DMACC continues to “go green”

By Devon Greer  
Staff Writer

A compost bin would be placed outside on campus if plans by the Sustainability Committee take shape as its leader hopes.

Nancy Woods, chairwoman of the committee and a DMACC professor of Physics and Calculus, said the compost would provide DMACC with the ability to remove organic waste.

“I visualize a disposal place all nice and laid out,” she said.

Woods also wants to find a way to involve students.

“I wish there was a way we could get students to contribute to that,” she said. She believes there would be a way for her students to help manage the project. Currently her post-graduates students assist with other recycling efforts on campus.

Woods said another benefit of the compost would be the creation of organic fertilizer that could be used for landscaping.

It has been three years since DMACC President Rob Denson made a commitment to the college going green. “DMACC has a responsibility to preserve the environment and educate others about the advantages of going green,” he said on DMACC’s Green Week page.

DMACC’s Boone Campus continues to take part in DMACC’s recycling program “Operation Green,” an initiative to reduce the college’s environmental impact.

One part of “Operation Greens” that has been in effect since January 2009 is the placement of recycling receptacles throughout the Boone Campus. An exact number of those blue containers with the recycling arrows are impossible to track because of theft and placement, Woods said.

The maintenance staff regularly empties the recycling bins. “A non-profit organization that usually helps the disabled, called Genesis, comes on Tuesdays to collect the recycling materials,” said Dean Hatch, head custodian and supervisor.

Woods said the items are sorted and separated at the recycling center. “Anything that is able to be recycled can go into the container upstairs across from my office,” Woods then said “despite what the labels might say any plastic can be but in the non-refundable bins.”

A large portion of recyclables on campus come from the café and bookstore such as cardboard,” Hatch said.

Hatch said the receptacles are working well. Woods agrees but says making students aware of the importance of recycling requires constant education.

In 2008, DMACC launched a major “green” initiative by joining the Association for the Advancement of Sustainability in Higher Education and the President’s Climate Commitments.

With the memberships, DMACC is committed to initiatives dedicated to conservation and reducing waste on its six campuses.

The Presidents Climate Commitment consists of the presidents of 677 colleges and universities across America. The group believes they must “exercise leadership in their communities and throughout society by modeling ways to minimize global warming emissions, and by providing the knowledge and the educated graduates to achieve climate neutrality,” according to the group’s website www.presidentclimatecommitment.org.

DMACC is one of 13 Iowa-based colleges and universities to join the group. The college and university presidents are also committed to the AASHE environmental initiatives. AASHE, an association of colleges and universities in the U.S. and Canada working to create a sustainable future.

In August 2009 the DMACC Sustainability Task force was formed. The Sustainability Task force will investigate, design, implement, and evaluate our move towards a more sustainable existence. It has 28 members divided into an Advisory Committee and five topic-specific working groups: curriculum, greenhouse gas (GHG) emissions, energy and transportation, waste, purchasing, and food.

Gas prices still on the rise

By Daniel Ginger  
News Editor

Gas prices all around the Story and Boone County areas are hovering around $3.40 per gallon.

Many students here on the Boone Campus commute to class from the surrounding area. With the prices of fuel going up, some students’ wallets are taking a hit.

When asked how much the rise in gas has affected him, Caleb Hamilton, who commutes from Ames, replied, “Very much. I have to drive to classes six times a week. I drive to work as well.”

He said that the gasoline prices haven’t affected him much. “It really hasn’t affected me much.”

Caleb Hamilton, who commutes from Ames, replied, “Very much. I drive to my classes six times a week. I drive to work as well.”

This double commute is a hardship. “I have to fill up yet, but it’s going to suck when I have to.”

Students looking to carpool to school may find some like-minded people around campus.

Located on the wall next to the DMACC bookstore is the Commuter’s Board. On this, students can post what times they will be on campus and if they need a ride, or if they are willing to give a ride.

Kristina Gorman of Ames posts that she needs a ride to campus Mondays through Fridays at approximately 8:00am and a ride back after her classes at approximately 1:00pm.

Some students haven’t noticed a difference in the cost of gas. Hannah O’Neal said she “only bikes a mile from campus, so it hasn’t affected me much.”

Justin Clay, who lives in Roland-Story, said, “I haven’t had to fill up yet, but it’s going to suck when I have to.”

Students looking to carpool to school may find some like-minded people around campus.

Located on the wall next to the DMACC bookstore is the Commuter’s Board. On this, students can post what times they will be on campus and if they need a ride, or if they are willing to give a ride. Kristina Gorman of Ames posts that she needs a ride to campus Mondays through Fridays at approximately 8:00am and a ride back after her classes at approximately 1:00pm.

