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Banner News

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Banner News

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Banner News

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Issue 11

Your Life, Your Campus, Your News

bannernews.org

The other side of 'The Long Walk'

Jessie Castner, wife One Book author, shares her perspective

By Kayla TerBeek
Contributing Writer

Last fall, author and military veteran Brian Castner visited DMACC to share his story on life during and after war. This spring, an interview with his wife, Jessie Castner, reveals another perspective entirely.



Jessie Castner

"The biggest struggle for me was to build trust," wrote Jessie Castner in an email interview on Feb. 19. She was describing the obstacles she was forced to overcome after her husband returned from war.

When Brian Castner was on campus, he told audiences that his biggest struggle was leaving his brothers in battle and rejoining his civilian life as a husband and a father.

He wrote "The Long Walk" to document his time spent overseas, as well as to acknowledge the hardships of returning home with a mindset that is nowhere near where it was prior to deployment.

The book was selected for DMACC's One Book, One College, One Community program this school year.

As part of the One Book project, Brian Castner traveled to the Boone and Ankeny DMACC campuses to give additional in-

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Lester Mwirichia/Banner News

Sophomore guard LeTrell Visor



Lester Mwirichia/Banner News

MVP Derek Williams



DMACC Photo

Freshman Jamar Hurdle

A jump on Nationals

Bears win Region XI; head to Championships

The DMACC men's basketball team avenged two regular-season losses to Iowa Lakes Community College (ILCC) with a 71-69 win over the Lakers in the National Junior College Athletic Association Region XI Championship game March 8 at the DMACC gymnasium.

The championship was DMACC's first since 2007 and put the Bears in the NJCAA Division II National Championship for the first time since 2007. The tournament is March 18-22 at Danville, Ill. DMACC takes a 29-5 record into the tournament.

Freshman Jamar Hurdle of Milwaukee, Wis., led DMACC past ILCC with 16 points. Sophomores LeTrell Visor of Aurora, Ill., and Derek Williams of Milwaukee, Wis., scored 14 points apiece and freshman Aarias Austin of Gurnee, Ill., had 13 points.

Follow the Bears over spring break at www.dmacc.edu/athletics.



Lester Mwirichia/Banner News

Regional Champs: The DMACC Bears men's basketball team

DMACC Athletics: Dating choice doesn't matter

By Lester K. Mwirichia
Staff Writer

When college football player Michael Sam told an ESPN reporter "I am an openly, proud gay man," last month it made headlines.

But is the sexual

orientation of an athlete news at DMACC? Those in the athletic department have different perspectives.

Athletic Director Orv Salmon credited the those at the University of Missouri where Sam is an All-American

Defensive lineman. "The coaching staff handled the situation the right way."

Salmon, also a Missouri grad, has many years of experience as a coach. He said he believes that whether an athlete is performing as

expected is what matters; not the athlete's sexual orientation.

Sam led the Southeastern Conference (SEC) with 11.5 sacks and 19 tackles for loss, along with being

See SAM, page 5

what you said...

What will you do first when it's warm outside?

Tanae Hollar



"Play golf."

Nico Costa



"Set up a Slip'N Slide!"

Majok Akoon



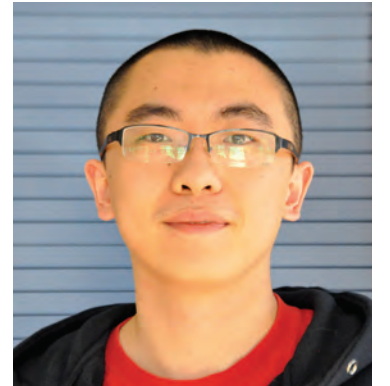
"Play Frisbee."

Jess Wiedenman



"Be outside and wear my flip-flops."

Bo Shen



"Go to a baseball game."

Week in review (MCT)

Boston Marathon beefs up security

Ask a runner what sets the Boston Marathon apart, and he or she will tell you it's a people's race. You run with a herd through a series of towns around Boston and finish downtown to the cheers of a jubilant mob.

But now, a year after two bombs killed three people and wounded scores more near the finish line on Boylston Street, one of the world's most famous marathons has become a 26.2-mile public-safety puzzle for officials hoping to prevent another attack and ease concerns of participants and observers without destroying its quirky personality.

On Monday, law-enforcement and race officials announced some of their solutions to the security cipher. In short, expect more cops at the race on April 21 — about double the number in the past.

With 36,000 runners and as many as a million spectators expected to clog the streets around the race this year, 3,600 police were expected to be scattered throughout the eight cities and towns that form the path of the marathon.

Obama to expand coastal protection in Calif.

President Barack Obama on Tuesday will use his executive powers to expand the California Coastal National Monument by adding the Point Arena-Stornetta Public Lands on the Mendocino County coast.

The order will add 1,665 acres of federal land north of the town of Point Arena to the monument, which was established in 2000. Managed by the federal Bureau of Land Management, the new acreage includes the area where the Garcia River enters the Pacific Ocean. This will be the first onshore land to be included in the monument.

The monument was set aside to protect the numerous islands and reefs that hug the California coastline for 1,100 miles and to protect marine life habitats.

Obama signaled earlier this year that he would not wait for Congress to set aside or protect sensitive landscapes. By invoking the Antiquities Act the president may bypass lawmakers. It is the 10th time Obama has used the executive power to establish a national monument.

American from Texas on Malaysian flight

DALLAS — One of the 239 passengers aboard the Malaysian Airlines flight that disappeared early Saturday had roots in North Texas.

Philip Wood, 50, who is believed to have worked for IBM in Kuala Lumpur, Malaysia, previously lived in Keller, Texas. The passenger manifest for flight MH370 bound for Beijing lists a Philip Wood as one of three Americans who were on board.

His ex-wife, Elaine Wood, posted a statement about her former husband on Facebook and asked for privacy.

"Philip Wood was a wonderful man," she said. "Although we were no longer married, he is still family. His sons and I just want peace and quiet right now."

An American embassy notified Philip Wood's parents, Aubrey and Sandra, that their son was on the flight.

Reached at his home in Keller, Wood's father, Aubrey Wood, told The New York Times that the family had little information beyond what has been reported in the media.

Philip Wood had followed in his father's footsteps when he joined IBM, from which his father retired, the Times reported. He previously lived in Beijing and had two sons in Texas.

Bear Briefs

Differences United hosts documentary film

Differences United, a Boone campus LGBTQ Straight-Alliance student group, invites you to watch a film with us, Two Spirits. It will be shown from 12:20 to 1:30 p.m., Wed., March 12 in room 204. Cupcakes and drinks provided.

Two Spirits is a documentary following the tragic loss of a young Navajo boy, Fred Martinez, who was murdered because he was transgendered. Fred's story is told by friends, family and people who stood by him before his passing. The film also talks about a time when most Native American tribes would have revered someone like Fred because of the history of sexuality and gender roles in their culture.

