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Banner News

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Alayna Barnett, Stacey Walker, Dwight Lykins, Cody Arndt, Jessica Kinnetz, Lori Harvey, and Kevin Langel



October is Breast Cancer Awareness Month
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Around the County in 80 Minutes
~page 4



Your Life, Your Campus, Your News

Banner News

DMACC -
Boone Campus
Volume 11, Issue 3
October 12, 2011

Midterm crisis? Help is near

By **Alayna Barnett**
Staff Writer

For students who are struggling in their classes, free help can be found at the Academic Achievement Center and the Writing Center.

Students needing assistance with any subject can get tutoring at the AAC, located in the west wing room 102, down the hall from the library.

This service is included in each semester's tuition, and therefore requires no additional payment. Open Monday through Thursday 8 a.m. to 8 p.m. and Friday 8 a.m. to 3 p.m., the AAC is open to any student taking classes at any DMACC campus.

Advanced students, all of whom have been vouched for by a professor in that subject, generally provide tutoring through the work-study program, although tutors for specialty subjects are occasionally hired directly.

Students seeking help are always welcome to drop in, center Director Mary Ann Koch says, adding, "The instructors that are here help with whatever they can. If a student needs help with something that none of us has a background in, we refer them to a peer tutor." Peer tutoring is provided on a one-to-one basis at pre-arranged appointments that are tailored to both parties' schedules.

DMACC student Randy Jennings receives assistance in his U.S. government class, and he says it has really improved his



Cassie Troup says she is "aware" of the help here on campus



Randy Jennings has a tutor through the AAC and has seen improvement.

performance and grade. "The teachers are really busy," he says when asked how he found out about the program, "so one of them asked me if I wanted a tutor and helped arrange it."

The AAC offers more than just tutoring, with additional services such as college-related testing and GED prep and testing for members of the community. Some of the kinds of test offered include English and math placement, entrance exams for the nursing program, and challenge



Photo by Jessica Kinnetz

Jim Dose, math professor, helps Redouane Zaou with some homework in the Academic Achievement Center, located in room 102.

tests for students wishing to bypass certain DMACC courses, said Koch.

Although there is no fee for tutoring services, some tests do come at a price; inquire at the center for details.

A further way the AAC assists students is by coordinating with the Disability Services Office. "The AAC works with instructors to meet the needs of all students by providing special accommodations (such as note-takers or readers) by prior arrangement," Koch said.

For those who require more specialized help with their writing skills, the Writing Center in the

east wing room 170 is open Monday through Friday 9 a.m. to 4 p.m. Assistance here is offered by one of four members of the English teaching faculty: Amy Clark, Krystal Hering, Cynthia Roberts or Bret Ross.

"The Writing Center is a unique opportunity for students to work one-on-one with professionals in a relaxed atmosphere," said Amy Clark, adjunct professor of English.

Although the English department provides staff for the center, they offer help with any writing assignment for any class, and even non-academic writing such as resumes, cover letters, scholarship applications and

essays, or private writings such as poetry.

These services are also offered completely free of charge to any student at any DMACC campus, with no limit, although one-on-one sessions are limited to 30 minutes at a time. Faculty are also encouraged to come in if need be to get assistance composing assignments, tests or other written communications.

Center Director Krystal Hering urges writers of all levels to drop in or make an appointment, describing the center as "a space for growing as a writer" whether that means finding a topic, mastering outlines or polishing a final draft.

What's the RAVE About?

By **Stacey Walker**
Copy Editor

DMACC's alert system automatically sends e-mails to anyone with a DMACC account, but without registering a phone number students will not receive immediate updates.

The system, called Rave Mobile Safety, uses technology to keep students updated on school closures, security threats and evacuation notices.

"Only about 60 percent of DMACC students, faculty and staff have a cell phone number in DMACC Alert," said Ned Miller, DMACC's Director of

Campus Safety and Emergency Management department. "That number currently stands at about 11,000 students. What this means is that they will get an e-mail but not a text or voice message."

The Rave system sent out its first official test of the semester on Sept. 2. Students on all campuses who had already signed up for the Rave updates received text messages, emails, and a voice recording informing them of the test.

Those students that did not receive the initial notice can sign up for the alerts by going to www.GetRave.com/login/dmacc and following the steps listed on site.

Although DMACC students, faculty and staff are automatically alerted via DMACC e-mail, users

cont. on page 2



Photo by Kevin Langel

Members of the cast of "The Sensuous Senator" rehearsing lines and positions. From left to right are Sean Hanlin, Blake Davenport and Kodie Butterfield. For more info. on the play, please turn to page 8.

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Spring Registration.

returning career education students October 24

returning arts & sciences students October 27

new career education students October 31

new arts & sciences students November 3

It's getting to that time of year again. Students are mid-semester, and the time to start registering for next semester's classes is just around the corner. Registration dates are determined by student's program category, registration dates for both new and returning students are posted below.

Rave cont.

may also add up to three alternate e-mail addresses or phone lines on which to receive the alerts.

Alerts are sent by DMACC Crisis Management Team Members, and can be directed specifically to a single building on campus, or if needed, district wide.

To date, the Rave system has only been used for weather related closing and informational

testing. "It's interesting that I get a lot of calls to add cell phone numbers each winter after the first time we cancel classes for bad weather," said Miller.

Although the Rave system has not yet been used in emergency situations, DMACC still needs to be able to reach students.

"While DMACC has worked hard to put things in place to make our campuses safe and has

an excellent safety record, many in the DMACC community have gotten complacent and have the attitude that emergencies 'always happen somewhere else,'" said Miller in an e-mail. "We spend a lot of time and energy planning responses to events that we hope never happen. But we want to be ready if they do."

Register to rub elbows with royalty this spring

By Dwight Lykins
Staff Writer

Again this spring Des Moines Area Community College (DMACC) students have an alternative option to enrolling at one of DMACC's six campuses. Instead you could find yourself studying at the campus of the University of London.

For the 10th year professor and study abroad coordinator Maria Cochran will be organizing a program for students to take DMACC courses half way around the world in London.

The 10-week program, spanning the spring semester is made up of classes, field trips, possible day visits to Paris or Scotland, and the opportunity to experience life from a different cultures point of view.

Any student who would like to apply must have a 2.0 grade point average and have at least one letter of recommendation covering scholastic ability.

