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Banner News

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Banner News

Your Life, Your Campus, Your News

DMACC questions necessity for African American History Month

By Cainon Leeds
Editor-in-Chief

African American History Month is nearing its end. Some of Boone Campus' students and faculty believe African American History Month was and still is necessary to teach everyone about racial discrimination. To them, it's a time of celebration, education and recognition. Others, however, believe that it has run its course and is no longer needed.

Assistant basketball coach Ben Walker said, "Black History Month has been everything. It's the reason why I'm here."

Walker spoke of his gratitude for those who paved the way to racial equality so that he could be in the position that he is in today.

Career counselor and instructor Rita Davenport said that, "In an institution of higher education, it's critical to know where you came from."

DMACC invited several people to educate students about the contributions that African Americans have made. Speakers like Kyla Lacey, Preacher Moss and Iggy Mwela visited DMACC Boone Campus and raised awareness for the work of blacks.

According to Steve Krafcisin, the director of the Student Activities Council, SAC events usually cost between around \$200 and \$2,000, and February hasn't seen a significant rise in spending. Although Krafcisin said that the African American History Month and the Martin Luther King Jr. Day events don't generate larger audiences than usual, he believes that, "The awareness is what you bring to the campus."

She recalled George Santayana's famous quote and said, "Those who forget about their history are doomed to repeat it."

Social science instructor Sean Taylor also shared his views on African American History Month. He stressed the importance of portraying African Americans in a more honest, positive light instead of how

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Ben Walker



Rita Davenport



Steve Krafcisin



Sean Taylor

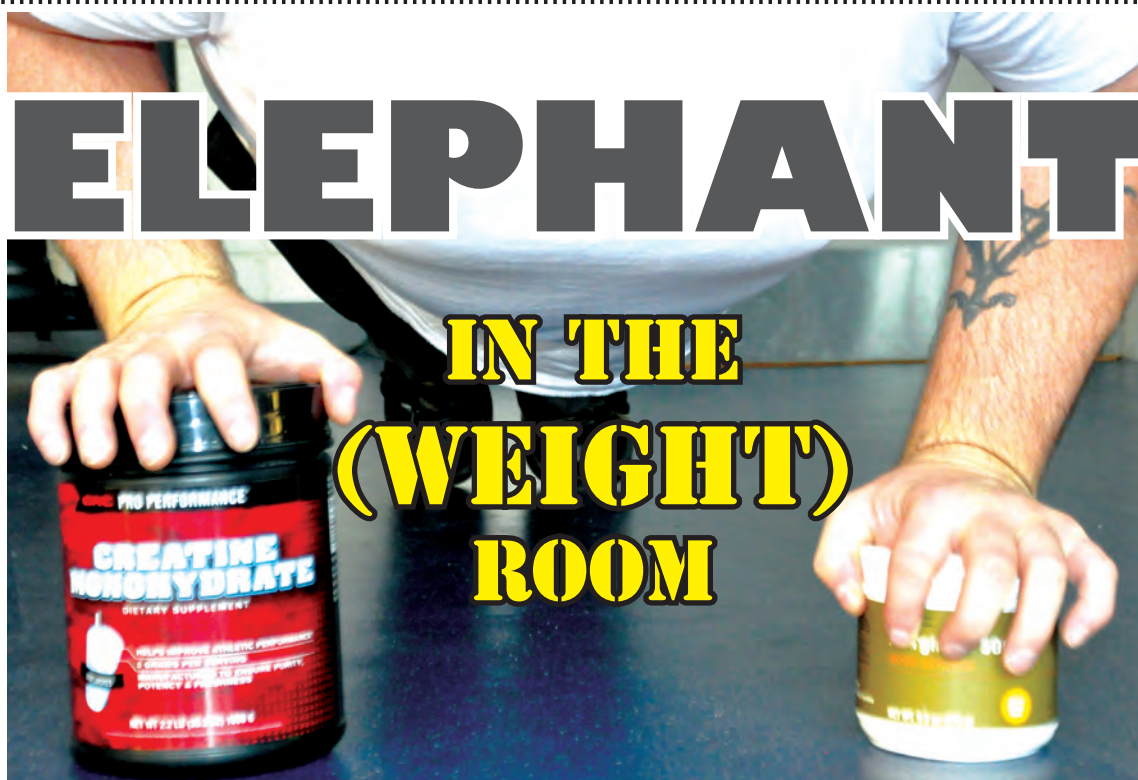


Photo by Cainon Leeds

Performance enhancing drugs pump up debate on campus

By Josh Stevens
Staff Writer

The issue of whether substances should be used to enhance athletic performance has muscled its way onto the DMACC campus.

Fundamental differences exist around the college regarding the use of substances such as protein, creatine, pre-workout powders and pills, testosterone boosters, pro-hormones, human growth hormones and steroids to improve sports performance.

DMACC's policy is governed by the National Junior College Athletic Association, which authorizes testing for banned

substances, such as steroids. The school does not regulate performance-enhancing drugs that are not on the banned list.

Boone Campus Provost Tom Lee said, "Plain and simple I don't think they should be used."

The pressure to be an elite athlete has created a vacuum effect on athletes from high school to the pros sucking some of them into the belief that without these substances they will not be elite. Professional athletes who have faced the consequences of taking PEDs include Barry Bonds in baseball, Jessica Hardy in swimming, Andre Agassi in tennis, Lance Armstrong in cycling, Rebekah Brunson in

basketball, Brian Cushing in football, and Nick Diaz in mixed martial arts.

The media attention from the fall of these sports idols has given rise to the glaring reality that faces today's athletes: You train for a sport that gives you fame and fortune, but if you're not using PEDs, you will be passed by. Imagine spending 10, 12 or 15 years training for a sport, excelling and then the athlete next to you starts to catch you due to using PEDs.

Kyle Hanna, head baseball coach, spoke to the temptation of the player. "Stop and think to

See PEDS, page 4



Chris Haberle

Nikki Christensen

Asher Van Sickle

Maggie Sandquist

Sam Pritchard



"Batman, because he's smart but still really nice. He can hide his identity even though he's the richest man."

"Spiderman, because he does more, like climbing up walls."

"Simba, because he's curious, adventurous and all too ready to become king."

"Batman, because the Bat Mobile is pretty sweet."

"Hercules, because of the way he cleaned out the stable."

Who is your favorite superhero and why?

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Photo by Ashley Neff

Fit in fitness

Classes offer quick work outs at noon, morning

By **Kodie Butterfield**

Staff Writer

The Fitness and Sports Management program at DMACC Boone campus are now offering open exercise classes for students and faculty. Individuals within the program are organizing and teaching the classes to any people who come. There is no sign-up for the classes it is an informal process.

Cardio Dance is being offered on Tuesday from noon-12:30 p.m. Boot Camp is offered on Thursday from noon to 12:30 p.m. Yoga is being taught on Monday from 7:00 a.m. to 7:45 a.m.

