4-25-2007

Banner News

Julianne Hamil
Jessi Hackler
Steve Fisher
Wendy Sundberg
Mary Elizabeth Drahos

See next page for additional authors

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Ball park too small for college teams
Field also used for high school and Babe Ruth games

Julianna Hamil
Business Manager

Memorial Park was measured at the request of DMACC baseball coach, Travis Wyckoff. Assistant Coach Dan Fitzgerald personally measured the field and found left and right field to be 30 feet shorter than regulation and 40 feet short in center field. Not to mention it’s on the other side of town from the DMACC Boone campus. Memorial Park was build to house Babe Ruth, 9th grade, JV and Varsity High School Leagues. It was built to high school regulations, not for college level competition.

“Our field is terrible, it is way too short. I could have hit a home run there at twelve,” said Bears baseball player, Jared Wyckoff. Bears’ Jamie Schleifer hits off Ellsworth in the Bears 10-6 victory over the Eagles on April 9. The field on which the Bears play was originally intended for high school teams. DMACC owns land for a new baseball facility but has had difficulty raising the necessary funds to begin construction.

The Boone Banner has promised $100 to the new facility. Banner Executive Editor, Tim Larson, said, “I can’t believe that our baseball team plays on a high school field. That’s just embarrassing.” The editorial board of the Banner decided to forfeit their traditional semester end staff dinner and give the money to the project. Larson said he hoped other clubs would follow suit.

Boone campus

Commencement planned for May 4 on Boone Campus

Boone Campus 2007 Commencement will take place at 10 a.m., Fri., May 4 in the Gymnasium. More than 230 Boone Campus students will graduate this spring. A reception will follow immediately after the commencement in the L.W. Courter Center. Boone Campus student, Tammie Hartman, will welcome family and friends to the graduation ceremony.

Byerly was born and raised on a farm near Boone. He graduated from Boone High School where he lettered in football, basketball and track. Byerly earned an A.A. degree from Boone Junior College in 1958, where he edited the college newspaper and played basketball. He went on to earn a B.A. from Simpson College where he played football, basketball and ran sprints in track.

Byerly became president of Southwestern Community College in Creston in 1984 and served through 1996, presiding over the largest enrollment growth in the history of the college with an almost 200 percent increase. He was Foundation Executive Director at Central Lakes Community College in Brainerd, MN from 1997 through 2001.

Byerly was a high school teacher and coach at Gilbert High School from 1961-1967, a sports reporter and photographer for the Ames Daily Tribune and an intern in Congressman Neal Smith’s office in Washington, D.C. in 1971. Byerly was elected Assistant Minority Leader. He also helped modernize the Iowa Public Employees Retirement System (IPERS) and authored the Iowa New Jobs Training Act of 1983. He became the Assistant to the President for Research and Development at DMACC from 1970-1982, where he established the foundations at Boone and Ankeny. He was Vice President for Development Services at DMACC from 1982 through 1983.

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Byerly is currently retired but engaged in management of a farm and still writing articles for numerous outdoor, hunting and fishing magazines.

The president of DMACC Boone and Ankeny. He was Vice President for Development Services at DMACC from 1982 through 1983.

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He is the proud parent of six children and nine grandchildren.

Boone Campus Provost Dr. Tom Lee will preside over the commencement.

Poetry celebration at DMACC

Political science and history instructor, Bruce Kelly reads poetry in the library on April 18. Kelly read several poems which were written by his mother. The reading was part of the National Poetry Month celebration at DMACC. The activities were organized by the school's librarian, Rebecca Funk. Students, staff and faculty participated in the second annual celebration.

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Students find new ways of cheating with camera phones

Steven Fisher
Banner Staff Writer

Technology plays an increasing role in everyday life. With the increase in technology, communication has been forever changed. As computers get faster and phones get smarter, the need for more personal communication is dwindling and the need for more security is increasing.

Today, people can communicate easier than ever. Instead of leaving the house to converse with a neighbor, a text message or an e-mail accomplishes that same task. Businesses are using three-way calling and conference calls to save money on airfare and hotels. This technology is eliminating the need for face to face interaction. Even romantic relationships can be built over the internet before ever even meeting the person.

Now, cell phones are more than just a means of communication. They can send e-mails, text messages, access the internet, take photos and video messages with the capability to send them to anyone. With these new technological advancements also comes a downside.

