"I was numb": Reporter tells her story

EDITOR’S NOTE: This story originally appeared in the Iowa State Daily on Jan. 15. It is reprinted with permission. The reporter, Sarah Muller, is a student at ISU and DMACC. She works for the Daily and the Banner News.

By Sarah Muller
Staff Writer

“What are you feeling now?”

The counselor leaned forward ready to scratch her pen against her paper. “Nothing,” I said. “I feel absolutely nothing.”

Depression is a mental illness, which can be caused by the chemical imbalance in the brain.

Nathaniel Wade, psychology professor, said in the clinical sense, depression is a syndrome marked by certain symptoms, such as loss of interest, sadness, sleep difficulties and more.

“Formally, somebody would be diagnosed with sadness,” Wade said. “Sadness would be a description of an emotion or feeling that everybody has at some point in their life.”

Sadness also does not contain factors of suicide or self harm, while it is often seen in depression. It doesn’t take the duration or persistence that depression does. Sadness also does not dominate a person’s life, the way that depression does.

“Sadness is not usually accompanied by a sense of hopelessness,” said Dr. Carver Nebbe, a psychiatrist at Thielen Student Health Center.

Nebbe explains that depression can be a family trait or caused by lifestyle choices.

Wade said if someone is predisposed to be depressed or have depression, different events can trigger the feeling of depression, such as a criticism, rejection, a difficult time of life, an accident or traumatic experience, time of year or smaller events that are particularly important to a person.

“I think a lot of times people will think people who are depressed just need to snap out of it, or that there is a sense of will that they’re not using,” Wade said. “That [people with depression] are choosing to feel down. That is not true with depression at all.”

Wade said the importance of being open about depression can be life changing.

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DMACC offers Spring Europe trip

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

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

The travelers leave Des Moines on Sun., May 10th and return on Fri., May 22nd (depending on return flight scheduled for Fri., May 29th). Payment arrangements are made with EF College Study Tours and these may be monthly or periodic installments.

This is an all inclusive tour, including international airfare, hotels, half the meals, tour buses, nightly ferry excursion, train fares, tour guides, museum entrance fees, and travel insurance.

For more information, contact Lisa Ossian at (515) 964-6568.

Help stock campus pantry

As the semester begins, please consider helping to stock the campus food pantry. Current needs include:

- Canned chicken
- Spaghetti sauce
- Canned fruit/Dried fruit
- Applesauce
- Rice
- Peanut butter
- Jam/Jelly
- Dried beans
- Smoothies/
- Boxed cereal
- Bread/Muffin mix
- Oils (vegetable, olive, etc.)
- Toilet paper
- Bath soap and shampoo
- Paper plates/Spoons/Forks

Please drop off donations to Erin Neumann, Room 124 or Jane Martino’s office (Room 122).

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

Childcare and Transportation help

A program called Iowa New Choices offers assistance with childcare and transportation for qualifying single parents and dis- placed homemakers (separated, divorced, widowed or spouse placed homemakers (separated, divorced, widowed or spouse placed homemakers).

Choices offers assistance with childcare and transportation for qualifying single parents and displaced homemakers (separated, divorced, widowed or spouse placed homemakers). Erin Neumann, eaneumann@dmacc.edu. Or call 515-433-5037.

Writing Center Open

Writing Center consultants are available to help with any writing assignment, during any part of the writing process. With their experience in different types of writing (technical to creative writing) and a broad range of life experience (journalism, firefighting, novel writing, Hawaiian cul- ture, literature, and veterans af- fairs), you’re sure to find someone that “gets you.” Stop by any time during our hours. No appoint- ments are necessary for this free service. For more information, contact Crystal Hering, WC coor- dinator, khering@dmacc.edu. Or visit http://go.dmacc.edu/writingcenter/.

Hours: Boone Campus Room 170, Monday-Friday from 9:00 a.m.-12:00 p.m. and 1:00 p.m.-3:00 p.m.; Hunziker Center (Look for signs for our location), Monday-Thursday 4:30-6 p.m.

Tour Program

Have you heard about the University-College Transfer Pro- gram at DMACC? If not, check out the following website at https://go.dmacc.edu/ucct/Pages/ welcome.aspx. The goal is to guide you through your two-year degree and prepare you for your four-year college of your choice.