Continued on page 6
Many students at the Boone Campus find themselves questioning their major. “Numerous students change their major frequently,” said Shelly Hildreth, academic advisor at the Boone Campus.

She recommends talking to someone in the field who has firsthand experience when considering switching majors. “When a student is exposed to the good, the bad, and the ugly of the field they plan to major in, they understand better what they are getting into,” said Hildreth if you are planning to switch majors, ask yourself why. “Eighty to 90 percent of students major in a subject due to external motivation.” External motivation includes such things as the amount of money a person in that industry makes, their parents’ influence or having friends majoring in the same subject.

Students major should reflect passion

“Students should not choose a major based on external motivation but rather in themselves and what the student is interested in,” she said. “Students need to have internal motivation and passion in their major, otherwise it’s not for them.” Students may not just change their major but their whole school itself.

Boone Campus student Sierra Stark attended The Salon Professional Academy (TSPA) in Ames for a month before deciding to go to DMACC. TSPA is a vocational school, or trade school, that specializes in learning specific skills needed to acquire a job in that field. Going to a vocational school is much different than a college. At a college or a university most time is spent in lecture or studying while a vocational school is more hands-on.

“TSPA was a lot of fun at first, but when I got down to thinking about doing it the rest of my life, it didn’t seem like what I wanted to do,” said Stark. Instead of cosmetology, Stark is planning to earn her coaching certificate through DMACC to coach cheerleading.

“Coaching cheerleading is more up my alley. I was active in cheerleading all through high school and have a passion for it,” said Stark. Choosing the path a student takes is critical to that student’s future. “You don’t want to major in something that just ‘sounds good,’” said Stark. “That’s what I did and wasted a month at TSPA.” Stark is happy that she choose DMACC and is planning to transfer to Iowa Western Community College in the fall to be closer to home.

Students considering changing their major should talk to an advisor for guidance. Advisors are available throughout the week in room 120. Call 515-432-7203 to schedule an appointment.

Blind student works to save Braille school

James Buffum wants to help him help the Iowa Braille School. James is the 23-year-old blind DMACC student who you might recognize on campus with his white walking cane. He’s been here four semesters now, going to classes and living in student housing across the street. He’s originally from Grinnell.

James is a member of the Help Iowa Braille School Group. The activist group is circulating a petition to save the Braille School and its programs. The school is in jeopardy of being closed.

“I’m starting a petition to support the Individuals with Disabilities Education Act in order to save the Iowa Braille School,” he said. The petition will be available for signatures the week of March 7.

More about the Iowa Braille School group can be found at its Facebook Group page or twitter.com/helpibs. Their page includes legal information along with links to advocacy organizations.

“The mission of the group is to educate the public about the Braille School, in order to prevent it from becoming a school of the past,” James said. The flyers supporting the group’s cause are located at the cafe and on the table upstairs in front of the psychic’s lab.

Not only does James invest his time in helping the Braille School but he also is an active member of Phi Theta Kappa and the student activity council. Taking 16 credits and working towards his associate in arts degree this spring semester, James is “looking forward to graduating this May and continuing on next to Faith Baptist College in Ankeny.”

His motivation: “The end result of my hard work,” he said.

His college choice is directly related to his strong religious beliefs. His chosen profession would be ministry or Spanish interpretations, he said.

In fact, the reason he chose to attend Boone DMACC was that it offered second-year Spanish classes.

“My ideal vacation is where I’m going this summer. I’m going to Spain.” He traveled to Costa Rica last summer for two weeks to stay with a host family.

James, who is legally blind, said he can see “forms” or outlines but not much more, uses a screen reader program to do things like look at websites and read email. He also purchases the audio version of the textbooks for class.

James said he “doesn’t have much free time,” but for now his spare moments are devoted to raising awareness about his petition for the Help Iowa Braille School project.

“I hope I get a lot of signatures,” he said.

Creative Writing winners announced

DMACC — The DMACC District-Wide Creative Writing Contest is pleased to announce the winners of the 2010-2011 Contest.

Winners were select from more than 130 excellent entries. In addition to either scholarship or cash prizes, winners will be published in Expressions magazine. Winners will participate in a Masters Workshop and public reading with professional writers from the DMACC Literary Festival this April.

