4-25-2016

Banner News

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Graduation is May 16

The 88th Des Moines Area Community College (DMACC) Boone Campus Commencement will take place at 10 a.m., Fri., May 6, in the Boone Campus Gymnasium. More than 300 Boone Campus students will graduate this spring, and the ceremony will follow immediately after the commencement in the L.W. Courter Center.

DMACC Boone Campus Liberal Arts student Gabrielle Woods of Boone will welcome family and friends to the graduation ceremony. Woods will be transferring to the University of Northern Iowa. She is a 2016 Coca Cola Gold Scholar, one of ten students in the nation to receive the Pearson Scholarship for Higher Education, a DMACC representative at Leadership Iowa University, a member of the DMACC softball team, co-president of the DMACC Honors program and a two-year Vice-President of the Phi Theta Kappa International Honor Society.

Dr. Wayne Rouse will deliver the commencement address. Dr. Rouse, who hails from the northern Iowa town of Tiffin, Iowa, was president of his senior class and graduated from Tiffin High School in 1953. He earned a Bachelor of Science degree from the University of Iowa in 1957 and his M.D. degree from the University of Iowa in 1963.

After serving an internship at St. Mary’s Hospital in Des Moines in 1961-62, Rouse served in the U.S. Navy from 1962-64. Following his military service, Dr. Rouse moved to Ankeny where he and two other physicians formed a private practice partnership. His practice included obstetrics, pediatrics, internal medicine surgery, orthopedics, gynecology and general anesthesia. And, yes, he did make house calls.

He has been active in many local, state and national professional organizations. He was an active member of the American Academy of Family Physicians, served on a National Cancer Committee in 1977 and 1978 and the Commission of Public Health and Scientific Affairs. He was an active member of the Iowa Academy of Family Physicians, where he served on the Board of Directors, as Secretary-Treasurer, Vice President, President-Elect and President in 1978. In 1985, Dr. Rouse was named the Iowa Family Physician of the Year by the Iowa Academy of Family Physicians.

He was also a member of the Iowa Medical Society where he served on numerous committees, including as a board member of the Iowa Medical Society Malpractice Insurance Program. He was a long-time member of the American Medical Association, was Chief of Staff at Boone County Hospital, was an officer on the Boone County Medical Society, was on the teaching staff at Broadlawns Hospital in Des Moines and a member of the Board of Directors for the Iowa Division of the American Cancer Society from 1975-1986.

He was also involved in civic activities, serving as a member of the Boone Chamber of Commerce Ambassadors, a member of the DMACC Boone County Foundation, a member of the DMACC Boone Campus Board of Directors from 1995 to the present, a member of the First United Methodist Church, Boone Historical Society and countless other local organizations.

Dr. Rouse remained in private practice until retiring in 2001. He continues to serve DMACC in many ways. Last year, Dr. Rouse received an Honorary Phi Theta Kappa award. Dr. Rouse and his wife Joyce, have two children, Diana and Dave, and five grandchildren.

DMACC Boone Campus Provost Tom Lee will preside over the commencement. A nursing pinning ceremony will take place in the gymnasium following the commencement.

By April Schumann, Banner News Staff

Lee will retire

By April Schumann

Staff Writer

At the end of this academic year Tom Lee, DMACC Boone Campus Provost, will retire after more than a decade with the school.

“It was a hard decision because I really love what I do,” said Lee. “I truly would like to thank the faculty, staff and especially the students for the past 11 years.”

Lee began his career at DMACC in August of 2005 after already having worked in education for more than 30 years, including the time he served as principal of East High School in Des Moines.

Lee was a part of the large growth of the Boone Campus. Some of the key changes seen during Lee’s tenure were:

- A 235 percent increase in enrollment
- Addition of the Civil Engineering Technology wing along with a new quiet area for students to study
- Renovation and additions to student housing including the addition of Honors Program Apartments
- Construction of on-campus baseball and softball fields
- Addition of men’s and women’s golf programs, softball and women’s cross country
- Purchase of seven acres of land near campus to allow for future growth

When Lee left East High in 2005 to come to DMACC he welcomed the change, as he no longer had to deal with the same issues he had as principal of a K-12 school. Lee said of his expectations of the new position as Provost that when the job started it was “Probably better than I had expected... it was a nice change.”

As he starts the next leg on the journey of life Lee says he and his wife will be glad to not have to “live by the calendar and clock” and can just take it slow, enjoying the time. He commented that he would be looking forward to filling the time with woodworking, golfing and fishing. He and his wife will now be able to travel and discover the world as well as themselves, figuring out where and what they really want to be.

No matter what the future brings they are “really looking forward to that next chapter,” he said.

Lee’s retirement will take effect June 30.

Athletic Director to retire

Orry Salmon, athletic director at Des Moines Area Community College (DMACC), has announced his retirement effective June 30.

Salmon joined the DMACC athletic department staff as athletic director and men’s basketball coach in 2000. He served in both capacities through 2009 and then returned the men’s basketball program over to assistant coach BJ McGinn and continued to serve the department as athletic director.

“I do want to ride off into the sunset quietly,” Salmon said, adding that he hopes to spend his retirement years playing golf and traveling with his wife, Betty.

“Orry has been the driving force behind the athletic success of all of our programs,” DMACC Boone Campus provost Tom Lee said. “He set a foundation with our student-athletes to discover the world as well as themselves, figuring out where and what they really want to be. No matter what the future brings they are “really looking forward to that next chapter,” he said.

Coach McGinn named new AD

R.J. McGinn, the head coach of the Des Moines Area Community College (DMACC) men’s basketball program, has been named the school’s new director of athletics.

McGinn will replace long-time director of athletics Orry Salmon who has announced his retirement effective June 30 of this year.

McGinn, who also replaced Salmon as the men’s basketball coach, will continue to coach the men’s team in addition to taking over the director of athletics duties.

“First of all, I’ve been very, very fortunate to have had the opportunity to be the assistant mens’ basketball coach and head mens’ basketball coach here under Coach Salmon,” McGinn said. “As the director of athletics I want to make sure we continue to do the things that we’re doing as a department in terms of all of our programs. I feel a responsibility to

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By April Schumann

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Suicide prevention

By April Schumann
Staff Writer

Ryan Nesbit visited DMACC Boone Campus on April 6 to present information on suicide prevention and coping with loss and grief for survivors. Boone Campus hosted this presentation as well as a suicide prevention walk after a student attending Boone Campus took his own life about a month earlier.