Student Jolynne Carlson teaches the Cardio Dance and

Boot Camp exercise classes. “Those of us in the program noticed a need among the students for more physical activity” said Carlson. Carlson said it is recommended that people get at least 30 minutes of physical activity a day. The exercise classes offer students a free and fun way to get those 30 minutes in. The classes are informal and provide a friendly atmosphere for students to exercise.

Student Aaron Collins who took part in Carlson’s Cardio Dance exercise class said “I wanted to see what it was like and see if it was something I could incorporate into my singing.” Collins said that he felt he benefited physically from the class and was able to learn some new dance moves.

The class wasn’t really what Collins was expecting but he said, “Sometimes you have to feel stupid doing something to have fun.” Collins plans on trying out the Boot Camp class. Boot Camp is an exercise class that offers basic exercise ideas and can be modified to different levels.

The classes offer opportunities for students and faculty to attend a group fitness class and learn exercises they can do outside of the class time. “The main thing is they are free and fun so there are no excuses” said Carlson. If students have any questions they can contact Jenny Spry-Knutson at jspry-knutson@dmacc.edu or Jolynne Carlson at jmcarlson3@dmacc.edu.

Smartphone apps for health, fitness

(MCT) - Going for a run, losing a few pounds or finally exercising a bad habit? Of course, there are apps for all of that and more, and more people are filling their smartphones with them.

Nearly 20 percent of smartphone owners have at least one health app on their device, according to a Pew Research Center study released in late 2012, with exercise, diet and weight the most popular kind. The study found that women — those younger than 50, better educated, and with an annual household income of more than \$75,000 — are more likely to have downloaded a health app.

There are plenty of choices (and seemingly more every day) for those women and anyone else who wants to add some health and fitness to their digital world.

Now is as good a time as any to download one or two. Each new year offers a good time to reassess priorities and find new ways to achieve life goals. Here are some health and fitness apps that may help.

Juice

WHAT: Energy and activity tracker that helps you connect daily routine to energy level by keeping track of your activities such as sleep, diet, stress, mood and exercise to help you identify and change the energy-sucking

behavior. Users get energy tips, a weekly report to track progress and help prioritizing healthy habits for the upcoming week.

HOW MUCH: Free

FOR: iPhone, iPod touch and iPad

Fitsby

WHAT: This app plays off basic principles of human nature — money and social pressures motivate people. To get people to the gym, Fitsby has them challenge friends to a game of gym check-ins. Users can play for fun (and motivation) or for real money. A GPS system confirms user is at the gym and he must stay there for at least a half hour before checking out. At the end of the game, the winner(s) take the pot.

HOW MUCH: Free

FOR: Android, coming soon for iPhone, iPod touch and iPad

Lift

WHAT: This app lets you set goals for health, fitness and anything you want to improve. Want to read more, be kinder, drink more water, be more productive? There are more than 300,000 habits to choose from. Set the goal and get motivated by tracking habits, marking, monitoring, seeing progress and seeking social networking support if desired.

HOW MUCH: Free

FOR: iPhone, iPod Touch and iPad; soon for Android

Cruise Control

WHAT: A unique option in a glut of running apps, Cruise Control matches music selections to the pace users want to run. There are four options — in Free Run, the app automatically selects music to match your running rhythm; Pace lets users pick a target speed and if they match their running rhythm to the music, it keeps them there; Heart Rate is much like Pace, if runner matches steps to the rhythm of the music, it will get the user to the targeted heart rate; and Cadence has users pick target stride rate and the app adjusts the songs to play at the same tempo.

HOW MUCH: \$4.99

FOR: iPhone, iPod touch, iPad

Azumio Fitness Trainer

WHAT: A big developer of health and fitness apps, Azumio added Fitness Trainer to its catalog in December. The app gives users more than 600 exercises and more than 100 home workouts — including seven body-part specific workouts — using only body weight, dumbbells or resistance bands. Sport specific workouts (for skiing or cycling, for example) are offered as in-app purchases.

HOW MUCH: \$2.99

FOR: iPhone, iPod Touch, iPad

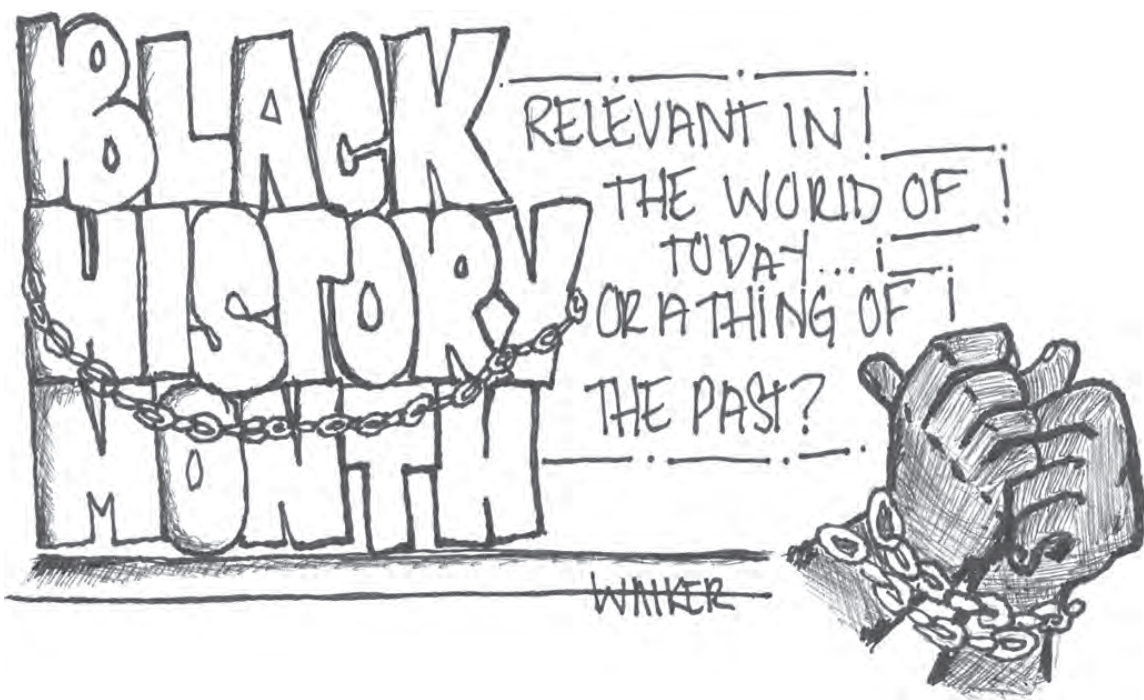


Illustration by Stacey Walker

Has Black History Month served purpose?

MONTH, con't from p. 1

they are represented in popular culture.