$1,000 Scholarship — Jennifer J. Riggall 


$500 Scholarship — Bridget Cunningham

Poems: “My Sun” and “Rebuild” and Fiction: “The Pearl”

1st Place Fiction ($100) — Michael Miller, “A Sense of Touch”

2nd Place Fiction ($50) — Christa Smith, “Let it Go”


1st Place Poetry ($100) — Brad Collings, “The Dandelion Boys”

2nd Place Poetry ($50) — Marilyn A. Kelley, “Again Last Night”

3rd Place Poetry ($25) — Gail George, “Cancer Part 1: Surviving”

Honorable Mention Story — Julia Bittner, “Junebug and Juniper”

Honorable Mention Poem — Katherine Chotoian, “Soft Chew Diet”
**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) 431-5029 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.

**Additional Scholarship Assistance**

Don’t miss out on additional grant assistance. The following scholarships is available from the Iowa College Student Aid Commission. You must complete the Iowa Financial Aid Application (links below) to apply.

You must complete both the FAFSA and the Iowa Financial Aid Application, if you wish to apply for the scholarships below at https://apps.iowacollegeaid.gov/common/default.aspx?cmd=wizInfoView, select “Undergraduate Student.”

2011-2012 Iowa Financial Aid Application available for students applying for the following program:

*Iowa National Guard Educational Assistance Program (NGEAP, priority deadline of August 31)*

**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 Educational Opportunity Grants and Federal College Work Study.

**Totally Tattoos**

Totally Tattoos will be in the Courter Center on March 9 from 9 a.m. until 4 p.m.

**Wii Deal or No Deal Contest**

The Students Activities Council is sponsoring Wii Deal or No Deal on Thursday, March 10 from 9 a.m. to 11 a.m. in the Courter Center.

**Spring Break**

Spring break will be the week of March 14. Offices will be open during break.

**World Water Day Taste Test**

There will be a World Water Day taste test on March 22 in the Courter Center from 9 a.m. until noon.

**Blood Drive**

The Blood Center of Iowa will be putting on a blood drive on March 23 from 9:30 a.m. until 1 p.m. in the Courter Center. To schedule an appointment, go to www.bloodcenteriowa.org.

**Singer to Sing**

Danny Grause will be singing from 12 p.m. until 1 p.m. on March 23 in the Courter Center.

**Time for Ice Cream**

On March 23, students will be able to build their own ice cream sundaes in the Courter Center from 12 p.m. until 1 p.m.

**Beach Volleyball**

There will be beach volleyball on March 31 from 7 p.m. until 9 p.m. The location is yet to be determined.

**Drama Department to present spring play**

The DMACC Boone Campus drama department will be presenting their spring production, “Dead Giveaway” on April 1 and 2 at 7:30 p.m. in the Boone Campus Theatre. Admission is $5 and free to students who present their student ID card. Refreshments will be served by members of the Phi Theta Kappa Chapter of the Boone Campus.

**Have a fun and safe spring break!**

Turn to page 8 and “Guess this Pic”

Guess the picture correctly and win a prize!!
**DMACC - Sophomore E.J. Hicks of Davenport matched his season high with 25 points to lead the Des Moines Area Community College men’s basketball team to an 83-71 win over North Iowa Area Community College in the National Junior College Athletic Association Region XI Division II semifinals March 2 at the DMACC gymnasium.**

Kannon Burgan of East Moline, Ill., added 19 points and freshman Cole Martin of Nevada, Neb., came off the bench to score 18 points and grab 10 rebounds as the Bears moved into the tournament semifinals with a 23-2 record.

“DMACC is a great team,” said Mark Muhl, head coach for the NIACC Trojans. “They have an outstanding ball club. We are going to play one of our best games of the year against the Bears.”

DMACC trailed by 11 points twice in the first half before taking a 36-33 advantage at halftime. Hicks, who scored 14 points in the second half, made a pair of 3-pointers early in the half to put the Bears up 42-37, but NIACC had an answer and held a 35-30 lead with 11 minutes, 31 seconds to play.

DMACC responded with a 17-4 run to all but put the game out of reach. The Bears took the lead for good at 59-57 on the game’s final basket, a 3-pointer made in the second half. NIACC closed to 70-65 with less than five minutes remaining, but got no closer. The Trojans, led by Kenna Duren’s 16 points, closed the season at 16-13.

Martin’s 10 rebounds helped DMACC to a 40-30 advantage on the boards. Burgan added six rebounds and a team-high six assists and sophomore Mike Thompson of Davenport grabbed nine rebounds and made two key baskets in the final minute.

DMACC will play fifth-ranked Kirkwood Community College in the Region XI Division II semifinals March 5 at DMACC.

Game time is 1 p.m.

KCC won both of its games against the Bears during the regular season. The Eagles were victorious by a 71-59 score Jan. 19 at Cedar Rapids. They defeated DMACC 75-69 Feb. 16 at Boone.