For more information, check out this PBS link <http://www.pbs.org/independentlens/two-spirits/> or contact faculty advisor, Krystal Hering at klhering@dmacc.edu or (515) 433-5212.

Design a T-shirt

All DMACC students are encouraged to submit a design for the 2014 DMACC Earth Day T-shirt. The theme of DMACC Earth Day is "the Year of the Pollinator and will be celebrated April 14th-19th. Students are to submit your T-shirt designs electronically to your campus Earth Day representatives by Thur., March 13th.

The Earth Day representatives will forward the designs to DMACC Web Development Coordinator Tonya Wheeler, who will share them with the Sustainability Task Force and Earth Week teams. Those groups will narrow down the selections to the top five options. These will then be sent back out to each campus for "virtual voting." The winning design will be announced on Thur., March 27th with the winning student receiving some green in the form of a \$50 cash prize and a free T-shirt. Orders for t-shirts will then occur with t-shirts arriving on each campus for distribution in early April.

RULES:

- Design must be relevant to Earth Day
- Design must be in single color
- Design MUST be entirely your own
- Design submitted electronically by due date; March 13th

- Consider including this year's Earth Week theme

- Submit your designs electronically to your campus Earth Day representatives. The Boone rep is Nancy Woods, nawoods@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, erineumann@dmacc.edu. Or call 515-433-5037.

Discover DMACC on TV

Check out Discover DMACC on Fox 17. In this episode you'll hear emotional testimony from Jessica Cook as she shares her DMACC Workforce Training Academy success story. Plus, women's basketball player Carlee Schuhmacher and coach Steve Krafcsin talk about her record breaking career and we'll take you inside the 9,000 square foot expansion recently completed at the DMACC Career Academy Hunziker Center in Ames.

Remaining dates for Discover DMACC on FOX 17 KDSM:

March 13th, 1 a.m.

March 15th, 12:30 a.m.

Learn more about

London Study Abroad

There will be two upcoming meetings on DMACC's London Study Abroad program.

March 28th at 1:30 p.m. and 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

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, firefight-

ing, 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 this summer and fall. With nearly 20 students graduating from the Honors Program this spring, we have openings for current DMACC students who want to challenge themselves and graduate with honors.

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 (9) college credits and fewer than fifty (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 read more about Honors, find out what current DMACC students are saying and submit your online application, go to www.dmacc.edu/honors and get started on your way to a rewarding, challenging educational opportunity. Contact Dr. Sarah Waddle, the Director of the Honors Program, at stwaddle@dmacc.edu with any questions. We look forward to hearing from you.

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Spring 2014

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Castners agreed to commit, not split

JESSIE, from page 1

sight about the book. He mentioned his wife, Jessie, during his speech, but she didn't travel with him to Iowa. His book is dedicated to her with the inscription "To Jessie, who loves me in spite of all this."

Jessie Castner granted an interview via email to help give perspective on "her side" of Brian Castner's story—the hardships of coping with a family member overseas and the struggle to reintegrate their relationship when he returned.

Jessie, who lives with Brian and their four boys near Buffalo, New York, is on the faculty at the University at Buffalo. She has a PhD in nursing. Their children are now ages 5-16.

While he was away, Jessie Castner was forced to be a single parent for a while, not allowing for much time to remain in fear of what was occurring in Iraq. She knew she had to stay strong for the kids. At this point, she was all that they had.

She explains that with so many military families around them, deployment wasn't a new concept to her children, but at the

"Marriage isn't a wedding day commitment. It is a commitment you have to re-choose every day."

Jessie Castner, wife of "The Long Walk" author Brian Castner



Brian and Jessie Castner, photo posted on Facebook

same time, she knew she had to keep it together.

"If I seemed worried, they were worried. If I seemed calm, they were calm," Jessie explained.

Not only did she have the struggles of single-parenthood to worry about, but Castner was aware that her husband wasn't going to return as the same man who left.

In "The Long Walk," Brian Castner writes about the advice his wife's grandmother shared while he was away. "The war will kill him one way or the other," the

grandmother told Jessie. "I hope for you that he dies while he is there. Otherwise the war will kill him at home. With you."

After her husband returned home, she explains, "We had to learn to bring our choices to the negotiating table and earn trust that we had each other's best interests at heart."

She describes that as a wife, she felt as though she deserved to have her wishes honored in decisions involving the two of them, but as a soldier, he had been accustomed to making his own decisions.

Not only was Brian struggling to assimilate into his old life, but his marriage was falling apart at the seams. "Brian had made some choices that showed he loved and prioritized the military and the military brotherhood more than me and our family," Jessie explained.

Although this point in their relationship was demanding more from them than they could ever imagine, Jessie states that she and her husband have both made the active decision to no longer struggle. This is a decision that they must choose to make on a daily basis.

Jessie Castner assured that their relationship isn't always smooth sailing.

On doubting her marriage she made the point, "Marriage isn't a wedding day commitment. It is a commitment you have to re-choose every day... There were days when the only reason to [stay] was my own sense of integrity. There were days I chose to stay until he was on his feet again. There were days I stayed for the kids. There were days when I couldn't find a reason and started working on a long term exit plan." Jessie confirmed that they

have sorted through their previous issues, and the exit plan is no longer in question.

While struggling to get back on track, it wasn't a surprise to her that many would attempt to give advice. She admitted that there were very few people she could turn to with any relevant life experience, but that wasn't necessarily what she was looking for. While many would make an effort to soothe her by making comments like "You must be so glad that he made it back OK," what they were saying seemed to her to show what she titled as "a lack of interest in what is really happening in an individual family's life." The advice Jessie gave to show concern for military families was to simply be a good listener.

There isn't a day that goes by where Jessie said she isn't gaining experience to become a more patient and forgiving person. Being a military wife can be as difficult as it is character-building. She explains that this is still an ongoing journey for her.

"I haven't drastically changed my core worldview or values, but it has changed my perspective and skills on coping, compassion, and life challenges."

Astronaut speaks at West campus



Captain Eugene Cernan

DMACC photo

Article submitted by the Campus Chronicle, Ankeny.

For the final talk of Celebrate! Innovation Week (ci-Week) at the DMACC West campus, students heard from Capt. Eugene Cernan; the last man to set foot on the moon.

Cernan spoke to students about his trip on the moon and the journey that he took to get to that point. He also made a few mentions about dreams during the speech.

"[From] Today's generation of dreamers, comes tomorrow's generation of do-ers. You can do anything your heart wants to do," said Cernan.

He talked about the influence of his dad. "My dad never had a chance to finish high school, never went to college, so his dream was for me to get the finest education that he could afford," said Cernan who chose to attend Purdue.

"I really think that it was at that point in my life that I made those first steps to the moon."

