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Banner News

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DMACC Boone Campus

Bravard, Gourley awarded All Iowa Academic Team

Jennie Yates
Banner Staff

Every year, two students may be selected from each community college campus for the honor known as All Iowa Academic Team. This year, Melissa Gourley and Kristen Bravard were chosen from the Boone Campus.

“I was very excited and honored, said Gourley. “I knew there were a lot of other talented students who were nominated for this award so just being nominated among them was a honor. “ Jane Martino, psychology instructor, nominated Gourley for this honor.

While at DMACC, Gourley is involved in Phi Theta Kappa and plays for the women’s basketball team. After she graduates from DMACC this spring, she plans to transfer to a four-year university and major in business and accounting. Although she does not work during the school year, she does work at the Boone Municipal Pool during the summer. Gourley is honored from Boone. Bravard said, “I was really honored. I felt like my hard work finally got me somewhere.” Four teachers nominated her: Jenny DiSalvo, Brad Smith, Jinny Silberhorn, and Talal Bisat.

Bravard is a member of Phi Theta Kappa, works in the DMACC Boone Campus Library and is an active member of her church. She is graduating this spring, but first she must take a few summer classes. Bravard is majoring in accounting para-professional. She is still employed by Denise’s Flowers. Bravard is originally from Pella.

Every year DMACC can select two students from each campus to represent that campus on the All Iowa Academic Team. After this, these two students compete for a position on the All USA Academic team.

According to Nancy Woods, Phi Theta Kappa adviser and coordinator of the Boone Campus All Iowa Academic team, to be a member of the All Iowa Academic Team is very prestigious. To become a member, a student must have a high GPA. The student must also be able to communicate his or her abilities and leadership through an application and essay. Finally, the student must receive an endorsement, like topic-specific reference letters. However, before all this can take place, a student must be nominated.

Kirstin Bravard

Boone Campus will train advanced students

Nursing program receives $1.4 million

Nathaniel D. Hawkins
Banner Staff

DMACC has been awarded $1.4 million from the U.S. Department of Labor to provide training that will address a shortage of health care professionals in central Iowa.

This project is designed to bring more individuals into the health care services through classroom training and by increasing the skill level of existing professionals.

DMACC has committed to training 144 participants over a two-year period. Those individuals in need of basic skills training will be enrolled in special basic skills class. Those in need of prerequisite courses will be enrolled at DMACC, based upon the training program that they will enter. English, as a second language training will also be available to those not fluent in English. Students accepted into this program will receive free tuition, textbooks, uniforms and related supplies. Programs that are qualified for this grant are: Nursing – Advanced Standing, Associate Degree AAS, and Practical Diploma.

According to Cindy Cory, an instructor in the program, the Boone Campus will be training none of the beginning students in this program and will be training approximately 24 Advanced Standing students.

The Urban and Ankeny campuses will be accepting the beginning students. Training will also be provided by Mercy College, a partner in the grant funding. Mercy has been awarded $1.1 million to train 197 individuals as registered nurses, a BSN, nuclear medical technologist, surgical technologist, limited radiological technologist or as a certified nurse’s assistant.

To find out further information about the application process for this grant, contact Darrell Jensen, IETC training coordinator, at 515-281-9709.

Student housing growing on campus

The new building for the student housing is under construction. “Building two is half full right now, but we can’t speculate how full the new building would be, if we don’t know how many students will be enrolling for the fall semester,” said housing manager Austin Norris.
Student Activities Council making decisions on distributing funds

Jennie Yates
Banner Staff

The Student Activities Council (SAC) met recently to discuss how to distribute money to the various activities on campus for the coming year. On March 7, 2002, members spoke with the Boone Campus Banner representatives, drama instructor, nursing group leader, peer tutoring coordinator, and PBL advisor.

SAC adviser, Lori Slight, told each group, “SAC is not concerned about the money, but we’re concerned about how it’s spent.”

She also made a suggestion about making a pamphlet promoting the organizations here on the Boone Campus. She believes this would be used for recruiting, teaching new students about opportunities on the campus and various other things.