Camera phones are very useful tools when an actual camera is unavailable. Some people are using their camera/ video phone for reasons originally unintended. Peeping Toms take revealing photos of unsuspecting bystanders in locker rooms and restrooms. Students are cheating on tests by taking snapshots of answers and sending them to fellow students. Crooked employees are taking photos of private files and sending them to competitors.

Many schools and health clubs have banned all camera phone use for this very reason. Here at DMACC, “There have been situations and concerns with student’s texting during tests and possibly sending photo copies to other students,” said DMACC provost Tom Lee. Penalties for being caught cheating are generally constructed by each instructor and stated in the class syllabus. Some instructors have a pure no cheating policy where one time of cheating and you fail the class where another instructor might allow two attempts at cheating then fail the student.

Edwards speaks at Boone County Historical Center

On April 20, At the Boone Historical Society, John Edwards spoke to a crowd of Boone County residents. He presented talked about his plans for universal healthcare and reducing medical costs for all Americans.

Jessi Hackler
Banner Staff Writer

The halls bustled with hoards of 6th graders on April 11 as the students from Ankeny toured the Boone DMACC campus to better understand what options there are for their future careers.

In the morning the Ankeny 6th graders crowded into the auditorium to listen to DMACC Provost, Tom Lee, talk about the programs DMACC offers to educate students and to help them find careers.

“I’m going to talk a little bit about Boone, a little bit about DMACC and about community colleges,” said Lee. “On a weekly basis we have twelve to fifteen hundred students in and out of this campus.”

“We educate more undergraduate students than any other college in the state of Iowa,” Lee told the future college attendees.

The children participated in different activities in the gym which included basketball and volleyball.

When asked about his favorite part of the DMACC tour, Nick Herman, an Ankeny 6th grader, said, “I’m diggin’ the pool tables.”

Herman said that he knew what he wanted to be when he grows up. “I wanna be a sales person. I wanna be the guy who can get a lot of deals and stuff.”

“The athletic departments are my favorite,” said 6th grader Sebastian Sanyour, “I really like sports!”

Sanyour has family members at DMACC already. “My sister is the president of Phi Beta Kappa at the Ankeny Campus.”

The students were treated to ice cream in the Courter Center after their tour. “The ice cream is awesome,” said student Ian Baskins. Baskins sat together with several fellow students in the Courter Center eating their ice cream and going over what they had seen and learned on their DMACC campus tour.

“I’ll probably go here for two years after high school and then go to a bigger [college],” said Herman.

The career day at DMACC is intended to help the young students plan for their futures and decide which college to attend after they finish high school.

Sixth graders fill DMACC halls
## Final Exam Schedule for Day Courses - Spring 2007

**Des Moines Area Community College**

All instructors in all programs are required to follow this schedule. Any deviations should be approved through the appropriate dean or provost. Instructors should consult the dean or provost if their courses do not appear to be included in this schedule.

### Monday, April 30, 2007
Monday/Wednesday/Friday or more courses

<table>
<thead>
<tr>
<th>Class Time Range</th>
<th>Exam Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m. - 8:55 a.m.</td>
<td>8:00 a.m. - 10:15 a.m.</td>
</tr>
<tr>
<td>10:10 a.m. - 11:05 a.m.</td>
<td>10:30 a.m. - 12:45 p.m.</td>
</tr>
<tr>
<td>12:20 p.m. - 1:15 p.m.</td>
<td>1:00 p.m. - 3:15 p.m.</td>
</tr>
<tr>
<td>2:30 p.m. - 3:25 p.m.</td>
<td>3:30 p.m. - 5:45 p.m.</td>
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### Tuesday, May 1, 2007
Tuesday/Thursday courses

<table>
<thead>
<tr>
<th>Class Time Range</th>
<th>Exam Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 a.m. - 7:55 a.m.</td>
<td>6:30 a.m. - 8:45 a.m.</td>
</tr>
<tr>
<td>9:40 a.m. - 11:05 a.m.</td>
<td>9:00 a.m. - 11:15 a.m.</td>
</tr>
<tr>
<td>12:50 p.m. - 2:15 p.m.</td>
<td>11:30 a.m. - 1:45 p.m.</td>
</tr>
</tbody>
</table>

