4-22-2015

Banner News

Sarah Hubbard
Allison Anderson
Megan Olson
Nick Noah
Amanda Betz

See next page for additional authors

Follow this and additional works at: https://openspace.dmacc.edu/banner_news

Recommended Citation
Hubbard, Sarah; Anderson, Allison; Olson, Megan; Noah, Nick; Betz, Amanda; Schultz, Edward; Morgan, Guy; McKim, Caleb; and Bowlin, Courtney, "Banner News" (2015). Banner News. 2.
https://openspace.dmacc.edu/banner_news/2

This Book is brought to you for free and open access by the Student Work at Open SPACE @ DMACC. It has been accepted for inclusion in Banner News by an authorized administrator of Open SPACE @ DMACC. For more information, please contact rsfunke@dmacc.edu.
Authors
Sarah Hubbard, Allison Anderson, Megan Olson, Nick Noah, Amanda Betz, Edward Schultz, Guy Morgan, Caleb McKim, and Courtney Bowlin
Music shaming: Finding our own beat
By Sarah Hubbard
Contributing Writer

Four albums, two concerts, tour merchandise from the concerts, tickets to their movie, Chelsea Silvers is a dedicated fan of the popular boy band sensation One Direction.

But Chelsea is not a boy-crazed 12-year-old girl – she’s a 19-year-old college student.

“When people find out that I am a college student who enjoys boy bands, they definitely look at me differently. I often feel really judged,” says Silvers, a DMACC student.

Chelsea is a victim of music shaming. She, like many others on college campuses everywhere, is facing music shaming in their everyday lives. Music shaming is the term used to describe making someone feel insecure about his or her music taste to the point that they alter their preferences in order to fit in. This phenomenon happens, experts say, because of the ancient desire to put people down to feel superior. Even though music shaming may seem like a juvenile issue that would only affect a younger age group such as teenagers, it happens on DMACC campuses, and even in workplaces as an adult.

Everyone is trying to find themselves and what they like, and music often helps define with this process.

“We know who we are by judging ourselves and trying to establish a social norm,” says Gary Titchener, DMACC student and athlete Gabby Woods catches a nap during a car ride with friends.

Woods, like a majority of college students, says she often doesn’t get the recommended amount of sleep each night.

Woods is a victim of music shaming. She, like many others on college campuses everywhere, is facing music shaming in their everyday lives. Music shaming is the term used to describe making someone feel insecure about his or her music taste to the point that they alter their preferences in order to fit in. This phenomenon happens, experts say, because of the ancient desire to put people down to feel superior. Even though music shaming may seem like a juvenile issue that would only affect a younger age group such as teenagers, it happens on DMACC campuses, and even in workplaces as an adult.

Everyone is trying to find themselves and what they like, and music often helps define with this process.

“We know who we are by judging ourselves based on others, and trying to establish a social norm,” says Gary Titchener.
May Graduate Survey

This month, all May graduation applicants will receive an email at their personal email account currently on file with the college requesting that they complete a brief survey on a website called Outcomes Survey. The data collected through this annual survey is very important to DMACC programs, students and other stakeholders within and outside of the college.

If you have not completed this survey, please take a few minutes to complete the survey, all data collected is confidential and reported anonymously. Please help the DMACC Career Center with this important survey! Questions about the survey can be directed to Sara Moore, DMACC Career Center Specialist, at smmoore@dmacc.edu or (515) 964-6215.

Help stock campus pantry

As the semester begins, please consider helping restock the campus pantry.

Current needs include:
- Canned chicken
- Spaghetti sauce
- Canned fruit/Dried fruit/Apple sauce
- Rice
- Peanut butter
- Jam/jelly
- Dried beans
- Oatmeal/Hot cereal mix
- Boxed cereal
- Bread/Muffin mix
- Oils (vegetable, olive, etc.)
- Toothpaste
- Bar soap and shampoo

Please drop off donations to Erin Neumann (Room 124) or Jane Martinez’s office (Room 122). All donations are greatly appreciated.

The food pantry is available to any student who might need assistance. If a student has a more significant need for food/resources than a visit to our campus food pantry can assist with, please contact Erin Neumann, careersm@dmacc.edu.

Writing Center open

Writing Center counselors are available to help with any writing assignment, during any part of the writing process. With our experience in different types of writing (technical to creative writing) and a broad range of life experience (journalism, firefighting, novel writing, Hawaiian culture, literature, and veterans affairs), you’re sure to find someone that “gets you.” Our goal is to guide you through your two-year degree and to prepare you for the four-year college of your choice.

Free money for school

Have you done farm work in the last two years? If so, contact Carrie at Proteus Inc. 515-271-5306 ext. 129.

DMACC offers Spring Europe trip

DMACC offers a 20-day trip to London, Normandy, Paris, Berlin, Warsaw, Krakow, Prague, and Munich in May 2015. This trip is an extraordinary chance to see so many of the sites and museums of the Second World War and the Holocaust with a very interesting group of travelers.

All DMACC students, other college student, or community member can sign up, and please consider traveling with a friend or family member. DMACC History Professor and WWII Author Dr. Lisa Ossian will lead and coordinate this unique tour.

The travelers leave Des Moines on Sun., May 30th and return on Fri., May 29th or Sat., May 30th (depending on return flight schedules) 2015. Payment arrangements are made with EF College Study Tours and these may be monthly or periodic installments.

This is an all inclusive tour: roundtrip international airfare, hotels, half the meals, tour buses, sightseeing, train fares, tour guides, museum entrance fees, and travel insurance. For more information, contact Lisa Ossian at (515) 964-6568.

Childcare and Transportation help

A program called Iowa New Choices offers assistance with childcare and transportation for qualifying single parents and displaced homemakers (separated, divorced, widowed or spouse placed homemakers (separated, divorced, widowed or spouse placed homemakers), domestic violence victims and current prisoners. The income eligibility is set at 150% of federal poverty guidelines.

Each term, Des Moines Area Community College goes through a course evaluation process with the goal of affirming what we do that works for you, and identifying areas we need to improve. Your evaluations are a critical part of this process! We need your comments and suggestions. The surveys should take less than 10 minutes of your time and we really want to hear your thoughtful feedback!

To view current postings and applications, please contact Sue Rardin, Foundation Scholarships, at 515-964-7179 or via email at srardin@dmacc.edu.

We are always looking for talented students to join our staff. CONTACT US for more information, bannernews@dmacc.edu

Student artist discusses project at Library

The Boone DMACC library will be holding a Meet the Artist event for student Edward Schultz. This display is part of the Honors Project as a part of Leadership class project. The event will be held Thursday, April 23, at 2 p.m. in the Boone campus library. Edward’s project consisted of creating an artistic rendition of depression in English and creating a Spanish translation and is currently being displayed on the central resource shelves. Those who attend will be able to view his project and to ask questions about it.

Foundation scholarships available

DMACC students who are enrolled in 6 credit hours or more and on financial aid are eligible for Foundation Scholarships.

The DMACC Foundation Scholarship application is now available on the DMACC Web-site. The deadline for application is 4/24/15 @ 4 p.m.

This scholarship may be applied toward charges for tuition, fees, and/or book charges for DMACC for the semester for which the award is given.