In addition, Slight said that SAC would like the Boone Campus to start having an activities dinner. This would be dinner for just the participants in activities and clubs. It was noted that there had been such a dinner in previous years. Slight said that it just “ran out of cooperation.”

After these few announcements, Slight let the various leaders of these clubs and activities speak. The Boone Campus Banner led off.

Jan LaVille, adviser of The Banner, said that The Banner uses everything that the SAC gives them. She also said that when she started as the adviser of The Bear Facts, there was $3,000 in the account and that money is still there. The money that The Banner brings in on advertisements, nearly pays for its publication in full. However, there is a need for a buffer in case a business doesn’t pay or goes out of business during the semester. The Banner also spends money on trips such as a spring conference in Minneapolis and another one in New York this year.

Kay Mueller, Boone Campus drama director, said that keeping a bigger balance is important for drama. Drama must pay royalties on every play that it performs, and royalties for musicals cost more. However, the department has done only three musicals in 17 years. Like the Banner, the club takes at least one field trip in the spring and that’s normally to Minneapolis. Mueller has done work to save the campus money. She’s even gone to auctions to find cheaper furniture. “You don’t really know what you are going to need until you see how much interest there is,” Mueller said.

Connie Booth, instructor of nursing, said that the activities the nursing students participate in are funded through the program. Normally, they have a blood drive during the year, but with the amount of blood that was given on Sept. 11, they just simply could not have one. Booth does not think any major purchases will be needed in the following year.

About 42 students get tutoring help each year. Jenny Silberhorn said that peer tutoring had run out of money once since 1993. Peer tutoring does not generate its own money, and because of this, Silberhorn tries to use as many work study students as possible. She said that she would like to have more carry-over dollars because it would be nice to have a buffer.

Phi Beta Lambda is a business organization. Linda Plueger said that PBL hosts a variety of activities like guessing games, adopting a hamster from Jane Martin and decorating the Christmas tree. They also participate in two events, one in the fall and one in the spring. Plueger was cut short by Slight because she said of all the groups that were there, the SAC was the least worried about how they were spending the money on the students.

“We have some excellent student organizations here at DMACC, each one catering to a unique group of students. Each adviser’s attendance here today demonstrates just how much they are involved and how they care for their organization. Luckily, I don’t anticipate that any of these groups will see a cut for the coming fiscal year,” Theodore Herrick, SAC board member.

The next meeting to meet with the remaining clubs will be Thursday, March 14 at 12:30 p.m. in the Courter Center. All SAC meetings are open to the public.

Scholarships unchanged even though tuition increases

Jennie Yates
Banner Staff

Many people can only attend college with the help of scholarships. DMACC Boone Campus hands out many scholarships to needy students, but with the recent budget scares, what is the fate of these scholarships?

Associate Dean, George Silberhorn, said, “Scholarship awards made this year will not stretch as far as those same awards did last year when tuition and fees were lower.” A $500 scholarship will still be $500, but it will seem to pay for less because of the higher tuition.

This is because of the recent increases in tuition and fees that DMACC has had to face. Tuition has increased twice recently, due to a reduction in state funding to community colleges.

Funds for scholarships are derived from groups that serve the campus and college as members of the campus foundation. Members of this foundation and other friends of the campus, like families, organizations and businesses from the campus, college and community donate thousands of dollars. This allows members of the scholarship committee to furnish needy and deserving students with these scholarship awards.
PBL leaders represent DMACC at conference

DMACC--Members of the Omicron Zeta Chapter of Phi Beta Lambda (DMACC's professional business organization) sent 7 delegates to the 56th annual Iowa Phi Beta Lambda State Leadership Conference which was held on February 22-23 at Wartburg College.

Members from the Des Moines Area Community College, Boone Chapter, joined over 100 business students from across Iowa in competition for the chance to represent the state at the National Leadership Conference in Nashville in June. College membership in Phi Beta Lambda includes over 200 students statewide.