### Wednesday, May 2, 2007
Monday/Wednesday/Friday or more courses

<table>
<thead>
<tr>
<th>Class Time Range</th>
<th>Exam Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:55 a.m. - 7:50 a.m.</td>
<td>7:00 a.m. - 9:15 a.m.</td>
</tr>
<tr>
<td>9:05 a.m. - 10:00 a.m.</td>
<td>9:30 a.m. - 11:45 a.m.</td>
</tr>
<tr>
<td>11:15 a.m. - 12:10 p.m.</td>
<td>12:00 p.m. - 2:15 p.m.</td>
</tr>
<tr>
<td>1:25 p.m. - 2:20 p.m.</td>
<td>2:30 p.m. - 4:45 p.m.</td>
</tr>
<tr>
<td>3:35 p.m. - 4:30 p.m.</td>
<td>5:00 p.m. - 7:00 p.m.</td>
</tr>
</tbody>
</table>

### Thursday, May 3, 2007
Tuesday/Thursday courses

<table>
<thead>
<tr>
<th>Class Time Range</th>
<th>Exam Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:05 a.m. - 9:30 a.m.</td>
<td>8:00 a.m. - 10:15 a.m.</td>
</tr>
<tr>
<td>11:15 a.m. - 12:40 p.m.</td>
<td>10:30 a.m. - 12:45 p.m.</td>
</tr>
<tr>
<td>2:25 p.m. - 3:50 p.m.</td>
<td>1:00 p.m. - 3:15 p.m.</td>
</tr>
<tr>
<td>4:00 p.m. - 5:25 p.m.</td>
<td>3:30 p.m. - 5:45 p.m.</td>
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</tbody>
</table>

For evening or Saturday classes, please see the reverse side of this sheet.

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**Nancy Woods named Most Distinguished Regional Coordinator**

Nancy Woods receives her award for Most Distinguished Regional Coordinator at the 2007 International Convention. Wendy Sundberg, Banner Contributing Writer

April 12-14 was an exciting time in Nashville, TN for members of Phi Theta Kappa Honor Society for the 2007 International Convention. Central Iowa had 22 members representing Ankeny, Boone, and Carroll campuses at the convention. There were a total of nearly 4000 members attending the conference.

In the general sessions on Saturday, April, 14, we members were told that we have the power to change the world and that we are the power. In the evening general session, many people and chapters were recognized and awarded for the outstanding services provided to those around them.

One award was for the Most Distinguished Regional Coordinator. There were only two winners out of thirty regional coordinators. One winner was from the hosting state of Tennessee and the other was our very own Nancy Woods, Regional Coordinator of Iowa.

With this award, Nancy showed to the rest of the world that both Iowa and she have the power. Nancy has the power to be a wife, mother of six, teacher, student, Boone’s Tau Phi chapter of Phi Theta Kappa’s advisor, and Iowa’s Regional Coordinator.

She uses her power and talents to the benefit of those she comes into contact with.

Nancy works hard for students who come to her for help in finding and getting scholarships, often giving of her own personal time.

The Boone DMACC campus is very fortunate that we have a person of this caliber working here. We students are fortunate to have such an involved instructor.

The next time you see Nancy Woods, congratulate her on her award and thank her for what she does to help out the Boone campus. Congratulations Nancy!
Congratulations and best of luck to all graduates!

From the Boone Campus Office Staff

People's Clothing Store

803 8 St. Boone, IA 50036
(515) 432-6637

People's Clothing Store would like to congratulate the DMACC graduating class of spring 2007!
Congratulations Spring 2007 Graduates!

from
NEW CHINA
Restaurant
Lunches Dinners
Carry Outs
432-8089
716 Story, Boone, Iowa 50036
Manager: Kent Mui

Congratulations to All of the 2007 DMACC Graduates!

Dairy Queen
Would like to recognize all Students graduating in the spring of 2007
Congratulations!

 DMACC 2007 Graduates Boone Campus 4.25.07  PAGE 5
The woman seated herself in the psychiatrist’s office. “What seems to be the problem?” the doctor asked.

“Well, I, uh,” she stammered. “I think I, uh, might be a nymphomaniac.”

“I see,” he said. “I can help you, but I must advise you that my fee is $80 an hour.”

“That’s not bad,” she replied. “How much for all night?”

On a rural road a state trooper pulled this farmer over and said: “Sir, do you realize your wife fell out of the car several miles back?”