To learn about the specific award criteria and to apply online, visit https://gs.dmacc.edu/foundation. If you have any questions, please contact Sue Rardin, Financial Aid Specialist-Scholarships at 515-965-7179 or via email at srardin@dmacc.edu.

The Boone DMACC library will be holding a Meet the Artist event for student Edward Schultz. This display is part of the Honors Project as a part of Leadership class project. The event will be held Thursday, April 23, at 2 p.m. in the Boone campus library. Edward’s project consisted of creating an artistic rendition of depression in English and creating a Spanish translation and is currently being displayed on the central resource shelves. Those who attend will be able to view his project and to ask questions about it.

Foundation scholarships available

DMACC students who are enrolled in 6 credit hours or more and on financial aid are eligible for Foundation Scholarships.

The DMACC Foundation Scholarship application is now available on the DMACC Web-site. The deadline for application is 4/24/15 @ 4 p.m.

This scholarship may be applied toward charges for tuition, fees, and/or book charges for DMACC for the semester for which the award is given.

To learn about the specific award criteria and to apply online, visit https://gs.dmacc.edu/foundation. If you have any questions, please contact Sue Rardin, Financial Aid Specialist-Scholarships at 515-965-7179 or via email at srardin@dmacc.edu.

Jobs and internships for DMACC grads

The DMACC Career Center has received a record-breaking number of job and internship postings from employers this year. If you are a current student or recent graduate of DMACC and want to hire current DMACC students and graduates for their full-time, part-time and internship opportunities.

To view current postings and access a variety of other career resources, create your free account on the Career Center’s job and internship website, www.Colleg eCentral.com/DMACC, today.
Meet Molly Geick

Editor's note: This section will feature a student, staff member, or instructor from the Boone DMACC campus. Do you have a suggestion for someone we should feature? Send your ideas to bannernews@dmacc.edu

by Megan Olson

Staff Writer

Molly Geick is a current student here at DMACC. It is her second year. She plans to graduate this spring and transfer to the University of Iowa for Human Physiology.

Geick is a member of the DMACC golf team. "Golfing is my hobby," says Geick.

She was on the team this spring when DMACC women's golf won the first Team Championship of the 2015 Spring Season at the Iowa Central Invitational. She grew up in Pomeroy, Iowa. She went to high school in the Pocahontas Area. In high school Geick was involved in golf, basketball, and softball.

In Pomerovy Geick grew up with her two parents and her two older sisters.

Geick graduated in 2013. She came to DMACC to play golf. "I like DMACC because it is a small, personable campus."

Geick is excited to continue her journey this fall at the University of Iowa and start her major.

DMACC Women's Golf Schedule

<table>
<thead>
<tr>
<th>Tournament</th>
<th>Location</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>04/24/15 Region XI Tournament</td>
<td>Otter Creek - Ankeny, IA</td>
<td>TBA</td>
</tr>
<tr>
<td>04/25/15 Region V Tournament</td>
<td>Otter Creek - Ankeny, IA</td>
<td>TBA</td>
</tr>
<tr>
<td>05/01/15 - 05/14/15 NJCAA</td>
<td>Longbow - Mesa, AZ</td>
<td>TBA</td>
</tr>
</tbody>
</table>

Boone Campus students win at state conference

The Phi Beta Lambda State Leadership Conference was held at the Boone Campus on April 19 and 21. Phi Beta Lambda is a student organization for those transitioning to the professional business world.

Boone campus DMACC students competed in a variety of events, including online testing and presentation events. Students competed against colleges from all over the state of Iowa. Dakota State University (South Dakota) and University of Minnesota – Twin Cities also participated in the conference.

While the students compete against the out of state colleges at conference, they only compete against the Iowa colleges to determine whether they qualify for the National Leadership Conference. The students listed were all of the students who signed up and participated at conference. They all qualified to attend the National Convention because Boone PBL Chapter placed second in the state of Iowa with their Community Service Project.

Students have been spending (a lot of) their free time, including weekend time, to build lending libraries. They will continue to do this and hope to have more placed around Boone in the next couple of months. Their first completed lending library is located in the Courter Center.

Congratulations to these students for their placements within the state of Iowa:

PBL Boone Chapter

1st Accounting for Professionals
Rachel Davis

2nd Accounting for Professionals
Information Management
Jade Barker

1st Business Communication
Talvor Swan

4th Business Communication
Kara Sloan

3rd Client Service
Personal Finance
Talynn Griggs

1st Future Business Executive
Kelsie Groth

4th Human Resource Management (team with Brandie and Megan)
1st Management Analysis and Decision Making (team with Brandie and Megan)
1st Retail Management

4th Human Resource Management (team with Kelsie and Megan)
1st Management Analysis and Decision Making (team with Kelsie and Megan)
1st Retail Management

Megan Waterbury

4th Human Resource Management (team with Kelsie and Brandie)
1st Management Analysis and Decision Making (team with Kelsie and Brandie)
2nd Retail Management

Arlo Starbuck

1st Justice Administration
3rd management Concepts
4th Organizational Behavior and Leadership
Alli Vanbuskirk

4th Public Speaking
This is a draft candidate graduation list. Any additions, corrections, please notify Graduation List. Any additions, corrections, please notify Graduation List.

### CANDIDATES GRADUATION LIST (ROUGH DRAFT)

**Key:**
- * Honors (3.5 gpa and above)
- + Fall Grad
- **PTK symbol**

#### CANDIDATES FOR ASSOCIATE IN ARTS

**BUSINESS**
- **ADMINISTRATION—AA**
  - Seth Patrick Aquino
  - Brian Christopher Archambault
  - Jared Edward Barker
  - Candy Brookie Bailey
  - Morgan Rose Bennett + Nicholas Michael Carlson *
  - Courtney Lorraine Carman
  - Colby A. Glass
  - Danielle Nichole Hansen
  - Morgan RaNaes Jones +
  - Oren Lee Newman
  - Michael Robert Otis
  - Molly Jo Sayre
  - Travis Mitchell See
  - Trevor Alan Thompson
  - Joann Lynn Tran +
  - Megan C. Waterbury

**CRIMINAL JUSTICE—AA**
- **CANDIDATES FOR**
  - Seth Allen McCoy *
  - Tami N. Mette +

**ENIRONMENTAL SCIENCE—AA**
- Justin R. Langord
- Kallie Marie Webber

**LIBERAL ARTS—AA**
- Emily Jo Ashely +
  - Jay Austin Wayne Adams
  - Corissa Ann Ahrens
  - Blaise Patrick Alesh
  - Chevelle Nicole Anderson *
  - Seth Patrick Aquino
  - Brian Christopher Archambault
  - Taylor Christopher Arens
  - Danyelle Elliott Auf
  - Adam Joseph Bach
  - Robyn Michelle Balfembourg
  - Brenna Isha Bashir
  - Bailey M. Ball *
  - Zane Alizabeth Barber *
  - Katie Korin Becker
  - Danielle Rose Bianchi
  - Clayton Sawyer Brandt
  - Ryan Keith Breon
  - Alyssa L. Brice *
  - Samantha Kay Brooner *
  - Natasha Tonnom Brown
  - Dylan James Campbell
  - Marykayah Jean Carlson *
  - Travis L. Cavan *
  - Madison Christian Clark
  - Katelyn Sue Clarke *
  - Nathan John Coder *
  - Caitlin R. Collins

