 -- The pace jumps with high energy today and tomorrow. Take care to avoid accidents. Throw some money at a problem. You're busy with creative projects... take one step at a time. Sort through feelings as they arise (rather than stuffing them). Release with physical exercise.

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-KATE NIELSEN '13

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