More than 110 people already have registered for the second annual In My Boots 5K Run, Walk, Ruck at McHose Park in Boone. Another 120 members of the military are planning two Shadow Runs in conjunction with the Boone event.

Online registration is open until April 15. On-site registration is also available on the day of the 5K at McHose Park.

The DMACC Boone campus is again hosting the event at the park, which starts at 9 a.m. More than 36 businesses and individuals have signed on as sponsors this year.

New this year are two Shadow Runs taking place overseas and in Texas in conjunction with the Boone event. The Shadow Run abroad was created by Boone 5K event director Captain Sean Taylor, a DMACC professor who was deployed overseas in January.

In addition, the brother of a DMACC student is organizing a shadow run for his military unit in Texas in partnership with the Boone event.

"We’ve dubbed ourselves "Team Taylor" for those participating in the 5K here in Boone," said Julie Roosa, DMACC Journalism professor. Roosa and another DMACC professor, Nancy Woods, along with a DMACC Honors class and several other students are coordinating the race in Taylor’s absence.

This year’s event is extra-special because of Seanz deployment and the Shadow Runs.

Last year, nearly 250 people registered for the inaugural In My Boots 5K, raising more than $5,000 for the Wounded Warrior Project. In addition, more than 60 duffle bags were filled with non-perishable food items and clothing for local Veterans Outreach groups.

The 5K event will be a loop around McHose Park. Participants are encouraged to bring their own ruck sack or backpack preloaded with up to 30 pounds of non-perishable food and clothing items that will be donated to local veterans after the event.

A military ruck consists of carrying a pack weighing 30 pounds at an alternating run and walk pace for 5 to 15 kilometers. It’s part of soldier basic training and a standard test of soldier endurance.

Current military members and veterans can participate in a team ruck-march competition. The first complete team to cross the finish line together will be awarded the “In My Boots-Team Ruck-March” award.

The registration fees for the In My Boots 5K are $25 for individuals and $30 after April 15, $50 for a four-person ruck team of active or retired military only or $100 for a four-person civilian team. Those who register by April 10 will receive a T-shirt.

Awards will be given to the overall male and female winners and the winning teams. There will also be certificates for winners in age categories. A raffle will be held for other donated items.
Parking is available on the north side of the building, and people may...
Meet Ann Kiesel

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

Story and photo by Megan Olson
Staff Writer

This is Ann Kiesel's first year working fulltime at DMACC. She is the director of the Academic Achievement Center.

Kiesel has a staff of eight in her department. She does the scheduling and training for the staff. Her other duties include implementing new testing procedures, proctoring tests, and teaching reading and writing skills.

Prior to this year, she worked parttime at DMACC for 10 years as an adjunct instructor.

"I would have to say my favorite part of DMACC is the students and staff. I like the diversity of students. They differ in ages and ability levels," says Kiesel.

Ann Kiesel grew up in Newton, and went to Newton schools. In high school at Newton she was a member of the cross-country team. During her junior year she moved to Des Moines and attended Roosevelt High School.

At Roosevelt she was a synchronized swimmer. Her grandmother started the team in 1927. Her mother had also been a synchronized swimmer at Roosevelt.

"I had the talent for it so I decided to go out," says Kiesel.

After high school, Kiesel went to the University of Iowa where she received her bachelor's degree in English. She then went to Iowa State where she received her master's degree in education.

Kiesel is married to Scott Kiesel. They have a son and daughter: Karen and Kevin.

Something interesting about Ann Kiesel is that she has climbed Uluru in Australia.

In her free time she enjoys reading. Her favorite evening would be dinner and a movie.

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FAFSA Fridays

It's time to file the 2015-16 FAFSA!

Stop in during an upcoming FAFSA Friday to get free assistance with completing and submitting your FAFSA. (No appointment necessary.)

February 27: 9:00 a.m. – 1:00 p.m.
March 27: 9:00 a.m. – 1:00 p.m.
April 17: 9:00 a.m. – 1:00 p.m.

