

Des Moines Area Community College Open SPACE @ DMACC

Banner News

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Banner News

Devon Greer

Daniel Ginger

Nate Flathers

Anna Rinehart

Ciara Schaben

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Banner News

Des Moines Area Community College Boone Campus

Wednesday, February 23, 2011, Vol. 10, No. 10

"Dead Giveaway" to be presented April 1 and 2



Photo by Tom Lee

Cast members rehearse a scene from "Dead Giveaway." From left to right: Kay Mueller, Katie Sandquist, Sarah Swift and Chris Shannon

The play has been chosen and the cast has been set. The DMACC Boone Campus Drama Department will be presenting Dead Giveaway by Pat Cook on April 1 and 2 at 7:30 p.m. in the Boone Campus Theatre. Kay Mueller, speech and communications professor at the Boone Campus, will direct the play.

The new cast, stage crew and Mueller have been busy over the past couple of weeks building the set and working on lines and positions.

"The play is a well written script," said Mueller. It uses some plotting techniques which reminded me of some Agatha Christie mysteries. I also appreciate its humorous perspective. The actors are well cast and will nicely portray the characters. So far the cast appears to have a good work ethic and set work is progressing well."

The cast list is the following:

*Kevin Langel (third play at DMACC) is playing Dr. Hugh Bernard, a reserved physician in his 40s.

*Katie Sandquist (second play at DMACC) is playing Angie Bowles, a young attractive woman in her late 20s.

*Sarah Swift (first play at DMACC) is playing Beryl Chartres, a feisty woman in her early 70s.

*Daniel Ginger (first play at DMACC) is playing Evelyn Harrigan, an argumentative former actress, also in her 70s.

*Rachel Davis (fourth play at DMACC) is playing Fiona Standish, a polite woman, also in her 70s.

*Nicole Young (second play at DMACC) is playing Catherine Meers, a cool type of lady, also in her early 70s.

*The drama department is looking for someone to play the role of Dinah Boxburrough, a senior citizen "Hell's Angel."

The stage crewmembers are Chris Shannon (stage manager), Austin Leeds (tech manager) and Katlyn Humlicek (set and tech assistant).

"If there's any skeletons in the closet, I'll find them!" states Angie, who then opens a closet and has a skeleton literally fly in her face. This is one of the many surprises that faces the undercover police woman who just took on a job as a 'domestic engineer,' hired by Dr. Hugh Bernard to 'find out what's going on.'

Five elderly spinsters live in the same house and all, apparently, hate each other. And what a group. There's Evelyn, who keeps acting out death scenes for Fiona, who's writing some sort of novel. Then there's Catherine, who keeps alluding to her 'garden.' And Beryl, who carries a pistol and has really hired Angie, unbeknownst to the doctor. And finally, there's Dinah, a senior citizen Hell's Angel.

What keeps these women together? And what dark secret are they all hiding? And why do they all keep dying? Find out in this comedy chiller, where you're not sure who are what to believe, who is really murdering who. And finally, what really happened to Jinx, the cat?

From the author who brought you The Legend of Robin Hood, Sort of and The Marquis Crossing Ladies Society's First Attempt at Murder, this show will keep you on your toes until the final curtain. Nothing is for certain, nothing is taken for granted, but it's all a Dead Giveaway."

"I think that is going to be a great show," said Langel. "There is a lot of suspense in this play and I'm looking forward to working with former as well as new cast members."

Smoking policy: 3 strikes, you owe

By Devon Greer
Staff Writer

The use of tobacco is prohibited on DMACC property, but some people disregard these policies.

"I see quite a few people by Exit 16 smoking cigs on a daily basis," said DMACC student Elliot Davis. Exit 16 is at the north end of the library hall.

The DMACC tobacco policy is located on page 64 of the student handbook and reads "consistent with the Smoke-Free Air Act (H.F. 2212) and the findings of the U.S. Surgeon General that the use of tobacco is a contributing factor to significant health hazards, the use of tobacco products, including smokeless and smoking tobacco, is prohibited on all DMACC campuses and attendance facilities."

The ban on smoking applies to all DMACC campuses, including the parking lots. According to DMACC's Tobacco free campus website the "use of tobacco products will not be allowed on any college property or in any college facility; this includes all buildings, grounds, sidewalks, parking lots, vehicles, and streets within the campus property."

Heidi, a Boone DMACC

student said, "I see people smoking out in their car in the DMACC parking lot "all the time."

While DMACC has notices displayed of its tobacco-free policy at all college locations, there is no individual or group put in charge of enforcing the policy.

Tom Lee, the Provost at Boone DMACC, said, "It is students and staff who are responsible for reinforcing the tobacco policy as individuals. If everyone supports it or is respectful of the rules, sanctions aren't necessary."

Heidi said people who smoke or chew know that no one enforces the tobacco policy and, "know nothing will happen if they use tobacco on campus."

The tobacco policy applies to students, faculty, staff, administrators, visitors, delivery services, and contractors.

To report someone using tobacco on campus you can call the office, go to the front desk, talk to Tom Lee or talk to Brian Green (assistant provost).

Ideally, whenever a DMACC faculty sees a student or staff member ignoring the DMACC tobacco-free policy, the offender will be asked to provide his or her name and student ID number.

Each time the student is in violation, he or she will be sent

a letter, stating the offense. For a first violation, the Executive Dean of Student Services sends a letter to the student explaining that he or she has been observed not complying with DMACC's tobacco-free policy.

If a second violation is given, a letter will be sent to the student by the Executive Dean of Student Services requiring the student to meet with either their Campus Provost, Associate Campus Provost or Judicial Officer for a Disciplinary Conference where the alleged violations of the Tobacco Free Campus Policy will be discussed.

After a third violation, a letter will be sent to the student informing him or her that he or she is being fined \$50 for violation of the DMACC Tobacco Free Campus Policy. Subsequent Violations receive a \$50 fine for each violation.

If you need support or information regarding the tobacco policy, contact Rita Davenport (515) 433-5030 and Shelby Hildreth (515) 433-5024. For information on why DMACC is a tobacco free campus, Mac's policies and guidelines, and frequently asked questions go to go.dmacc.edu/tobaccofree.

Spring break is almost here

By Daniel Ginger
News Editor

Spring Break 2011 is March 14-18. While many people go out of town or state for the week, that is not an option for all people. There are many things to do right in the area, however, to have a good time.

With the weather warming up and Ledges State Park so close, going for a hike and a picnic is an activity available to those in the area. With the winter conditions just out of the way, Canyon Road and Lower Ledges Road are both

closed to vehicles at this time, but open to hikers themselves.

Ledges is open daily from 4:00 am to 10:30 pm. Campgrounds on the state park are open for reservations. The cost to camp in a non-electric spot is \$6.00 and for an electric spot is \$11.00. For more information, visit <http://www.stateparks.com/ledges.html>. The Volunteer Center of Story County located in Ames is always looking for volunteers. According to Laura Logsdon, a representative of the Volunteer Center, the center "works with non-profit organizations to find volunteers."

Although the center itself has no opportunities, Logsdon invites you to their website, www.vcstory.org, for a full list of the many spring break opportunities.

