Banner News

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Tattoos for all ages, professions

Nicole Rock
Banner Staff

Bikers, sailors, and prostitutes are the only ones with tattoos; that’s what my grandpa told me,” said Abbey Hagert, 20, DMACC sophomore, when asked if there is any stereotyping surrounding tattoos.

Hagert has two tattoos, and she is none of the above. Hagert has a big fairy on her back that was drawn by one of her friends, and she has a butterfly on her leg that she got with a friend. Hagert has received both of her tattoos from Hugo at the Asylum. When asked if she was going to get more, she said that she would like to.

Randy Covey, 50, part-time DMACC student, also thinks there is a definite stereotype that comes with tattoos. When asked if he would ever get a tattoo, Covey responded: “No, I never thought about it. Everyone that I know that has gotten one regrets them.” Covey also mentioned that he definitely thinks it is an age thing. “Once you get older you see what a nuisance it is to be stuck with it for life.” Covey also mentioned that what is cool now may not be cool later, because as people get older, their peer group changes, so what’s cool changes.

One student that can agree with Covey, is Nichole Ferree, 21, freshman. Ferree has two tattoos, one on her back and one on her arm. The tattoo on her back is symbolic of her daughter Skylynn, and the one on her arm is an eye with flames over it. When asked if she regrets the one on her arm, Ferree said: “In a way. The one on my arm is homemade and I did it when I was young and stupid. I thought I would always be the same.” Some students don’t know for sure about tattoos. Ashley Paulson, 20, freshman, is also undecided about which tattoo she’d get, but she would like it to mean something.

Three DMACC students interviewed would like to get tattoos but don’t have enough money. Keith Horton, 19, freshman, has a few tattoos in mind that he wants to get. He draws his own tattoos and is ready except for the financial part. Another student that I talked to, Eric Ver Helst, 20, sophomore, would like to get a discrete tattoo but hasn’t because they are pretty expensive. Chelsea Chittenden, 18, freshman, would like to get a tattoo but doesn’t have enough money right now. She is undecided about which tattoo she’d get, but she would like it to mean something.

Some students don’t know for sure about tattoos. Ashley Paulson, 20, freshman, is also undecided about which tattoo she’d get, but she would like it to mean something.

Cameron Lollar, 24, freshman in DMACC’s Administrative Assistant program, has four tattoos. Does Gibbs think her tattoos will affect her negatively in the business world in the future? She said: “I personally don’t think so. I think the world is more open now. Tattoos are an statement of individuality, it’s a form of expression.”

With two big tattoos on each arm, 19-year-old freshman, Cameron Lollar, plans to prevent any negative stereotyping, by keeping his tattoos above his elbows until he is financially stable. He would like to get a scorpion on his forearm.

When asked about the tattoos he already has, Lollar said:...
If weather conditions in the early morning hours warrant, the decision to cancel classes due to inclement weather will most generally be made around 6 a.m. As soon as a decision has been made to cancel Boone Campus classes, the radio stations listed below will be contacted.

KWBG  AM 1590  BOONE
KLRX  FM 96.1  AMES
KLTI  FM 104.1  AMES
KCCQ  FM 105.1  AMES
KASI  AM 1430  AMES
KKRL  FM 93.7  CARROLL
KDLS  FM 105.1  PERRY
JCIM  AM 1380  CARROLL
KDLS  AM 1310  PERRY
KGRA  FM 98.9  JEFFERSON
KKRL  FM 93.7  CARROLL
KDLS  AM 1310  PERRY
KGRA  FM 98.9  JEFFERSON
Cancellation announcements will also be recorded on the Boone Campus telephone system. The announcement on the telephone system can be accessed by dialing 432-7203 directly or by contacting the Boone Campus through the toll free number 1-800-362-2127 and pressing 2 for Boone Campus.

When weather conditions in the early morning delays the start of school (i.e. 10 a.m.) the offices will be open for business at the designated time. Classes will begin with the first full class period beginning on or after the designated time.

If the weather conditions during the school day warrant an early dismissal, DMACC Boone Campus Executive Dean, William Hitesman will make the decision, notify staff and notify the radio stations as soon as possible.

Boone City Council voted to make Hancock Drive part of the city snow route. If there are two or more inches of snow, cars will be towed to the city lot if parked along the route.

According to Boone Police Chief, Steven A. Peasley, when a vehicle is towed for a parking violation, the owner is required to pay for the cost of the towing, typically between 45-55 dollars, pay the cost of any parking ticket issued five dollars, and payment of storage fees which accrue at two dollars daily.

Vehicles are towed to the city maintenance facility located at 8th & Cedar Streets and are not released until ALL costs are paid in full. Those vehicles not claimed within 10 days are subject to being either sold at auction or sold for demolition with the owner relinquishing all rights and claims to the vehicle after a certified letter is sent to the last known registered owner.

DMACC Boone Campus Phi Theta Kappa Tau Phi Chapter decorated grapevine wreaths and made cards for other Iowa Phi Theta Kappa chapters. Holiday greetings were signed to send to the 54 Iowa National Guard Units.

