IM MOBILIZED
Are we addicted to our smartphones?

By Rose Sibbel
Contributing Writer

Before Morgan Jones got her smartphone, she had limited means of contact with her friends. "I had battery issues, so when my phone would die, I had no communication to anything and I couldn’t get a hold of anyone if I had to," the 21 year old DMACC student said. "I felt naked without it.

Andreá Casotti, 18, got her first smartphone last February. While she was still able to text on her old phone, her new phone allowed her to access social media at all times of the day. "I use it [social media] a lot more now, just because it’s there," she said. At times, when she can’t find her phone, she said she starts "freaking out, because [I] don’t know what’s going on.

Students also find themselves pulling out their phones in class, often times during a lull in the discussion or using it while simultaneously listening to their professor. "I’ve kind of gotten to the point where I can listen and look at my phone at the same time," Molly Sayre, 23, said.

While the DMACC handbook states that cell phones should be turned off or switched to silent mode in class rooms, the school lets each professor make their own policy. Professors

New program eases transfer process
By Megan Olson
Staff Writer

DMACC launched the University College Transfer Program or UCT program this semester. UCT is a program designed to help students gain experience and advance their academics before transferring to their preferred university. "It is a growing program that is open to any arts and science students wanting to transfer," said Megan Baker, the assistant director, student development at DMACC. Her office is located at the Ankeny campus.

We are very excited about this program, it is very See UCT, page 3

WHAT YOU SAID...
Who is your celebrity crush?

Bridget Biersner
Alicia Snipes

"Adam Levine" "Denzel Washington"

This is the last issue of Banner News for the semester. Look for the first issue of the spring semester on news stands Jan. 28
Instructor publishes piano CD

DMACC Boone Campus Music Instructor Cindy Lin has had a solo piano CD published and released.

Lin’s “French Chamber Pieces” was recently published and released by Centaur Records, one of the largest classical labels in America. It is now available on major distributors such as amazon.com.

Dr. Lin holds a Doctor of Musical Arts in Piano Performance from the University of Maryland, School of Music. She also earned a Master’s degree in Piano Performance from The Boston Conservatory and the University of Maryland, School of Music. She was born in Taiwan, where she started playing piano at age five.

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By Megan Olson

Staff Writer
Amanda Betz is more than just the DMACC Banner Newspaper Editor. Before Betz attended college, she graduated from Ballard High School. During her time at Ballard, she was involved in band, color guard, and volleyball. Before high school, she lived in Europe. Betz was born in Ames, and then moved to Europe in fifth grade. She lived in Germany for two years. Betz is a sophomore going to direct the DMACC and Iowa State University. She is majoring in Liberal Arts here at DMACC and Accounting and Finance and mi-

Spotlight: Student

Meet Amanda Betz

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 ban-

her Accounting and Financing degree. After graduating she will be pursuing her masters degree in accounting and business ad-

нимistration.

"It would be a great challenge to be the Banner Newspaper Editor. I’ve acquired a lot of skills: keeping deadlines, management skills, and better people skills," says Betz.

"Working on the newspaper really relies on your peers and they rely on you to get your work done. Instead of being held ac-

countable to a teacher, you’re accountable to a whole team, which can be intimidating, but it’s a necessary skill to learn and have," says Betz. "It really is a teamwork type of class.

Students should be involved in the newspaper because not only does it teach you many useful skills, it also is a look at the work place in a way. It is not like other classes where the teacher gives you a structured plan. You have to do this on your own time, the teacher does not have a schedule, and you are responsible for getting your work done on time. It helps with time management and working in a group."

By Megan Olson

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working with networking

UCT from page 1

helpful for students," she said.

This semester about 130 stu-

dents enrolled in the program
district-wide. The majority of these students were at the Ankeny DMACC Campus.

Students enrolled in the UCT program are assigned an academ-
ic advisor. They are to meet with their advisor once a semester to discuss priorities such as: classes, when they want to graduate, how they are doing in their classes, what they want for their future, etc.

The UCT program offers stu-
dents the opportunity to take one class tuition free – either transfer planning class or a career explora-
tion class. The student must get a C or better for the class to be free.