**Diploma**
- + Fall Grad

**PTK symbol**

**Gratitude:**
- Radmills, corrections, please notify Graduation List.

**Da”tkota Ridge Cooney**
- Braden Jay Crim
- Carl James John DeVries +
- Nathan A. DeWitt
- Page Nicole Draxon
- Jeffrey D. Dubert +
- Zachary Joseph Ebner
- Clinton W. Eichinger
- Camryn Lynn Eller
- Skye Nichole Elsner +
- Khristyne Rhiachyl Elsberry +
  - Kendra Marie Ferguson
  - Lindsay Ann Fitzgerald +
  - Haley Maria Froehlich
  - Karla Y. Fuentes +
  - Molly L. Geick
  - Zachary Scott German
  - Ryan James Giardino
  - Kaleib Matthew Gillespie
  - Randi Jo Germain +
  - Marisa Ann Gralewicz
  - Joseph Paul Greene +
  - Elizabeth Leigh Greenwood
  - McKenzie Lee Grim +
  - Jean Ann Habichter +
  - Myria Jade Hagedorn
  - Kayla Kay Hall +
  - Jillian Dawn Hansen
  - Samuel Joseph Hanson +
  - Kay I. Haroldson +
  - Alexander Chase Hartman +
  - Lorrin Curran Harvey *
  - Andrew Stephen Hathaway +
  - Jacob Taylor Haugland +
  - John David Hegland
  - Nickademus Ian Matthew Hicks
  - Spencer Logan Highland +
  - Kylee Marie Jones *
  - Derrick Lee Hinton II
  - Emerson G. Hoffman
  - Jacie Jo Hoffman
  - Mackenzie Jo Holmes *
  - Lee Henry Huerer
  - Amber Jo Huttman *
  - Latica Marie Joens +
  - Morgan RaNaes Jones +
  - Abigail Ann Judson
  - Kirk Thoro Kroon
  - Marcus Adrian Kendert +
  - Ashley Jean Kew +
  - Morgan P. Kramar
  - Kory Michael Lake +
  - Natalie Jennifer Lapke +
  - James D. Lascher
  - Meredith Anna Lehmann +
  - Katherine Anne Lewis *
  - Carly Jo Linh
  - Jeanne L. Lindsey +
  - Lauren Elizabeth Lind
  - Emily Elizabeth Little
  - Maytles K. Lloyd +
  - Jessica Lee Logan
  - Meredyth Coyle Logan +
  - Kaitlynn Elizabeth Vought +
  - Tiana Janae Thompson *
  - Meghan Nicole Thompson +
  - Maria Esmeralda Robinson
  - Cortney Catherine Runyan +
  - Abigail Leigh Silver *
  - Brandon M. Sowers *
  - Abbey Lee Tesdahl *
  - Stephanie Rose Theben *
  - Mackenzie Lyanne Thomson +
  - Cassie Dawn Troup
  - Emerald Brynn Utterson
  - Tricia L. Venzke *
  - Maureen E. M. Walker +
  - Brittanie Mary Witmer *
  - Emily Rae Young +

**CIVIL ENGINEERING—AAS**
- Cole Alan Englehardt
  - Robert Glenn Tharp Jr *
  - Samuel Dean Titus *
  - Kaiden Manok Wol
  - Matthew Wyatt

**INFORMATION TECH NETWORK ADM—AAS**
- Austin Lee Lewis *

**MEDICAL OFFICE SPECILIST—AAS**
- Heather Nicole Hopkins
  - Valmae Anne Smith

**CANDIDATES FOR ASSOCIATE IN GENERAL STUDIES**
- Corissa A. Ahrens +
  - Aaires M. Austin

**EDWARD Lloyd Schult +**
  - James Michael Salzler *
  - Hannah Marie Seward
  - Kristin Veencamp +
  - Matthew A. Vest
  - Joshua Tyler Wheeler +
  - Dylan Max Wright

**CANDIDATES FOR ASSOCIATE IN APPLIED SCIENCE**

**ACCOUNTING SPECIALIST—AAS**
- Jongmin Na +
- Brandie Brandt Williams +

**ADMINISTRATIVE ASSISTANT—AAS**
- Taylor Erin Swan

**ASSOCIATE DEGREE—NURSING—AAS**
- Scott D. Armstrong
  - Bailey Anne Beckner *
  - Emily Jessica Bell
  - Kristina Marie Boyken +
  - Travis J. Clark
  - Erica Christine Creswick
  - Rebecca Perry Davis
  - Nicole Marie Drake *
  - Laura Marie Greene
  - Jacqueline Lee Hentings *
  - Brittanie A. Hendrickson
  - Stephanie Dina Hennings +
  - Rose Kam Kooj
  - Dana Marie Linzcr
  - Mackenzie Christine McDowell +
  - Megan Christine McLean +
  - Mackenzie Leigh McLean
  - Denise Lynn Miller *
  - Vanessa Marie Mitchell
  - Emily Kathleen Morgan *
  - Nicole L. Nov +
  - Jerrika Michelle Reynex
  - Maria Esmeralda Robinson
  - Cortney Catherine Runyan +
  - Abigail Leigh Silver *
  - Brenda L. Sowers +
  - Abby Lee Tesdahl *
  - Stephanie Rose Theben *
  - Mackenzie Lyanne Thomson +
  - Cassie Dawn Troup
  - Emily Elizabeth Little
  - Maytles K. Lloyd +
  - Lauren Elizabeth Lind
  - Emily Elizabeth Little
  - Maytles K. Lloyd +

**PRACTICAL NURSING—DIPLOMA**
- Ashley Taylor Ahrens *
  - Olufunmilola Kehinde Anjoni
  - Rohini +
  - Alexander L. Asher *
  - Cara Marie Rapp
  - Elizabeth Renee Bassett *
  - Cassandra Jo Bednarik *
  - Katie E. Bosma *
  - Cayla Ann Bullerman *
  - Caitlynn Nicole Cramer
  - Danielle Jo Eaton
  - Erin Michelle Edge
  - Madison Mackenzie Gale
  - Bambie Amanda Hall *
  - Jenna K. Green +
  - Jared J. Hamil *
  - Heather Ann Hanson
  - Amanda Jo Harris
  - Amanda Rae Hauer *
  - Hailey Layne Hauge
  - Cassandra Jospeff Holloway
  - Taylor Mariah Irvine
  - Miranda J. Johnson *
  - Samantha M. Kowal
  - Taylor Faye Lewis *
  - Vanessa L. Lopez *
  - Brittany Nicole McKinney *
  - Mark Randall Messerly *
  - Sarah E. Nielsen *
  - Emily Linette Olson
  - Taylor Lynn Putney
  - Mackenzie Lynn Ritters
  - Cheyenne Rachelle Rowley *
  - Abbie Marie Schubert +
  - Jessica Sharon Springer *
  - Baojio Jo Stepanek +
  - Jayme Kay Stoneburner *
  - Erin Michelle Stahlb +
  - Tami Lynn Swearengin +
  - Jioni Marie Tedrow
  - Andrew M. Tepl *
  - Kaylie Sue Ulbrecht *
  - Briana Joy VanRavenswaay *
  - Meredith Brooke Wilson +
  - Kenzie Katherine Wycoff +