Location: DMACC Boone Campus Room 141

Receive a FREE $5 Subway card when you complete your FAFSA during FAFSA Friday.

Students and Parents should bring the following items when possible to be prepared to complete the FAFSA:

- Social Security number, Driver’s license number, and date of birth
- 2014 Federal and state tax return
- 2 years of tax returns or other records of income earned in 2014 (if you have tax payments due in 2014 or if you haven’t filed return)
- Census block numbers and encompassed structures

Records of unearned income earned in 2014 (e.g., veteran benefits, child support received, etc.)
- Alien registration number, if not a U.S. citizen
- If you have filed a FAFSA before, bring your federal personal identification number (PIN) if possible.

Town Hall: Ann Kiesel

Ann Kiesel grew up in Newton, and went to Newton schools. In high school at Newton she was a member of the cross-country team. During her junior year she moved to Des Moines and attended Roosevelt High School.

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Something interesting about Ann Kiesel is that she has climbed Uluru in Australia.

In her free time she enjoys reading. Her favorite evening would be dinner and a movie.
What can one family do to protect the environment? Plenty. We invited our readers to share their top green tips for the home — simple actions they’ve taken to reduce their impact on the environment that other families could adopt. As you’ll see, we received great advice from folks all over the country, but we owe special thanks to Julie Fuerstenberg of Sammamish, Wash., who appears six times on our list. Her family of five has made numerous small changes in their everyday routines to help keep the planet green.

As all of our “ecofamilies” show, small steps — taken together — can add up to big benefits for the Earth.

21. Help organize a Pet & Toy Drive for your local community. People donate household items and clothes that they no longer want, and others take what they need. Instead of used things being thrown away, they go to people who need them. It benefits everyone.

— Troy Kunig, Las Vegas

22. Our electric water heater is the biggest energy user in our home, so we hang kitchen timers to cut down on the fossil fuel used to heat our water. We also bought a timer for our water heater and set it to heat water for 4 hours a day, rather than 24. We have yet to run out of hot water, and we’ve reduced our electric bill by 30 percent.

— Julie Fuerstenberg, Sammamish

23. Last Christmas, my husband and I picked out homemade animal toys for our three children. A local seamstress embroidered the kids’ names on the backs of the toys. The walls were an instant hit! And we hung up the children’s towels after using them so that they recycles and are ready for the next bath. This has significantly cut down on the amount of laundry we do.

— Tracy Kendall, Spicewood, Texas

24. Styrofoam is not readily recyclable where we live. We crush ours into small pieces and use it as filling in our backpacks and put cushions! We also use crushed Styrofoam pieces as packing material.

— Julie Fuerstenberg, Sammamish

25. We live in Florida, and we keep solar lights for our hurricane preparation supplies. We don’t ever have to worry about replacing batteries.

— Lizzy^30 Miami, Fla.

1. We buy reusable shopping bags and use them for gift wrap. They are comparable in price to a paper gift bag, and they provide recipients with something that they can use.

— Carrie Turner, Independence, Ky.

2. We try to buy food grown locally or in the United States. This supports our economy and cuts down on the fossil fuel used to transport food across the world.

— Julie Fuerstenberg, Sammamish, Wash.

3. I make my own laundry detergent from Ivory soap, washing soda and borax. It takes me less time to make 3½ gallons of detergent than it would to take to drive to the store. I also stopped using fabric softener. I use vinegar in the wash, and skip the dryer sheets.


4. For gift-giving, our family has a rule: We purchase only as many as would fit in a parking space. This keeps down costs for us and helps others find a good home for their gifts. It’s a nice way to finish the best gift or bargain.

— Stephanie Thompson, Gig Harbor, Wash.

5. Our two girls bring home paper from school. I save the sheets that printing only on one side and use them for crafts and for printing emails and recipes.

— JoAnne Martin, Southport, N.C.

6. We purchased a kilowatt tester that shows how much electricity is used by the different electric items in our house. This enabled us to see where we were using the most energy — and where we could cut back.