Another at home activity is your basic spring-cleaning. If you've got the week off, why not get rid of some of that unused stuff hiding in the back of your closet? The Youth and Shelter Services of Ames, which is also affiliated with the Boone location, are always looking for gently used household items to be donated. They accept all donations in good condition, from clothing to furniture.

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"Education is the ability to listen to almost anything without losing your temper or your self-confidence."
~Robert Frost~

Enrollment Spring numbers break record

DMACC - With nearly 23,700 students, DMACC has set another enrollment record with more students attending classes this spring than any other spring semester in the College's 45-year history.

There were 1,398 more students taking classes this spring than in spring 2010. That's a 6.27 percent increase. The number of credits also reached a record high pushing through the two-hundred thousand mark with students enrolling in 201,292 credits, up 5.18 percent.

"Our pace of growth remains strong," said Rob Denson, President of Des Moines Area Community College. "But, we must increase our efforts to reach the citizens of central Iowa who will benefit from furthering their education at DMACC."

Both online courses and Career Advantage, a program where high school students can earn college credit, experienced increased enrollment. "Although an improving economy may impact our enrollment, Iowans will continue to retool their skills and with more traditional college-age students coming to DMACC, we anticipate steady growth," said Laurie Wolf, DMACC's Executive Dean of Student Services. "DMACC provides a tremendous educational value to all students."

This year DMACC added dozens of new class sections, renovated buildings, started new career programs, built new parking lots and hired additional faculty to address the influx of new students.

Denson said many people across Iowa are drawn to DMACC because of its reputation of quality faculty and staff, excellent programs, and convenient locations. "Central Iowa is one of the best places in the nation to live and work. That's an important consideration for any student choosing a college," said Denson.

Call off rush for Verizon iPhone

By Nate Flathers
Staff Writer

NEWS ANALYSIS

The iPhone 4 came to Verizon this February, but with the rumored iPhone 5 to be released this summer, should you buy it?

"Don't buy the Verizon iPhone 4" is the answer from Gizmodo.com's Matt Buchanan. "Apple will announce a new iPhone in June, as they have every year since 2008. It'll go on sale later that month, or in early July, as it has every year. That's six months from now. And it'll be better than the iPhone 4 in some tangible way," he writes.

"Maybe not on the order of the leap from the 3GS to the iPhone 4, but it'll have something new to offer. And everybody will want it, because that's how things seem to work with Apple: There's just enough new to make whatever Apple product you've currently got in your hand feel deficient in some way."

The iPhone 4 with Verizon

will offer nothing new. It will be the same iPhone 4, only with a different carrier. Priced at \$199 for the 16 Gigabyte version and \$299 for the 32 Gigabyte version for both AT&T and Verizon, the only real difference is in which carrier has better service in your area. The phones also have "Apps", or applications, that can be freely downloaded or purchased through the iTunes store.

When you sign up with Verizon, you'll be locked into a two year contract. With six months to go, you will likely be unable to upgrade to an iPhone 5 under Verizon's recently modified upgrade policy, in which you must wait until the contract is nearly over in order to upgrade.

This means that if you already have a contract, you will need a second contract, or wait until your upgrade period is up.



Joe Vericker/Verizon/MCT

Verizon Wireless President and CEO Dan Mead was onstage in New York City for the announcement that his company and Apple have teamed up to deliver the iPhone 4 on Verizon.

By then, there will likely be newer iterations of the phone released.

Not all reviews are saying do not buy the product, however. In a review by PCMAG.com, their bottom line is quoted as follows, "Our lab tests show that Verizon's iPhone 4 is just as good as the popular AT&T model, if not

slightly better. If you've been lusty for an iPhone, but AT&T's network coverage doesn't work for you, the Verizon iPhone will be your savior. But if you didn't want an iPhone before, there's nothing new here to change your mind."

Advanced social media class at DMACC Ankeny Campus

DMACC - Seventy-seven million people visit blogs each month. Twitter is growing by more than 3,000 percent annually and Facebook has 175 million members. Is your organization invested in social media?

Social media expert Claire Celsi will provide important insight and much more during a two-session, non-credit continuing education Advanced Social Media seminar at the Des Moines Area Community College Ankeny Campus on Monday, Feb. 28 and Monday, March 7 from 6 to 9 p.m. Sessions will be held in Building 18, Room 1.

Celsi, the owner of The Public Relations Project, is a noted national expert on the power of social media and is a social media consultant to many companies and educational institutions nationwide. In this seminar, participants will learn why social media is a good way to engage and stay in contact with customers, be

able to gauge the advantages and disadvantages of social media and learn the significance of different social media tools like Facebook, Twitter and blogs.

"Companies and individuals are finding that social media adds tremendous value and new opportunities to connect with their customers and other people who have similar interests,"

says Celsi. "Social media creates a human connection and when you use channels like Facebook, Twitter and blogs together they can open whole new avenues for you to interact with people and customers in your network."

Registration for the course ends Feb. 23. Cost for the course is \$105.

For a course description or to register online, go to <http://go.dmacc.edu/conteddsc/Pages/business-skills.aspx>. To register by phone, call (515) 964-6800 or (800) 342-0033. Payment is due at the time of registration.



FASFA time is here again

It's time to complete the Free Application for Student Financial Aid (FAFSA) for students who plan on attending classes in the fall. When students fill out their FAFSA, it determines the students eligibility for student financial aid which includes Pell grants and work-study programs.

According to www.fasfa.ed.gov, student financial aid is funding to help students pay for expenses such as tuition, living expenses, books and educational supplies. Financial Aid is provided to students based on financial needs. Students who need financial help may obtain grants, work-study, and loans. State Governments also offer financial aid based on the same guidelines as well as which university the student is attending.

Pell Grants are federal grants that do not have to be

paid back. Normally, Pell grants are awarded to those from low-income families. Pell grants are also used to count the number of low-income students attending a certain university. To qualify for a Pell grant, a student must demonstrate financial need. The financial need is determined by the U.S. Department of Education, based on information from your FAFSA as well as other factors.

Work-study programs are classes that combine education as well as practical work experience. According to the DMACC webpage, work-study is offered at the Boone campus as well as other campuses. To apply, students must pass a background check and attend an interview. At the Boone campus you can apply for work-study at the financial aid desk.

Former NBA star speaks at DMACC Black History month events

Former Iowa State University and National Basketball Association star Don Smith, now known as Zaid Abdul-Aziz, will speak at two Des Moines Area Community College Black History month events on Feb. 24.

Abdul-Aziz will speak from 9:40 to 11:05 a.m. in the Theater on the DMACC Boone Campus and then from 3 to 4:15 p.m. in Room 124-126, Bldg. #1 on the DMACC Urban Campus.

Abdul-Aziz was born in Brooklyn in 1946. He honed his basketball skills on the New York City playgrounds before heading to ISU. After breaking nearly every ISU record, the two-time All-American was selected fifth overall in the 1968 NBA draft. He enjoyed a successful ten-year professional career with the Bucks, Rockets, Sonics and Celtics.

During his career, Abdul-Aziz posted 155 double, doubles or games in which he recorded

double figures in both points and rebounds. He still ranks sixth in Sonics history for rebounds per minute played.

He changes his name after converting to the Islamic faith in 1976.

After retiring from the NBA, he worked as a chemical/alcohol dependency counselor. In 1998, Abdul-Aziz was inducted into the Iowa State Basketball Hall of Fame. Six year later, his #35 jersey was retired up into the Hilton Coliseum rafters.