After graduating from

Purdue, he went into the Navy, and then a few years later, he received the phone call that the Navy wanted him to volunteer for NASA.

"I said, 'What? I didn't apply for the space program,'" Cernan said.

He ended up being the youngest American to fly into space.

"Am I proud of that, yes I'm proud of that. But why me? There were a lot of people that was qualified or more qualified certainly than I was and the only reason I tell you this story is never shortchange yourself," said Cernan.

"If you're afraid to try, you'll never know how good you can be," he said.

Also a word of advice from Cernan: duct tape, never leave home [or Earth] without it.

He also emphasized the point that we will go back to the moon, but it will be the younger generations that will go back; those now in middle school or in high school that will be seeing space.



FAFSA Fridays

It's time to file the 2014-15 FAFSA!

Stop in during an upcoming FAFSA Friday to get free assistance with completing and submitting your FAFSA. (No appointment necessary.)

February 28: 8:00 a.m. – 3:00 p.m.

March 14: 8:00 a.m. – 3:00 p.m.

March 28: 8:00 a.m. – 3:00 p.m.

April 4: 8:00 a.m. – 3:00 p.m.

Location: DMACC Boone Campus Room 141

Students and Parents should bring the following items when possible to be prepared to complete the FAFSA:

- ✓ Social Security number, driver's license number, and date of birth
- ✓ 2013 federal and state tax returns
- ✓ W-2 forms and/or other records of income earned in 2013 (or your last pay stub from 2013 if you haven't filed yet).
- ✓ Current bank statements and investment records
- ✓ Records of untaxed income received in 2013 (e.g., veterans benefits, child support received, etc.)
- ✓ Alien registration number, if not a U.S. citizen
- ✓ If you have filed a FAFSA before, bring your federal personal identification number (PIN) if possible.

Source: Iowa College Access Network

FAFSA Fridays are open to all current, former, and prospective DMACC students as well as anyone needing assistance with the FAFSA, regardless of what college or university they will attend in 2014-15.

Questions? Contact Erin Neumann: 515-433-5037 or erineumann@dmacc.edu

We want YOU.

Join the staff of Banner News for Summer or Fall 2014. Positions available for editors, staff writers, columnists, photographers, graphic artists, web managers, advertising sales reps and more.

For information, contact Julie Roosa, faculty adviser, jkroosa@dmacc.edu



Campus

Former astronaut lands on Boone campus

Former NASA astronaut Clayton Anderson spoke at the Boone campus on March 4.

Anderson spent five months aboard the International Space Station (ISS) during his first trip in space in 2007. He returned to the ISS in April 2010 during a re-supply mission.

Anderson spoke to elementary school, high school and DMACC students who are interested in science, technology, engineering or mathematics (STEM) fields. Anderson, who received a Master's degree in Aerospace Engineering from Iowa State University in 1983, has re-joined ISU as a distinguished faculty fellow in aerospace engineering.

At the Boone presentation DMACC student Carl DeVries introduced Anderson.

The introduction is reprinted below:

Clayton Anderson hails from Ashland, Nebraska. He graduated from Hastings College with a Bachelor of Science in Physics, and earned his Master of Science degree in Aerospace Engineering from Iowa State University in 1983. In the same year, Mr. Anderson started his career with NASA at Houston's Johnson Space Center.

He spent five years in Mission Planning and Analysis and another ten with the Mission Operations Directorate where held the positions of: Flight Design Manager, Supervisor of Ascent Flight Design Section, Chief of the Flight Design Branch, and Manager of Emergency Operations Center.

In 1998, Mr. Anderson was selected as an astronaut candidate and eventually earned the title, Mission Specialist. Before his first space flight he held several positions including space station Capsule Communicator.

Mr. Anderson is a member of two spaceflights. He has logged 167 days in space and amassed 38 hours and 28 minutes of Extra-Vehicular Activity across six spacewalks.

In 2007, Mr. Anderson launched aboard Space Shuttle Atlantis as member of STS-117. While on the ISS he was part of the Expedition 15 crew and assumed the positions of Flight Engineer and Science Officer. His tour lasted 152 days during which he performed three space walks for total of eighteen hours.

Mr. Anderson's second flight was a resupply mission to the ISS in April 2010. He flew aboard Space Shuttle Discovery as a member of STS-131. He performed three more EVAs totaling just over twenty hours. During this mission he traveled over 6.2 million miles and orbited the earth 238 times.

In January 2013, Mr. Anderson retired from NASA. He is now a Distinguished Faculty Fellow in Aerospace Engineering at Iowa State University and currently authoring his own book titled "Takin' Up Space!"



Photos by Lester K. Mwirichia and Cainon Leeds/Banner News

(Top photo) Former NASA astronaut Clayton Anderson speaks at the Boone campus theatre on March 4. (Bottom left photo) Anderson, left, talks with DMACC student Carl DeVries and DMACC President Rob Denson before Anderson's lecture. Bottom right photo, Anderson is presented with a DMACC hat signed by members of the Bears basketball team.



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Sports Round Up

Baseball record falls to 5-5

DMACC-- The DMACC baseball team saw its record fall to 5-5 after dropping two of three games to Crowder College (CC) March 7 and 9 at Neosho, Mo.

The Bears took the opening game of the series on March 7, 3-2, then dropped 12-10 and 3-2 decisions to the Roughriders on March 9. The March 7 game was contested over nine innings and the two games on March 9 were seven innings each. A double-header scheduled for March 8 was cancelled because of inclement weather.

Eight DMACC players contributed one hit apiece in the Bears' win on March 7. Sophomore Blake Molitor of Plymouth, Minn., hit a two-run home run and freshman Chris Kelly of Boone drove in the other DMACC run.

Sophomore Ryan Fritze of Woodbury, Minn., pitched the first six and two-thirds innings, allowing two runs on six hits. He struck out eight and walked two. Freshman Chris Myjak of Itasca, Ill., walked one batter while pitching a third of an inning and freshman Nick Belzer of Ankeny allowed one hit and struck out four over two innings.

Sophomore Roman Collins Maple Grove, Minn., homered and drove in four runs in DMACC's opening game loss on

March 9. Sophomores Patrick Fiala of Sioux Falls, S.D., Cosimo Cannella of Schaumburg, Ill., and Charlie Coghlin of Colorado Springs, Colo., had two hits apiece and Cannella drove in a pair of DMACC runs. The Bears trailed 10-2 before scoring eight runs in the fifth inning to knot the contest at 10-10. CC then scored single runs in the fifth and sixth innings to come away with the win.

Freshman Austin Stroschein of Marion pitched the first two and a third innings for DMACC, allowing five runs on four hits. He struck out three and walked three. Sophomore Ben Larpenter of Urbandale gave up four runs on four hits in an inning and a third and sophomore Brennan Manfull of Cambridge gave up one run on one hit in a third of an inning. Belzer surrendered two runs on two hits in two innings. Kelly and sophomore Tyler Wolfe of Maple Plain, Minn., had two hits apiece and Wolfe accounted for DMACC's only RBI in the Bears loss in the second game on March 9. DMACC tied the game at 2-2 with a pair of runs in the top of the fourth, but CC came back with a run in the bottom of the inning and kept the Bears off the scoreboard over the next three innings to get the win.