Nesbit is a 40-year-old stay-at-home dad from Ankeny who currently serves as co-chair of AFSP (American Foundation for Suicide Prevention) and co-director of Alive & Running, a program that also raises awareness for suicide prevention. Nesbit is also part of a Mental Health First Aid group in Iowa that is determined to see funded, the necessity for teachers, clergy, volunteers and others to complete a course in MHFA. Each course is about eight hours and can be focused on adults or teens. These issues are close to his heart because of his experience in being a survivor of suicide. His story starts when he was 15 years old, living on a farm near Dunkerton. A very close friend of his since age 9, Roger Dos, lived on another nearby farm and attended the same small K-12 school that only had around 35 kids in each grade level. When the boys were 15 years old Roger tragically ended his life with a self-inflicted gunshot on January 8, 1991. When Nesbit heard his friend was missing he helped his mother look for him. They found footprints in the snow and followed them to where he ultimately discovered his friend’s body.

At the time there were no programs to help people understand the trauma, and the help he needed to deal with the grief and loss of this kind. That lack of information led to Nesbit trying to deal with it as well as a 15 year old could, and saw him in a hospital about a week later. He spent about five days on the Psychiatric ward in Covenant Hospital and then after only a few short days at home, trying to fake his way through, he spent another 5 days or so in Allen hospital’s mental health unit.

Nesbit went through a rollercoaster of feelings and unhealthy coping mechanisms for some time before he finally received the help he needed to face the experience and become determined to use the tragedy to help others understand that their story isn’t over yet, and to rally for programs and training to help other survivors. A symbol of the statement “Your story is not over yet” is the semicolon which is used to say there is the semicolon which is used to say there is many resources we may not know where to find. Students at DMACC Boone Campus are privileged to have available at no extra charge, school counselors who are willing and able to help anytime they can. One way to access this service is to contact a student advisor, such as Rita Davenport, who focus on getting students counseling needs met. More information and resources can be found at www.aliveandrunningiowa.com as well as www.suicideawarenessiowa.org where you can also learn more about Roger’s story and events to raise awareness.

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Local PBL chapter sweeps conference

By Arlo Starbuck
PBL Correspondent

Grand View College Des Moines - The Boone chapter of Phi Beta Lambda, a business student organization, sent 15 students to the Spring Conference and was able to sweep the competition in competitive events. The chapter will send all but one onto the National Leadership Conference in Atlanta, Georgia in June.

The Host chapter, Grand View University, and other competing chapters were no match for the might and brain power of the Boone PBL. Chapter on April 15-16. There were a total of 5 chapters represented at state conference: Grand View, Ashford, Upper Iowa, DMACC-Des Moines, and DMACC-Boone. While numbers were down at all chapters this year, the level of competition was higher.

While the Boone chapter may not have placed first in all the competitions, it was able to sweep the State Officer ballot with Boone PBL representing 4 of the 5 positions. Boone possibly can fulfill the sweep as we had a last minute entry that will need to have their resume and cover letter reviewed by the State Officer Advisor board to determine their acceptance. The following is a list of Boone students and their office: Arlo Starbuck, State President, Pete King, State Vice President, Mary Rowan, State Secretary, Kara Sloan, State Historian/Reporter.

View University, and other competitors sent 15 students to sweeps conference in June. It is an academic competition where PBL chapters from all over the country compete against each other students from colleges and universities from all over the United States. This year’s competition is being held in Atlanta, Georgia.

Q&A with Chris Moon, PBL advisor, business instructor, district chairperson

By Mary Rowan
PBL member & Banner News Columnist

Q: What is PBL?
A: DMACC gives students opportunities they may not otherwise have. DMACC gave Mrs. Moon opportunities and if it was not for DMACC she would not be where she is at today.

Q: Why are you so passionate about PBL?
A: PBL gives students opportunity for growth. It helps students build confidence and provides leadership skills for their future. The students have many opportunities to travel and network with professionals from around the country. In so many ways helps the students to grow as individuals and professionals.

Q: What is your background?
A: I graduated from Ankeny High School. I have an AA from DMACC in liberal arts and a bachelor's in accounting from Iowa State. I have a law degree from Drake University Law School. I practiced law for 13 years and taught as an adjunct for 12 years before starting full time at DMACC. I am in my third year of teaching full time.

Q: Most people at DMACC know you’re a lawyer. Why did you choose to become an instructor at DMACC?
A: I discovered while working as an adjunct the impact I could have on students. I really love teaching and feel like it is my calling.

Q: What is the State Leadership Conference?
A: It is an academic competition where students will compete against other students from colleges and universities from all over the United States. This year's competition is being held in Atlanta, Georgia.

Q: One wish you have for this year's PBL group?
A: I hope for this group going to Atlanta that every single student gets to take the stage at least once at Nationals. I also would like for the students to network with someone who will have a meaningful impact on their future. My general wish for PBL is that the organization continues to grow and continues to compete at the same level as now or a higher level like it has been the last several years.

Q: What is your personal wish?
A: I hope that both my children reach the goals they desire.

Q: You always have such a positive attitude and always encourage others you are also able to see the potential in others that others miss. Where does this ability come from?
A: “We cannot control other’s behaviors or attitudes or personalities. We can control how we react to those behaviors or attitudes or personalities. It is not easy to have a positive attitude all of the time. We all have bad days. But everything happens for a reason and there is a lesson in everything. We never stop learning and we should never stop trying to be better. I strive to be the best person I can be every day. If something bad happens, I try to take something positive from that. People need to hear the things they are doing well and the things they have done right and the positive qualities about themselves. Often times having a positive outlook and attitude results in others reciprocating. Treat others how you want to be treated, right?”

From talking with others, Mrs. Moon and then joining PBL, I noticed she has a way of encouraging her students and those around her. Her students respect her as an instructor. All through the process she always kept an upbeat tone with the students participating in the events. I am proud of the PBL members. All of us looked forward to competing and look forward to Atlanta and to have a chance to compete at a National level. I have become more sure of myself in wanting to achieve new goals I have set for myself. I feel that all PBL members feel the same. It took courage for all of us to enter then to compete and when we won the awards we brought back home was just amazing.