“We played pretty well,” said Kurtis Phillips, forward for the DMACC Bears. “It was a team effort and everyone contributed to the game. I’m looking forward to playing Kirkwood.”

Hicks scored 23 to lead DMACC men past NIACC in Region XI Tourney

**DMACC - Freshman point guard Jonathin Wood scored four of his team’s 16 points and dished out seven assists to lead the Des Moines Area Community College women’s basketball team to a 79-69 win over Marshalltown Community College in the National Junior College Athletic Association Region XI Division II semifinals March 1 at Marshalltown.

“I thought both teams played hard,” said Jocelyn Axland, assistant women’s basketball coach. “It was a well fought game by both sides and I think the ladies pushed themselves all the way to the end.”

The Bears got 14 points from sophomore Katelyn Wood of Shenandoah and five rebounds and five assists from sophomores Carli Bunning of Boone and Caitlin Axland of Lee as they moved into the tournament semifinals with a 21-10 record.

DMACC pulled away in the first half and had a 41-31 advantage at halftime. The Bears played MCC on even terms in the second half to come away with their second win in three games against the Tigers this season.

Bunning grabbed six rebounds to help DMACC to a 48-30 advantage on the boards. Freshman Jocelyn Coleman of Shenandoah had six points and five rebounds and freshman Ashley Higdon of Irwin and Asdahl had three steals apiece. Hagedorn also contributed seven points.

The Bears will play sixth-ranked Kirkwood Community College in the Region XI Division II semifinals March 4 at the DMACC gymnasium. Game time is 6 p.m.

KCC won both regular season matchups. The Eagles defeated DMACC 68-59 Jan. 19 at Cedar Rapids. Whitney Rohrbach of Coralville’s 3-pointer with seven seconds remaining gave KCC a 67-64 win Feb. 16 at Boone.

**DMACC women fall to Iowa Central in region XI championship game**

**DMACC - The Des Moines Area Community College baseball team lost both games in a doubleheader against Crowder Community College Feb. 26 at Neosho, Mo.

The Roughriders won the opener, 8-4, and took the nightcap, 5-2, DMACC, ranked ninth in the National Junior College Athletic Association poll, fell to 17-4.

Freshman second baseman Sean Moore of Coralville and sophomore Greg Larpenter of Urbana scored two of the four runs in the fourth inning when sophomore third baseman Ben Borman single home two runs and another run scored on a Crowder error. Moore, who singled twice, also scored in the eighth inning on a double play ball by Borman.

Sophomore Ryan Toegerson of Johnston suffered his first loss of the season. Toegerson threw the first six innings, allowing eight runs on 10 hits. He struck out five and walked two. Freshman Alex Crawford of Wilton worked two innings and allowed just one hit.

Moore collected a pair of singles in the second game and was the only DMACC player with more than one hit.

The Bears scored one run each in the fifth and sixth innings. Freshman Collin Kelle singled and scored on a fielder’s choice in the fifth. Freshman Alex Lee of Prospect Heights, Ill., singled and scored on a double play ball by Larpenter in the sixth inning.

Freshman Austin Urban of Johnstown, Penn., threw the first five innings and suffered the loss. He allowed five runs on six hits, struck out six and walked two. Sophomore Josh Deboer of Coralville worked the last three innings. He allowed one hit, struck out five and walked one.

DMACC and Crowder were scheduled to play a doubleheader on Feb. 25, but the games were cancelled because of inclement weather.
DMACC baseball team sweeps 4-game series at Independence

**DMACC** • The Des Moines Area Community College baseball team swept all four games of its series with Independence Community College Feb. 19-20 at Independence, Kan.

DMACC, ranked ninth in the National Junior College Athletic Association Division II poll, defeated the Pirates by scores of 9-1 and 7-3 on Feb. 19. On Feb. 20, the Bears earned 11-0 and 13-1 victories. DMACC improved to 6-1 for the season with the wins.

The Feb. 19 opener saw freshmen Sean Moore of Coralville, Wildeman Maldonados of Guinea, Porto Rico, and Alex Lee of Prospect Heights, Ill., collect two hits apiece. Sophomores John Leoffler of Burnsville, Minn., and Sean Borman of Minnetonka, Minn., drove in two runs apiece. Sophomore Ryan Torgerson of Johnston improved to 2-0 with the win. Torgerson worked six innings. He allowed three hits and struck out seven. Sophomore Andrii Weiss of Ames threw the seventh inning and allowed one run on one hit. DMACC led 4-0 before putting the game out of reach with five runs in the top of the sixth.