Coaches help ensure safe environment for athletes

SAM, from page 1

named the SEC's Defensive Player of the year.

On Feb. 9, Sam talked with an ESPN reporter about being gay. "Coaches just wanted to know a little about us, our majors, where we're from, and something that no one knows about us," Sam said. "And I used that opportunity just to tell them that I was gay. Their reaction was like, 'Michael Sam finally told us.'"

Sam is eligible for the 2014 NFL draft coming up this May. If drafted, Sam will become the first openly gay athlete in the history of the NFL. NFL senior vice president of communications Greg Aiello said in the statement. "Michael is a football player. Any player with ability and determination can succeed in the NFL. We look forward to welcoming and supporting Michael Sam in 2014."

Back at DMACC, Women's Basketball Assistant Coach Ashley Martin believes that "we should be who we are" and teammates should be respectful of each other. Martin said, "If we let something like that become an issue on our team, it will then affect the way we play."

DMACC softball player Jessica Bastian said, "It doesn't

matter to me, as long as you are here to play softball." Bastian expressed the great relationship the DMACC softball team has, and said, "If any of my teammates were gay, it wouldn't change our relationship."

Men's basketball player Jamar Hurdle said, "I don't let stuff like that bother me. At the end of the day we just play ball."

Some wondered what other factors come in to play when this matter is at hand. DMACC Women's Golfer Baylie Wrangle said "ones religion and beliefs could play a role in sexual orientation discrimination." Wrangle has friends who happen to be gay. She suggests that religion and beliefs and human rights are on different playing fields.

"There should be a safe environment amongst teammates," Wrangle said.

Former baseball player Tyler Fuller said, "It is a coaches job to over-see a matter like this." "It is the coaches job to make sure that all of their athletes have a safe environment."

Some can't help but question if a teammate is gay, are they checking me out?

Jessica Bastian said, "Just because somebody is gay on your team does not mean they are attracted to you."

Women drop OT decision to NIACC

The DMACC women's basketball team saw its season come to a close following a 93-86 loss to North Iowa Area Community College (NIACC) in the semifinals of the National Junior College Athletic Association (NJCAA) Region XI Basketball Tournament March 7 at Fort Dodge.

The Bears, who dropped a pair of one-sided decisions to the Trojans during the regular season, but gave them all they wanted and then some in this game, closed the season at 19-13. NIACC is ranked first nationally in NJCAA Division II.

Sophomore Carlee Schuhmacher led DMACC with 25 points and a school-record 28 rebounds, including 12 offensive rebounds, and seven blocked shots. The double-double was Schuhmacher's 24th of the season. Sophomore Taryn Wicks of Jewell recorded her 10th double-double of the season with

20 points and 15 rebounds and sophomores Jalissa Felici of Bellevue, Neb., and Alexis Bunting of Indianola scored 18 and 12 points respectively. Sophomore Kate Ray of New Sharon had eight points and 12 rebounds.

The game was close all the way. NIACC had a 41-39 advantage at halftime and the two teams were tied at 81 at the end of regulation.

The two teams combined for 198 shots, including 73 three-point attempts, and 134 rebounds. DMACC had a 77-57 advantage on the boards, including 29 offensive rebounds. Ray led the Bears in assists with eight and Felici, Bunting and Wicks dished out four assists apiece. Felici contributed three steals and Bunting and Schuhmacher had two apiece.

Follow the Bears at
www.dmacc.edu/athletics

In My Boots

5K Run, Walk, Ruck

dmacc.edu/boone/inmyboots5k



Proceeds benefit the Wounded Warrior Project
woundedwarriorproject.org

Date: 4/19/14

Time: 9 a.m. Location: McHose Park, Boone, IA

Pre-register by: 4/7/14

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- \$30.00 same-day registration
- \$80.00 4-person ruck teams (for military personnel and veterans only)

5K run/walk/ruck: The 5K will be a loop around McHose Park in Boone, Iowa. Individuals can also compete in the ruck-march that will cross through the woods and streams around the park. A limited number of ruck-sacks will be available on race day. If possible, bring your own. Please preload your ruck with non-perishable and clothing items to donate to a local shelter.

Ruck March: Current military members and veterans are eligible to participate in a team ruck-march competition. Each team will consist of 4 members carrying packs weighing at least 30 pounds. Weight limit will be waived if packs are filled with donations for local shelters. The first complete team to cross the finish line together will be awarded the first ever "In My Boots-Team Ruck-March" award and have bragging rights throughout the year.

Orv Salmon - 515-433-5050, ojsalmon@dmacc.edu
Julie Roosa - 515-433-5215, jvroosa@dmacc.edu

PRIZES

- T-shirts for those who register by 4/7/14 (T-shirt not guaranteed after deadline).
- Goodie bags.
- Awards for overall male and female winner and the winning ruck-march team.
- Medals for winners in age categories.

Sponsored by:

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For updated race information, bookmark
dmacc.edu/boone/inmyboots5k

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Meet Kate Ray

Sophomore basketball player impresses coach, team

By Lester K. Mwirichia
Staff Writer

Kate Ray knew DMACC was the place she wanted to play basketball ever since she and her mother sat in the stands and watched the Bears play.

Ray and her mother would drive the 107 miles between her hometown of New Sharon and Boone many times during her senior year at North Mahaska High School.

Eventually Ray was recruited by DMACC, but she continued to consider all her options to utilize her talents.

"I chose DMACC because I felt that I could grow more as a basketball player here."

Ray, a "contributing factor" on the women's basketball team, is set to graduate from DMACC this May. Coach Krafcisin (Coach K) women's head basketball coach, credits Ray's skills, especially as a defender.

"Kate is one of the best I have seen when it comes to defensive transitions," he said.

From her small hometown in southeast Iowa, Ray began learning the game of basketball in third grade. Ray played all throughout high school, along with winning a state championship her senior year.

"Kate came from a good program," Said Coach K.

Ray was recruited to DMACC for many reasons. One of them being that she expressed interest in the program.

Coach K said, "In the recruiting process; friends, family, teammates, and coaches had only good things to say about Kate, which said a lot about her."

Ray's general area of study is Liberal Arts. "Coach has high expectations for us on and off the court," Ray said. Coach K expects his players to perform to their best ability in whatever it is they are doing.

Teammate Latasha Harmon admires Ray's work ethic.

"Kate sets good practice goals," Harmon said. Whether it is making five three-pointers in a



Lester Mwirichia/Banner News

DMACC Bears Sophomore Kate Ray

practice or learning the set plays, Ray gets the job done.

