Music shaming: Finding our own beat
By Sarah Hubbard
Contributing Writer

Four albums, two concerts, tour merchandise from the concerts, tickets to their movie, Chelsea Silvers is a dedicated fan of the popular boy band sensation One Direction. But Chelsea is not a boy-crated 12-year-old girl – she’s a 19-year-old college student. “When people find out that I am a college student who enjoys boy bands, they definitely look at me differently. I often feel really judged,” says Silvers, a DMACC student.

Chelsea is a victim of music shaming. She, like many others on college campuses everywhere, is facing music shaming in their everyday lives. Music shaming is the term used to describe making someone feel insecure about his or her music taste to the point that they alter their preferences in order to fit in. This phenomenon happens, experts say, because of the ancient desire to put people down to feel superior. Even though music shaming may seem like a juvenile issue that would only affect a younger age group such as teenagers, it happens on DMACC campuses, and even in workplaces as an adult.

Everyone is trying to find themselves and what they like, and music often helps define with this process. “We know who we are by judging ourselves based on others, and trying to establish a social norm,” says Gary Titchener.

“Not getting enough sleep makes me feel sluggish and can affect my focus,” Woods says. “I end up lying in bed wishing to fall asleep. I overthink and worry about things a lot, which keeps my brain awake. It’s really hard on me because I need plenty of sleep for practices and games. Some nights I end up lying in bed wishing to fall asleep, but just can’t.” Volleyball player Katy Lewis, 19, of Boone, says being sleepy wreaks havoc on her focus every day.

“Lack of sleep makes it hard to tell my body how to react. My reaction time is slower, which is scary when I’m driving long distances. Being so tired makes me less able to concentrate on my volleyball games and I’m less focused. Before bed, I worry about how I’m going to balance the next day with class, volleyball, and homework.”

Lewis also says it can be difficult for her to fall and stay asleep. “I usually worry about schoolwork before bed.”

DMACC student and athlete Gabby Woods yawns then rubs her eyes. “I usually worry about schoolwork before bed.”

“The result can lead to lower grades, learning difficulties, moodiness, memory loss, and accidents.”

“Not getting enough sleep makes me feel sluggish and can affect my focus,” Woods says. “I usually worry about schoolwork before bed.”
Alcohol Awareness Day

Thursday, April 23rd, is Boone Campus Alcohol Awareness Day. Staff from a local agency will be on hand with informational pieces and giveaways. Everyone is welcome to complete a brief alcohol awareness assessment at the Boone Campus Library. DMACC Boone Campus students who complete the assessment will be able to enter a drawing to win one of five Casey’s $20 gas cards. The information and brief assessments will be available in the L.W. Courter Center from 11 a.m. – 1:30 p.m.

May Graduate Survey

This month, all May graduation applicants will receive an email at their personal email account currently on file with the college requesting that they complete a brief survey on a website called Outcomes Survey. The data collected through this annual survey is very important to DMACC programs, students and other stakeholders within and outside of the college.

If you haven’t completed this May, please take a few minutes to complete the survey; all data collected is confidential and reported anonymously. Please help the DMACC Career Center with this important survey! Questions about the survey can be directed to Sara Moore, DMACC Career Center Specialist, at smooro@dmacc.edu or (515) 964-6215.

Help stock campus pantry

As the semester begins, please consider helping restock the campus pantry.

Current needs include:
- Canned chicken
- Spaghetti sauce
- Canned fruit/Dried fruit/
  Applesauce
- Rice
- Peanut butter
- Jam/jelly
- Dried beans
- Oatmeal/Hot cereal mix/
  Baked cereal
- Bread/Muffin mix
- Oils (vegetable, olive, etc.)
- Toilet paper
- Shampoo and soap

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

DMACC Boone Campus students who complete the survey may be awarded a $500 scholarship. The survey will close on Thursday, May 7th.

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 culture, literature, and veterans af- fairs), you’re sure to find someone that can get you started or keep you on track during our hours. No appointments are necessary for this free service. For more information, contact Kristal Herlitz, WRC coor- dinator, kristalh@dmacc.edu. Or visit http://go.dmacc.edu/wc/google/ writerscenter.

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.

DMACC honors students

DMACC offers Spring Europe trip


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 community member can sign up and please consider traveling with a friend or family mem- ber. DMACC History Professor and WWII Author Dr. Lisa Os- sian will lead and coordinate this unique tour.

The travelers leave Des Moines on Sun., May 10th and return on Fri., May 29th or Sat., May 30th, (depending on return flight schedules) 2015. Payment arrangements are made with EF College Study Tours and these may be monthly or periodic in- stallments.

This is an all inclusive tour: roundtrip international airfare, hotels, half the meals, tour buses, night ferry excursions, train fares, tour guides, museum entrance fees, and travel insurance.

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

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 dis- abled.) For information, contact, Erin Neumann, Room 124, canoeumann@dmacc.edu. Or call 515-433-5037.

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.

Student artist discusses project at Library

The Boone DMACC library will be holding a Meet the Artist event for student Edward Schultz. He will display the Honors Project as part of a Leadership class project. The event will be held Thursday, April 23, at 2 p.m. in the Boone campus library. Edward’s project consisted of creating an artistic rendition of depression in English and creating a Spanish translation and is currently being displayed on the central resource shelves. Those who attend will be able to view his project and to ask questions about it.

Light refreshments will be available.

Foundation scholarships available

DMACC students who are enrolled in 6 credit hours or more and are not currently receiving Federal assistance are eligible for DMACC Foundation Scholarships. The DMACC Foundation Scholarship application is now available on the DMACC Web- site. The deadline for application is 4/24/15 @ 4 p.m.

This scholarship may be applied toward charges for tu- ition, fees, and/or book charges for 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. If you have any ques- tions, please contact Sue Rardin, Financial Aid Specialist-Schol- arships at 515-965-7719 or via email at sgrardin@dmacc.edu.

Jobs and internships for DMACC grads

The DMACC Career Center has received a record-breaking number of job and internship postings from employers this year. Students who want to current DMACC students and graduates for their full-time, part-time and internship oppor- tunities.

To view current postings and visit the central resource site and museums of the Second World War and the Holocaust with a very interesting group of travelers.
Meet Molly Geick

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.