Learning communities offered at Boone Campus

Jennie Yates
Banner Staff

Class is about ready to begin and Jane Martino, Boone Campus psychology teacher, is ready for the day. Before she begins to teach, she sets out colored pencils (for visual learners), turns on music (for audio learners) and sets out yellow clay (for the aesthetic learners). A student takes a small hamster out of Martino’s office and places it in a ball. She sets it on the ground and lets the hamster walk around the room inside of this clear sphere. An interesting class period for the learning community is about to begin.

The learning community concept is a new way of taking two classes together. What you learn in one, helps you in the other one. Judy Hauser said, who teaches the English 117 part of the learning community, “We feel that by combining these two classes, students will write to learn psychology as well as learn to write about psychology.”

Martino and Hauser teach these two classes. The class is set up so that each teacher gets one hour. The students spend the first hour learning about psychology. One week, Martino was teaching them the first hour learning about psychology. The students spend the second hour discussing ideas that they learned in psychology for their composition papers. They work on a paper that deals with one of two topics: Is it okay to spank your children or does violence on television make our children violent? The shift in the middle does create a slight change in teaching styles, but the students think it is for the better. Cara Stone, freshman, said, “I think it helps us because we learn about different teaching styles.”

These students are the first to experience this kind of learning here at the Boone Campus. Every Friday they fill out a form that asks them questions about the class. Their comments help shape the way learning communities will be treated and organized in the future. “They are instituting the changes,” said Martino. “They think a break is needed between the two classes, so we’ll try that next semester.”

Martino and Hauser will also be changing the order they teach their classes.

Next semester, Hauser will begin at 8 a.m. and Martino will take the second hour. This particular learning community will be offered again next spring, at 8 to 10 a.m. on Monday, Wednesday and Friday. The community is worth six credits. Martino and Hauser will continue to teach the class. All students who have not taken English 117 and psychology 101 are eligible for this combined class. To be included in this community, the student must be enrolled in both courses and may not drop either of the classes individually of the other. Matt Graves advises: “Just look into it before you take it. I didn’t and I wish I had.”

SAC discusses upcoming free turkey feed

Theodore Herrick
Banner Staff

The Student Activities Council (SAC) discussed the upcoming free turkey feed at its regularly scheduled 12:30 meeting with advisers Lori Slight and Shelby Hildreth in the Courter Center on Thursday, Nov. 15.

The SAC planned the meal for Monday, Nov. 19 from 11:30 – 12:30 p.m. in the Courter Center. The dinner will be served by the SAC members.

Also discussed was the campus newspaper name change that occurred at the beginning of this semester. Prior to this fall, the newspaper was known as the Bear Facts. At the next council meeting, Banner adviser, Jan LaVille and Banner editor in chief, Michele Thamke, will explain why the name was changed. Boone Campus Executive Dean, Bill Hitesman will also speak to the SAC regarding the newspaper as well.

Hitesman spoke to the council regarding a SAC letter-writing campaign to state legislators and particularly to members on the education committees in both houses about the budgetary cuts coming up in the next legislative session. Any student wanting to write a letter can obtain the appropriate addresses from Shelby Hildreth in the main office.

SAC will meet Nov. 29 at 12:30 in the Courter Center.

Judy Hauser teaches English 117 and Jane Martino teaches general psychology in a learning community setting.

Photo by Jennie Yates

Final exam schedule

Thursday, Dec. 13
(Tues./Thurs. classes)

<table>
<thead>
<tr>
<th>Class Time</th>
<th>Exam Time</th>
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<tbody>
<tr>
<td>8:05 a.m. - 9:30 a.m.</td>
<td>8 a.m. - 10:15 a.m.</td>
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<tr>
<td>11:15 a.m. - 12:40 p.m.</td>
<td>10:30 a.m. - 12:45 p.m.</td>
</tr>
<tr>
<td>2:25 p.m. - 3:50 p.m.</td>
<td>1 p.m. - 3:15 p.m.</td>
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Friday, Dec. 14
(Mon./Wed./Fri., or more classes)

<table>
<thead>
<tr>
<th>Class Time</th>
<th>Exam Time</th>
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<tbody>
<tr>
<td>8 a.m. - 8:55 a.m.</td>
<td>8 a.m. - 10:15 a.m.</td>
</tr>
<tr>
<td>10:10 a.m. - 11:05 a.m.</td>
<td>10:30 a.m. - 12:45 p.m.</td>
</tr>
<tr>
<td>12:20 p.m. - 1:15 p.m.</td>
<td>1 p.m. - 3:15 p.m.</td>
</tr>
<tr>
<td>2:30 p.m. - 3:25 p.m.</td>
<td>3:30 p.m. - 5:45 p.m.</td>
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</table>

Monday, Dec. 17
(Mon./Wed./Fri., or more classes)

<table>
<thead>
<tr>
<th>Class Time</th>
<th>Exam Time</th>
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</thead>
<tbody>
<tr>
<td>6:55 a.m. - 7:50 a.m.</td>
<td>7 a.m. - 9:15 a.m.</td>
</tr>
<tr>
<td>9:05 a.m. - 10 a.m.</td>
<td>9:30 a.m. - 11:45 a.m.</td>
</tr>
<tr>
<td>11:15 a.m. - 12:10 p.m.</td>
<td>noon - 2:15 p.m.</td>
</tr>
<tr>
<td>1:25 p.m. - 2:20 p.m.</td>
<td>2:30 p.m. - 4:45 p.m.</td>
</tr>
<tr>
<td>3:35 p.m. - 4:30 p.m.</td>
<td>3:30 p.m. - 5:45 p.m.</td>
</tr>
</tbody>
</table>