"Kate sets a great example for us freshman, She is a quiet leader; her actions speak louder than her words," Harmon said.

Jasmine McCoy, another of Ray's teammates said, "Kate is always willing to sacrifice." Whether it's taking a charge, sharing playing time, or playing wherever she is asked to play. "Coaches count on Kate," McCoy said.

Dedication is something that is admired by most. Every morning before classes, Ray begins her day by making 50 free throws.

The Marshalltown game displayed Ray's dedication to her coaches. Ray contributed in helping her team shoot 87 percent from the free throw line against Marshalltown. The Bears took the victory 72-65.

In her career here at DMACC, Ray has been asked to play all five positions on the court -- sometimes as a guard and sometimes in the post against opponents physically larger than her. "When asked, she didn't even blink," said Coach K.

On top of basketball, Ray has

had to deal with some other challenges off the court. Ray's Mother was diagnosed with breast cancer right before school started.

"Basketball turned into my release from things going on at home," Ray said. "My coaches and teammates were a big part in helping me deal with the situation; without them and basketball, it would have been really tough dealing with everything that was going on."

Ray mentioned that her mother is doing very well. She just finished chemo and has begun radiation treatment.

Despite all the adversity Kate has had to endure, "She has made herself in to a college basketball player," said Coach K.

Women's assistant coach Ashley Martin said, "Kate is always the first one in the gym." Martin expressed how she loves working with Kate, and that she can always count on her. "She rebounds well, she is aggressive, she takes good shots, and Kate understands how to win," Martin said.

Kate is very consistent; "You know what you are always going to get from a Kate Ray and that is 110 percent. Kate is a coach's dream," Martin said.

Coach K mentioned that it is Kate's dedication and stubbornness that makes her the player she is. Ray's determination is what makes her successful. "She wants to win. She is all in," Coach K said.

Confidence is something that Coach K wants his players to leave DMACC with. He mentioned Ray when describing communication on and off the court, and how her skills have improved. Coach K has high hopes for Kate and knows she will do well wherever she decides to go after DMACC.

"Basketball is fun and I enjoy working with my hardworking teammates," Ray said. Ray finds delight being a part of DMACC and the basketball program. As the semester is wrapping up, she will be wistful to leave Boone. Although undecided on where her talents will take her next year, Ray is excited for the future.

My NFL draft predictions

Reprinted with permission from the Campus Chronicle (DMACC/Ankeny.)

By Logan Lantz
Contributing Columnist

The 2014 NFL Draft begins May 8 and ends May 10. The teams with the top 5 picks include The Houston Texans, St. Louis Rams, Jacksonville Jaguars, Cleveland Browns, and the Oakland Raiders.

The first overall pick always comes with a difficult task. Who will be the number one overall pick? The Texans, although they didn't show it this last season by winning their first two games then dropping 14 straight, are a very talented team. Most everyone knows J.J. Watt (Defensive End), but then you have Andre Johnson (Wide Receiver), Arian Foster (Running Back), Matt Schaub (Quarterback, when he doesn't throw 50 picks in the first half), Johnathan Joseph (Cornerback), Brian Cushing (Inside Linebacker), and Garrett Graham (Tight End).

I look for the Texans to draft Johnny Manziel, quarterback out of Texas A&M, or Jadeveon Clowney, defensive end out of South Carolina. I have some slight issues with Manziel such as his inability to stay in the pocket, his size, and his off-field performances. Although he is a college student, going into the NFL is a huge responsibility and if he can't change then he won't be as successful as people think he'll be.

With Clowney, I feel he has a lot of growing up to do. He had some issues with not playing in games, otherwise refusing to do so, he also didn't have a very successful season. I really can't see him doing very well in the NFL unless he changes his behavior.

The second overall pick goes to the St. Louis Rams. The Rams lost their starting Quarterback Sam Bradford to a torn ACL last season. With the Rams offensive line struggling last season to keep Bradford off the turf, the Rams are most likely to go for an offensive lineman if not trading up or down for their draft pick. I would project either Greg Robinson, (Tackle) out of Auburn being picked up or Jake Mathews (Tackle) out of Texas A&M. Robinson, during the scouting combine posted a sub-5.0 40 at 6-foot-5 and 332 pounds. That is really quick speeds for such a rather large individual, and I'm not talking about just weight. Robinson is most effective in the run game, which is bound to help the Rams in anyway possible, whether it be the run game or the passing game, Robinson will protect Bradford's blind side no matter what.

The third overall pick goes to the Jacksonville Jaguars. The Jaguars finished their season going (4-12). Over the last few years, well... for quite a while actually the Jaguars have struggled finding a Quarterback. Most analysts have projected the Jaguars to take Teddy Bridgewater, Quarterback out of Louisville. He'll make a decent quarterback in the NFL, but I do have some slight issues with his physical stature. Bridge-



water is 6-2, which isn't really that tall in the NFL, it's right around the average. Also another issue is Teddy Bridgewater is 214 pounds, I believe he needs to put on some more muscle if he wants to stay healthy through a full NFL season. I also could see the Jaguars taking Johnny Manziel, if not taken, or possibly Blake Bortles, Quarterback out of University of Central Florida.

The fourth overall pick goes to the Cleveland Browns. The Browns finished last season with a (4-12) record as well. From what I saw last season, the reason the Browns stayed in most of their games is because of their defense. The Browns really don't have a quarterback. Jason Campbell and Brian Hoyer really aren't getting the job done. Most analysts have the Browns taking Johnny Manziel if he's not already taken or I could see it becoming a ring around the rose effect, where you don't really know where all these quarterbacks are going to land. I could also see the Browns going with Teddy Bridgewater if Manziel is taken, as well as Blake Bortles.

The fifth overall pick goes to the Oakland Raiders. The Raiders went (4-12) as well. Surprising isn't it? The Raiders have a decent quarterback in Terrelle Pryor. But if Johnny Manziel or Teddy Bridgewater fall to the fifth pick, it wouldn't be all that shocking to see them go to Oakland. Most analysts project that the Raiders will take a Wide Receiver, but like I said above, if Manziel and Bridgewater are available I wouldn't be surprised to see Oakland take them. Some analysts have the Raiders taking Sammy Watkins, Wide Receiver out of Clemson, I could also see them taking Mike Evans a very big physical wide receiver out of Texas A&M. Not only is he big and physical, he has great hands and his speed is pretty impressive. Some analysts even say that he could have a Demaryius Thomas-like impact with the correct team.

Now, all of these projections are just my opinions compared to other analysts opinions. There are some decent players in this draft, but I feel there have been better draft classes. Most NFL teams are looking to find a quarterback with 'Franchise-changing' talent. I just can't seem to find a quarterback in this draft that has that ability. The best quarterback to have the most success in this league would be Blake Bortles. He's big and lengthy, he's an on-field general, and most importantly he's a team player. If he struggles his team struggles, it doesn't just land on him, He allows everyone to contribute to the win.