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Romunda L. Tonsfeldt *

**CANDIDATES FOR DIPLOMA—ASSOCIATE IN APPLIED SCIENCE—DIPLOMA**
- Alyssa L. Brice *
- Tyler Christopher Merrill
- Ashley Jade Johnson *
- Jessica Sharen Springer *
- Baojio Jo Stepanek *
- Jayme Kay Stoneburner *
- Erin Michelle Stahlb +
- Tami Lynn Swearengin +
- Jioni Marie Tedrow
- Andrew M. Tepl *
- Kaylie Sue Ulbrecht *
- Briana Joy VanRavenswaay *
- Meredith Brooke Wilson +
- Kenzie Katherine Wycoff +

**CANDIDATES FOR CERTIFICATES OF SPECIALIZATION**
- Accounting Specialist—CSP
  - Romunda L. Tonsfeldt *

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Laura L. Haynes +

**CANDIDATES FOR DIPLOMA—ASSOCIATE IN APPLIED SCIENCE—DIPLOMA**
- Allyssa L. Brice *
- Tyler Christopher Merrill
- Ashley Jade Johnson *
- Jessica Sharen Springer *
- Baojio Jo Stepanek *
- Jayme Kay Stoneburner *
- Erin Michelle Stahlb +
- Tami Lynn Swearengin +
- Jioni Marie Tedrow
- Andrew M. Tepl *
- Kaylie Sue Ulbrecht *
- Briana Joy VanRavenswaay *
- Meredith Brooke Wilson +
- Kenzie Katherine Wycoff +

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Romunda L. Tonsfeldt *

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Laura L. Haynes +

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Romunda L. Tonsfeldt *

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Laura L. Haynes +

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Romunda L. Tonsfeldt *

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Laura L. Haynes +

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Romunda L. Tonsfeldt *

**CANDIDATES FOR DIPLOMA—OFFICE SPECIALIST—CSP**
- Laura L. Haynes +


by Megan Olson
Staff Writer

If you want to take summer classes through DMACC and have not yet enrolled, advisors encourage you to get registered soon.

The first round for summer classes is a 10-day course beginning May 27th and ending July 22nd. The last time available for summer courses begins later in June and ends on August 6th.

The courses that last 8 weeks and the courses that last 10 weeks are the same in fullness. The most common start date is May 27th.

Most students just choose the time that the course begins that will best fit with their schedule.

"I am taking summer courses so I can graduate from DMACC after this coming fall semester and transfer to Iowa State University to major in communications," said Stephanie Stone.

Jocelyn Kovarik, an academic advisor at DMACC, says students should try to balance their class choices with their time demands in the summer.

"Be sure if you do take summer courses that you do not overload yourself. Students often take too many classes and it makes it hard for them to enjoy their summer," she said.

A good selection of classes is available in almost every general category, according to the DMACC course list. Students may take face-to-face classes, which have a good variety of courses available or take online classes. There is a large list of online classes available. The only course that would be difficult to take online and that Kovarik recommends you want to take during a fall or spring semester is a science course.

Regular courses that are offered usually fill up like they would during the school year. However, the more technical courses don’t fill up as much.

According to Kovarik, about 1 out of 5 students register for summer classes. Most students are taking summer courses to keep up with their graduation date...

Still summer enrollment tends to be smaller than the spring or fall semesters.

"It is a lot quieter around here," Kovarik said.

Students can stay in the DMACC housing over the summer. The requirements to stay can be discussed with an advisor or housing staff representative.

Contact DMACC housing staff for more information. Or visit, https://go.dmacc.edu/boone/Pages/studenthousing.aspx

Summer graduation was provided by Sandi Johnson, one of the graduation organizers.

Spring graduation for the Boone DMACC campus is Friday, May 8, in the gymnasium starting at 10 a.m.

About 120 students are expected to walk in the graduation ceremony. Boone Campus Provost Tom Lee will present the class to the audience. Faculty also will be a part of the ceremony.

The guest speaker is Steven Schulz, president of North Iowa Area Community College in Mason City. Schulz is the former provost of the Carroll DMACC campus.

The student speaker is Lindsay Arlin Fitzgerald. She is receiving her Liberal Arts-AA degree.

Students walking in the ceremony are advised to be on campus before 9 a.m. Students must be on time to receive all the directions they need to know what will happen in the ceremony and what seating arrangements are in place.

The ceremony will begin immediately. You must be on time to receive all the directions they need to know what will happen in the ceremony and what seating arrangements are in place.

Students who have earned the right may wear the DMACC honor cords, Phi Theta Kappa (PTK) stoles, and Honors medallions. Anything additional to those accessories is prohibited.

PTK members must arrange with their advisor to claim their stole prior to graduation. The stoles are priced at $25. PTK members also have the option of renting the stoles, which is priced at $5. This also must be done prior to graduation. Also, students that have an cumulative GPA of 3.5 or higher, from the end of fall semester may wear honor cords during the ceremony.

Immediately following the ceremony students may take pictures, then return their cap and gown.

A formal reception will be following the ceremony. There will be cookies, coffee, and punch available in the Courter Center.

About 20-30 minutes after the ceremony pinning of the associate degree-nursing students will occur.

Students may fill out a photography packet to receive professional pictures.

-- Compiled by Megan Olson, Banner News staff writer

SLEEP, continued from page 1

"The light from these devices trick the brain into staying awake, which drops natural melatonin levels in the body. Avoiding the use of technology before bed would allow for these students to fall asleep much quicker," she said.

For another DMACC student, the sleep culprit isn’t so much electronic devices but her work schedule.

Shannon Wirtz, 19, of Boone, says she works more than 30 hours per week as a waitress at The Lucky Pig in Ogden, "so that really cuts into a lot of my time."

She says when she thinks about it, she’d rather have more tips than more sleep.

"I must sacrifice my sleep schedule in order to make the most money possible."

But making more money sometimes comes at the cost of getting her assignments done.

"I don’t do my homework because of how tired I am all the time. I take naps instead."

Thiel stressed the importance of getting enough sleep.

"The brain is not fully developed until the age of 25, so plenty of getting enough sleep."

But, at times, it doesn’t seem like enough.

"Grogginess keeps me from focusing and my work ethic suffers from lack of sleep as well. I feel like I’m not performing as well at my best."

Health studies say support how Murray is feeling. In one study, students ranked sleep problems right behind stress as the reason for their low academic performance.

Besides night time sleep deprivation, daytime sleepiness also
can be a problem on campus. The National Institute of Health estimates that one in every two college students suffers from day-time sleepiness.

Wirtz may fit that statistic. She estimates she gets about seven to eight hours of sleep a night. She makes it clear that much of the time even when she does sleep, she still feels exhausted. "I attempt to wake up earlier for class, but even then, I still feel comatose."
Join the Banner News staff
Summer & Fall 2015
ALL POSITIONS -- TRAINING PROVIDED

* JOU122, 3 cr
edits      * Workstudy       * Freelance

CONTACT: bannernews@dmacc.edu

UPPER IOWA UNIVERSITY - Des Moines Center

YOUR DEGREE. YOUR WAY.

• Courses that fit your busy lifestyle – classroom, online and self-paced
• Regionally accredited, non-profit university
• Year-round schedule with 8-week terms
  • Personal academic and financial aid advising
• Easy transfer of up to 90 college credits

5000 Westown Parkway, Suite 200, West Des Moines
515-225-1800 • uiu.edu/desmoines

WIN $10,000 FOR YOUR BUSINESS

The DMACC Foundation Entrepreneurship Competition

The competition is open to DMACC students and alumni living in Iowa who have an existing business registered with the Iowa Secretary of State.

