

The Skyhawk View

Psychology According To Professor Amy

By Samantha Rhodes

Amy Jakobsen, as many SVCC students and staff members know, has been with Sauk for several years as an instructor of Psychology. What some may not know, however - and what many students may want to utilize - is that the classes she offers pertain to a wide range of other fields in addition to Psychology.

For those who don't know, Jakobsen has been an instructor at Sauk since 2011. She formerly taught part-time at NIU and graduated from the same school.

Jakobsen encourages students from all fields of



Amy Jakobsen has been with Sauk's Psychology department since 2011.

study to consider taking a Psychology class regardless of whether or not they are

majoring in the subject. "It applies to real life," she explains. "It affects everybody on a personal level, whether they're aware of it or not." She says that there are pieces of psychology in almost every subject; it is an integral part of any student's studies.

She teaches multiple classes, including Introduction to Psychology, Abnormal Psychology, Human Development, Social Psychology, and Substance Abuse.

Each of these classes has its benefits, not just for students majoring in

Psychology, but for other students as well.

"Human Development" examines mental growth over the lifespan and may be of interest to future teachers and parents," Jakobsen says.

Abnormal Psychology explores mental disorders and their corresponding causes and treatments, and it may benefit those who plan to go into biomedical or sociological fields of study; Sociology majors also often take Social Psychology.

Those studying criminal justice often take Ja-

kobsen's Substance Abuse course, which deals with the psychology behind addiction.

Introductory Psychology offers a general overview of psychology as a whole, giving students a base to work with should they study any of these topics. Jakobsen notes that it is also a great course for newer Sauk students to take if they are looking to meet credit requirements.

Aside from teaching, Jakobsen is an advisor for Sauk's Psych Club. The club discusses both old and recent findings in the sub-

ject of psychology. It also holds events like potlucks and movie screenings. Jakobsen emphasizes that students do not have to be majoring in Psychology in order to join and encourages anybody who is interested to sign up.

Jakobsen says that she chose a career in Psychology because it is a social practice, and that she has always been curious about people.

"Everyone is different, everybody has their own personality and their own quirks. Psychology explains why."

SVCC Honors Program

By Alex Sterenberg

Some students at Sauk probably do not even know that they qualify for a program that could really help them down the road. That program would be the honors program. Students who qualify for the honors program can do certain projects that can help the students apply to certain school programs.

Not just anybody can be in the honors program though. In order for one to be in the honors program, he/she must meet one or more of the following requirements: has earned 12+ semester hours and a 3.5+ cumulative GPA out of 4.0, has been recommended for consideration by a faculty member, has earned an ACT composite score of 27+, was a member of their high-school honors program, was in the upper 10 percent of high school graduating class or has been an Illinois State Scholarship recipient

Quincy Coomes, a student who has recently

done work with the honors program, has benefited from it. Coomes did a project on Pokemon Go while it was a popular thing during the summer. The project was to see whether or not Pokemon Go was just a phase or not. Coomes interviewed over 60 people around the Dixon riverfront because it was a really popular spot to catch Pokemon and had a really fun time while doing it. "This project was very rewarding, and I had a lot of fun doing it. These projects help me a lot as I am already preparing for graduate school".

Right now, Quincy hopes that the project that he did while in the honors program really help him in the future. Quincy plans to get a PhD in Clinical Psychology, so hopefully these projects can help him reach his goal. Doing projects like this and meeting the requirements to join the honors program can help students.

Getting to Know Student Government Assoc. (SGA)

By Amy Castillo

College students at Sauk Valley Community College can discover a lot about themselves as they study for their future career and work towards their dream. Attending Sauk has gotten me one step closer to achieving my personal goals. Sauk has been a great way for me to gain a full college experience without having to deal with the overwhelming transition of a university straight out of high school.

I joined Student Government Association (SGA) in my second semester at Sauk and became an official officer in my third semester. Being the Secretary of SGA has given me the opportunity to connect with fellow students, administration, faculty and staff. By being involved, I have been able to increase my leadership skills by helping plan events. I also got to enjoy conferences and other events such as

the Tana Matz' and Drew Dawson's concerts, which were held this semester.

For the Spring semester, SGA is planning "Sauk's Got Talent" a talent show for Sauk students to participate in. We are looking for talented Sauk students for this event as well as local talent to perform at Sauk in the future. We are also getting excited for the Spring SaukFest where students can learn about student clubs and organizations and get a chance to meet all of the SGA officers and hear about the events SGA is planning for the semester. I personally would love to meet as many new and current students as possible and help them get connected at Sauk. If you are a Sauk student, please make sure you stop by the SGA table at SaukFest or attend an SGA meeting!

The Skyhawk View Needs Feedback From You

By Owen Casson

The Skyhawk View is looking for feedback from its readers, as well as new story ideas. The staff is interested in hearing about what they have done well to this point, but would also appreciate any constructive criticism and new ideas. This kind of feedback will help each member of the staff improve going forward, and also make The Skyhawk View more enjoyable for the readers.