Free money for school

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

Graduating Spring 2015?

You must submit a gradu- ation application to receive your degree, diploma or certificate. Deadline: February 2, 2015. Information and Applica- tions are available online at dmacc.edu - https://go.dmacc. edu/handbook/graduation/ Pages/application.aspx

If you are a Summer 2015 graduate and plan on walking at the Annual Commencement Ceremony, please submit the graduation application by Febru- ary 2, 2015.

Honors seeks applicants

The DMACC Honors Pro- gram is seeking highly motivat- ed students for honors positions. There are openings for current DMACC students who want to challenge themselves and gradu- ate from the Honors Program. If you have completed one college-level English and one college-level math class or are currently enrolled, will have com- pleted a minimum of nine (9) col- lege credits and fewer than fifty (50) credits at the end of a summer with a cumulative GPA of 3.5 or higher, you are eligible to become a DMACC Honors Student. To read more about Honors and submit an application, go to dmacc.edu/honors and get started on your way to rewarding, chal- lenging educational opportunity.

Phi Theta Kappa

Phi Theta Kappa is the Inter- national Honor Society for two- year colleges. PTK will host several infor- mational meetings on the Boone campus. Students are invited to attend to find out more about your PTK. For more infor- mation, contact Nancy Woods, nawoods@dmacc.edu, 515-433-5061. Or Stacy Ameling, slam- ing@dmacc.edu, 515-433-5089.

Netherlands contest

As part of DMACC’s celebra- tion of the Netherlands during the 2014-2015 academic year, there is a contest in which each of three persons will win two tickets to the Netherlands Gourmet Dinner on Thursday, April 23, 2015.

Go to the Netherlands Year site for details.

Skiing Postponed

The Boone DMACC Seven Oaks Ski Night has been postponed until Feb. 12 and Feb. 22 due to unseasonably warm temperatures. The Student Activities Council will pay $10 of the $16 lift ticket price, but each skier/stowboarder/snow tuber will need to pay their own rental and show their DMACC Student ID. Students may share this bargain with up to five family members or one guest.

Redout!

On Saturday, February 7th, DMACC is teaming up with the American Heart Asso- ciation to host a REDOUT basketball game to support our REDOUT Event by donat- ing $10 and receive a REDOUT t-shirt to wear to the game.

Stop by the Courier Center to make your donation and get your REDOUT t-shirt then wear your t-shirt to the REDOUT game on Feb. 7 when DMACC faces off against Iowa Lakes CC-Women's game at 1:00p.m.

Foundation Scholarships available

If you are a DMACC student enrolled in 6 credit hours or more and have a 2.00 GPA, don't miss out on this great opportunity!

The following DMACC Foundation Scholarship applications are now available on the DMACC Website:

Summer/2015: Application Deadline is 3/13/15 @ 4 p.m., Central Standard Time.

Fall/2015: Application Deadline is 4/24/15 @ 4 p.m., Central Standard Time.

If you would like to apply for both a Summer AND A Fall scholarship, PLEASE only complete one application & make sure to mark both the “Summer” and the “Fall” boxes to indicate which semester you are applying for.

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

To learn about the specific award criteria and to apply online, visit: https://go.dmacc.edu/foundation/Pages/district-wide-schol- arship.aspx.

If you have any questions, please contact Sue Rardin, Financial Aid Specialist-Scholarships at 515-965-7179 or via email at sgrardin@ dmacc.edu.

Musician performs

Zachary Wooldridge (pictured at right) will perform at the DMACC Campus in Boone on Wednesday, January 28 from 11 am to 1 pm during which time Subway is offering a free drink and chips or a free drink and cookie with the purchase of a sandwich.

BANNER NEWS

News produced by and for the DMACC students at the Boone campus.

The Banner News is student publication in print and online serving the Boone campus of Des Moines Area Community College. We strive to cover Your Life, Your Campus, Your News. Our news operation is funded by advertising and student fees. A print version of the newspaper is published and distributed for free on campus every other Wednesday, starting the third week of the fall and spring semesters. Additional copies may be purchased for $.50/each.