To which the farmer replied: “Thank God, I thought I had gone deaf!”

One day at the entrance to heaven, St. Peter saw a New York street gang walk up to the Pearly Gates. This being a first, St. Peter ran to God and said, “God, there are some evil, thieving New Yorkers at the Pearly Gates, what do I do?”

God replied, “Just do what you normally do with that type. Re-direct them what do I do?”

Owen ran to God and said, “God, there are some evil, thieving New Yorkers at the Pearly Gates, what do I do?”

God replied, “Just do what you normally do with that type. Re-direct them what do I do?”

St. Peter went back to carry out the order; moments later he comes running down to hell.

“Who, the New Yorkers?”

“No, the Pearly Gates.”

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**Word P.I.**

**Object**

The computer will think of a 5-letter word. This word will not have any repeated letters (words like “testy” or “foods” won’t appear).

Your job is to guess words until you find out what the computer is thinking.

**Note:** your words must also be 5-letters with no repeats!

**How It Works**

For each letter in your guessed word that is right, but also in the right spot, you’ll receive an “O”.

For each letter that’s not only right, but also in the right spot, you’ll receive an “X”.

For each letter in your guessed word that is right, you’ll receive a “-”.

If there are no letters in your word that are in the computer’s word, you’ll receive a “-”.

Note: your words must also be 5-letter words with no repeats!

To play Sudoku, enter the digits 1-9 in each cell of the 9x9 grid until every region (3x3 grid), row, and column contains only one appearance of each digit.

**Answer to this week’s puzzle:**

To play Sudoku, enter the digits 1-9 in each cell of the 9x9 grid until every region (3x3 grid), row, and column contains only one appearance of each digit.

**A Nickel’s Worth of Free Advice:**

Try inner monologue, it can save lives.

---

**Optical Illusions**

Stare at the + and increase/decrease the distance between your head and the image.
What are your plans this summer?

Working on basketball skills and lifting weights for football.
-I Rico Gillespie

I plan on working. Also, I’m going to go skydiving.
-I Erica Ebensberger

I am going to finish ripping the hedge out at my house and planting a garden.
-I Pamela Holt

I’m getting married this summer. For sure.
-I Kurtis Lyons

JOIN THE BANNER NEWS STAFF!

THE BANNER IS LOOKING FOR:
- News Writers
- Sports Writers
- Feature Writers
- Columnists
- Photographers
- Photo Editor
- Layout Editor
- News Editor
- Sports Editor
- Feature Editor

STUDENTS CAN WORK WITH THE BANNER FOR:
1. Course credit - Newspaper Production (see details below)
2. Workstudy - check with the financial aid dept. to see if you qualify
3. Just for fun - contribute your work for use in the Banner

Newspaper Production involves writing for the Banner News, designing and implementing page layout, reporting on campus activities and events.

contributions may be sent to tslarson@dmacc.edu

Newspaper Production
CRN: 10340
Course # JOU125
MWF 11:15 a.m. - 12:10 p.m.
Credit: 3
Instructor: Jan LaVille
The women's Golf team took first place on April 16 at the 2007 ICCC Invitational. The tournament was held at the Fort Dodge Country Club.

**Final Team Standings**
1. DMACC-356
2. Iowa Central- 371
3. Iowa Western- 377
4. NIACC- 394
5. Ellsworth- 425

**Individual Standings**
1. Savanah Krull- DMACC- 82
2. Liz Schreck- DMACC- 84
3. Morgan Brown- ICCC- 86
4. Ashley Ryan- ECC- 88
5. Gina Gansolley- ICCC- 89

The DMACC Baseball team stands at 18 wins and 19 losses so far this season. “We are really inconsistent this season,” said Coach Travis Wyckoff. “We will win one and then lose the next for no apparent reason.” Wyckoff thinks the hardest part of the season has passed and is looking forward to the upcoming challenges the team faces.

Bears player, David Kempin said, “We just need to play harder.”

Dave Guthrie

Dave Guthrie

Justin Hemauer (above right) and Josh Voth both signed national letters of intent with Wayne State. Tyler Paulson signed with South Dakota State.
Planning for graduation is not an easy task. Invitations need to be sent out, parties need to be planned, and food needs to be ordered, but what happens next?

Many students who graduate from DMACC plan to transfer to other schools. They don’t think that they have to start planning their move to another college right now, but they should.