This program also requires students to attend three campus events throughout the school year. This encourages students to become involved in the cam-
pus. Involvement is a big part of the UCT program. This program involves students in leadership activities, makes business con-
nexions, builds personal and aca-
demic development, and it also connects students to employers all with the help of their advisor.

For more information about UCT, visit https://go.dmacc.edu/ uct/Pages/university-college-transfer-program.aspx.
Smartphones can cause dumb distractions

MOBILE, from page 1

at DMACC noted that while their cell phone policies aren’t strict, they do notice students on their phones from time to time and may take that into account when figuring grades.

Tammie Foltz, a sociology professor at Boone, says she gives out participation points and lets students know that cell phone usage also has an effect on those possible points. Throughout the semester, she mentally keeps track of students she observes spending too much time on their phones during class, which may affect their grade.

“My policy is very subjective, [students] don’t really get the full effect of it until the end of the semester,” Foltz said.

Foltz said the stricter policies in the past and I’ve found it doesn’t work. People are just too addicted. Even when I would tell them they want to see it when it lights up, what’s going on. You have to do more to check it, and the only way you can do that is by offering an incentive. And the incentive is you’re not going to get a painless feedback.

Foltz went on to say that cell phones can be an easy distraction, even if you might not seem like it at the time. “We can’t do two things at the same time. We think we can, but our brains are just not able to do it at the same time,” she said.

Much like how talking on a cell phone while driving can be a distraction, research has proven that using a device while doing other tasks, such as trying to maintain a conversation with another who is physically present or, in the case of academics, sitting in class or doing homework, can have mental effects, as well. The brain is working overtime to focus on two completely different tasks, making it even harder to control their lives.

Many of them confessed to being addicted to technology. Foltz and Taylor, both in the classrooms and in the hallways, you’ll just text someone or look at your phone just so you don’t have to make eye contact with someone.”

Taylor, who has been teaching for 17 years, has observed a gradual change in social interactions in the classroom.

“People used to come in and would talk to each other. I would sit at my desk behind them and hear great conversations and I would know what was going on in the world,” he said. “Now you come in and the whole class is on their phones. No one talks to each other, there’s no community any more.”

Michael Bugeja, professor and director of Greensleeve School of Journalism and Communication at SIU, noted that not only have smartphones changed social interactions, but have done so in a negative way. “They convey one message and one message only, sometimes it’s more important than the place you are and the person you are with. 70 percent of our waking day is spent looking at screens, according to my recent research. That not only removes those experiences, it changes the species.”

Even though society may be becoming less formal with each other, smartphone phones can also be a distraction and even should be considered in the classroom. “It’s more important to me now that I’m in college than it was when I was living at home,” Ash- ley Groninga, 18, said. “Between people back home and my friends here, it’s definitely the main part of my social interaction.”

Though smartphones make it easier to reconnect and main- tain current relationships, they also can make it harder to form new ones offline.

Behavioral scientists Nicho- las Epley and Juliana Schroeder conducted an experiment on a subway train in Chicago during a morning commute with two groups of people. One group was asked to engage in a conversa- tion with the stranger sitting next to them and the other group was asked to act how they normally would – that is, sit with their head turned off during their shows. DMACC students are no different and some are taking concen- trating steps to not let their devices control their lives.

“My friends and I went out to lunch one day and we decided to leave our phones in the car and we talked so much more,” Casotti said. “You just have better conver- sations when you don’t have your phone with you, because you’re not distracted by it.”
DMACC finishes 6th at Nationals; Case named to all-tourney team

Freshman Taylor Case of Preston, Minn., had 26 kills, 20 digs and four block assists as the DMACC volleyball team dropped a 3-2 decision to Central (Neb.) Community College (CCC) in the fifth-place match in the National Junior College Athletic Association (NJCAA) Division II National Championship November 22 at Phoenix, Ariz.

Case’s performance earned her a berth on the all-tournament team announced at the conclusion of the championship match.

CCC, the tournament’s No. 2 seed, won by set scores of 25-27, 25-23, 25-23, 15-25, and 24-22 to finish fifth. DMACC placed sixth, its highest finish since 2009 when the Bears finished fifth. DMACC went into the tournament as the No. 8 seed.