The 11 colleges that participated in the conference included Clinton Community College, DMACC-Ankeny DMACC-Boone, Iowa State University, Mount St. Clare College, Northwestern College, Upper Iowa University, University of Northern Iowa, and Wartburg College.

There were chapter, team and individual events held at this Leadership Conference. Several students attending from the Boone Campus placed in the top five in their events. Students who placed first and second in their events can travel to Nashville to compete nationally. All students would appreciate any sponsorship individuals, groups, or businesses would like to give them to help in this effort.

Second Place Winners:
Kim Cunningham

New summer classes offered

Pam Snow
Banner Staff

Summer registration is right around the corner and there are some new classes being offered.

New web classes being offered this summer for the first time are: ENGL118 (composition II), PSCH101 (general psychology), and ENGL119 (technical and business writing). Students can sign up for these classes with pen and paper or register on the web.

New classes being offered this summer at the Boone Campus are: CRIM273 (intro to security) is part of the criminal justice program. ENGL085 (English as a second language), for international students, and ENGL086 (English as a second language), for international students, and ENGL085 (English as a second

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In the past few weeks, the international community has witnessed an escalation in violence now engulfing the Middle East. It seems that a lasting peace is as far away from happening as a Democratically-controlled Senate confirming Charles Pickering, a racist Mississippi judicial appointee.

Each side is blaming the other, and countries throughout the world are forming their own conclusions as to where the fault rests. The Israelis and Palestinians are now aggressively entrenched, each drawing its line in the sand, as it were. The cycle, although even more bloody and frequent, this round of fighting is very familiar. It goes some-thing like this: 1. Militant Islamic fundamentalist groups like Jihad perceive Israeli settlements or chances of re-establishing peace talks as motivators to bomb the Jewish section of Jerusalem and areas of Israel itself. 2. The Israeli army then reacts with a defensive move (or at least tries to render useless future assaults). 3. Islamic extremists then cite the military aggression as a reason to step up its terrorist endeavors and then proceed accordingly. The cycle continues and the international community seems content to pay lip service and let the violence progress. Why is the international community not becoming involved? Why is the United Nations so reluctant to attempt to restore stability to the region? Inaction on the part of the United States and the United Nations in not dealing with this problem now sends a very clear message to those who benefit from killing and spreading hate.

The lesson learned by terrorists, due to inaction from fellow states of the world, simply put, is that aggression is permissible.

Did inaction and appeasement ultimately work with Hitler’s marauding forces? (Oddly enough, yet another case where anti-Semitism has reared its ugly head.) The global community must break the deafening silence of inaction. This silence is tantamount to condoning the action of Islamic religious zealots who believe that Israel does not even have the right to exist.

Terrorism must be destroyed. Yasser Arafat refuses to rein in his attack dogs, so I believe that punitive measures need to be sought. Arafat speaks of peace and then gives his guerrillas the weapons and information needed to execute the work of “Allah.” He hopes for a continued violence in order to advance his own goals, namely the annihilation of Israel. He knows that Israel is weakening. Israel does not have the same soldier-to-soldier ratio that would permit a prolonged war. The Associated Press has reported that many Israeli soldiers see their fate, and many are leaving their posts. The Israeli Prime Minister spoke regarding Israel’s defensive efforts, quelling uneasy Jewish sentiments running rampant throughout the tiny nation.

In an effort to further the campaign to push Israel into the Mediterranean, Islamic women have now been recruited to suicide bombing missions from the same extremist groups that “keep them in their place.” Perhaps the Palestinians are softening their views on the roles of women, which is commendable. Maybe, Borne of violence, Muslim women gain equality from Islamic fundamentalism. From the burqa to the bomb.

This war is not because of any ideal or belief that can be found within the confines of the Islamic faith. This war is not because of any ideal or belief that can be found within the confines of the Islamic faith. No, this war belongs to those who delight in discord and mayhem. An imbibeg of this multitude cannot possibly be attributed to an entire class of people. Just as the blame for World War II cannot rest on the shoulders of the German people, the guilt for the latest atrocities do not and should not fall on those who follow the Qur’an.