Molly Geick is a current student here at DMACC. It is her second year. She plans to graduate this spring and transfer to the University of Iowa for Human Physiology.

Geick is a member of the DMACC golf team. “Golfing is my hobby,” says Geick.

She was on the team this spring when DMACC women’s DMACC golf won the first Team Season at the Iowa Central Invite.

Geick grew up in Pomeroy, Iowa. She went to high school at the Pocahontas Area. In high school Geick was involved in golf, basketball, and softball.

In Pomeroy, Geick grew up with her two parents and her two older sisters.

Geick graduated in 2013. She came to DMACC to play golf. “I like DMACC because it is a small, personable campus.”

Geick is excited to continue her journey this fall at the University of Iowa and start her major.

Molly Geick

Final Exam Schedule - Spring 2015
Friday, May 1, 2015 through Thursday, May 7, 2015

The DMACC Final Exams and Class times are determined by the beginning Lecture time and days scheduled for a class.

Spring 2015

DMACC Women’s Golf Schedule
04/24/15 Region XI Tournament Otter Creek - Ankeny, IA TBA
04/25/15 Region XI Tournament Otter Creek - Ankeny, IA TBA
05/01/15 - 05/14/15 NJCAA Longbow - Mesa, AZ TBA

The Exam Time and Date listed are determined by referring to the beginning Lecture time and days scheduled for a class.

YOUR EXAM TIME IS YOUR EXAM TIME IS YOUR EXAM TIME IS YOUR EXAM TIME IS YOUR EXAM TIME IS

Friday, May 1
8 a.m. 8 a.m. 8 a.m. 8 a.m. 8 a.m.
9:05 a.m. 9:05 a.m. 9:05 a.m. 9:05 a.m. 9:05 a.m.

Monday, May 4
1:25 p.m. 1:25 p.m. 1:25 p.m. 1:25 p.m. 1:25 p.m.
2:25 p.m. 2:25 p.m. 2:25 p.m. 2:25 p.p. 2:25 p.m.

Tuesday, May 5
2:30 p.m. 2:30 p.m. 2:30 p.m. 2:30 p.m. 2:30 p.m.
3:35 p.m. 3:35 p.m. 3:35 p.m. 3:35 p.m. 3:35 p.m.

Wednesday, May 6
1:25 p.m. 1:25 p.m. 1:25 p.m. 1:25 p.m. 1:25 p.m.
2:25 p.m. 2:25 p.m. 2:25 p.m. 2:25 p.m. 2:25 p.m.

Thursday, May 7
11:15 a.m. 11:15 a.m. 11:15 a.m. 11:15 a.m. 11:15 a.m.
12:20 p.m. 12:20 p.m. 12:20 p.m. 12:20 p.m. 12:20 p.m.

Friday, May 8
10:10 a.m. 10:10 a.m. 10:10 a.m. 10:10 a.m. 10:10 a.m.
11:15 a.m. 11:15 a.m. 11:15 a.m. 11:15 a.m. 11:15 a.m.

Saturday, May 9
8 a.m. 8 a.m. 8 a.m. 8 a.m. 8 a.m.
9:05 a.m. 9:05 a.m. 9:05 a.m. 9:05 a.m. 9:05 a.m.

Sunday, May 10
ALL EXAMS COMPLETED

EVENING/SATURDAY FINAL EXAM SCHEDULE
Spring 2015

Evening Courses, i.e., courses that start at 4:00 pm or later will have exams at the time and day listed below:

Monday night classes (Final Exam) ----------- May 4
Tuesday night classes (Final Exam) ----------- April 28
Wednesday night classes (Final Exam) -------- April 29
Monday/Wednesday night classes (Final Exam) --- May 4
Thursday night class (Final Exam) ----------- April 30
Tuesday/Thursday night classes (Final Exam) --- April 30
Friday night classes (Final Exam) ----------- May 1
Saturday classes (Final Exam) ----------- May 2

Boone PBL students win at state conference

The Phi Beta Lambda State Leadership Conference was held at the Boone Campus on April 19 and 21. Phi Beta Lambda is a student organization for those transitioning to the professional business world.

Boone campus DMACC students competed in a variety of events, including online testing and presentation events. Students competed against colleges from all over the state of Iowa. Dakota State University (South Dakota) and University of Minnesota – Twin Cities also participated in the conference.

While the students compete against the out of state colleges at conference, they only compete against the Iowa colleges to determine whether they qualify for the National Leadership Conference. The students listed were all of the students who signed up and participated at conference. They all qualified to attend the National Convention because Boone PBL Chapter placed second in the state of Iowa with their Community Service Project. Students have been spending (a lot of) their free time, including weekend time, to build lending libraries. They will continue to do this and hope to have more placed around Boone in the next couple of months. Their first completed lending library is located in the Courter Center.

Congratulations to these students for their placements within the state of Iowa:

PBL Boone Chapter
1st Place – Community Service Project
2nd Place – Largest Local Chapter Membership
3rd Place – Largest Percentage Increase in Local Chapter Membership

Jean Haberichter
1st Accounting for Professionals
Rachel Davis
2nd Accounting for Professionals
Information Management
Jade Barker
1st Business Communication
Talvor Swan
4th Business Communication
Kara Sloan
3rd Client Service
4th Personal Finance
Tyvann Griggs
1st Future Business Executive
Kelsie Groth
4th Human Resource Management (team with Brandie and Megan)
1st Management Analysis and Decision Making (team with Brandie and Megan)
1st Retail Management
Megan Waterbury
4th Human Resource Management (team with Kelsie and Brandie)
1st Management Analysis and Decision Making (team with Kelsie and Brandie)
2nd Retail Management
Arlo Starbuck
1st Justice Administration
3rd management Concepts
4th Organizational Behavior and Leadership
Alli Vanbuskirk
4th Public Speaking

COMPLETION OF AN ASSOCIATE OF ARTS DEGREE WILL FULFILL ALL OF SIMPSON’S GENERAL EDUCATION REQUIREMENTS.