Sophomore Kaitlynn Vought of Dakota City and freshman Shelby Schouten of Alton had 14 kills apiece and sophomore McKenzie Grimm of West Bend had 10 of Alton had 14 kills apiece and sophomore

Freshman Tatum Meyer of Algona led DMACC in block assists with eight. Vought joined Case with four and sophomore Nevada Mels of Council Bluffs had three.

DMACC advanced to the fifth-place match with a 3-1 win over Pasco-Hernando State College (PHSC) on November 21. Set scores were 25-14, 25-16, 17-25 and 25-18.

Vought and Grimm led DMACC with 12 kills apiece, Schouten had eight and Case came away with seven. Soranzo finished with 17 assists and Huttmann had 14. Rasmussen topped the Bears in digs with 14 and Case finished with 13. Meyer had eight block assists and Vought and Grimm contributed three block assists apiece.

Case was the lone DMACC player named to the all-tournament team. In DMACC’s four tournament matches she totaled 49 kills, 66 digs and nine block assists.

Case’s performance earned her a berth on the all-tournament team announced at the conclusion of the championship match.

Women improve to 5-4

Freshman Kiana Peterson of Madrid scored a team-high 22 points to lead the Des Moines Area Community College (DMACC) women’s basketball team to a 79-76 win over South Australia November 29 at the DMACC gymnasium.

Sophomore Lataisha Harmon of Milwaukee, Wis., and Tiana Thompson of Tama scored 12 points apiece as the Bears overcame a 44-37 halftime deficit to improve to 5-4 for the season. Freshman London Vais of Adair contributed nine points to the DMACC attack and freshman Ashley Dumler of Dike finished with eight points.

Dumler finished the game with a team-high seven rebounds, helping the Bears to a 41-41 tie on the boards. Sophomore Chelsea Anderson of Gowrie had six rebounds and Vais came away with five. Thompson dished out a team-high seven assists and Anderson paced the Bears in steals with four.

The DMACC women will play the Grand View University junior varsity Dec. 2 in Des Moines.
By Gina Buzzell
Guest Columnist

Why didn't the GMO chicken cross the road? Because when you grow a chicken in 48 days its bones aren't strong enough to support its weight. Don't go to the grocery store until after you have seen the startling documentary Food, Inc., by director Robert Kenner, with support from experts Eric Schlosser and Michael Pollan. This film exposes what the food industry to expose it for what it really is and encourage people to be more knowledgeable about where their food comes from. Food, Inc. reveals how the mass production and processing of beef, pork, and poultry farms by factory farms causes unethical treatment of animals. It also offers an alternative view, showing the production and processing of organic beef, pork and poultry farms by local farmers. Other considerations in the film vary, from the way consumption of corn products in most of the country makes us eat towards a diabetes epidemic to the way consumption of corn by animals is leading to health risks such as E. Coli and salmonella. I believe that Food, Inc. is a successful documentary because it exhibits a clear purpose, and a coherent, non-contradictory whole.

In terms of purpose, Food, Inc. comes right out and says it wants to "lift the veil" on the food industry, to show people where their food really comes from. The documentary informs people that the bitter truth on how their food is produced and processed. The truth is shown through clear evidence of the unethical treatment of chickens on CAFOs (Confined Animal Feeding Operations). They show that farmers have redesigned chickens because of people's demand for white meat. The redesign enlarges chicken breasts, which is problematic because chickens are unable to hold themselves up. There are scenes of the unsanitary conditions in a Purdue grower's chicken house to emphasize that the chickens are suffering during production. The chickens are packed in confinement, as many as possible, like sardines in a can, forcing them to live amongst their own feces, sick and dead. Food, Inc. also includes live footage from hidden cameras during a pick-up of the chickens to take to processing. The footage depicts how workers treating the chickens with no respect by carelessly kicking and throwing them into transport.