The fact that President Bush refuses to provide the aid necessary to combat terrorism, in whatever form, is outrageous. Israel, a United States ally for many years, must find Bush’s rhetoric referring to terrorism, “any nation that is not with us, is against us” to ring very hollow.
One language not a priority

Jon Strabley
Contributing Writer

When I heard that English was going to be the official language of Iowa, I was shocked at how low Iowa could go.

I’m sure that Governor Tom Vilsack has better things to do for Iowa as a state than worry about what kind of problems the state has with the “official language.”

Last time I checked, Iowa, like America, was the land of opportunity, and we shouldn’t label people because they don’t speak English.

Do people realize that the state of Iowa is a big joke? If people watch anything on TV, it seems to always be saying, “Well, at least I’m not in Iowa!”

People should work more on doing something with our state and not on the language people speak.

Most non-English speaking Iowans are in their 40’s and 50’s and they are here for two reasons: better paying jobs and their children. They sacrifice everything for their kids, and it is their children who go to school to get good paying jobs so they can support their parents when they can’t work anymore. That’s what I call family unity, and that’s what should matter, not the language.

Iowa should focus on cleaning up our streets, funding our schools, supporting our communities and not worry about the language Iowans speak.

One language right for Iowa

Pam Snow
Banner Staff

On March 1 at 5:36 p.m. Iowans were notified that we had become the 27th state to have English as our official language. This new bill does not come without controversy.

For years immigrants have come to the United States looking for a better life. I can understand why with all the information we get from the media. I believe that if immigrants are going to move, not to visit but to stay and live, not only to Iowa but also to the United States of America then they need to know how to communicate with their banker, boss, and even their neighbor.

Now understand I am not bashing other languages in any way. If I were to go to France to live, I would need to learn to speak French to understand my surroundings.

In late August, the Ames School District began their classes, and my younger sister began seventh grade. A few weeks later, she didn’t want to go back to this institution. It was not the homework, and it wasn’t the teachers. Then I ask you, what could it have been? I know what it was. It was the students.

Picture this: a twelve year old girl gets on the bus for the first day of middle school. She wears a T-shirt from the popular Anime series, “Digimon,” and a pair of tan-colored jean shorts. Personally, I would not conform to this institution.

Acceptance is something that everyone wants. If people, children especially, are denied something, they want it more. They almost crave it. They will change themselves to be noticed in a positive way instead of the negative way my sister was noticed. Popularity is everything to some people, and just a mere word that is easily dismissed by others.

We should believe that it is only a word, because popularity is just a word that comes between “populace” and “popular front” in the dictionary.

This 18-year-old woman has a suggestion. It’s simple in its thought process, but it just might work. Raise your children differently from this. Teach them to be loving and kind to everyone, even toward the less desirable of people. Children should not have to go through this treatment. Being treated this way is optional but only if we can break our children of this. However, we must first break ourselves.

Abandon all of your false prejudices and ignore the differences in mankind. Just appreciate who people are and celebrate what is good about all of us.
I have a beef with Fred Durst

Nathaniel D. Hawkins
Banner Staff

If I had it my way, Fred Durst would have hit the highway months ago. There can’t possibly be a person with a larger ego than this guy. I know that people are entitled to their opinions but maybe some people should be censored. Which really gives me no basis for writing a column on Fred Durst, because I am actually doing the same thing as him. Or am I? I THINK NOT. You kidding? I will tell you the one major difference between Mr. Durst and myself: I know that I may be in the wrong, and will listen to any disagreements with my comments. So right now I am pleading, no, no beseeching you to give me your feedback on my column.

Now that I have gone on a tangent I have possibly lost my readers interest. Oh well, I will still go on about this weeks Beef, that of course being Fred Durst of Limp Bizkit. Now here we find a guy with a substantially large EGO. The phrase that describes someone as having a “Napoleon Complex,” will never be the same as Fred Durst has surpassed the former emperors mind-boggling self-image. I will be the first to admit that I like Bizkit’s music; the lyrics however are a completely different story. Fred Durst has actually said, “it’s his way or the highway,” which could explain the disappearance of Wes Borland from Limp Bizkit.