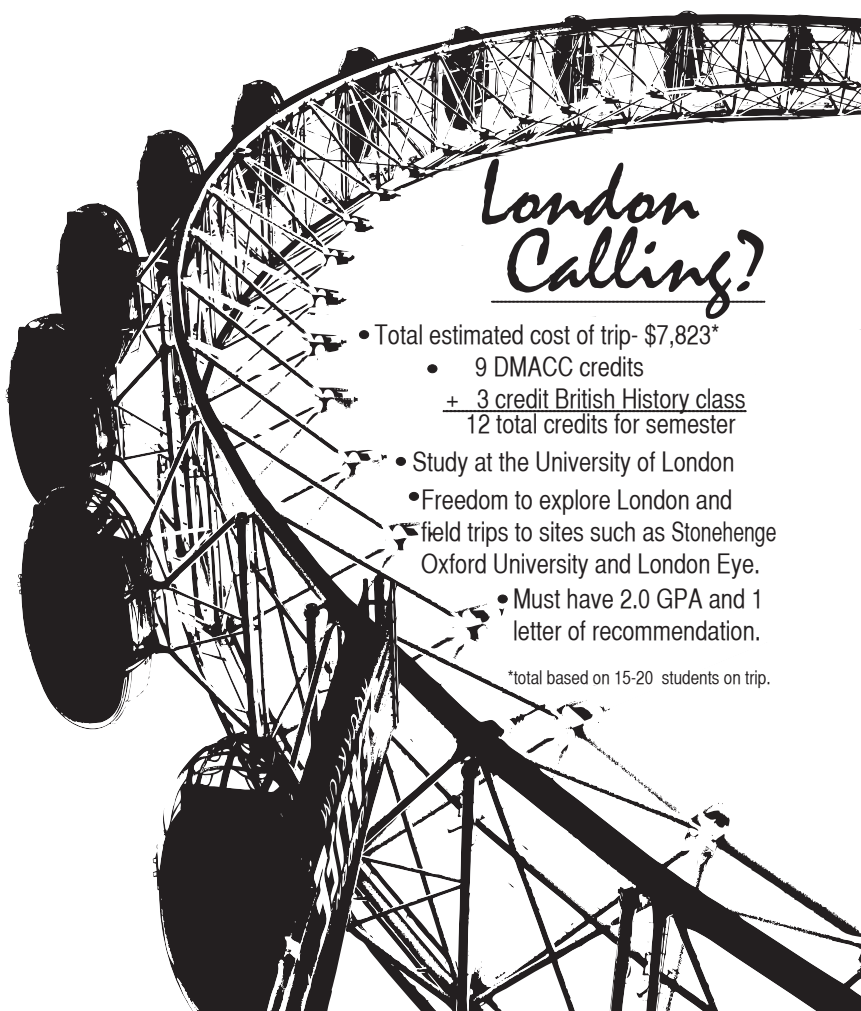
During the trip students will be offered DMACC humanities, writing and literature courses. They will be expected to take a total of 9 credits, plus a British history course taught by a professor at the University of London.

The cost of the trip is based on the number of students that go. According to the estimate from AIFS the company helping to organize the trip, with 15-20 students, the fee per person would be around \$6,755. Students also have a \$465 optional travel package for transportation around the airports, plus a \$583 government

imposed departure tax, and other miscellaneous fees and a fuel surcharge. For a detailed payment plan see the application available online. Financial aid is also offered to students. For information, contact Financial Aid Adviser Barbara Badger at the Ankeny campus. In addition to financial aid, two \$500 scholarships are being offered. One here at the Boone campus and one at the

Urban campus. Cochran said she was finishing the details for more scholarship opportunities.

Cochran encourages any student interested to pursue the opportunity. "When I was in my 20s I went on a similar trip. And still 20 years later I still have a life-long friendship with the family I stayed with. And this age is really the right time to do it."



London Calling?

- Total estimated cost of trip- \$7,823*
 - 9 DMACC credits
 - + 3 credit British History class
 - 12 total credits for semester
- Study at the University of London
- Freedom to explore London and field trips to sites such as Stonehenge Oxford University and London Eye.
- Must have 2.0 GPA and 1 letter of recommendation.

*total based on 15-20 students on trip.



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Bear Briefs

Funny T-Shirts & Photos

The Student Activities Council has planned an activity for students, faculty and staff to have chance to have a funny picture taken and printed on either a shirt or a photo. The activities will take place in the Courter Center at 9 am till 3 pm on Oct. 12.

Textbook Reading Techniques/Note Taking Workshop

The Academic Achievement Center is sponsoring a tutorial in student life, how to read text books and a note taking workshop will be held in Room 205 on Oct. 12 from 12:20 pm until 1:15 pm. There is no admission charge and registration will not be required.

Intramural Soccer Kick

The Student Intramural Committee will host a soccer kick tournament on Oct. 12 from 10:30 am until noon on the front lawn. Students who participate in up to four events will receive a free intramurals t-shirt.

Happy 30th Birthday DMACC Alumni Association

The DMACC Alumni Association will be visiting all DMACC campuses in September and October, celebrating 30 years of serving alumni, students and friends of DMACC. Please join us at 11 a.m. on Thur., Oct. 13 in the Courter Center. Enjoy a birthday cupcake and learn about scholarship opportunities for the spring 2012 semester.

Karaoke

Get up and sing. The Student Activities Counsel will have karaoke available in the Courter Center on Oct. 18 from 11 am until 1 pm.

Documentaries in the Dark, "What's on your Plate?"

The Boone Theatre will be host to the documentary, "What's on your Plate," a story of politics and food, following

two eleven-year-old African-American city kids exploring their role in the food chain. Admission is free and open to the public and the film will begin at 7 pm. A brief discussion will follow the screening; expect to leave around 9 pm.

Calle Sur-Hispanic Heritage Show

The SAC will be host to a Latin musical act, Calle Sur as part of Hispanic Heritage Month. The show will take place in the Courter Center on Oct. 19 from 11 am until 1 pm.

Kickball & Billiards Tournaments

The Student Intramural Committee will host a kickball tournament on Oct. 19 at 9 pm in the gym and at the same time a billiards contest in the Courter Center.

Giving Warmth Coat Drive

All DMACC campuses, in support with KCWI 23, Community Choice Credit Union, Iowa Health - Des Moines and Valley West Mall, are accepting donations of new or slightly used, clean coats, stocking caps, mittens, gloves, and scarves from Oct. 10 through Oct. 24.