"The images you see in the shows portray them as rappers and gangsters," said Taylor.

History instructor Charles Irwin shared similar views, saying, "20 years ago, you would have seen very few lead black characters in TV shows."

Taylor said that African American History Month is a way to present children with successful blacks who became doctors, lawyers, inventors, teachers and more.

Walker also shared concern for children learning the importance of the role that African Americans have played in the shaping of American history.

"For our youth, I think it's important to have Black History Month to remind them of the past," Walker said.

According to Taylor, blacks were treated like second-class citizens until the 1960s, and over the years people have become more accepting of people of different races.

"You young people aren't racist like your parents were, and your parents weren't racist like your grandparents were," he said.

Student Taylor Linder said, "Some of the things going on today are a positive outcome of what happened in the past."



Taylor Linder

History instructor Harold Meyer said, "History was focused on the white male, but that's changed dramatically over the past 40 years."

He retraced African American history from slavery before the founding of the United States to the passage of the 13, 14 and 15 Amendments after the Civil War, which outlawed involuntary servitude, extended full citizenship to African Americans and allowed them to vote for the first time. He also made the point that not all blacks could vote until the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

"To enjoy inclusion in America, you have to be able to vote," Meyer said.

However, Meyer also said that African American History Month has "run its course" and doesn't seem to be necessary in modern American society.

"I think it has served its purpose," he said.

He said it was very helpful and necessary for a time, but that time seems to have passed.

Irwin shared a similar sentiment about African American History Month when he said, "I think things, over



Harold Meyer



Charles Irwin

time, do tend to lose their significance."

"I think sometimes we go overboard with recognition," he added.

Irwin's answer to the issue was to "celebrate all of our diversity all throughout the year."

"I think we need to evaluate these things continually," he added.

Others believe that African American history does not need special treatment because it is included in American history already.

Student Brandi Botkin said, "Black History Month is a waste of time because they try to make it a separate history when it ties into all history."

Meyer said, "Real historical equality will exist when we don't need Black History Month."



Brandi Botkin

Librarian turns page in new chapter of life

By Jacob Johnson-Muyengwa
Staff Writer

Karen Messler isn't giving up libraries cold turkey.

DMACC's library specialist is retiring at the spring semester after 19 years, but she will start volunteering at the Boone Scenic Valley Museum, helping them run their library.

"It was a hard decision," Messler said about retiring. "I'm doing it to have more time with my eight grandchildren and to be able to go on trips with my husband. I wanted to have more time with family."

Provost Tom Lee said Messler's position will be filled, and her replacement will begin work after July 1. Lee and librarian Michelle Tedrow will conduct the interviews.

"We will miss how compassionate she is in her job," Lee said. "She's always helping students find the information they need to be successful."

Messler's day-to-day tasks include helping with student's research, checking books in and out, doing invoicing, cataloging and processing. With only three members including herself on the library staff, her absence will be felt greatly by her co-workers.



Karen Messler

"We will miss her terribly," said Tedrow, who has been working along side Messler for five years now. "She's our frontline person. She's been here such a long time. It won't be the same library without her."

Messler has a hard time picking out a favorite experience from all her time at DMACC.

"I have a lot of good memories here over the last 18 years," Messler said. "If I had to choose, I'd say the changes the library has gone through; a lot of good changes."

Messler noted how much DMACC has grown during her career here.

"I'm going to miss the students and the staff the most."

Do you have to share something about Karen? Visit Banner News on Facebook.

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Bear Briefs

Lunch & Learn

On Feb 27 from 12:20 p.m. to 1:15 p.m. in Room 156 there will be a Lunch & Learn session. The topic will be wellness if your finances. How Healthy is your Dough? It is free to all current students, faculty, and staff.

Seven Oaks

Feb 28 from 4 p.m. to 9 p.m. DMACC Students Activities will pay for a free ski or snowboard lift ticket at Seven Oaks. You can bring up to 5 family members or 1 guest. Must bring some form of DMACC I.D.

Hypnotist

Chris Jones will be performing his hypnotist act in the Courter Center from 12:10 p.m. to 1 p.m.

Exercise Classes

On Mondays from 7 a.m. to 7:45 a.m. there will be Yoga classes. On Tuesday from noon to 12:30 p.m. there will be Cardio Dance classes. On Thursday from noon to 12:30 p.m. there will be Boot Camp classes. All of the classes will take place in the gym.

Campus spars over supplements

PEDs, con't from p. 1

yourself if someone came up to you right now and said 'hey, I'll give you \$2 million if you do a cycle of anabolic steroids,' you'd think really long and hard about it. It's easy for anybody to say 'oh no I'd never cheat' but that's a lot of money. And if you're talking about the guy who's a year away from retirement or if he takes this stuff, he's five years away from retirement. You're talking \$50 to \$100 million that those guys are getting over that amount of time."

The Boone YMCA bans all substances from its weight room because of the abuse of pre workout supplements by high school kids.

Makayla Brinkley, the senior program director of the Boone YMCA said, "Unfortunately we have a lot of high school students that are misusing different types of substances and they are hurting themselves and their bodies. They are destroying their liver."

Brinkley said the Y set its policy to protect itself and its members. "Unfortunately we were having a lot of pills coming into the facility and the pills were being spilled, and we cannot have our other members, the younger members, picking those up as that could be potentially life threatening."

The stance on PEDs around DMACC is not as clear-cut.

Eric Sellers, a student and user of pre-workouts and creatine, said, "Real steroids I would say are bad or illegal, but certain other ones like the ones that help with recovery or healing, I don't think that's wrong."

Hanna stated his feelings on PEDs: "I know there're guys that take the pre-workout stuff and the protein stuff. I'm OK with that as long as it's...I mean if it's got a name like Rage Triple X D, or something like that, it's probably not good for you."

Jocelyn Anderson, an assis-



Photo by Cainon Leeds

tant women's basketball coach, said she doesn't see an issue with proteins. "Proteins I think are great if you are in athletics and you need to build a little more muscle. I think there's nothing wrong with that, but anything above that I think there is a problem."

DMACC Athletic Director Orv Salmon said, "I think that anything that gives you an unfair advantage is inappropriate."

There is a belief that the products could be damaging to the individual both in the long and short-term. The FDA does not regulate a lot of the products such as pre-workouts, HGH or until recently pro-growth hormones so the player can make the call without legal ramifications.

Hanna spoke of the complexities he faces as a coach. "The rules are constantly changing. It's hard for me to keep up with what is (legal) and what isn't."

Lee said the problem with PEDs is the damage may not be immediate. "PEDs may give you a boost right now and allow you to surpass your natural ability but you're going to pay on the other end of it. A lot of people don't

understand, realize or think about that."