Contact us at bannernews@dmacc.edu

1125 Hancock Drive, Room 113, Boone, IA 50036
515-433-5092
www.bannernews.org

SPRING 2014

OTHER

Web Editor
POSITION AVAILABLE, bannernews@dmacc.edu
Photographers
POSITIONS AVAILABLE, bannernews@dmacc.edu
Layout/Design
PHOTOGRAPHY AVAILABLE, bannernews@dmacc.edu
Cartoonist
POSITION AVAILABLE, bannernews@dmacc.edu

ADVERTISING STAFF

Advertising Sales
POSITION AVAILABLE, bannernews@dmacc.edu
Sales Reps
POSITIONS AVAILABLE, bannernews@dmacc.edu
Contributing Staff
Reporter/Columnist
Kaycee Stickleby, kmupardy@dmacc.edu

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

Contact us at bannernews@dmacc.edu
1125 Hancock Drive, Room 113, Boone, IA 50036
515-433-5092

www.bannernews.org

Editorial Staff
Editor in Chief
Amanda Betz, akbetz@dmacc.edu
Reporter
Megan Olson, mlolson3@dmacc.edu
Copy Editor/Assistant News Manager
Kaylee McNabili, kmcnabili@dmacc.edu
Reporters/Social Media
Sarah Miller, samlaker@dmacc.edu

Spring 2014

Faculty Advisor
Jill Roosa, jkroosa@dmacc.edu
Member of Associated Collegiate Press and the Iowa College Media Association

Printer
Wilcox Printing, Madrid

PLEASE RECYCLE
Meet student Brian Berg

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 bannews@dmacc.edu

By Megan Olson
Staff Writer

Brian Berg recently transferred from Iowa State University to DMACC.

“I came to DMACC because I thought I would like the atmosphere here more. Iowa State is very large. DMACC is more personable and I like that.”

Berg transferred to DMACC to continue to pursue a business degree.

“It’s cool because all my credits transfer so I don’t have to retake any classes,” he says.

Berg is from the small town of Keota, Iowa. He graduated with 16 other classmates.

In high school, Berg played basketball and baseball. The basketball team won their conference every year throughout Berg’s career.

His family owns a farm of crops and pigs. Berg is a very hard worker. He helped his dad all throughout high school and still goes home when needed to help his family out.

Along with helping his dad, Berg also has a business of his own. He collects scrap metal from people who are wanting to clean up their land. He collects the metal and takes it in for money. It has been going very well for him and he hopes to keep collecting.

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Community college to create fracking degree program

(TNS)

A southwestern Illinois community college has received go-ahead to create a petroleum drilling technology, or fracking, program.

Lincoln Trail College in Robinton, Ill., will enroll its first students this fall. The college petitioned the state for the degree and received approval this month.

“We are very rich in oil in this part of the state,” Lincoln Trail College President Kathryn Harris said last week. “The degree will focus on new ways and technologies to extract oil. We want to be ready when the oil boom comes to southern Illinois.”

It has been two months since Illinois approved and enacted rules for high-volume oil and gas drilling. Denver-based Strata-X Energy is the only company that has registered with the Illinois Department of Natural Resources, but it has not formally applied to begin fracking.

Fracking will be an emphasis in the two-year associate degree program. The process involves using technology to drill into shallow rock and retrieve oil or gas using a high-pressure mixture of water and chemicals.

The current drop in oil prices has led to layoffs in some regions of the country, and Harris said low prices could affect the job market.

“I prefer we be dependent on our own oil over foreign oil,” she said. “It’s hard to make money when the price has dropped.”

Despite the plunge in prices, the extraction field is expected to grow domestically, according to the Illinois Department of Employment Security. It predicts a 23.2 percent increase for oil and gas roustabouts, or oil rig personnel, a 23.6 percent increase for drill operators and a 24.1 percent increase for derrick operators through 2022.

“There’s a huge need for petroleum workers, and we can’t fill them fast enough,” said Robert Conn, former dean of instruction at Lincoln Trail College and current dean of instruction at Wabash Valley College in Mount Carmel, Ill. “The price in oil fluctuates so much. Anything can happen, that’s the interesting thing. The economy will push fracking here. This is just a little hiccup to try to slow down U.S. production.”