Check out the rules and apply at www.dmacc.edu/foundation

Apply today! Deadline is May 1, 2015

Winner announced September 17, 2015, at the DMACC Small Business Awards

The $10,000 award was made possible by a generous anonymous gift through the DMACC Foundation

Join the Banner News staff
Summer & Fall 2015
ALL POSITIONS -- TRAINING PROVIDED

* JOU122, 3 credits * Workstudy * Freelance

CONTACT: bannernews@dmacc.edu

Come to DMACC Boone Campus

21, 22, 23 April 2015

Earth Week Schedule of Activities

Tuesday (21 April) 8:30 to 9am Earth Rise Breakfast*
7 to 9pm Evening Film: Wall E**

Wednesday (Earth Day) 9am to 2pm Earth Day Fair*
11:30 to 12pm Environmental Readings*

Thursday (23 April) 8:30 to 9:15am Earth Rise Breakfast*
10 to 11am Speaker: John Roosa,
Boone Co. Landfill**
7 to 9pm Evening Film: Silent Running**

*Courter Center; **Auditorium

Obama’s climate policy survives court challenge

By David G. Savage
Tribune Washington Bureau (TNS)

WASHINGTON _ President Obama’s ambitious plan to battle climate change by forcing power plants to reduce greenhouse gases appeared to survive its first court challenge, but only because formal rules are still pending at the Environmental Protection Agency.

Obama’s Clean Power Plan, which calls for a 30 percent reduction in carbon pollution by 2030, could be the signature environmental achievement of his presidency. But his plan is moving forward without the approval of Congress, including the new Senate Majority Leader Mitch McConnell, R-Ky., a fierce defender of the coal industry.

With no prospects for new regulatory legislation, Obama’s EPA administrators last year turned to the Clean Air Act of 1990 to set state-by-state targets for reducing pollution. States could reach their targets by, for example, replacing coal-fired power plants with ones that burned natural gas. But leaders of the coal industry and lawyers from the coal-producing states cried foul.

And on Thursday, an unusual hearing before a U.S. Court of Appeals panel turned into a preview of things to come.

Lawyers for the coal producers and coal-dependent states took turns urging the judges to stop the proposed climate change regulations, even though they are not expected to be formally issued until later this year.

They described Obama’s plan as a “vast expansion” of federal authority that could force the shutdown of a large number of coal-fired plants. They contended the climate-change plan amounts to illegal “double regulation” of power plants.

Industry attorneys were joined by famous Harvard Law professor Laurence Tribe, a onetime mentor for Obama. He suggested the plan was unconstitutional because federal officials were “commandeering” states to do the bidding of Washington. Tribe, who was hired by Peabody Energy Corp., raised eyebrows last month when he testified before a House committee and described Obama’s environmental policies as “burning the Constitution.”

The three appellate judges, all Republican appointees, listened respectfully Thursday, but said it was too early for them to act. “This may be a big, extraordinary case,” said Judge Brett Kavanaugh, an appointee of President George W. Bush and a steady skeptic of Obama administration regulations. But he said judges can only review regulations once they are finalized, not when they are still proposals. “You can move for a stay as soon as they are final,” he told a lawyer for West Virginia.

UPPER IOWA UNIVERSITY - Des Moines Center

YOUR Degree. YOUR WAY.

• Courses that fit your busy lifestyle – classroom, online and self-paced
• Regionally accredited, non-profit university
• Year-round schedule with 8-week terms
  • Personal academic and financial aid advising
• Easy transfer of up to 90 college credits

5000 Westown Parkway, Suite 200, West Des Moines
515-225-1800 • uiu.edu/desmoines

WIN $10,000 FOR YOUR BUSINESS

The DMACC Foundation Entrepreneurship Competition

The competition is open to DMACC students and alumni living in Iowa who have an existing business registered with the Iowa Secretary of State.

Check out the rules and apply at www.dmacc.edu/foundation

Apply today! Deadline is May 1, 2015

Winner announced September 17, 2015, at the DMACC Small Business Awards

The $10,000 award was made possible by a generous anonymous gift through the DMACC Foundation

Join the Banner News staff
Summer & Fall 2015
ALL POSITIONS -- TRAINING PROVIDED

* JOU122, 3 credits * Workstudy * Freelance

CONTACT: bannernews@dmacc.edu
MUSIC, continued from page 1

a sociology professor at the Ankeny DMACC campus.

When people do not fit into those social norms, they face judgment. Anticipatory socialization is a strategy that was developed to help avoid judgment from peers. Anticipatory socialization is looking at groups that are popular, cool, or en vogue to discover what behaviors to copy to gain acceptance.

Sterotypes are a product of culture, family, peer groups, and the media, says Titchener. Without firsthand knowledge and experience with different social groups, a person is more likely to believe in the stereotypes they have been taught.

“The enemy of stereotypes is knowledge,” says Titchener. “If we understand those with different tastes or preferences, they stop being a ‘them,’ and they become an ‘us.’”

Still the simple question “what kind of music do you like?” can send people of all ages into a panic.

“I hate talking about what kind of music I like because my old roommate used to make fun of my music taste,” says Mike Ethier, a DMACC Transportation Institute student.

With more country songs on his iPod than any other genre, it is clear what his favorite type of music is. “People assume that because I like country music, I am a complete redneck,” Ethier said. Although I like to think of myself as more country than a lot of people in Ankeny, I am a person and my preferences should be respected just like any other person’s preferences.”

The spread of this evolving type of shaming can be attributed to many different factors. Just like slut shaming and weight shaming, much of music shaming’s power has grown with the exponential growth of social media.

“I think that it is easier to judge people on their music taste because of social media and increased global interconnectedness,” says Talia Hertz, a second year DMACC student. What Makes You Beautiful, the music video that catapulted One Direction to international fame has a YouTube comment section full of comments like the one Collin left posted saying ‘Seriously, One Direction and its fans SUCK.’ The same is true for many other music videos for different genres on YouTube.

What makes humans likely to appreciate music in the first place has always been somewhat of a mystery until just recently. A study by Anne Blood and Robert Zatorre at McGill University in Montreal discovered one reason humans may be so drawn to music. Blood and Zatorre used magnetic resonance imaging to look at a brain while the test subject was listening to music they enjoyed. The images showed that areas in the limbic and paralimbic regions of the brain were stimulated by the music. This triggered what are known as euphoric reward responses, like rushes of the neurotransmitter dopamine. The body also releases dopamine after sex, after consuming a favorite food, and when taking addictive drugs.

It is also possible that auditory responses were once linked to survival instincts. Correct responses to noises during ancient times could be the difference between life and death. The brain would release a bit of dopamine as a reward for staying alive. Nowadays, the human brain will do the same thing if it accurately predicts the next sound pattern of a song. This is the reason that music can cause strong emotional reactions like anger, sadness, or extreme happiness.

Musical taste is an extremely subjective thing. There is no scientific proof to say that one genre of music is superior to another, or that those who listen to one genre of music are more intelligent than those who listen to other genres of music.