Which is the key foundation for my beef with Fred Durst, I guess suppos- edly Fred had creative differences with Borland, because Wes started listening to Radiohead. Excuse me? I will repeat that again, because Wes started listening to Radiohead. Am I the only one that finds this statement a little suspect? First of all, Radiohead is a great band that has been given influential credit by many of great artist.

Secondly, what the hell does it matter who Borland or anyone else at that, are influenced by. I am sure even Durst is influenced by someone or some form or another. Finally, the only difference I can possibly fathom that Fred had was that he didn’t want to share the spotlight with Borland. Actually, I retract that statement though, because if you look at some of the great bands they all consist of two front men, the front men consisting of the lead singer and lead guitarist for instance Page and Plant.

As you all know though, all great things must come to an end and so does this chapter of Beef. Look for my next slap of beef soon. However, no hints this time. Why you ask? I haven’t a clue what it’s going to be; perhaps some reader feedback will give me an idea. Once again you have been subject to my dogmatic views, and I thank you for reading.

I’d like to live in Orange County

Robbie Maass
Banner Staff

A non gross-out movie that is funny. Yes, it might be hard to believe, but “Orange County” already has my vote for one of the best comedies of the new year. It’s a teen comedy but with more taste. I laughed all the way through this movie, which is something I haven’t experienced in a while. Scene after scene, the film provided something new for its audience. Whether it was Jack Black rolling down a hill, or, well, Jack Black doing about anything, this movie contains a lot of good (and clean) humor. But maybe I just enjoyed this movie because I didn’t have any expectations for it. Nevertheless, it was a pleasant surprise.

The movie is about an aspiring young writer Shaun Brumder (Colin Hanks), who gets denied his future and dreams as a writer when the University of Stanford does not accept him. His academic advisor (Lili Tomlin) accidentally sent the transcript of another student, Shane Brainard, to the school. Shane, unsurprisingly, gets accepted. This of course leaves Shaun out of luck, his mind, and a future as a writer. But Shaun isn’t about to give up there, for he thinks that the only way to become a great writer is to get away from home and attend Stanford where his favorite author teaches. And Shaun will stop at nothing to accomplish that. The cast of this movie is what really makes it work. I don’t know if I’ve ever seen a movie where every character made me laugh. Shaun’s family really is the base of this comedy. From his drunken and depressed mom Cindy (Catherine O’Hara) to his workaholic father Bud (John Lithgow) and his loser brother Lance (Jack Black) the family proves that being dysfunctional can be funny. And I can’t say enough good things about Jack Black, who truly has established himself as one of Hollywood’s funnymen. Just seeing him standing in his underwear is enough to see this movie.

There are also a few cameos in this movie that are an added treat. Chevy Chase plays a high school principal who’s interested in Britney Spears as a graduation speaker, and Ben Stiller shows up as a firefighter. There is one more at the end, but I won’t reveal, for I will let you be delighted as I was.

Though I mentioned before that I felt the cast is great, I think Colin Hanks impressed me the most. Being his first movie as a lead, I was curious to see how he would carry it. But he played his part with enthusiasm yet kept it humble at the same time, which is nice to see from an actor his age. It was basically the nice guy gets crapped on role, and I was just glad to see someone other than American Pie’s Jason Biggs playing the part.

Now I realize this movie released nearly a month ago, but it’s playing at the dollar theater in Ames and I couldn’t resist. Obviously it’s worth the price of admission, and not just because we get to see Jack Black in his underwear.

Congratulations to Debra Carroll
winner of Grammy Contest

Nathaniel D. Hawkins
Banner Staff

Do you remember taking five minutes out of your day to fill out a ballot for the Banner’s Grammy Contest? Aside from Debra Carroll, I highly doubt it, as there were only two entries, one of which didn’t even have a name on it. So by default Debra will soon be listening to the “Oh, Brother Where Art Thou,” soundtrack in her CD player. Congratulations Debra, you are one of life’s winners.