Sean Campbell Presentation

Twenty-two-year old mental health advocate, Sean Campbell, will be holding a presentation over tolerance and global harmony on Oct. 26 in the auditorium, room 112, at 10:10 am. His presentation will strive to reduce stigma and fear associated with interpersonal and cultural differences.

Ames Fire to Raise Funds for Breast Cancer Awareness

This month the Ames Fire Department local 625 will be wearing "pink duty shirts," in support of breast cancer awareness. The shirts are available to buy for \$15 (or 2 for \$25) to further the National Breast Cancer Foundation's research. The t-

shirts may be purchased from fire station #1 at 18th and Burnett in Ames, Monday through Friday from 9 am till 5 pm or at either Hy-Vee Ames location on Oct. 22 and Oct. 29 from 10 am till 2 pm.

Food Drive

The Banner News, Phi Theta Kappa and Phi Beta Lambda have organized a food drive on Oct. 29 at the Boone Hy-Vee and Fareway stores from 8:30 Am till noon. The food will benefit the campus and the county's food pantries. For more information, you may call the Banner News at 515-433-5092.

New Online Job Board

The Career Center has implemented a new system for posting jobs for students and alumni, the link for the site can be found under the Career Center heading at DMACC.com.

Race for the Cure

On Oct. 22 at 9 am, at the Des Moines State Capitol, the Grounds Race for the Cure will take place. Registration can be done online at www.KomenIowa.org or you can stop by the front desk for a registration form.



Events Calendar

Oct. 12: Funny T-Shirts & Photos 9 am - 3 pm Courter Center	Oct. 15: XC Waldorf Invitational 11:30 am Forest City, IA	Oct. 21: Volleyball ICCAC Showcase 11 am & 3 pm Marshalltown, IA
Oct. 12: Intramural Soccer Kick 10:30 am - 12 pm Front Lawn	Oct. 16: Men's Basketball JUCO Jamboree Time: TBA Warrensburg, MO	Oct. 22: Volleyball ICCAC Showcase 11 am & 5pm Marshalltown, IA
Oct. 12: Reading/Notetaking Workshop 12:20 pm - 1:15 pm Room 205	Oct. 16: Women's Basketball Mt. Mercy Jamboree Time: TBA Cedar Rapids, IA	Oct. 22: Women's Basketball Grand View Jamobree Time: TBA Des Moines, IA
Oct. 13: Volleyball Clinton 7 pm Clinton, IA	Oct. 18: Faces of DMACC 9 am - 3 pm Courter Center	Oct. 24: Registration Open for Returning Career Ed Students
Oct. 13: Karaoke 11 am - 1 pm Courter Center	Oct. 18: Volleyball NIACC 7 pm Mason City, IA	Oct. 25: Men's Basketball Iowa Western (Scr.) 6 pm Council Bluffs, IA
Oct. 14: Volleyball Kishwaukee Tourney Time: TBA Wisconsin Dells	Oct. 19: Midterm	Oct. 26: Volleyball Iowa Central/Simpson JV 5 pm Boone, IA
Oct. 14: Documentary 6:30 pm - 9 pm Room 112 Auditorium	Oct. 19: Calle Sur-Hispanic Heritage 11 am - 1 pm Courter Center	Oct. 26: Sean Campbell Presentation 10 am - 11:30 pm Room 112 Auditorium
Oct. 15: Volleyball Kishwaukee Tourney Time: TBA Wisconsin Dells	Oct. 21: All DMACC campuses will be closed, no classes will be held.	Oct. 29: Food Drive Hy-Vee, Fareway 8:30 am - Noon Boone, IA
Oct. 15: Bseball Alumni Game Time: TBA Boone, IA		

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Around the County in 80 minutes



Above: Located west of Madrid on Hwy. 210 is the new High Trestle Walking Bridge. This bridge is across the Des Moines River Valley and is one of the longest and highest pedestrian bridges in the world.

Think there's nothing interesting to do around here? Think again. Boone County has plenty to offer for those with a little gas in their tank and time on their hands. Check out what you can find around the county in 80 minutes.

by Cody Arndt



Above: Located at 414 NW 6th Street in Ogden, you can visit the Bike Barn. The Bike Barn offers all different types of bikes that you can ride on the different trails throughout the county.



Above: Located between Ogden and Boone in the Des Moines River Valley is the Kate Shelley High Bridge. The original bridge was the highest double track railroad bridge in the United States.



Above: Located about six miles north of Ogden on P70 (H Ave.), Don Williams Park is a 600 park that offers camping, fishing, swimming, cabins, trails, golfing and much more.



Above: Located at 408 West Division Street in Ogden is Spinning Wheels roller skating. Host birthday parties or get togethers or just come to skate.



Above: Located between Ogden and Boone on Hwy. 30 is Seven Oaks Recreation. Here you can canoe, hike, tube, camp, paint ball in the summer and ski, snowboard and snow tube in the winter.



The Boone campus was on the move last week with two activities. In the photo at left, students Paris Anderson, Kelsey Fynaardt and Hibraim Corddova serve up their chance to win a prize during the Volleyball Serve contest, sponsored the Student Activities Council, on Oct. 5. In the photo above, Boone students, faculty and staff join the Start Somewhere Walk Oct. 7. This walk was held all over Iowa. "More than 291,000 Iowans voted with their feet in favor of the new Healthiest State Initiative," according to an email from The Healthiest State Initiative Team.

Photos by Jessica Kinnetz



Photo by Jessica Kinnetz

Ben Walker (center) is the newest coach to join the DMACC Basketball staff. The assistant coach enjoys working with the players. Players pictured from left to right are Rico Saldana, LaTree Russell, Cole Martin, Deovante Smith.

Ben's in the den

Former Creighton star joins Bears as assistant basketball coach

By Jessica Kinnetz
Staff Writer

Basketball has taken DMACC's newest coach more places than it seems possible.

Russia. Latvia. Australia. Norway. Sweden. England. Spain. Italy. Dubai. Qatar. Lebanon.

Basketball is what has landed Ben Walker in Boone, Iowa.

"I had never heard of Boone, but I like the change," said Walker, who moved from Dallas. He now lives in an apartment in Borgen Square, the campus housing east of campus.

