By Devon Greer
Staff Writer

The use of tobacco is prohibited on DMACC property, but some people disregard these policies. "I see quite a few people by Exit 16 smoking cigs on a daily basis," said DMACC student Chase Cook. Exit 16 is at the north end of the library hall.

The DMACC tobacco policy located on page 2 of the student handbook and read: "consistent with the Smoke-Free Air Act (H.F. 2212) and the findings of the U.S. Surgeon General that the use of tobacco is a contributing factor to significant health hazards, the use of tobacco products, including smoking and smoking tobacco, is prohibited on all DMACC campuses and attendance facilities."

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

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

While DMACC has notices displayed of its tobacco-free policy at all college locations, there is no individual or group put in charge of enforcing the policy. Tom Lee, the Provost at Boone DMACC, said, "It is students and staff who are responsible for enforcing the tobacco policy as individuals. If everyone supports it or is respectful of the rules, sanctions aren’t necessary."

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

The tobacco policy applies to students, faculty, staff, administrators, visitors, delivery services, and contractors. To report someone using tobacco on campus you can call the office, go to the front desk, talk to Tom Lee or talk to Brian Green (assistant provost).

Ideally, whenever a DMACC faculty says a student or staff member is using tobacco on campus, the offender will be asked to provide his or her name and student ID number.

Each time the student is in violation, he or she will be sent a letter, stating the offense. For a first violation, the Executive Dean of Student Services sends a letter to the student explaining that he or she has been observed not complying with DMACC’s tobacco-free policy.

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

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

If you need support or information regarding the tobacco policy, contact Rita Davenport (515) 433-5030 and Shelby Hildebrand (515) 433-3024. For information on why DMACC is a tobacco free campus, Mac’s policies and guidelines, and frequently asked questions go to go.dmacc.edu/tobaccofree.

Spring break is almost here

By Daniel Ginger
News Editor

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

With the weather warming up, and Ledges State Park so close, going for a hike and a picnic is an activity available to those in the area. With the winter conditions past and Ledges Road and Lower Ledges Road are both closed to vehicles at this time, but open to hikers themselves.

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

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

Another at home activity is your basic spring-cleaning. If you’ve got the week off, why not get rid of some of that unused stuff hiding in the back of your closet? The Youth and Shelter Services of Ames, which is also affiliated with the Boone location, are always looking for gently used household items to be donated. They accept all donations in good condition, from clothing to furniture.
Denson. “Central Iowa is a pleasant location. Many across Iowa are drawn to student professors, built new parks, and retooled their skills and with more programs, built new parks, and retooled their skills and with more programs, built new parks, and retool their skills and with more students attending classes this spring than any other spring semester in the College’s 45-year history.

There were 1,298 more students taking classes this spring than in spring 2010. That’s a 6.27 percent increase. The number of credits also reached a record high, with 201,292 credits, up 71.3 percent.

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

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

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

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

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Advanced social media class at DMACC Ankeny Campus

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

“Social media expert Claire Cebi will provide important insight and much more during a two-ession, non-credit continuing education Advanced Social Media seminar at the Des Moines Area Community College Ankeny Campus on Monday, Feb. 28 and Tuesday, March 7 from 6 to 9 p.m. Sessions will be held in Building 16, Room 1. Cebi, the owner of the Public Relations Project, is a noted national expert on the power of social media and is a social media consultant to many companies and educational institutions nationwide. In this seminar, participants will learn how social media is a good way to engage and stay in touch with customers, be able to gauge the advantages and disadvantages of social media and learn the significance of different social media tools like Facebook, Twitter and blogs. “Companies and individuals are finding that social media adds tremendous value and new opportunities to connect with their customers and other people who have similar interests,” says Cebi. “Social media creates a human connection and when you use channels like Facebook, Twitter and blogs together they can open whole new avenues for you to interact with people and customers in your network.”

Registration for the course ends Feb. 23. Cost for the course is $105. For a course description or to register online, go to http://go.dmacc.edu/conteddesc/Pages/Other/ContedDesc.aspx. To register by phone, call (515) 964-6000 or (800) 342-0033. Payment is due at the time of registration.