It is entirely possible to expand the variety of music one enjoys by learning what elements to listen for. A study by the Universi-

ty of Melbourne suggests that the human brain responds most favorably to music containing higher levels of detectable dissonance. Dissonance is a nonphysical element of music where there is a lack of harmony between instruments, vocals, or both. According to the University of Melbourne study, those who have a higher level of professional music training are able to pick up on dissonance more easily, and therefore are able to enjoy a wider variety of music than those without any professional music training.

Titchener advises those who are facing music shaming to celebrate their diversity, because altering one's likes to fit in with the norm is not what makes a person unique. Changing to fit society’s ideas of normal makes a person quite unremarkable.

Chelsea Silver estimates that she has easily spent a thousand dollars or more on all of her One Direction related things, including travel and food expenses for her trips to concerts.

After falling victim to music shaming, does she have regrets? “I would do it all again in a heartbeat!”

Sarah Hubbard is a student in JOU121, Newswriting & Reporting (Ankeny). She wrote this story for a class assignment.
Softball ends regular season with losses to KCC

DMACC -- The DMACC softball team closed out the 2015 regular season with a pair of losses to Kirkwood Community College (KCC) April 20 at Cedar Rapids. KCC came away with 9-1 and 12-2 wins over the Bears to claim the Iowa Community College Athletic Conference (ICACC) regular season championship with a 23-1 record. DMACC finished second at 21-3 and fell to 43-8 overall.

The wins give KCC the No. 1 seed in the National Junior College Athletic Association (NJCAA) Region XI Championship, which begins April 24. DMACC will be the No. 2 seed.

KCC used a five-run rally in the bottom of the fourth inning to come away with the win in the first game of the doubleheader. DMACC was limited to six hits in the game with freshman Brittany Roby of Knoxville getting a pair of doubles. Sophomore Jamie Reynolds of Des Moines drove in the Bears’ only run in the third inning.

Sophomore April Brown pitched the first four innings for DMACC and suffered the loss. She allowed eight runs on seven hits, struck out three and walked three.

Sophomore Cailey Schlenker of Maxwell pitched a third of an inning, allowing one run on two hits.

Roby and sophomore Marisa Graleski of Omaha, Neb., hit solo home runs to account for DMACC’s only hits and runs in the second game.

Freshman Holly Hanial of North Liberty pitched the first four innings, allowing seven runs on eight hits. She struck out two and did not issue a walk. Schlenker threw the last inning and two-thirds, allowing five runs on six hits.

Baseball team sweeps doubleheader from SWCC

DMACC -- The DMACC baseball team improved to 24-15 overall and 11-7 in the Iowa Community College Athletic Conference (ICACC) by sweeping both ends of a doubleheader against Southwestern Community College (SWCC) April 20 at Creston.

The Bears won by scores of 10-9 and 18-5 to run its current winning streak to seven games.

Freshmen Eric Weisbrod of Racine, Wis., and Jacob Adams ofBrandon, S.D., each homered to lead DMACC to the win in the opener. Weisbrod drove in four runs in the second game.

Sophomore Chris Kelly of Boone and freshmen Zac Replinsky of Prior Lake, Minn., Brad Mathiowetz of Rochester, Minn., Levi Schreiner of Waukee and Brett Slight of Boone had two hits apiece in the game.

Freshman Cole Jackson of Polk City pitched the first five innings and improved to 4-3 with the win. He allowed eight runs on 13 hits, struck out four and walked one.

Freshman Victor Vasquez worked two-thirds of an inning, allowing one run on two hits and striking out one batter.

Women’s golf team wins at NIACC

DMACC -- Freshman Ashley Dumler of Dike and sophomore Haley Froehlich of Algona turned in 18-hole scores of 80 and 81, respectively to lead the DMACC men’s golf team to the NCAA Community College Athletic Conference (DMACC) women’s golf team to the team championship at the NIACC Spring Invitational April 16 at the Mason City Country Club in Mason City.

The Bears won the team championship with a score of 338, 14 strokes better than runner-up North Iowa Area Community College (NIACC). Iowa Central Community College’s Julie Lainsey won individual medalist honors with a 77.

Dumler finished second in the individual competition and Froehlich was third. Other DMACC scores included an 85 by sophomore Magpie Peters of Jewell, an 87 by sophomore Cami Eller of Radcliffe, a 90 by sophomore Mlyd Geick of Pomeroy, a 92 by freshman Rachel Wallaparker of Johnston, a 93 by freshman Mara Masching of Carroll and a 96 by freshman Emma Sweeney of Sutherland. Peters tied for sixth, Eller finished seventh, Geick tied for 10th, Wallaparker finished 19th, Masching was 20th and Sweeney finished in 21st place.

Men’s golf team finishes 6th at NIACC

DMACC -- The DMACC men’s golf team placed sixth in the NIACC Spring Invitational April 16 at the Mason City Country Club in Mason City.

Kirkwood Community College (KCC) took the team championship with 297 strokes and DMACC finished sixth at 319. Waldorf College’s Cody Ronzales won medalist honors with a 18-hole score of 70.

Freshman Ty Mason of Huxley led DMACC with a 77 and tied for 13th in the individual competition.

Other DMACC results saw sophomore Jon Mack of Boone tie for 16th with a 79; freshman Grant Juber of Sibley tied for 26th with an 81 and freshmen Zach Mason of Sac City and Brett Romig of Boone tied for 26th with 82s. Sophomore Sam Wilkie of Carroll tied for 35th with an 83.

The DMACC men’s golf team will play in the AJJ Invitational April 19 and 20 at Lake Panorama National Golf Course in Panora.

Follow the Bears at
www.dmacc.edu/athletics
Student athlete/reporter gives glimpse into life in college sports

By Nick Noah
Contributing Writer

Student athletes across the nation have a lot on their plate at a very crucial time in their lives. Some can handle it, while others can’t. It’s definitely not an easy task.

As a student athlete myself, I’d like to take you on a walk through the world of college athletics.

Although playing a sport in general is a great time, it is important to remember that academics come first and athletics come second. As a student athlete, it is very important that you balance your time between the two very carefully.

“Time was extremely valuable,” recalls DMACC Women’s Assistant Basketball Coach Ashley Martin, who played college ball. “You were always either in class, in practice, and resting or icing your body.”

Non-athlete students usually work part-time jobs, which takes about 20-30 hours a week. An average collegiate athlete will usually spend close to 40-50 hours a week working on their game, which is why many say that playing a sport in college is similar to working a full-time job. It’s quite the hefty addition to their normal course load. Based on their practice schedule, athletes arguably don’t get the same amount of time to study and prepare for class that others may get.

According to the NCAA, if athletes don’t keep their grade point average up above a 2.0, they may violate the general rules of eligibility and become academically ineligible to compete.

Which is when time management becomes an important skill.

“It was very challenging to manage your time as a student athlete,” Martin recalls.

Living the typical college life could be pretty difficult for some, but consider this:

In-season college athletes will typically have a six-day practice schedule that includes workouts, practices, film, conditioning, and games. Student athletes also face all of the problems that non-athletes face when it comes to homework and attending classes. Athletes also run into road games, which could be just a short hour drive, or a long six to seven hours. If combined with other responsibilities like cleaning, cooking, shopping, and dating, a student athlete’s schedule always seems to be busy.