Dr. Bill Eustes, an associate professor at the Colorado School of Mines, said Tuesday that job growth is likely to increase as older professionals retire. Eustes teaches subjects related to petroleum engineering.

“When you look at the 1980s, when the market collapsed, a lot of people were laid off and not many companies were hiring,” Eustes said. “That left a gap between us older folks and younger people. We call it the big crew change. A lot of us are retiring.”

Who is going to take our place?” Harris said. “We couldn’t get our graduates saturated the market and companies stopped hiring.

“We couldn’t get our graduates jobs,” Harris said. “The program failed. When we saw there was a possibility of an oil boom coming to southern Illinois, we wanted to bring our program back.”

A study by the American Petroleum Institute found that the oil and gas industry has created 263,700 jobs in Illinois as of 2012. The industry contributes $33.3 billion to Illinois’ economy, or about 5 percent of the total economy each year.

The new program will focus on technological advancements. Harris said that college officials used a community college in Ohio as a template for program curriculum.

“We are hoping to have a full class of 20,” Harris said. “I am very excited. We are hoping students will like and choose this option.”

DMACC makes improvements on campus

By Megan Olson
Staff Writer

DMACC Boone Campus has been making improvements to the campus with several projects under way right now.

“We apologize for the inconvenience it is causing students. We appreciate your patience,” said Brian Green, associate provost.

Here is a round-up of construction and maintenance in the works:

• Over break the carpet in the library was replaced. Also, the hallways were painted throughout the school.
• The softball field was redone. It should be done very soon. The team is hoping to have their first game later this spring.
• The bathrooms right off of the Courter Center are being stripped and completely remodeled. This includes all new sinks, toilets, stalls, etc.
• The goal is to be finished re-modeling the bathroom very soon.

The largest project is the $2 million expansion project for Civil Engineering Technology (CET).

CET is taking bids hoping to start later this spring and be done next December. This project will provide training for the Department of Transportation and more faculty office space. DMACC Boone Campus is one of the only training facilities for the DOT in Iowa. With a two-year degree, students can become certified DOT employees.

Another project being done with the DMACC Campus is at the Hunziker Campus in Ames. Lincoln was donated recently for expansion. In the next few years the campus is hoping to expand depending on enrollment growth.

SIMPSON COLLEGE HAS DEFINITELY PREPARED ME. I’VE BEEN ACCEPTED TO MY DREAM GRADUATE SCHOOL IN THE PROGRAM THAT I WANT TO STUDY. WERE IT NOT FOR SIMPSON COLLEGE PROVIDING ME THE APPROPRIATE TOOLS, THIS WOULD NOT HAVE COME TO FRUITION.”

- ANDRE THOMAS ‘14

Staffing environment and training frustration at American University in Washington, D.C.
DEPRESSION, from page 1

friend suggests their loved one go to counseling, it could send the message to that person that seeking help is acceptable and often encouraged.

"Allowing them to talk about their experiences, it can be difficul, but I think balancing attend- ing to them and caring for them when they are depressed with not treating them like they're broken or fragile," Wade said.

Nebbe emphasized the impor-tance of knowing one's bound-aries.

"Try not to be judgmental," Nebbe said. "Don't be an expert. Telling a person not to use medi-ca-tion or dangers of medication or that therapy does not work [and] is not helpful."

Routine can help people ex-periencing depression, with regu-lar sleep patterns, balance eating and exercise habits.

This reporter's story

At the age of 14, I sat in a dimly lit room facing a woman I had met only minutes before and was expected to give her, a com-plete stranger, permission to pick apart my deepest darkest thoughts in order to find a cure.

Flashing back three years be-fore that moment, I sat in my liv-ing room as my parents explained their inevitable divorce to my sib-lings and me. That was the begin-ning of the end, or so I thought.

Divorce comes in all forms and the destruction it leaves in its wake can be brutal or barely noticed. This divorce left dev-as-tation in my eyes. After time passed, many thought I was going through a phase of teenage rebel-lion or just mourning the death of a lion or just mourning the death of my parents' relationship that had kept my family together.

Either way, I was creating chaos in my family's lives. It began with poor decision making, fol-lowed by anger management is-sues. Respecting authority wasn't allowed by anger management is-sues.