— Julie Fuerstenberg, Sammamish, Washington

7. This year, my family chucked cups with lid and a Brita water pitcher. Now, instead of using bottled water from the store, we just refill our cups with the water from our pitcher.

— Robin Wilgis, Windham, Conn.

8. I got my son, Raymond, a bento lunch box from Laptop Lunches. It has one container as well as a water bottle, fork and spoon, so it’s really helped us cut down on waste. It’s made lunching more fun, as I’ve become creative with the foods I put in the containers. We also bought reusable sandwich bags called HappySacks. They come in different sizes and cute patterns and are machine-washable.

— Heather VanMorton, Mooresville, N.C.

9. During the summer, when we have the air conditioning on, we minimize the use of our stove and oven. We move our toaster oven and slow cooker to the screened porch and use those instead as much as possible. Less heat in the kitchen means less electricity needed to cool the house.

— Kaye Phillips, Moses Lake, Wash.

10. For my children’s “no trash” lunches, I made reusable cloth napkins. For my 12-year-old daughter, I made napkins from fabric printed with flipflops and soccer and volleyball themes. My 4-year-old son has “Toy Story” “Spider-Man,” and race car-themed napkins. We all use cloth napkins at home.

— Kari Holm, Redwood City, Calif.

11. My kids and I pick one or two days each week when we don’t drive our car. If we need to do errands, we walk. This reduces our carbon footprint, supports our local businesses and gets us an extra dose of fresh air!

— Caroline Thomas, Arcadia, Colo.

12. We signed up for the first National Wildlife Federation Backyard Habitat program (http://www.nwf.org/How-to-HabitatsForWildlife.aspx). This helped us change our backyard to make it more welcoming for wildlife. Our yard now has a butterfly garden and an owl house, and we have added native plants that provide food for butterflies and birds.

— Lizzy^30 Miami, Fla.

13. We keep empty pitchers in our kitchen and bathroom and collect water from the faucet or shower while we are waiting for it to get hot. We use this water for plants, pets, bird baths and more.

— Sarah Floroy, Crandall, Ill.

14. My girls, Kacie and Laney, and I are avid gardeners. Instead of buying scrapbooking supplies, I cut cereal boxes into shapes and cover them in patterned paper.

— Kristine Young, Lethbridge, B.C.

15. Our kids are environmentally minded but had a bad habit of using lots of paper towels. No matter how much I nagged, our family went through almost a roll a day. So I gave a roll to each person and told them it was a contest to see who could make their roll last the longest.

— Cleon McLaughlin, Rivervale, N.Y.

16. We have a row of rain barrels hooked up to collect rainwater from our roof gutters. We then use it to water our garden and flower beds.

— Julie Fuerstenberg, Sammamish, Wash.

17. We shop for kids’ clothes, toys and books at thrift stores, consignment shops and on Craigslist.org. We’re not afraid of hand-me-downs, either! Quick clean, they often look as good as new and work just as well!

— Carolee Badger, Seattle

18. We installed a laundry line. We live in the Southwest, so we can line-dry our clothes year-round. As a bonus, my older kids (ages 9 and 10) and their dad help hang and take down the laundry. Less work for Mom, everyone spends time outdoors and we save on the electric bill!

— Louis Wilson Albengue, N.M.

19. Instead of buying fruits and vegetables that have been shipped across the country, we buy a share in a local CSA (Community Supported Agriculture) farm. Its organic fruit and veggies taste great, so my kids eat more of them, and we love to visit the farm and see where our food comes from.

— Leslie Harris, Glendale, Ariz.

20. We keep a second recycling bin upstairs in the bathroom. This makes it convenient for our family to recycle tissue boxes, magazines, toilet paper tubes, packing and shipping bottles instead of throwing them into the trash.

— Julie Fuerstenberg, Sammamish, Wash.