When it comes to everyday homework, let’s talk about the numerous absences from labs and lectures that occur outside of one’s control. Imagine taking a course that is considered challenging to most students. Now imagine missing a few classes every couple weeks during the regular season, not only are you behind in class, but you are forced to become your own teacher on the road in the back of a bumpy bus where Wi-Fi is not present, or in your hotel room. At that time you don’t have anyone to answer your questions besides your textbook, which may only solve half of your problem, and it’s not like you can stay up late to do all of your homework when you have to play an important game the next day.

If a student is not completely on top of everything all of the time and not in constant contact with their professors, it will be very easy to fall back and not succeed.

Every student has their own way on making sure that they stay on top of everything.

“Coach usually helps us set up times to go in and work on homework and get our school work done,” says sophomore volleyball player Carissa Rainey from Ankeny, Iowa. “She also keeps track of our grades and makes sure that we are doing OK in our classes and performing at our academic level that we should be at.”

Freshman DMACC softball player Gabby Woods from Boone, also stays on top of her grades while she performs and succeeds on the softball field. “I make sure to prioritize and take it one day at a time. I always make sure I get the most important things done first because grades always come first,” said Woods. “It’s definitely not easy staying on top of it all. I love softball so much I could spend all my time doing that, then I remember that school is why I’m here.”

If a player doesn’t succeed in the classroom, it could cause poor grades which could lead to your eligibility or scholarship being taken away and your spot on the team could be up for grabs. At worst, all of that could possibly lead to being off the team and out of school. The pressure is very real and something that all student athletes know.

When asked about what advice they’d give to someone who wants to pursue a sport in college and become a student athlete, both Woods and Rainey had similar responses. “It may be a heavy load, but don’t ever let up on your classes,” said Gabby Woods. “It is definitely possible even though it does seem like quite the challenge, and you have to remember that you’re a student before you’re an athlete,” said Carissa Rainey.

Martin encourages athletes to keep the lines of communication open.

“Reach out to your professors after class and let them know what you’re struggling on and that you want to let them know that you care.”

Adds Martin: “You also should reach out to your coaches and let them know that you’re working hard or when you’re struggling with something because odds are they can help you by setting you up with a tutor.”

A common question people may have is “If it’s so hard, why do it?”

When asked that question, basketball player Matt Hislop from Jewell, Iowa, said, “I do it because I love basketball enough to play it at a higher level and I really like being able to continue working on my game. But I cannot sacrifice my future after I’m done playing basketball so I really have to stay on top of both of them.”

The scholarship money does reduce the average college tuition bill a tremendous amount, but for a lot of athletes it’s being able to still play the sport they grew up loving and hopefully continuing to be around that sport even after college is all said and done.

In the end, all the work is definitely worth it.

By Nick Noah
Contributing Writer

Coach Ashley Martin

Carissa Rainey

Gabby Woods

Matt Hislop

Nick Noah is a student in JOU121, Newswriting & Reporting. He wrote this story for an assignment in class. He is also a member of the DMACC men’s basketball team.
Editor's Note: This column was written by a DMACC Honors student for a capstone class.

by Edward Schultz
Guest Columnist

Imagine someone being asked to go out with a friend and declining just because they were unable to decide on what to do. Imagine someone trying to write a paper for class and just sitting there staring at the blank screen because they couldn’t decide on a topic. I am that someone. In these situations the issue at hand is likely indecision. Marriam-Webster’s online dictionary defines “indecisive” as “not able to make choices quickly and confidently” or “not settling something or making something final or certain.”

Being indecisive may seem like a minor problem or like it would not be debilitating, but when it takes more than half an hour to make a decision that would normally take less than a minute, that time adds up. In small amounts it is manageable and isn’t very detrimental, however with time it can grow and grow until it consumes a person. The inability to make decisions can have drastic and negative effects in nearly every aspect of a person’s life, from what to have for dinner to what career path to pursue while attending college. In some instances being indecisive is a good. Some decisions do take time and it is important to keep that in mind. If being indecisive becomes a problem or a person simply wants to be able to make snap decisions, there are ways that they can take over and curb indecision.

Healhtline has a five step program designed to do just that.

Step one: “Forget the fear!” According to Healhtline a common reason that people have difficulty making decisions is because of fear. It is important to determine what is causing that fear and address it and to remember that there isn’t necessarily a right or wrong choice.

Step two: “Tune into your emotions.” It is important to not overanalyze. It may take practice but by turning to how a person feels about a situation can make decision making easier.

Step three: “Practice on the small stuff!” Take it slow and try making simple decisions. This can be anything from what to eat to what to buy.

Step four: “Learn to trust yourself.” This step focuses on letting go and allowing yourself to make a decision. Worrying too much about the outcome of a decision may hinder one’s ability to even make a decision.

Step five: “What will it matter in 10 years from now?” It is important to remember that most decisions that are made have little long term importance. This step ties into the others in a sense that it allows a different perspective of the importance to make the right choice.

I have been following these steps and I have seen improve- ment in myself. Some of the steps are hard to follow through with, though with time it has gotten easier. I have reduced the time that it takes for me to make a decision and I also feel better about myself and am more confident in my decision making.

Edward Schultz is a liberal arts major and will be graduat- ing with honors at the end of this term. He plans to move to Florida and take a break from school after graduating until he is able to decide on a career path to follow.

Considering and confronting ‘why’

Consider the following scenario: Imagine you have the ability to decide anything you want. You decide to go to Florida and take a break from school. You decide to see where you can go for a capstone class. What makes you decide that? What causes you to decide that you do not have money to go to Florida? Do you have the answer or where the answer is? Do you understand why you decided to go to Florida? Do you understand why you decided to not go to Florida? To become successful you need to understand the why you encounter every day. You must control why and not let why control you. There is an easy way to understand and control the why. You can understand and control the why! You can understand and control the why by finding the answer empowering. Confront questions don’t dismiss them.

Guy Morgan is a DMACC stu- dent who will be graduating in the capstone class. He plans to attend a four year university and to major in liberal arts degree. He plans on attending a four year university and to major in physics.
Students in Professor Sam Pritchard's English 106 class reviewed the documentary film "Food Inc." as part of a class assignment. Two of the reviews printed here.

By Caleb McKim

"Food Inc." is a documentary film directed by Robert Ken- nard that discusses food and its production processes. The film was successful in doing this because of the information it presents. Many people may not be familiar with the food industry. The purpose of the film is to lift the veil of everything that goes on behind the scenes in the food industry. In many areas it is successful in doing this because of the information it presents. It is less successful in the fact that it fails to include a lot of valid information, such as the benefits of producing cheaper food. Not everyone has the money to be able to afford the better, more expensive food and having cheaper food available allows them to be able to satisfy their appetite without having to worry about not having enough money to survive. Another issue the film doesn't answer is how we are going to be able to feed the world's rapidly growing population without the use of chemicals like Monsanto's that are helping us to produce a significant increase in our yields.

And when the chemicals that we are using have yet to be directly linked to any causes of sickness or death, it would rather have people starve by outlawing their use or continue to use them while constantly continuing to look for ways to improve them in order to make them even safer and further increase our agricultural yields?

The biggest point that Food Inc. is trying to make is that so much of our food is being produced in a factory system where quantity is emphasized over quality. The business owners look to produce as much as possible for as little cost possible to maximize profits. To do this many of these food factories will hire illegal aliens who are willing to do extremely difficult jobs that most other people try to avoid, for extremely low wages.