Tuesday, Dec. 18
(Tues./Thurs. classes)

<table>
<thead>
<tr>
<th>Class Time</th>
<th>Exam Time</th>
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</thead>
<tbody>
<tr>
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<td>6:30 a.m. - 8:45 a.m.</td>
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<tr>
<td>9:40 a.m. - 11:05 a.m.</td>
<td>9 a.m. - 11:15 a.m.</td>
</tr>
<tr>
<td>12:50 p.m. - 2:15 p.m.</td>
<td>11:30 a.m. - 1:45 p.m.</td>
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Evening, Saturday exam schedule

Evening classes will have their finals at the day and time of the final regular class meeting.

Last Monday night classes............................Dec. 17
In 1942, in the aftermath of Pearl Harbor, Americans began to understand that in order to win the war and to live again in a world at peace, they would have to make great personal sacrifices on the “home front.” America began producing tanks, planes, and reduced or stopped producing many household items such as toasters and waffle irons made with materials needed for the war.

The government was specific in what it asked citizens to give up, and it spelled out what their altruism would mean to the war effort. Bernard Baruch, appointed by President Franklin D. Roosevelt to get Americans to conserve essential resources, rationed gas and lowered speed limits to 35 miles per hour on national highways. People didn’t just do without; they did things differently. Victory gardens—20,000,000 of them in parks, vacant lots, and back yards—produced 40 percent of all the vegetables grown in the country.

The Sept. 11 attacks have launched us into a very different kind of war. It may be time now to take a leaf directly from the textbooks of history and respond in the same spirit. Many Americans would like to help out, if they only knew how.

Americans also need to know why. The main reason is this: we’re in a war started by us. Bin Laden but linked profoundly, and more lastingly, to oil. This oil dependency enmeshes us with repressive regimes and countries locked in struggles between harsh dictators and fundamentalist rebels. Our involvement with such a regime in Iran ended disastrously, and a similar story may lie ahead in Saudi Arabia.

Indeed, our oil dependence may lead us to more unwanted conflicts in Central Asia. The next big source of oil is Central Asia, where the regimes are, if anything, harsher, and where our presence may create even more unrest. U.S. oil companies are already there, cutting deals and planning pipelines. They thereby align us with unsavory regimes in ways that make ordinary people hate us. In the end, our entanglements may make costly military interventions inevitable.

So, while many factors led up to Sept. 11, oil is one of them. If oil remains our primary energy source of choice, we can look forward to future hot spots in Uzbekistan, Tajikistan, Kazakhstan, and Turkmenistan.

Given all this, perhaps the most meaningful and lasting contribution Americans can make to the anti-terrorism efforts is to break the oil habit. We cannot drill our way to an oil-based energy independence even if we try. All the oil in the Arctic National Wildlife Refuge would only yield enough to supply the nation for six months. Holland, Denmark, and Norway have all set themselves the goal of achieving energy independence based on renewable energy, and we could do the same. We could declare it our “home front.”

It will be a tough job. We will have to break some habits, but we won’t have to change our values. Americans already believe in conservation, in green technology and in living within the globe’s means.

We believe in conservation and renewable energy; we just don’t yet act on our beliefs.

In recent weeks, Americans have contributed hundreds of millions of dollars to the victims of Sept. 11 and lined up for hours to donate blood. We’re a good people. By utilizing our most precious resources, our “can-do” spirits, and our good will, we can achieve energy independence through clean and renewable energy. The seeds of today’s victory gardens are already in our hands, but this time the “gardens” may be on our roofs.

The Boone Banner welcomes all letters in an attempt to provide a forum for the many diverse views of the campus. Please feel free to e-mail any of your comments, suggestions, and criticisms to any member of the staff.
Potter’s magic impresses audiences

Jennie Yates
Banner Staff

Anticipation filled the air in my bedroom, as my sister and I got sorted before the Harry Potter movie. To be sorted is to be placed in one of the four houses at Hogwarts, the magic school that Harry Potter attends. Traci and I answered the questions and held our breath as we were both sorted into Gryffindor. Then it was time to leave. What we had been waiting almost the whole year for had finally come. We were going to see “Harry Potter and the Sorcerer’s Stone.”

Even though I am a huge Harry Potter fan, I think anyone would like this movie as much as I did. “Harry Potter and the Sorcerer’s Stone” is full of great special effects, the character development that I love, and humor. J.K. Rowling’s books are full of humor, action, and adventure. I was impressed with the way quidditch, a wizard sport played on broomsticks, was portrayed. Even though you could tell the difference between the live action scenes and the computer animated ones, the change between them was almost seamless.

The acting is good, especially since most of it is done with child actors. I had never heard of most of the actors, mainly because they’re British actors, but I hope that the same actors are kept throughout the sequels.

I also found the movie to be very funny. Whenever Rubeus Hagrid (Robbie Coltrane) would talk with the main three children often ends up giving away information that he was not supposed to say. His comedy extends even more when he purchases a baby dragon’s egg and names the dragon that hatches, like any other pet.