Before Dallas, Walker spent about six years overseas playing professionally for about eight different teams. Seasons in the Middle East and Australia go on for about six months and in Europe from nine to 11 months, depending on if they make it into the playoffs.

He left to go overseas after graduating from Creighton University in Omaha, Neb., in 2002. While at Creighton, Walker started all four years. His honors consist of all tournament 1st and 2nd team, 2nd team all conference, multiple players of the week honors, top 10 in rebounds, top 15-20 in scoring. He was inducted to the Creighton hall of fame in 2010.

He is adapting to the quieter pace of life here compared to his

time in Dallas. After retiring from playing ball abroad, he moved to Dallas for an opportunity at the Hawks Foundation. He spent four years at the foundation where "he coached and trained middle school and high school students as well as provided and created strength and conditioning workouts for college students and professional players," according to the DMACC Bears website.

He has a 3-year-old son who lives in Dallas with the boy's mom. Walker is proud and loves being a dad.

"I work hard every day for my son," Walker said. "He looks just like me so he's handsome."

Walker's duties for the Bears include recruiting coordinator, player development, scouting and game preparation, academic coordinator, and camp coordinator.

He believes in being a player's coach, being someone they can look up to. "I hope my playing, training and experience rubs off on them," he said. His strategy is to make sure the players really know the game inside and out.

Head Coach BJ McGinn said Walker was exactly the type of guy and coach he wanted.

"He has a lot of great experiences and unique ones," McGinn said. "I'm just real excited to have him and very fortunate."

McGinn described Walker as a great guy, high energy, outgoing, and very knowledgeable. "He was a good fit for the team."

And the players seem to agree.

"He's very down to earth and connects with us," says basketball player Davonte Smith.

Part of the reason for that connection is the amount of time he spends with the players.

"Depending on what they are doing, out of 24 hours in a day I spend about 20 with them. I enjoy communicating with the players and getting to know them on a personal level. I think that's a big deal with coaching."

It also doesn't hurt that Walker always has a smile on his face and loves cracking jokes.

"I would like to tell you them but it's like a player coach confidentiality."

Second-year Australian native Kurtis Phillips said, "He's a really cool coach. He's funny and good-looking and really knows his stuff. He works us really hard, but is always here if you need advice."

Walker sees the advice he gives as part of his opportunity to not only teach the game but also things outside of basketball that could help them in their futures. "I hope they understand that I want them to get better as ball players and as young men."

Dance team ready to pop, lock at state

By Cody Arndt
Staff Writer

After a three-year absence, Coach Kelsey Hamman has decided to take the DMACC Bears back to state.

"I'm very excited to be going back. The girls this year all have good experience and it's made my job and theirs a lot easier," said Hamman.

Every December the Iowa State Dance/Drill Team Association is host to a state tournament; 2011 marks the return of DMACC's own dance team.

The competition will be held Dec. 2 at Hy-Vee Hall.

This will be DMACC's third trip to state and Hamman's second. Hamman also instructs at Boone's Carol Renae Dance and Tumbling Studio.

This year the team is made up of 13 women, which makes it one of the largest teams since its creation in 2007. The bump is a result of open enrollment where any student is allowed a spot on the team. The spot is worth one credit at the end of term.

"This year all the girls have had years of dance or cheering experience which definitely helps," said Hamman.

Right now the team is working their pompoms and combos for an hour twice a week, perfect-

ing their routine. As the competition draws nearer, more practices will be added.

"We learn a part of the dance and then go over it...a lot and a lot," said dancer Mackenzie Watts.

After much consideration and weeks of basics, a routine was finally decided upon.

"The state routine we will be doing this year will be a pom routine with more of a hip hop vibe," said Hamman.

In preparation for the state competition the team will perform at the women's basketball game on Nov. 30. The team will perform at another three games during the spring.

"It's nerve wracking that it's getting closer," said dancer Alex Miller of the Dec. 2 competition, but right now she is content "just going to practice, stretching, doing the routines."

While worries of routines and a lingering deadline continue to creep up on the dancers, spirits remain high and attitudes confident.

"I can't wait to do it again," said dancer Laura Lee referencing her four years going to state at Ballard High School.

Who the team will be facing in the competition has yet to be announced.

SPORTS ROUNDUP stats&news

XC TEAM WINS MARSHALLTOWN INVITATIONAL

DMACC- Womens cross country unners captured the first three places and all six runners finished ninth or better as the Bears won the Marshalltown Cross Country Invitational Oct. 1 at Marshalltown.

DMACC sophomore Katie Clark of Ames won the 5K (3.1-mile) race with a time of 20 minutes, 46 seconds, coming within a second and a half of breaking her school record for that distance. Freshman Allana Lauck of Algona finished second in 20:54, and freshman Brooke Schweikert of Ames was third with a time of 21:42.

Team standings were not kept in the meet, but with five DMACC runners finishing sixth or better, the Bears had fewer points than any of the other teams in the competition.

DMACC sophomore Christine Allen of Knoxville placed sixth with a time of 21:50, freshman Kirstin Angus of West Des Moines was seventh in 21:51, and freshman Anna Bruns of Cedar Rapids finished ninth in 22:21.

"It was a small meet, but our girls all ran extremely well," DMACC cross country coach Jim Dose said. "Brooke Schweikert is really stepping up while Christine Allen, Kirstin Angus and Anna Bruns continue to consistently improve."

DMACC entered the meet ranked 16th in the latest National Junior College Athletic Association (NJCAA) Division I poll. DMACC will run in the Waldorf Invitational Oct. 15 at Forest City.

Volleyball

SCHOOL	OVERALL	GB	ICCAC
15- Iowa Central	31-5 .861	0.0	4-0
9-Kirkwood	19-4 .826	0.0	4-0
13 Iowa Lakes	20-6 .769	0.0	4-0
Marshalltown	11-13.458	2.0	2-2
Southeastern	11-13.458	2.0	2-2
12 DMACC	19-9 .679	2.5	1-2
Clinton	16-11.593	2.5	1-2
NIACC	11-18.379	3.0	1-3
Ellsworth	12-17.414	4.0	0-4
Southwestern	6-17.261	4.0	0-4

Pro-Peace: Koch offers different perspective

By Alayna Barnett
Staff Writer

Mary Ann Koch, who has headed the Academic Achievement Center at DMACC Boone for the last 12 years, does not seem like a fiery anti-war protester, and she's not

Instead, the 60-ish Koch participates in what she describes as "public statements of desire for peace in the world," along with other followers of the Catholic St. Francis of Assisi. A religious order within the Catholic church, their goal is to celebrate and promote peace in each life. As they do so, they remind themselves to promote peace in their daily lives.