Seven years later, depression took motivation and hope, both of which I had little to none of. I had to force myself to get up in the morning and make myself believe that I could get through the day. My loved ones encouraged me to try new hob-bies and participate in group ac-tivities, even as simple as going to the movies.

Over time, the dimly lit room didn't seem as gloomy as it did comforting. I was finally open to expressing my feelings and thoughts, which were slowly com-ing back to me as I learned how to empathize with people.

Learning to cope with de-pres-sion took motivation and hope, both of which I had little to none of. I had to force myself to get up in the morning and make myself believe that I could get through the day. My loved ones encouraged me to try new hob-bies and participate in group ac-tivities, even as simple as going to the movies.

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Seven years later, depression still attempts to fight me each day, however, I have learned to conquer it with coping meth-ods learned through counseling. While I've never used medication, it is a reasonable option for those struggling.

I realized those suffering from depression have to want help in order to receive it. For those who know someone with depression it is important to stay patient. Dealing with depression is a slow process but taking it one day at a time with the people you care about to support you, it makes it bearable.

Help is available at DMACC/Boone

Visit https://go.dmacc.edu/boone/Pages/studentservices.aspx for more information. According to the website, profes-sional counseling services are provided to students by the college to assist with academic and personal problems. Coun-selors can help with decision-making, working through a crisis, and making referrals.

Reach the Boone Campus Student Ser-vices office at 800-362-2127 (number 3 on the menu) or 515-432-7203.

Nine criteria used to diagnose depression

-Feeling down or depressed
-Lack of motivation
-Irregular sleep
-Low energy
-Lack of appetite
-Feeling slow or scattered
-Difficulty concentrating
-Feeling low self-esteem
-Harmful thoughts

Magnetic pulses battle depression

Transcranial magnetic stimulation is a technology used to treat patients with depression who don't respond to medications. The device uses electromagnetic pulses to stimulate nerve cells in the brain. The pulses are similar in strength to magnetic resonance imaging (MRI) and target key mood activity areas in the brain that are underactive. Repeated treatments may produce antidepressant effects.

HOW TREATMENT WORKS

A treatment takes about 35 minutes, administered five days a week for up to four to six weeks.

1 The patient, who remains awake and alert throughout the process, reclines in a treatment chair. A small curved device containing the magnetic coil rests on the patient's head.

2 The device delivers magnetic pulses, which induce small electric currents in the left prefrontal cortex of the brain, the area that regulates cognitive, emotional and behavioral functioning.

3 The signals hit the resting brain cells in neurons in that area. The neurons depolarize, becoming more positively charged or activated. They release neurotransmitters that travel along pathways to the brain's limbic system, structures that are thought to control emotions and behavioral patterns.

4 Blood flow and glucose metabolism increase in the stimulated regions, which is thought to result in improved mood.

5 The patient reports an increased sense of well-being.

6 The patient is encouraged to share how they are feeling with their treatment team.

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Source: Neuroeconomics, Meridian-Webster, Hope Halff, Photo: UPI/Graphic: Stock
NFL: Deflategate probe to last past Super Bowl

By Sam Farmer
Los Angeles Times (TNS)

In its first public statement about the so-called Deflategate situation — the allegations that the New England Patriots played with deflated footballs against Indianapolis in the AFC championship game — the NFL said Friday that it has launched a formal investigation and "will fully investigate this matter without compromise or delay."

Leading the investigation, which began Sunday night, are Jeff Pash, the league's top lawyer, and Ted Wells, who conducted the Miami Dolphins' bullying investigation last year.

By all indications, the investigation will probably be conducted over a period of weeks, not days, and it's unlikely the league will do anything that will disrupt the Feb. 1 Super Bowl between New England and Seattle.

In announcing the investigation, the league provided cover for the Patriots, who can now say "I can't comment on an ongoing investigation" when asked questions about football inflation next week during the investigation. "The investigation is being led jointly by NFL Executive Vice President Jeff Pash and Ted Wells of the law firm of Paul Weiss," the NFL said. "Our office has been conducting an investigation as to whether the footballs used in last Sunday's AFC Championship game complied with the specifications set forth in the playing rules. The Game complied with the specifications used in last Sunday's AFC Championship game but there were concerns about whether the footballs used by each team and confirm that this standard is satisfied, which was done before last Sunday's game.