My brothers accompanied Traci and me. One is a Potter fan, he’s 22, and the other won’t touch the books. Wesley, my non-Potter brother, is 16 and he loved the movie. He claims he can wait for the next movie, but I think he’ll be asking for my second book any day now. This is obviously a movie that appeals to non-Potter people and Potter people alike, especially since my two brothers, one sister and I all enjoyed it.

The plot for the movie is very similar to the book’s plot, except for some discrepancies at the end. Harry Potter’s (Daniel Radcliffe) parents are murdered by the evil Lord Voldemort, but Potter is somehow spared and left with his trademark lighting bolt scar on his forehead. The Headmaster of Hogwarts, Albus Dumbledore (Richard Harris) sends Hagrid to pick up baby Harry and take him to his Uncle Vernon (Richard Griffiths) and Aunt Petunia’s (Fiona Shaw) house. The Dursley’s refuse to let Potter read the letters that Hogwarts is sending to Potter and go far away from their house. On the morning of Potter’s birthday, Hagrid, takes him away to Hogwarts.

Finally Potter makes it to the train station, where he has to find the train and get on it. He meets his first wizard friend, Ron Weasley (Rupert Grint). Potter makes it to the Hogwarts Express and takes a room to himself on it. Weasley joins Potter in the room and the two become quick friends. Shortly after they meet, Hermione Granger (Emma Watson), who later becomes Potter’s other best friend, comes into their room looking for another student’s toad.

At Hogwarts, Potter meets his enemy, Draco Malfoy (Tom Felton), gets sorted into Slytherin (the house most noted for turning out dark wizards), learns to play quidditch, learns about the sorcerer’s stone, gets an invisibility cloak, and receives the first presents of his life.

For Harry Potter fans, the release of the fifth book is rumored to be around summer 2002 with the title, “Harry Potter and the Order of the Phoenix”. The second movie is rumored to start productions in December of this year.

Survivor contestant speaks to journalists

Matt Thomas
Contributing Writer

Susan Hawk, the television game show Survivor’s most outspoken and controversial contestant gave a short speech to area college and high school students at Grand View College’s annual Communications Day, 2001. Several Boone and Ankeny journalists attended the event.

On Friday afternoon, local students were first presented with Hawk’s famous rat vs. snake speech, which she delivered to the remaining two survivors as she cast her final vote to the eventual winner, Richard. She explained to the audience that she had only practiced the speech inside her head, and she really didn’t know how people would perceive it.

Hawk then talked about how she first heard of Survivor and how long the application was and about the strange questions that filled it. She heard of this interesting show while driving her cement truck in Wisconsin and thought to herself, what the heck. So she had a friend print the application off of the computer and gave it to Hawk the next day. The application was five pages of odd questions such as;

Example; One time when Richard, Shawna and Susan (in that order) were walking to the tribal counsel, holding their lit torches. Shawna fell and the fluid in his torch flew forward and landed on the back of Richard’s shirt. Unknown to Richard that his back was in flames, he kept walking forward. While Hawk, who saw the whole incident, stood behind and pondered whether or not to tell Richard that his back was on fire. She didn’t, but it didn’t take long for the flames to come over Richard’s shoulders and he soon began to roll around and put himself out.

In her conclusion, Hawk said that the one thing that helped her to get as far as she did was her common sense. She also said that Kelly, who was the rat in the speech, was a little pissed about losing the game because of Hawk, but Hawk never liked Kelly in the first place. When she was asked about how much money she made, she replied that the final eight survivors made about $2,000 a day. This not only is going to make Hawk’s retirement come sooner, but it also makes her day job...
Students cope with children’s illness

Kim Swanson
Banner Staff

Jane Martin’s General Psychology class had an unexpected visitor Nov. 13. Zachary Thomas, 12, attended class with his mother, Joanne Thomas, a student at DMACC Boone Campus. According to Thomas, her son was recovering from a surgery and was unable to return to his own school at the time. This raises the question: What do students who are parents do when their children are sick and how does this affect their schooling?

“Most of the time I have to stay home with them,” said Thomas, mother of four. “It’s not always easy playing catch up when you’ve missed several days. In this case, I emailed my instructors and asked if I could bring Zach to class with me. They were all great about it.” Jennifer Wilson, mother of four, did a lot of planning before she decided to come back to school. She made sure she had every angle covered concerning her children and that they were always well taken care of. “If my children get sick, my mom comes and stays with them. Before I started back to school, I took all of this in to consideration. I have a friend as a back up, so I’m always covered,” said Wilson.

Janelle Thompson wishes DMACC Boone Campus offered on site discounted childcare, but like several parents, Thomas has no choice but to stay home with her child when she is sick. “I just wish there were a few more hours in each day,” said Thompson, mother of one.

Kristine Brown is a mother of one with another on the way. She believes family support is very important to her success as a student. “I stay home with my daughter when she is sick, but I am proving a point. I can still go to school and have a family,” said Brown.

All of these students have different ways of dealing with their sick children, but they all agree on two things. There doesn’t seem to be enough time to catch up on studying when they have to miss nor is there enough time to spend enjoying their children.

While the connection between memory and addiction has been recognized for decades, it was viewed as subjective only. Two papers published in May 2001 in Nature and Science provides hints about how addicted memories are initially forged and later activated to spur relapse.