First off, financial aid forms need to be filled out as soon as possible. The later the student waits to fill out the form, the longer they have to wait for their financial aid refund check. They send out checks on a first come-first serve basis.

Also, some schools require some sort of entrance exam before even coming to the school. Students should fill out their school applications right away, in case they need to do anything extra that is time consuming. This way, by the time class starts in the fall, everything will be taken care of.

Make sure to send out transcripts at the same time applications are being filled out. Schools need to see how many credits you have already taken in order to get you on the right track when you come to the school.

Next, find out if advisors will be available to talk to you right away. Advisors know what to do to get students ready for the new semester. They can help with any questions or concerns you may have and help make the transfer an easy transition.

After getting the school things taken care of, living arrangements need to be taken care of. Many leases expire the end of July, so lots of apartments may be opening up around that time. In order to find the perfect place to live, the earlier the apartment search takes place the better. Students can put their deposit down on an apartment as early as now to secure they have a place to live come fall.

When checking with apartments, always find out what utilities are paid for by the landlord. Also, always check for small things like laundry facilities, paid parking, or any extra deposits for pets (if it applies to you).

The search for a job is also important to start right away. Many businesses know that they will get a rush of students looking for jobs in the fall, so it is better to start looking now. That way you know they will have a position available for you when classes resume. If you wait too long, there may not be anything open.

Some of the best places to look for jobs are either looking online at the local newspaper, checking out the college website for job information, or even driving through town and looking for help wanted signs.

Once all of these things are taken care of, there will be a lot less to worry and stress about during the summer. If you feel like you still aren’t sure if everything is taken care of, ask for help from advisors, parents, or even older siblings. There are people who are here to help, take advantage of what they have to offer you.
There is an expression that says something like, “The bigger the lie, the bigger the liar.” I believe that is the mantra of the Bush administration. It appears that only after photographic evidence, media coverage and public outcry does the Bush administration own up to its failure of leadership. However, up until the evidence becomes public knowledge, the Bush administration is conveniently ignorant of the facts surrounding any controversy.

As a matter of fact, when acknowledging evidence surrounding a controversy, the Bush administration usually agrees to the “gist” of the evidence, watering down the facts to make the controversy appear less controversial, almost trivial. Thus, the Bush administration has turned experts at reversing media “spin” and creating the illusion of viable leadership. This irresponsible leadership is again mirrored in the lower levels of our government and our military, causing an ethical crisis in our nation.

Most recently the shocking photos of American soldiers torturing Iraqi prisoners at Abu Ghraib have raised considerable alarm in the global community and here on American soil. The initial focus was on the actual photos, however major investigations have followed, trying to understand the how and why these photos were taken and circulated. How did American soldiers perform illegal acts of torture in a military prison? Wasn’t anyone in charge over there? Ah, the “R” word. Who is responsible? This is where the media mirrors the Bush administration’s position.

In 2004, The New Yorker magazine featured an article about the torture of the Iraqi prisoners. The author asks the question, “How far up does the responsibility go?” The magazine obtained a 53 page investigative report, detailing the events behind the shocking photos and states conclusively that the “failures of the Army prison were devastating. Most disturbing was the ethical failure of the commander over the Army prison refusing to accept responsibility for the problems at the prison. Despite evidence that her leadership failed to “establish and enforce basic standards and principles among its soldiers.” The respected columnist and writer, Susan Sontag’s essay entitled “Regarding the Torture of Others” emphasizes the significance of the behavior of the soldiers at Abu Ghraib. She compares the ethical failures of the American soldiers to the ethical failures of President Bush and the Bush administration. Sontag criticizes the efforts of the Bush administration and its defenders to minimize the human rights tragedy.

Sontag writes, “The administration’s initial response was to say that the President was shocked and disgusted by the photographs - as if he had not seen them in the news or on television or in what they depict. There was also the avoidance of the word ‘torture.’ The prisoners had possibly been the objects of ‘abuse,’ eventually of ‘humiliation’ - that was the most appropriate. My impression is that what has been charged thus far is abuse, which I believe technically is different from torture.’ Secretary of Defense Donald Rumsfeld said at a press conference. ‘And therefore I’m not going to address the ‘torture’ word.’”

