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Banner News

KayCee Purdy

Trevor Gutknecht

JoAnne Kirton

Jessica McNeece

Brian Osborne

See next page for additional authors

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Authors

KayCee Purdy, Trevor Gutknecht, JoAnne Kirton, Jessica McNeece, Brian Osborne, Danny Philpott, and Cainon Leeds

Banner News

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Your Life, Your Campus, Your News

Officials ready for emergency response

By Trevor Gutknecht
Staff Writer

The Boone DMACC campus has a good relationship with local law enforcement who are prepared to respond in the event of a dangerous situation similar to the incident in Ames last month involving a high-speed chase that ended with the shooting death of a 19-year-old Boone man on the Iowa State campus.

Safety is a very important matter to Provost Tom Lee. "I want [the students] to know we're doing everything in our power to make sure that they're safe," he said.

"We are constantly reviewing, we are constantly in communication, we are constantly talking to people to make sure that we're doing what's best to make our campus a safe place. That's number one on our list."

The Boone campus has a committee called the "Captains Team," consisting of administrators, staff and physical plant employees. The committee meets periodically to talk about procedures, responses and what needs to take place.

EMERGENCY, page 3

ATM is M.I.A.

By KayCee Purdy
Staff Writer

In early October, the One Card ATM machine was removed for service. Students arrived to see an indented spot in the tile where the ATM machine once stood, a sign saying, "down for maintenance" in its place.

For about two months, recycling cans have sat atop the spot leaving students wondering how they'll be able to pull out money without incurring fees when using other ATMs. These fees can range from about \$2 to \$5 based on what non-One Card machine is used (there is a fee for both the usage of the card, and for the use of the non-One Card ATM).

But in Higher One's policy regarding out-of-order units, they agree to pay up to \$5 a day to each account that had to use a non-One Card ATM while the local One Card approved unit was out of service.

On Oct. 7, Boone police responded to a burglary report on campus. Over that weekend, someone tried to break into the ATM. The machine was so badly damaged that it could not be fixed on site. Higher One had to remove it and calls were made to get it replaced.

There are security cameras located at the entrances to DMACC, and there is one that overlooks the area where the ATM machine sits as well as other locations.



Photo illustration by Jessica McNeece

Students are left without an ATM machine for their Higher One card after the machine was removed in October.

"The police department has the surveillance footage tapes detailing what happened that weekend and it's still an

ongoing investigation," Provost Tom Lee said. No students have been implicated in this crime.

"It's really unfortunate that



this happened. It's stressful especially for those who use the cards with having to do extra work to get their money back," Lee said. He said that there has only been some curiosity about the missing ATM, but that there hasn't really been any issues regarding people not being able to withdraw money, or getting reimbursed by Higher One. "We are working with them, and they have a good record with us. I'm hopeful it can get taken care of and a replacement installed as soon as possible," Lee said.

But in response to a recent inquiry about the replacement ATM, Higher One sent back this message:

"We are experiencing an inventory crunch with ATMs and currently awaiting shipment of machines from our manufacturer, which we hope to have in our warehouse within two weeks. Once the machines arrive, it will be a minimum of three weeks from that time to get them installed - which is right around the holidays, during which time our ATM network partner Fiserv has a freeze on new installations until the first week of January. [We] can't guarantee an install date, but at this time [we can] estimate it will be the second

ATM, page 3

What piece of advice would you give this holiday season?

Levi Robson



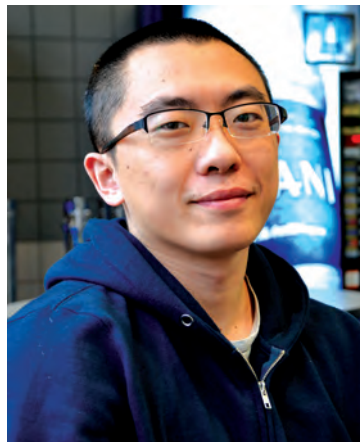
"Don't stress so much."

Emma Allen



"Enjoy being with family and friends because they're the important things in life."

Boquien Shen



"Try not to be too busy."

Meredith Lehmann



"Use it as a time to give back instead of just focusing on receiving."

Tom Lee



"To take a step back and enjoy family, friends, and loved ones."

Banner News Staff

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Editor-in-Chief

Jessica McNeece

jcmcneece@dmacc.edu

Copy Editors

POSITIONS AVAILABLE

Staff Writers

Trevor Gutknecht

tjgutknecht@dmacc.edu

KayCee Purdy

kmpurdy@dmacc.edu

Jessica McNeece

jcmcneece@dmacc.edu

POSITIONS AVAILABLE!

Contributing Writers

Brian Osborn

POSITIONS AVAILABLE!

Columnists

Zach Kowalik

zlkowalik@dmacc.edu

Cainon Leeds

ckleeds@dmacc.edu

Cartoonist

Erica Brown

ebrown11@dmacc.edu

Web Editor

Carl De Vries

cjdevries@dmacc.edu

Advertising Sales

POSITION AVAILABLE!

Business Manager

Cainon Leeds

ckleeds@dmacc.edu

Faculty Advisor

Julie Roosa

jkroosa@dmacc.edu

Contact us

Room 115, 515-433-5092

bannernews@dmacc.edu

Printer

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Student earns two awards

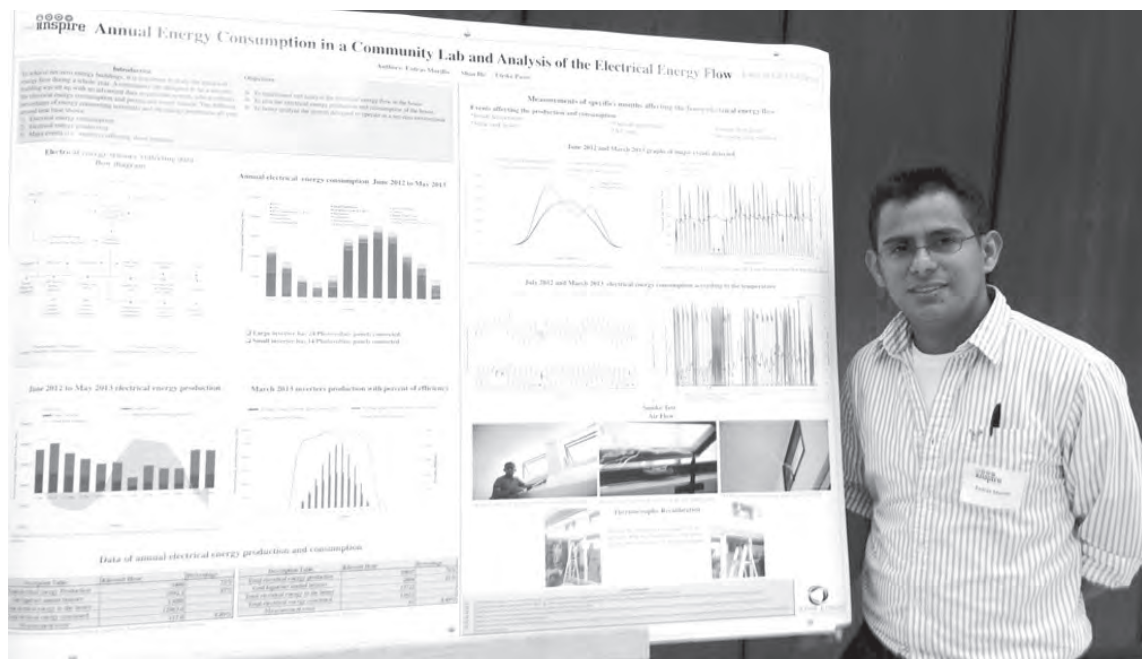


Photo courtesy of DMACC

Esdras Murillo, a student at the Boone and Urban campuses, stands next to the poster he displayed at a conference in Waterloo. Murillo received two awards at the event.

DMACC- A DMACC Urban/Boone Campus student received two awards at the IINSPIRE (Iowa Illinois Nebraska STEM Partnership for Innovation in Research & Education) LSAMP (Louise Stokes Alliance for Minority Participation) 2013-14 Annual Conference recently held at Hawkeye Community College in Waterloo.

Esdras Murillo of Des Moines received a \$250 cash prize for being named the winner of the Student Favorite Poster Category. His poster was titled, Annual Energy Consumption in a Community Lab and Analysis of the Electricity Energy Flow.

In addition, Murillo received the Outstanding Student Mentor Award. Murillo immigrated to the United States from Honduras three years ago. When he arrived, he spoke no English. He began his education at DMACC where he took English as a Second Language (ESL) classes and later began his engineering studies.

Murillo mentors students of all ethnic backgrounds on the DMACC Boone/Urban campuses.

“Esdras clearly communicates the importance of shared knowledge and instills a sense of confidence within the students he mentors,” said DMACC Boone Campus Mathematics and Physics Professor Dr. Nancy Woods. “He is a caring and sharing individual who is well-known to lend a hand of assistance to students as he encourages them to persist and excel within STEM (Science, Technology, Engineering and Mathematics) fields.”

“DMACC is proud to be part of the IINSPIRE LSAMP alliance and provide an opportunity for outstanding underrepresented minority students to participate in undergraduate research experiences,” said Dr. Kari Hensen, DMACC Associate Dean of Arts and Sciences and Alliance Campus Director.

Murillo is studying Electrical Engineering at Iowa State University.

“My goal is to take my education and experiences back to Honduras to develop an energy program for low-income families,” said Murillo.

Bear Briefs

SAC activities this week

Santa Bear will be in the Courter Center on Dec. 2, 3, 4 from 11:30 a.m. to 12:30 p.m. Pose for a picture and grab a candy cane.