As a committee member for the Crawford Hall Homeless Shelter in Boone and part of the local Habitat for Humanity family selection process, this is a philosophy Koch strives to live fully.

In addition to these day-to-day activities, she and members of her Dubuque-based Assisian community traveled Sunday, Oct. 2 to Offutt Air Force Base in Bellevue, Neb. There they were joined by around 150 people from religious and secular groups for what the flier calls an hour of "public prayer and action for peace." Coming from all over Iowa and Nebraska, they represented the largest gathering Offutt has seen in several years, Koch says.

To say that the gathering was at the air force base may be somewhat misleading, however. "We couldn't even unload our bus in their driveway," Koch says. Military ground is strictly regulated, and the gathering actually took place on the land just outside it.

Once the bus was unloaded, there were several speakers, and times of prayer and song. Three long-time peace activists also chose to "cross the line" onto the base itself after giving their reasons for doing so.

Koch admits her family views these activities with a certain amused tolerance, but says that her peace-spreading work grew naturally out of her association with the Franciscans. Being exposed to not only the good being done, but the positive impact it had on lives of the doers made her want that for herself. Over the past 10 to 15 years that she

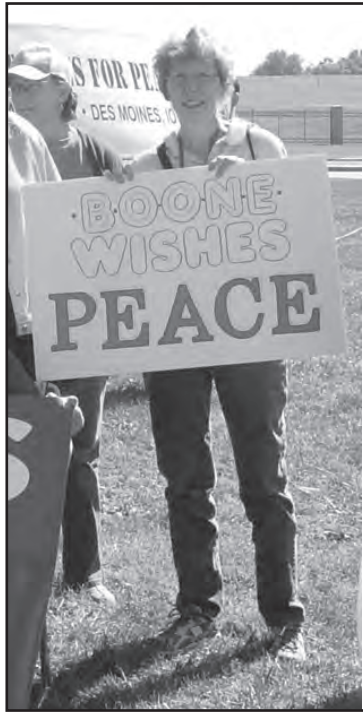


Photo from Mary Ann Koch

Mary Ann Koch

"I would ask him to return to the true American ideals of making sure everyone has the opportunities for life, liberty, and the pursuit of happiness, regardless of who they are or what they make."

-Mary Ann Koch,
on what she would say
to President Obama

has been involved with the group, she has gradually increased her efforts to, in the words of St. Francis, "preach the gospel always, use words if necessary."

Although she is not overly involved in politics on any level, Koch does have some thoughts on what she'd like to say to President Obama if the opportunity ever arose. "I would ask him to return to the true American ideals of making sure everyone has the opportunities for life, liberty, and the pursuit of happiness, regardless of who they are or what they make."

For more information on the Franciscans or Peace Activities, contact Koch at makoch@dmacc.edu

Mental health advocate returns Oct. 26

An interview with Sean Campbell

By Alayna Barnett
Staff Writer

Twenty-two-year old author and speaker Sean Campbell blends into the crowded halls of DMACC Boone, a down-to-earth demeanor he deliberately cultivates. Throughout our conversation he emphasizes how he strives to make his presentation an interaction, a conversation with the audience. "I'm given this unique platform to be more real and more vulnerable than I can even be out in the real world," he adds.

From an early age Campbell knew he had something to say, and he was determined to say it. Growing up, his father suffered an untreated mental illness, which created much trauma and upheaval within the family. Yet living in a typically superficial suburb, with the emphasis on keeping up appearances, made talking about these experiences difficult. Campbell was determined to break the silence, however, and at 17 his book "The Sitcoms of Norman Lear" was published, launching him into the public eye.

Getting published at such a young age was a combination of good fortune and hard work, with a heavy emphasis on hard work. One of the first people Campbell confided in about his desire to

write a book was a neighbor, who happened to have a relative that had just been published. This relative came to visit shortly after and took an interest in Campbell's project, becoming the first of Campbell's many mentors in this arena. Although the road was not easy, Campbell's willingness to take criticism and learn to live within the rules of the business ultimately paid off.

The process of getting published also taught Campbell a lesson that has proven invaluable as he travels the country – how to not internalize rejection. Understanding that the publishing houses were declining to take on his book and not judging him as a person was key, he says. This insight has allowed him to be flexible in his presentation, adapting it over the years to the feedback he receives both directly and from watching the audience.

Campbell says the most difficult part of getting out on the road was actually establishing his credibility, rather than coming to terms with speaking about such personal matters. "I don't think speaking about myself made it scarier," he says, adding, "your peers, especially when I was 19 speaking to 19-year-olds, immediately the first thing they're going to do a lot of times is question why are you up there."

On a personal level, Campbell is not so different from other men his age. He has a bachelor's degree in Economics, which he admits has absolutely nothing to do with his current occupation.

"There is no master plan at all," he laughs, "I wish there was. I was 19, I chose a major, I didn't choose a major that wound up being what I should have chosen." He adds that going forward he might look into psychology-oriented master-level work, or perhaps business administration to facilitate the entrepreneurial aspects of his life.

One thing I found surprising was his outlook on his travels. Campbell collects no souvenirs as he moves from city to city, and confesses that he barely even takes photographs. "It's like, I'm just experiencing and enjoying it for the first time and it's a very personal thing," he explains. He does use restaurant reservation sites that allow him to cross-post to Facebook, sharing his experiences through food with those who are interested.

Although he finds something to like about almost everywhere he goes, Campbell does admit a special fondness for the Midwest, for Iowa, and for DMACC in particular. "I feel safe in the Midwest," he says, "I think about relocating out to Des Moines or Kansas City." Perhaps we have a future Cyclone coming to visit?

When asked about his personal life, Campbell is very honest, saying that he is focusing on getting his message out and growing his business at this time. Sorry ladies, this one's off the market!

The "You Are Not Alone: Coping With Mental Health Issues" presentation is Oct. 26 at 10:10 a.m. in the Theatre.

Haunts and Happenings

This October take a break from studying and experience warm fall festivities like carving pumpkins, hay rides and cider.