Change is hard new experiences are hard but with confidence, encouragement and assurance these things can be accomplished.

Congratulations to the students of our local chapter of Phi Beta Lambda on their competi-

tions April 15-16. They have all worked very hard on their compe-
titions and had great success.

There are too many awards to list individually, but we sent 15 students to the State Leadership Conference. We brought home about 44 awards ranging from 1st to 3rd place with MANY 1st place showings.

The chapter competed against other students from Grand View University, Ashford University, DMACC - Urban and Upper Iowa University.

Our chapter won 1st place for the Largest Local Chapter Membership.

Fourteen students qualified for the National Competition in Atlanta this summer. In order to attend the National conference, students must place 1st or 2nd in their on site competitions or 1st, 2nd, or 3rd in a testing only event. At the National conference students will be competing against students from across the country, a lot of which will be juniors and seniors at four year universities. They are up to the challenge. Congratulations goes to the following students who will be attending the National Leadership Conference in Atlanta in June:

Nick Kelly
Taylor Greggs
Arlo Starbuck
Lori Sheets
Mary Rowan
Emilia Jacobson
Kara Sloan
Bridge Degan
Megan Morton
Andrew Smith
Than Pham
Brandee Lee
Rob Kitchen
Josh Knight

ALSO, congratulations to the following students on their new State Officer positions in PBL:

Arlo Starbuck - President, Iowa PBL
Brandee Lee – Vice President, Iowa PBL
Mary Rowan – Secretary, Iowa PBL
Kara Sloan – Historian/Reporter, Iowa PBL

It takes a lot of work and courage to represent the state of Iowa as a PBL officer. These students have all stepped out of their comfort zone a little to be leaders in this group for the entire State. I am very proud of all of the accomplishments we have seen to date and look forward to seeing what these students will do in Atlanta.

-- from Chris Moon

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Author shares his story

Fritz Nordengren

Editor's Note: On March 8, author Fritz Nordengren visited a Comp II evening class at the Hunziker Center in Ames. Invited by instructor, Brad Grout, Nordengren spoke to students about the value of writing and the importance of finding meaningful topics about which to write. Professor Grout, a Banner News contributor, wrote this summary of the visit.

By Brad Grout

Contributing Writer

Fritz Nordengren

Fritz Nordengren spent the majority of his early career years as a consultant working with various businesses and law firms.

“I was a consultant and did all types of business writing, but only started to explore writing for myself and for pleasure readers in the last few years.”

He currently has four books to date: Concealed: The Book of Letters to my Children from the future generations. “I’m writing a new novel titled a table. “I’m writing a new novel titled a table.”

18 months or more to that time—national publishing cycle could add to the delay. “The transition to self-publishing is amazing. The traditional publishing process often takes many months or years.

The reader’s hands within days of first publication, “he said. “The ability to explore it on my own. When I wished he had visited earlier, at the beginning of the class, she felt whole-heartedly inspired by his talk. She said she struggled with finding writing topics at the beginning of the class, but now, she feels empowered to write down her thoughts and emotions in a way she hadn’t ever felt before this.

When asked if just anyone can write, Nordengren says this: “Yes, not only ‘can’, they have to. ‘Can’ is the ability to write. Each one of us has a story to tell and a voice to share. As much as I love digital and social networks, if we don’t write our thoughts and ideas to paper, they may be lost in a very short period of time. Writing and self-publishing, even if you only print one copy of your book, is a way to preserve who you are and what you think for other and future generations.”

The Iowa landscape is littered with abandoned buildings, farms, houses, and the like. Many times, buildings are slatted for destruction and never get to tell their stories. However, such is not the case for Edinburgh Manor, a county “poor farm” as it was known, which sits near Scotch Grove in eastern Iowa. In fact, people come from across the state to visit the site including travel channel’s own ghost adventures television series which featured Edinburgh Manor on their 11th season’s season premiere episode.

Nordengren’s work is self-published. These books, however, were never traditionally published. Nordengren’s work is self-published. Nordengren’s work is self-published. Nordengren’s work is self-published. Nordengren’s work is self-published.

Using the website, CreateSpace.com, any writer can upload a written work from which it can be printed. CreateSpace works through Amazon. Essentially, the service operates as “print on demand” service. When someone orders the book, the work is created in print.

“As Amazon focused their marketing strategies, they made self-publishing both profitable and easily accessible,” Nordengren said. “As I saw what authors were able to do for themselves, I began to explore it on my own. When I combined that with the national Novel Writing Month challenge, I knew it was time to go for it!”

And what are they advantages to self-publishing? “Time to publication,” he said. “The ability to have a printed book in your reader’s hands within days of final edits is amazing. The traditional publishing cycle could add 18 months or more to that time-table.

Nordengren continues to write stories as his full time passion. “I’m writing a new novel tentatively called Time Cap-sules. It’s about a vagabond travel blogger who returns to his home town to deliver the last commencement address at his former high school. When the 21-year-old daughter of a former classmate asks for his help investigating the fate of the prom king and queen who vanished 22 years ago, he discovers the time capsule left behind at the high school.”

He collects his ideas from a number of sources. “This is where many of my ideas from current events—and then I begin to think about what life is like for people around or near events that become newsworthy. A headline may catch my attention and I’ll spend time thinking about the neighbors, the people directly involved, the friends of the people. What is their life like and how is it changing?”

Nordengren also owns and operates Two Mile Ranch. “Two Mile Ranch is a 20 acre retreat I built after buying an abandoned farm in southern Iowa. I began to share and then rent the retreat to writers who needed a place to get away from distractions and write. There are no shopping malls, casinos, 5 star restaurants, or landmarks, no shopping malls, casinos, 5 star restaurants, or landmarks, no shopping malls, casinos, 5 star restaurants, or landmarks, no shopping malls, casinos, 5 star restaurants, or landmarks.

The concept was to work (as it was a working farm with crops and animals) your debt off and get back on your feet. It has always housed the insane, who likely remained there for the rest of their lives (unconfirmed). The current building was finished in 1911. Beginning in the early 30’s, through 2010, it was only a facility for the insane/people with mental disabilities. No longer did it house children and families. It was a state-inspected facility for adults with mental disabilities until November 2010 at which time that facility moved into Anamosa.”