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FASFA time is here again

It’s time to complete the Free Application for Student Financial Aid (FASFA) for students who plan on attending classes in the fall. When students fill out their FASFA, it determines the students’ eligibility for student financial aid, which includes Pell grants and work-study programs. According to www.fafsa.gov, student financial aid is funding to help students pay for expenses such as tuition, living expenses, books and educational supplies. Financial Aid is provided to students based on financial need. Students who need financial help may obtain grants, work-study, and loans. State Governments also offer financial aid based on the same guidelines as well as which university the student is attending. Pell Grants are federal grants that do not have to be paid back. Normally, Pell grants are awarded to those from low-income families. Pell grants are also used to count the number of low-income students attending a certain university. To qualify for a Pell grant, a student must demonstrate financial need. The financial need is determined by the U.S. Department of Education, based on information from your FASFA as well as other factors.

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

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Former NBA star speaks at DMACC Black History month events

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

Abdul-Aziz will speak from 9:40 to 11:05 a.m. in the Theater on the DMACC Boone Campus and then from 3 to 4:15 p.m. in Room 124-126, Bldg. #1 on the DMACC Urban Campus. Abdul-Aziz was born in Brooklyn in 1946. He honed his basketball skills on the New York City playgrounds before heading to ISU. After averaging nearly every ISU record, the two-time All-American was selected fifth overall in the 1968 NBA draft. He enjoyed a successful ten-year professional career with the Bucks, Rockets, Sonics and Celtics.

During his career, Abdul-Aziz posted 155 double doubles or games in which he recorded double figures in both points and rebounds. He still ranks sixth in Sonics history for rebounds per minute played.

He changes his name after converting to the Islamic faith in 1979.

After retiring from the NBA, he worked as a chemical/alcohol dependency counselor. In 1998, Abdul-Aziz was inducted into the Iowa State Basketball Hall of Fame. Six years later, his #33 jersey was retired up into the Hilton Coliseum rafters.

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

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

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

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

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

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

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

Former NBA Star speaker at DMACC

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

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

It’s time for FAFSA 2011-2012


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

Cast Member Wanted

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

Wii Deal or No Deal

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

3 on 3 Tourney

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

Ferrets Needed

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

If your ferret(s) would like to volunteer, please contact Joanie Stall at 965-7074 or jstall@dmacc.edu. Ferret volunteers are needed on Mon., Feb. 28th from approximately 1:15 to 4:30 p.m., but arrangements can be made for them to spend the day with the class, if needed.
A college version of the elementary school tradition of show and tell came to the DMACC Boone campus Tuesday, Feb. 18.

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

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

This year Kessenich brought several creatures for the show. The main attraction, a ten-year-old Billy, is an approximately six foot long boa constrictor from South America. He brought along Spike, a small bearded dragon, Bitty Bato, an alligator that will be eight years old this July and Harry, a tarantula that Kessenich says is an “eight-legged puddle.”

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

When asked if he needed a special license to own these very interesting pets, Kessenich states that although some communities require a class and license to own these pets, his does not. Kessenich has taught the class in years past. Kessenich says in five to eight years, he would like to purchase land to open his own zoo.

DMACC baseball team opens 2011 season at Western Oklahoma

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

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

“Torgerson worked three innings, allowing three runs on three hits. He struck out six and did not walk a batter.”

Sophomore transfer Hebraim Cordova of Vega Baja, Puerto Rico drove in three runs and Moore and freshman outfielder Greg Carpenter of Urbana, Ill., drove in two apiece.

“Freshman Austin Urban of Johnston went the distance to pick up the victory. Torgerson of Johnston went the distance to pick up the victory. Torgerson worked three innings, allowing three runs on three hits. He struck out six and walked one.”

The Bears hit five home runs in the second game on Feb. 12. Sophomore Ryan Torgerson drove in three runs and Moore, Urban and freshmen Austin Urban of Johnston, Penn., and Alec Crawford of Wilton, sophomore Drew Freie of Wilton will be the closer.

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

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

“We’re probably going to have to hit and run a little bit more, bust and probably run a little bit differently,” Fitzgerald said. “But we’re going to be better defensively than we were a year ago.”

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

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

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

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

Fitzgerald said the keys to winning this season include quality starts from the pitchers, good outings from relief pitchers and stringing together base hits.

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

DMACC will travel to Independence, Kan., Neosho, Mo., and Lee’s Summit, Mo., for weekend games before playing at East, Okla., and Miami, Okla., during spring break (March 11-19). The Bears will also play games in Des Moines, Marshalltown and West Burlington before opening the home season March 21 against the Grand View University junior varsity.

Snakes and lizards infest DMACC Courter Center

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

Both teams are ranked in the National Junior College Athletic Association preseason poll. Western Oklahoma is third and DMACC is ninth. WOSC compiling a 3-5 record in 2010 and DMACC was 47-11.