"The investigation is being led jointly by NFL Executive Vice President Jeff Pash and Ted Wells of the law firm of Paul Weiss. Mr. Wells and his firm bring additional expertise and a valuable independent perspective. The investigation began promptly on Sunday night. Over the past several days, nearly 40 interviews have been conducted, including of Patriots personnel, game officials, and third parties with relevant information and expertise. We have obtained and are continuing to obtain additional information, including video and other electronic information and physical evidence. We have retained Renaissance Associates, an investigatory firm with sophisticated forensic expertise to assist in reviewing electronic and video information. "The playing rules are intended to protect the fairness and integrity of our game. We take seriously claims that those rules have been violated and will fully investigate this matter without compromise or delay. "The investigation is ongoing,..."

Men lose 92-90 in double OT

Iowa Central Community College (ICCC) outscored the DMACC men's basketball team 16-14 in the second overtime to come away with a 92-90 upset of the Bears Jan. 24 at the DMACC gymnasium. "The loss was the fourth of the season for the Bears, who fell to 7-14 overall and 3-1 in the Iowa Community College Athletic Conference (ICCAC). DMACC came into the game ranked fourth in the most recent Division II poll from the National Junior College Athletic Association (NJCAA). With the win, ICCC improved to 14-7 overall and 3-2 in the ICCAC.

DMACC trailed 38-36 at halftime. The game was tied at 69 at the end of regulation and at 76 at the end of the first overtime.

Sophomores Jon Fuqua of Maywood, III, and Aarias Austin of Gurnee, Ill., led DMACC with 19 points apiece. Sophomores Jamar Hurdelle of Milwaukee, Wis., and Trev Sampson of Cedar Rapids scored 17 and 15 points respectively and freshman Paris Collins of San Antonio, Texas, had 12 points.

ICCC had a 44-42 advantage on the boards with Fuqua and Hurdelle grabbing nine rebounds apiece to lead the Bears. Collins had eight rebounds and Austin had six rebounds and 10 assists. Collins led DMACC in steals with four.

DMACC travels to Cedar Rapids on Jan. 28 to face Kirkwood Community College (KCC). The Eagles are 16-4 overall and are tied with DMACC for first place in the ICCAC. KCC is ranked 12th in NJCAA Division II.

AFC championship game rules were violated and will fully investigate this matter without compromise or delay. "The investigation is being led jointly by NFL Executive Vice President Jeff Pash and Ted Wells of the law firm of Paul Weiss. Mr. Wells and his firm bring additional expertise and a valuable independent perspective. The investigation began promptly on Sunday night. Over the past several days, nearly 40 interviews have been conducted, including of Patriots personnel, game officials, and third parties with relevant information and expertise. We have obtained and are continuing to obtain additional information, including video and other electronic information and physical evidence. We have retained Renaissance Associates, an investigatory firm with sophisticated forensic expertise to assist in reviewing electronic and video information. "The playing rules are intended to protect the fairness and integrity of our game. We take seriously claims that those rules have been violated and will fully investigate this matter without compromise or delay. "The investigation is ongoing,..."

Women beat ICCC, 84-74

Freshman London Vais of Adair led three players in double figures with 22 points as the DMACC women's basketball team handed Iowa Central Community College (ICCC) an 84-74 loss January 24 at the DMACC gymnasium.

Freshman Kiana Peterson of Madrid scored 13 points for the Bears and sophomore Tiana Thompson of Tama had 11 points as DMACC improved to 14-7 overall and 3-2 in the Iowa Community College Athletic Conference (ICCAC). DMACC led throughout the game, including 47-36 at halftime. The Bears shot 47 percent, hitting 31 of 66 field goal attempts, including six of nine shots from beyond the three-point arc. Nine of Thompson's 11 points came on threes as she made three of four attempts.

DMACC had a 53-36 advantage in rebounding, including 16 offensive rebounds. Freshman Cassie Geopfert of Sioux City led the Bears with nine rebounds and also contributed seven points and seven assists. Thompson and sophomores Latasha Harmon of Milwaukee, Wis., and Chelsea Anderson of Gowrie had seven rebounds apiece. Thompson and Anderson also finished with three assists apiece.