Mary Beth Hanlin, an anatomy and physiology professor, said, "If you take them and you leave it at a level, what happens when you stop? The body's going go 'whoa, what's going on here.'" She points to Stallone and Schwarzenegger as examples of the steroid dependency. The struggles of these two well-known actors have been documented as they try to maintain their physiques while staying clean.

Austin Larson, a student and user of pre-workout and creatine, said there is a knowledge gap to blame. "[There are people] that don't know anything about it, but are against it. I mean we have people against protein -- it's like saying, 'don't eat a steak. Amino Acids, that's horrible'; No, that builds proteins right there."

Another element of the debate is how the sportsmanship and character of a player who chooses to partake is reflected versus going "all natural or clean."

Salmon spoke about a friend whose son, Casey Blake from Indianola, played for the LA Dodgers and Cleveland Indians. "Aside

"There's no point in us all being freaks on the court because it takes away from what you do personally."

- Jasmine McCoy
point guard

from the strength [gained from PEDs], one of the biggest advantages supposedly is the recovery time or the quick turn-around time. When you play 162 game baseball season, that's a huge advantage compared to a person [like Blake] who is just trying to grind it out."

Jasmine McCoy, point guard for the women's basketball team, is opposed to PEDs. "I feel like that's not fair for someone like me who doesn't take anything," she said. "For me personally I think it's just how I grew up, my morals and values. I just feel I need to work harder. I want to earn it."

She thinks all athletes should keep it natural. "There's no point in us all being freaks on the court because it takes away from what you do personally."

Anna Grace Fleckenstein, a cross-country runner, described a time recently when she was on the treadmill and another person was working out nearby. "He was overweight and I watched him run a mile and struggle through it. But it was like I couldn't stop looking at this guy because I had so much admiration for how hard he just fought for it."

Some DMACC athletes believe changes should be made in the athletic department to reflect current realities about PEDs.

Fleckenstein, said, "Coaches need to stress the negatives associated with PED's and I think there

should be consequences to using PED's to ensure fairness."

Basketball player McCoy added, "They address eating right but I think, as a whole, athletic-wise, they can sit us down and tell us straight forward about the negatives of performance enhancing drugs, maybe [show] a documentary about it."

Anderson said her knowledge about PEDs is limited. "Anything above protein I'm really not that familiar with all of that." She said she's learned about other substances from TV or simple Internet searches.

Salmon stated, "I may be a tad bit naive or out of touch. I don't think there's a problem, but I do think there is a generation gap."

"[There's] something clean about going out and pushing yourself naturally," Salmon said. "Your ability versus their ability. At all costs, then I think its overstepped boundaries."

But based on media reports and sales of performance enhancements, the PED trend doesn't appear to be going away.

Brinkley said, "I believe that supplements and performance enhancing substances have become a huge problem in today's society of fitness, wellness and sports because people don't have the knowledge in how to use them."

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Phi Theta Kappa inducts new members



Photo by Dan Ivis

On Feb 18 Phi Theta Kappa held their Spring Induction Ceremony at the Boone campus theater. The following students participated: Amanda Abd El Krim, Carol Barrick, Hannah Bindner, Kaylee Buch, Sarah Byrd, Whitney Carlson, Bradley Christensen, Nico Costa, Carl DeVries, Brian Fox, Kelsey Fynaardt, Ashley Garland-Wheeler, Breanna Hall, Samantha Hocker, Billie Hovick, Shannon Kaster, Rileigh Patrick, Monica Pearson, Chelsea Price, Kristopher Reinhart, Lindsey Sampson, Maggie Sandquist, Lynsie Sievertsen, Bailey Stepanek, Jayme Stoneburner, Olivia Sulentic, Samuel Titus, Sarah Weiland, Taryn Wicks, and Keesha Wormerly.

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File photo/Dick Kelly

Returner Sara Jesse sets up volleyball in warm-ups.

Bears seek revenge

Volleyball team starts spring with memory of hard loss

By Jessica McNeece
Staff Writer

Bronnhia Bailey sets her alarm for 6 a.m. every Tuesday and Thursday now that spring volleyball season has started. She is in the gym by 6:30 a.m. with the memory of the last game on her mind.

Last year, the 18 players of the DMACC Bears women's volleyball team lined up opposite of their archrivals, the Kirkwood Eagles, on Nov. 3.

DMACC had won their first round in the regional tournament against Iowa Lakes. They ended up playing Kirkwood Community College for the Regional Final game. This game would take them to the national tournament.

They lost in four sets. Every game was neck and neck; they had two games that were within two points of each other.

"Being a freshman I didn't understand the rivalry, but in the finals it touched me. Everyone came together. It made the team realize how important it is to beat them [this fall]," said Bailey.

Bailey, a freshman, played as DMACC's outside hitter last season. She will be returning to play next season and is seeking revenge on Kirkwood.

Head Coach Patty Harrison remembers that Regional Finals game and knows what it takes to achieve a win.

"I was proud of the girls to be right with them. The program is there. The game could have gone either way. The girls fought till the end," said Harrison. "My returning players will know what it takes next season."

Bailey uses this to fuel her expectations. The loss to Kirkwood is her motivation for when she returns to the court this fall.

"My expectations are to beat Kirkwood and better ourselves as a team. We need to learn to play better together," said Bailey.

Iowa State sophomore Hope Wadle went to Kirkwood last school year and played on the volleyball team there for a year.

"We looked at DMACC as our best competition in the conference. Playing them was probably the most important game in the season, besides the game to go to nationals," Wadle said.

The DMACC team started its spring season Feb. 1. Freshman Sara Jesse is returning in the fall as a setter for the DMACC Bears.

"So far we are doing open gym and workouts in the morning. When basketball ends we will get in the gym more," said Jesse. "We are just at practice working hard

to get better everyday."

The team's record was 28-15 last season and they were fourth in the conference.

"We need to work on serve receive and our defense. It all starts with a pass," Jesse said.

Assistant Coach Darcy Christensen agrees with Harrison and her thoughts on what to improve on.

"We need to work on team work, coming together, and being able to handle situations during game time. We also need to know when to score big points," said Christensen.

Teamwork is a challenging concept to work with at a community college. When the sophomores leave, Harrison has half the team to recruit back.

"I'm a little worried about next season. Our main passers are sophomores and our middles will be completely new coming in," Jesse said.

Out of the 18 women on the team, five are returning. They also have a transfer and a manager coming in to play.

Harrison has four recruits that have signed and a lot more interested in DMACC for the fall.

"A lot of recruits are holding off but we have a lot of offers out there. A lot of coaches seem to be in the same position. We have some really good middle hitters coming in and hopefully by March we will get the last couple girls to finish the team off," Harrison says.

The transfer student that is going to play with the team next year is Barbra Menezes. She is transferring from Texas to play with her sister Sheila Menezes who is one of the outside hitters this fall.

"It feels good to see people coming in and proving that they are good enough or better than the girls that played those positions previously," Bailey said.