Food, Inc. takes fairness in consideration when displaying its point of view on the food industry. Throughout the film there were many attempts to point to the representation of the food industry by trying to interview the big companies like Monsanto, Tyson, Perdue and Smithfield, but they all refused. The film makes its point of view clear by presenting personal stories of families and farmers who have been negatively affected by the industrializing of the food industry. From the story of a two-year-old boy who died after consuming a hamburger contaminated with E. Coli to the stories of seed cleaners being forced to hand over their seeds because of Monsanto, it makes its position on the subject is clear to see. The negative perspective of the food industry is portrayed to add onto the main intent of "lifting the veil." Food, Inc. demonstrates a coherent whole, which contributes to the successfullness of the documentary. The film makes everything fit together like pieces of a puzzle. For example, it shows the production, processing, and consumption of corn. Not only is corn presented as a cheap product to put into an endless amount of consumables, but as cheap feed for cows to make them get fatter. Then it is shown that the fatter cows fill the demand of the growing fast food chains, which results in cheaper, fatter food for people, and thus that poses health risks, like diabetes. Food, Inc. also shows how the food industry is best summed up with a quote from the owner of Polyface Farms, Joel Salatin, "Industrial food is not priced honestly, not because it is not processed honestly;"
Tell us what you think!
Submit a letter to the editor or your own opinion column to bannernews@dmacc.edu

Submissions must be:
- DMACC student or locally related
- Well informed (sources cited)
- Approximately 500-700 words

Amanda Betz,
Editor-in-Chief
alberta@dmacc.edu

STEM students should look to manufacturing field

Amanda Betz,
Editor-in-Chief
alberta@dmacc.edu

We have made it to the end! We have all survived another busy semester, and I think we have earned a nice break. Finals week is upon us, and hopefully we all took advantage of Thanksgiving break to do some extra studying. Hopefully Mother Nature cooperates and gives us a white winter at not-so-frigid temperatures. I know I’m already having trouble staying warm.

This issue will be the last of the semester, but it’s still full of a lot of great information. We have a lot of guest columnists in this issue, and staff writer Megan tells us about the University-College-Transfer (UCT) Program. She fills us in on what advantages the UCT program can give you, and how to apply to the program. Our cover story is about cell phone addiction. I don’t know about you, but I’m definitely guilty of using my phone more than needed.

Congratulations to everyone who is set to graduate this semester. Your hard work and dedication have paid off, and you can add college graduate to your list of life accomplishments!

As you are looking at classes for next semester, don’t forget about us! You can sign up for class credit in J0122, or you can sign up for work study and get paid. Either way, we’re a fun bunch and we’d love to have you.

I’ve seen a great semester being your editor, and I look forward to coming back after the break and continuing where I left off. I hope you all have a wonderful white and warmer Christmas, and a wonderful New Year. Spend lots of time with your family and friends, drink lots of hot chocolate, and I’ll see you all next year!

Editor’s note: The guest column appearing on this page was written by DMACC Honors student as part of an Honors Capstone course.

by Bo Shen
DMACC Honors Student
Guest Columnist

Most people have an antiquated view of manufacturing. People think small. People think the working conditions of manufacturing factories are really bad. They think they pose serious health, safety, and environmental issues. People think working in manufacturing will be exhausting.

Based on my experience, manufacturing has changed and improved in every aspect. From working conditions to employee benefits, from business strategy to environmental issues, the manufacturing industry has evolved. Students in STEM (science, technology, engineer and mathematics) should consider manufacturing as place to find their ideal job.

Last summer, I attended Leadership Iowa University, a program of Iowa Association of Business and Industry Foundation. We visited Pella Corporation. I was totally fascinated and engaged during the entire tour. They have a fascinating manufacturing system. Pella’s business model includes the use of configure-to-order per customer requirements. In the factory, you can’t find any “standard” model for window or door, all the product are personalized.

Pella Corporation has effective lean design and lean supply chain from raw materials to the assembly department to decrease cycle time and inventory, increase productivity and capital equipment utilization, and also reduce any kind of waste.

After the tour, we had a networking opportunity with eight managers from production, IT, finance, sales, and marketing. It was so impressive that their marketing manager has an aerospace engineering degree. I asked him why he choose stay in Pella Corporation. He said one of company’s goals is to leverage IT to improve operations. Pella began to focus on improving the efficiency and accuracy of the manufacturing process. He said he thinks the way they use their database to develop marketing strategy, supply chain, and production is challenging him all the time. He also loves the company’s culture and work style.

It’s not only large companies like Pella Corporation; small companies also have an important role in Iowa’s manufacturing industry. Iowa is home to approximately 5,960 manufacturing firms operating from 6,440 locations throughout the state. About 46.8 percent of Iowa’s manufacturing firms are small or medium-sized enterprises (SMEs) with fewer than 500 paid employees.