A **Free Throw Contest** will take place on Dec. 4, from 10:30 a.m. to noon in the gym. Division winners (male student, female student, faculty/staff) get a free T-shirt. Participate in four intramural activities and get a T-shirt.

Wax Hands. Make a wax mold of your hand using any shape/color. Courter Center, Dec. 5, from 10 a.m. to 2 p.m.

All activities sponsored by Boone SAC.

Calling creative writers

Students, submit your creative work by Dec. 5 for the opportunity to win cash prizes (top 3 stories and poems) and scholarships (1st: \$1,000 and 2nd: \$500), to be published in Expressions, to work one-on-one with a professional writer, and to present your work at a reading. For rules, regulations, and entry forms, please email Caitlin Hainley at creativewritingcontest@dmacc.edu.

Writing Center open for business

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), you're sure to find someone that "gets you." Stop by Room 170 during office hours. No appointments necessary for this free service. For more information, contact Krystal Hering, WC coordinator, klhering@dmacc.edu. Or visit <http://go.dmacc.edu/boone/writingcenter/>

New Choices can help

A program called Iowa New Choices offers help for qualifying single parents and displaced homemakers. Stop by Room 124 for information.

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Emergency Procedures Guide located in classrooms

Emergency, from page 1

In addition, each classroom is equipped with an Emergency Procedures Guide giving specific instructions on how to respond to various situations, including "violence," "bomb threat," and "active shooter."

"[The Captain's Team] helps me deal with a situation like that," Lee said.

College staff members work alongside local authorities.

"Once a year, we meet with all Boone County Emergency Response people," Lee said. That meeting includes the Boone Police Department, the Boone County Sheriff's Department, the Boone Fire Department and Emergency Planning Department. At that time, they talk about different scenarios and how those would be handled.

While Lee said the college could never fully prepare for a shooter on campus, staff needs

to feel confident they would know how to best handle that situation.

"We've done a lot to try to put ourselves in a position where we can handle or react to a situation like that, but like I said before you can never totally prepare for something like that," Lee said.

The other committee is school-wide, known as the crisis management team. They meet bimonthly at the Ankeny campus. The meetings are headed by Ned Miller, the director of campus safety and emergency management.

When asked how important this information is to the students, Lee said that it is very important. Officials are communicating with the police and other emergency services all the time.

As far as the relationship with the Boone Police, Lee said it is "excellent." "We have a great working relationship with them. Chief Skare is very, very

good to us. We have police cars driving through the parking lot to make sure everyone is safe."

The matter of having a security guard on campus is something Lee said they have looked into. The campus had an assessment done but the conclusion was that it wasn't necessary.

"With the hands-on relationship we have with the Boone Police, they (the assessment) determined that we don't need someone on campus. Someone's always here that can handle a situation if need be," Lee said.

As for the police participation, John Slotter, a Boone police officer, said an initial 911 call is critical. "We're going to try to gather as much information as we can: Where is this taking place? Is it moving? Is it a hostage situation in a classroom?"

"All officers have been trained to go straight to the source, because you want to

save as many lives as possible. As soon as we neutralize that threat, the more lives we've just saved," he said.

Officers have been through ALERT training, which stands for advanced law enforcement response training. "Several of our officers have been through that, so there's basic level and a more [in depth] level," said Slotter.

The police cars are all equipped with material on DMACC including floor plans as well as the emergency procedure pamphlet.

While there has not been a drill at the DMACC Boone campus in recent years, there was an incident at the Boone High School last year. Based on a "string of coincidences," police became aware of an email that could have been interpreted as a threat at the high school. The school was evacuated, but officials determined there was no real threat.

"That gave us a chance to

really ask: OK, how does this work? And it really went very well. We had officers in the building in two to three minutes -- it was right now," Slotter said.

When asked about advice for the students in a situation, Slotter said, "When you see us coming make sure you absolutely comply. If it's safe to get out, get out. If that's not possible, conceal yourself."

Slotter also said that he advocates retaliating. "Even if you're not ready to punch [an attacker] in the nose, throw your book bag. [The point is] there are things you can do."

Slotter credited Provost Tom Lee as a strong advocate for safety. "He's been very supportive, as he should be, because he's protecting my kids!"

Lee said he firmly believes if students and others feel good about coming to school and coming to this building then "there will be a better climate of learning that takes place."

Process available to recoup ATM fees

ATM, from page 1

week of January.

"[We] will continue to monitor this status closely and will update you if anything changes."

This could become a conflict for many people who planned to use the card for holiday shopping or if the ATM isn't returned by the time students are reimbursed their financial aid funds and loans on Jan. 30.

Unless there is an easier system provided by Higher One or by DMACC to take care of reimbursements of these fees, there is a process that must be followed a certain way to guarantee the money is credited back to the account. First, go to www.dmacconecard.higheroneaccount.com. Log into your account and click the "Easy Help" link located in the upper right hand corner of the page. From there you can manage your profile and get answers, but most importantly; under the "Ask a Question" tab, you can contact Customer Care.

To file an incident, you can say that you're a student who needs reimbursed the up to \$5 a day ATM fee because you had to use a Non One-Card ATM. Customer Care may send you an automated response to your e-mail account based on the category of your claim.

You must make sure you reply to any messages to Customer Care inside the lines specified in the text that automatically appears inside the reply box. These lines indicate that you absolutely have to reply between the lines otherwise



"The card isn't as convenient to use as it was before."

Corrisa Ahrens, on the DMACC One-Card

the system will not accept your response and will send you a returned e-mail.

They will e-mail you when your money has been credited back to you, and they will also send you a follow-up e-mail saying that if you haven't received the money to reply back within 48 hours so they can continue processing your claim.

Although this is a lengthy process, if you keep on it, you will get your money back. This money can add up over time, especially if you use the ATM withdraw feature.

"It's just too bad someone did this to the ATM since it's the only one we've got," said Corrisa Ahrens. "The card isn't as convenient to use as it was before, and it makes me nervous that we could be facing not having the ATM back by the time we get our refunds next semester."

Tips to save money with your One Card:

- Keep record and check your balances to avoid paying overdraw penalties. Be sure to check the available balance, in case of pending charges.

- Use the credit feature of the card, and not the debit. Use the debit only if you have to. Ask the business if they charge extra before pulling out money if you must use debit.

- Shopping online with your card can get you rewards points with Higher One, and you can also take advantage of perks like free shipping and expedited service (subject to terms of service from the retailer or shipping company).

- Be aware that One Card and any non-One Card ATM charges a fee (ranging from \$2-\$5) per transaction.

North Dakota man accused of threatening UI officer

(MCT)

Dec. 02--Police said a drunken North Dakota man threatened to "put a bullet" into a University of Iowa police officer's head.

According to criminal complaints, 45-year-old Scott G. Colebank, of Fargo, showed up at the University of Iowa Hospitals and Clinics at 9:50 p.m. Sunday to receive unspecified treatment. Police said while at the hospital, Colebank became agitated and starting throwing items.

UI police responded to the hospital and noticed Colebank had a "strong odor" of alcohol

on his breath, slurred speech and showed other signs of intoxication. Colebank was arrested for public intoxication. He has two prior public intoxication convictions in Iowa since 2008, police said.

Police said while in custody, Colebank threatened to shoot the arresting officer and shove his boot up the officer's backside. Colebank also shoved his shoulder into the officer, police said.

Colebank now faces charges of assault on peace officers of others and public intoxication. Both offenses are serious misdemeanors.

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Getting detailed:

Military PTSD and social awareness

By KayCee Purdy
Staff Writer

The media and public have been recognizing PTSD (Post-Traumatic-Stress-Disorder) a lot lately, especially with the return of many military personnel from overseas. PTSD has also been a big topic on DMACC Campuses with the One Book selection of "The Long Walk" by Brian Castner.

Students and staff weighed in on the issue of whether there is enough done for soldiers and mental health services.

Out of all returning military service men and women, about 20 percent will experience long-term effects of PTSD, according to the PTSD.gov website. There are estimated to be about 240,000 military veterans retired and currently serving who call Iowa home. That means that nearly 120,000 soldiers in Iowa are suffering from the effects of long-term PTSD. If you include those who suffer from short-term PTSD, this number climbs dramatically.

"When you're in the military, you're not thinking about yourself. You're thinking about your duty to your country, but most of all, you're thinking about your brothers and sisters in arms," said Sean Taylor, a professor of sociology and psychology. Taylor was deployed 2010-11 with the Army National Guard. He said he had experienced PTSD, but now says he no longer has the disorder.

"You're out there seeing the hardest stuff you've ever seen in your life, and you're watching the people you care about getting hurt and die," he said. "You never knew who was next." He said it isn't realistic for most soldiers to talk to their family about what they had seen because they wouldn't understand. "You're re-made into a machine, and then you come home, you don't fit in, you're wired," Taylor said.

PTSD symptoms include: depression, mood swings, becoming anti-social, panic/anxiety attacks, fatigue, loss/

Sean Taylor published a poem to help convey his feelings during a time when PTSD affected him.

Excerpts from *The Hum*
by Sean Taylor

I know that sound
it found me here.
(BOOM)

That was way too close!
(BOOM, BOOM)

They must be walking them in
(BOOM!)

Where's my gear?
(BOOM!!)

Oh God, what is happening?
(BOOM!!)

Where is my gear!!!?
"Sean, what's wrong?"

Didn't you hear it?

"Sean, you're dreaming!"

I'm home?

The kids!!

That must have hit right outside their
room.

Oh God, the kids!!!

"Sean, you're dreaming!"

I know that I'm dreaming,

But that hit right outside their room!

The kids are sleeping.

Everything is fine outside.

The dog wags his tail,

happy to play at this time of the
night.

I sit down and check facebook.

increase of appetite, insomnia and many other problems. PTSD is most likely to be observed by others when the symptoms get out of control. They can space out, hallucinate, claim they can hear or smell scents of a warzone, be overly aggressive, and literally freak out on the people around them, according to multiple sources.