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

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

“We need to do to win baseball games.”

DMACC will travel to Independence, Kan., Neosho, Mo., and Lee’s Summit, Mo., for weekend games before playing at East, Okla., and Miami, Okla., during spring break (March 11-19). The Bears will also play games in Des Moines, Marshalltown and West Burlington before opening the home season March 21 against the Grand View University junior varsity.

DMACC Boone campus students Sarah Woods, (front row, left to right), April Allen, Amanda McCoy, and John Loeffler (front row, left to right), Andrew Bouk and Dale Henselmann, all of Boone, were recently inducted into the Tau Phi Chapter of the Phi Kappa (PK) International Honor Society. They were among the 30 DMACC Boone Campus students that recently underwent the recent induction ceremony on the DMACC Boone Campus.

Photo by Dan Ivsh
**DMACC Bears: Women**

**Wood is athlete of week**

Kathlyn Wood

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

Wood, a first-team all-region performer a year ago, had 10 points, eight rebounds, four assists and three blocked shots in the Bears' 82-75 win over Marshalltown Community College on Feb. 2. She followed that performance with 14 points, 10 rebounds and three blocked shots in a 73-71 overtime loss to Southeastern Community College on Feb. 5.

Wood leads DMACC in scoring, rebounding, blocked shots and steals. She is averaging 14.5 points a game and has made 130 of 392 field goal attempts for 46 percent. She had made 19 of 32 3-point field goal attempts and is shooting 79 percent at the free throw line (82-of-104).

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

Wood has lead DMACC to a 29-7 overall record this season and an 8-3 record in the ICCAC, good for third place in the league.

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

**Contributed Photo**

**Bunning named ICCAC scholar-athlete of week**

Carli Bunning

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

Bunning scored 12 points and grabbed 11 rebounds in DMACC's 82-75 win over Marshalltown Community College on Feb. 2, and had 14 points and seven rebounds in a 73-71 overtime loss to Southeastern Community College on Feb. 5.

Bunning, a forward, is averaging 7.5 points a game. She has made 74 of 132 field goal attempts for 56 percent and is 57-of-67 from the free throw line for 84 percent. She has 166 total rebounds, including 74 offensive boards and is averaging 6.1 rebounds a game.

Bunning has helped the Bears to a 29-7 record overall and an 8-3 record in the ICCAC.

Bunning has carried a 3.4 grade point average throughout her career at DMACC. Following graduation from DMACC, she plans to continue her education and athletic career at a four-year university.

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

**Contributed Photo**

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

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

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

Freshman Sam Thripp of Davenport led the Bears with 15 points and freshman Katlyn Warshane of Gowrie added 13 points. Freshman Ashley Hagedorn of Urwin added nine points to the DMACC attack and freshman Lucy Stevenson of Knoxville and sophomore Kathlyn Wood of Monroe scored eight and seven points respectively.

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

After KCC went ahead 64-54 on a basket by Dannon Beckford, the Bears responded with 10 unanswered points to draw even at 64-64 with 29 seconds remaining. Hagedorn ignited the rally with a 3-pointer and Thripp added a traditional 3-point play to make it 66-64 with 1:09 to play. The Bears then got a steal and basket from Hagedorn and Warehime hit a pair of free throws off another KCC turnover to tie the score and set the stage for Rohrbach's 3-pointer.

DMACC trailed 28-11 early in the game, but fought back to take a 33-34 lead at halftime. But the Bears missed their first 10 shots from the field in the second half as Kirkwood opened up a 53-39 advantage with more than 12 minutes to play and eventually wound up a 34-point lead.

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

**Burrrage scores 18 as DMACC men fall to Kirkwood, 75-69**

Sophomore Cannon Burrage of East Moline, Ill., scored a game-high 19 points as the Des Moines Area Community College men's basketball team dropped a 75-69 decision to Kirkwood Community College Feb. 16 at the DMACC gymnasium.

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

The Bears, ranked 19th in this week’s Division II poll from the National Junior College Athletic Association rallied from a 69-57 deficit with a minute to play and got to within 73-69 with 12 seconds remaining, but two free throws by KCC's Brennan Cougill with 11 seconds left to play iced the game for the Eagles.

Cougill led KCC with 22 points.

With the win, KCC raised its record to 23-5 overall and 11-1 in the Iowa Community College Athletic Conference. DMACC is 21-6 and 7-3.