Emanor bought the property because of its location and scenic view having no knowledge of its other-worldly occupants. It wasn’t until after purchasing the property that they sensed something else present. “Initially we just had regular occurrences of an odd feeling—like being watched, or like being in a room with someone that you cannot see. One night something actually touched one of us—repeatedly for several seconds. Now we know that many people in the area were aware of odd things happening there for decades.”

When asked what kinds of activity frequently happen, Emanor says, “Noises and moved objects are fairly common. EVP’s (electronic voice phenomena) are also heard. “Emanor does not see any of the other-worldly occupants, it is strictly forbidden at any time to use a Ouija board.

“The interior of Edinburgh Manor is not the case for Edinburgh Manor. It is quite small, an amazing kitchen, a star restaurants, or landmarks, no shopping malls, casinos, 5 star restaurants, or landmarks, no shopping malls, casinos, 5 star restaurants, or landmarks, no shopping malls, casinos, 5 star restaurants, or landmarks, no shopping malls, casinos, 5 star restaurants, or landmarks, no shopping malls, casinos, 5 star restaurants, or landmarks.

On a tour, one will see the interior and move around “on their own.”

Tours are often given on the weekends for $20 per person. Groups can also stay overnight for $200. Many paranormal investigation groups repeatedly stay in hopes of capturing paranormal evidence.

Although Edinburgh’s history is peppered with tragedy, Emanor does not see any of the former occupants as malevolent, and it is strictly forbidden at any time to use a Ouija board.

‘Poor Farm’ in eastern Iowa draws ghost hunters

The Iowa landscape is littered with abandoned buildings, farms, houses, and the like. Many times, buildings are slatted for destruction and never get to tell their stories. However, such is not the case for Edinburgh Manor, a county “poor farm” as it was known, which sits near Scotch Grove in eastern Iowa. In fact, people come from across the state to visit the site including the Travel Channel’s own Ghost Adventures television series which featured Edinburgh Manor on their 11th season’s season premiere episode.

According to current owner, Cindy Emanor, “The property was donated to Jones County in 1846. It operated as the county Poor Farm for many years. There were families, singles, and elderly residents. The concept was to work (as it was a working farm with crops and animals) your debt off and get back on your feet. It has always housed the insane, who likely remained there for the rest of their lives (unconfirmed). The current building was finished in 1911. Beginning in the early 30’s, through 2010, it was only a facility for the insane/people with mental disabilities. No longer did it house children and families. It was a state-inspected facility for adults with mental disabilities until November 2010 at which time that facility moved into Anamosa.”

Emanor bought the property because of its location and scenic view having no knowledge of its other-worldly occupants. It wasn’t until after purchasing the property that they sensed something else present. “Initially we just had regular occurrences of an odd feeling—like being watched, or like being in a room with someone that you cannot see. One night something actually touched one of us—repeatedly for several seconds. Now we know that many people in the area were aware of odd things happening there for decades.”

When asked what kinds of activity frequently happen, Emanor says, “Noises and moved objects are fairly common. EVP’s occur often. Unexplained photos occur at times. The most exciting thing is when someone personally sees an entity—especially if they also get a picture.”

One of the challenges of owning Edinburgh is the upkeep. The property does require quite a bit of maintenance, however, at the moment, Emanor is leaving the interior alone for the most part. On a tour, one will see the interior in much the state it was when it was left in 2010. Various items from former residents remind the tourist of its not distant habitation. Toys are littered throughout the interior and move around “on their own.”

Tours are often given on the weekends for $20 per person. Groups can also stay overnight for $200. Many paranormal investigation groups repeatedly stay in hopes of capturing paranormal evidence.

Although Edinburgh’s history is peppered with tragedy, Emanor does not see any of the former occupants as malevolent, and it is strictly forbidden at any time to use a Ouija board.

`Poor Farm’ in eastern Iowa draws ghost hunters

The interior of Edinburgh Manor has been largely preserved.
Salmon is a graduate of Cedar Falls High School and played college basketball at the University of Missouri under legendary head coach Norm Stewart. Prior to joining the DMACC staff, Salmon served as a men's basketball assistant coach for Stewart and at Drake University on head coach Gary Garner's staff. Salmon left Drake to enter private business after the 1986 season, but stayed involved in the sport by serving as a radio and television analyst for Drake. He also spent a year as an assistant coach and consultant for the Manchester Giants of the English Basketball League. Salmon has an MA degree in education administration from Truman State University.

As the DMACC men's basketball head coach, Salmon took over a program that had been all but dormant for many years, seldom winning more than a handful of games in any one season. Salmon led the DMACC men’s basketball team to a 237-80 record during his tenure as head coach, including a 98-31 mark in the Iowa Community College Athletic Conference (ICCAC). His teams captured ICCAC regular season championships in 2000-01 and 2001-02 and won National Junior College Athletic Association (NJCAA) Region XI titles in 2001-02 and 2006-07. Salmon took his 2000-01 team to the NJCAA Final Four. His 2006-07 team reached the NJCAA Elite Eight.

“I am really proud of some of the things my teams accomplished,” Salmon said. “The first group of kids set the tone for the change.”

Salmon said he is even more proud of the accomplishments of the school's athletic department during his time as athletic director. Men's and women's golf, women's cross country and softball were added to the athletic department during Salmon's tenure and the school remodeled the gymnasium and constructed baseball and softball diamonds adjacent to the campus. Virtually every DMACC sport as earned a national reputation and advanced to national competition during Salmon's time as athletic director.

McGinn, from page 1

keep things where they are at and to make them even better.”

DMACC-Boone Camps provost Tom Lee said McGinn was one of many qualified candidates for the position and that the future of DMACC’s athletic programs was a primary consideration moving forward.

“We wanted to make sure that we put someone in there that was going to carry on the tradition of athletics, knew our program and knew our community,” Lee said. “B.J. had the skills and skill set to be able to do that job very well. This gives us an opportunity to move forward without jeopardizing the athletic program and jeopardizing the academic side of the program.”