It isn't just the warzone that creates the breeding ground for PTSD. Other factors in a combat situation can add more stress to an already stressful situation. This may contribute to PTSD and other mental health problems. These factors include what you do in the war, the politics around the war, where it's fought, and the type of enemy you face.

Another cause of PTSD in the military can be military sexual trauma (MST). This is any sexual harassment or sex-

There are estimated to be about 240,000 military veterans retired and currently serving who call Iowa home. That means that nearly 120,000 soldiers in Iowa are suffering from the effects of long-term PTSD.

23% of women reported sexual assault while in the military, and 55% of women and 38% of men reported sexual harassment while in the military.

Those who served in the Vietnam and Korean wars are 30-50 percent more likely to suffer from PTSD.

ual assault that occurs while you are in the military. MST can happen to both men and women and can occur during peacetime, training, or war. 23% of women reported sexual assault while in the military, and 55% of women and 38% of men reported sexual harassment while in the military.

Even though military sexual trauma is far more common in women Veterans, over half of all Veterans with military sexual trauma are men. This is because there are many more male Veterans than there are females. Also, it takes a lot of training to think like a soldier. The "cushy" lifestyle we live in the United States can antagonize service members and can trigger what Castner compared to "the snowball effect", when a situation gets completely out of control.

Taylor described a typical scenario where a soldier would experience PTSD: "It would probably look like an insubordinate child acting out at his/her parent who just returned home from serving, and the parent 'loses it,' acting more aggressively and with malice they would otherwise not have," he said. And like a typical rebellious kid, they would run to their other parent in the event the outcome was not that which they desired.

"Authority is strictly observed, respected and obeyed where we come from. When an order is disobeyed, it is hard to recalibrate and think about the fact it's your kid, and you're standing in your living room—and not Afghanistan," Taylor

said. He said that the struggle of who's in charge can be a major stressor on work, marriages and family relationships.

Taylor served a tour of duty in Afghanistan (10-'11) as a medical planner and in public affairs, serving alongside doctors and medics at Bagram Air Force Base in Afghanistan. Bagram city had been nicknamed "Rocket City" by CBS news network, due to the constant missile-fire.

because the average person does not have a family member in the service, or doesn't know a service member at all.

"The only thing left for a soldier to do is to go where they're most comfortable," said Taylor.

When Brian Castner came to the Boone campus in October, a group of nominated individuals and faculty sat with him for lunch after his speech. Some veteran students talked about



Dan Grinstead and Sean Taylor celebrate Thanksgiving at Bagram Air Force Base in Afghanistan in 2010. Taylor gave Grinstead the turkey hat he is wearing in the picture.

Veteran soldier Danny Philpott believes that his experience in the armed forces has affirmed his knowledge regarding the caliber of some of the recruits that are enlisting.

"Most soldiers aren't typically the 'best and brightest' our country has to offer. The majority of the soldiers I've served with really didn't have anywhere else to go," Philpott said.

Before enlisting, soldiers are just like the average citizen – each with their own struggles with family, social problems and mental issues. Soldiers are more often than not people who could not afford an education and couldn't get a good job, so they enlist hoping to live a better life.

"There is a reason the military doesn't typically recruit at Harvard or Yale. Those people have options. Many soldiers do not. We often come from poor and broken homes. Most marry and divorce young. This is the gritty underbelly most people never see. But the truth requires the background," he said.

But it isn't as popular to be enlisted as it once was. The general public and even political leaders have become disassociated with military culture,

how there isn't a lot of credit in the workforce for a young veteran who was only a "grunt." The veterans said that they want to fulfill a honorable position at a company, but there are no places looking for someone who has experience in manning a .50 Cal from a rooftop.

Clinical social worker Capt. Dan Grinstead of the Army National Guard is a well-respected friend and military brother to Sean Taylor. He joined the military in his late 50s because he believed that it was the only way he thought he could help counsel soldiers. "I didn't think I could do it any better than if I put on a uniform myself," he said.

Grinstead attended Castner's speech and the luncheon. "Some choose to re-enlist. They take on questionable or more daring employment, where they can do something that keeps the adrenaline flowing, somewhere where they can be in charge or follow command easily," he said. "This can be the worst thing for servicemen and women who are struggling with PTSD." There are some options for soldiers, such as self-mitigation



MCT

"You're out there seeing the hardest stuff you've ever seen in your life, and you're watching the people you care about getting hurt and die. You're re-made into a machine. Then you come home, you don't fit in, and you're wired." - Sean Taylor

college parenthood employment Juggling Act

Single parent students face challenges but say 'it will be worth it'

By **JoAnne Kirton**
Contributing Writer

Danielle Wilcox has three full-time jobs: she's a student, a medical assistant, and a single mom.

"I knew it would be hard," she said.

Danielle, 20, is taking six credits at DMACC this semester. She has finished one additional semester since starting on campus in 2011. This fall is her second semester of "normal" classes, aside from the CNA classes she took prior to having her daughter Kaelyn. She actually works two jobs - full-time at Mary Greeley as a Patient Care Technician and part-time at Jimmy Johns. And, most importantly, she the mom of Kaelyn, who was born a year and a half ago.

"I get off work from overnights, go to class and then pick her up. Then I attempt to sleep while Kaelyn naps in the morning," she said. Wilcox's mom and grandmother help cover the childcare.

Wilcox is one of many college students who juggle school, work and single parenthood. Statistics show that 13.9 percent of community college students are single parents.

"Everyone is different," said Erin Neumann, community resource staff member at DMACC. Neumann, who started her position this fall, estimates that she has assisted about 50 student parents, mainly women.

There are about 3,500 students enrolled at the Boone campus and Ames Hunziker Center. This figure is based on students taking at least one face-to-face or on-line class at either or both locations.

Neumann serves as a link between the college and various services in the community, including employment,

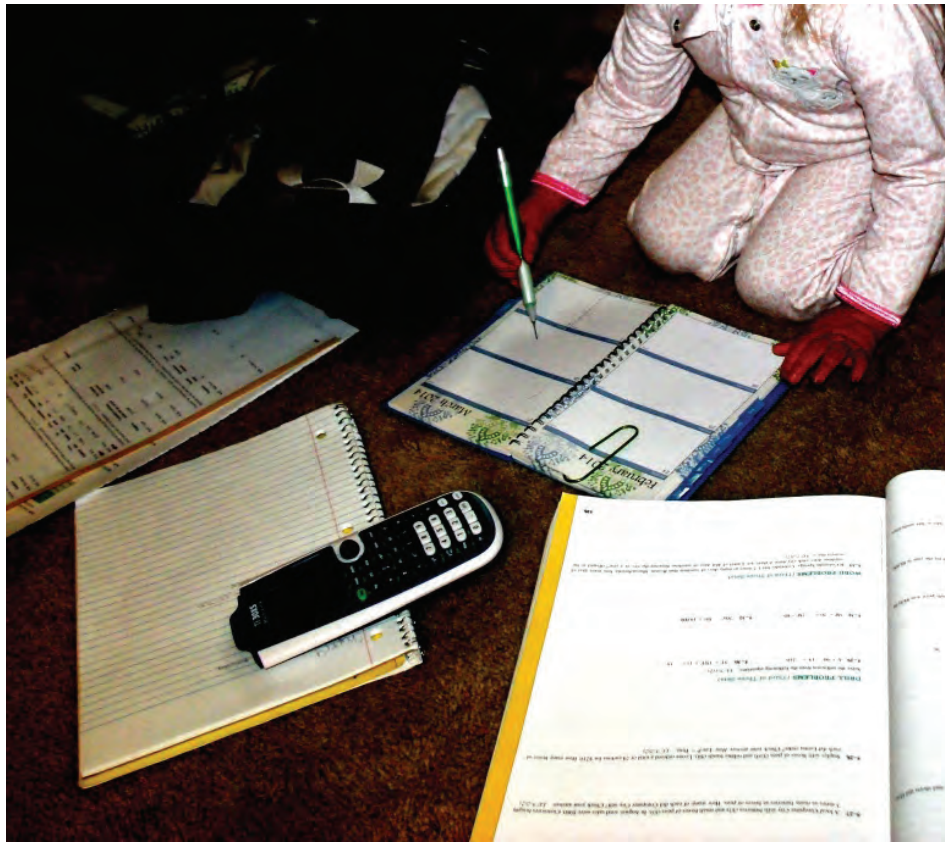


Photo illustration/JoAnne Kirton
Some students at DMACC must juggle college, employment and parenthood. They say the task is challenging, but the effort will be worth it.

housing, transportation, childcare and financial assistance. She also often simply serves as a source of advice.

Wilcox knew the struggles she'd face when going to school, but she had determination to get it done. "It's not easy but I keep my goal in mind. I'm doing it for Kaelyn and myself," she said. "When it's all said and done, it will all be worth it."

Wilcox, who is in the nursing program, said she keeps in mind that everything she faces now will make it easier in the future, knowing she'll be able to

support herself and Kaelyn. "I want to make an awesome life for us, and not have to depend on a man to get there," she said.

Wilcox found out she was pregnant the weekend after her high school graduation in 2011. "It devastated me. I had so many plans," she said.

Instantly, her future plans changed. Wilcox had planned on going to ISU for six years, as a biomedical engineer major. With the circumstances she was about to face, she knew she couldn't move too far from her family and everyone who

would support her. She changed her plans and decided to attend DMACC as a nursing major instead.

With the help of her parents, grandparents, and friends, Wilcox has been able to handle all the struggles she faces daily as a student parent.

From a different stand point, Joplin Bittle, 20, will be a new student at DMACC in the spring, going into the nursing program. Joplin has a son, Bentley, who is still an infant.