"She wants to win. She is all in."

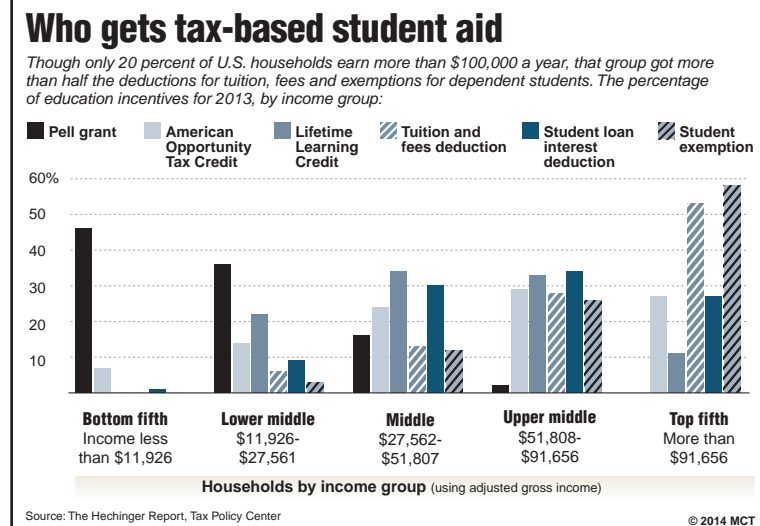
Women's Basketball Coach Steve Krafcisin,
on player Kate Ray



Lester Mwirichia/Banner News

News analysis

Higher-income students get more public money



(MCT) WASHINGTON — It's not just colleges and universities that are shifting their financial aid from lower-income to higher-income students.

Tuition tax credits and other tax breaks to offset the cost of higher education — nearly invisible federal government subsidies for families that send their kids to college — also disproportionately benefit more affluent Americans.

So do tax-deductible savings plans and the federal work-study program, which gives taxpayer dollars to students who take campus jobs to help pay for their expenses.

The tax credits alone cost the government a combined \$34 billion a year, or \$1 billion more than is spent on Pell Grants, the direct government grants for low-income students.

And even though only one-fifth of American households earn more than \$100,000 per year, that group got more than half of the deductions for tuition, fees and exemptions for dependent students, according to the Tax Policy Center, an independent research group run jointly by the centrist, and sometimes center-left Brookings Institution and Urban Institute. This has occurred despite research showing that 13 out of 14 students whose families received tax breaks on tuition would have gone to college anyway.

"We might be sympathetic to those upper-income folks who

are struggling with what are — yes — extremely expensive private colleges," said Julie Strawn, a former senior fellow at the Center for Law and Social Policy, which advocates for greater access to college for the poor. "But do the tax credits really need to go to the wealthiest fifth of American households, which is what's happening now?"

A new coalition of advocacy organizations, supported by the Bill & Melinda Gates Foundation, is pushing for the tax credits to be streamlined and redirected to the poor. (The Gates Foundation is among the funders of The Hechinger Report and the Education Writers Association, which co-produced this story.)

And a bill in the U.S. House of Representatives sponsored by Democrat Danny Davis of Illinois and Republican Diane Black of Tennessee, co-chairs of the Tax Reform Working Group on Education, would gradually lower the income eligibility to \$86,000 from the current \$180,000.

"In general, federal financial aid was created to help low-income students go to college, and the purpose of the tax credits was to make college more affordable for middle-income students," said Stephen Burd, a senior policy analyst at the New America Foundation. "The problem is that the tax credits are going beyond the middle class."

But even supporters say the

prospects of Congress lowering the income eligibility are dim, even at a time of belt-tightening in Washington.

"It's definitely an uphill fight," Burd said. "It's politics. Upper-income families tend to vote more than lower-income families."

The higher-education lobby also opposes lowering the income eligibility for tuition tax credits.

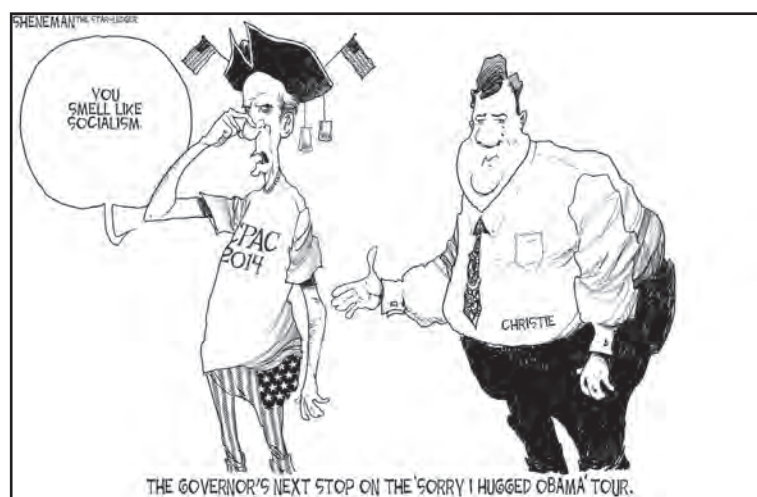
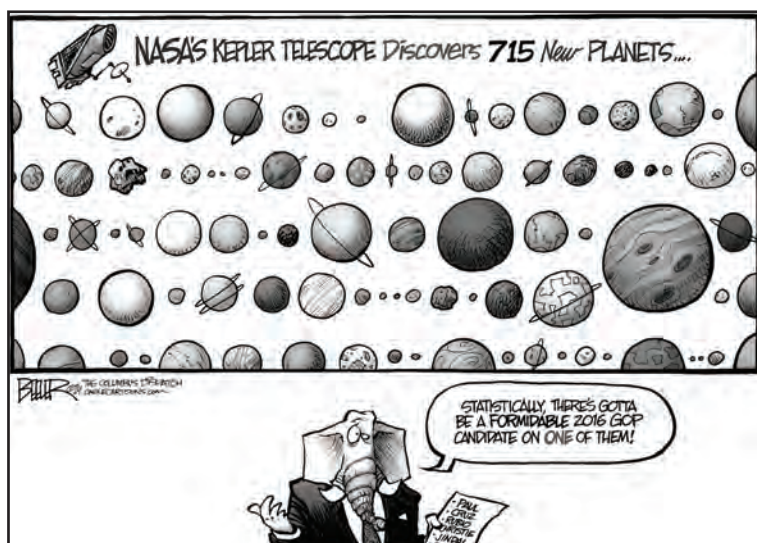
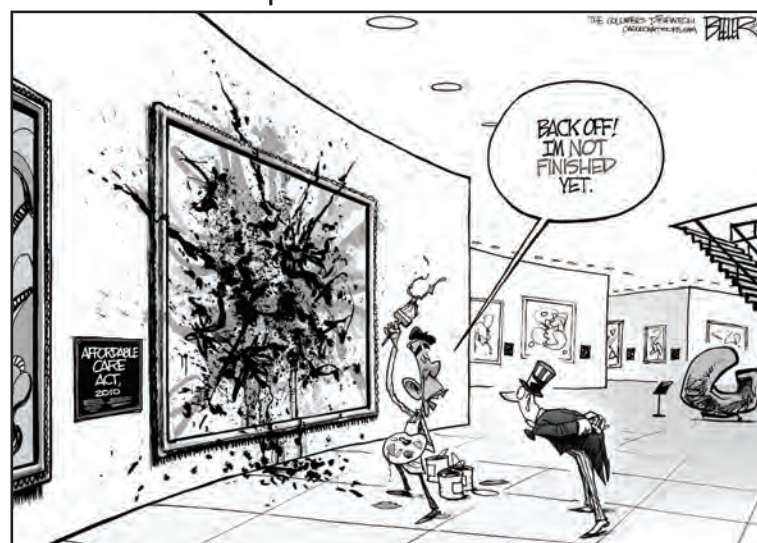
"We think it's important to have mechanisms in place to help those students go to college who otherwise wouldn't go to college, but it's also about being able to help all students pay for college, including middle-income students," said Steven Bloom, director of federal relations for the American Council on Education. Bloom said even families that earn more than \$100,000 annually can be hard-pressed to pay for college without help, depending on how many children they have enrolled at one time, for instance, and at which institutions.