Partnering with the Sauk Valley Sun has expanded the school paper's audience. The articles reach not only Sauk's campus, but the entire Sauk Valley community and beyond. The Skyhawk View is committed to being a reliable source of information for anyone who may read the paper. Hearing what readers think will help the staff accomplish that goal.

Anyone who is interested can visit www.svcc.edu/skyhawk-view. The September and December editions of the paper are available for anyone who has not yet checked them out. After reading, just click on the link that reads

"We want your feedback" to send comments.

Any feedback on these editions is greatly appreciated, but new story ideas from people outside the newspaper staff are also welcomed. After all, each writer strives to write newsworthy stories that the audience is interested in. The paper has mostly been based on local news, but stories that involve national news are certainly not off limits. A link is provided for new story ideas, and each idea will be sent to studentpaper@svcc.edu.

The styles of articles throughout the paper vary greatly. Sports reporting, reviews, features, and many other types of stories have been covered to this point. So if anyone is having trouble deciding what type of article to write, just remember that there are tons of possibilities.

Anyone who has any questions or comments can contact Tom Irish. The Skyhawk View looks forward to hearing what its audience has to say.

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The Skyhawks serve up some flap jacks during Self Help's pancake breakfast

Skyhawks Give Back

By Molly O'Brien

In the spirit of the season, the softball team at Sauk has been volunteering within the community. The Skyhawks have volunteered to help others in multiple ways over the past couple of months. They have been crushing cans for the Dillon family in Sterling, saving the family tons of work. Also, the Skyhawks served a pancake breakfast at Self Help Enterprises in Sterling.

The Skyhawks have been crushing huge amounts of cans for about two months now, and have saved the Dillon family a lot of trouble in the process. They have been

working in the afternoon on Mondays, Tuesdays, and Thursdays, and in the morning on Fridays and Saturdays. Crushing cans has helped the team raise money for their trip to Cocoa Beach, Florida, but much of the work The Skyhawks have done has been as volunteers. On a few occasions, the baseball team has joined the softball team and helped them crush cans.

The pancake breakfast at Self Help Enterprises, a social services organization, is another way that the Skyhawks have recently volunteered. The team volunteered to serve

pancakes at Self Help on the morning of Nov. 5th.

Skyhawks' co-captain Alex Sterenberg said: "Volunteering is a very beneficial part of the softball program here at Sauk and it's a huge reward to give back to the community, who gives so much to us."

Volunteering has become a tradition for Skyhawks sports, as teams have crushed cans for several years. All signs point to them continuing to do this for several years to come. It seems that Sauk's sports teams are intent on supporting the community that supports them.

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Why the People Need To Give The Rockford Ice Hogs A Thought

By Nick Olds

Picture this: it's a Saturday night and you and your friends have nothing to do. It's the third weekend in a row this has happened and you have no clue what to do. Either you need new friends, or a fresh idea on how to spend your night.

A simple solution for this kind of boredom is a cheap entertaining activity, like a movie, or a concert. But rarely does it happen that a movie worth seeing comes out every week, and really, seeing a movie isn't all that exciting. An idea that is often overlooked is a semi-pro team like the Rockford Ice Hogs. The tickets are cheap and the season comes at just the right time when everyone is suffering from cabin fever.

First off, Rockford is a short drive from the Sauk Valley area and has great places to eat before or after the game, so you don't have to spend \$8 for a beer



and \$15 for a meal at the stadium. Also, there are a lot of deals for multiple tickets making it even less expensive to bring along all of your friends.

The atmosphere is awesome. If you have never been to a hockey game, all I can say is that you need to go as soon as possible. The energy for hockey is unlike any other sport, and even someone who isn't a hockey fan will enjoy the excitement which I experienced first hand the first game I went to.

The energy isn't all there is to enjoy, how-

ever, because the stadium has plenty of fun activities for all ages. Since hockey has two 20-minute breaks per game, there is plenty of time to walk around and see the stadium.

The Rockford Ice Hogs and other semi-pro teams offer a nice change of pace for something to do, and is an opportunity that I hope more people will take advantage of. The Ice Hogs play at BMO Harris Bank Center and tickets and further information can be found online at <http://www.icehogs.com>.

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SVCC Cafeteria Pleasant Surprise

By Nick Olds

It's noon and the students are restless. Everywhere you turn there is a grouchy college student in your way. One would think that there was going to be a riot, but it's really just lunch time.

The food-deprived students of SVCC have one place to turn to when the clock strikes noon, and that is the cafeteria. But, are students better off leaving campus to find a meal?

The first day I attended SVCC, I was most excited to try out the food in the cafeteria. I wondered if it would be worth it to eat there everyday, and when I got in a huge line to wait for my food I realized that many other students had the same type of question.