The question for students is how to find the job they really want. Elevate Iowa is a project of the Iowa Association of Business and Industry. The Elevate Iowa website, www.elevateiowa.com, is the place to go for current information about manufacturing in the state. The goal of this program is to build a positive perception of advanced manufacturing in Iowa, to encourage people to consider careers in advanced manufacturing, and to show people the connection between education and jobs. It provides all the information you need to find a job you want in the manufacturing industry. You can locate your own career path depending on your personal interests, skills, and work style. At the same time, you can find the right educational institution to achieve the requirements for the job you want. Also it provides job information for the career you choose.

According to “Iowa’s Economic Projections by Industry 2010 – 2020” released by Iowa workforce development, Iowa’s industry employment projections to 2020 show that nonfarm payroll employment is projected to increase by 1.6 percent over the 10-year period, which will translate into 234,710 jobs. The manufacturing industry is expected to account for about 11 percent of the state’s job growth, which will translate into 22,450 jobs.

No doubt, Iowa is America’s largest producer of corn, soybeans, pig and eggs, but manufacturing is a major driver of the Iowa economy.

It’s not only large companies like Pella Corporation; small companies also have an important role in Iowa’s manufacturing industry. Iowa is home to approximately 5,960 manufacturing firms operating from 6,440 locations throughout the state. About 46.8 percent of Iowa’s manufacturing firms are small or medium-sized enterprises (SMEs) with fewer than 500 paid employees.

In Iowa, we have two main factors that support Iowa’s manufacturing industry. One, we have perfect business climate for a manufacturing company. No corporate income tax on profits from sales made outside of Iowa. (Iowa export $13.8 billion worth of manufactured and valued-added goods.) No personal property (inventory) tax. No sales or use tax on manufacturing machinery, equipment or computers. No sales tax on electricity or natural gas used in the manufacturing process. And we are one of only a few states in the nation to consistently offer a refundable research and development activities tax credit. Numerous public-private partnerships in Iowa focus on innovation and technology transfer, driving the commercialization of research and development initiatives with Iowa manufacturers.

Another reason is education. With 14 accredited engineering schools, Iowa schools produce nearly 1,500 engineering graduates each year. Both the University of Iowa and Iowa State University are recognized leaders for research quality. Also Iowa’s statewide system of 15 community colleges offers comprehensive educational programs in three major areas of instruction: preparatory, career programs, and vocational and technical education.

If you are considering a major or thinking about a future career, don’t overlook manufacturing. Things have change since my days. You can find an ideal career path for you in advanced manufacturing. Visit the Elevate Iowa website and see what job suits you.

Bo Shen, from Beijing, China, is graduating with honors from the DMACC Boone campus in December 2014. He will transfer to Iowa State University in January, where he will major in mathematics and computer science. He hopes one day to work as a financial engineer.
Yo ur horoscope this week

Aries (March 21-April 19) — Today is a good day to make a few extra cash over the next two or three days. Get creative! Think about using your free time by focusing on the path ahead. You're on top of the world. Plan an exciting trip and get your ducks in a row. Confirm reservations.

Taurus (April 20-May 20) — Today is an 8. Ask for help over the next few days. You need. You're gaining authority and power is increasing. Team up for a project you need. You're more likely to have it all... juggle the two days. Lay the groundwork and clear space for the future. Work could interfere with plans. It's possible to have it all... juggle the route originally intended. Remember to consult with your partner. Look before jumping. Expect outcomes to be higher than expected. Plan a bold adventure from the comfort of home.

Gemini (May 21-June 20) — Today is a 7. It's time to set your priorities and do some groundwork. You have more help over the next two days. Don't be wasteful... juggle the two days. Work out the numbers and sign contracts for the next two days. Lay the groundwork and clear space for the future. Work could interfere with plans. It's possible to have it all... juggle the route originally intended. Remember to consult with your partner. Look before jumping. Expect outcomes to be higher than expected. Plan a bold adventure from the comfort of home.

Cancer (June 21-July 22) — Today is a 7. Don't go anywhere. Slow down and take it easy. Stay calm. Talking with friends today and tomorrow clears up a situation that could overwhelm. Moderate a clash between normally gentle souls. Your team comes to your rescue. Sometimes the best action is no action.