Semantics saves the day? Most citizens of the world would disagree with this statement, having heard in prior newscasts and programs about the Geneva Convention and the human rights protected and agreed upon by the United States of America. Were these acts perpetrated against our American soldiers, would we not consider them torture?

Sontag continues, “Even when these acts became public, the Army’s surgeon general was announced to have fired those solders who committed these crimes. The Army released a report in which officials acknowledged they had uncovered the problem with their medical system nearly a year ago, months before the current scandal engulfed the Pentagon.”

This controversy led to three fall guys being named; however, there is more to the story. The international community has examined the issue as well and has suggested that ethical failures at the Pentagon mirror the same type of ethics the Bush administration displays when handling a crisis.

Author Vijay Prashad commented on the Washington Post article, in the Hindu, India’s national newspaper, “When the Washington Post article, in The Hindu, India’s national newspaper, ‘Regarding the Torture of Others’ emphasizes the any other way would tarnish one’s reputation and possibly bring unwanted scrutiny to ones policies and leadership. It’s not just the failures of President Bush and the Bush administration. Sontag criticizes the efforts of the Bush administration and its defenders to minimize the human rights tragedy. Sontag writes, “The administration’s initial response was to say that the President was shocked and disgusted by the photographs - as if he had not seen them in the news or on television or in what they depict. There was also the avoidance of the word ‘torture.’ The prisoners had possibly been the objects of ‘abuse,’ eventually of ‘humiliation’ - that was the most appropriate. My impression is that what has been charged thus far is abuse, which I believe technically is different from torture.’ Secretary of Defense Donald Rumsfeld said at a press conference. ‘And therefore I’m not going to address the ‘torture’ word.’”

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In 2004, The New Yorker magazine featured an article about the torture of the Iraqi prisoners. The author asks the question, “How far up does the responsibility go?” The magazine obtained a 53 page investigative report, detailing the events behind the shocking photos and states conclusively that the “failures of the Army prison were devastating. Most disturbing was the ethical failure of the commander over the Army prison refusing to accept responsibility for the problems at the prison. Despite evidence that her leadership failed to “establish and enforce basic standards and principles among its soldiers.” The respected columnist and writer, Susan Sontag’s essay entitled “Regarding the Torture of Others” emphasizes the Spring 2007 Banner Staff April 25, 2006 Tim Larson Executive Editor Jason Munday Layout & Design Editor Julianne Hamil Business Manager Eden Horricons Joseph Madaul Photographer Joseph Drahos Mary Elizabeth Drahos Opinion Editor Heidi Hakler Entertainment Editor Stephanie Foster Photographer Quintez Gillespie Staff Writer Liz Jay Staff Writer any other way would tarnish one’s reputation and possibly bring unwanted scrutiny to ones policies and leadership. It’s not just the failures of President Bush and the Bush administration. Sontag criticizes the efforts of the Bush administration and its defenders to minimize the human rights tragedy.

Sontag writes, “The administration’s initial response was to say that the President was shocked and disgusted by the photographs - as if he had not seen them in the news or on television or in what they depict. There was also the avoidance of the word ‘torture.’ The prisoners had possibly been the objects of ‘abuse,’ eventually of ‘humiliation’ - that was the most appropriate. My impression is that what has been charged thus far is abuse, which I believe technically is different from torture.’ Secretary of Defense Donald Rumsfeld said at a press conference. ‘And therefore I’m not going to address the ‘torture’ word.’”

Semantics saves the day? Most citizens of the world would disagree with this statement, having heard in prior newscasts and programs about the Geneva Convention and the human rights protected and agreed upon by the United States of America. Were these acts perpetrated against our American soldiers, would we not consider them torture?

Sontag continues, “Even when these acts became public, the Army’s surgeon general was announced to have fired those solders who committed these crimes. The Army released a report in which officials acknowledged they had uncovered the problem with their medical system nearly a year ago, months before the current scandal engulfed the Pentagon.”

This controversy led to three fall guys being named; however, there is more to the story. The international community has examined the issue as well and has suggested that ethical failures at the Pentagon mirror the same type of ethics the Bush administration displays when handling a crisis. It’s a choice to find the words to convince people that the lie, the more believable.” I believe that is the mantra of the Bush administration. It appears that only after photographic evidence, media coverage and public outcry does the Bush administration own up to its failure of leadership. However, up until the evidence becomes public knowledge, the Bush administration is conveniently ignorant of the facts surrounding any controversy.