2+2 Programs Include:
AA in CJ–Homeland Security to BA in CJ
AA in BJ–Correction to BA in BJ
AA in CJ–Electronic Crime to BA in CJ
AA in CJ–Law Enforcement to BA in CJ
AA in Business Administration to BA in Accounting
AA to BA in Psychology

SIMPSON COLLEGE
SIMPSON.EDU/DMACC
This is a draft candidate Graduation List. Any additions, corrections, please notify Sandi Johnson, Boone Campus, DMACC Main Office right away.

Pha Theta Kappa and Honors Program notations will be added to the program.

CANDIDATE GRADUATION LIST (ROUGH DRAFT)

Key:
+ Fall Grad
PTK symbol

CANDIDATES FOR ASSOCIATE IN ARTS

BUSINESS
ADMINISTRATION—AA
Seth Patrick Aquino
Brian Christopher Archambault
Izatha Barker
Colby A. Glass

CRIMINAL JUSTICE—AA
Neyna Edith Browning
Monica G. Dillavou

ENVIRONMENTAL SCIENCE—AA
Justin R. Langord
Kallie Marie Webber

LIBERAL ARTS—AA
Emily Jo Achen
Seth Patrick Aquino
Brian Christopher Archambault
Taylor Christopher Arens
Daneous Ella Allen
Adam Joseph Bach
Robyn Michelle Baldi
Brenna Leigh-Carman
Baylor S. Ball
Zane Abraham Beston
Alessa B. Broome
Samantha Carlson
Travis L. Cavan
Madison Christin Clark
Katelyn Sue Clarke
Madison J. Starman

MASTERS

ACCOUNTING SPECIALIST—AAS

ADMINISTRATIVE ASSISTANT—AAS
Taylor Erin Swan

APPLIED SCIENCES

ARCHITECTURE—AA

BUSINESS
ADMINISTRATION—AA
Seth Patrick Aquino
Brian Christopher Archambault

CRIMINAL JUSTICE—AA
Neyna Edith Browning
Monica G. Dillavou

ENVIRONMENTAL SCIENCE—AA
Justin R. Langord
Kallie Marie Webber

LIBERAL ARTS—AA
Emily Jo Achen
Seth Patrick Aquino
Brian Christopher Archambault
Taylor Christopher Arens
Daneous Ella Allen
Adam Joseph Bach
Robyn Michelle Baldi
Brenna Leigh-Carman
Baylor S. Ball
Zane Abraham Beston
Alessa B. Broome
Samantha Carlson
Travis L. Cavan
Madison Christin Clark
Katelyn Sue Clarke
Madison J. Starman

MASTERS

ACCOUNTING SPECIALIST—AAS

ADMINISTRATIVE ASSISTANT—AAS
Taylor Erin Swan

APPLIED SCIENCES
Summer class sign-up starts

by Megan Olson
Staff Writer

If you want to take summer classes through DMACC and have not yet enrolled, advisors encourage you to get registered soon.

The first round for summer classes is a 10-day course beginning May 11th. The next round beginning May 27th and end July 22nd. The last time available for summer courses begins later in June and end on August 6th.

The courses that last 8 weeks and the courses that last 10 weeks are the same in fullness. The most common start date is May 27th.

Most students just choose the term that the course begins that will fit best with their schedule. "I am taking summer courses so I can graduate from DMACC after this coming fall semester and transfer to Iowa State University to major in communications," she said Stephanie Stone.

Jocelyn Kovarik, an academic advisor at DMACC, says students should try to balance their class choices with their time demands during the summer.

"Be sure if you do take summer courses that you do not overload yourself. Students often take too many classes and it makes it hard for them to enjoy their summer," she said.

A good selection of classes is available in almost every general category, according to the DMACC course list. Students may take face-to-face classes, which have a good variety of courses available or take online classes. There is a large list of online classes available. The only course that would be difficult to take online and that Kovarik recommends you wait to take during a fall or spring semester is a science course.

Regular courses that are offered usually fill up like they would during the school year. However, the more technical courses don’t as much.

According to Kovarik about 1 every 4 out of 5 students register for summer classes. Most students are taking summer courses to keep up with their graduation date.

Still summer enrollment tends to be smaller than the spring or fall semesters.

"It is a lot quieter around here," Kovarik said.

Students can stay in the DMACC housing over the summer. The requirements to stay can be discussed with an advisor or housing staff representative.

Contact DMACC housing staff for more information. Or visit, https://go.dmacc.edu/boone/Pages/studenthousing.aspx

The following information was provided by Sandi Johnson, one of the graduation organizers.

Spring graduation for the Boone DMACC campus is Friday, May 8, in the gymnasium starting at 10 a.m.

About 120 students are expected to walk in the graduation ceremony. Boone Campus Provost Tom Lee will present the class to the audience. Faculty also will be a part of the ceremony.

The guest speaker is Steven Schulz, president of North Iowa Area Community College in Mason City. Schulz is the former provost of the Carroll DMACC campus.

The student speaker is Linday-Arín Fitzgerald. She is receiving her Liberal Arts-AA degree.

Students walking in the ceremony are advised to be on cam- pus by 10 a.m. They must be on time to receive all the direc- tions they need to know what will happen in the ceremony and the seating arrangements. Meet in the auditorium.

Students who have earned the right may wear the DMACC honor cords, Phi Theta Kappa (PTK) stoles, and Honors me- dalions. Anything additional to those accessories is prohibited.

PTK members must make arrangements with their chair to purchase their stoles prior to graduation. The stoles are priced at $25. PTK members also have the option of renting the stoles, which is priced at $5. This also must be done prior to graduation. Also, students that have an cumulative GPA of 3.5 or higher, from the end of fall semes- ter may wear honor cords during the ceremony.

Immediately following the ceremony students may take pic- tures, then return their cap and gown.

A formal reception will be held immediately following the ceremony. There will be cookies, coffee, and punch available in the Center Court.

About 20-30 minutes after the ceremony pinning of the as- sociate degree-nursing students will occur.

Students may fill out a pho- tography packet to receive profes- sional pictures.

--- Compiled by Megan Olson, Banner News staff writer

SLEEP, continued from page 1

laptops, and watching television before bed. "The bright light from these devices trick the brain into stay- ing awake, which drops natu- ral melatonin levels in the body. Avoiding the use of technol- ogy before bed would allow for these students to fall asleep much quicker," she said.