"The biggest challenge for me will be balancing my finances," she said.

Bittle will be working at least 25 hours a week at CDS Global in Boone, which will enable her to keep her part-time job there in addition to going to school full-time. She knows this will make it a struggle to find time to spend with Bentley. "It'll be next to impossible," she said.

Bittle's situation is different from Wilcox because Bentley's dad is an active part of the baby's life. Bittle will have his support as he helps share the load when it comes to childcare and scheduling as she starts school.

Aside from all the stress that may be coming Joplin's way, she openly admitted she wouldn't change anything -- except timing.

In terms of timing, Neumann advises students like Bittle who are about to start the challenge of juggling school, work, and single parenthood to lay the foundation to succeed.

"Get your ducks in a row before you start school," Neumann said.

Editor's Note: JoAnne Kirton is a student in JOU121 Newswriting and Reporting. She wrote this story as part of an assignment in the class.



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Filling the Roster

DMACC coaches take different approaches to recruiting

By Jessica McNeece
Editor in Chief

Selling the dream is 24-7.

Before there is a signing, there is the searching.

And behind every search, there is a coach.

And for that coach, recruiting is essential to survive.

"Recruiting is the lifeline of the program," said Steve Krafcsin, head woman's basketball coach at DMACC. "If you don't have any animals, then you can't have a zoo."

Recruiting at the community college level is all about the connections and relationships made over the years. Compared to traveling at four-year schools, recruiting may not be considered as intense: DMACC coaches must work within their budgets, which affects where and how often they travel.

Krafcsin estimates he spends about 20 hours of recruiting in a week. He also says that he recruits roughly 100 women in a year to play basketball.

He travels primarily in Iowa, but also goes to nearby states.

"Luckily I have never had to do it [travel internationally to recruit.] I have been able to find girls here that are the same level of play," said Krafcsin.

Head DMACC Baseball Coach Kyle Hanna tends to look beyond Iowa for his recruits. And then some.

Recently he packed his bags for Puerto Rico, over 2,000 miles from DMACC. He spent about one week recruiting there.

Hanna has recruited many top athletes to help create winning seasons and nationally ranked teams.

He has helped recruit three pitchers to DMACC, who went on to get drafted in the MLB. Dakota Freese was a member of the 2013 DMACC team and a 12th round pick of the Oakland Athletics. Former pitchers Cody Beam and Brandon Peterson were also selected in the 2013 MLB Draft. Peterson was a 13th round pick of the Minnesota Twins. He played during the 2011-2012 seasons with the Bears. The Pittsburgh Pirates selected Cody Beam in the 35th round of the MLB Draft. Beam played for DMACC during the 2012 season.

Hanna hopes to keep that tradition.

"The best way to recruit is to meet face to face and show interest in them," Hanna said.

DMACC athletic director Orv Salmon knows about recruiting too only at a different level. He was the basketball coach at Drake University.

"Recruiting at the D1 level at Drake was an intense year around process. I was on the road constantly evaluating and recruiting athletes."

Salmon described a player he recruited while at Drake from Mitchell, South Dakota. "I saw every one of his high school games his senior year. That wasn't the norm, but he knew that no other school wanted him as much as we did. He came to Drake and was a good player for us," said Salmon.

Salmon also emphasized that recruiting for a junior college is extremely different than a Division 1 college's recruiting.

"It is completely different at this level. Our coaches recruit the state of Iowa diligently and pretty much anything outside of Iowa is done by a recommendation or relationship our coaches have with someone."

That "someone" could be a high school coach, an club sport coach, a four-year college coach that sees potential in an athlete.

"We do not have the funding - nor should we - to travel all over the country to evaluate and recruit players at this level," said Salmon.

Each coach has an operating budget and recruiting is included in it. The athletic department's total recruiting expenses for the previous year was approximately \$9,500.

"Coaches give scholarships based on their evaluation of a player both athletically and academically and how they feel that athlete will fit into their program and DMACC."

"The NJCAA has scholarship number limitations for each particular sport. Participation by our teams at the national tournament level is funded by the college as well," said Salmon.

The coaches learn what players are good and what high school teams are consistent.

Volleyball head coach Patty Harrison has 30 years of experience and connection to high schools around the area.

"We find players through previous players and relationships with high school coaches I have developed. They recommend players for us that they think are capable of playing," Harrison said.

Hanna has a broader look at recruiting high school athletes.

"We try to just go out and see as many guys as we can," he said.

Some of the DMACC coaches have even recruited international athletes to play in Boone.

Contacting these players from different countries can be hard. For some coaches it is easier to just recruit locally.

Krafcsin has never had an international athlete on his team in the nine years that he has coached at DMACC.

"It's hard with out-of-state tuition, and I have tried before, but it has never worked out," said Krafcsin.



Coach Kyle Hanna visits with student athletes at the Carlos Beltran Baseball Academy in Florida, Puerto Rico. Hanna was telling the men about DMACC and what it's like to go to a junior college in the United States.

Some coaches find that international recruiting is the best answer for their teams.

Hanna took a recruiting trip at the end of November to Puerto Rico for a week full of baseball scouting.

"I went down there last year and met a few people that gave me names of some talented guys. The coach last year knew people as well to get a hold of," said Hanna.

An organization called "Perfect Game" held a baseball showcase to put talent on display for scouts down in Puerto Rico while Hanna was there.

Harrison has also recruited

international players before. She currently has two Brazilians on her team this year.

There was a Brazilian who played at Iowa Western Community College and went back to Brazil and recommended Sheila Menezes to DMACC, said Harrison. "She liked our facility and the environment on our team."

No matter where the athletes come from, they are all trying to find the right fit.

Krafcsin has seasons of experience on persuading players that DMACC is right for them. Recruiting is a game said Krafcsin. "We are selling

the dream."

"We have a lot to offer girls. The opportunity to play and the tradition of we winning that we have. We also work hard to get our girls to move on to four-year schools," Krafcsin said. "Just selling us. They are going to be treated right."

DMACC basketball player Jake Guenther has been on the other end of the recruiting. He is in his second year at DMACC and is now getting recruiting offers from four-year schools.

"Recruiting sucks," said Guenther. "Nothing is certain. You know nothing until the offer is right there in your hand."

Salmon looks at the athletes who have come through DMACC and compliments the coaches for their good recruiting.

"Our coaches do a great job of finding athletes that fit DMACC and our place allows them to improve themselves as they prepare athletically and academically to go to a four-year school."

Salmon said the majority of the athletes that he has seen come through DMACC have "made this place work for them."

"That is a tribute to them but also to our coaches for the job they have done in the recruiting process," said Salmon.



Photo Jessica McNeece

Coach Patty Harrison looks at the highschool volleyball rosters online and tracks the stats. She was preparing to travel to the state volleyball tournament in Cedar Rapids in mid-November. Harrison makes the trip to the tourney each year because it is an opportunity to see some of the best teams in the state in one place at one time.

Need a class? Try *Banner News*

JOU122 Intro to News Production (3 credits)

JOU142 News Practicum (2 credits)

Work study positions also available

Oz's Fantasy Football Picks



Brian Osborne
Contributing Writer

How has fantasy football been going for you? This year has been full of twist, turns, rise and falls. Its fantasy playoff time for most fantasy leagues as we come to week 14 of the NFL. So with this being the last issue of the Banner for the semester, I am going to give you the top 3 starts of each position (except for the obvious choices) for the remaining weeks.

Week 14:

QB-

1. Matthew Stafford
2. Joe Flacco
3. Carson Palmer

RB-

1. Eddie Lacy
2. DeMarco Murray
3. Giovani Bernard

WR-

1. Brandon Marshal
2. Roddy White
3. Stevie Johnson

TE-

1. Rob Gronkowski
2. Jason Witten
3. Heath Miller

Week 15:

QB-

1. Nick Foles
2. Matt Ryan
3. EJ Manuel



RB-

1. Alfred Morris
2. LeSean McCoy
3. CJ Spiller

WR-

1. Demaryius Thomas
2. James Jones
3. DeSean Jackson



TE-

1. Jordan Cameron
2. Tony Gonzalez
3. Martellus Bennett

Week 16:

QB-

1. Andy Dalton
2. Andrew Luck
3. Robert Griffin III

RB-

1. LeSean McCoy
2. Ray Rice
3. Frank Gore

WR-

1. AJ Green
2. Andre Johnson
3. Pierre Garcon

TE-

1. Vernon Davis
2. Heath Miller
3. Fred Davis

Week 17:

QB-

1. Matthew Stafford
2. Alex Smith
3. Tony Romo

RB-

1. Reggie Bush
2. Eddie Lacy
3. Matt Forte

WR-

1. Dez Bryant
2. Marques Colston
3. Steve Smith

TE-

1. Greg Olson
2. Jermaine Gresham
3. Charles Clay

Sports Round-Up

Volleyball

The team took home an eighth place finish from the National Junior College Athletic Association (NJCAA) Division II National Championship in Toledo, Ohio. They opened the tournament with a come from behind victory with a score of 3-2 over the sixth seed Glendale Community College. The Bears then dropped their next match to the third seed Johnson County Community College in a 3-1 decision. Their next match was against the defending national champion Grand Rapids Community College ending in a 3-2 decision. And lastly they took on Columbus Community College dropping the match 3-0. Sheila Menezes of Brazil was named to the all-tournament team.

Men's Basketball

The Bears are riding a seven game winning streak, with their last victory coming against Illinois Valley Community College with the score of 76-38. Freshman Jamar Hurdle of Milwaukee, Wis. led the team with 18 points. There were four DMACC players in double figures, including 14 points from of Sophomore Brandon Nazione of Howell, Mich. Their record now sits at 9-2 they will take on Southeastern Community College on Dec. 4.



photo contribution by DMACC

All-American Carlee Schuhmacher (25) of Watertown, Wis., a sophomore on the (DMACC) women's basketball team goes up for the shot.