University of California (UCSF) and Stanford scientists performed the Nature study by monitoring neural circuitry after giving a single dose of cocaine to laboratory mice. The team observed transmission strengthening at synapses between glutamate and dopamine neurons - similar to the shifts accompanying long-term potentiation, the leading neural model of memory function. The authors write that the results “indicate that normal memory mechanisms may be maladaptively usurped by drugs of abuse.” While the synaptic enhancement disappeared after 10 days, the scientists believe the changes might become permanent if reinforced by repeated drug use.

Researchers for the Albert Einstein College of Medicine and National Institute on Drug Abuse presented clues about the neurophysiology of relapse in their Science study. By electrically stimulating “memory circuitry” in the glutamate-rich part of the hippocampus, researchers got formerly addicted rats to resume their cocaine-taking ways. Drug relapse was prevented when the rats were given a glutamate-blocking chemical and researchers could not induce relapse by stimulating neurons in the reward area of the brain.

Glutamate’s role in addiction has been overshadowed by another neurotransmitter, dopamine. The studies’ findings suggest a new approach for treating addiction by inhibiting drug craving without affecting reward circuits. Dopamine-blocking drugs often cause depression, limiting their use.

Researchers hope to find ways of targeting a specific class of glutamate receptors at specific brain sites.

The UCSF-Stanford work also shows that dopamine is not the whole story.

Remembrance of drugs past

Jennifer Wilson’s son, Cayden, during development psycholgy class. Photo by Michelle Thamke

Study suggestions for parents, children

Shelby Hildreth, DMACC Boone Campus educational adviser, offers these suggestions to students with small children in the home, taken from a text she often uses in her orientation class:

- Study at school: A half-hour of pure study time can prove more valuable than five hours with constant interruptions.
- Create crafts and hobbies: Your children need to be occupied while you study.
- Rent movies or let your children watch T.V. series: Research has shown that viewing a limited amount of educational television can be beneficial to your children.

Study with your children: One of the best ways to install the value of education in your children is to let them see you participating in your own education. Set aside one or two hours per night when you and your children study.

Invite your child’s friends over: A child who has a friend his/her own age to study or play with, may cause less of a distraction.

Hire a sitter or exchange sitting services with another student: Arrange for a sitter to come to the house a couple times a week and locate a place where you will not be disturbed or take turns with another student once a week to cut down on cost. The two of you may even study together, allowing the children to play while you study, alternating homes.

Blood donors number over 1000 each week for Iowa hospitals

Kelly Countryman
Banner Staff

Every year the DMACC Boone Campus has had blood drives. This last semester we didn’t have one.

Barb Gano said: “Due to the events of Sept. 11, the blood drive here was unable to be scheduled as they did not send out the blood mobile during September and October. We did try to schedule for November or the first of December, but they did not have any openings.”

According to Gano there is a Boone Community blood drive on Dec. 10 and people can donate then.

Barb Gano is hoping to have a blood drive at DMACC in January or February 2002.

The Blood Center of Central Iowa was inundated with requests for blood drives after the Sept. 11 incident and between Sept. 11-14, over 2000 pints of blood were collected. Due to this overwhelming response, the Blood Center is requesting that all groups that would like to hold blood drives consider doing it in the months to come. You can only give blood once every eight weeks and the center is concerned that an adequate blood supply will be available. To ensure they maintain collections, the Blood Center is requesting that groups or individuals schedule appointments or blood drives in December or early 2002.

You can contact the Blood Center at: Blood Center of Central Iowa 1050 7th Street
Des Moines, Iowa 50314
515-288-0276 or 1-800-287-4903
Prevention choices for a lifetime

Michele Thamke  
Banner Staff

"Now is the beginning of the rest of your life," is a phrase people have heard. Without protection, it may be the beginning of your life with a sexually transmitted disease.

While not 100 percent safe, condoms can reduce the risk of pregnancy and the spread of sexually transmitted diseases (STDs) through having sex-vaginal, anal or oral, according to medscape.com. These STDs include AIDS, chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B and syphilis.

Abstinence, not having sex at all, is the surest way to avoid these diseases. Monogamy, limiting sex to one partner who also limits his or her sex in the same way is another preventative method.

Condoms have dual protection, but other forms of birth control do not. People using IUDs, diaphragms, cervical caps or pills are protected against pregnancy, but not STDs. A condom should be used as well.

Medscape.com said that protection against the AIDS virus is a special concern because it is fatal and has no cure. About two-thirds of the people in the United States with AIDS got the disease during sexual intercourse with an infected partner. Medscape.com said, "AIDS experts believe that many people could have avoided the disease by using condoms."

Facts about STDs
According to medscape.com, the following is some facts about STDs. Sexually transmitted diseases (STDs) affect 12 million men and women in the United States each year.

- Anyone can become infected through sexual intercourse with an infected person.
- Many of those infected are teenagers or young adults.
- Sometimes, early in the infection, there may be no symptoms, or symptoms may be easily confused with other illnesses.
- Changing sexual partners adds to the risk of becoming infected.

People should see a doctor if they have any of these STD symptoms:
- Discharge from the vagina, penis and/or rectum.
- Pain in the abdomen (women), testicles (men), and buttocks and legs (both).
- Pain or burning during urination and/or intercourse.
- Blisters, open sores, warts, rash, and/or swelling in the genital area, mouth, or vagina.
- Flu-like symptoms, including fever, headache, aching muscles, and/or swollen glands.