Deal's Orchard in Jefferson, IA

Deal's Orchard, family operated since 1917, is a source of much entertainment during the fall season. The orchard not only serves as pumpkin patch, but also has a corn maze, horse drawn hay rides, homemade pies, and fresh cider.

Haunted Forest in Ames, IA

Be warned this place is scary, right? Scary or not, the Haunted Forest in Ames is always a delight, with friends or alone, a trip through the maze is always worth the \$12. Also, this year the forest has a new patron, Mango the Zombie (who oddly enough is actually a robotic skeleton...) AND owls on display courtesy of the ISU Wildlife Care Clinic.

Mt. Hope Cemetery in Madrid, IA

According to some online sources, Mt. Hope Cemetery is host to a ghost. In the rear of the cemetery lay five plots contain-

ing siblings from one family, one headstone marks a "Sara." It is said her apparition appears to a select amount of visitors and calls for someone named Ree. If Sara is not answered she will proceed to tug at clothes and touch visitors.

The Theatrical Shop in historic Valley Junction, West Des Moines, IA

The Theatrical Shop, Iowa's own premiere costume shop. Open year round, this establishment flourishes in the fall months with great costumes you just can't find at Walmart and Target.

Make the trip to Des Moines, find that great costume selected from the collections of 1,000's and buy it...or rent it! Nearly all costumes are available for both with some restrictions applied.

Night Eyes at the Blank Park Zoo in Des Moines, IA

Tickets are already on sale for the annual trick or treat fest at the Blank Park Zoo. Presale tickets will be available until Oct.

9 and are purchasable at Dahl's, Fareway, and HyVee for \$3. The event will run from Oct. 20-23 & 27-30. Event and volunteer information is available at www.blank-parkzoo.com.

Boone & Scenic Valley Railroad, Pumpkin Express, Boone, IA

These great trains run nearly year round, but come October this train has one stop only, the pumpkin patch! Ride along for an hour and a half excursion and end it with the pumpkin of your dreams, this trip is family friendly. Tickets run \$15 (age 2 and up).

Villisca Axe Murder House, Villisca, IA

You've been talking about it since you were in middle school, planning trips to it with your friends but it cost too much. Grow up! Grab five friends, pay \$66 dollars each and spend a night of terror in the Villisca Murder House, the home of Iowa's Axe wielding maniac. Admission also pays for a day tour, scaredy-pants.



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Breast Cancer Month



Page Compiled By
Lori Harvey
Health Writer

Pink apparel starts appearing around the end of September. Pink T-shirts, pink hats, pink bracelets and just about anything else that can appear pink.

What is all this pink really about?

It's about fighting the lurking monster that tends to stalk the women we love in our families. One in eight women will get breast cancer at some point in their lives.

Mammograms are the common diagnostic tool for detecting breast cancer. But a lesser-known method is called a Thermogram or Therm, which can detect breast cancer eight to 10 years before a mammogram.

The Thermography Center in Urbandale specializes in Therms. I met with Sue Horton and Lisa Walknitz, co-owners of the Center. They explained the inner workings of thermography. It uses body heat to detect where a tumor might be growing. Tumors need a vascular blood supply to grow. As blood vessels build and blood starts flowing, heat is generated around this mass. The coolest color on the spectrum for this scan is black with white being the hottest with 3,000 colors in between.

The Thermography room has a camera that is temperature controlled. There are no windows and no ventilation system circulating air through the room. There is a small portable air conditioner if it gets too hot, but it is shut off 30 minutes prior to a scan to equalize the temperature. The temperature of the room is between 18 and 21 degrees Celsius, which is 64.4 and 70.34 degrees Fahrenheit. Walknitz said they measure the room in Celsius because some people have a physiological reaction to simply seeing a higher temperature.

Patients disrobe from the waist up and spend 15 minutes acclimating to the room temperature. For 10 minutes you stand with your arms at your sides and the remaining five minutes your arms are up by your head.

Walknitz explained that a 20-point analysis is then given to each of the four quadrants of the breast. A scan is done from the front, then the left and right sides. If necessary, a scan is done with a

breast lift. The procedure lasts a few minutes. The technician isn't allowed to read the scan for liability reasons.

The scan is then sent to a doctor in California, Dr. William Amalu, for analysis and assigned a TH value. A one TH value is normal, no mass is seen and a TH value of five, we need to pay attention to this and evaluate further. The colors that the doctor is looking for are light blue to white. There are cold mass tumors meaning no blood supply but they are rare. Thermograms can also pick up hormone imbalances.

Walknitz said mammograms could miss an estimated 20 percent of all cancers. Thermograms miss 10 percent, she said. When you get a mammogram, there is compression of the breast and radiation is put into a very sensitive area. The radiation that is used by mammograms can be 1,000 times greater than that of a chest X-ray, according to the Web site for Dr. Joseph Mercola, an osteopathic physician, who is trained in traditional and natural medicine.

Each year that you get a mammogram, your chances of getting breast cancer increase by 2 percent, according to the Web site of Dr. Russell Blaylock, a neurosurgeon and author of "Natural Strategies for Cancer Patients." The compression is equal to about 44 pounds of sugar being placed on the breast.

Walknitz said Thermograms could work through dense or fibrocystic breasts, which can pose difficulties for mammograms. Thermograms can also do full body scans which helps with strokes, diabetes and cardiovascular problems detection.

Mammograms and Thermograms came out at the same time. The FDA approved Thermograms in 1982. A Thermogram doesn't replace a Mammogram, they can be used in conjunction with each other.

It's important to get a baseline so that doctors know when changes occur. With mammograms, this baseline is usually at the age of 35 or 40 depending on the history of your family. With Thermograms, this moves up to age 20. Why not get that first finger print in place before any changes might take place.

Michelle Tedrow is 'Fight(ing) Like a Girl'

DMACC Boone Campus head librarian is fighting like girl this year.

Michelle Tedrow is fighting breast cancer. I sat down to chat with her last week.

Michelle, what was the first indication that something might be wrong?

My doctor recommended I lose weight to lower my blood pressure. Over the summer I lost five to six pounds. This weight loss helped me find the lump in one of my breasts. I

had a mammogram, then was sent over for a MRI. A couple of days later I had a core biopsy. Unfortunately this came back positive.

A couple of weeks ago when I came into to talk to you, you said that there was a chance that it might have spread to the brain. How does this work?