He is the author of *Darkness to Sunlight* and is recognized as a national speaker.

Abdul-Aziz's presentations, which are free and open to the public, are co-sponsored by the DMACC Boone Campus Student Activities Council, the DMACC Urban Campus Student Activities Council and the DMACC Diversity Commission.

Pollinators Wanted

Forage Genetics, located 5 miles southwest of Ames, is seeking corn pollinators. Employment will last 3-4 weeks beginning after July 4. Pay varies by applicant with overtime and bonus potential. Good fit for 1st semester summer students. All majors welcome to apply. For more info contact bhbrekke@landolakes.com.

Turn to page 8 and

"Guess this Pic"

Guess the picture correctly and win a prize!!

We want to hear your complaints/compliments/concerns!

Please submit Letters to the Editor to bannernews@dmacc.edu.

Remember that all letters must be signed!

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BEAR BRIEFS

Free Income Tax Assistance

If your income was less than \$49,000 last year, call to schedule an appointment for free income tax help:

Fridays from 9:30 a.m. to 3:30 p.m. at the DMACC Boone Campus, Feb. 4 through April 15. Call (515) 433-5029 to schedule an appointment at the Boone Campus.

Bring last year's taxes, W-2s, and Social Security cards, as well as any other tax documents you have.

This is a free service for those who qualify. Please come early; only a limited number of clients can be seen each day.

The service will not be available during DMACC's spring break, which occurs March 14-18.

Former NBA Star speaker at DMACC

Former Iowa State University (ISU) and National Basketball Association (NBA) star Don Smith, now known as Zaid Abdul-Aziz, will speak at the Boone DMACC Black History month event on Feb. 24.

During his career, Abdul-Aziz posted 155 double, doubles or games in which he recorded double figures in both points and rebounds. He still ranks sixth in Sonics history for rebounds per minute played. Abdul-Aziz will speak from 9:40 to 11:05 a.m. in the Theater on the DMACC Boone Campus.

It's time for FAFSA 2011-2012

Complete the 2011-2012 Free Application for Student Financial Aid (FAFSA) for school year beginning August 25, 2011 at www.fafsa.ed.gov by DMACC's priority date of April 1, 2011.

When you complete the FAFSA you are asking to be considered for Federal Pell Grants, Federal Student Direct Loans, Federal Supplemental Education Opportunity Grants and Federal College Work Study.

Cast Member Wanted

The drama department is looking for someone to play the role of Dinah Boxborough. If you are interested in this part, please contact Kay Mueller at 515-433-5094. No experience is needed.

Wii Deal or No Deal

Boone Courter Center, Feb. 24, from 9 a.m. to 11 a.m.

3 on 3 Tourney

3 on 3 Basketball Tourney at Boone Gym on March 3 from 7 p.m. to 9 p.m. Sign up your teams with Jocelyn Anderson at jranderson18@dmacc.edu.

Forensic Trends & Techniques

Forensic Trends and Technique Conference is being held March 4th through 5th, 2011. Details and Registration information can be found at <http://go.dmacc.edu/eci/Pages/forensics11.aspx>

Faces of DMACC Photo Shoot

DMACC's Marketing and Public Relations Department is searching for DMACC students to participate in this year's "Faces Campaign."

Photographers will be on each DMACC campus in the coming weeks to photograph students who are interested in being part of the campaign. Pictures will be shot at the Boone Campus on Thursday, Feb. 24 from 10 a.m. to 2 p.m. in the Courter Center.

To access the Faces of DMACC web page go to www.dmacc.edu/faces for the release form and other information.

Additional Scholarship Assistance

Don't miss out on additional grant assistance. The following scholarships are available from the Iowa College Student Aid Commission. You must complete the Iowa Financial Aid Application (links below) to apply.

You must complete both the FAFSA and the Iowa Financial Aid Application, if you wish to apply for one of the scholarships below at <https://apps.iowacollegeaid.gov/common/default.aspx?cmd=wizInfoView>, select "Undergraduate Student."

2011-2012 Iowa Financial Aid Application available for students applying for the following programs:

*All Iowa Opportunity Scholarship (priority deadline of March 1)

*All Iowa Opportunity Foster Care Grant (priority deadline of March 1 for renewals)

*Education and Training Voucher (priority deadline of March 1 for renewals)

*Iowa National Guard Educational Assistance Program (NGEAP) (priority deadline of August 31)

Ferrets Needed

The DMACC Vet Tech Program is looking for ferrets to help out in their exotic animal class. The ferrets will help students to learn about ferret behavior and ferret handling. Students also will perform physical examinations and trim nails on the ferrets.

If your ferret(s) would like to volunteer, please contact Jeannie Stall at 965-7074 or jestall@dmacc.edu Ferret volunteers are needed on Mon., Feb. 28th from approximately 1:15 to 4:30 p.m., but arrangements can be made for them to spend the day with the class, if needed.

Snakes and lizards infest DMACC Courter Center

By Daniel Ginger
News Editor

A college version of the elementary school tradition of show and tell came to the DMACC Boone campus Tuesday, Feb. 18.

Tom Kessenich, an expert in reptiles and amphibians from Wisconsin, traveled to Boone to show students and staff his collection of exotic animals as part of his "Snakes Alive" program.

Kessenich, a herpetologist, who started Snakes Alive nine years ago, has been bringing his show to DMACC for the past five years. Kessenich enjoys taking the glass away to promote understating of these creatures. "I enjoy bringing to these creatures, viewed as frightening, to the frightened."

This year Kessenich brought several creatures for the show.

The main attraction, ten-year-old Billy, is an approximately six foot long Boa Constrictor from South America. He also brought along Spike, a small Bearded Dragon, Itty Bity Gator, an alligator that will be eight-years-old this July and Harry, a tarantula that Kessenich says is an "eight legged poodle."

All of the animals that go on the road with Kessenich are his personal pets. He keeps them in his home in Wisconsin, where he has rooms designed for his pets. "I've got five alligators at home over five feet long. They live in my basement."

When asked if he needed a



Photo by Daniel Ginger

Billy the snake hugs DMACC civil engineering student Tom Grimstad during the "Snakes Alive" program in the Courter Center Feb. 18. The program has been an annual event at DMACC for five years. Tom Kessenich, a reptile expert from Wisconsin, features his exotic pet collection as part of his nationwide demonstrations.

special license to own these very interesting pets, Kessenich states that although some communities require a class and license to own these pets, his does not. Kessenich

has taught the class in years past.

Kessenich says in five to eight years, he would like to purchase land to open his own zoo.

DMACC baseball team takes two of three in season opening series

The DMACC baseball team won two of three games in its season-opening series against Western Oklahoma State College Feb. 12-13 at Altus, Okla. WOSC came into the game with a No. 3 ranking in the National Junior College Athletic Association Division II preseason poll. DMACC is ranked ninth.

The Bears took both ends of a doubleheader on Feb. 12, winning by scores of 16-6 and 8-3. WOSC scored three runs in the bottom of the ninth inning to take the Feb. 13 game, 13-12.

"I was really proud of how we played," DMACC baseball coach Dan Fitzgerald said. "Winning the series was great, but giving away the sweep was not good."