More information about STD prevention is available at the National AIDS Hotline, the National Sexually Transmitted Diseases Hotline, State of Iowa Hotlines or Boone area Hotlines.

Ankeny Campus shares school nurse services

Pam Snow  
Banner Staff

When we were in high school you had a school nurse, a person you could go to when you became ill or injured. But the DMACC Boone Campus does not have an on-campus nurse.

The Ankeny Campus does, however, have a registered school nurse who extends her services to Boone and Carroll. Does not having a school nurse on hand for emergencies make students think twice about coming to school when they are sick?

Kathy Osting, freshman said: "It would all depend on how sick I am. I would go home and contact my teachers later." She added, "I do think that there should be one person appointed for an emergency."

First aid kits are located by the DMACC business offices, nursing area, and by the gym with bandages, gauze, and rubber gloves, the essentials for any scrap or cut.

According to one of the nursing instructors, if an emergency would happen then the victim would go to the emergency room or clinic. However, some students need help with more than just illness. They may have problems with family, relationships, and substance use. The Student Assistance Program at Ankeny is available at no cost to help students with one or more of these problems. The number for this program is (515) 244-6090. Jon Strabley, Boone Campus freshman, said: "I think it is good that we don’t have a campus nurse because with DMACC already in debt, they don’t need to pay for a nurse when there are qualified people on campus like coaches who know what to do if there is a big emergency. I’m not that worried about it."

According to Nursefriendly.com, with the cold season here students can take precautions to make sure that they take care of themselves to stay healthy: Drink fluids and get plenty of rest. If students get a fever they can take pain killer, as long as they make sure they check the labels for side effects that may cause problems during the day. If their symptoms worsen then they need to be seen by your doctor.

Iowa community clinics offers healthcare aid

The following places are available to help people receive the healthcare needs they require:

Ames Free Medical Clinic  
Thursdays 6-8 p.m.
Youth and Shelter Services  
420 Kellogg, Ames, Iowa 50010  
(515)233-3141

Youth Shelter  
Thursdays 6-8 p.m.
420 Kellogg, Ames, Iowa 50010  
(515)233-3141

Rate: free

24-Hour Crisis Line  
The Richmond Center, Community Health Services  
Ames, Iowa  
3rd floor of Boone County Hospital  
Mental health support
Rate: sliding fee based on income  
(515)233-5811 or 800-830-7009

Broadlawns Medical Center  
Open 24 hours every day
Emergency and non-emergency care, patients check in through ER
Rate: assessed according to ability to pay; patients or responsible party will be billed
1801 Hickman Road, Des Moines  
(515)282-2200

Iowa Healthy Families Line  
800-369-2229
Health information and referral services

Planned Parenthood of Central Iowa  
125 5th St.  
515-280-7000
West-  
8450 Hickman (515)276-8005
South-  
500 Army Post Rd.  
(515)285-6500

Confidential full range reproductive services for women and men. Free counseling available.
Rate: According to ability to pay.

Birthright  
7530 Hickman (in Sherman Forest)  
(515)254-0159
Emergency phone: 800-550-4900
Rate: Free pregnancy testing, free confidential counseling

La Clinica  
lunes-  
6-8 p.m. martes 1-5 p.m.  
viernes 8 a.m.- noon  
Rate: gratis
United Mexican-American Community Center  
828 S.E. Scott Ave., Des Moines  
(515)282-6542

DMACC Dental Hygiene Clinic  
Services provided by dental hygiene students.
Tuesday-Thursday appointment times by appointment
DMACC Ankeny Campus Building 9  
(515)964-6280 for appointment times.
Rates: vary according to services, due at time of treatment

Flu shot pros, cons

Kelly Countryman  
Banner Staff

A large number of individuals hate to have the idea of shots or needles anywhere near them, the alternative could be getting the flu. Influenza is misery and suffering for millions each year and can even result in death. It is an acute respiratory infection caused by a variety of influenza viruses. It can be a very serious, extremely contagious viral disease that can spread into the lungs. Symptoms can include headache, fever, chills, dry cough and body aches.

Flu shots are usually given between October through mid-November and should be received every year. Changes in the virus strains makes a yearly shot a must when keeping updated on prevention of the influenza virus. Some people have soreness or redness at the injection site, a mild fever or mild muscle aches. People allergic to eggs shouldn’t have flu shots because the vaccine’s viruses are grown in eggs. The vaccine can prevent illness in 70-90 percent of young, healthy adults. The percentage is less in older and less healthy individuals.

There are those that refuse to get an influenza shot because of the possibility of it making them sick. Some people have been known to get sicker after having the shot then if they had just contacted the virus itself. The options are up to the individuals decision.

People can get flu shots from their physician, a community clinic, drug store or health fair. Osco Drug in Urbandale, is having a flu shot clinic, Nov. 30, from 4-8 p.m. at 4651 88th Street.

The flu vaccine only lasts about 6 months and the prime time in the United States for the virus to hit is between December to April.

People most needing flu shots include:
Residents of nursing homes and other places with patients with chronic medical conditions.
People with chronic disorders of the lungs and heart.
People who are less able to fight infections.
Women who will be in their second or third trimester of pregnancy during influenza season.
People aged six months to 18 years receiving long-term aspirin therapy.
Household members and caregivers of persons in these high-risk groups and any person over six months that wants to have a less likelihood of getting the flu.