Women's Basketball

The women's team split two games at home Nov. 23 and 24. The first was a loss against Briar Cliff University junior varsity with a score of 85-73. Sophomore Carlee Shuhmacher had 26 points and 17 rebounds, the team overall shot 22 % from the field being and just 3-17 from behind the arc. The win came against For Scott Community College with a score of 87-55. In this game All-American Shuhmacher tallied a triple double. Shuhmacher had 27 points, 16 rebounds and 11 blocks, breaking the previous DMACC record of 10. Their record is now 7-4 their next game is on Dec. 8 against Midland Junior Varsity.

Sports Calendar

Men's Basketball

| | | | | |
|--------|----------------|---|------------|---------|
| Dec 08 | Graceland J.V. | @ | Lamoni, IA | 2:00 PM |
| Dec 14 | Waldorf J.V. | @ | Boone, IA | 2:00 PM |
| Dec 16 | Quakerdale | @ | Boone, IA | 7:00 PM |
| Dec 19 | AIB J.V. | @ | Boone, IA | 7:00 PM |

Women's Basketball

| | | | | |
|--------|---------------|---|------------------|---------|
| Dec 08 | Midland J.V. | @ | Boone, IA | 2:00 PM |
| Dec 28 | Vincennes^ | @ | Park Hills, MO | 1:00 PM |
| Dec 29 | Mineral Area^ | @ | Park Hills, MO | 3:00 PM |
| Dec 04 | Kirkwood | @ | Cedar Rapids, IA | 1:00 PM |

Submit a letter to the editor at
bannernews@dmacc.edu

-or-

Publish your own columns through 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.

Holiday Tips for a successful date

How To Get a Guy for the Holidays



By **KayCee Purdy**
Staff Writer

I have been in the most fulfilling relationship for the last 10 years. In 2003, I met my now husband at the age of 16 years old. In 2010, we had a son, and this year, we finally afforded our dream wedding in Ledges State Park—just some credentials for you, before I bestow some wisdom upon you ladies.

One: Just be yourself. Spending energy, money and time on nails, fake/colored hair, tanning, and more is just going to scare a guy into thinking that you're high-maintenance, or even conceded. You should always take care of yourself, but if you're more worried about your hair and nails than you are your personality (and the way others may perceive you), you'll be lucky to get a good guy. Odds are, if he discovers you look completely different without all the make-up, fake eye-lashes and extensions, he may feel betrayed, or he may just leave you. There are easy ways to look fashionable and attractive without covering up what is natural to you—a good guy will want the *natural* you. And if you're spending too much time focusing on the things that aren't natural, you may end up masking the best parts of yourself.

Two: If you can't love yourself, how you gonna' love anybody else? Can I get an Amen! There are a lot of girls who want to be told things they could never tell themselves. Confidence (not to be confused with arrogance), is a powerful thing. Guys absolutely hate having to repeat how beautiful you are every half hour as you deny and invalidate their claim. So chin and chest up, girls! Smile! Don't be that needy and clingy girl who is defined by her man. Be bold!

Three: Guys have no idea what we are thinking. This all comes down to communication. Girls, you have to tell him what you want, you can't

make him keep guessing. Be honest. Men are pretty much clueless about a woman's body or her brain, so if you cannot literally tell him what you want, you may have to physically show him, if you catch my drift. If you're not communicating your needs, or allowing him to express his needs to you, then it's more like you're two strangers with your lips sewn shut. There is no one who is going to advocate for you better than yourself. If he has to guess, it may put him off or piss him off.

Four: They are just like us, but hairier—I'd hope. We are very similar people. We have odd body functions and zits and we all poop. It's okay, trust me. I live in a house with three men. Guys hate it when a girl is constantly freaking about that stuff. You're going to have to get over it if you're ever going to own a male human, so give them some slack. They are disgusting creatures, too. They are also very sensitive, and it's your job to find that and "exercise" that.

Five: Do not be discouraged by bad apples. Don't let one bad apple spoil the bunch. There will be a lot, especially with today's cultural standards. Just try to keep your virtue intact. A good guy isn't going to like a "loose woman".

Six: You have to stop talking at some point, and listen. **Just shut your mouth** and pretend to listen. Try and retain a little bit of what they're saying. In retrospect, that's exactly what they're doing to us. Listening can't be a one-way street. Also, if you don't know how to cook, you should learn how. At least know how to make a sandwich.

Seven: It's not going to be easy, and you have to put yourself out there—realistically. Finding a good guy and being in a good relationship isn't going to be pretty. You're going to embarrass yourself, or even the guy you're going for. It takes practice, patience and persistence to get what you want, just as everything in life. You cannot be a recluse or chase after any ol' guy, and expect him to be the Prince Charming you want—and you sure can't "fix" him. You have to get out there, you have to get noticed—only in

the ways you feel most comfortable. If you like nerdy things, go do them with other human beings. Part of being in a relationship is being around another human being, so you may want to get used to that. Remember not to rush. I know that most ladies are "waiting to exhale". Life *is* short, but if you're holding your relationship up to a standard that can't reasonably be met within the time you two have already shared, you're setting up your relationship for disaster and you risk scaring the guy off.

8) You are not going to find your dream guy at a bar. I usually put this as number One. Ladies: please stop going to the same bars and sitting in the same old town soup. People usually go to bars to hook up, and that is not a virtuous or long-term kind of relationship. Any kind of relationship that started and is sustained with alcohol will only end in sex and disappointment. There are a hundred million other ways to meet a good guy, but trust me; a bar isn't one of them. Conduct yourself and put yourself in places that reflect your inner-beauty—that you should really want guys to see. If you love church, do the church thing. Finding someone who is into the same thing



you are on a normal basis one way or another can be critical in a lasting relationship.

There may be something of worth to these lines on my forehead, for the many sighs I have breathed. My advice doesn't always apply, but if you look at it as a whole it may just help some people. I think that the best thing for a gal to do is to concentrate on her values and responsibilities above all. **Do you first.** You can look a certain way, do weird stuff and like odd or nerdy things, but if you're taking care of your responsibilities and if you don't compromise who you are—you stand out as classy, committed and desirable.



By **Danny Philpott**
Contributing Writer

A friend inspired me to write this article. It is the result of lengthy "guy talk" where I realized he didn't have a clue about women. I really tried to help, but it became clear there aren't enough hours in the day for all the help he needed. Everybody starts somewhere.

This isn't the result of some "self-help" book, magazine, nor website. My advice comes from nearly 30 years of marriage, girlfriends and one-night stands. Don't dismiss me as old. Surprisingly, the fundamentals haven't changed that much since 1984. You, dear reader, and the Empire State Building must start the same way; at the beginning.

Step One: Floss your teeth. Don't stop reading. This is important. Flossing leads to brushing. Brushing leads to shaving. All of this leads to being clean, neat and dressing respectfully. Don't listen to your lonely friends about what women want. They don't know either. This step is important because if you don't value yourself, no one

else will. Take care of yourself first. Study hard in school, have goals, be ambitious. Eat healthy and exercise. Believe in yourself and what you're here to do. I'm not saying these things are easy; but they're worth the effort. If you're not catching any fish, consider using better bait. Get the picture? Any woman will tell you; confidence is about the sexiest thing on Earth. Don't attempt anymore steps until you have mastered Step One.

Step Two: Congratulations! Now you're ready to go outside. This is also important because it will avoid years of misery later on. It's simple: Do stuff you like. If you like sports, movies, books, riding your bike, or whatever it is; do that first. By developing your

honest passions, you're likely to find a woman there too. This is critical because sex is a small part of a 24-hour day. You'll need something to talk about the next day, and the next, and the next. By this time, you have found a girl you're attracted to and you have some things in common. But how do you know if she likes you?

Step Three: Simple Math. Human interaction is really based on my mathematical principle of words. If she uses more words than you, she likes you. If not, politely move on. Allow me to illustrate: If you say "Hi, how are you today" (5 words) and she responds, "Fine" (1 word) then she's not interested. However, if you say "Hi" (1 word) and she replies, "Hi, how are you?" (4 words plus a question) then you're off to a good start. See? It's simple math. There are always exceptions; but this little step will save you much grief and embarrassment later on. If she isn't interested, don't worry about it. Trust me when I tell you, there are beautiful women everywhere. Finding one that's right for you is why I'm writing this in the first place.

Step Four: Be legit. If you like a certain girl, ask her out. If she likes you, she'll agree. Ask her somewhere you want to go (remember Step Two?). If you're bored, lack-luster, or otherwise miserable it will show; and she'll think it's her fault. To avoid this train-wreck, be honest from the get-go. You like this girl. You showed some guts asking her out. You took her some cool place. Don't drop the ball now. Listen to what she's telling you. Let her tell you more about herself. This isn't a dirty trick to get her in bed. You've gone to the trouble to meet this girl, now honestly listen to what she has to say.

Step Five: Stop worrying. Usually, by this time most guys have a goal. They're trying desperately to bed this woman by any means necessary. This is where you stop worrying about it. The best way to totally screw this up is to listen to your lonely friends, or worse, the Internet. Physical affection is a force of nature. These things happen best on their own. You can't stop the wind; you can't stop the crashing waves. Human nature is no different; but it happens best when left alone.

Conclusion: If you've mastered the steps above, you only need time and experience to teach you further. My ending advice is to master the fundamentals, be polite, and talk to her with respect; the way you would want. Women aren't scary. They eat, sleep, work, worry, love, hate, and dream the way you do. Think of them as a combination lock. They are all the same; but they're all different.

Taking the lead

Farewell Address: Five insights into DMACC



By Cainon Leeds
Columnist

I'm leaving DMACC at the end of the semester to transfer to Iowa State University, as many other students have done before me. I've had a great time at DMACC and I wouldn't trade the past couple of years for the world.