Freshman Collin Keefe of Woodbury, Minn., had four hits and Leoffler and Maldonados collected three hits each to pace DMACC in the second game. Freshman Gabbie De Varona of Pembroke Pines, Fla., drove in two runs for the Bears. Freshman Austin Urban of Johnston, Iowa, scored the first five innings and earned his first win of the season. Urban allowed three runs on three hits. He struck out one. Sophomore Dylan Thomas of Lakeville, Minn., worked the sixth inning and struck out four batters after allowing a base runner on a wild pitch third strike, and sophomore Drew Frite of Wilton threw the seventh inning and struck out two batters.

De Varona and Moore each homered and sophomore Greg Larpenter of Urbandale collected three hits and drove in two runs as the Bears routed ICC 11-0 in the first game on Feb. 20. De Varona finished with four RBIs and Leoffler, Borman, Lee and freshman Jesus Navarro of Buena Vista, Iowa, had two hits apiece. Freshman Alec Crawford of Wilton threw his record to 2-0 on a two-hitter. He struck out seven and did not walk a batter.

Freshman Alex Laslomb drove in four runs with a home run and a double to lead DMACC past the Pirates in the second game. Leoffler and Borman had three hits apiece in the game and Moore and sophomore Helaina Cordova of Vega Baja, Porto Rico, had two hits apiece. Borman had three RBIs for the Bears, who collected 15 hits in the game, including nine doubles. Sophomore Josh Deboer of Coralville allowed three hits and struck out nine to pick up his first win of the season.

DMACC traveled to Neosho, Mo., for games against Crowder Community College on Feb. 25 and 26. Sophomore Kevin Webb of Independence led DMACC in scoring with a season-high 36 points on 12-of-21 shooting and 7-of-10 from the free throw line (33-of-45) and 37 percent from the field (55-of-150). Wood has made 20 of 63 three-point field goal attempts.

Wood is averaging nine rebounds a game and also leads the team in that category. She has grabbed 257 rebounds, including 202 off the defensive glass.

Wood also excels in the classroom where she carries a 3.59 grade point average. She plans to continue her education and athletic career at a four-year university.

DMACC is 20-5 overall and 8-7 in the Iowa Community College Athletic Conference.

**DMACC Bears shooting guard #22 Cole Martin goes up for a 3-pointer during the Bears’ season-opening 85-52 win over Southwestern Community College on Feb. 12.**

**DMACC Women’s Basketball Program**

DMACC’s Katlyn Wood named ICCAC Scholar Athlete of the Week

**Katlyn Wood**

DMACC • The Iowa Community College Athletic Conference has named Katlyn Wood of Des Moines Area Community College their Scholar-Athlete of the Week for the week of Feb. 17.

The award comes on the heels of Wood being named the conference’s Athlete of the Week for the week of Feb. 11. And she is the third DMACC student-athlete to earn Scholar-Athlete of the Week honors in consecutive weeks. Sophomore Carli Bunning received the award for the week of Feb. 11 and freshman Lacy Stevenson was named the conference’s Scholar-Athlete of the Week for the week of Feb. 4.

Wood scored 10 points and grabbed 11 rebounds in the Bears’ 81-46 win over Southwestern Community College on Feb. 9. She followed that performance with 30 points and 13 rebounds in a 56-42 win over North Iowa Area Community College on Feb. 12. Wood, who is from Monroe, leads DMACC in scoring with a 13.6 average. She is shooting 46 percent from the field (165-of-359) and 37 percent from the free throw line (33-of-103). Wood has made 20 of 63 three-point field goal attempts.

Wood is averaging nine rebounds a game and also leads the team in that category. She has grabbed 257 rebounds, including 202 off the defensive glass.

Wood also excels in the classroom where she carries a 3.59 grade point average. She plans to continue her education and athletic career at a four-year university.

DMACC is 20-5 overall and 8-7 in the Iowa Community College Athletic Conference.

**Burrage scored 36 as Bears average loss to Iowa Lakes, 77-60**

Sophomore Kannon Burrage of East Moline, Ill., scored 36 points to lead the DMACC men’s basketball team to a 77-60 win over Iowa Lakes Community College Feb. 19 at Estherville.

The victory avenged a 75-68 loss to the Lakers on Jan. 22. Sophomore Mike Thompson of Davenport had 10 points in the win.

**DMACC Women lose last game of regular season**

Freshman point guard Sam Thrapp of Davenport scored 21 points, including 11 in the second half, as the DMACC women’s basketball team dropped a 73-66 decision to seventh-ranked Iowa Central Community College Feb. 23 at the DMACC gymnasium.