"We just don't buy the argument that there isn't enough room in the federal budget to help different families in different income brackets in different ways," said Sarah Flanagan, vice president for government relations and policy at the National Assoc. of Independent Colleges and Universities.

And higher-income families, Flanagan said, "bring money to the table to keep the colleges going so they in turn can give more support to low-income students."

The university associations "have a point," said Deborah Santiago, co-founder and chief operating officer of Excelencia in Education, which advocates for Latino and other underrepresented students. It can be a stretch these days even for wealthy families to pay for college, she said.

But as far as government policy goes, "Are you going to get more value from helping a low-income person achieve social mobility," Santiago said, "or from helping a middle-class person stay where they are?"



Use Netflix to escape the cold

Reprinted with permission from the *Campus Chronicle* (DMACC/Ankeny.)

By Grace Hart
Contributing Columnist

All of this chilly weather is bringing everyone down and Netflix seems to be the cure that many turn to. Though it may be a lovely invention that allows one to watch shows like *The Walking Dead* for 5 hours straight, sometimes watching series for hours can become tiring. Instead, check out the movies you might not have known about on Netflix.

- Safety Not Guaranteed — An ad is placed in the paper looking for another person to travel in time with him, but safety is not guaranteed. A reporter and two interns, one of them being lost in her world and wanting more in life. A cute Friday night movie.

- Hot Rod — A comedy that leaves you laughing and quoting it for years. It is the story of a self-proclaimed stunt man who

uses his gift to try to save his stepfather.

- Donnie Darko — One of the most popular cult classics of all time. A boy has a brief moment with death and things in his life become a bit strange. Filled with philosophical questions and the idea of time travel, this film will leave audiences thinking.

- Pulp Fiction — If you haven't seen this yet, watch it now. Enough said.

- Upside-down — Two planets are side by side, each with their own gravity, and a love story comes to be in-between two people from different planets. It is visually unbelievable and will leave audiences amazed.

- Panic Room — This is definitely a nail biter. A mother and her daughter lock themselves into a panic room while strange men enter their home; little do they know that the thing the men want is in the room they're locked in.

- Upstream Color — A man

and a woman struggle to get their life back after they were kidnapped and drugged. A Sundance winner and instant classic.

- I Give It A Year — This is the story of what happens after a couple gets their "dream" wedding. This couple struggles after they realize that they didn't marry who they thought they did; a comedy comparable to *Bridesmaids*.

- The Giant Mechanical Man — A woman is frustrated with her life and feels like she needs a change while a man discovers that his street entertainment job is not doing the good that he thought it would. The characters meet and learn a lot about what life can amount to and love.

- The Girl With The Dragon Tattoo — Based on the bestselling series, this Swedish mystery keeps audiences on their toes when a reporter and gothic researcher team up to find a serial killer that attacked over 40 years ago.

Tell us what you think about these Editorial Cartoons or create your own.

Submit a letter to the editor or your artwork to bannernews@dmacc.edu

-or-

Publish your own opinion column in the *Banner News*.

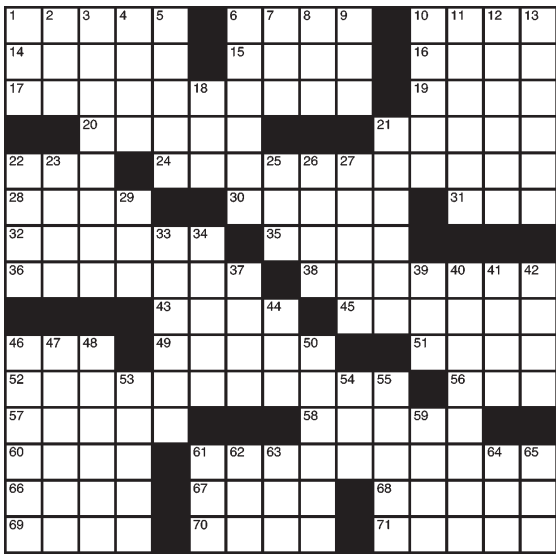
Column submissions must be:
-DMACC student or locally related
-Well informed (facts stated must be cited)
-Approximately 500-700 words in length

Please email us or stop by room 115 for submissions.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- "Famous Potatoes" state
 - Speak drunkenly
 - Addition word
 - "...what?": "What next?"
 - Adhesive strip
 - Shopper's memory aid
 - Porky's girlfriend
 - Impressionist
 - Very ___ yours
 - Utter mess
 - Tire inflater
 - Feigns sleep, say
 - Pitt of "Troy"
 - Three-note chord
 - Aboveground trains
 - Per ___: for each person, as income
 - Got one's uniform dirty, perhaps
 - Runs away from military duty
 - Israeli parliament
 - "Exodus" author Leon
 - Haughtily terse
 - "From ___ Zinc": vitamin slogan
 - Skimpy skirts
 - Cut out, as coupons
 - Either of two of the Inspector Clouseau films, with "The"
 - Cooler cubes
 - World book
 - Like a lummo
 - Lamb serving
 - Yipping adoptee
 - Pile
 - Undersized 61-Across
 - Sharp-crested ridge
 - Novelist Ferber
 - Twistable cookie
 - Leavening agent
- DOWN**
- AOL, for one
 - Deer girl
 - Devices to stop tiny invading armies
 - Semiannual time-change amount



By Brom Hart

3/10/14

- Admit (to)
- Patronize, as a hotel
- Spot for a cat, or drink like a cat
- Wire service initials
- Coffee order: Abbr.
- Thinks ahead
- Enzyme that breaks down fats
- Handy
- Plays the banjo, like someone "in the kitchen with Dinah"
- Unwell
- Wetter than wet
- "The Alphabet Song" start
- "Dies ___": Latin hymn
- Mos. and mos.
- Fancy tie fabric
- "Growing" difficulties
- Craps cube
- Spades in a four-spades bridge contract, say
- Sunlit courtyards
- Ireland's ___ Féin
- [error left as is]

Saturday's Puzzle Solved

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

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Movie review: 'Non-stop



This review appeared in the Iowa State Daily on March 4. It is reprinted in the Banner News with permission.