DMACC travels to Cedar Rapids on Jan. 28 to face Kirkwood Community College (KCC). The Eagles lead the ICCAC at 5-0 and are 17-4 overall. They are ranked eighth in the latest Division II poll.

DMACC Sports Calendar

Jan. 28: Women’s Basketball vs. Kirkwood, Cedar Rapids 5:30 p.m.
Jan. 28: Men’s Basketball vs. Kirkwood, Cedar Rapids 7:30 p.m.
Jan. 31: Women’s Basketball vs. Ellsworth* 1 p.m.
Jan. 31: Men’s Basketball vs. Ellsworth* 3 p.m.
Feb. 2: Women’s Basketball vs. Marshalltown, Marshalltown 5 p.m.
Feb. 7: Women’s Basketball vs. Iowa Lakes* 1 p.m.
Feb. 7: Men’s Basketball vs. Iowa Lakes* 3 p.m.
Feb. 11: Women’s Basketball vs. NIACC, Mason City 5:30 p.m.
Feb. 11: Men’s Basketball vs. NIACC, Mason City 7:30 p.m.

*denotes home game at Boone
First published by Sarah Muller
Staff Writer

He has a new girlfriend! Look her up on Facebook. Did you see what that girl tweeted? She totally subtweeted you. That selfie is so edited, it doesn’t even look like her anymore. I refuse to like his Instagram post of them together. I can’t believe they posted that video on their Snapchat! We went to high school together, does that mean I can’t swipe right?

If you can relate to any of the previous scenarios, you might be diagnosed with Compulsive Social Media Disorder (CSMD). This illness is very contagious, especially in those who befriended typical white girls and form as early as 11-15 years-old, otherwise known as twerks or teenagers. Some signs of contagion is excessive hashtagging, memorization of filter names and perfecting the selfie light. The only cure of this disease is to stay away from all social media websites or burn your smartphone, computers or any technology that can reach the world wide web.

Now that we have had a good laugh, we can look at the reality of social media. The internet can arguably be the most influential technical advancement to hit mankind. With the internet we are free to communicate with each other in large groups, email then instant messengers such as MSN were introduced.

Before we knew it, we were writing on walls, sending snaps, tweeting at each other, tumbling, instant gramming, snapping right and let’s just say, not as comfortable as it is, people even dared to poke. The craziest thing about all of this is that it is all happening in a different virtual world. While this might seem like a stretch, the internet is almost like some mystical land, its power is invisible, but strangely enough it’s all taking place around us.

As this development has taken root here on earth, we have manufactured a new social system to cater to it’s need. Social media feeds off of peoples attention and once you join it’s a leash. This means that your choice may make social media appear as a negative, I do see the positives. I do own Twitter, Instagram, Facebook, Snapchat, etc accounts. I enjoy keeping up with my friends as they travel or go through life, and sharing my own experiences as well.

However, something that does not belong in social media dictionaries and is beginning to disappear from humans is ‘tone’. Due to all words being typed out and read, one person could send it as a joke and the person receiving it could read it as an insult sparking conflict. These sparks can start a fire all due to a misunderstanding.

Now, thanks to applications such as Yik Yak, we can contribute our opinions anonymously, with no fear of how people will receive our message or who we may weigh with our sharp tongues, or should I say fingers since everything is available on our phones now. It’s like a suspense movie meets every Facebook fanpage for someone to mess up slightly so they can pull out their phones and be the first to post their comments.

Publically, we have no problem insulting people. How often do we see a photo of someone who may be considered overweight on social media with some nasty caption or a video of someone dancing that isn’t as cool as others. Those are just the examples that involve strangers, what if someone posted something of you with one of those captions in an attempt to mock you. Some people enjoy seeing their time commenting on photos, videos, and status just being straight up awful to others for no reason other than to feel powerful.

As famously quoted in Spiderman, “with great power comes great responsibility.” As soon as one signs up for a social media outlet, they are given power, now how are we going to use that power to societies benefit. We as people have a responsibility to do something. Social media has the opportunity to let our humanity flourish or slowly disappear.