The game was the last of the regular season for both teams. DMACC closed at 20-10 overall and 8-8 in the Iowa Community College Athletic Conference. ICCAC ended play at 24-4 and 14-2.

**Iowa Central tops DMACC in regular season finale**

Sophomore Kannon Burrage of East Moline, Ill., scored 18 points and freshman Cole Martin of Omaha came off the bench to score 13 as the DMACC men’s basketball team lost to Iowa Central Community College 58-49 Feb. 23 at the DMACC gymnasium.

The game closed out the regular season for both teams. DMACC ended play with a 22-7 record overall and an 8-6 mark in the Iowa Community College Athletic Conference. ICCAC finished at 25-10 and 10-4
SCA hosts battle, events at Boone Campus

Daniel Ginger
News Editor

Imagine a world with knights. Armored warriors who wield swords and shields and who stand for justice with unwavering courage. In this world people spin their own wool for yarn and clothing. On Wednesday, March 2, that world came to DMACC Boone Campus.
The Society for Creative Anachronism is an international organization with groups in several countries across the globe, including England, China and Russia. The SCA strives to bring a simpler time to the modern world. "You have a lot of fun. It’s a place where everyone can find something they are interested in," said Lady Margret Willis, an SCA member who was at the Boone Campus, about the group she represents.

Known to the modern world as Michelle Wagner, Lady Willis describes how the SCA is organized, "Our group is broken into kingdoms, each ruled by a King and Queen, who are chosen by a Right of Arms. This all-out battle is held every six months and designates the new Price and Princess, who after three months, and designates the new Price and Princess, who after three months, ascend to the throne."
The Ames group of the SCA is a Canton of the Des Moines Barony. This means the group in Des Moines is in charge of the Ames group.

There are several hobbies to get involved with in the SCA. Caleb Hamilton, a member of the SCA, says, "This is a place where you could be a great fighter on the battlefield as well as a gorgeous knitter."

Lady Willis, the groups Minister of Arts and Sciences, described the divisions of crafting. "We have people who knit, make their own clothing and yarn, make their own weapons or armor and sew their own clothes." To those eager to join, Lady Willis says, "Come to an event and see what it’s like. See what you’re interested in, and go from there."
The Ames SCA meets at Kihlter Hall Animal Pavilion on the ISU campus on Wednesdays from 7 p.m. to 9 p.m. For more information, visit www.scsca.org.

Gas prices, cont. from page 1

All postings must be pre-approved by the front desk before being attached to the Commuter’s Board. "It [the cost of gas] sucks. But, if you’re smart about how you drive and can carpool, it’s a better option," said Lisa Ritchie, who will be achieving DMCC’s “Operation Green” initiative to reduce the college’s impact on the environment.

Green, cont. from page 1

Individual conservation efforts also can add up. Woods requires her students to use scratch paper in class. She also posts her syllabus and other documents online, instead of printing them.

Compare this to the amount of paper used in the computer lab in the library. Librarian Karen Mesler estimates library staff replace the paper in the printer “three to four times per day.” One ream of paper has 500 sheets.

Karen thinks a policy would help reduce the amount of paper used.

“Basic regulations are needed, but enforcement of them would be difficult,” she said.

Woods said, “I think we are doing a good job but we still have room to grow.” If you would like to participate in Operation Green, go to https://tgo.dmacc.edu/green
Fast and Healthy Snacks

By Anna Rinehart
Staff Writer

Fast healthy snacks on the go

It’s hard to make healthy food choices when we are so busy with homework, studying, working, and all the other things that come with life. Also, it’s hard to get healthy foods without spending a fortune. I mean, we are college students and we need something fast, cheap, and convenient. If this is true are we really eating a balanced and nutritious diet? Are we getting all the adequate vitamins and minerals we need in a day? If we are just eating fast food, pizza, doughnuts, candy, and pop, we are not getting all the nutrition our bodies need for optimal health. These items are loaded with fat, sugar, and sodium, which is all nutrients you want to limit. I am not saying you can’t ever eat these items, but what I am saying is be conscious of the food you are consuming. No one else is making the decisions to eat that snickers or doughnut but you. That is the beauty of choice. I am encouraging you to put down the candy bar and pick up some fruit or vegetables. Some examples of healthy snacks on the go are as follows: fresh fruit, nuts, dried fruit, carrots, low fat yogurt, grapes, bananas, apples, peanut butter with a slice of bread. These are a few healthier food choices with actual health benefits.