21. Instead of using bottled water from the store, we just refill our cups with the water from our pitcher. Robin Wilgis, Windham, Conn.
DMACC golf teams win Iowa Central Invite

The DMACC women’s golf team won their first team championship of the 2015 spring season, taking the Iowa Central Invitational April 2 and 3 at Otter Creek Golf Course in Ankeny. DMACC finished 38 strokes ahead of runner-up Iowa Central Community College (ICC). The Bears’ Hunter VanVeen took medalist honors with a two-under-par 140.

The DMACC men’s golf team pose with the trophy they received after winning the Iowa Central Invitational April 2 and 3 at Otter Creek Golf Course in Ankeny. DMACC finished 38 strokes ahead of runner-up Iowa Central Community College (ICC).

DMACC could do no better than split a four-game series with North Iowa Area Community College April 3 and 4. NIACC took the opener on April 3, 8-5, and DMACC won the nightcap, 16-6. NIACC also won the opener on April 4, 15-12, and DMACC took the second game, 16-13. The split gives the Bears a 17-14 overall record and a 6-6 mark in the Iowa Community College Athletic Conference (ICCAC).

Freshman Brad Mathiowetz of Rochester, Minn., had a pair of hits and drove in three runs in the loss on April 3. Kelly led the Bears’ 11-hit attack with three hits and Mrosla, Repinski and Adams had two hits apiece. Freshman Cole Jackson of Polk City hit a pair of home runs and drove in five runs to lead the Bears past SECC in the opener on April 3. Sophomore Marisa Graslewicz of Omaha, Neb., and freshman Sydney Weldon of Albia drove in three runs apiece in the win. Freshman Brittany Roby of Knoxville sparked DMACC’s 12-hit attack with three hits and Brown, Graslewicz and Weldon had two hits apiece. DMACC led 8-2 after five innings, but SECC scored six times in the top of the sixth to knot the game at 8-8. DMACC came away with the win behind a four-run rally in the bottom of the sixth.

Brown pitched five and a third innings, allowing eight runs. She struck out three and walked three.

Freshman Holly Hinkel of North Liberty threw the last inning and took the loss, allowing three hits and striking out two batters.

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Editor's Note
This column was written by a DMACC Honors student for a capstone class.

Amanda Retz, Editor-in-Chief
albertz@dmacc.edu

There are only two issues left this semester including this one. I can’t believe time has gone by so quickly!

Even though there is only a month left in the semester, there is still a lot going on on campus. Today the bloodmobile is back on campus for a blood drive and I hope everyone who is eligible to donate does. Personally, I have had to rely on blood products, and I appreciate everyone who donates. What you do helps save lives, so go out and be a hero! Don’t listen to the naysayers.

The In My Boots sk is also soon approaching. You can still go online and register to run online. The fee is $25 for individuals. The proceeds go to help veterans and their families. What better way is there to show the men and women who protect us that we care than to help take care of them when they come back home? And don’t forget, Professor Sean Taylor and others in his military unit will be shadow-running with us overseas. Hang in there my friends!

The end is soon approaching! There’s a short interlude and back to the bump and grind for summer classes. Keep your heads up, we’re almost there!

Have a great two weeks, and I’ll see you for the last issue of the semester on April 22.

Steven F. Steigleder is a Marine Corps and has received the Marine Corps and has served since 2009. Steven is attending DMACC for an Associate of Science degree and will transfer to Iowa State University in Spring 2016 to pursue a degree in chemical engineering.

Making a case for cursing
by Steven Steigleder
Guest Columnist

Not many people in this world know what to do when confronted with a violent individual. Sure, many think they know what to do, but in truth, no one knows until they are faced with the issue. I believe that everyone should know what to do to keep themselves safe in any hazardous situation. Knowing what to do means learning several things: self-defense, evacuation skills to get out of the way of danger, and other tools to stay safe in the event of violent individuals.