For another DMACC stu- dent, the sleep culprit isn’t so much electronic devices but her work schedule.

Shannon Wirtz, 19, of Boone, says she works more than 30 hours per week as a waitress at The Lucky Pig in Ogden, "so that really cuts into a lot of my time."

"I take range between 30 minutes to 1 hour to get ready, depending on how much free-time I have."

Wheelock also says he relies on physical activity to stay awake. "I exercise a lot to keep my brain wired. A solid workout gets my blood pumping and can really wake me up."

Wheelock, who considers himself a party animal, acknowl- edges that his social schedule can cause him to miss out on sleep. "To be honest, I don’t get enough for me, but I remind myself that I’ll never remember the nights where I got plenty of sleep."

Jordon Murray, 19, of Ames, says getting too little sleep dam- ages his focus as an ISU student. "Lack of sleep definitely affects how much I’m able to do the next day. Especially after a weekend of all-nighters and studying late."

Murray says he usually gets six to eight hours of sleep per night. But, at times, it doesn’t seem like enough.

"Grogginess keeps me from focusing and my work ethic suf- fers from lack of sleep as well. I hate feeling groggy at work be- cause I know I’m not performing at my best."

Health studies say sup- port how Murray is feeling. "In one study, students ranked sleep problems right behind stress as the reason for their low academic performance."

Besides night time sleep de- privation, daytime sleepiness also is a common problem on campus. The National Institute of Health estimates that in one every two college students suffers from day- time sleepiness.

Wirtz may fit that statistic. She estimates she gets about seven to eight hours of sleep a night. She makes it clear that much of the time even when she does sleep, still feels exhausted. "I attempt to wake up earlier for class, but even then, I still feel comatose."

Allison Anderson is a stu- dent in JOU121, News Writing & Reporting. She wrote this story for an assignment in class.

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Come to DMACC Boone Campus

21, 22, 23 April 2015

Earth Week Schedule of Activities

Tuesday (21 April) 8:30 to 9am Earth Rise Breakfast*

7 to 9pm Evening Film: Wall E**

Wednesday (Earth Day) 9am to 2pm Earth Day Fair*

11:30 to 12pm Environmental Readings*

Thursday (23 April) 8:30 to 9:15am Earth Rise Breakfast*

10 to 11am Speaker: John Roosa, Boone Co. Landfill**

7 to 9pm Evening Film: Silent Running**

*Courter Center; **Auditorium

Obama’s climate policy survives court challenge

By David G. Savage
Tribune Washington Bureau (TNS)

WASHINGTON _ President Obama’s ambitious plan to battle climate change by forcing power plants to reduce greenhouse gases appeared to survive its first court challenge, but only because formal rules are still pending at the Environmental Protection Agency.

Obama’s Clean Power Plan, which calls for a 30 percent reduction in carbon pollution by 2030, could be the signature environmental achievement of his presidency. But his plan is moving forward without the approval of Congress, including the new Senate Majority Leader Mitch McConnell, R-Ky., a fierce defender of the coal industry.

With no prospects for new regulatory legislation, Obama’s EPA administrators last year turned to the Clean Air Act of 1990 to set state-by-state targets for reducing pollution. States could reach their targets by, for example, replacing coal-fired power plants with ones that burned natural gas. But leaders of the coal industry and lawyers from the coal-producing states cried foul.

And on Thursday, an unusual hearing before a U.S. Court of Appeals panel turned into a preview of things to come.

Lawyers for the coal producers and coal-dependent states took turns urging the judges to stop the proposed climate change regulations, even though they are not expected to be formally issued until later this year.

They described Obama’s plan as a “vast expansion” of federal authority that could force the shutdown of a large number of coal-fired plants. They contended the climate-change plan amounts to illegal “double regulation” of power plants.

Industry attorneys were joined by famous Harvard Law professor Laurence Tribe, a onetime mentor for Obama. He suggested the plan was unconstitutional because federal officials were “commandeering” states to do the bidding of Washington. Tribe, who was hired by Peabody Energy Corp. raised eyebrows last month when he testified before a House committee and described Obama’s environmental policies as “burning the Constitution.”

The three appellate judges, all Republican appointees, listened respectfully Thursday, but said it was too early for them to act. “This may be a big, extraordinary case,” said Judge Brett Kavanaugh, an appointee of President George W. Bush and a steady skeptic of Obama administration regulations. But he said judges can only review regulations once they are finalized, not when they are still proposals. “You can move for a stay as soon as they are final,” he told a lawyer for West Virginia.

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WIN $10,000 FOR YOUR BUSINESS

The DMACC Foundation Entrepreneurship Competition

The competition is open to DMACC students and alumni living in Iowa who have an existing business registered with the Iowa Secretary of State. Check out the rules and apply at www.dmacc.edu/foundation

Apply today! Deadline is May 1, 2015

Winner announced September 17, 2015, at the DMACC Small Business Awards

The $10,000 award was made possible by a generous anonymous gift through the DMACC Foundation

Join the Banner News staff
Summer & Fall 2015
ALL POSITIONS -- TRAINING PROVIDED

* JOU122, 3 credits * Workstudy * Freelance

CONTACT: bannernews@dmacc.edu

Register today - classes start May 4

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515-225-1800 • uiu.edu/desmoines
MUSIC, continued from page 1

Titchener, a sociology professor at the Ankeny DMACC campus.

When people do not fit into those social norms, they face judgment. Anticipatory socialization is a strategy that was developed to help avoid judgment from peers. Anticipatory socialization is looking at groups that are popular, cool, or en vogue to discover what behaviors to copy to gain acceptance.

Stereotypes are a product of culture, family, peer groups, and the media, says Titchener. Without firsthand knowledge and experience with different social groups, a person is more likely to believe in the stereotypes they have been taught.

"The enemy of stereotypes is knowledge," says Titchener. "If we understand those with different tastes or preferences, they stop being a 'them,' and they become an 'us.'" Still the simple question "what kind of music do you like?" can send people of all ages into a panic.

"I hate talking about what kind of music I like because my old roommate used to make fun of my music taste," says Mike Ethen, a DMACC Transportation Institute student.