Freshman Cole Martin of Omaha, Neb., and sophomore E.J. Hicks of Davenport scored 14 and 11 points respectively for the Bears. Martin was 3-of-3 from 3-point range as the Bears connected on 10 of 26 attempts from beyond the arc. KCC made eight of its 15 3-point tries.

DMACC trailed 15-8 early in the game, but responded with an 11-2 run to take a 19-17 lead. KCC regained the advantage at 20-19 and never trailed again.

The Eagles led 35-24 at halftime. DMACC plays Iowa Lakes Community College Feb. 19 at Estherville. Game time is 4:30 p.m. The Bears lost to the Lakers 75-69 when the two teams squared off Jan. 22 at the DMACC gymnasium.

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

**Contributed Photo**
Use food labels to make healthier food choices

By Anna Rinehart
Staff Writer

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

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

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

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

Sodium
Also, look at the amount of sodium per serving. Americans on average consume 3,400 mg of sodium per day. The tolerable upper intake level is 2,300 mg, and the recommended adequate intake level is 1,500 mg per day. Our bodies only need 180-500 mg of sodium per day. Some sodium equivalents are 1 teaspoon salt equals 600 mg sodium and 1 teaspoon salt equals 2,300 mg sodium. Thus, aim to pick foods that are low in sodium.

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

Fiber
In addition, fiber is very important in one’s diet because it decreases the chance of heart disease, type 2 diabetes, constipation, and cancer. Our bodies cannot break down fiber, and when one eats a large amount, it helps get things out of the digestive tract faster. One should try to consume whole grain, fruit, vegetables, legumes, and cereal. Make sure to check if the food item is actually whole grain and the only way to know for sure is to check if “whole grain” is the first or second ingredient. If whole grain is not the first or second ingredient then it’s most likely not a good source of fiber. Manufacturers will take out some of the bran and germ in a grain and leave the endosperm. The endosperm is mainly starch where as the bran is rich with fiber and contains vitamins. The germ is the rich core with antioxidants, vitamins, and healthy fats. The recommended intake level for males is 38 g and for females 26 g per day.

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

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

Percentage Daily Value
Along the right side of the food label, one will find the percentage daily value. This column breaks down a food item based on what percentage of nutrients that item supplies. If the nutrient item is 3 percent or less of the recommended daily value, it is considered a low source, and if it is 20 percent or more, it is considered to be a high source. Some nutrients you want to limit to promote good health; others you want to make sure you get enough of, again, to promote good health.

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

Footnote
If so, it means there is a lot of added sugar in that food item. It is also difficult because there are so many different words for “sugar.” Some examples are as followed: corn syrup, cane sugar, brown sugar, fruit juice concentrates, honey, lactose, maltose, malt syrup, molasses, sucrose, syrup, and dextrose. There is only a few of the names for sugar. The recommended sugar intake is 8 tsp (32 grams). Most individuals exceed this number by three times.

Cutting the caffeine not easy as it seems
By Giara Schaben
Staff Writer

Everyday we run into caffeine: our morning coffee, the chocolate bar we munch on during class, the pop we drink throughout the day. Caffeine is all around us and most of us don’t think about how dependent we are on it or how it is affecting us. Recently I’ve been trying to kick the caffeine habit myself. Limiting myself to one or two cans of pop a day instead of five or six a day, hoping to better my health and my acne. Though it has caused an increase in naps, I feel overall better than before and can see my skin getting clearer.

It’s only been a few weeks and the effects of caffeine are apparent. Caffeine can affect everyone differently but what remains the same is its addictive properties. You might find yourself in a grumpy mood if you ran out of coffee this morning and weren’t able to have your daily joe. Caffeine may give you a stimulating boost but it also changes your mood. If you do have your daily does of caffeine you tend to feel more tired, irritable, and upset. Your body craves the caffeine, it has become dependent on the caffeine and finds it hard to function without it.

Campus Cafe
Lunch Specials Daily

By Anna Rinehart and the DMACC Student Association
Lunch Specials are posted to Transer to ISU in the fall, where she will purse a degree in dietetics. One day hope to work with athletes in their diet and exercise programs.
Well, this year I'm taking a break from work and going on vacation. For the past two years, I worked all of spring break and missed out on all the fun I could have had. Regardless of how much money I made, I felt trapped. Once in a while, you have to have some down time.