I have served for more than six years in the United States Marine Corps and have received valuable training for these types of scenarios. I have concerns with the fact that we do not train the population as a whole about what to do when faced with such as active shooters or other violent individuals. We see more and more instances of such events daily. People all around the world and even in our own country are being hurt or worse because of violent people doing terrible things.

There is a system in place from Department of Homeland Security that all DMACC campuses use, known as A.L.I.C.E, (All Law Enforcement). This system has been taught to very few students who know what that means or how to put it into action.

I believe there should be a readily available course or seminar to teach students what to look for as far as a potential threat. I feel that if the student body were educated to spot the indicators of a violent individual, it would help to mitigate events or keep students on their toes. Though I think it would be safe to say that most of the population may never see such a scenario unfold in their life, I am a firm believer in being prepared no matter our age or the number of life threatening events we experience daily.

Another thing that students could do to keep themselves safe would be to take self-defense courses. To have a course such as that available to the general student body would help keep them safe in the world. Students would learn skills that they could use when out with friends and family or walking to their vehicle late at night, or when just traveling to new places.

Outside of the classroom, a few different places offer self-defense training, like the Ames Family Martial Arts Center or Iowa State University’s collegiate martial arts programs.

In the end, I think that students and the public in general need to better educate themselves in self-defense for situations that are unavoidable in the world. No matter what, all people should have proper training and instruction to counter situations involving violent individuals or dangerous scenarios. I strongly advise taking a course in self-defense and learning techniques and practices.

Steven F. Steigleder is a Marine Corps and has served since 2009. Steven is attending DMACC for an Associate of Science degree and will transfer to Iowa State University in Spring 2016 to pursue a degree in chemical engineering.

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 (sourced cited)
-Approximately 500-700 words

Opinion
Violence: What to do
by Steven Steigleder
Guest Columnist

Not many people in this world know what to do when confronted with a violent individual. Sure, many think they know what to do, but in truth, no one knows until they are faced with the issue. I believe that everyone should know what to do to keep themselves safe in any hazardous situation. Knowing what to do means learning several things: self-defense, evacuation skills to get out of the way of danger, and other tools to stay safe in the event of violent individuals.

I have served for more than six years in the United States Marine Corps and have received valuable training for these types of scenarios. I have concerns with the fact that we do not train the population as a whole about what to do when faced with such as active shooters or other violent individuals. We see more and more instances of such events daily. People all around the world and even in our own country are being hurt or worse because of violent people doing terrible things.

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Fire pits can spark health problems

(TNS) As summer approaches, many of us are eagerly anticipat-
ing the first night we can gather with loved ones under the stars around a backyard fire pit. But neighbors might have not-so-warm feelings about wood smoke entering their yards and homes. According to the U.S. Environ-
mental Protection Agency, wood smoke contains harmful gases and microscopic particles, and when these microscopic particles get into your eyes and respiratory system, they can cause health problems such as burning eyes, runny nose and breathing problems.

As part of its “Burn Wise” program, EPA warns that people who have heart or lung disease, such as congestive heart failure, angina, chronic obstructive pulmonary disease, diabetes, asthma or emphysema, should especially limit their exposure to wood smoke.

If you’re concerned about smoke emissions from a wood fire, here are some tips to consider:

If you’re concerned about smoke emissions from a wood fire, here are some tips to consider:

1. Choose a location: Make sure your fire pit is at least 20 feet from your house, garage, shed or any other flammable material. It’s also important to keep a fire extinguisher within easy reach.
2. Use the right wood: Use only seasoned wood, which means the moisture content of the wood is below 20%. You can test the moisture level of wood by punching a hole about 1 inch in diameter in the end of a log and checking if water drips out.
3. Properly start the fire: Start your fire with dry kindling and newspaper, then gradually add larger pieces of wood. Avoid using too much paper, as it can produce excessive smoke.
4. Keep it contained: Use a metal fire pit or a metal grate to keep the fire contained and minimize the risk of it spreading.
5. Monitor the fire: Keep a close eye on the fire and extinguish it completely once it’s no longer smoky.
6. Maintain a safe distance: Maintain at least a 10-foot buffer zone between the fire and any structures.
7. Be prepared: Have a fire extinguisher and a garden hose nearby in case of an emergency.