With more country songs on his iPod than any other genre, it is clear what his favorite type of music is. "People assume that because I like country music, I am a complete redneck hick. Although I like to think of myself as more country than a lot of people in Ankeny, I am a person and my preferences should be respected just like any other person's preferences." The spread of this evolving type of shaming can be attributed to many different factors. Just like slut shaming and weight shaming, much of music shaming's power has grown with the exponential growth of social media.

"I think that it is easier to judge people on their music taste because of social media and increased global interconnectedness," says Talia Hertz, a second-year DMACC student. What Makes You Beautiful, the music video that catapulted One Direction to international fame has a YouTube comment section full of comments like the one Collin left posted saying 'Seriousy One Direction and its fans SUCK.' The same is true for many other music videos for different genres on YouTube.

What makes humans likely to appreciate music in the first place has always been somewhat of a mystery until just recently. A study by Anne Blood and Robert Zatorre at McGill University in Montreal discovered one reason humans may be so drawn to music. Blood and Zatorre used magnetic resonance imaging to look at a brain while the test subject was listening to music they enjoyed. The images showed that areas in the limbic and paralimbic regions of the brain were stimulated by the music. This triggered what are known as euphoric responses, like rushes of the neurotransmitter dopamine. The body also releases dopamine after sex, after consuming a favorite food, and when taking addictive drugs.

It is also possible that auditory responses were once linked to survival instincts. Correct responses to noises during ancient times could be the difference between life and death. The brain would release a bit of dopamine as a reward for staying alive. Nowadays, the human brain will do the same thing if it accurately predicts the next sound pattern of a song. This is the reason that music can cause strong emotional reactions like anger, sadness, or extreme happiness.

Musical taste is an extremely subjective thing. There is no scientific proof to say that one genre of music is superior to another, or that those who listen to one genre of music are more intelligent than those who listen to other genres of music.

It is entirely possible to expand the variety of music one enjoys by learning what elements to listen for. A study by the University of Melbourne suggests that the human brain responds most favorably to music containing higher levels of detectable dissonance. Dissonance is a nonphysical element of music where there is a lack of harmony between instruments, vocals, or both. According to the University of Melbourne study, those who have a higher level of professional music training are able to pick up on dissonance more easily, and therefore are able to enjoy a wider variety of music than those without any professional music training.

Titchener advises those who are facing music shaming to celebrate their diversity, because altering one's likes to fit in with the norm is not what makes a person unique. Changing to fit society's ideas of normal makes a person quite unremarkable.

Chelsea Silver's estimates that she has easily spent a thousand dollars or more on all of her One Direction related things, including travel and food expenses for her trips to concerts.

After falling victim to music shaming, does she have regrets? "I would do it all again in a heartbeat!" Savan Hubbard is a student in JOU121, Newswriting & Reporting (Ankeny). She wrote this story for a class assignment.
DMACC Sports Calendar

April 22: Baseball vs. #3 Iowa Western, Council Bluffs, IA 2:30 PM
April 23: Women’s Golf vs. Region XI Tournament, Otter Creek - Ankeny, IA Time TBA
April 24: Softball vs. TBA, Boone, IA 2 PM
April 25: Women’s Golf vs. Region XI Tournament, Otter Creek - Ankeny, IA Time TBA
April 25: Baseball vs. Southeastern, West Burlington, IA 1 PM

Follow the Bears at
www.dmacc.edu/athletics

Baseball team sweeps doubleheader from SWCC

DMACC--The DMACC baseball team closed out the 2015 regular season with a pair of losses to Kirkwood Community College (KCC) April 20 at Cedar Rapids. KCC came away with 9-1 and 12-2 wins over the Bears to claim the Iowa Community College Athletic Conference (ICACC) regular season championship with a 23-3 record. DMACC finished second at 21-3 and fell to 43-8 overall.

The wins give KCC the No. 1 seed in the National Junior College Athletic Association (NJCAA) Region XI Championship, which begins April 24. DMACC will be the No. 2 seed.

KCC used a five-run rally in the bottom of the fourth inning to come away with the win in the first game of the doubleheader. DMACC was limited to six hits in the game with freshman Brittany Roby of Knoxville getting a pair of doubles. Sophomore Jamie Reynolds of Des Moines drove in the Bears’ only run in the third inning.

Sophomore April Brown pitched the first four innings for DMACC and suffered the loss. She allowed eight runs on seven hits, struck out three and walked three.

Sophomore Cailey Schlenker of Maxwell pitched a third of an inning, allowing one run on two hits.

Roby and sophomore Marisa Grasela of Omaha, Neb., hit solo home runs to account for DMACC’s only hits and runs in the second game.

Freshman Holly Hanlaid of North Liberty pitched the first four innings, allowing seven runs on eight hits. She struck out two and did not issue a walk. Schlenker threw the last inning and two-thirds, allowing five runs on six hits.

DMACC intramurals offer fun

by Nick Noah

Contributing Writer

Throughout the school year, the DMACC intramural program gives something fun for the students on the Boone campus to participate in. In charge of the program are women’s basketball coaches Steve Kracfinis and Ashley Martin. Every month, they set up tournaments of various sports for the students to participate in. Over the course of the past school year, they have set up activities such as dodgeball, kickball, basketball, and volleyball.

“I really enjoy working with the intramurals here, they always give you something to do on a small campus where there’s usually not a whole lot going on,” said sophomore men’s basketball player El-lis Defrentas.

“So far my favorite activity they’ve set up was dodgeball, I wasn’t very good, but it was still fun,” Defrentas added.

Organizers say the DMACC intramural program has brought many people on campus closer together and has made plenty of friendships. It’s a great way to get out of the dorms, they say, get some physical activity in, and meet plenty of new people around campus.

Women’s golf team wins at NIACC

DMACC – Freshman Ashley Dulmer of Dike and sophomore Haley Froehlich of Algona turned in 18-hole scores of 80 and 81 respectively to lead the DMACC Women’s Golf team to the team championship in the NIACC Spring Invitational April 16 at the Mason City Country Club in Mason City.

The Bears won the team championship with a score of 338, 14 strokes better than runner-up North Iowa Area Community College (NIACC). Iowa Central Community College’s Julie Laisney won individual medalist honors with a 18-hole score of 70.