Fitzgerald said he was pleased with the seven home runs his team hit in the series, including five in the Feb. 13 game.

"We swung the bats really well and our pitching was really good," Fitzgerald said. "We just had a couple of letdowns defensively. It was very, very correctible stuff, stuff that happens at the beginning of the year. Our preparation and our competitiveness were off the charts. I was really, really

proud of how we got after it."

Sophomore third baseman Sean Borman of Minnetonka, Minn., and freshman catcher Colin Keefe of Woodbury, Minn., each homered to pace the Bears to their 16-6 win in the first game of the series. The game was called after five innings because of the 10-run rule.

Freshman second baseman Sean Moore of Coralville and Borman had three hits apiece in the game and Borman added three runs batted in. Moore, Keefe, freshman first baseman Gabby DeVarona of Pembroke Pines, Fla., and sophomore center fielder Hebraim Cordova of Vega Baja, Puerto Rico drove in two runs apiece. DMACC led 5-2 before putting the game away with nine runs in the top of the fourth.

Sophomore Ryan Torgerson of Johnston went the distance to pick up the victory. Torgerson scattered nine hits, struck out six and walked one. Three of the six runs he allowed were earned.

Keefe had three hits and drove in a pair of runs to lead the Bears in the second game on Feb. 12. Sophomore left fielder John

Loeffler of Burnsville, Minn., drove in three runs and Moore and freshman outfielder Greg Larpenner of Urbandale had two hits apiece.

Freshman Austin Urban of Johnstown, Penn., worked the first three and one-third innings, allowing three runs on three hits. He struck out six and walked one. Freshman Alec Crawford of Wilton threw the last three and two-thirds innings and earned the victory. He allowed one hit, struck out seven and walked one.

Loeffler hit two home runs and drove in five runs in DMACC's 13-12 loss on Feb. 13.

The Bears hit five home runs in the game with Moore, Cordova and freshman designated hitter Alex Lashomb of Inver Grove Heights, Minn., getting one apiece. Moore also drove in a pair of runs for the Bears.

Sophomore Josh Deboer of Coralville started on the mound for the Bears and worked the first four innings. He allowed six runs on four hits, struck out seven and walked four. Sophomore Dylan Thomas of Lakeville, Minn., worked three innings, allowing three runs on three hits. He struck

DMACC baseball team opens 2011 season at Western Oklahoma

The Des Moines Area Community College baseball team began the 2011 season with a pair of 7-inning games against Western Oklahoma State College Feb. 12 in Altus, OK. The Bears capped the weekend with a 9-inning game on Feb. 13.

Both teams are ranked in the National Junior College Athletic Association preseason poll. Western Oklahoma is third and DMACC is ninth. WOSC compiled a 56-7 record in 2010 and DMACC was 47-11.

"I like this team," DMACC baseball coach Dan Fitzgerald said about his 2011 squad. "We had stretches in the fall where we really struggled, but we pushed this team as hard as we've pushed any of them. They really came back this winter. I really, really enjoy being around this team. They're good guys and they work hard."

Fitzgerald said his team's strength will be its pitching staff. The four-man rotation will include sophomores Ryan Torgerson of Johnston and Josh DeBoer of Coralville and freshmen Austin Urban of Johnstown, Penn., and Alec Crawford of Wilton. Sophomore Drew Freie of Wilton will be the closer.

"This is arguably the best pitching staff we've ever had, which is really saying something," Fitzgerald said. "They've all gotten so polished and just refined in what they do. They're very confident."

As a team, DMACC was second in the nation in home runs in 2010 with 109. Fitzgerald said power hitting won't come into play as much this season.

"We're probably going to have to hit and run a little bit more, bunt and probably run the bases a little bit differently," Fitzgerald said. "But we're going

to be better defensively than we were a year ago."

Key position players returning this season include first baseman Sean Borman of Minnetonka, Minn., and outfielders Greg Larpenner of Urbandale and John Loeffler of Burnsville, Minn. Sophomore transfer Hebraim Cordova of Vega Baja, Puerto Rico, is expected to start in center field.

"Cordova can really run and is about as good defensively as they get," Fitzgerald said, adding that Borman, who hit .380 with 12 home runs last season, will get work at both first base and third base.

Freshmen expected to make an impact in addition to Crawford include catcher Colin Keefe of Woodbury, Minn., and infielder Shawn Moore of Coralville.

"We're going to rely so much on those young guys," Fitzgerald said. "We have a lot of really, really talented freshmen."

Fitzgerald said the keys to winning the WOSC series are quality starts from the pitchers, good outings from relief pitchers and stringing together base hits.

"Our guys are just ready to play," Fitzgerald said. "We're not going to be nearly as polished as we will be in three months, but we're still going to do the things we need to do to win baseball games."

DMACC will travel to Independence, Kan., Neosho, Mo., and Lee's Summit, Mo., for weekend games before playing at Enid, Okla., and Miami, Okla., during spring break (March 11-19). The Bears will also play games in Des Moines, Marshalltown and West Burlington before opening the home season March 31 against the Grand View University junior varsity.

Phi Theta Kappa induction ceremony inducts 30 new members



Photo by Dan Ivis

DMACC Boone Campus students Sarah Woods, (front row, left to right), April Allen, Amanda McCoy, Lori Harvey, Lucas Hall (back row, left to right), Andrew Bouk and Dale Hanselman, all of Boone, were recently inducted into the Tau Phi Chapter of the Phi Theta Kappa (PTK) International Honor Society. They were among the 30 DMACC Boone Campus students who attended the recent induction ceremony on the DMACC Boone Campus.

out six and did not walk a batter. Sophomore Drew Freie of Wilton threw the last one and one-third

innings and suffered the loss. He allowed four runs on four hits and struck out two batters.

DMACC Bears: Women

Wood is athlete of week



Katlyn Wood

DMACC - The Iowa Community College Athletic Conference has named Katlyn Wood of Monroe, a sophomore on the Des Moines Area Community College women's basketball team, Athlete of the Week.

Wood, a first-team all-region performer a year ago, had 18 points, eight rebounds, four assists and three blocked shots in the Bears' 82-75 win over Marshalltown Community College on Feb. 2. She followed that performance with 14 points,

10 rebounds and three blocked shots in a 73-71 overtime loss to Southeastern Community College on Feb. 5.

Wood leads DMACC in scoring, rebounding, blocked shots and steals. She is averaging 14 points a game and has made 138 of 302 field goal attempts for 46 percent. She had made 19 of 62 3-point field goal attempts and is shooting 79 percent at the free throw line (82-of-104).

Wood has 242 rebounds in 27 games this season for an 8.96 per game average. She has 53 offensive rebounds. She has 66 blocked shots and is averaging 2.44 blocks a game. And she has 53 steals on the season and is averaging 1.96 steals per game.

Wood has lead DMACC to a 20-7 overall record this season and an 8-5 record in the ICCAC, good for third place in the league.

Following graduation from DMACC, Wood plans to continue her education and athletic career at a four-year college or university.

Bunning named ICCAC scholar-athlete of week



Carli Bunning

DMACC - The Iowa Community College Athletic Conference has named Carli Bunning of Boone, a sophomore on the Des Moines Area Community College women's basketball team, Scholar-Athlete of the Week.