By Nick Hamden
Guest Movie Critic

"Non-Stop" is a Liam Neeson action movie where he uses his wit and tactical efficiency to solve a crisis.

I am not promising from this review of "Non-Stop." I just promise to make zero "Taken" jokes even if the vague outline that I just provided sounds like it could easily be used for that movie. It is becoming old-hat to make "Taken" jokes just because a movie stars Neeson, so I will let Zach Braff take care of that for me.

Bill Marks (Neeson) is a Federal Air Marshal. He is a quiet man who has had some problems in his life recently, including alcoholism. But that is okay, it is not like he ever has to do anything on his job.

Just kidding. On a flight to London someone wants to hijack the plane. They have hacked into the local network and are sending text messages to Bill, threatening that someone will die every twenty minutes on the plane unless they get \$150

million sent to a bank account. Even more troubling news is that bank account is in Bill's name, so the TSA and other governmental agencies have assumed that Bill has gone rogue and is hijacking the plane until he gets paid.

Bill will have to use the people he can trust on the plane, Nancy (Michelle Dockerty), a flight attendant who he has worked with before, Jack Hammond (Anson Mount), an off duty Air Marshal also on the flight, and of course Jen Summers (Julianne Moore), the woman he just met who was sitting next to him in first class, to help rescue the flight.

So, who is the terrorist?! Well here is a list of actors also on the plane to pick from, assuming it actually is not an inside job and is not one of the people already listed in the review: Corey Stoll, Nate Parker, Scoot McNairy, Lupita Nyong'o, Omar Metwally, Corey Hawkins and Frank Deal.

I know I might have made the plot of "Non-Stop" seem cliché/not exciting, but it turned out to be the opposite of that. First off, it was not a mindless action movie. The only big action sequence happens near the end, which you could tell from the trailers. Everything else is based

on suspense and tiny clues along the way.

Outside of the first 8 or so minutes, I found myself watching "Non-Stop" on the edge of my seat. The parts of the movie before boarding the plane were a bit slow, but that can be expected in a movie like this.

Was it believable? No, not really. There are a lot of coincidences and lucky breaks that make the entire evil mastermind plan work. Kind of annoying, but I can get over it.

Somehow, despite the coincidences and questionable plot, I was really entertained by this movie. It was not obvious who the bad guy was - there were plenty of red herrings thrown our way throughout the film. In fact, I think knowing "who did it" would not even ruin future viewings for me, which is a rarity for these types of movies.

Neeson might have actually been the perfect pick for this role as well. He has that aged scruffiness, perfect for a guy who has "seen some stuff" in his days.

Check out "Non-Stop," which ended up being (surprisingly) one of the better movies for the month of February.

4/5

Your horoscope for this week



Aries (March 21-April 19) -- Today is a 5 -- A surge of power and energy accompanies Mars in Aries (until 4/20). Don't steamroll anyone with your feisty enthusiasm. Today and tomorrow seem lucky and playful. Keep it respectful, and play full out. Push your favorite game forward.

Taurus (April 20-May 20) -- Today is a 5 -- Attend to domestic projects today and tomorrow, with a surge of creative energy. Keep it manageable. Mars moves into Aries today (until 4/20), providing a power boost. Don't get sidetracked by an attractive distraction.

Gemini (May 21-June 20) -- Today is a 7 -- Graceful communications serve you well today and tomorrow. Ignore a rude remark. Keep track of all expenditures, and stick to your budget. Friends help move the ball forward, with extra energy (now that Mars is in Aries).

Cancer (June 21-July 22) -- Today is an 8 -- The most expensive choice isn't always the most beautiful. Today and tomorrow business booms, especially with Mars in Aries (until 4/20), for added oomph. It gets profitable and exciting. Work interferes with romantic fantasies.

Leo (July 23-Aug. 22) -- Today is an 8 -- You're strong and creative today and tomorrow. Pay your way, and ask for what you want. Tempers could get short. Don't let it crimp your style. With Mars in Aries (until 4/20), blast ahead with new energy.

Virgo (Aug. 23-Sept. 22) -- Today is a 7 -- Today and tomorrow favor thinking and consideration over big action, although Mars enters Aries today for a power-boost (until April 20). Compromise and plan the course. Listen to what your team says. Take a philosophical view.

Libra (Sept. 23-Oct. 22) -- Today is a 7 -- Fun with friends could either distract from work, or conversely, benefit it. Your team inspires today and tomorrow. Your superpowers seem charged up, now that Mars is in Aries (until 4/20). Use them to clean a mess.

Scorpio (Oct. 23-Nov. 21) -- Today is a 7 -- Consider new opportunities today and tomorrow. You're attracting the attention of an important person. Take direction, and use it. Practice makes perfect. With Mars in Aries, extra energy abounds. A rise in status becomes available.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 6 -- Plan for the future and schedule actions (including travel) over the next two days. Check your agenda. Clarify the request. Get lost in your studies. Wash everything in sight. There's a trickle of cash.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Mars moves into Aries, powering and energizing your next month. Join forces to get the funding you seek. Diplomacy's useful here. Stay out of somebody else's argument. Wheeling and dealing may be required. Discuss shared finances.

Aquarius (Jan. 20-Feb. 18) -- Today is a 7 -- Let others help today and tomorrow, especially with a new assignment. Compromise with your partner. Choose romance over righteousness. Be respectful, even as you jump into action with Mars in Aries (until 4/20). Don't overpower. Collaborate.

Pisces (Feb. 19-March 20) -- Today is an 8 -- Dive into work with a month-long energy burst, as Mars enters Aries. Everything moves forward with more velocity... try not to run anyone over. Sort through feelings as they arise. Follow a female's lead.

"I TRANSFERRED TO SIMPSON BECAUSE OF THE LOCATION. IT HAD THE SMALLER COLLEGE FEEL, BUT IT WAS SO CLOSE TO DES MOINES, THAT I KNEW THERE WOULD BE MANY OPPORTUNITIES FOR ME WHEN LOOKING FOR INTERNSHIPS AND ACTIVITIES TO DO."

-CHELSIE ROHR'S '13

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