Next time you log into any social account, consider what you want to spend your time doing, which people you are allowing your mind to take in, and how you will contribute to the online world.
Barbershops are finding popularity, men’s boutiques and suits finding their way back into the spotlight has been geared toward technology and focus on the benefit of their own skin. "It’s just a more ‘high-end’ barbershop," said Vasquez, who’s willing to buy and the girl I met that day or Friday.

**By Sarah Miller**

Staff Writer

**Hoodie Allen**

Naming himself as a Woody Allen-style ballad singer, the feisty 22-year-old Brooklyn boy broke rap stereotypes by enterprising the game with fellow white rappers such as G-Eazy and Mac Miller. His 2012 hit "No Inter

**Misterviseus**

0 to 100 real quick, describes this band better than Drake. Only releasing an EP Misterviseus dominated the app Vine, with their catchy tune "Reflections," but the trio has opened for Twenty One Pilots, American Authors, and other well-known staple bands. "Vegabond" was even featured as the intro to MTV’s Series Finding Carter. Blurring lines between pop and indie the trio dominated performances with their strong unique form of music.

**Barber**

"It’s just a more 'high-end' barbershop," said Vasquez, who’s willing to buy and the girl I met that day or Friday.
Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lass

Date
January 28
February 9
February 10
February 11
February 20

Event
Zachary Svyboda
Grandma Moja's Moonshine Revival
Grandma Moja's Moonshine Revival
DMACC In-Service

Location
Boone Campus
ISU M-Shop
Great Hall, ISU Memorial Union
ISU M-Shop

Admission
Musicien
Doors open @ 10pm
Doors open @ 10pm
No classes

Upcoming Events

01.28.2015
Page 8

Entertainment

Los Angeles Times Daily Crossword Puzzle

Across
1. Parking lot filler
2. Guacamole fruit
3. Massachusetts
4. 2,000 pounds
5. “Me too!”
6. Economist
7. Island near Georgia and Florida
8. Perry in court
9. Convention pin
10. Goldman __:
11. Big __ Country:
12. Guard that barks
13. Nike competitor
14. Cutlass automaker
15. Value unit, or short
16. A.D.
17. Like the 1990s, 90s
19. Wild revelry
20. Audition hopefuls
21. 1920s-1930s, or short
22. One-to-one
23. Undergraduate
24. Prejudice
25. Corrida cry
26. Undergraduate
27. Quotidian
28. Japanese sash
29. Scottish hillside
30. A.D.
31.享
32. Eyelike openings
33. Detective’s
34. Greek messenger
35. Sunshine cracker
36. Refusals
37. "Please stop that"
38. Film lover’s TV
39. Corn serving
40. Hardly roomy, as
41. Parking lot fillers
42. EPA-banned
43. Fireworks
44. Most uptight
45. Roger who broke
46. Prior to, in poems
47. “A Doll’s House"
48. Prior to, in poems
49. Deadeye with a
51. New employee
52. Eyelike openings
53. A.D.
54. Tugs at a fishing
55. Clic Stic pen
56. Clearasil target
57. Scooter’s
tête
58. Poem that extols
59. Decorative inlaid
60. Pince-__ glasses
61. "Tis
62. Hayes or Hunt
63. Sunrise’s

ACROSS
1. Parking lot filler
2. Guacamole fruit
3. Massachusetts
4. 2,000 pounds
5. “Me too!”
6. Economist
7. Island near Georgia and Florida
8. Perry in court
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10. Goldman __:
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56. Clearasil target
57. Scooter’s
tête
58. Poem that extols
59. Decorative inlaid
60. Pince-__ glasses

Down
1. Musical set at the
2. Quasimodo hurl
3. Keen and alert
4. Shepherds' __
5. Hair
6. Coral cramp
7. Cheese and
crackers
8. “A Doll’s House"
9. Character
10. Conspiring__
11. Indian melodies
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Saturday's Puzzle Solved

By Clement McKay

1. 3 Tear gas weapon
2. 4 Mediterranean

3. 5 Georgia and

4. 6 Mad

5. 7 “A Doll’s House"

6. 8 Novel

7. 9 Financial

8. 10 Daffy Duck’s

11. 11 Seizure

12. 12 Northern

13. 13 Boxer

14. 14 Approximately

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60. 60 Approximately

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