Bunning scored 12 points and grabbed 11 rebounds in DMACC's 82-75 win over Marshalltown Community College on Feb. 2, and had 14

points and seven rebounds in a 73-71 overtime loss to Southeastern Community College on Feb. 5.

Bunning, a forward, is averaging 7.5 points a game. She has made 74 of 132 field goal attempts for 56 percent and is 57-of-87 from the free throw line for 66 percent. She has 166 total rebounds, including 74 offensive boards and is averaging 6.1 rebounds a game.

Bunning has helped the Bears to a 20-7 record overall and an 8-5 record in the ICCAC.

Bunning has carried a 3.47 grade point average throughout her career at DMACC. Following graduation from DMACC, she plans to continue her education and athletic career at a four-year university.

Bunning is the second DMACC women's basketball player to be named Scholar-Athlete of the Week by the ICCAC. Freshman Lacy Stevenson received the honor on Feb. 4.

Burrage scores 31 as DMACC men fall to Kirkwood, 75-69

Sophomore Kannon Burrage of East Moline, Ill., scored a game-high 31 points as the Des Moines Area Community College men's basketball team dropped a 75-69 decision to Kirkwood Community College Feb. 16 at the DMACC gymnasium.

Burrage was just 7-of-19 from the field, but made five of his 10 3-point attempts and was 12-of-15 at the free throw line.

KCC, ranked seventh, made 23 of 25 free throws in the game, including its last 17 in a row. DMACC was 17-of-21 at the free

throw line.

The Bears, ranked 13th in this week's Division II poll from the National Junior College Athletic Association rallied from a 69-57 deficit with a minute to play and got to within 73-69 with 12 seconds remaining, but two free throws by KCC's Brennan Cougill with 11 seconds to play iced the game for the Eagles.

Cougill led KCC with 22 points.

With the win, KCC ran its record to 23-5 overall and 11-1 in the Iowa Community College



Contributed Photo

DMACC Bears forward Kurtis Philips goes up for the basket.

Late rally comes up short as DMACC falls to Kirkwood, 67-64

The Des Moines Area Community College women's basketball team rallied from a 17-point deficit in the final five minutes, but came up short as sixth-ranked Kirkwood Community College defeated the Bears 67-64 Feb. 16 at the DMACC gymnasium.

Whitney Rohrbach's 3-point basket with seven seconds to play provided the win for the Eagles, who improved to 21-6 overall and 13-1 in the Iowa Community College Athletic Conference. DMACC fell to 20-8 and 8-6.

Freshman Sam Thrapp of Davenport led the Bears with 15 points and freshman Karlie Warehime of Gowrie added 13 points. Freshman Ashley Hagedorn of Irwin added nine points to the DMACC attack

and freshman Lacy Stevenson of Knoxville and sophomore Katlyn Wood of Monroe scored eight and seven points respectively.

The Bears trailed 62-45 with 4 minutes, 52 seconds to play, but scored nine unanswered points to draw to within 62-54 with 2:15 remaining. Wood keyed the rally with a regular basket and a 3-pointer and Warehime and Thrapp added two free throws apiece.

After KCC went ahead 64-54 on a basket by Diamon Beckford, the Bears responded with 10 unanswered points to draw even at 64-64 with 29 seconds remaining. Hagedorn ignited the rally with a 3-pointer and Thrapp added a traditional 3-point play to make it 64-60 with 1:04 to play. The Bears then got a steal and basket from

Hagedorn and Warehime hit a pair of free throws off another KCC turnover to tie the score and set the stage for Rohrbach's 3-pointer.

DMACC trailed 20-11 early in the game, but fought back to take a 35-34 lead at halftime. But the Bears missed their first 10 shots from the field in the second half as Kirkwood opened up a 53-39 advantage with more than 12 minutes to play and eventually went ahead by 17 points.

DMACC came away with a 30-28 advantage on the boards with Wood's eight rebounds leading the Bears. Thrapp, Hagedorn and freshman Carrie Wood of Norwalk had two steals apiece for DMACC.



Left: DMACC guard Ashley Hagedorn dribbles the ball down the court against Southwestern Community College.

Contributed Photo

DMACC Bears: Men

SPORTS BRIEFS

Wood's double-double lifts DMACC women by NIACC, 56-42

Sophomore Katlyn Wood of Monroe scored 10 points and grabbed 13 rebounds to lift the Des Moines Area Community College women's basketball team to a 56-42 win over North Iowa area Community College Feb. 12 at Mason City.

Burrage scores 18 as DMACC avenges loss to NIACC

Sophomore Kannon Burrage scored 18 points as the Des Moines Area Community College men's basketball team defeated North Iowa Area Community College 54-53 Feb. 12 at Mason City, avenging a 75-63 loss to the Trojans on Jan. 15.

Use food labels to make healthier food choices



By Anna Rinehart
Staff Writer

Food labels can help one make healthier food choices. I have assembled information to help you understand food labels based on textbooks, classroom materials and discussions in classes in Human Nutrition (DMACC) and Nutrition for Active and Healthy Lifestyles (ISU). Several factors should be considered when examining labels. Begin reading the label from the top and work your way downward.

Serving size

The first thing listed is usually the serving size. This is important because it will help one see how much they are actually eating compared to the standard serving size. For example the serving size for macaroni and cheese is one cup, according to the label. However, many people exceed this amount by loading their plate with two to three cups in one serving. Use the label to guide your portion size.

Calories, calories from fat, cholesterol

The next step is to look at the calories per serving. Most labels are based on a person who eats 2,000 calories per day. That number should be adjusted based on individual needs. For instance an athlete would consume more calories whereas someone with a lower activity level should eat fewer calories to avoid gaining weight. Within calorie consumption, look also at the calories from fat. You will want to determine whether the food item is a high or low source of fat by looking at the percentage of daily value. If the food item is high in fat, one may ask why. If it is a dairy product, it will usually be higher in fat. This is not all bad, but what kind of fat are you consuming? One should keep saturated and trans fat to a minimum. Saturated fat is when the fat is saturated with hydrogen, and trans fats are man-made or processed fats. These are the "bad" fats and you should limit them as much as possible. One should try to strive to consume more monounsaturated fats and polyunsaturated fat. These fats are not saturated and have double bonds. These are the "good" fats and you should

try to consume more of these. Limit cholesterol too. One's body can usually make enough cholesterol, thus try to limit this as much as you can. Cholesterol is usually from saturated fatty acids, which increase one's risk of heart disease. The recommended intake level for cholesterol is less than 300 milligrams per day, and if one has heart disease, one should limit their intake to less than 200 milligrams per day.

Sodium

Also, look at the amount of sodium per serving. Americans on average consume 3,436 mg of sodium per day. The tolerable upper intake level is 2,300 mg, and the recommended adequate intake level is 1,500 mg per day. Our bodies only need 180-500 mg of sodium per day. Some sodium equivalents are 1/4 teaspoon salt equals 600 mg sodium, and 1-teaspoon salt equals 2,300 mg sodium. Thus, aim to pick food items that are low in sodium.