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Mary Elizabeth Drahos
Opinion Editor

Easter Sunday is normally spent pigging out on fatty food and catching up with family. My Easter was spent discussing a new fad diet that I made up: the celery and Reddi Wip diet. My diet, crazy as it seems, was inspired by a book written in the ‘60s called “The Martini and Whipped Cream Diet.” This diet seemed crazy at the time. No one wanted to believe it worked. But the inventor of the diet, Dr. Atkins, ended up becoming famous for the Atkins diet in the ‘90s.

As my family discussed this book, the wheels in my head started turning and I came up with my own very fancy diet. To my surprise, my family decided to help and gave me suggestions of what I should or shouldn’t eat. The diet essentially allowed me to eat celery and Reddi Wip to any extent; however, I could also have nuts (almonds, walnuts, or pistachios), raisins, and certain garnishes on the celery (cream cheese, peanut butter, etc). For beverages, I could have water, energy drinks with no carbs, diet green tea, coffee, and milk for my treat.

This menu plan was only going to last a few weeks, just enough time to get some results on it if worked or not (and coincidentally it would end the same day my article was due). I had to keep track of my weight, mood, emotions, activities, food, drinks, energy status, and sleep cycles. For the first time in my life, I thought this was a crazy idea and it wouldn’t work.

I was wrong.

I stopped on the scale the morning of Mon, Apr 9, and groaned. If there was a chance this diet was going to make me GAIN weight, I was going to quit. The next morning I stepped on the scale, and found out I LOST 5 pounds. The next morning, ANOTHER 3 pounds. My mood and energy level weren’t really changing any. In fact, I seemed to have MORE energy and was able to wake up earlier in the morning with less difficulty. However, I did start to dream about ripping into a nice juicy bacon cheeseburger. Over the course of the next few days I lost about losing my total weight, and this was only from Mon to Fri.

However, by Thurs, my mood started to show a significant change as well as my physical self. I started to get cranky, not really knowing why. I started to talk to certain people because I knew I would snap at them for things they really didn’t deserve. I also started feeling like I had the flu all the time. Trust me, as much as I love losing weight, it sucked to constantly feel like you are going to either pass out or throw up.

Even worse, I started realizing why people start to become anorexic. I didn’t want to admit it to myself, but I had been enacting behavior that was far too similar to experimental dieting to become borderline anorexic within just a few days time. Just thinking of eating food was making me freak out because all I could think about was the scale dial going higher and higher.

So I stopped eating completely. I would live the next few days only drinking diet green tea. I was scared to even drink water because I did not want any water weight added to my frame. I also started running for an hour a day and a half every day (if I could), no matter if I ate or not.

After a few days of starving myself, I started to become more light-headed. Even standing up in the shower became a chore for me. In the end, I decided that it wasn’t worth the weight loss if I was becoming physically incapable of even showering.

The next week was a hard one for me when I started gaining weight normal. The weight started coming back on and I was feeling so bad about myself after negative effects, I did learn my lesson on crash dieting. Losing weight the unhealthy way is not good while dieting, and it’s even harder on your body when you end the diet.

Every feel as if you are in a constant state of shock and things that should bother you don’t? I have felt like this ever since I came back from my last vacation. I usually carefree. A distilled cool seemed to linger for the first three days. As days passed a feeling of tiredness and a lack of energy began to act like family. My fear of rejection was proven false. My aunt was warm and caring. My mother and Jane started talking on my first day there. A thing I would never have imagined even in my deepest of hearts.

My mother apparently was stricken. Their second conversation had not been as verbal as the first. Like a punch ball, blame was tossed about between one another with the main words being “You weren’t there.” They had asked me to call her the very same day to talk about the conversation. My mother was slightly more up front with her thoughts, Jane seemed wounded and disheartened.

Now how can so much hurt be carried through the years with the children caught in the cross fire? They are both in one piece now with good will and harmony reigning in both their lives. So can’t we just let it go?

My mother is overjoyed that Rose’s harmful temper was quelled elsewhere and in its place her beloved daughter has returned. I can see the storm brewing in the distance. I wonder if my mother has my memory that has not slept and I remember horrible things that were said about me.