After a small wait of

about 5 minutes, which was less than I expected with such a huge line, it was my turn to order. As the woman politely asked what I would like for lunch, I encountered a problem that I didn't expect to run into: there was so much to choose from and I didn't know what to pick. Everything sounded great, from chicken strips to salads and everything in between. I was nervous, and I was holding up the line so I just went with the chicken strips since they looked great and I assumed they would be cheap with a drink and fries. But, when I got to the register, my total was about \$7. This price wasn't horrible, but I decided that the food had to be better than normal cafeteria food for the price to be right.

I sat down at one of the many tables with some friends and took in the atmosphere and decided that this was a neat place to hangout. I began eating and enjoyed my meal thoroughly, I mean something as simple as chicken strips still impressed me.

Throughout this semester, I've continued eating in the cafe about 3 times a week and the experience has always been the same. The cafeteria has a wide selection with great service and the food has a great taste. The only downfall in my opinion is that each meal costs about one or two dollars too much. Still, the food is worth the price and it sure beats having to drive to Sterling or Dixon to get a meal elsewhere.

The Mentalist Is Not Your Typical Magician



Chris Carter opens the show on Nov. 17.

photo by SGA

Christopher Carter, a mind reader and hypnotist known as the Mentalist, performed at Mathis Theater on November 17th. The event was attended by over 100 people, and Carter was an energetic and compelling performer.

Although he is a mind reader and hypnotist, Carter's act wasn't exactly a magic show. This was made obvious when he opened his act by explaining his general methods.

He guessed a randomly chosen card and detected lies, then explained the body language he was watching and what specifically had given him the answer.

However, aside from this he explained nothing, and despite the audience having a general idea of how he worked, the rest of the performance was entertaining and seemingly inexplicable.

For instance, in one seg-

ment, Carter was blindfolded, having had two members of the audience make sure he couldn't see. Even with this, he managed to guess a word written on a whiteboard after he put on the blindfold and identify random objects from the audience.

He wasn't infallible. At one point he guessed the general shape of an audience member's Epi-Pen, but couldn't say what it was exactly. But this didn't harm the performance at all; in fact, it only highlighted the difference between Carter and a more typical magician.

The performance also depended largely on audience interaction, meaning that a different audience will mean a slightly different show. If Carter returns next year, the event will be well worth attending, whether for the first time or second.



Dr. Strange Review

Dr. Strange, the latest installment in the Marvel line-up, is a solid addition to the series. Although the plot may at times seem overly familiar to anyone who has seen previous Marvel movies, the strength of the characters makes up for it.

The film struggles to reconcile the vast potential of the magic with the largely formulaic plot. While many of Marvel's other movies have worked within the formula to the extent that audiences might not notice it on the first viewing, *Dr. Strange's* magic and reali-

ty-altering sequences make the familiar script and worn plot all the more evident.

However, this is not to say that *Dr. Strange* is a bad, or even a boring, movie. Although the plot may induce *deja vu*, the characters are interesting and entertaining. Benedict Cumberbatch is great as Stephen Strange, the arrogant, but fascinating main character. Tilda Swinton nails her role as the Ancient One, seeming powerful and outside of time, while still managing to display the character's vulnerability and flaws. The supporting

characters, such as Christine, Strange's friend and love-interest, and Wong, a sorcerer and librarian, are a little overshadowed by Strange and the Ancient One, but still get moments to shine.

As a Marvel movie, *Dr. Strange* doesn't have any major ramifications for the series, but it adds more magic to Marvel's universe than even the Thor movies have. But the movie isn't just for Marvel fans; it stands on its own as an enjoyable, if slightly predictable superhero movie.

Satire: President Trump Proposes Gladitorial-Style Arena In NYC

By James Hutchison

President Donald Trump plans to create gladiatorial arena in Manhattan for a small reward of one million dollars one year after he takes office.

The President has continued to stir things up both inside and outside his new job of running the free world, and this latest plan comes right on the heels of the biggest political upset in U.S. history.

Since Nov. 8, the president-elect has been hard at work laying out his plans for the next four years, and that seems to include his controversial plans to open up a gladiatorial style combat arena in Manhattan. The plan even includes expan-

sions to other major cities if it is successful with rumors suggesting a possible gladiator city once Trump leaves office in 2024.

Yes, you read that right, the future president said he is, "extremely confident the American people will make the tremendous decision to bring me back" for a second term and the arena will almost guarantee it.

"You see, I'm a very smart man. Very smart. And I have very smart people. Tremendously smart, in fact. And I looked at the Romans and I thought, 'how successful they were!' The games were a tremendous attraction and brought in lots of money and that's what we need."

The plan to begin construction on the gladiatorial arena is set to begin exactly one year after Trump takes the Oval office and will feature live combat, both medieval and modern. The details of who gets the "small reward of one million dollars" are not exactly clear, but sources say it could very much be a "last man standing scenario." There's no word yet on whether that means no women, or if it was just a turn of phrase, but it is understood that the arena will also feature live performances of all sexes between combat events.

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