I'd like to say that I've made the most of my time at DMACC. I've been lucky enough to make some great friends, explore inside and outside the classroom, serve as the Editor-in-Chief of the Banner News, join Phi Theta Kappa, travel to New Orleans for the Honors program, compete in the DMACC Creative Writing Contest, act as co-president of Boone's Phi Beta Lambda chapter and the list goes on and on.

Since I've been through so much with DMACC, I'm going to let you in on some things I wish I'd done when I started at DMACC as well as give some suggestions for things I wish DMACC offered.

1. Meet people, new people. This one was tough for me. I'd much rather stick to my little group of friends or sit all alone in the corner of a room and read some C. S. Lewis than talk to someone I don't know. Isa Adney, the author of "Community College Success," made it a point to confront the issue of loneliness at community colleges in her book. She said a two-year college can feel like one of the loneliest places in

the world. If that's true, then it's up to us to get off our phones and get to know someone, anyone. You never know who you'll meet or how you can help each other.

2. If you love something, pursue it. Don't make excuses. Go all out. Talk with your instructor about it inside and outside the classroom. Get some friends together and make a DMACC group for something you're passionate about if one doesn't already exist. All it takes to make a group are five members, an instructor to advise the group and a thumbs up from the Student Activities Council. And besides, there are plenty of clubs and activities already available on campus: the Banner News, theatre, pep band, choir, athletics, poetry readings, Phi Theta Kappa, Phi Beta Lambda, the Honors program, the community garden project, a Wounded Warrior 5K run and the list goes on.

3. Get your degree. As I'm in the midst of transferring to Iowa State, it's becoming apparent to me how easy it is for DMACC graduates to transition into four-year institutions. For example, because I got my Associate in Arts degree from DMACC, I received junior status at ISU, which meant being able to sign up for classes earlier than the freshman and sophomore crowd. In addition, classes are cheaper at DMACC than at any four-year I know, so why not get as many transfer credits as you can? Even if you don't plan to transfer to a four-year institution, an associate's degree could be the difference between you with a job and you without a job.

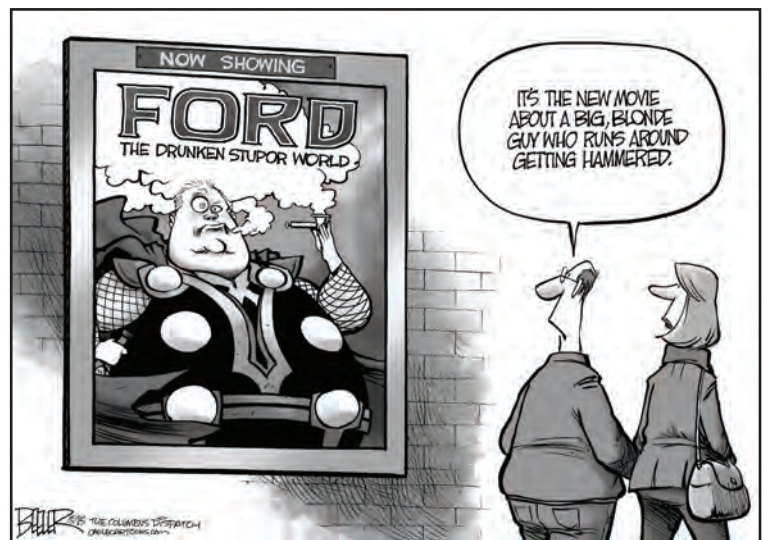
4. Show a little respect. Instructors may seem like your worst enemies in class, but think about the other side of the fence for a second. Teachers are, for the most part, normal people. They have to show up for that eight o'clock class too. They have to give an hour long presentations all day, which most of us shudder at having

to do for just five minutes. They put up with students coming to class late and all the excuses we come up with for late homework assignments. And at the end of the day, they have to grade it all and try to live normal lives more or less like you and I. So please, just give them a break. Maybe befriend a few of them if you're brave enough.

5. Here are some things I wish DMACC offered. DMACC has a great study abroad program, but it's too expensive for most community college students to be able to take part in. Yes, DMACC does have specific scholarships for studying abroad in addition to financial aid being available for use in studying abroad. However, most of the scholarships are \$500-1,000 while the estimated cost on the DMACC website of studying abroad in London for a semester is around \$10,000. Compared with what Iowa State offers, that seems like a very competitive price, but it's still too much.

So here's my suggestion. I think DMACC should offer a study away program or study abroad for a shorter time period. Studying away is like studying abroad, but within the United States. For example, at the National Honors Conference in New Orleans, there was a college, Longwood University in Virginia, that offered some insight into its study away program. Their program allowed students to study around Yellowstone National Park for a few weeks and then finish the rest of the semester at Longwood. The trip allowed for the chance to study elsewhere while minimizing costs. I think a community college like DMACC could benefit from a program similar to that one.

I hope you get as much out of your education as I chose to. Yes, it is up to you. DMACC is a great place to try new things, get messy and find out what's right for you. And if you're reading this, you're well on your way to success.



MCT

Take the 100 day challenge

(MCT) - 100 wants to motivate you into learning a new skill in a hundred days by tracking your progress each day through a short video post. Along the way, people can like your vids and send you a few words of encouragement too.

Karen X. Cheng is pretty cool. She quit Microsoft with a song as a resignation letter and then learned how to dance in a year, which went viral. Now she's taken her learnings from that last project and turned it

into 100.

The idea behind the site is to get better at something dancing, writing, even just waking up early in the morning by doing it for 100 days in a row and recording your progress in 10-second videos that you upload to the site. At a time, you can only take on one new project. Although it asks you to sign up with your Facebook or Twitter account, you can choose to make your videos private or public. If public, people can

like them or comment on them, giving you the encouragement to do better.

There is no negativity attached to skipping a day in fact, you can even have your 100 days not be consecutive, it's up to you. "Not a big deal at all. Just keep going," Cheng says. At the end of the 100 days, you get a 1-minute video upload and you can choose to extend your project to 365 days or unlimited days.

MCT

Opinions Wanted

Submit a letter to the editor at
bannernews@dmacc.edu

-or-

publish your own columns through 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.

Letters to the Editor

LED lights could make for a green X-mas

Dear editor,

Christmas could look different to most of us used to the regular holiday light bulbs. There is a change happening with LED (light emitting diode) lights becoming the replacement. LED lights are said to be more energy saving and also becoming cheaper over time. LED is a very reliable source for holiday lighting. The question is why haven't we been using this type of lighting before? The answer in my opinion would be because they were too expensive. In an article I read in the Banner News, LED lights were \$6.30 last year and have lowered all the way down to about \$5 dollars this year. This will be a great idea if everyone

that has the budget could adapt to the LED lighting because it is safer and will allow everyone to save more energy because of the transition. LED is said to create light by moving electrons over a semiconductor material, instead of heating up a filament as a traditional bulb, according to the article. This is also another great reason to switch because the "regular bulb" that is said to heat up can cause fires or explode because of too much heat which will allow glass to go everywhere and possibly cause injury because of the break. "Christmas lights are going green" is literally going to save people "green" and keep them safe as well.

Austin Stroschein

Please show some respect, Cyclone fans

Dear editor,

Working crowd control at a sporting event is never going to be fun. But fans at Jack Trice Stadium couldn't have made fundraising for the DMACC baseball team any worse. They were dense toward the sport, booing referees at every opportunity, whether the action on the field constituted it or not. They showed no respect for visitors to the stadium, taking out their anger on guys like me working for CSC, jeering opposing players and fans, and even ridiculing the kids that shed blood, sweat and tears to finally wear that Cyclone uni-

form. Now I know many people affiliated with DMACC are Cyclone fans and I'm not saying every one of you is like this. But as a visitor to the stadium and an unbiased football fan with multiple friends that are part of the Cyclone football program, I was disappointed and often found myself shaking my head and even laughing at the ignorance being displayed. Have some pride, show some class and treat others how you would like to be treated, it sounds cliché, but it makes all the difference.

Reid Bonner

Raising smoking age won't work, prices will

Dear editor,

Regarding the "Results split in smoking poll" article in the Banner News, I would like to submit my opinion. I believe that what New York City is doing with its tobacco sales will have positive effects in the future. I believe that by raising the minimum price of cigarettes to \$10.50 a pack, the amount of "recreational" smokers will be dramatically reduced. The lucrative price could possibly make some teens re-think their choice to smoke. This price might make teens ask themselves, "Is smoking for \$10.50 a pack cool? Is it really worth it?" This moment of indecision in-

stead of impulse could possibly lower teen smoking.

As for raising the smoking age to 21, I don't believe that it will have as dramatic of an affect. People who smoke regularly get hooked early, most times before age 18. So up until 18 years old, these smokers are obtaining cigarettes illegally. Raising the smoking age to 21 won't make these teens start experimenting with cigarettes any later than what they do currently. These teens will be hooked at about the same time regardless of the legal age.

Ben Allen

Higher tobacco prices may help problem

Dear editor,

In regards to the smoking poll listed in Volume 13, Issue 6 of the Banner News, I'd like to say that I believe tobacco should be raised to a much higher price. One reason for this is it would drive some customers away. Thus, some Americans may stop using the product. The ultimate goal here, in my eyes, is to make our country a healthier place. As far as raising the legal age of purchasing tobacco to 21, I personally don't think that would do much to prevent anyone from smoking. Some may argue that younger

kids will continue to smoke or use another form of tobacco if the legal age to purchase isn't raised. The problem with this argument is a different supplier can be utilized. As Chad Nolan stated, if he wasn't able to get his cigarettes, he'd have someone else buy the product for him. All in all, smoking continues to be an issue that I don't believe will ever be completely resolved, but our country as a whole can take certain steps, such as jacking up the price of tobacco to ensure some quit using it.