Adults 65 and older
Hinz provides global perspective to students

Theodore Herrick
Banner Staff

Larissa Hinz is the adjunct instructor in the spotlight for this edition of the Banner. Hinz has been an adjunct instructor at the Boone Campus since 1998, teaching history, English as a second language, and geography.

Hinz is originally from Belgorod, Russia, but now lives in Boone. She earned her bachelor’s degree in foreign languages from the Pedagogical Institute at Kirovograd, Ukraine, and her master’s degree in world history from Iowa State University. Hinz is planning to receive another master’s degree in geography from the University of Iowa.

“I decided to come to DMACC because I love small campuses, as well as my colleagues,” Hinz said. Hinz also said: “I love the library. (The staff) was very helpful to me and continue to be as I look for (teaching) materials.”

Larissa Hinz

Future grads think about transferring

Karol King
Banner Staff

When the time to transfer to a university comes, students need to decide where to go, what classes are transferable, and what degree they are planning to earn. Students could set an appointment with the DMACC Boone Campus counselors, and they’ll help make a decision.

Since transferring time is right around the corner for some students, George Silberhorn and Shelby Hildreth had some tips to make transferring easier.

Plan early; the sooner students start planning, the better and easier. Make the best out of it; make the education and time invested worthwhile. Try to make the college experience a good one: join clubs or sponsor activities. This will look good in a resume. Investigate; ask questions. Make an appointment, leave a note, or send e-mails. It’s not difficult to find help.

Try not to change majors too many times; this could affect your transferable credits and the time and money spent. Check if the credits taken are transferable to the university of choice.

Silberhorn said: “DMACC has course equivalency guides for many colleges and universities. For those that don’t exist, we’ll create one for you. When colleges and universities’ admission counselors come to campus, schedule time to visit with them and ask questions.” He added, “The more information you receive, the more choices you’ll have.”

Information about universities coming to the Boone Campus is posted on the bulletin board. Buena Vista University and Iowa State University are scheduled to come Nov. 29 at 10 a.m. to 1 p.m. at the Courter Center.

COMING HOME FROM LONDON

Editor’s note: Alan Hutchison, DMACC English instructor, in England this semester in the DMACC study abroad program.

This is a hard email to write. Most of us will be leaving tomorrow (Sat.) early in the morning. The weather today is appropriately bleak. Two of my students are going to Germany and another has made arrangements to stay for another month and travel. Finals are over—a big load is off of my shoulders (though I still have grading to do). This semester has moved faster than I ever thought it would.

I am not sure what kind of a place I will be coming back to. A lot has happened to shape people’s attitudes and behaviors in our absence and our perspective of events from here in London will probably be different. Re-entry will mean more than just jet lag. I am going to miss London. I don’t mean from strictly a tourist sense, but miss the daily ebb and flow of life. The daily tube rides—maddening during peak times or when there are problems—but fundamentally a very efficient system for getting around. Just being situated in Bloomsbury has given me a deeper appreciation of English literature. I have been to the places that are referenced in the books and the poetry I have read. I have stood in the middle of Westminster Bridge and thought about Wordsworth’s poem, “Lines Composed Upon Westminster Bridge.” It resonates.

I didn’t get to all of the places on my list. Every time I did something, ten other things were suggested and I was continually surprised by what I did find. Place names here have special associations one has to discover. I rode the Bakerloo tube line to it’s southern end to see if I could figure out why it was called Elephant and Castle. There is a shopping center there now—yahoo. There used to be a pub there called Elephant and Castle—it was located on the road south from London at a crossroads that sent the traveler to different points south. Suicides used to be buried there. A fitting place for a shopping center now. There are other names: Barking, Frognal, Cockfosters, Oval, and Chelroley, to name a few. One hears things like, “Should we go to Wapping or all the way to Canada Water?” The biology building here at the University of London has a marker that says “On this site Charles Darwin lived and worked.” The sense of history is steeped in the very fabric of the surroundings.

When I was in Paris with Adrienne last weekend, we made a special point to go to Shakespeare & Co. bookstore—a place that has special significance to people like me who are interested in the “Lost Generation” of American writers who lived in Paris between the two world wars. While I was standing in line to purchase a book, the customer in front of me asked the clerk (a young Brit) about a biography of the painter Carrington. The clerk launched into a tirade about what a fringe figure she was—how the whole Bloomsbury set was “nothing but a bunch of ‘puffs’” and how they were all overrated as a group. I almost said something, but rather than get involved in a literary argument, I thought about it. Just like the Bloomsbury group pushed against the ideas and culture of the Victorians, here was someone pushing against Bloomsbury. I think it is healthy to see people constantly re-seeing the past and situating themselves (rightly or wrongly) inside a literary tradition.

Taking the ferry back from Calais, headed back to London for my final week here I began to feel a special connection with this place. I have watched my students blossom and become self-assured world travelers. I have found a psychic space for myself stretching from London to Paris and back again. It will be good to see you all again and to relate my stories—both good and bad. You’ll hear about my noodlings—my poking and proddings—my looking under rocks to see what is there—all in the name of getting to know a place.