Leo (July 23-Aug. 22) — Today is a 7. It's fun and positive cancer mood ahead. Move quickly to stay in the loop. Listen to the newsmen as well as what you get said. Take on new responsibilities today and tomorrow. Avoid arguing over silly stuff. Focus events capture your attention now. Share private information. Virgo (Aug. 23-Sept. 22) — Today is an 8. You can take charge over the next two days, but you may not follow the route originally intended. Remember to consult with your partner. Look before jumping. Expect outcomes to be higher than expected. Plan a bold adventure from the comfort of home.

Libra (Sept. 23-Oct. 22) — Today is an 8. Get your work done. You have more help over the next two days. Think of possible back doors and come at the idea from different angles. Figure out your plan today for action tomorrow.

Scorpio (Oct. 23-Nov. 21) — Today is an 8. You have more help over the next two days. Try to understand other people's feelings. Listen by learning. Enjoy a partnership phase. Put energy into a team effort. Delegate what you can. Talk further than you action today. Take passion behind closed doors.

Sagittarius (Nov. 22-Dec. 21) — Today is a 9. Postpone decisions and projects on finishing old projects for the next two days. Lay the groundwork and clear space for the future. Work could interfere with plans. It's possible to have it all... juggle the route originally intended. Remember to consult with your partner. Look before jumping. Expect outcomes to be higher than expected. Plan a bold adventure from the comfort of home.

Capricorn (Dec. 22-Jan. 19) — Today is a 7. Plan for two days. Don't be wasteful... juggle the route originally intended. Remember to consult with your partner. Look before jumping. Expect outcomes to be higher than expected. Plan a bold adventure from the comfort of home.

Aquarius (Jan. 20-Feb. 18) — Today is an 8. Don't go anywhere. Slow down and take it easy. Stay calm. Talking with friends today and tomorrow clears up a situation that could overwhelm. Moderate a clash between normally gentle souls. Your team comes to your rescue. Sometimes the best action is no action.

Pisces (Feb. 19-March 20) — Today is a 7. Don't go anywhere. Slow down and take it easy. Stay calm. Talking with friends today and tomorrow clears up a situation that could overwhelm. Moderate a clash between normally gentle souls. Your team comes to your rescue. Sometimes the best action is no action.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

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By C.C. Burnell

ACROSS
1 Greenhouse
2 Pool
6 Congesting
10 Take wing
11 Suspicious
12 Chews the fat
14 "Sleepless in Seattle" director
16 Motorcycle, and
21 Basketball Hall of
23 Formally banish
24 'The Adventures of
25 Cavs, on
26 "A mouse!"
27 Freeze frames
28 NFC airport
29 "This space available in a Pennsylvania box"
30 Accord automaker
32 "Sleepless in Seattle" director
34 Sea divided by
35 Menu item
36 "Sleepless in Seattle" director
37 "A football referee"
39 Nearby
40 Deodorant spot
41 Pitchers stat
42 Fight memories
43 Crushed melancholy
44 Dog who reveals herself to the world
45 "Charlton Heston"
46 "The Adventures of
47 "Sleepless in Seattle" director
48 Prosciutto Abbr.
49 Starkly, briefly
51 Ancient scrolls
52 "Sleepless in Seattle" director
53 Tales over, like terrines
55 Menu item
56 "Sleepless in Seattle" director
57 First-registered populations of a motorcycle and other thing in word in answer to a started clue can be
60 "Sleepless in Seattle" director
64 Convivial, for short
67 "Sleepless in Seattle" director
70 "The Old Couple" stats
72 Japanese beer
73 Japanese beer
74 Alternative
75 Quack
76 Domesticated
78 Japanese beer
80 Family
81 Sleeping material
84 Tokyo, Japan.
86"I Like Unprocessed rice"

DOWN
1 "A football referee"
2 Baseball's "Iron Horse"
3 Tyrone Orrsels
4 "Point-ace on"
5 "The Salem witch"
6 "Saber tooth"
7 "Arsenal" to the rescue
8 "Branch order"
9 "Arsenal, hold"
10 "Relaxed"
11 Suspension
12 Chores the fat
14 Back-to-school
15 "Sleepless in Seattle" director
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