Other nutrients

Potassium, fiber, vitamins, and minerals are substances one should try to strive to get high amounts. Potassium is not required on food labels, thus it is difficult sometimes to know how much potassium actually is in the food item. The recommended daily intake level for potassium is 3,500 mg. When trying to find a high source of potassium remember that 20 percent or higher is a high source. Vitamins and minerals are also very important that one makes sure they get enough of. Usually if one is eating a well balanced diet they will get all the nutrients that they need. One needs to make sure they get enough calcium for strong bones and to prevent osteoporosis. The recommended intake for calcium is 1,000 mg per day.

Fiber

In addition, fiber is very important in one's diet because it decreases the chance of heart disease, type 2 diabetes, constipation, and colon cancer. Our bodies cannot break down fiber, and when one eats a large amount, it helps get things out of the digestive tract faster. One should try to consume whole grain, fruit, vegetables, legumes, and cereal. Make sure to check if the food item is actually whole grain and the only way to know for sure is to see if "whole grain" is the first or second ingredient. If whole grain is not the first or second ingredient then it's most likely not a good source of fiber. Manufacturers take out some of the bran and germ in a grain and leave the endosperm. The endosperm is mainly starch, whereas the bran is rich with fiber and contains vitamins. The germ is the rich core with antibodies, vitamin, and healthy fats. The recommended intake

level for males is 38 g and for females 26 g per day.

Protein

Protein is very important in our diets. If one eats a well balanced diet they will most likely get enough protein in the food they eat. Protein is in a lot of dairy products, meats, and legumes.

Sugar

Sugar is one ingredient that most individuals love and is hard to decrease. One should try to limit their intake of added sugar. Try to get sugar from natural sugars such as fruits. Fruit is a wonderful natural sugar that is very healthy and is loaded with vitamins. When looking at the food label it is hard to distinguish if the sugar in the product is added or is a natural sugar. One thing individuals can do is see if sugar is listed in the first three ingredients. If so, it means there is a lot of added sugar in that food item. It is also difficult because there are so many different words for "sugar." Some examples are as followed: corn syrup, cane sugar, brown sugar, fruit juice concentrates, honey, lactose, maltose, malt syrup, molasses, sucrose, syrup, and dextrose. These are only a few of the names for sugar. The recommended sugar intake is 8 tsp (32 grams). Most individuals exceed this number by three times.

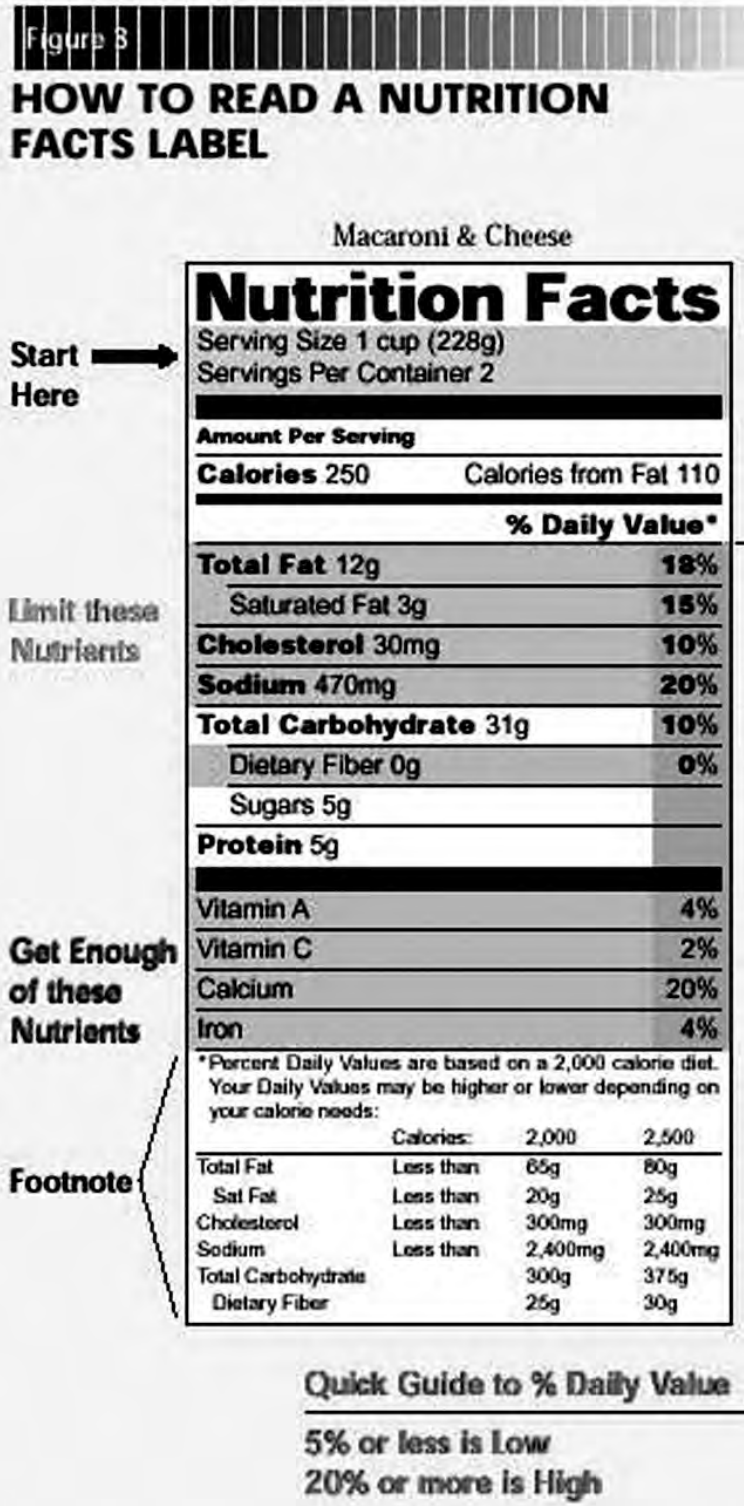
Percentage Daily Value

Along the right side of the food label, one will find the percentage daily value. This column breaks down a food item based on what percentage of nutrients that item supplies. If the nutrient item is 5 percent or less of the recommended daily value, it is considered a low source, and if it is 20 percent or more, it is considered to be a high source. Some nutrients you want to limit to promote good health; others you want to make sure you get enough of, again, to promote good health.

Chart

On the bottom of a food label, there is a handy chart to help consumers. An example is the recommendation for total fat one should consume is less than 65g per day. This will help one further decide if a particular food item is a healthy choice. Most all recommended values are based on a 2000-calorie intake. Thus, one may need to vary their intake according to their calorie needs.

Anna Rinehart is a full-time DMACC student who plans to transfer to ISU in the fall, where she will pursue a degree in diet and exercise. One day hope to work will athletes in their diet and exercise programs.



Source: www.health.gov/dietaryguidelines/dga2000/document/build.htm

Cutting the caffeine not easy as it seems

By Ciara Schaben
Staff Writer



Everyday we run into caffeine: our morning coffee, the chocolate bar we munch on during class, the pop we drink throughout the day. Caffeine is all around us and most of us don't think about how dependent we are on it or how it is affecting us. Recently I've been trying to kick the caffeine habit myself. Limiting myself to one or two cans of pop a day instead of five or six a day, hoping to better my health and my acne. Though it has caused an increase in naps, I feel overall better than before and can see my skin getting clearer. It's only been a few weeks and the effects of caffeine are apparent. Caffeine can affect everyone differently but what remains the same is its addictive properties. You might find yourself in a grumpy mood if you ran out of coffee this morning and weren't able to have your daily joe. Caffeine may give you a stimulating boost but it also changes your mood. If you do not have your daily does of caffeine you tend to feel more tired, irritable, and upset. Your body craves the caffeine, it has become dependent on the caffeine and finds it hard to function without it.