Benefits to eating healthier snacks

Strawberries are a heart healthy snack and also have tons of antioxidants. Bananas are a rich source of potassium and vitamin C, and apples have pectin that helps remove harmful toxins from the body. Almonds are rich in mono-unsaturated fatty acids that help one’s LDL (bad cholesterol). Carrots keep eyes healthy and skin looking beautiful. These are just a few positive outcomes with choosing fruits, vegetables, and nuts. These are only a few health benefits to eating vegetables and fruits on the go. They are also low in calories if you are trying to lose weight or maintain a healthy weight. They may also make you feel fuller longer.

Some healthy drinks on the go

Instead of picking up that pop, pick up some fruit juice with no added sugar. It does have some sugar, but it’s natural sugar, which is a lot better for you. Pop is loaded with tons of added sugar. The USDA Food Guide (2000 calories) recommends no more than 8 tsp (32 grams) a day. One 8-ounce can of Mountain Dew has 31 g of sugar. This amount is almost all the added sugar one should consume in a day, and is in one can of pop. Here are some low calorie drinks that I recommend on the go: water, vegetable juice, fruit juice (no added sugar), skim milk, unsweetened ice tea, crystal light lemonade, green tea, G2/ light Gatorade.

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>Apple</td>
<td>96</td>
</tr>
<tr>
<td>Bannana</td>
<td>105</td>
</tr>
<tr>
<td>Almonds</td>
<td>139</td>
</tr>
<tr>
<td>Peanut Butter and 1 slice of whole wheat bread</td>
<td>180</td>
</tr>
<tr>
<td>Dried Cranberries (1/3 cup)</td>
<td>130</td>
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<tr>
<td>Sun Maid Mixed Fruit (1/4)</td>
<td>100</td>
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<tr>
<td>Frozen Fruit - Peaches</td>
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<tr>
<td>Carrots</td>
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<tr>
<td>Popcorn-air popped</td>
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<tr>
<td>Oikos Organic</td>
<td>120</td>
</tr>
<tr>
<td>Fiber One Bar</td>
<td>90</td>
</tr>
<tr>
<td>Kashi TLC</td>
<td>120</td>
</tr>
<tr>
<td>Vegetable Juice (16 oz.)</td>
<td>0</td>
</tr>
<tr>
<td>Fruit Juice (no sugar added/8 oz.)</td>
<td>100-140</td>
</tr>
<tr>
<td>Skim Milk (8 oz.)</td>
<td>90</td>
</tr>
<tr>
<td>Unsweetened Ice Tea (12 oz.)</td>
<td>1</td>
</tr>
<tr>
<td>Crystal Light Lemonade (8 oz.)</td>
<td>5</td>
</tr>
<tr>
<td>Green Tea (8 oz.)</td>
<td>2-5</td>
</tr>
<tr>
<td>G2 Light Gatorade (8 oz.)</td>
<td>50</td>
</tr>
</tbody>
</table>

Producing a food bank

By Samuel Titus
Contributing Columnist

Students attending college may or may not find it hard to believe that some may lack the funds to afford food, let alone their education and housing. According to the Iowa Food Bank, 1 out of 9 people lack sufficient food supply, children are at even higher risk with 1 out of 6, and 342,934 Iowans currently live below the poverty line. This is a very concerning problem that has and currently exists on the DMACC-Boone Campus, but the question for a solution exists. There are at least a couple food programs that most students go to locally in Boone. One is the Red Rock Community Action, located at 606 Greene Street (their phone number is 515-432-5052), and the Church of God of Prophecy at 21st St. and Crawford St. (may reach them at following URL: www.facebook.com/pages/Boone-Iowa-Church-of-God-of-Prophecy/114837988540477). Other options that may exist but aren’t in Boone may include the Ames Aldi’s at 1301 Buckeye Avenue by Movies 12, which have non-brand and non-taxed items which maybe less expensive then other grocery stores. Another option that is just under way by both Phi Theta Kappa and Developmental Psychology classes on campus. They have recently been active with a free spaghetti supper at DMACC basketball games. Overall, DHC Instructor Maggie Stone comments, “I have seen students from this year, and prior years that were in need of food, and I believe they would benefit from this.” She says that they are attempting to raise funds for local grocery store coupons and giftcards to provide to students. Also any nonperishable food items that anyone is able to contribute would be greatly appreciated, and can be dropped off in boxes in front of Maggie Stone’s and Nancy Wood’s offices.
This week’s horoscopes

ARIES (March 21-April 20) Monday through Wednesday author- 

ary figures may ask for solid de-

cisions. Detailed documents, 

timed contracts or legal permis-

sions may be involved. Expect no 

hidden agendas here. For many 

Aries natives almost eight months 

of unreliable business promises 

will soon end. After mid-week a 

complex romantic invitation may 

temporarily cause workplace or 

family tensions. Loyalty, canceled 

plans or revised time schedules 

may be a key source of concern. 