After surgery, they look at the tumor and lymph nodes. The pathology report can show whether it had spread or not. I had a PET Scan and an MRI. They both came back clear. The MRI however showed a kidney stone that I had been having pain with for about two years.

How many chemo treat-

ments will you have? How many have you had?

I started chemo in September and I go every three weeks. Two out of six chemo treatments have been completed. I will be done with chemo the same week of finals so we will finish together.

You mentioned in our

previous conversation that you'll have radiation treatments. When do these start and how many will you have?

I start in February, they go for five to six weeks and I go in five days a week.

Have you had a mastectomy?

I had one in August. The axillary lymph nodes were also removed.

What advice would you give regarding breast cancer awareness or prevention?

Definitely look for signs that something isn't right. Listen to what you body is telling you and be an advocate for yourself.

Although I have never been a smoker, I see a lot of smokers at the cancer center. In addition to getting preventative care, my advice to students would be to avoid tobacco and live a healthier

lifestyle.

How is your family handling all of this?

During the surgery phase, they were handling it pretty good. But it is hard for them while I'm going through the chemo. I'm not sleeping well and its been rough going.

My oldest son just moved back home to help me. He got a job at the Ankeny DMACC campus.

You mentioned your dogs weren't sure they liked you being bald. What was their behavior like?

After being in the shower one morning and seeing my hair was falling out, I decided to take the clippers to the rest of it. I waited for my family to leave before starting. The dogs were laying on the bed looking towards the bathroom, listening intently. I think they were curious about the sound the clippers were making. They were watching very closely but weren't quite sure what to think about my new look initially but have adjusted to me being bald and wearing a hat.

Is there anything you would like to add?

I'm very appreciative of the DMACC community. Especially Donna, Karen and the work study students. They have covered many hours for me.

Thank you Michelle for your time.

In my opinion: natural prevention

With October being Breast Cancer Awareness month, why not make this month the month you take your first steps in becoming healthier?

The following six recommendations were gathered from two facilities that specialize in a natural approach to wellness rather than mainstream medicine. The co-owners of Thermography of Iowa in Urbandale, which includes a compounding pharmacy center, and Dr. Mayer Eisenstein, owner of Home First clinics near Chicago, agree in the primary considerations for maintaining good breast health and overall well-being.

One, avoid birth control. Artificial hormones are not good for the body, Eisenstein says. He says the breast tissue is under developed until a woman becomes pregnant for the first time. The breast tissue develops during pregnancy in preparation for nursing. The list of side affects

for birth control is longer than any other drug on the market, says Eisenstein.

Two, take vitamin D3. The higher the level of D3 you have in your body, the less likely you are to get some types of cancers, according to research by Eisenstein. Ask your doctor to test your Vitamin D3 level. Some insurance companies will cover the cost of this test; others won't unless it is warranted with some medial conditions.

Three, cut back on your aluminum exposure. Sue Horton, from Thermography of Iowa, explained that the aluminum accumulates in your brain and in your lymph nodes. Antiperspirants are the most common source of aluminum for girls. Many vaccines also contain aluminum.

Four, soy milk changes breast tissue, says Horton. Cut back or avoid soy milk intake. Cutting it out would be a good thing, Horton says, since soy could have

GMO products in it, which can be the source of additional problems.

Five, avoid Mountain Dew and diet pop, Horton says. These contain bromide, which is an enemy to Iodine, according to the book "Iodine: Why You Need It." Bromide attaches itself to various parts of your body that are fighting for space with iodine, the book states. Horton says if you are deficient in Iodine, you have a higher risk of developing breast cancer. Think about this when you hear on the news to cut back on your salt intake but on the same token don't overdo it.

Six, lose the extra weight. When a woman is carrying extra weight, her body is producing extra estrogen, says Eisenstein. Horton adds that this can cause estrogen dominance, which can lead to health problems like PMS, uterine fibroids & menorrhagia (abnormally heavy menstrual bleeding).

Letter to the Editor

Thanks so much for the review of "No Impact Man" in the 9/28/11 Banner News.

The book has been a huge hit with students this year and we are really thrilled to host Colin Beavan in person on November 3, 2011.

I do want to clarify a few points about the provision of books to students. The One Book One Campus program went dis-

trict-wide in 2009 and since then, the books have only been provided to students who were required to read the book in class.

This decision was made to encourage faculty adoption of the book into their courses and to contain costs.

The district simply cannot afford to distribute books to all students. This fall alone, the district has distributed a record 1300

copies of "No Impact Man".

Each library has a surplus of copies for checkout (paper and kindle format), so nobody should feel left out. We even have the DVD and the audio book for checkout.

Michelle Tedrow
Librarian
DMACC Boone Campus

Drama gets political

By Kevin Langel
Editor-in-Chief

The play has been chosen, the cast picked. The DMACC – Boone Campus Drama Dept. will be presenting their fall production, “The Sensuous Senator” by Michael Parker, on Nov. 11 and 12 at 7:30 pm in the Boone Campus Theater.

The play is under the direction of Kay Mueller, speech and communications professor at the Boone Campus.

The cast list is the following:

***Blake Davenport** is playing Senator Harry Douglas, who is a candidate for the President of the United States and presents a character with careful combination of the external politician and the real Harry who is, of course, “The Sensuous Senator.”

***Kodie Butterfield** is playing Lois Douglas, the Senator’s long suffering wife, who is blissfully unaware of her husband’s continual infidelities.

***Matt Beyer** is playing Congressman Jack Maguire, a first term congressman.

***Sean Hanlin** is playing Congressman Clyde Salt, an elderly congressman, a cynic and wit.

***Rachel Davis** is playing Fiona, a high class call girl, who in her own words, “specializes in members of Congress.”

***Stephanie Clemons** is playing Miss Morrison, an investigative reporter for “The National Intruder,” she keeps “popping up” throughout the play.

***Rachel Baldus** is playing



Photo by Stephanie Clemons

Matt Beyer (left) and Blake Davenport at play practice on Fri. Oct. 7. They were rehearsing one of the scenes. The drama department will be presenting “The Sensuous Senator” on November 11 and 12 at 7:30 in the Boone Campus Theatre.

Veronica, Harry’s secretary and lover.

***Kevin Langel** is playing the policeman, the closest anyone comes to being “the straight man.” He is constantly appearing at the most inappropriate times to do searches and security checks.