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Beth Christianson
Manager

AROUND THE BC



This spring, take a break

By Ciara Schaben
Staff Writer

As an average collage student, you are probably doing something average for your spring break. Working.

Well, this year I'm taking a break from work and going on vacation. For the past two years, I worked all of spring break and missed out on all the fun I could have had. Regardless of how much money I made, I felt trapped. Once in a while, you have to have some down time.

Even if you do not decide to go away on vacation, you should still take some time for yourself. Making plans with friends and family around your work schedule is a great way to get your much-needed downtime. That way you don't feel like you have wasted the whole break.

If you work every single day of spring break, it's really not much of a break, now is it? If you are planning to go across the country to be somewhere warm for spring break, I'm with you. Most people, like myself, have that itching in their feet to travel, and mine have been itching for a while. There is no feeling like being in a plane arriving to your destination.

Even if you don't have the money to go on a fancy trip you should still travel somewhere close. You could visit the Mall of America in Minneapolis, Minnesota or catch a band in Chicago, Illinois. Another option is to travel across the state to see family or friends at different colleges or universities. These trips only cost gas money and have fairly priced lodgings. If you decide to work make sure to at least take some time for yourself. You still have half of a semester to go before summer.

Feature Editorial: the Los Angeles Times

Democracy by Internet

After the revolution in Egypt, it has become a truism that the Internet can foster dissent and political freedom. But in a thoughtful speech this week, Secretary of State Hillary Rodham Clinton put that observation in perspective and committed the United States anew to promoting the online exchange of ideas in other countries.

Clinton's speech was vague in places, and there is a tension between her emphasis on the importance of protecting the privacy of everything from business documents to journalists' notes and efforts by the U.S. government to combat online security threats. Overall, however, it was an impressive attempt to advance an international conversation about how best to bring a commitment to democracy worldwide into an age in which the Internet is "town square, classroom, marketplace, coffeehouse and nightclub."

Clinton called for an uncensored Internet, and she criticized countries _ including Egypt during the events of the last few weeks _ that suppress online communication. But rather than grounding her case for an uncensored Internet only in traditional notions of free expression, Clinton also argued that Web freedom would encourage economic growth. "Freedom of thought and the level playing field made possible by the rule of law are part of what fuels innovation economies," she said.

In case authoritarian regimes are unpersuaded, Clinton noted that the United States has launched Twitter feeds in Arabic and Farsi and "continues to help people in oppressive Internet environments get around filters, stay one step ahead of the censors, the hackers and the thugs who beat them up or imprison them for what they say online." (Those efforts are worthy, but the Twitter feeds are likely to be viewed in many countries as an exercise in propaganda rather than an attempt to promote Internet freedom.)

In her address, Clinton celebrated the idea of confidentiality, saying it was necessary for the conduct of business and journalism as well as diplomatic communications. But she made it clear that in some instances confidentiality must yield to other values. Indeed, the administration in which she serves has placed law enforcement above protecting the privacy of some online communications.

That contradiction makes it easy for other nations to accuse the United States of hypocrisy. But it doesn't undermine Clinton's primary point that the Internet shouldn't be censored. It's an important message. Clinton said the costs of blocking the Internet are "unsustainable in the long run." But in the short run, even after the revolution in Egypt, plenty of autocrats will turn the "off" switch.

This editorial appeared in the Feb. 17 edition of the Los Angeles Times, MCT

Reading judges on health care

By Michael Smerconish
The Philadelphia Inquirer (MCT)

I fear that Roy Cohn had a better understanding of American justice than John Adams.

It was Adams who sought to instill separate yet balanced power in Massachusetts -- "a government of laws and not of men," he wrote.

Cohn had other ideas. The famed lawyer (who was disbarred before his death), was fond of saying, "I don't care what the law is, just tell me who the judge is."

On the subject of the national health-care law, the answer to Cohn's question would be: Anthony Kennedy. The case appears headed for his resolution once it arrives in the Supreme Court.

U.S. District Judge Roger Vinson is the federal judge who deemed the entire law unconstitutional. This was the fourth time a federal judge has passed judgment on national health care. Two Republican-appointed judges have ruled all or part of the law unconstitutional; two Democratic-appointed judges have upheld it.

So much for the belief that the law is applied when a member of the bench dusts off the Constitution and looks up an answer.

Thus far, only federal trial courts have reviewed the law. The next challenges will go to the U.S. Courts of Appeals, and then to the U.S. Supreme Court. And unfortunately, most observers, including me, think we can accurately predict how eight of the nine justices will rule.

That health care is unconstitutional: Justices Stephen Breyer, Ruth Bader Ginsburg, Elena Kagan, and Sonia Sotomayor. That health care is unconstitutional: Justices Antonin Scalia, Clarence Thomas, John Roberts, and Samuel Alito. Which leaves Justice Kennedy.

This is the government of "men" now charged with interpreting the law, which in this case involves the Commerce Clause. It gives Congress the power to regulate commerce "among the several States."

Since the New Deal, the Supreme Court has defined commerce very broadly to include anything that could have any effect on interstate commerce. That broad

reading empowers Congress to make it illegal for your 8-year-old to operate a homemade lemonade stand and refuse to sell lemonade to racial minorities. Why? The water, sugar, fruit juice and revenue _ even in tiny amounts _ could have an effect on interstate commerce. The question to be asked by a court in reviewing a law under the Commerce Clause is whether it could have an effect on interstate commerce.

So the issue here is whether the refusal of someone to participate in national health care could have an impact on interstate commerce. To which proponents would say yes, because when you don't participate, you are affecting the commerce embodied in the health-care system, however slightly, across state lines.

Judge Vinson found that the law was not properly grounded in the Commerce Clause because, he said, it was not aimed at "economic activity," but rather "inactivity," referring to a decision not to buy insurance.

Those challenging the health-care law say that the Commerce Clause does not authorize Congress to force Americans to buy health insurance where authority extends only to activities that substantially affect interstate commerce. They say the clause does not give the government power to make you do something.