A native of Cedar Falls, McGinn earned his bachelor's degree in secondary education from the University of Northern Iowa in 2001 and earned his master's degree in athletic administration from Wayne State College in 2003. McGinn served as an assistant coach at Wartburg College in 1996-97 and was an assistant coach at Cedar Falls High School from 1998 to 2001. He was also an assistant coach at Wayne State College from 2001 to 2003 and again during the 2005-06 season, while serving as assistant coach at Eastern Arizona College from 2003-2005.

McGinn joined the DMACC men's basketball program as an assistant coach in 2006 and became the head coach in 2009. He has compiled a 159-65 record as the head coach and has led the Bears to two Iowa Community College Athletic Conference (ICCAC) championships and two National Junior College Athletic Association (NJCAA) Region XI titles. His teams have advanced to the NJCAA Division II Final Four and Elite Eight. The DMACC men's basketball program also had a 100 percent graduation rate during his tenure as head coach.

McGinn, who credits Salmon for the success of DMACC's athletic programs, said he hopes to use what he has learned from Salmon to keep the school's athletic programs among the best in the country.

“I learned from one of the best in the business,” McGinn said. “There’s not a day that goes by that I don’t learn something new from Coach Salmon. With men's basketball, my responsibility was to carry on what Coach had done with that program and continue to keep it where it was at and keep it going at a high level. I want to do the same thing in this new position. I want to make sure that we continue to build on all the things Coach Salmon, our DMACC administration and our community have done. I definitely feel that I have a responsibility to keep this department operating as one of the best in the country.”
The University of Wisconsin-Platteville has consistently been known as a ‘pioneer’ for over a century, providing students with a high quality education and preparation for in-demand career fields. Don’t let geography stop you from expanding your opportunities and being a Pioneer.

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**Opinion**

**Bet on Yourself**

Editor’s note: This guest column was written by a DMACC Honors student as part of an Honors Capstone course. The assignment: Demonstrate leadership through the written word on an issue important to you.

By Gabrielle Woods

Guest Columnist

People talk a lot about, “having confidence.” When searching, “how to gain confidence” in Google you receive over 130 million results. This is not proof that confidence is something every single person fights for! Whether you walk through the halls with your head straight up—or walk through the halls closed off from people—remember no one has it all together. Your perception of who you are is far more powerful than how people chose to define you. Don’t let their distorted image set your boundaries. It is not people that determine your worth. The only person who sets your limits is yourself. If you know what you want, run toward it whole heartedly. No dream is crazy. Trust that whatever gifts you have and whatever abilities you were given is enough. Bet on yourself.

Confidence is a skill. That means you have the power to develop and conquer your confidence. Everyone fights battles that test self-confidence but the attitude you chose to respond to them with determines your direction. Discipline your mind. Commit to choosing positive thought in every situation. You’re courageous enough to pick yourself up no matter however many times you fail. Your dreams are worth it. You can “take it until you make it” all you want but you won’t be happy with yourself until you come to terms with whatever that little voice inside your head tells you. Whatever it says conquer it because when you train your mind you change your world. Cultivate your confidence.

As a college community student need to remember this the most. We are some of the people that have the more difficult routes. Perhaps you’re a mom trying to get an education, a dad trying to support your family, a veteran getting back on your feet, or maybe you’re a young student starting college — it’s important to remember your circumstances don’t limit you. Your attitude does. When your attitude says, “I won’t fail” and you believe it confidently self-doubt cannot rule you.

For myself, I’ve learned that whatever I’m most afraid of is what I must do. Someone once told me it takes three seconds of bravery to take a leap. When we walk straight up to our fears and look them in the eye for all they are we gain the most confidence. We become stronger and more fearless people. Count to three… and jump with confidence. Trust that you’ll stand back up. By taking this challenge, you might find out how far you can really go. What’s holding you back? I challenge you to look fear in the eye and say, “I bet on myself.”

When you walk through the halls, smile. Remember, no-one has it all together. Your happiness is a choice and you have some sort of gift that no one else in the world has. Go share it! You might just find out how confident in yourself you are. I encourage you to walk toward the person you want to be without fear. Bet on yourself!

Gabrielle Woods is a smiling enthusiast attending the University of Northern Iowa in the fall in hopes of getting into a study abroad pre-medical program. Her future goal is to become a pediatrician and is considering an undergraduate major in World Religions and Philosophy.

Woods receives GEICO Scholarship

DMACC Boone Campus Biology student Gabrielle Woods of Boone is one of only two people in the nation to receive a $1,500 GEICO Pathway to Completion Bachelor’s Degree Scholarship. Students who apply for Phi Theta Kappa’s Guistwhite Scholarship are automatically considered for the GEICO Pathway to Completion Bachelor’s Degree Scholarship.

Woods has participated in the Research Experience for Undergraduates as a Hughes Medical Institute Research Scholar and has had the opportunity to present her findings on screening zebrafish for developmental mutants relevant to cancer. A member of her college’s softball team, she is also involved with her church youth group and leads a weekly Bible study in her dormitory.

Woods also began her college career as a dually-enrolled high school student. In 2014 she won the title of “Iowa Miss Homecoming Queen” and received a scholarship as a top ten finalist in the national pageant by delivering a speech, taking a government test and writing an impromptu essay.

The GEICO Pathways to Completion Bachelor’s Degree Scholarships are presented by GEICO to Phi Theta Kappa members who have held a significant leadership position on campus or in their community, with preference given to those who have held chapter, regional or international office.

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NASA is a blast
Scholars program leaves lasting impression

By Bob Schmidt
Guest Columnist

Have you ever dreamed of working at NASA? If so, you should check out the NASA Community College Aerospace Scholars program. It is an excellent program that will enrich your college experience, get you into the NASA pipeline, allow you to make contacts, help build your resume, increase your chance of a NASA internship down the road, all while giving you an amazing experience. In this article I will share my incredible experience with the program.

The first part of the program is a five week online course with three modules, each with two activities, and then a final project. Each activity includes information, reports, articles, videos and some interactive media, about a general topic and a quiz over the material. There were three choices for a final project: 1) an answer three of five questions about NASA's mars mission plans in a 6-7 page paper, 2) design a mars rover, or 3) plan a mission to mars. I went with the first option.