Other ways companies can maximize profits is by not al- lowing them to retain their seed for future use and by genetically modifying and changing the animal's diets in order to make them mature faster, grow bigger, or cheaper to raise. On some very rare occasions, all of the ge- netic modifications and changes in diet can increase the chances of the animal having salmonella or some other disease that may be harmful to humans if it hasn't been prepared properly. As a result of several cases of food poi- sonings that ended up leading to death, we now have Kevin Law in order to try to make meat safer.

One thing that more and more people are doing in order to avoid processed or altered food is buy organic. Organic food is food that has been grown or raised naturally, without any arti- ficial chemicals for plants, and for animals it means they are raised unaltered and fed their natural diet. Because the food is raised in its natural state, a lot of times it will be safer and healthier.

Overall, Food Inc. is not a bad movie, as long as you under- stand the bias of the authors and you realize that some informa- tion has been excluded in order to further emphasize their points and help their cause. It does shine some lights on areas such as the condition of workers in the food processing plants and ways that some companies alter their products in order to increase their profits. In that way it does accomplish its goal of lifting the veil, however, there are many areas where the veil still remains.

By Kourtney B قولستم Guests Columnist

Did you know that seventeen hundred cases of salmonella were reported in 1950, by 2008, there were less than 1,000? The biggest point that Food Inc. is trying to make is that so much of our food is being produced in a factory system where quantity is emphasized over quality. The business owners look to produce as much as possible for as little cost possible to maximize profits. To do this many of these food factories will hire illegal aliens who are willing to do extremely difficult jobs that most other people try to avoid, for extremely low wages.

Other ways companies can maximize profits is by not al- lowing them to retain their seed for future use and by genetically modifying and changing the animal’s diets in order to make them mature faster, grow bigger, or cheaper to raise. On some very rare occasions, all of the ge- netic modifications and changes in diet can increase the chances of the animal having salmonella or some other disease that may be harmful to humans if it hasn’t been prepared properly. As a result of several cases of food poi- sonings that ended up leading to death, we now have Kevin Law in order to try to make meat safer.

One thing that more and more people are doing in order to avoid processed or altered food is buy organic. Organic food is food that has been grown or raised naturally, without any arti- ficial chemicals for plants, and for animals it means they are raised unaltered and fed their natural diet. Because the food is raised in its natural state, a lot of times it will be safer and healthier.

Overall, Food Inc. is not a bad movie, as long as you under- stand the bias of the authors and you realize that some informa- tion has been excluded in order to further emphasize their points and help their cause. It does shine some lights on areas such as the condition of workers in the food processing plants and ways that some companies alter their products in order to increase their profits. In that way it does accomplish its goal of lifting the veil, however, there are many areas where the veil still remains.

The creators of Food Inc. are using have yet to be directly linked to any causes of sickness or death, it would rather have people starve by outlawing their use or continue to use them while constantly continuing to look for ways to improve them in order to make them even safer and further increase our agricultural yields?

The biggest point that Food Inc. is trying to make is that so much of our food is being produced in a factory system where quantity is emphasized over quality. The business owners look to produce as much as possible for as little cost possible to maximize profits. To do this many of these food factories will hire illegal aliens who are willing to do extremely difficult jobs that most other people try to avoid, for extremely low wages.

Other ways companies can maximize profits is by not al- lowing them to retain their seed for future use and by genetically modifying and changing the animal’s diets in order to make them mature faster, grow bigger, or cheaper to raise. On some very rare occasions, all of the ge- netic modifications and changes in diet can increase the chances of the animal having salmonella or some other disease that may be harmful to humans if it hasn’t been prepared properly. As a result of several cases of food poi- sonings that ended up leading to death, we now have Kevin Law in order to try to make meat safer.

One thing that more and more people are doing in order to avoid processed or altered food is buy organic. Organic food is food that has been grown or raised naturally, without any arti- ficial chemicals for plants, and for animals it means they are raised unaltered and fed their natural diet. Because the food is raised in its natural state, a lot of times it will be safer and healthier.

Overall, Food Inc. is not a bad movie, as long as you under- stand the bias of the authors and you realize that some informa- tion has been excluded in order to further emphasize their points and help their cause. It does shine some lights on areas such as the condition of workers in the food processing plants and ways that some companies alter their products in order to increase their profits. In that way it does accomplish its goal of lifting the veil, however, there are many areas where the veil still remains.

The creators of Food Inc. are using have yet to be directly linked to any causes of sickness or death, it would rather have people starve by outlawing their use or continue to use them while constantly continuing to look for ways to improve them in order to make them even safer and further increase our agricultural yields?
Your Horoscope this Week

(TNS) Taurus
(April 20-May 20)
Move quickly to take advantage of a profitable opportunity. Provide leadership today. Your work pays long-lasting benefit. Rake in the bucks! The more love you put into your project, the higher the value. Get a special treat.

Gemini (May 21-June 20)
The spotlight shines... this is the moment you’ve been praying for. Dress the part, and do your stuff! Your reputation is rising, and someone influential is watching. Exceed expectations. Good news comes from far away. Create something beautiful.

Cancer (June 21-July 22)

Leo (July 23-Aug. 22)
Collaborate with friends for astounding results. Your network has a much wider reach than you imagined. Get the word out about something you care about. Express your love and it grows. This could get profitable. Celebrate together.

Virgo (Aug. 23-Sept. 22)
Advertisements and promotional communications go the distance today. Launch, share and push your message out. Reveal your heart to your audience, the results with long-lasting benefit. This could be your lucky break.

Libra (Sept. 23-Oct. 22)
Creativity drips from your fingertips. Take advantage for huge productivity. Talk about your art. Your message goes further than expected. A windfall provides extra cash. Make big plans for the future. Broaden your perspective.

Scorpio (Oct. 23-Nov. 21)
Unexpected funds appear, and you know just what to do with the money. Make a commitment. Work faster and earn more. Extra effort wins a bonus. Pay debts and save the rest. Surprise your partner.

Sagittarius (Nov. 22-Dec. 21)
Readings
Reveal your heart to the universe, and a far-reaching vantage of power is watching. Exceed expectations. Invest in your education. Never stop learning. A fabulous surprise at home spreads like wildfire. Your secret idea pays off. Communication with family leads to unexpected results. Love and money provide beautiful results with long-lasting benefit. Share your domestic tricks and recipes.

Capricorn (Dec. 22-Jan. 19)
You’re gaining respect, and a far-reaching opportunity appears. Beautify your work, and spice it up. Intuition is your creative guide. Word of what you’re up to travels farther than you imagined possible. Celebrate with a splurge.

Aquarius (Jan. 20-Feb. 18)
Your talents reach new heights. The game is really getting fun! Word of your latest exploits sets off a ripple. Love triumphs. Share your passion. Family and friends celebrate with you. Enjoy the fringe benefits.

Pisces (Feb. 19-March 20)
A fabulous surprise at home spreads like wildfire. Your secret idea pays off. Communication with family leads to unexpected results. Love and money provide beautiful results with long-lasting benefit. Share your domestic tricks and recipes.

Aries (March 21-April 19)
Creativity drips from your fingertips. Take advantage for huge productivity. Talk about your art. Your message goes further than expected. A windfall provides extra cash. Make big plans for the future. Broaden your perspective.