Freshman Ty Mason of Huxley led DMACC with a 77 and tied for 13th in the individual competition. Other DMACC scores included an 85 by sophomore Maggie Peters of Jewell, an 87 by sophomore Cami Eiler of Radcliffe, a 90 by sophomore Missy Geiss of Pomeroy, a 92 by freshman Rachel Walljasper of Pomeroy, and freshmen Zach Mason of Sac City and Brett Romig of Boone tied for 62nd with 82s. Sophomore Sam Wilkie of Boone tied for 87th with a 90.

Dulmer finished second in the individual competition and Froehlich was third.

Other DMACC scores included an 85 by sophomore Maggie Peters of Jewell, an 87 by sophomore Cami Eiler of Radcliffe, a 90 by sophomore Missy Geiss of Pomeroy, a 92 by freshman Rachel Walljasper of Pomeroy, a 93 by freshman Mara Masching of Carroll and a 96 by freshman Emma Sweeney of Sutherland. Peters tied for sixth, Eiller finished 14th, Walljasper finished 19th, Masching was 20th and Sweeney finished in 21st place.

Baseball team sweeps doubleheader from SWCC

DMACC--The DMACC softball team improved to 24-15 overall and 11-7 in the Iowa Community College Athletic Conference (ICACC) by sweeping both ends of a doubleheader against Southwestern Community College (SWCC) April 20 at Creston.

The Bears won by scores of 10-9 and 18-5 to improve to its current winning streak to seven games.

Freshmen Eric Weisbrod of Racine, Wis., and Jacob Adams of Brandon, S.D., each homered to lead DMACC to the win in the opener. Weisbrod drove in three runs as DMACC runs and Adams had a pair of RBIs. Sophomore Chris Kelly of Boone and freshmen Zac Repinski of Prior Lake, Minn., and Bubt Mathiowetz of Rochester, Minn., led DMACC on two hits and walks.

In the second game, DMACC rallied for five runs in the sixth inning to come away with its sixth run in the season. The Bears scored one run in the seventh inning.

Senior Grant Juber of Sibley and freshman Tyler Mason of Osceola drove in three runs each as DMACC took the second game behind a 10-run rally in the top of the ninth inning. The Bears scored six runs in the inning. Weisbrod drove in three runs, including five by sophomore Anthony Mrosa of Coon Rapids, Minn., four from Schreiner and freshman Mickey Lotus of Plymouth, Minn. Mathiowetz and Weisbrod joined Adams with two hits apiece. Mrosa, Schreiner, Weisbrod and Lotus drove in two runs each for DMACC.

Senior Michael Peters of Coal Valley, Ill., pitched the first six innings, allowing three runs on three hits. He struck out 13 and walked three. Freshman Robert Hansen of Des Moines pitched a third of an inning and gave up two runs and walked one batter and Harmon got his third win of the season against one loss with two and two-thirds innings of work. He gave up three hits, struck out two and walked two and DMACC and SWCC will meet in another doubleheader today at Creston.

Men’s golf team finishes 6th at NIACC

DMACC -- The DMACC men’s golf team placed sixth in the NIACC Spring Invitational April 16 at the Mason City Country Club in Mason City.

Kirkwood Community College (KCC) took the team championship with 297 strokes and DMACC finished sixth at 319. Waldorf College’s Cody Bolez was medalist honors with a 18-hole score of 70.

Freshman Ty Mason of Huxley led DMACC with a 77 and tied for 13th in the individual competition. Other DMACC results included an 85 by sophomore Maggie Peters of Jewell, an 87 by sophomore Cami Eiler of Radcliffe, a 90 by sophomore Missy Geiss of Pomeroy, a 92 by freshman Rachel Walljasper of Pomeroy, and freshmen Zach Mason of Sac City and Brett Romig of Boone tied for 62nd with 82s. Sophomore Sam Wilkie of Boone tied for 87th with a 90.

DMACC and SWCC will meet in another doubleheader today at Creston.

Visit us online at bannernews.org and like us on Facebook
By Nick Noah
Contributing Writer

Student athlete/reporter gives glimpse into life in college sports

Time was extremely valuable,” recalls DMACC Women’s Assistant Basketball Coach Ashley Martin, who played college ball. “You were always either in class, in practice, and resting or icing your body.”

Non-athlete students usually work part-time jobs, which takes about 20-30 hours a week. An average collegiate athlete will usually spend close to 40-50 hours a week working on their game, which is why many say that playing a sport in college is similar to working a full-time job. It’s quite the hefty addition to their normal course load. Based on their practice schedule, athletes arguably don’t get the same amount of time to study and prepare for class that others may get.

According to the NCAA, if athletes don’t keep their grade point average up above a 2.0, they may violate the general rules of eligibility and become academically ineligible to compete.

Which is when time management becomes an important skill.

“It was very challenging to manage your time as a student athlete,” Martin recalls.

Living the typical college life could be pretty difficult for some, but consider this:

In-season college athletes will typically have a six-day practice schedule that includes workouts, practices, film, conditioning, and games. Student athletes also face all of the problems that non-athletes face when it comes to homework and attending classes. Athletes also run into road games, which could be just a short hour drive, or a long six to seven hours. If combined with other responsibilities like cleaning, cooking, shopping, and dating, a student athlete’s schedule always seems to be busy.

When it comes to everyday homework, let’s talk about the numerous absences from labs and lectures that occur outside of one’s control. Imagine taking a course that is considered challenging to most students. Now imagine missing a few classes every couple weeks during the regular season, not only are you behind in class, but you are forced to become your own teacher on the road in the back of a bumpy bus where Wi-Fi is not present, or in your hotel room. At that time you don’t have anyone to answer your questions besides your textbook, which may only solve half of your problem, and it’s not like you can stay up late to do all of your homework when you have to play an important game the next day.

If a student is not completely on top of everything all of the time and not in constant contact with their professors, it will be very easy to fall back and not succeed.

Every student has their own way on making sure that they stay on top of everything.

“Coach usually helps us set up times to go in and work on homework and get our school work done,” says sophomore volleyball player Carissa Rainey from Ankeny, Iowa. “She also keeps track of our grades and makes sure that we’re doing OK in our classes and performing at our academic level that we should be at.”