When I started the course, I felt a little overwhelmed by the amount of material. It was the beginning of the spring semester so I was also getting used to my new classes. However, the material was fascinating and more than half of it was videos and interactive media. I had my children -- a 7- and 10-year-old -- watch many of the videos with me. Their favorite was a tour of the International Space Station given by Commander Suni Williams giving tours of the ISS. After watching this video, my daughter Avery added astronaut to the list of careers she is going to pursue; she has ten so far.

After the five-week course, I was invited to apply for an onsite workshop. I filled out a logistics survey with the times/locations I'd be available. A week later, I was invited to attend the work-shop at the Stennis Space Center in Mississippi, April 11-14. We arrived at the Infinity Science Center/ NASA Visitor Center at 4 p.m. Monday. After introductions and an overview of our program we were treated to the extremely motivational Dr. Calvin Mackie as our first guest speaker. He also gave each of us a copy of his book "A View From The Roof: Lessons For Life & Business." We then split into our teams to decide who would hold what positions in our “company” and come up with our initial expected budget for the two rover competitions. We had to name our company something that related back to our team color. As the green team, we went with Emerald Ascent. We had a project manager, marketing, procurement managers, a lead engineer, and engineers. I was one of our team’s engineers and worked mostly on the programing. On Tuesday we were given information about paths to getting internships, scholarships, and careers at NASA. Then we had a resume workshop with invaluable information on how to make a professional resume customized for the job you are applying to.

We then got to work on our first rover. The first rover completion was at 6 p.m. so we didn’t have a lot of time to design, build and program. Our team worked together well and although at times it was stressful, it was also a lot of fun and we got a working rover in time for the competition. Each team performed separately in front of judges, who were current NASA interns and former NCAS scholars. Our team did not do well in the first competition; our sensor performed differently on the rocks in the course then it did with the objects we had used for testing. We went off the course twice.

We learned from these mistakes and applied those lessons to the modifications for the second competition. On Wednesday we went to the Stennis Space Center where Randy Galloway, Deputy Center Director, meet with us gave an inspiring speech. Then we toured the A1 test stand. Our team and red team had Maury Vander a former engineer and current Chief of Operations, host the tour. Maury was extremely knowledgeable and enthusiastic. You could tell how much he loved his job, missed being an engineer, and loved what they did at Stennis. This tour was the highlight of the trip – meeting with Maury and learning about his path to NASA, what he does there, how they test the engines and how they keep them from melting the test stands. After the tour we headed back to the Infinity Center and began working on modifying our rover and its programs for the second rover competition. This competition was rover rescue. We had to retrieve small toy rover from atop a large rock. Then we could retrieve toy astronauts and rocks for more points. We applied the lessons learned from the first competition and performed much better in this second competition. On Thursday our guest speaker was Patrick Whipple, team lead for the External Tank Project at the Michoud Assembly Facility, he went over what his team is working on and the technology they are using to accomplish it such as friction stir welding, which is really cool.

This was an once-in-a-lifetime experience. I have made contacts within NASA and opened the door for possible internships down the road. Meet-ing with NASA Engineers was an amazing experience that I will remember for the rest of my life. I now have another line on my re-sume to make it stand out along with better understanding of how to build and customize a resume. And most of all I had a lot of fun working with a diverse group of community college students from across the country. We had some intense moments, but we pulled together and accomplished a lot. We all left feeling extremely satisfied with what we and accomplished and how well we worked together. By far the hardest part of the trip was leaving in such a short time. We had gotten to know each other and felt like a family. I plan on keeping in contact with all of my former Emerald Ascent cowokers. If you want to apply for this program go to http://nasa.okstate.edu/ncas/.

Bob Schmidt lives in Perry, but is originally from Brighton, Colorado. He will graduate with honors from DMACC in May and then transfer to Iowa State. He will pursue a dual major in computer science and mathematics. Eventually he hopes to work in the field of programming. He has a 7-year-old daughter and a 10-year-old son.
Job security needed for LGBTQ+ community

By Kate Bergin
Guest Columnist

The year is 2016, and no one should fear being fired based upon his or her sexual orientation or gender identity. Employers should evaluate their employees based on skills and ability to do their job rather than their personal identity. However, the United States Congress has not been able to protect LGBTQ+ employees from discriminatory termination based on sexual orientation or gender identity, and to me, this is just embarrassing. Congress should pass a bill that would prevent employers from firing employees based upon sexual orientation or gender identity.

As of now there is no federal law protecting LGBTQ+ individuals from workplace discrimination. There are some state laws, but very few. According to an article published by the Center for American Progress, 29 of 50 states’ employees may be fired because of their sexual orientation, and in 33 of 50 they may be fired because of their gender identity. In addition, studies have shown that 15-43 percent of LGBTQ+ have experienced some form of discrimination and harassment at work.

With so few states having laws that prohibit workplace discrimination, it’s safe to say that some form of federal law needs to be passed. The truth is that there is such legislation and it’s been around for a while. In 1974 a bill was proposed called the Employee Non-discrimination Act (ENDA) which would protect LGBTQ+ individuals from workplace discrimination. Unfortunately, it was killed in committee. Some momentum was lost in the 80’s and early 90’s, but by 1996 it had returned with even more strength. Since then it has been proposed in every Congress except the 109th, and in 2007 gender identity was added to the bill. Despite the continued proposal, Congress has yet to make it a law.

I can’t believe that in 2016 we can’t pass a bill of this nature but with the issues of sexual orientation and gender identity being so controversial, it has proven to be quite a difficult task. Opponents of the bill have one of two main arguments. The first being that this particular bill would violate employers’ rights to religious liberty, but there are exceptions within the bill for religious organizations and business-es with fewer than 15 employees. The second argument is that there’s already legislation (Civil Rights Act, Age Discrimination in Employment Act etc.), which prohibits workplace discrimination, making this bill obsolete. These laws prohibit discrimination based on age, race, gender, religion, and nationality, but they don’t cover sexual orientation or gender identity.

I urge you to contact your U.S. Congressmen and Senators and express interest in having the ENDA passed. Make it a priority for your representatives. They are the ones who must vote on the legislation, and if their constituents believe that discrimination for members of the LGBTQ+ community is a major concern, then their efforts to pass the ENDA should reflect this belief. I also suggest that you raise awareness by speaking to people you know. The general public rarely discusses this issue, because most people aren’t directly affected by this bill.