***Brandon Farhat** is playing Maury Richmond, a newspaper reporter.

The stage crewmembers are Chris Shannon, Brean Woods and Kevin Wilkinson.

“I’m anxious and excited because I’ve never done a play or something serious like this before,” said Davenport.

According to the script, the plot is: “Senator Douglas is running for President on a ‘morality’ platform, but when his wife Lois leaves to attend a conference in Chicago, he doesn’t hesitate to

invite Veronica, his secretary and lover, over. Finding her unavailable, he has an escort agency send the voluptuous Fiona.

All seems well until his elderly Congressional colleague and neighbor, Salt locks himself out and asks to spend the night. Then the young Congressman Jack Maguire drops in unexpectedly and Fiona, unsure who her client is, zeros in on him.

Meanwhile, Veronica changes her plans and appears on the scene. Now the Washington townhouse is swarming with libidinous politicians, seductively dressed women, a security officer and a muckraking reporter, Miss Morrison, from the National Intruder.

When snow closes the airport, Lois returns home. The bedlam crescendos to a surprising end in this outrageous farce.”

This week’s horoscopes

Today’s Birthday (10/12/11). Your deepest satisfaction comes from providing useful service to others, now and for the whole year. Your patient compassion guides your community through transitions, and their gratitude feeds your spirit. What comes around goes around. Share the love. 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 an 8 -- Life’s good, but a spiral of self-doubt could shake things up. Draw or write down your worries and fears, and burn them to release their hold on you. Cast a new intention into the fire.

Taurus (April 20-May 20) -- Today is a 7 -- Rethink your roles at home and at work, and try something new. Use your experience to avoid a costly mistake. Don’t spend your check before you get it. Patience pays.

Gemini (May 21-June 21) -- Today is an 8 -- A dream may inspire a romance. Your friends are there to help. Most great innovation is sparked by an accident.

Consider this when confronted by one.

Cancer (June 22-July 22) -- Today is an 8 -- It may take something to sort fact from fiction. Stick to what you know to be so. Your standards and perceptions are challenged

Leo (July 23-Aug. 22) -- Today is a 6 -- Now you’re on a roller coaster. Will you laugh and scream and enjoy the ride, or cry the whole way, waiting to get off? You may go through both sensations before the day’s out. It’s temporary.

Virgo (Aug. 23-Sept. 22) -- Today is a 6 -- Find satisfaction in little things. It’s okay to want to hide now and be private. There’s time for social life later. Read the small print. Go over picky details.

Libra (Sept. 23-Oct. 22) -- Today is a 7 -- If you want to understand their point of view, put yourself in your partner’s shoes. If things don’t work the way you want, try again tomorrow. Look at it philosophically.

Scorpio (Oct. 23-Nov. 21) -- Today is an 8 -- Not everything that glitters is gold. You can make

barriers disappear (especially the ones that exist only in your head). Gain self-respect through a job

well done.
Sagittarius (Nov. 22-Dec. 21) -- Today is an 8 -- Your imagination plays to your advantage now. Aim higher than usual to gain some ground, even if you miss the mark. Stash away winnings. Note the options that worked.
Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Devote time for artistic creation today. Express something abstract, symbolic and dreamy. Go for clear communications tomorrow. Read the instructions carefully.

Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- There’s a fork in the road ahead. A message from your dreams can point you in the right direction. The line between fact and fantasy may blur, so double-check the data.

Pisces (Feb. 19-March 20) -- Today is an 8 -- Don’t forget to call if you’ll be late for dinner. Don’t get lost in nebulous daydreams without keeping an eye on the clock. You could make great progress in private.

MCT

MHO

(My Humble Opinion)

**Need a place to blow off some steam?
Maybe make a shout out or two?**

The Banner News MHO is a place that’s dedicated to you. Place your opinions and shout-outs in the mailbox outside room 115, and we’ll do our best to get your word out in this space.

Note that the title of this feature is temporary - submit your ideas to the mailbox. After all, this section is all about you.

They should think about having a campus dating service
-Lonely

Pep Band Rehearsals on Tuesday nights at 6 pm in room 116
-Anon

Happy Birthday Klicker
-Staceface

Sarah Palin was running for President?
-Whata Joke

More people should watch black and white movies, ones with real actors, not just pretty people.
-MovieCritic

I feel like more people should treat DMACC like a “real” college, instead of just like high school. Take advantage of new opportunities, new people.. avoid your cliques.

-Anon

Sometimes it’s hard to tell if long distance relationships are worth it...

-Hurt

College is lame without Homecoming

-Anon

Why isn’t there anything remotely interesting going on around here?

-Bored

**Submissions may be public or anonymous*

**All entries should be tasteful*

**All items are printed at the discretion of the Banner Staff*

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

1	2	3	4	5	6	7	8	9	10	11	12	13
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57				58			59					
60				61					62			
63				64					65			

By Jeff Chen

10/10/11

64 Online status update limited to 140 characters
65 “Vette roof option

DOWN

1 Cops enforce them
2 Yen
3 Fast food pickup site
4 Pamper
5 Chocolate factory vessels
6 --Wan Kenobi
7 Where boxers and pugs play
8 Leg joint protector
9 Cliffside nest
10 Cosmo rival
11 Reprimands
12 Looks that lovers make
13 Beginning
18 Bird by the beach
24 Tin Tin
25 Yakked and yakked
27 Starbuck’s captain
28 Like a custom suit
29 Soup with sushi
31 Capt.’s subordinates

Saturday’s Puzzle Solved

W	A	T	E	R	B	A	L	L	E	T	C	A	T
I	T	S	H	O	W	T	I	M	E	A	G	O	
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E	N	D	C	E	R	E	A	L	A	I	S	L	E
D	E	S	S	T	A	R	W	I	T	N	E	S	S

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10/10/11

33 “I tawt I taw a ___ tat!”
34 French friends
35 Letters on reply cards
37 Drone or worker
40 Unsophisticated
41 Come before
42 “If ___ only listened!”
46 Rope at a rodeo
47 City destroyed by fire and brimstone
49 Common teen emotion
50 Ryan of “When Harry Met Sally...”
52 Actors McKellen and Holm
54 Agitated state
55 A.D. part
56 Armstrong’s “small” stride
59 Fair-hiring inits.

Answers will be in the next issue which is on Oct. 26.