Freshman DMACC softball player Gabby Woods from Boone, also stays on top of her grades while she performs and succeeds on the softball field. “I make sure to prioritize and take it one day at a time. I always make sure I get the most important things done first because grades always come first,” said Woods. “It’s definitely not easy staying on top of it all. I love softball so much I could spend all my time doing that, then I remember that school is why I’m here.”

If a player doesn’t succeed in the classroom, it could cause poor grades which could lead to your eligibility or scholarship being taken and your spot on the team could be up for grabs. At worst, all of that could possibly lead to being off the team and out of school. The pressure is very real and something that all student athletes know.

When asked about what advice they’d give to someone who wants to pursue a sport in college and become a student athlete, both Woods and Rainey had similar responses. “It may be a heavy load, but don’t ever let up on your classes,” said Gabby Woods. “It’s definitely possible to do a little, but it does seem like the challenge.”

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When asked how to deal with the pressure of the sport, Rainey said, “I do it because I love basketball enough to play it at a higher level and I really like being able to continue working on my game. But I cannot sacrifice my future after I’m done. It’s important to find a balance.”

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The difficulties of being indecisive

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

by Edward Schultz
Guest Columnist

Imagine someone being asked to go out with a friend and declining just because they were unable to decide on what to do. Imagine someone trying to write a paper for class and just sitting there staring at the blank screen because they couldn’t decide on a topic.

I am that someone. In these situations the issue at hand is likely indecision. Merriam-Webster’s online dictionary defines “indecisive” as “not able to make choices quickly and confidently” or “not settling something or making something final or certain.”

For some, being indecisive is occasional or rare, but for others, like me, being indecisive is a common issue. Being indecisive may seem like a minor problem or like it would not be debilitating, but when it takes more than half an hour to make a decision that would normally take less than a minute, that time adds up. In small amounts it is manageable and isn’t very detrimental, however with time it can grow and grow until it consumes a person. The inability to make decisions can have drastic and negative effects in nearly every aspect of a person’s life, from what to have for dinner to what career path to pursue while attending college.

In some instances being indecisive is good. Some decisions do take time and it is important to keep that in mind. If being indecisive becomes a problem or a person simply wants to be able to make snap decisions, there are ways that they can take over come and curb indecision.

Healthline has a five step program designed to do just that.

Step one: “Forget the fear!”

According to Healthline a common reason that people have difficulty making decisions is because of fear. It is important to determine what is causing that fear and address it and to remember that there isn’t necessarily a right or wrong choice.

Step two: “Tune into your emotions.”

It is important to not overanalyze. It may take practice but by tuning to how a person feels about a situation can make decision making easier.

Step three: “Practice on the small stuff”

Take it slow and try making simple decisions. This can be anything from what to eat to what to buy.

Step four: “Learn to trust yourself”.

This step focuses on letting go and allowing yourself to make a decision. Worrying too much about the outcome of a decision may hinder one’s ability to even make a decision.

Step five: “What will it matter in 5 years?!”

It is important to remember that most decisions that are made have little long term importance. This step ties into the others in a sense that it allows a different perspective of the importance to make the right choice.

I have been following these steps and I have seen improvement in myself. Some of the steps are hard to follow through with, though with time it has gotten easier. I have reduced the time that it takes for me to make a decision and I also feel better about myself and am more confident in my decision making.

Edward Schultz is a liberal arts major and will be graduating with honors at the end of this term. He plans to move to Florida and take a break from school after graduating until he is able to decide on a career path to follow.

Considering and confronting ‘why’

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

How can it have so much power? Does it really have power? I think Lord Byron answered this question when he said “Words have no power to impress the mind without the exquisite horror of their reality”. As individuals we need to recognize for ourselves what why means. What is our own individual reason or purpose for living? I have struggled with this question as I am sure each and every one of you has. Worse yet there is not one golden answer to this question. It is a living changing idea that transforms with our lives. There are times in our lives when we might be motivated by money or family and the very next day it will become something else.

To become successful you need to understand the whys you encounter every day. You must control why and not let why control you. There is an easy way to understand and control the why. When you are faced with a why take a moment and confront it. Why did I get up this morning? Why did I go to school today? What do I want from this school? Take a moment and answer these questions for yourself. You will find the answer empowering. Confront questions don’t dismiss them.

Guy Morgan is a DMACC student who will be graduating in May. He plans on attending a four year university and to major in physics.

Amanda Betz, Editor in Chief
albetz@dmacc.edu

I want to start out by thank ing everyone who turned out for the In My Boots 5k this past weekend. There was a great turn out to support a great cause, and I couldn’t be more proud to have been a part of it.

This is my last issue, and I can’t tell you all enough how amazing the past year has been on staff here at Banner News. I wish I could stay for another year, but unfortunately I have to move on. If you’re thinking about joining the staff, I can’t tell you how much I have learned over the last year, and it’s definitely worth the extra time and effort to be apart of the paper. Not to mention the coolest student adviser ever, Julie Roosa.

For more information about the Editor-in-Chief position, drop Julie an email at jkrossa@dmacc.edu

There is barely three weeks left in the semester, and it’s crunch time! There is a lot going on in this issue. The finals schedule is in this issue, as well as photos from the 5k this last weekend, commencement list, Food Inc. reviews, and two more honors columns. Thank you all for letting me be your editor for the last year. It has been a great learning experience, and I wish I wasn’t leaving. I hope you all have a great summer, and good luck on the rest of your education careers!

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Consider the Editor

From the Editor
Students in Professor Sam Pritchard's English 106 class reviewed the documentary film “Food Inc.” as part of a class assignment. Two of the reviews are printed here.

By Caleb McKim
Guest Columnist

Living in an agricultural state such as Iowa, you should all be aware of what goes on in the world of agriculture of our lives. For example, last year, according to iowaagc.org, Iowa produced 2.4 billion bushels of corn, making us the largest corn grower in the nation.

Even though most of us don’t live on farms, farming is still the backbone of Iowa’s economy. We all reap the benefits and enjoy the results of the food industry. In many areas it is buy organic. Organic food is food that has been grown or raised naturally, without any artificial chemicals for plants, and for animals it means they are raised unaltered and fed their natural diet. Because the food is raised in its natural state, a lot of times it will be safer and healthier.