However, as our culture becomes more aware of different sexual orientations and gender identities, the chances are that you know at least one individual from the LGBTQ+ community that is directly affected. Don’t let these people be denied the civil rights that the majority of Americans already have. Job security is something that everyone wants and most Americans already experience, so as the privileged it is our responsibility to fight for those who are deprived of this basic assurance.

Kate Bergin, from Ames, will graduate from DMACC with Honors in May. She plans to transfer to the University of Iowa or the University of Northern Iowa, where she will major in communication disorders. After that she will pursue an advanced degree in speech and language pathology. One day she hopes to work as a speech pathologist in a school or clinical setting.

A picture book is worth 1,000 stereotypes

By Bailey Jones
Guest Columnist

Many of us can remember being a child, changing into our pajamas and jumping into bed, eagerly awaiting for what comes next: story time. Our parents would pull out a picture book, reading the words while our eyes read the images, the story coming to life in our bedroom. The process, repeating itself Night after night, never getting old. These stories, the ones our parents read to us as children, played a role in shaping us into who we are today.

Picture books are more than just words and pictures, they have the ability to teach children about life before they are old enough to read for themselves. According to the School Library Journal, “through the experiences with picture books the young child can develop socially, personally, intellectually, culturally, and aesthetically.” With that being said, what happens when a young girl changes into her pajamas, jumps into bed, and her parent reads her a picture story where the main character is a male?

This is an all too true reality, as female characters are consistently underrepresented in picture books. In a 2006 study regarding gender stereotyping and underrepresentation of females in picture books, 200 books were analyzed. Those analyzed were either bestselling picture books or award winners. The outcome is frustrating, male characters were featured 53% more than females in illustrations and there were almost twice the amount of male main characters than female. Not only as a feminist, but as a future teacher and parent, I believe this needs to change.

Some may wonder, does it really matter? Will a young girl even notice that females are widely underrepresented in picture books? My answer is yes. Even if these young girls don’t notice it directly, it will affect them. As I quoted earlier, picture books help children develop in a variety of aspects. One of these aspects was socially. If our culture publishes a majority of books where the main character is male, what does this say to a young girl? One of the aspects was socially. What does this say to a young girl about her role as a woman? About her personal identity? About her worth? About her intelligence? Her beauty?

There is research on this, and it’s not pleasing. The same 2006 study also conducted a study on books that also claims that yes, underrepresentation of females does matter. They state in this research sense will tell us that this underrepresentation “contribute(s) negatively to children’s development, limit their career aspirations, frame their attitudes about their future roles as parents, and influence their personal- ity characteristics.” Not only do they claim this, but they claim that this underrepresentation can actually be harmful, lowering young girls’ self esteem and damaging her understanding of herself.

So what can we do to change this? First, if you are a parent, read books to your children that feature females in a positive way. Incorporate picture books that show the importance of both male and female. If picture books truly affect children as it seems, provide them with a variety that represents both males and females.

If you aren’t a parent, you can still get involved. Buy picture books that challenge gender stereotypes; you don’t have to be a parent to appreciate a good picture book. Most importantly, just spread awareness. Like any other issue in society, talking about it and spreading awareness opens many opportunities for change. Through books, children learn about the world. Let’s teach them that females and males are equally important.

Bailey Jones, from Boone, will graduate from DMACC in May and plans to transfer to Iowa State University to earn a bachelor’s degree in English or Elementary Education. This project has inspired her to work more with children’s books by possibly getting a master’s degree in Children’s Literature.
Getting a grip on gluten

By Emily Rinehart
Guest Columnist

In this day and age, it seems that at the sound of the word “gluten,” individuals cringe. Especially with every store increasing their availability of gluten-free products and increased marketing strategies to promote the food claim “gluten-free,” many believe that this must be healthier. Therefore, there has been a rise in many individuals beginning to believe that gluten is harmful and dangerous to the body. However, this is misleading and individuals need to be educated about the facts of gluten.

As a student who is studying dietetics and currently in a couple of food science classes at Iowa State, I have learned great facts and information. The definition of gluten is a protein complex formed by mixing wheat proteins (gliadin and glutenin with water), forming an elastic and sticky dough complex we call gluten (Foodel: A Scientific Approach 179). Gluten formation is therefore a tangible substance that is created once flour and water mix together. Gluten is an important protein that gives bread its rubbery, flexible bread dough.

In the majority of the population, gluten is not harmful. However, there is a small percentage who are truly diagnosed with celiac disease. Celiac disease is an inflammatory response to amino acids in gliadin protein. Therefore, these individuals must avoid consuming any gluten food products. There is also a gluten allergy, in which there is an immune response in which only specific foods trigger the antibody production. There are also cases of gluten intolerance in which there is a physiological response that causes irritation but is not life threatening.

With this said, there are certain individuals who cannot consume any gluten products because their body is physically unable to digest the protein. However, for individuals who can tolerate gluten, it is not harmful to the body. Just because it is “gluten free,” it does not necessarily mean it is healthier. Because gluten may be taken out of a recipe, the ingredients may be adjusted with higher quantities of fat, sugar, and extra gums and flavorings.

Therefore, I would like to encourage readers who can tolerate gluten not to be scared to consume gluten containing products. Eat in moderation with variety of other foods in the diet. Also, those who have celiac disease, an allergy, or an intolerance to gluten containing products should avoid food products that contain wheat, rye, and barley. Rice, quinoa, soybeans, and a variety nuts are great alternatives to obtain high protein and carbohydrate sources. In addition, pay attention to packages that contain “gluten free” to make sure it is safe to consume. To find specific food options, check out Choosemyplate.org, “gluten-free MyPlate Recipes.”

Emily Rinehart will graduate from DMACC with Honors in May. She is a member of the women’s golf team, a member of Phi Theta Kappa and the Honors Program. “I am passionate about health and exercising,” she says. Upon graduating from DMACC this spring, Emily will be transferring to the University of North Dakota to earn a bachelor’s degree in Dietetics.

DMACC has awarded its first Valedictorian Scholarship to Aubrey Schmitt from West Burlington High School. She will attend the DMACC Boone Campus this fall and play volleyball.