They have made a record to keep throwing in my face, that in the end I would be tossed away and that it was only Rose who was important. The three of us were to be separated with Jane, Rose with Mary and I to be put in a foster home. This stirred a hateful pit in my stomach. She was better than me? In what sense of license did they have to weigh one child against another? What made me so repulsive or easy to dislike? Maybe? I wasn’t as pretty as her, that might have made a point of telling me that.

So what do I do with the choice of whether to trust the weight store it so that maybe I can put it toward my successes or maybe something much more sinister. Either way I know what I have to get where I want to be. No matter who tries to stop it, nothing can remain the same. I will succeed.

The End
This is what I know for sure
Julianne Hamil
Business Manager

“The Secret,” is real. The book and DVD were both released last year by Rhonda Byrne. I watched this documentary about the one thing that Newton, Einstein, Plato and the rest of the greatest people in history knew that everyone else didn’t. The ‘Secret’ is the law of attraction.

According to Quantum Physics, everyone and everything is made of energy. This energy is driven by the law of attraction. It simply states + = +, - = - (the equals are meant to mean attraction). We attract things to us by way of thoughts and feelings which can be measured as frequencies emitted from our body. These frequencies are made up of what you focus on and how you felt about it. Einstein said, “Imagination is everything; it is the preview of life’s coming attractions.”

If you think you are going to be on time, you will be. The universe responds to your positive thought about time and, like a magnet, you attract it. If you believe life is hard, it will be. The universe responds to your negative thought about life and gives you exactly what you feel about it; life will get harder. Your reality is based on your beliefs, because the law of attraction is driven by our constant pattern of thoughts and beliefs. Henry Ford once said, “Whether you think you can or you can’t either way you are right.”

One must focus or meditate on the later part of success to see how it feels. Remember those feelings of success, for whatever it is that you want, and carry them throughout your life as if they were already true. With the realization that you can have what you chose just by thinking positively about it, you then can acquire everything you desire. By dreading what you thought you couldn’t have, you will walk down the path to nothing. You have to really believe that whatever you want is yours before you can have it.

It is important to realize that our minds have been trained to work against us. The average person has over 60,000 thoughts a day. For every positive thought we have, we are plagued with just as many negative thoughts canceling any chance to receive the positive things we initially thought about. If starting today you never heard anything the word “can’t,” the rest of your life would change, because in reality you can.

I would rate this information as the most important thing I have ever been taught and recommend everyone either read the book or watch the DVD, “The Secret.” Once you really understand how it works, everyday you will see your life unfold for you as you planned it, because you thought about it first and made it happen.

As Buddha said, “All that we are is the result of what we have thought.”

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Horoscopes

LEO (April 20-May 20) — Happy Birthday Taurus! Be upfront about what you want for your birthday. Being honest upfront leaves little room for disappointment.

GEMINI (May 21-June 21) — The universe is constantly sending you ideas, pay attention to even the most outlandish ideas. You never know what can happen!

CANCER (June 22-July 22) — Communication about the demands on your time will help explain to your friends and family why you have been MIA for weeks.

LION (July 23-Aug. 22) — Looking back does nothing but strain your neck. Concentrate on thinking about what you want in your future, don’t be surprised when it shows up.

VIRGO (Aug. 23-Sept. 22) — Make sure relating is your top priority right now. Your family has missed you and needs your attention while school is out.

LIBRA (Sept. 23-Oct. 22) — Someone is seeking you out to confide in. Give a little TLC, you may need some in return later.

SCORPIO (Oct. 23-Nov. 22) — Two of your greatest characteristics are strength and confidence, these will guide you on your summer journey.

SAGITTARIUS (Nov. 23-Dec. 21) — Most people aren’t as free spirited as you, but someone unexpected will perk you up and make your day.

CAPRICORN (Dec. 22-Jan. 19) — Integrity and values need to make a comeback. Be a leader in this and your reward will be outstanding.

AQUARIUS (Jan. 20-Feb. 18) — When you force the pain underground, it hurts worse. Let out all your frustrations and look forward to the end of the semester and the beginning of something new.

PISCES (Feb. 19-March 20) — As the semester ends your summer gets brighter. Stock up on sun glasses and great books to read as you relax by the pool.

Aries (March 21- April 19) — Keep your pants on! The only true side affects to sex are empty promises, STD’s (STI’s) and babies. Guys only want what they can’t have.

Oh yeah!

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