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

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

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

This week’s horoscopes

ARIES (March 21-April 20)
Home celebrations and family gatherings require detailed planning. Early this week loved ones may relinquish control of group events or scheduled activities. In the coming weeks complex social decisions will be draining. Friends and relatives will soon demand your complete dedication; offer added time and, if possible, share extra duties. Thursday through Sunday highlights bold romantic decisions.

TAURUS (April 21-May 20)
Over the next eight days public events prove rewarding. Use this time to search out new friendships and foster understanding between loved ones. For many Taurus’s recently strained relationships will soon simplify. Respond honestly to all subtle invitations and gentle apologies. After Saturday a forgotten business proposal or delayed work project may reappear. If so, closely study all financial documents.

GEMINI (May 21-June 21)
Unique social wisdom is now available. Thoroughly study all sudden impressions or unusual dream experiences. Areas strongly affected are repeated patterns, family history and learned emotional reactions. Be expressive. Loved ones will value your insights. Later this week a friend or trusted colleague may propose an unexpected business partnership or financial venture. Although both are positive, remain cautious.

CANCER (June 22-July 22)
This week colleagues are unwilling to accept new business ideas or workplace policies. If possible, remain patient and avoid acting as group mediator. Before next week practical decisions will be difficult, delayed or unreliable. Tuesday through Friday social or romantic plans need to be revised. Be flexible: at present, friends and relatives expect reassurance, guidance and loyalty.

LEO (July 23-Aug. 22)
Loved ones will expect concrete decisions and new announcements over the next few days. Areas of concern are short-term property matters, romantic commitments and social planning. Offer consistent dedication and watch for a positive reply. After mid-week some Lions may experience minor aches and pains in the feet, legs or joints. Much of this indicates deep emotional changes, so not to worry.

VIRGO (Aug. 23-Sept. 22)
Friends, lovers and close relatives may this week express a strong desire for social change. Fresh activities and new forms of entertainment will provide positive moments. Provide creative ideas and let others set the pace. At present, social events ask controversial questions or clarify past promises. Respond with empathy: powerful emotions can no longer be witheld. After Thursday familiar comforts and revised home routines will renew confidence. Take time to relax, pamper the body and enjoy quiet moments with trusted friends; your loyalty will be appreciated.

LIBRA (Sept. 23-Oct. 23)
During social or romantic concerns may soon be publicly resolved. Early this week listen closely to the long-term wishes and private fears of loved ones. Someone close may wish to explore recent low romantic partners extra time to resolve old memories and emotional patterns. Later in the week a minor workplace dispute may easily become unmanageable. Pay close attention to the actions, hints and comments of co-workers.

SCORPIO (Oct. 24-Nov. 22)
Long-term relationships move to a new level of trust. Over the next two days watch for loved ones to leave indecision in the past. Self-reflection is a strong theme. Allow romantic partners extra time to resolve old memories and emotional patterns. Later in the week the long-term wishes and private fears of loved ones can no longer be witheld. After Thursday familiar comforts and revised home routines will renew confidence. Take time to relax, pamper the body and enjoy quiet moments with trusted friends; your loyalty will be appreciated.

SAGITTARIUS (Nov. 23-Dec. 21)
For many Sagittarians business routines may soon be publicly resolved. Expect friends and relatives to share extra duties. Thursday through Sunday highlights bold romantic decisions.

CAPRICORN (Dec. 22-Jan. 19)
Home adjustments or revised family schedules may soon be necessary. Early this week watch for loved ones to push for improved communications, fast financial discussions and added emotional security. Remain cautious and expect minor moments of social tension. Friends or close relatives may soon reveal a deep need for extra group involvement and appreciation.

AQUARIUS (Jan. 20-Feb. 19)
Quick flirtations, romance and new sensuality will offer compelling moments this week. Respond warmly to all subtle overtures of affection. Over the next five weeks social routines may also change. Expect friends and relatives to vie for your attention with new plans. Balance is the key to success: refuse to be derailed. After Thursday property documents, leasing agreements and quick financial changes are accepted.

PISCES (Feb. 20-March 20)
Unproductive business habits and outdated work procedures need to fade. Over the next few days trust your own business instincts. New career contacts and employment options will soon be unavoidable. After Wednesday a past friend or distant relative may ask for detailed advice. Key issues may involve unusual financial changes, costly home renovations or long-term travel plans. Remain supportive but quietly detached. Later this week, rest and gain perspective. Minor skin or digestive ailments may require attention.

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Last Issue’s Winner

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