File photo/Dick Kelly

Returner Bronnhia Bailey goes up for a big block against NIACC.

Recruit Carissa Rainey from Ankeny High School feels just as excited to play this fall as Bailey feels.

"I'm excited to play. I like the coach and the players. They are really nice. They have a good group of girls who seem to have a lot of fun. I am also excited to live in the apartments with the team," said Rainey.

After a hard loss to a rival team in the finals, the DMACC Bears are working hard now to prepare for the fall. They have several tournaments lined up this spring.

"We need to get the team mentally and physically prepared for the regional final game. We want to get back to the national tournament. I think we will be a top contender this year," Harrison said.

Sports Roundup



Photo by Cainon Leeds

Men return to winning ways with victory over NIACC

Jones Jr.'s 28 points catapults Bears to victory

Freshman forward Brandon Nazione, left, 24, scores two of his 18 points on his layup in Saturday's win over NIACC. DMACC returned to the win column with a 5-point win over the Trojans. Darry Jones Jr. led the way while posting a double double with 28 points to 10 rebounds. With the win the Bears record now stands at 17-12 (6-7) with one game remaining in the regular season. The Bears have off until March 5 when they take on Kirkwood in the season finale.

Five game winning streak snapped with three point defeat to NIACC



Photo by Cainon Leeds

Trojans too much despite strong play of Freshman Carlee Schumacher

Freshman point guard, Jasime McCoy, left, 32, stretching the court in Saturday's 71-68 loss to NIACC. Carlee Schumacher led the team in scoring and rebounds for the second straight game after putting up 19 points and eight rebounds in a losing effort against the Trojans. The Bears record fell to 21-7 (10-4) with two games left in the regular season. DMACC travels to Marshalltown Wednesday to take on Marshalltown Community College.

Learn from Black History every day, not just 1 month



Kodie Butterfield
Staff Writer

Most of us, if not all of us, know the famous story of Rosa Parks and the bus seat but what about W.E.B. Du Bois, Louis Armstrong, James Baldwin, and Thurgood Marshall? If you know about all of these individuals I applaud you, but if you don't then you are far from alone. These are a very few of the many influential African-Americans from history.

February is coming to a close and the question on my mind as I write this is; what have we done to remember Black History month as a school? I know that DMACC has done a great job this past month of bringing in performers of different races but that is just about it. I am sure there have been informational sessions but how many of us really go to those? The concept behind them is great and it's awesome that DMACC wants to create more diversity but that should be a goal year round.

As individuals I don't feel we do much either. Most of us will say that yes Black History Month is important but do we actually do anything to support that opinion? Do we take time out of our day to remember Black History? Personally I know I haven't done anything differently this month compared to others. I will admit that I've seen myself as too busy to really pay much attention to it. When I was in middle school and high school I always remembered Black History month because it was a part of my curriculum. I remember doing different projects each year and I still remember the individuals I did my reports on but I don't really think of them as Black History. I think of them as influential individuals who achieved something that no one thought they could.

Black History Month takes February and makes it a specific time period to learn about Black History. It's a great concept and presents learning opportunities. Something people need to realize is that black history is American history. I don't believe we need to have a separate month dedicated solely to their history. I'm not saying that African-Americans didn't have it hard or don't still have it hard but I am saying we share a common history as a nation.

We should be incorporating Black History Month into our regular history lessons. I think that college textbooks do an adequate job of having diversity in them. The problem is that there is only so much we can know. We need to remember that when history was being documented most people were incredibly racist and didn't see a need to include people of color. Since we don't have the information to be taught we can't properly teach.

There is however one particular idea I think we should all take out of Black History Month in general. That idea being that these individuals we learn about overcame racism and a numerous other obstacles in their life and were able to make something out of the lives they were given. Today we all sit around and

complain about how horrible our lives are but do you honestly think that any of us would have survived racism and being enslaved under abusive masters? I know I couldn't have.

Simply put black history is a very important aspect of history but I don't think it needs its own separate month. We should take the ideals of Black History Month and use them in our daily lives. As

a nation we have done a good job of incorporating all history into our curriculum in the schools and so Black History Month has become an outdated idea.



THE ENTREPRENEUR

Madame C.J. Walker, 1867-1919

She was born Sarah Breedlove, daughter of a poor farm couple who died while she was still a little girl. She was married at 14; when her husband died, she supported herself as a washerwoman. In 1905, Walker perfected a formula for straightening the hair of black women; it was the beginning of a cosmetics empire that, by the time of her death would make her a millionaire — one of the first black Americans to achieve that status, if not the first. Walker denied herself no luxury — her mansion at Irvington-on-Hudson, N.Y., is said to have been a regal showplace. But the hair-care magnate was also a generous contributor to good causes; she funded scholarships and gave to the indigent and the needy.



THE SINGER

Mamie Smith, 1883-1946

Bessie Smith was better known, but Mamie got there first. Her hit, "Crazy Blues," recorded in 1920, was the first blues vocal ever recorded and also the first recording by an African-American woman. Despite that distinction, Smith did not think of herself primarily as a blues singer — she was a vaudevillian who sang many different styles. The Cincinnati-born vocalist spent the '20s and '30s barnstorming across the United States with her Jazz Hounds, a band that included such luminaries as James "Bubber" Miley and Willie "The Lion" Smith.



THE EXPLORER

Matthew Alexander Henson, 1866-1955

On the day in 1887 that he first met Robert Peary, Henson, though only about 21 years old, already had experience as a stevedore, seaman, bellhop and coachman. Peary thought Henson might make a valuable valet on Peary's attempt to become the first man to reach the North Pole. But Peary soon discovered that Henson's abilities and experiences made him even more valuable as a colleague. As Peary once put it, "I couldn't get along without him." The men mounted seven expeditions to the Arctic, including the last, in 1908 and 1909, when they finally stood together at the top of the world, the first explorers to do so.



THE ACTIVIST

A. Philip Randolph, 1889-1979

His courtly, Sphinx-like demeanor belied the soul of a fighter. Randolph, a leader of the "New Negro" movement of the early 20th century, was tapped by black railroad workers to lead their fledgling union, the Brotherhood of Sleeping Car Porters, in 1925. It would take years for the union to even get the Pullman Co. to recognize them, years more before an agreement was hammered out, but when it was over, Randolph and his union had won workplace concessions once unthinkable for black employees. In later years, Randolph was instrumental in pushing President Franklin Roosevelt to do away with segregation in the defense industry. He was also an organizer of the 1963 March on Washington.