Tattoo & Body Piercing

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Boone Banner

March 13, 2002

ARTS & ENTERTAINMENT

Robbie Maass
Banner Staff

Nathaniel D. Hawkins
Banner Staff

DMB “Live in Chicago”

Immensely joyful music

Nathaniel D. Hawkins
Banner Staff

It should be no surprise that the band with the number one grossing tour in the United States, has put out yet another live album. The Dave Mathews Band’s unique sound has been playing through the headphones of there thousands of fans for over a decade now. By putting out a live album every couple of years the band has been able to keep their fan base with allot of the original songs that had hooked their fans years ago.

The unique sound from the Dave Mathews Band derives from the undeniable love for music that each band member seems to possess. This unique love for music could explain why every track on this album is exclusive from its original. That is the core reason for the Dave Mathews Band’s large-scale success, “Live in Chicago,” by far has been the best representation of the bands love for music. From beginning to end, the music has a playful sound about it that one would hear on a playground full of children on a pleasant spring day.

It is undeniable that my love for the Dave Mathews Band and there music is reflected in this review, however I urge anyone who loves immensely joyful music, to rush out and get themselves a copy of “Live in Chicago.”

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"Proud To Be Americans"

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"Full Service Hair Salon -"
Bears beat Southwestern in the regionals

Ryan Makovsky
Banner Staff

The DMACC Bears hit the road on Sunday to take on Southwestern in the first round of their conference tournament at Iowa Central’s gym in Fort Dodge.

The Bears, with the second seed, split the season series with Southwestern with each team winning on their home floor.

The first half was one in which the Bears never had a lead more than three points through the first 15 minutes. Shelton Colwell’s dominance inside was key because the Southwestern guards played tightly on DMACC’s backcourt players.

Colwell’s 13 points inside in the first half helped keep the game close until a 11-2 run by Southwestern in the last four minutes and 30 seconds closed out the half, putting the Bears at a 30-39 deficit.

The players were clearly frustrated going to the locker-room but they came out with a flare in the second half.

After Southwestern scored the first bucket, DMACC reeled off 12 unanswered points to take the lead 42-41, capped off by a pair of Adam Daly free throws.

Daly and Ian Young had the hot hands in the run, scoring all 12 of the unanswered points.

The second half also posed more balance, as Daly, Young, Colwell, Rich Borgos, and Duquan Everett all scored six or more points in the second half, with Young leading the way at 18.

For the game, Young scorched Southwestern for 23 points, and Colwell also added 20 points. Other double-digit scorers for the Bears were Daly with 12, and Borgos and Everett both with 10.

With a victory over Iowa Central on Monday night, the Bears will now took on the number one seeded irkwood in Cedar Rapids.
The Other Side of the Courter

What are you doing for spring break?

Julie Stotts
I'm getting my wisdom teeth pulled over spring break.

Jason Mortvedt
I'm going to Colorado State University with some friends to visit some old buddies.

Nick Vanberkun
I'm going to Winnipeg, Canada to watch hockey with friends.

Holly Lahner
I'm driving to Hawaii to get a really good tan like Casper.

Horoscopes

Aquarius (Jan 20-Feb 18) Try to enjoy yourself and don't let everything that's going on around you get on your nerves. It seems like a good time to take a little vacation, even if it's just for the day. Romance: Good | Finance: Poor | Lucky Numbers: 2, 15, 21

Pisces (Feb 19-Mar 20) Any travel plans might require a little more focus right now. Your financial issues will be solved before the week is through. Remember that traveler's checks can be better than money. Romance: Fair | Finance: Fair | Lucky Numbers: 5, 13, 14

Aries (Mar 21-Apr 19) If you're not already involved, then an interesting opportunity will be heading your way before the vacation is over. If you find yourself having to deal with a few heavy issues, take it one step at a time. Romance: Good | Finance: Good | Lucky Numbers: 1, 18, 32