Eric Jagers



Image from MCT

How to quit Facebook cold turkey...or not

(MCT)

At first, I thought I didn't need Facebook. Boy, was I wrong.

After some prodding and pushing from family and friends to join, I signed over my life to the social network giant in February of this year.

I consider myself a people person, so I quickly made contact with my "peeps," both near and far. I have to admit, Facebook opened a whole new world for me. I have been able to reconnect with childhood friends from the '60s, family members and a host of friends from my high school, Long Beach Poly, and California Polytechnic State University.

Some people I found through the network I haven't seen or talked to in 35 years. It's like a reunion every day I sign on. I've had live chats with my college journalism instructor and mentor, who is now retired and living on the Central Coast, and have been able to keep better in touch with my family, especially those in Southern California.

Facebook has brought us all closer together.

But in a short period of time, I felt like my social life was being sucked up by Facebook. Morning, noon and night I HAD to check in. It had become an obsession. I needed a break. So one day in late September while being social (four birthday posts) in this digital world, I decided to sign off and go cold turkey for 30 days.

Two hours later, I was regretting my decision to post my plans. By the next morning, I felt a powerful urge to sign in and renounce my pledge. My wife was no help, teasing me that I would never make it. She had seen me in action many nights in the den, one eye on the TV, the other on Facebook.

As my first full day without Facebook ended, I thought to myself, 30 days is a long time not to be connected to this instant, digital world.

You see, I had become used

to checking in with my workout buddies on Facebook before my daily exercise. It was like having a cup of joe before heading to work. They offered support and encouragement.

I've never considered myself addicted to anything, but this life without Facebook had me thinking: Was I indeed a "Facebook junkie"?

The biggest draw of Facebook is the feeling of being part of one big family. Now I felt lost and forgotten. So to fill the social void, I texted and emailed family and friends to let them know I was still alive.

The texts and emails helped me cope. But it wasn't the same as seeing the familiar digital faces on a daily basis. I didn't want to seem desperate for attention, but I was hurting for some digital love.

But there was an upside. I had more time to exercise, clean house and work in the garage. So for my wife, these were good times. She sat back and enjoyed the new me with more time on my hands.

This self-inflicted exile also taught me the importance of direct communication with family and friends. One day during the third week of my sabbatical from Facebook, I again phone texted some "FB" friends. I even made a few phone calls. It felt good to hear their voices, knowing I couldn't see their profile faces on Facebook.

Still, there were many days I felt like I was missing something important. My "peeps" share their ups and downs, joys and pains of life. I'm a big supporter of my family and friends, and I felt like I was letting them down by not being "present" in this digital world. Facebook gave me a line of communication, but now the line was disconnected on my end.

The lonely days turned into weeks. At the halfway mark, the urge to reconnect was building. I was ready to call it quits.

I was in full "take me back" mode. Being a digital outcast was taking a toll on my everyday

life. For example, I attended my cousin's wedding one Saturday afternoon. It was a beautiful service with family and friends. Of course I took photos, but under my no-Facebook pledge, I couldn't post them. What a bummer.

As the third week wore on, I started to count the days of my return from digital exile. I could visualize the light at the end of the tunnel, knowing my "peeps" would be waiting with open arms on the other side.

On Day 27, I got so itchy I called up the Facebook app on my iPhone and just looked at it, longing for the time I could sign back on. My sign-on password popped into my mind as I anticipated the digital love I would receive upon my return. I wondered: Do people really miss me? I hoped so, because I like to feel the love from my FB peeps.

My brother called me two days before my release to show me love. He was wondering what happened to me. He's a big-wheeler, delivering food and other goods across the country. So every now and then, he checks Facebook to get updates on me and other family members and friends.

On Day 30, I had a hard time keeping my emotions in check as the day turned to night. The closed gates to my Facebook community would soon open and I'd be free to network once again. The morning couldn't come fast enough.

As you would guess, once my self-imposed sentence was over, I jumped right back on Facebook and haven't looked back. And my "peeps" were indeed waiting for me to return to the digital fold. There were lots of notifications, friend requests and messages on my page. Smiling faces and welcome-back notes put a smile on my face. I embraced the moment to be back among friends in this addictive digital world.

Thank you Facebook. I'll never do that again. I'm here to stay.

DMACC stands out as military-friendly campus

5K to help soldiers

PTSD from page 4

and therapy techniques. "They can go to the David Lynch foundation for help, or their local VFW/VA, but in the worst case scenario we find the soldier will commit suicide," Taylor said.

Grinstead added, "Seven service members in Iowa have committed suicide in the past two years, and only a couple of them have actually been deployed."

Mental health resources in rural Iowa are limited, communities may only offer local health services so any specialist visits could mean money out of pocket or traveling an unreasonable distance to get seen.

"Often times the type of treatment is the pure medical model of how to treat symptoms of PTSD which includes medications, and that's not for everyone," Grinstead said. He says that it is critical to have an understanding and empathy for the military culture when handling PTSD with soldiers.

"Some of these guys who come in are so reluctant to open up and talk that we have to work on even getting acquainted. I have motorcycle stuff all over

the walls, and I have a picture of my own bike. It makes for a good ice breaker, because guys want to come home and buy these kind of luxury items. We can build into a trusting relationship through our common interests."

Philpott said in his experience he has seen misdiagnoses or even "fraudulent" cases of military induced PTSD. "It's sad, and I wish that wasn't true," he said. But he said typical PTSD and other mental issues can overlap or be similar to what happens to troops with military induced PTSD. He believes the government does what it can to help veterans with mental health issues. "Like any bureaucracy, they are often slow to act. But, the services and benefits we obtain are far more than any other generation before us."

Those who served in the Vietnam and Korean wars are 30-50 percent more likely to suffer from PTSD.

"Despite the frustrations, we are truly blessed," Philpott said. "Although our experiences overseas often have difficult moments, they are rarely things we can't overcome. It wasn't easy, but our tours are nothing

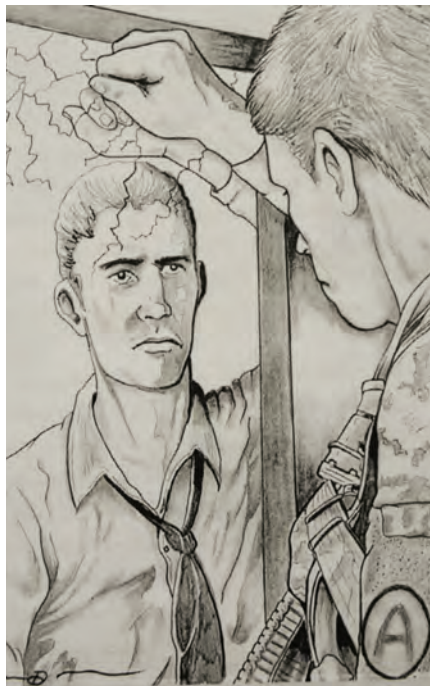


Image submitted by Sean Taylor

compared to WWII, Korea or Vietnam.

Philpott thinks that society isn't as detached from empathizing with soldiers as others believe. "I've never heard a harsh word from any civilian regarding my military service. Most are kind and thankful to a fault," he said. "Civilian support has been fantastic to say the least. Occasionally, we may meet someone who is a pacifist and against the military. We

politely remind them, 'War is terrible. Every soldier is a pacifist.'"

G.I. Jobs Magazine has recognized DMACC as being a military-friendly campus several years in a row. DMACC has staff and services available for veterans to assist in transitioning back to school and the workforce. Don Enright at the Ankeny campus is DMACC's representative for veteran affairs. He can be reached at 515-964-6278, or dlenright2@dmacc.edu.

For more information about veteran mental health services, visit mentalhealth.va.gov/gethelp.asp, davidlynchfoundation.org/military, or contact your local veteran affairs representative.

A 5K walk, run, ruck march called "In My Boots". It is scheduled at 9 a.m. on Saturday, April 19, at McHose Park in Boone.

Proceeds will go to the Wounded Warrior Project.

Participants who wish to "ruck" are encouraged to bring their own non-perishable food items to put into their pack. Rucking means carrying a 30-50 pound bag on your back.

There will be ruck bags and weights provided, and the donated food will be given to a local veteran homeless shelter.

For more information and to register for the 5K, contact Orv Salmon at ojsalmon@dmacc.edu, or Christina Graham at csgraham@dmacc.edu.