THE JOURNALIST

John Russwurm, 1799-1851

Although he was technically born a slave in Jamaica, Russwurm enjoyed many privileges of freedom because his father was a white American bachelor. His father, also named John Russwurm, provided a quality education for his son at Bowdoin College in Maine (he graduated in 1826, the third African-American to graduate from an American college). When the elder Russwurm relocated to Massachusetts, he took the boy with him. In 1827, this child of privilege took up the plight of the American slave. With his partner, Samuel Cornish, he founded Freedom's Journal, the first black newspaper published in the United States. The paper's then-controversial credo: Complete freedom and equality for African slaves. As the editors put it in their first editorial, it was time for black people to plead "our own cause."

10 WHO COUNTED

From politics to exploration, **Leonard Pitts Jr.** profiles 10 influential African-Americans you might not have heard of

Sometimes, history forgets. Sometimes, the big names everyone knows crowd out the smaller ones fewer people recall. Sometimes, when it is time to apportion honor and assign recognition, men and women who ought to be singled out are not.

And so, those who inspired the dreams, fanned the flames and stood in the thick of revolutionary change can find themselves left out of the books, short-changed in the reminiscences.

In this annual season of black history's celebration, much will be said, and deservedly so, about giants such as Martin Luther King Jr., Malcolm X, Frederick Douglass and W.E.B. DuBois. But here, in 10 fields of American endeavor, are 10 other names, lesser-known women and men whose contributions and heroism we should remember, always.

— Leonard Pitts Jr., *The Miami Herald*



THE PREACHER

Adam Clayton Powell Sr., 1865-1953

He was the grandson of slaves, the father of a flamboyant namesake congressman and a towering figure in his own right. As a boy, Powell, a Virginia native, is said to have learned the alphabet in a day. A year later, he was reading from the Bible. A grandfather nudged Powell toward the ministry and he eventually served as pastor of churches in Connecticut and Pennsylvania. The pastorate that made him famous, however, was at Abyssinian Baptist Church in New York City. Under Powell's leadership, Abyssinian practiced a social gospel that did not limit itself to the pulpit and pews; the church operated a facility for the aged, helped feed the poor, and agitated for racial and economic justice. By the mid-1930s, Abyssinian claimed 14,000 members, making it the largest Protestant congregation in the United States.



THE POLITICIAN

P.B.S. Pinchback, 1837-1921

Pinckney Benton Stewart Pinchback was the free-born son of a white planter and a woman the planter owned and later freed. In 1862, he was assigned the duty of recruiting African-American volunteers for the Union Army forces, but resigned his captain's commission in protest of the discriminatory treatment of his men. During Reconstruction, he was a leader in the founding of the Louisiana Republican Party and was elected president pro tempore of the state Senate in 1871. Pinchback became lieutenant governor when the incumbent died. Then, the governor was suspended during impeachment proceedings, and Pinchback succeeded him, too, serving as acting governor of Louisiana from December 1872 to January 1873. He was the first African-American governor in history and, until L. Douglas Wilder became chief executive of Virginia in 1989, the only one.



THE FILMMAKER

Oscar Micheaux, 1884-1951

Oscar Micheaux came of age during the days when filmmakers routinely ignored African-Americans or confined them to subservient, demeaning roles. This was, paradoxically, the key to his success. During the '20s and '30s, Micheaux wrote, directed and produced about 30 films keyed to black audiences. Micheaux operated on a budget of next to nothing, raising money directly from his audiences. Thus, there was no such thing as "Take two" in a Micheaux movie — not even when an actor blew his lines. Not surprisingly, the movies were usually awful. Also not surprisingly, an audience starving to see itself reflected on screen flocked to his films. Micheaux, a consummate promoter, would travel from town to town, screening his current movie while raising funds for the next.



THE SOLDIER

Henry Johnson, 1897*-1929

Early on the morning of May 14, 1918, Henry Johnson and Needham Roberts were standing sentry on a bridge near the Aisne River in France when, without warning, they were attacked by a force of 32 Germans. Cut off from their regimental headquarters and armed only with pistols, knives and a few hand grenades, the two black soldiers somehow stood off the much larger force, pressing the fight even though Johnson was wounded three times and Roberts twice. At one point, the Germans rushed the pair and took Roberts prisoner. By now reduced to using only a bolo knife and the butt of his empty pistol, Johnson nevertheless charged the Germans. He managed to wound as many as 10 of them and to kill at least four more. The startled Germans dropped their prisoner and ran. Johnson and Roberts were both awarded France's highest military honor, the Croix de Guerre.

*Approximate year of birth



THE FIGHTER

Jack Johnson, 1878-1946

Before there was Muhammad Ali, Joe Louis or Jackie Robinson, there was John Arthur Johnson, a boxer who became history's first black heavyweight champion in 1908 with a victory over Tommy Burns. Johnson spent 15 rounds whipping Burns, carrying on a running dialogue with him as he did so. Finally police stopped the bout. The victory was all the more impressive in light of the fact that Burns' manager served as referee — a concession Johnson had to make in order to get Burns to agree to the fight. Johnson's victory polarized the nation — a state of tension made worse by the fact that he was a swaggering, boastful champion given to publicly romancing and marrying white women. Proponents of white supremacy seized upon former champion Jim Jeffries as their "great white hope" for snatching the title back from this unruly black man. But the overweight Jeffries, who returned from retirement for the bout, was no match for Johnson, who toyed with him for 15 rounds before knocking him out.

Death penalty is on trial

Risk of human error nullifies benefit of capital punishment



By Cainon Leeds
Editor-in-Chief

Kimberly McCarthy was sent to death row for stabbing a 71-year-old woman to death, cutting off her ring finger and stealing her wedding ring in Texas back in 1997. In addition, McCarthy has been linked to two other murders.

She was set to be executed by lethal injection in late January of this year, but won a reprieve and was able to get the date postponed to April 3, 2013 so that lawyers can investigate if she was rightfully sentenced by the jury.

I would take the stance that capital punishment is what it is: state sanctioned killing of individuals who have broken the law. I don't condone the death penalty because of the problem of human error. We are rarely 100 percent certain that we caught the right person.

And even then, the rich have the advantage over the poor because they can afford better lawyers. McCarthy doesn't seem wealthy to me. I don't know too many rich people who go around killing people and stealing their jewelry. While I don't know how much corruption there is in the legal system, I have no doubts in my mind that some exists and I want to see the number of innocent people who suffer the consequences of that corruption brought down to a minimum.

On the other hand, if I were a prisoner and put in a position between life in prison or the death penalty, I'd probably choose the death penalty. I wouldn't want to suffer that long in a cage. Even still, I think more time and effort should be spent on rehabilitation and psychological help for criminals and preventing crimes before they happen than what we are, and I know it's easier said than done.

I also think that the consequences for committing crimes should be consistent, well defined, and taught by the states. I'm not calling for huge classes or special licenses. I'd just like consequences to be known, just like when teens learn about the consequences of drinking and driving in driver's education.

According to an article by the Huffington Post, all but one member of the 12 person jury that sentenced McCarthy to the death was white. McCarthy, now 51, is black, and some attorneys speculate that racism played a part in the court decision.