Taurus (Apr 20-May 20) You could start your trip off full of energy. Be sure to put these energies to constructive use and be careful that you don't go overboard. Romance: Poor | Finance: Fair | Lucky Numbers: 19, 20, 37

Gemini (May 21-June 20) Some concerns around your vacation could end up having a negative effect on both you and your partner. You should try to find some enjoyable opportunities while you are away. Romance: Poor | Finance: Good | Lucky Numbers: 10, 12, 19

Cancer (June 21-July 22) Since you're likely to feel like having a little fun while you are away, just remember to remain flexible. Don't expect everything to happen exactly how or when you want it to. Romance: Fair | Finance: Poor | Lucky Numbers: 7, 14, 21

Leo (July 23-Aug 22) Be careful that you don't end up spending more than you can afford on your trip. If you've planned right, then you should have more coming in than going out. Romance: Good | Finance: Good | Lucky Numbers: 13, 22, 29

Virgo (Aug 23-Sept 22) New opportunities could be all around when you get home, and some important people may have their eye on you. Start thinking about taking things to the next level. Romance: Fair | Finance: Poor | Lucky Numbers: 3, 17, 25

Libra (Sept 23-Oct 22) A few issues at home could be the cause of some stress or tension you have at this time. You might find yourself dealing with this by taking a long vacation and clearing your mind. Romance: Good | Finance: Good | Lucky Numbers: 4, 18, 30

Scorpio (Oct 23-Nov 21) Your best focus could be in the area of a personal relationship. You should be encountering some really positive opportunities while on your vacation. Keep your eyes open. Romance: Poor | Finance: Good | Lucky Numbers: 17, 28, 31

Sagittarius (Nov 22-Dec 21) You have some time to figure out your financial picture before your vacation begins. Use this time to start straightening a few things out. Don't take anything for granted. Romance: Good | Finance: Fair | Lucky Numbers: 1, 8, 17

Capricorn (Dec 22-Jan 19) Don't be afraid to get out in the social whirl, vacation doesn't last forever. The social contacts that you make today could assist you in achieving some of your goals tomorrow. Romance: Poor | Finance: Good | Lucky Numbers: 15, 21, 25

Guacamole: Easy to Enjoy Any Time

(MAPSIA)-Making guacamole is easier than most people think. Just mash ripe Mexican avocados, add a few tasty ingredients, and you have a super snack or party food to scoop up with tortilla chips or cut-up vegetables. But why stop there? The same zesty dip can add sunny Mexican flavor to other everyday foods.

Spread guacamole on a burger or sandwich. Top a bowl of chili or soup with a spoonful. Make a quick salad by spooning guacamole into a lettuce leaf “cup.” Or, spritz grilled chicken or fish with lime juice and garnish with guacamole.

Mexican Hass avocados—the black, pebbly-skinned kind—have the luscious flavor that's needed for guacamole. When an avocado yields to gentle pressure, it’s ready for mashing.

CLASSIC MEXICAN-STYLE GUACAMOLE

1 fully ripened Mexican avocado, halved, pitted and peeled 1/4 cup prepared salsa 1 teaspoon minced jalapeno pepper 1/4 teaspoon salt

In a small bowl, mash avocado with a fork or potato masher until it's still slightly chunky. Stir in tomato, onion, jalapeno and salt. If desired, add 1 tablespoon each chopped cilantro and lime juice, or 1/2 teaspoon minced garlic.

YIELD: about 3/4 cup

SPEEDY GUACAMOLE

1 fully ripened Mexican avocado, halved, pitted and peeled 1/4 cup prepared salsa 1 tablespoon lime juice 2 tablespoons chopped black olives

In a small bowl, mash avocado with a fork or potato masher until it’s still slightly chunky. Stir in salsa and lime juice. If desired, add 2 tablespoons bacon bits or 1/4 cup chopped black olives.

YIELD: about 1 cup

For more recipes and serving ideas, send a stamped, self-addressed, business-sized envelope to: Mexican Avocado Recipes, Lewis & Neale, 49 East 21st Street, New York, NY 10010.

At party or snack time, gather around the guacamole bowl.