Final Exam Schedule - Fall 2013

Friday, December 6, 2013 through Thursday, December 12, 2013

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

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

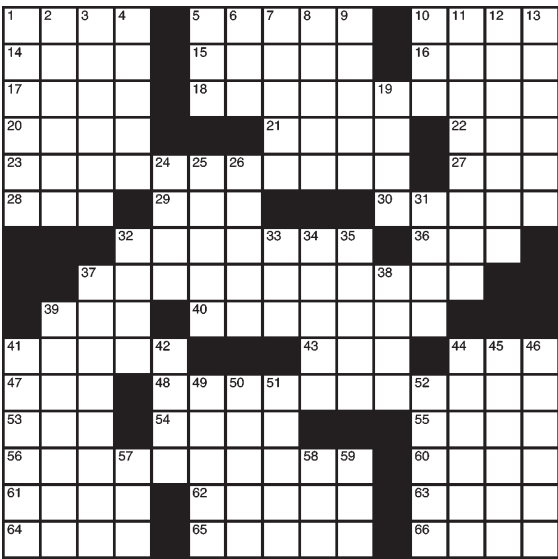
Evening/Saturday Final Exam Schedule - Fall 2013

- Evening Courses, i.e., courses that start at 5:00 pm or later will have their final exams on the days listed below and at the same time the class normally meets.
- Last Monday night classes (Final Exam) - December 9
- Last Tuesday night classes (Final Exam) - December 3
- Last Wednesday night classes (Final Exam) - December 11
- Last Monday/Wednesday night classes (Final Exam) - December 9
- Last Thursday night class (Final Exam) - December 5
- Last Tuesday/Thursday night classes (Final Exam) - December 5
- Last Friday night classes (Final Exam) - December 6
- Last Saturday classes (Final Exam) - December 7

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
 1 Cathedral area
 5 Tons
 10 Repts: Abbr.
 14 Garden center supply
 15 Dot in the ocean
 16 Circus performer?
 17 Tune
 18 Thin, decorative metal
 20 What a 63-Across may speak
 21 The last Mrs. Chaplin
 22 Grand Rapids-to-Detroit dir.
 23 Gets married
 27 This, to Michelle
 28 Morose
 29 Geometric suffix
 30 Like potato chips
 32 Lulus
 36 Mass transit carrier
 37 Dangerous things to risk
 39 Retirement destination?
 40 Wimps
 41 Underworld group
 43 Printer's widths
 44 Cookie container
 47 Renoir output
 48 Equestrian's supply box
 53 Spoil
 54 Alabama, but not Kansas?
 55 "Picnic" playwright
 56 One, to one, e.g.
 60 "Ain't Misbehavin'" Tony winner Carter
 61 Throw hard
 62 Hero's quality
 63 Hebrides native
 64 Desires
 65 Burning desire?
 66 Chop ____ Chinese American dish
- DOWN**
 1 Valuables
 2 Illinois city that symbolizes Middle America



By Mike Peluso

12/3/13

Monday's Puzzle Solved

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | O | W | | A | T | T | I | C | A | | S | D | I | |
| U | G | H | S | L | H | A | S | A | N | T | I | C | | |
| B | L | O | O | D | O | P | T | I | N | G | | P | O | E |
| S | E | C | U | L | A | R | | | A | R | C | A | N | A |
| | A | L | I | N | E | I | L | Y | O | U | N | G | | |
| J | A | R | | D | Y | A | N | | U | L | E | E | | |
| A | V | E | R | S | E | | G | O | R | E | S | | | |
| B | A | S | E | B | A | L | L | T | O | N | I | G | H | T |
| | S | M | E | E | | S | T | A | Y | | R | S | A | |
| H | O | P | E | C | H | E | S | T | | O | O | F | | |
| O | R | O | M | E | O | | H | E | R | O | I | N | E | |
| D | E | N | | D | I | A | M | O | N | D | H | E | A | D |
| D | A | Y | | E | S | K | I | M | O | | S | L | I | D |
| Y | U | M | | S | T | A | R | E | S | | D | R | Y | |

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12/3/13

- 3 Had a hunch
 4 Barely beats
 5 Member of the fam
 6 CBS drama with two spin-offs
 7 "Everything's fine"
 8 Exeter's county
 9 Dictation whiz
 10 The K.C. Chiefs represented it in Super Bowl I
 11 High school choral group
 12 Dollhouse cups, saucers, etc.
 13 Protected condition
 19 Pied Piper followers
 24 End-of-the-workweek cry
 25 Pebble Beach's 18
 26 China's Zhou ____
 31 SALT concerns
 32 "____ say something wrong?"
 33 Elected ones
 34 '50s automotive failure
 35 Goo
- 46 "I Believe I Can Fly" singer
 49 Stadium
 50 More desperate, as circumstances
 51 Some portals
 52 Adornments for noses and toes
 57 Gore and Green
 58 Lacto-____ vegetarian
 59 Years in a decade

Review: 'Delivery Man'

This column appeared in the Iowa State Daily on Nov. 28. It is reprinted in the Banner News with permission.

By Nick Hamden

I have seen "Delivery Man," but I did not watch "Starbuck," the foreign movie that this one is based on. It is not super foreign, because it is set in Canada, but it is the French part of Canada. Plus, the director and writer of "Starbuck" made this version, too. Really, it is just some strange re-imagining with a star in the U.S. that people might want to go see. Well, a star they might have wanted to see five years ago.

David (Vince Vaughn) is a piece of crap. It sounds harsh, but he really is. The movie makes sure you know that early on, by showing him rack up parking tickets, fail at his job delivering meat, disappoint his family, disappoint his girlfriend and get turned down for loan applications. He owes some thugs about \$80,000, and has no way to pay it back.

And there was a screw up a fertility clinic about 20 years ago. David donated sperm more than 600 times in a few years, under the name of Starbuck, and because of its high quality, it was given to and successfully birthed 533 children. More than 100 of them are suing the company and David to determine his identity, believing their right to know their biological father is far more important than his right to privacy.

Who wants to be known as the guy with 500 kids? Especially when his girlfriend (Cobie Smulders) is pregnant and can't imagine him ever being a father.

Basically his life is falling apart and he has no idea how to fix it. Maybe he can fix the lives of others? Despite his best interests, and the wishes of his lawyer (Chris Pratt), he decides to check out the profiles of a child, one at a time, and see if he can help their life in any way while remaining anonymous.

Clearly, a plan that won't backfire.

His immediate family



Hahn-Khayat-Nebinger/Abaca Press /MCT Actor Vince Vaughn (file photo)

includes his father (Andrzej Blumenfeld), two brothers (Simon Delaney, Bobby Moynihan) and some of his children, played by Jack Reynor, Dave Patten, and Britt Robertson.

The Internet tells me this is actually a scene-for-scene remake of "Starbuck," so I do not feel too bad not getting to watch the original. The last time I attempted to do something like that was when I watched both "Death At A Funeral's" back to back, and that was just awkward.

Speaking of awkward, that is this movie in a nutshell. It touches on a lot of personal and serious topics, but generally in a strange way given the circumstances of this film. I find it hard to categorize it as a comedy, because although the idea is silly, the jokes are few and far between and it gets really dramatic. If you go in expecting a laugh a minute, you will be disappointed.

Vaughn plays a screw up who has his heart in the right place. The reason that sounds familiar is that he always plays those roles, because he is

somewhat believable at them. I am not sure how to describe the emotions I felt during this movie, but I can tell you they were there.

The movie did far too much disservice early on by making me hate the main character. It was vague on a few important details, like who was after him for money and why they were surprisingly passive for seven to nine months. The passage of time was hard to follow, when months passed for his character without letting the viewer know. Certain problems ended up getting solved too easily and David had a surprising amount of money to use for his kids, and gas, and shopping when he owed so much cash in the first place.

I can't say for certain if this film will stick with me in the long run, but for now it is a decent attempt at trying something new (well, a remake of something new), and I can applaud it for that. It also does a good job of teaching about the potential horrors of sperm bank.

3/5

This week's horoscope



(MCT)
Aries (March 21-April 19) -- Today is a 7 -- Dreams contain tricky messages worth deciphering; write them down and consider the puzzle. Attend to career goals today and tomorrow. Don't spend impulsively, even with good reason. Stay put a while longer.
Taurus (April 20-May 20) -- Today is an 8 -- You find what you seek out. Dive into work without delay. Transform priorities and dress the part; a new haircut or style would be nice. Get something you've always wanted. Own your new direction.
Gemini (May 21-June 20) -- Today is a 7 -- Put your heart into your activities. Make big changes for the next two days, but without spending yet. Emotional tension demands release; it's a good thing, so let it flow. Take the time to listen. Test your results.
Cancer (June 21-July 22) -- Today is an 8 -- It's a good time to get your message across. Check your intuition by reviewing data. Don't try to impress others, despite your brilliant idea. Keep it private for now and prepare. Exercise outside and think it over.
Leo (July 23-Aug. 22) -- Today is a 9 -- Don't overspend or gamble today. There's more work coming. A rude awakening calls you to re-affirm a commitment. Remain patient. Work and make money today and tomorrow. Give and take. Inform the team privately. Offer insights.
Virgo (Aug. 23-Sept. 22) -- Today is a 7 -- Work interferes with travel now, so make plans for later. Postpone a shopping trip. Get an expert

for the job (if you're not one). Your love holds you to your highest ideals. Pay attention to that. Have inexpensive fun.
Libra (Sept. 23-Oct. 22) -- Today is a 6 -- Shop carefully. The next two days are good for making changes at home. Be careful, though. Think things through before acting. Get everyone else on board to make a breakthrough. Sift for bargains; there are plenty of options.
Scorpio (Oct. 23-Nov. 21) -- Today is a 7 -- The team buys into your plan. There are irregularities in cash flow, but it's manageable. You're extra brilliant today and tomorrow. Believe you can prosper. Emotions add motivation. Dress eclectic. Create a romantic venue and invite someone.
Sagittarius (Nov. 22-Dec. 21) -- Today is a 9 -- A controversy gets sparked. Great abundance can be yours over the next few days. Edit your lists and stay in motion. Choose your activities well. You don't have to tell everybody. Things could get tense. Try something new.
Capricorn (Dec. 22-Jan. 19) -- Today is an 8 -- The action today and tomorrow depends on your will power. Don't make assumptions or spend frivolously. Relax. Work messes with travel plans. Establish boundaries. Lighten your load. Your power's increasing. Help partners work out a disagreement.
Aquarius (Jan. 20-Feb. 18) -- Today is a 6 -- A difference of opinion causes conflict at home. Meditate in seclusion. Note financial shortages and instability. Learn from others. Calm someone who's upset. Today and tomorrow, reflect and look back. Identify new resources. All ends well.
Pisces (Feb. 19-March 20) -- Today is a 7 -- Dive into a passionate effort. Associates need support now. It takes creativity to reach a breakthrough (but it's available). Confer with allies today and tomorrow and try something new or unusual. Despite disagreement about priorities, you perform brilliantly.

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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 SIMPSON.EDU