Overall, Food Inc. is not a bad movie, as long as you understand the bias of the authors and you realize that some information has been excluded in order to further emphasize their points and help their case. It does shine some lights on areas such as the condition of workers in the food processing plants and ways that some companies alter their products in order to increase their profits. In that way it does accomplish its goal of lifting the veil, however, there are many areas where the veil still remains.

By Kourtney Bowlin
Guest Columnist

I have found out that the creators of Food Inc. are successful in doing this because of the information it presents that many people may not be as familiar with. However, it is less successful in the fact that it fails to include a lot of valid information, such as the benefits of producing cheaper food. Not everyone has the money to be able to afford the better, more expensive food and having cheap food available allows them to be able to satisfy their appetite without having to worry about not having enough money to survive.

Another issue the film doesn’t answer is how we are going to be able to feed the world’s rapidly growing population without the use of chemicals like Monsanto’s that are helping us to provide a significant increase in our yields. And when the chemicals that we are using have yet to be directly linked to any causes of sickness or disease, would we rather have people starve by outlawing their use or continue to use them while constantly continuing to look for ways to improve them in order to make them even safer and further increase our agricultural yields?

The biggest point that Food Inc. is trying to make is that so much of our food is being produced in a factory system where quantity is emphasized over quality. The business owners look to produce as much as possible for as little cost possible to maximize profits. To do this, many of these food factories will hire illegal aliens who are willing to do extremely difficult jobs that most other people try to avoid, for extremely low wages.

Other ways companies can maximize profits is by not allowing them to retain their seeds for future use and by genetically modifying and changing the animal’s diets in order to make them mature faster, grow bigger, or cheaper to raise. On some very rare occasions, all of the genetic modifications and changes in diet can increase the chances of the animal having salmonella or some other disease that may be harmful to humans if it hasn’t been prepared properly. As a result of several cases of food poisoning that ended up leading to death, we now have Kevin Law in order to try to make meat safer.

One thing that more and more people are doing in order to avoid processed or altered food is buy organic. Organic food is food that has been grown or raised naturally, without any artificial chemicals for plants, and for animals it means they are raised unaltered and fed their natural diet. Because the food is raised in its natural state, a lot of times it will be safer and healthier.

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#### Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>April 22, 2015</td>
<td>Earth Day Fair</td>
<td>Courter Center 9am-2pm</td>
</tr>
<tr>
<td>April 22, 2015</td>
<td>Comedy College Graduation Night</td>
<td>ISU M-Shop 7pm</td>
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<tr>
<td>April 22, 2015</td>
<td>Grandma Mojo's Moonshine Revival</td>
<td>Doors open @ 10pm</td>
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<tr>
<td>April 22, 2015</td>
<td>Environmental Readings</td>
<td>S1 Admission</td>
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<td>April 23, 2015</td>
<td>Earth Rise Breakfast</td>
<td>Courter Center 8:30am-9am</td>
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<tr>
<td>April 23, 2015</td>
<td>Environmental Talk</td>
<td>Courter Center 10am-11:30am</td>
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<tr>
<td>April 23, 2015</td>
<td>Silent Running</td>
<td>Boone Auditorium 7pm-9pm</td>
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<tr>
<td>April 24-26</td>
<td>The Wedding Ringer</td>
<td>ISU Carver 101 - Free Admission 7pm &amp; 10pm</td>
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<tr>
<td>May 7, 2015</td>
<td>Last Day of Spring Semester</td>
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<tr>
<td>May 8, 2015</td>
<td>Boone Commencement</td>
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#### Your Horoscope this Week

**Taurus (April 20 - May 20)**

Move quickly to take advantage of a profitable opportunity. Provide leadership. Today, your work pays long-lasting benefit. "Rake in the bucks!" The more love you put into your project, the higher the value. Get a special treat.

**Gemini (May 21 - June 20)**

The spotlight shines...this is the moment you've been praying for. Dress the part, and do your stuff! Your reputation is rising, and someone influential is watching. Expect good news. Good news comes from far away. Create something beautiful.

**Cancer (June 21 - July 22)**


**Leo (July 23 - Aug. 22)**

Collaborate with friends for astounding results. Your network has a much wider reach than you imagined. Get the word out about something you care about. Express your love and it grows. This could get profitable. Celebrate together.

**Virgo (Aug. 23 - Sept. 22)**

Advertisements and promotional communications go the distance today. Launch, share and push your message out. Your reputation is rising, and someone influential is watching. Apply what you've recently learned to your work. This could be your lucky break.

**Libra (Sept. 23 - Oct. 22)**

Try out a new idea. Make a brilliant discovery in a subject of your passion. The truth is revealed. Listen carefully to others' opinions. Imagine perfection. Invest in your education. Learn from a master.

**Scorpio (Oct. 23 - Nov. 21)**

Unexpected funds appear, and you know just what to do with the money. Make a commitment. Work faster and earn more. Extra effort wins a bonus. Pay debts and save the rest. Surprise your partner.

**Sagittarius (Nov. 22 - Dec. 21)**

Reveal your heart to the object of your affection. Words and actions align. Share your love and it expands. Put your money where your mouth is. Show up for your partner. Open a new chapter in a romance.

**Capricorn (Dec. 22 - Jan. 19)**

You're gaining respect, and a far-reaching opportunity appears. Beautify your work, and spice it up. Intuition is your creative guide. Word of what you've up to travels farther than you imagined possible. Celebrate with a splurge.

**Aquarius (Jan. 20 - Feb. 18)**

Your talents reach new heights. The game is really gettable fun! Word of your latest exploits sets off a ripple. Love triumphs. Share your passion. Family and friends celebrate with you. Enjoy the fringe benefits.

**Pisces (Feb. 19 - March 20)**

A fabulous surprise at home spreads like wildfire. Your secret idea pays off. Communication with family leads to unexpected results. Love and money provide beautiful results with long-lasting benefit. Share your domestic tricks and recipes.

**Aries (March 21 - April 19)**

Creativity drips from your fingertips. Take advantage for huge productivity. Talk about your art. Your message goes further than expected. A windfall provides extra cash. Make big plans for the future. Broaden your perspective.