“I am looking forward to it,” says Schmitt. “I looked at many colleges and universities, but as soon as I met the people and walked around campus I realized that I like it here. This was my choice and I’m honored to receive this award.”

The full-tuition DMACC Valedictorian Scholarship was launched this spring. It’s available only to Iowa’s best students, those who are ranked first in their graduating class and have an ACT Composite score of 26 or higher. It’s also DMACC’s most prestigious academic scholarship that pays 100% of tuition costs for two years, plus a $500-per-year stipend for books and supplies. The total value of this scholarship over two years at DMACC is nearly $10,000.

The Valedictorian Scholarship is part of DMACC’s Honors Program, the first-of-its-kind for any Iowa community college — to offer increased academic rigor and other benefits to top students.

“Abrey is a wonderful student and the perfect role model for this prestigious scholarship program,” says Sarah Waddle, director of DMACC’s Honors Program and Professor of English. “She could have continued her education anywhere, but chose DMACC. Aubrey exemplifies the many outstanding qualities of the new Valedictorian Scholarship program. We’re looking forward to her arrival this fall.”

Besides being a top academic student, Schmitt also played volleyball and ran cross country at West Burlington High School. “It was a challenge to keep up with classwork and athletics, but you have to use your time wisely,” she recommends.
Final Exam Schedule - Spring 2016
Friday, April 29, 2016 through Thursday, May 5, 2016

The EXAM TIME and DATE listed are determined by referring to the beginning LECTURE time and days scheduled for a class.

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DMACC offers FFA scholarship

Full tuition award honors ag leader Mark Pearson

DMACC, along with the family of former TV and radio broadcaster Mark Pearson, will be offering a new scholarship that will begin in the fall of 2016. Called the Mark Pearson FFA Leadership Scholarship, it will provide a full tuition grant to qualifying FFA Iowa Chapter presidents who plan to attend DMACC.

“Mark was a tireless advocate of farmers and an industry that’s so important to communities and people in Iowa,” said Iowa Governor Terry Branstad. “This new Mark Pearson FFA Leadership Scholarship will provide an important step in helping move this state and country forward in an area of study that he cherished and dedicated his life to.”

The Mark Pearson FFA Leadership Scholarship offers a full tuition grant to those who served as president of their local Iowa FFA chapter during their senior year in high school. Students can enroll in any degree program at DMACC’s six campuses or learning centers. Students must maintain at least a 2.5 grade point average.

“This is a wonderful opportunity for students who have earned this level of achievement,” DMACC President Rob Denson said. “To be chosen for the FFA chapter president position requires leadership, time management and organizational skills that make these students excellent DMACC students,” said DMACC Agri-Business Chairperson Craig McEnany. “DMACC and the FFA have a strong partnership and this scholarship honors that connection.”

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Denson noted DMACC and the FFA have a strong connection. He said one example of that is the FFA Enrichment Center located on the DMACC Ankeny Campus. It’s a shared facility used by both DMACC students, “said DMACC Agri-Business Chairperson Craig McEnany. “DMACC and the FFA have a strong partnership and this scholarship honors that connection.”

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Events

4.25.2016
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DMACC Boone Campus’s In My Boots Student Organization Proudly supports the 3rd Annual:

In My Boots 5K
Run, Walk, Ruck & Shadow Run

April 16
9 a.m.
McHose Park
Boone, Iowa

DMACC’s 3rd Annual In My Boots 5k raised more than $3,500 to benefit local veterans. Hundreds of non-perishable food items also were collected as part of the event. The 4th Annual In My Boots 5k is scheduled for April 15, 2017. Photos by Sean Taylor

Students in Physics 213 created the IMPACT letters as a part of DMACC Boone Campus Earth Week. Professor Nancy Woods (at left) praised the class for its “Litter Letter Project” because it was the result of the students’ resourcefulness and willingness to work outside of class. The letters are made out of rebar and chicken wire and were filled with litter and recyclable materials. The plan is to display the IMPACT letters at the entrance of the Boone County Landfill off of Highway 30 west of Boone.

Submitted photo

Here are all the right steps to help you move forward.

- Review your degree audit through WebInfo.
- Meet with a counselor for short-term academic, personal, or career counseling.
- Contact the DMACC Financial Aid Office with questions.
- Apply for scholarships.
- Register for DMACC classes early!
- Make sure you get the classes you need at the times you want.

www.dmacc.edu

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www.dmacc.edu
Prince’s death stuns campus community

By April Schumann
Staff Writer

Sad news transpired Thursday morning as word spread across social media and news sites that another legend had passed away. Prince Rogers Nelson was pronounced dead in his home in Chanhassen, Minn., at 10:07am Thursday April 21. He was 57.

Students and community members shared a similar reaction when they heard of the loss of the music icon. Aric Schwery of this year’s DMACC graduating class commented that upon hearing of Prince passing: “I was surprised because he was so young! I just watched his super bowl halftime show over and over.”

Former DMACC student Nikki Adelmund was affected by the loss as well, commenting that “When I heard he died I was shocked and heartbroken.”

Prince became well known in the 1980’s and after a dispute with his producer became a much more private person in the 90’s. There was word earlier in the month of health issues, which led to postponing some shows on his current tour. Prince’s death is still under investigation. Carver County Sherriff Jim Olson spoke of the death and pending autopsy in a news conference telling the public that there were “no obvious signs of trauma: and that there was "No reason to believe his death was a suicide" after which he assured everyone that all possibilities would be looked into and that the public would be kept informed.

In Seattle they paid tribute to the star by lighting up the space needle in purple, the color he had become well known for. Sarah Dawn was unsure of a response to the Seattle tribute. “Perhaps I’d feel better able to comment on that if I were from of that locale, but I do think it is representative that most of us who felt the impact felt the need for a small memorial or tribute of some sort, however small or large, however personal or public.”

Prince was one of the first concerts that DMACC Boone Campus advisor Erin Neumann ever attended so to her his death is “an end of an era” and she was “sad to hear it.” She feels that “music has changed a lot” since Prince first came on the scene and it is especially sad for “all of the people he has inspired.”

This news follows the deaths of music and comedy legends including David Bowie and Robin Williams. Although Prince’s death seems to come on the heels of the others, it is a shock all its own.