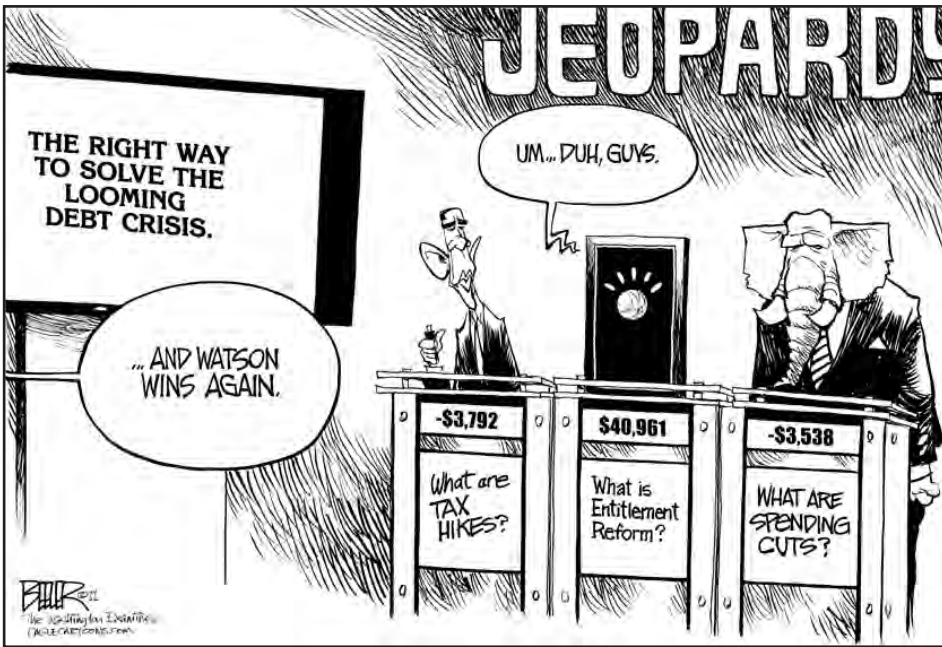
Proponents respond that when you choose not to obtain health insurance, you are making an active decision that shifts your burden to others. In other words, that there is action in inaction. And, proponents argue that the government already makes you do things, like buy car insurance.

To which critics reply, No one forces you to drive a car.

Proponents will finally say that in the alternative of reliance on the Commerce Clause, we would have 50 sovereign systems of government, and not a United States.

Round and round it goes, without a crystal-clear answer in the law. Language is necessarily ambiguous. Hence the influence of interpretation. And given the recent partisan divide in the court, it is easy to see this one decided by a 5-4 split. Just like Bush v. Gore.

Roy Cohn was right. It's not just what the law says. It's who is reading it.



What's on your mind? We want to hear about it. Do you have a compliment? A concern? Tell us. Submit letters to the editor to bannernews@dmacc.edu. Remember, all letters must be signed.

Banner News Staff

Editor-in-Chief

Kevin Langel
News Editor
Danny Ginger
Adviser
Julie Roosa

Staff Writers

Devon Greer
Anna Rinehart
Nathan Flathers
Ciara Schaben

Printer

Wilcox Printing,
Madrid

Member of ACP and ICMA



“Hon, I’ve been doing a lot of thinking, and I’ve come to the realization that thinking a lot messes with my head.”

MCT

Guess This Pic



Photo by Kevin Langel

A new item to the Banner News is Guess This Pic. If you can guess where this picture is at in the city of Boone, you will receive a \$5 gift certificate to the Campus Cafe. If more than one person guesses this correctly, each name will be placed into a hat and the winner will be drawn. The deadline for this picture will be Monday, Mar. 7, at noon. Please submit your answers with the specific location clearly identified to the Banner News production room (Room 115) or by e-mail at bannernews@dmacc.edu.

Last Issue’s Winner

The winner of the last issue’s Guess this Pic was Vicki Lauzon of the business/financial aid office. The picture was taken in the hallway that is outside of the theatre heading towards the main offices.

This week’s horoscopes

ARIES (March 21-April 20)

Home celebrations and family gatherings require detailed planning. Early this week loved ones may relinquish control of group events or scheduled activities. In the coming weeks complex social decisions will be draining. Friends and relatives will soon demand your complete dedication: offer added time and, if possible, share extra duties. Thursday through Sunday highlights bold romantic decisions.

TAURUS (April 21-May 20)

Over the next eight days public events prove rewarding. Use this time to search out new friendships and foster understanding between loved ones. For many Taureans recently strained relationships will soon simplify. Respond honestly to all subtle invitations and gentle apologies. After Saturday a forgotten business proposal or delayed work project may reappear. If so, closely study all financial documents.

GEMINI (May 21-June 21)

Unique social wisdom is now available. Thoroughly study all sudden impressions or unusual dream experiences. Areas strongly affected are repeated patterns, family history and learned emotional reactions. Be expressive. Loved ones will value your insights. Later this week a friend or trusted colleague may propose an unexpected business partnership or financial venture. Although both are positive, remain cautious.

CANCER (June 22-July 22)

This week colleagues are unwilling to accept new business ideas or workplace policies. If possible, remain patient and avoid acting as group mediator. Before next

week practical decisions will be difficult, delayed or unreliable. Tuesday through Friday social or romantic plans need to be revised. Be flexible: at present, friends and relatives expect reassurance, guidance and loyalty.

LEO (July 23-Aug. 22)

Loved ones will expect concrete decisions and new announcements over the next few days. Areas of concern are short-term property matters, romantic commitments and social planning. Offer consistent dedication and watch for a positive reply. After mid-week some Leos may experience minor aches and pains in the feet, legs or joints. Much of this indicates deep emotional changes, so not to worry.

VIRGO

(Aug. 23-Sept. 22) Friends, lovers and close relatives may this week express a strong desire for social change. Fresh activities and new forms of entertainment will provide positive moments. Provide creative ideas and let others set the pace. At present, social

decisions are best made by group consensus. Tuesday through Friday highlights complex business discussions and last minute employment changes.

LIBRA (Sept. 23-Oct. 23)

Ongoing social or romantic concerns may soon be publicly resolved. Early this week listen closely to the long-term wishes and private fears of loved ones. Someone close may wish to explore recent

and enjoy quiet moments with trusted friends: your loyalty will be appreciated.

SCORPIO (Oct. 24-Nov. 22)

Long-term relationships move to a new level of trust. Over the next two days watch for loved ones to leave indecision in the past. Self-reflection is a strong theme. Allow romantic partners extra time to resolve old memories and emotional patterns. Later in the week a minor workplace dispute may easily become unmanageable. Pay close attention to the actions, hints and comments of co-workers.

SAGITTARIUS (Nov. 23-Dec. 21)

For many Sagittarians business routines may intensify over the next few days. Pay special attention to time limits or unexpected policy changes. Key officials will avoid direct questions. Pace yourself and wait for reliable public statements from bosses or managers. Tuesday through Friday a friend or lover may be moody, dismissive or introspective. No serious or lasting effects can be expected, so not to worry. Remain open and watch for key relationships to eventually provide clarified boundaries and steady progress.

CAPRICORN (Dec. 22-Jan. 20)

Home adjustments or revised family schedules may soon be necessary. Early this week watch for loved ones to push for improved communications, fast financial discussions and added emotional security. Remain cautious and expect minor moments of social tension. Friends or close relatives may soon reveal a deep need for extra group involvement and appreciation.

AQUARIUS (Jan. 21-Feb. 19)

Quick flirtations, romance and new sensuality will offer compelling moments this week. Respond warmly to all subtle overtures of affection. Over the next five weeks social routines may also change. Expect friends and relatives to vie for your attention with new plans. Balance is the key to success: refuse to be derailed. After Thursday property documents, leasing agreements and quick financial changes are accented.

PISCES (Feb. 20-March 20)

Unproductive business habits and outdated work procedures need to fade. Over the next few days trust your own business instincts. New career contacts and employment options will soon be unavoidable. After Wednesday a past friend or distant relative may ask for detailed advice. Key issues may involve unusual financial changes, costly home renovations or long-term travel plans. Remain supportive but quietly detached. Later this week, rest and gain perspective. Minor skin or digestive ailments may require attention



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