Follow these tips to enjoy your backyard fire pit while minimizing the health risks associated with wood smoke.

Lifestyle

Fire pits can spark health problems

2.0.2015 Page 7
Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

ACROSS
1 Stay a brother team (11)
9 Not last (6)
15 Minor error (6)
16 Bridge OK (8)
17 Tiny cylindrical container (10)
18 Without a key (10)
19 e X e (8)
20 Home entertainment option (6)
22 Intro for the Poison album "Flesh and Blood" (4, 6)
23 "Across from the Payline" (7)
24 Crazed of the '50s? (7)
25 40% of DX (8)
26 Common doo-wop soloist (5)
27 Fader screen tip (7)
28 Has a ring in it (6)
29 Gadget? (5)
30 Clutter type (6)
31 Works up (6)
33 Places to see arrears (6)
35 Salt for a bit (7)
36 Similitude (6)
37 Kitchen additions? (7)
38 Prepare for a fight, in a way (8)
39 Energy Act of 1974 (11)
40 Pounds (1)
42 Glands (8)
43 Knobtacker subject (7)
44 Nation's "Syrian" plan (7)
46 Novel (6)
47 "Sex" act (6)
48 "I've gotten to be looking at it..." (16)
50 "...Debilizing's..." (10)
52 Title of the Agricultural Act of 1956 (10)
53 Dog (8)
54 Up (1)
55 Down (1)
56 Outdoor sitting area (11)

DOWN
1 Outdoor sitting area (11)
2 Dame of the impy (7)
3 Former heavyweight champ _ Lewis (7)
4 Know for (7)
5 Little beavers (7)
6 Cassowary's cousin (7)
7 Tom's (5)
8 _ truck (9)
9 Impagnated (7)
10 Hone some busy people run (9)
11 Master of Steal kitchen prodacta (9)
12 Scalp refreshing (9)
13 Free West Coast daily (9)
14 Gets the job done (9)
15 Pound sound (9)
16 'Tisn't serious (9)
17 Lack relative (9)
18 Sheds of shade (9)
19 Presence (9)
20 Soft (9)
21 Raspel (5)
22 Neal at Peru's Constitutional Court (9)
23 Made a comeback (9)
24 Repeated (5)
25 Musical pattern (7)
26 "The third time about a scandal" (8)
27 Eagle (7)
28 "The weather is ugly" (9)
29 Calendario entry (9)
30 Time to flip the sign, perhaps (9)
31 Change in boundaries (9)
32 "Guilty" (5)
33 "Rhinoceros" (9)
34 "Out of the blue ..." (9)
35 "I'm a little bit that supported FDR" (9)

Friday's Puzzle Solved

1. Birthdate of Chopin (7)
2. Date of the London Olympics (7)
3. Person with short stature (7)
4. Place to be (7)
5. Person who is stubborn (7)
6. Type of dish (7)
7. Piece of equipment (7)
8. Person who is fond of (7)
9. Place to be (7)
10. Person who is fond of (7)
11. Piece of equipment (7)
12. Piece of equipment (7)
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55. Piece of equipment (7)

The image contains a crossword puzzle with the theme "Entertainment". The puzzles are labeled as "Friday's Puzzle Solved". There are several clues and answers provided, with the crossword grid filled in with various entries. The puzzle includes a variety of clues related to entertainment, such as movie titles, music, actors, and other cultural references. The bottom of the page features an advertisement for "NOW HIRING" with various job opportunities listed. The ad includes specific requirements and contact information. The content is designed to engage readers interested in entertainment and crossword puzzles. The layout is clear and organized, with all elements legible and easily interpretable. The use of capital letters for clues and answers helps in distinguishing between different parts of the puzzle. The crossword puzzle provides a fun and engaging activity for readers to enjoy while also testing their knowledge of entertainment culture.