Offer encouragement.

TAURUS (April 21-May 20) Unexpected social delays or 

moody moments between loved 

ones may now be bothersome. 

Remain cheerfully distant and 

avoid asking direct questions. Be-

fore next week romantic partners 

and close friends will require add-

ed privacy. Complex relationships 

will soon evolve towards harmo-

ny; watch for valuable progress. 

Wednesday through Saturday ongoing property disputes will be 

quickly resolved. Stay open and 

expect key officials to offer new 

long-term agreements.

GEMINI (May 21-June 21) Repeated patterns and old love af-

fares are accented this week. Mon-

day through Thursday expect 

complex messages or messages 

from the past to captivate your 

attention. Yesterday’s choices 

will soon be proven accurate. Remain 
dedicated to current romantic and 
social obligations. Late this week a 
friend or relative may present an 
unsual business or financial part-

nership. New proposals will eventu-
al work in your favor. Remain 
cautious, however, and watch for 

last minute options.

CANCER (June 22-July 22) So-

cial gatherings will this week pro-

duce delightful distraction. New 

friendships, quick job proposals 

and promising romantic introduc-

tions will now work to your ad-

vantage. Use this time to expand 
your emotional and financial re-

sources. All is well. Later this week 
some Cancerians will be asked to 
clarify or resolve the past financial 
mistakes of a colleague or trusted 
work partner. Remain quietly 
diplomatic but respond quickly; 
your emotional insight and sensi-
tivity will be greatly appreciated.

LEO (July 23-Aug. 22) Outstanding 
documents will now cause unnessa-

cery financial delays. Refuse to 
postpone small or annoy-

ing duties. Over the 

next eight days long-

trusted contracts may need to be re-

defined. Remain 
determined and ask key 

officials for detailed 

paperwork and new legal 
documents. Af-

ter Thursday a friend 
or relative may feel 

unusually affected 

by past memories or 

recent social events. Press loved 

ones for short-term social prom-

ises. Planned events will require 
confirmation.

VIRGO (Aug. 23-Sept. 22) Key 

business decisions from approxi-

mately three months ago may 

now require clarification. Author-

ity figures or younger relatives 

will soon expect detailed records 
or written proof; others may be 

temporarily unsure of their 

own choices. Take none of it personal-

ly. This week workplace attitudes 

will improve and vital projects will 

be redefined. Later this week an 

old friend or past lover may reveal 

complex or unexpected opinions. 

Go slow; powerful emotions are 

involved.

LIBRA (Sept. 23-Oct. 23) Authority figures may provide 

misinformation or poor instruc-

tions over the next few days. If 

so, remain silently productive 

and rely on your own instincts. Hid-

den power struggles or private 

disagreements will trigger work-

some exchanges. After next week 

romantic partners may soon expect 
detailed records or request extra 

financial promises. Ask for 

clearly defined 

terms and valid expectations. Af-

ter Thursday some Pisceans will 

challenge your opin-

ions or request extra 

private time. Don’t be 

unreasonable. Before next 

week recent disappoint-

ments may need to be 

examined and resolved.

THURSDAY through Sun-

day accents minor dis-

putes and last minute social doubt will not 

be permanent. After Wednesday 

family obligations may soon 

be redefined.

SAGITTARIUS (Nov. 23-Dec.

21) Financial obligations may soon 

be temporarily complex or drain-

ing. After Tuesday new offers or 

promises may seem to challenge your opin-

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be redefined.

PISCES (Feb. 20-March 20) 

Work contracts and business per-

missions may soon be cancelled. 

Over the next five days expect 

key officials to introduce complex 

adjustments or revised schedules. 

Financial promises are now best 

translated into written agree-

ments. Ask for clearly defined 
terms and valid expectations. Af-

ter Thursday some Pisceans will 

experience a powerful wave of 

social or romantic intuition, vivid 

dream activity and quick emo-

tions. Ask loved one for support 

and encouragement. All is well.

If your birthday is this week...in 

the coming weeks romantic com-

munication will be unusually in-

tense. After this week expect both 

loved ones and potential mates to 

actively seek your attention or 

approval. Relationships that 
generally expand over the next few 

weeks will remain in your life. Al-

ternatively, loved ones that avoid 

change or refuse to acknowledge 
new emotional needs will begin 

fading from your life. After mid-

August several years of lastest 

social and romantic progress will 

end. Watch for fresh proposals 

and reliable emotional rewards 

from loved ones. Business plans 

will also need to be adjusted. Re-

main open to all new job options.