"We are very pleased that we will now have an opportunity to present evidence of discrimination in the selection of the jury that sentenced Kimberly McCarthy to death," said Maurie Levin, a University of

Texas law professor and McCarthy's lawyer.

I don't believe McCarthy's race had much to do with the ruling. I don't deny that racism could have had a part in it, but I've heard of white people getting the death penalty for much less than stabbing an old woman to death in her home, cutting her ring finger off and stealing her ring.

Besides that, it wasn't like it was the 1960s when she was tried. I would like to believe that political racial discrimination has decreased since the sixties and seventies. Although I'm sure it still exists and will continue to exist, I think, from the evidence brought forth, it's going to take more than proving that the jury was racist to receive a lesser punishment.

To make matters even more interesting, if the case isn't settled by April 3, McCarthy will be the first woman to be executed in the United States since 2010. In addition, she would be the 13th woman to receive capital punishment since the U. S. Supreme Court allowed the death penalty to continue in 1976. According to the same Huffington Post article, over 1,300 men have been executed in the United States during that time.

Also, according to research gathered by the Federal Bureau of Justice Statistics from 1980 to 2008, women commit around 10 percent of homicides in the United States. And according to the National Association for the Advancement of Colored People Legal Fund, as of October 1, 2012, women comprised two percent of executions.

The issue of women getting statistically fewer executions than men is also a concern. While I believe that men and women should have equal protection under the law, I don't have a problem with fewer women being executed than men.

I know that there are physical and mental differences between men and women. Men commit more rapes and homicides than women, and there's a reason for this. On average, they have greater upper body strength than women. Men have the advantage in rapings, stabbings and stranglings.

I'm not saying that women can't be just as unlawful as men. Especially now with more technology and easier ways of killing people, women are becoming more and more able to commit heinous crimes. Anyone can pull the trigger on an elderly woman's head.

For example, men and women are equally capable of smoking cigarettes. For a time, it was considered taboo for women to smoke in public. With the rise of the women's suffrage movement, women came to view smoking in public as a right that they should take full advantage of. I believe they had as much of a right to smoke as men, but that smoking isn't the smartest "right" to be fighting for. In the same way, I don't think that we should be pushing for even more executions of women in order to make things equal.

So in the end I would decrease the rates of death penalties as much as possible, rule out racism in McCarthy's case and I think there are better issues for feminists to be protesting than low execution rates.

Those who do more harm than good deserve what they get



By Jacob Johnson-Muyengwa
Staff Writer

On July 21, 1997, Kimberly McCarthy went to her 71-year-old neighbor's house to ask for some sugar. The sweet old woman, not suspecting anything, allowed McCarthy into her house only to be mortally stabbed five times. As though this wasn't cruel enough, she then cut off the woman's ring finger so that she could take her diamond ring. This is only one of three murders McCarthy was convicted of. The other two were also old women, whom she murdered using a meat tenderizer and a claw hammer. McCarthy is currently sitting on death row awaiting her death sentence. She has already been granted one appeal for being questioned without her lawyer present after having asked for one, which was overturned. And currently she would have already been executed a few weeks ago, but now she's fighting the decision because her jury of peers was mostly white, and she is black.

To be honest, I'm not even sure where to begin tearing this woman's arguments apart. As it stands, there are people out there who don't want to see her executed on the grounds that she's a woman. The way I see it, saying that she shouldn't be executed for being female is a paper-thin argument. Only 12 women have been executed since capital punishment was reinstated in 1976, but most of that has to do with the fact that the death sentence is saved for people that have proven a history of violence, and/or perform particularly heinous acts of violence. How much worse than being someone who is willing to murder an elderly woman just so you can pawn off a diamond for maybe a few hundred bucks do you have to be before it's determined that you don't even deserve to rot in jail? How about doing it three separate times? I think that would do the trick.

As far as the death penalty itself, I have no issues whatsoever about letting the bad eggs die. It sounds cold, but we see it in pack animals all the time. If a wolf doesn't pull its weight in a pack, it gets chastised and is allowed to wander around on its own until it inevitably starves to death. Antelope and

gazelles that don't fit in are removed from the group and get picked off by predators. As social creatures, it seems only natural that those that do more harm than good are removed and in extreme cases killed. Besides, I don't want my tax dollars to end up paying for her to eat for free for the rest of her unnatural life.

What bothers me the most is that she's trying to pull the race card as a desperation move. Her chief complaint is that her jury was mostly white. This happened in Texas. Is she really expecting that the judicial system is going to run around hunting down a jury that's mostly black just to appease a murderer? All racial issues aside, her lawyer had to approve the jury along with the prosecution. That should end the problems right there, but of course it's never that simple. The race of her jury wasn't an issue to her until her second attempt at an appeal was denied. This is just a scummy member of society trying to throw anything she can in her defense to try to stay alive. While part of me can sympathize with the idea of self-preservation, sometimes you need to realize you did this to yourself and just take what you brought upon yourself.

This is a woman who had no qualms about deceiving her neighbor into allowing her into her house just to turn around and ruthlessly end her life for a few dollars. Why would she think twice about telling people that she was racially discriminated against? She has more than proven that she is willing to do anything to serve her own interests. While I'm fully aware of the race issue in America, particularly in the south, playing the race card like that sickens me. This jury of her peers didn't make the decision to execute her because they wanted a black woman to die, they did it because they want this blight on our society to be punished for actions she did with a sound mind, or as sound a mind as someone willing to prey on the elderly can have.

If you look at the evidence alone without knowing what her race or gender is, most people who are for the death penalty would likely tell you that this is a person who more than fits the criteria for deserving the death penalty. They say justice is blind. This doesn't mean that it turns a blind eye to certain details or focuses more on others to benefit one party or a certain race or to punish another. In fact it's just the opposite. Any reasonable person looking at the facts behind her crimes would be able to reach the conclusion that what she's done is horrible and unforgivable, and in this case she has received the ultimate punishment for her crimes under the decisions of a jury of her peers, and carried out by the American judicial system. You've made your bed Ms. McCarthy. It's time you lie down and sleep in it, in this case, for a very long time.

**To agree or disagree? That is the question.
Answer it
on the Banner News Facebook page**

**HAVE AN OPINION?
SEND A LETTER
TO THE EDITOR
AT
BANNERNEWS@DMACC.EDU**

This week's horoscopes

Today's Birthday (02/27/13). Confidence is yours, and money keeps coming in, even though it requires vigilance. Home is where your heart is; stay rooted until a romantic trip or study pushes you out of the house and into the world. Group actions get the biggest results.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is a 7 -- Enter a two-day negotiations phase with a balanced approach. Having a reasonable and efficient plan helps. Get partnerships going where they were stuck by being unattached to the results.

Taurus (April 20-May 20) -- Today is a 6 -- The

pace is picking up. Turn your attention toward completing assignments today and tomorrow. Focus on the details, and you'll be able to take on more work, if you so choose.

Gemini (May 21-June 20) -- Today is a 6 -- You're beginning a generally lucky and cuddly phase. Don't wait a second longer to enjoy the game. Play full out, especially in matters of love. Seize the day.

Cancer (June 21-July 22) -- Today is a 9 -- Take the lead, especially in your household. Some important decisions need to be made.



Take one step at a time, and don't sweat the small stuff.

Leo (July 23-Aug. 22) -- Today is an 8 -- Study all the angles today and tomorrow, and you'll discover how valuable you are. You're an information sponge now. Use your powers well. Don't pour your profits down a rat hole.

Virgo (Aug. 23-Sept. 22) -- Today is an 8 -- It's not a good time to travel right

now. Figure finances out. Make sure that you'll make enough to pay expenses. A magnetic female appears onstage.

Libra (Sept. 23-Oct. 22) -- Today is a 9 -- You're getting stronger and could have an impatient tendency. Your energy surges. Make sure you're protected. Reject a far-fetched scheme in favor of a practical solution.

Scorpio (Oct. 23-Nov. 21) -- Today is an 8 -- You're lucky in love. Rekindle a commitment and finish up old projects. Traveling isn't as easy now. Your dreams can inspire a shift for the better.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 7 -- Better check with the family before making a date with friends. When you stop think-

ing about yourself, you can really hear what others are saying. Love thy neighbor.

Capricorn (Dec. 22-Jan. 19) -- Today is a 9 -- What you say has tremendous impact. You may want to think twice before you post it to the four winds. You'll be tested for the next couple of days. Sing a song of sixpence.

Aquarius (Jan. 20-Feb. 18) -- Today is a 7 -- You'd rather play than work, but you'll need to find the right balance. Relax to increase productivity. Saving is better than spending now.

Pisces (Feb. 19-March 20) -- Today is a 7 -- Focus on your work, and solve problems as they arise with grace. Financial aspects are looking brighter after a long winter. Celebrate with friends later.

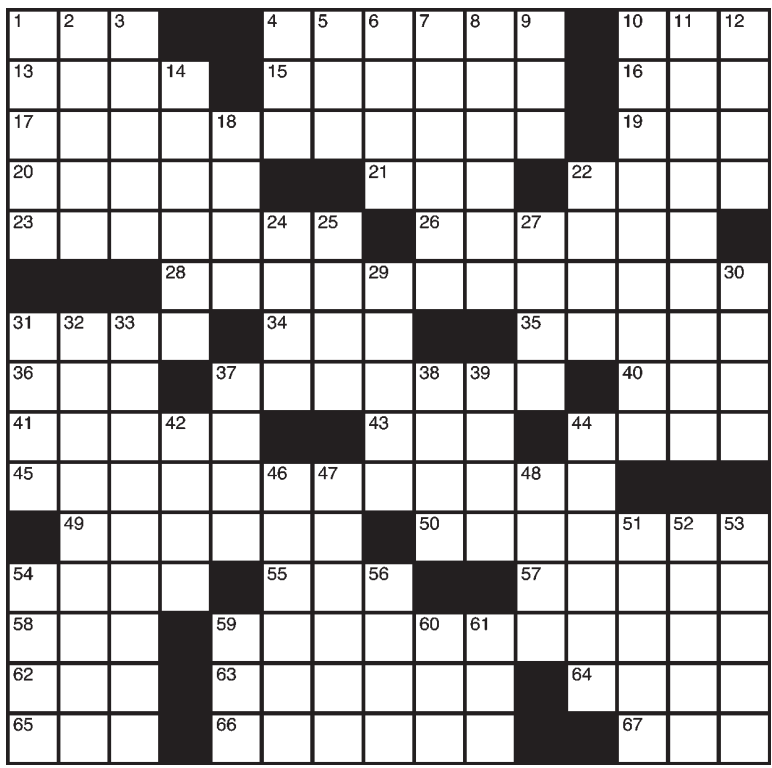
FOR RELEASE FEBRUARY 25, 2013

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Apt. parts, in ads
- 4 Talking head
- 10 Big name in ATMs
- 13 Charged particles
- 15 Black-and-blue mark, e.g.
- 16 Suffix for pay
- 17 Soft hit that barely makes it over the infield
- 19 Cranberry-growing area
- 20 Africa's Sierra ___
- 21 Fed. retirement org.
- 22 "T" on a test, usually
- 23 Like dodos and dinosaurs
- 26 Foray
- 28 Archaeological age-determination process
- 31 Texting units: Abbr.
- 34 Rowboat mover
- 35 Wish granter
- 36 "How was ___ know?"
- 37 Abrasions
- 40 Sinus doc
- 41 Not exactly robust
- 43 Simpsons neighbor Flanders
- 44 Makes really angry
- 45 Completely absorbed
- 49 Lawyer's customer
- 50 Accessory often carried with a wallet
- 54 Merle Haggard's "___ From Muskogee"
- 55 N.J. neighbor
- 57 Lightened
- 58 Libertarian politician Paul
- 59 Sign in a limo that aptly concludes the sequence formed by the last words of 17-, 28- and 45-Across
- 62 Mystery novelist Grafton
- 63 Houston team
- 64 Statistician's input
- 65 NHL tiebreakers
- 66 Tinkers (with)
- 67 Figs.



By Don Gagliardo and C.C. Burnikel

2/25/13

DOWN

- 1 The Good Book
- 2 Pricey watch with a gold crown logo
- 3 Nose-in-the-air type
- 4 "Nova" ailer
- 5 Ocean State sch.
- 6 Convent dwellers
- 7 Starts to eat with gusto
- 8 Manhattan is one
- 9 Golf ball's perch
- 10 Choice you don't have to think about
- 11 Metaphorical state of elation
- 12 Violent anger
- 14 Former (and likely future) Seattle NBA team
- 18 '90s Cabinet member Federico
- 22 Lug
- 24 Gator's kin
- 25 Skier's way up
- 27 Glad ___: party clothes
- 29 Long-armed primate
- 30 Comprehends
- 31 Tick off
- 32 Went down swinging

Saturday's Puzzle Solved

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

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2/25/13

- 33 Touchdowns require crossing them
- 37 Leonard ___: Roy Rogers's birth name
- 38 Mountain top
- 39 Advantage
- 42 Nastase of tennis
- 44 Security checkpoint request
- 46 Ultimate application
- 47 Big bomb trials
- 48 Binoculars user
- 51 Made in China, say
- 52 Look after
- 53 Icelandic sagas
- 54 Estimator's words
- 56 P.O. box inserts
- 59 Printer problem
- 60 Stooge with bangs
- 61 Pack animal



THE PENTAGON CREATES A MEDAL for DRONE WARFARE

MCT