When we were traveling back from Edinburgh on the Scottish Flyer, we passed Durham at sunset. The spire of a church was framed in the light of the setting sun and the whole town was bathed in the warm, red glow of evening. I thought about the Otho Cemetery where George Robinson is buried—the tombstone says “Born Durham, England.” A tendril of my taproot. I am home.

Cheers,
Alan

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Cheers,
Alan
Evening Comp II goes to the movies

Sam Prichard, DMACC Boone Campus Comp. II instructor, taught students how to review a movie. Six students submitted reviews to Banner.

This movie is an adventurous, entertaining, educational, all in one movie. Moreover, it does not only apply to the gold-obsessed prospectors of the Wilderness, but also to those people who look for the sum of their ambitions actualized in a quick stroke nowadays.

Kenny Tsang
Comp. II

This is a good, clean movie to watch. You don’t have to worry about the language or the violence, and sex is currently in most of today’s movies. DMACC students can check it out in the library and enjoy it for themselves like I did.

Larry Cunningham
Comp. II

This movie is an adventurous, enterprising, entertaining, educational, all in one movie. Moreover, it does not only apply to the gold-obsessed prospectors of the Wilderness, but also to those people who look for the sum of their ambitions actualized in a quick stroke nowadays.

Kenny Tsang
Comp. II

The Treasure of the Sierra Madre

By Winnie Ho
Contributing Writer

Feel bored with those soap bubbles on TV? Rent the marvelous 1948 classic movie The Treasure of the Sierra Madre from the library. This movie definitely has a theme of showing the power of gold. Featuring a great cast, including Humphrey Bogart, Walter Huston (who won an Oscar for the performance) and Tim Holt, the film is an engaging journey into “what gold does to men’s souls.” Three interesting characters, Howard played by Walter Huston, Dobbs played by Bogart, and Curtin played by Holt, show the corruptive effects of greed on the souls of men. Starting as friends eager to make their fortune in the highlands of Mexico. The trio of misfits slowly tears themselves apart with mistrust and deceit. Each thinks the other will double cross them for the gold.

First, Dobbs and Curtin establish hope in searching gold. Even though they have little money, they invest all to prepare for this gamble of gold digging. Having no knowledge of mining they depend on and trust Howard to arrange the journey. Both are attracted by the profit and they are desperately to get rich.

This is the power of gold. It can make men throw all their property onto the gambling table. At this stage, they do not believe “gold chang[es] a man’s soul” and agree that is “all depends on the man.”

The gold goes on to peel man’s soul as they mine deeper into the mountain. Gold challenges their honesty and loyalty. The division of their gold shares also divides the unity of the group and escalates the growth of their mutual suspicions and paranoia. Dobbs is the one who has weakest shell. The gleam in his glowing eyes is one of sinister greed. Curtin, the honest man, toils at a feverish pitch, and the gold accumulates. When Dobbs, trapped in the mine, dying, Curtin hesitates for a moment, turning away from the collapsed tunnel (contemplating more riches without a third man). But then his humane instincts and conscience overcome his greed and he enters the mine to rescue his companion. As Howard, the old prospector, says, “When the piles of gold start to grow, that’s when the trouble starts.”

The power of gold continues to corrupt Dobbs and Curtin’s soul. It makes them suspicious and avaricious. They fall on the deaf ears of a mean, wary and sneering Dobbs (Bogart) - and he meets his just end at the hands of bandits. He betrays his friends Howard and Curtin, and wants to run away with the loot. However, Curtin put a stop to his betrayal, which makes Dobbs angry. The latent malignancies festering in Dobbs come uncontrollably to the surface. Fearing that he will lose his wealth to Curtin, he murders him. This decline of Dobbs, personality is due to his weak shell. He could not stay humane and rational while facing a pile of gold.

“The Treasure of the Sierra Madre” has a great education value. It is definitely one of the movies that you do not want to miss. The movie reveals human’s greed and corruption when it comes to lure. Conscience always is the highest virtue of people. When people lose conscience, they will fate like Dobbs in his mad quest. Huston’s point here, it is not gold (or materialism generally) that makes men act like animals; filthy lucre is merely one more thing to fight over; but food, land, mates, beliefs, skin color, language, etc., serve equally well to make men lose their judgment. On the other hand, the awesome power which Huston confers upon gold, to corrupt the human soul, somehow serve to give the movie a quality of timeliness. Read simply as a meditation on greed, it’s hard to see how Huston’s core message could ever be out of date. There’s a whole lot of Dobbs in all of us, let’s try to avoid his fate.

“The Treasure of the Sierra Madre’. (1948). Written and directed by John Huston; based on the novel by B. Traven; with Humphrey Bogart, Walter Huston, Tim Holt; on videocassette. (124 minutes)
SPORTS

DMACC men turn in another dominating performance in win over William Penn JV

Scott Anderson
Banner Staff

The DMACC men’s basketball team again looked strong for the second time in three days as they easily defeated William Penn JV 113-78.

“Shelton Colwell led a balanced scoring attack with 29 points. Others in double figures for DMACC were Jamal Jackson and Ian Young with 14 points, Adam Daley with 12 points, and Cameron Lollar and Bret Wisecup with 10 points. DMACC next travels to North Central Community College and then a tournament in Fort Dodge.”

Shelton Colwell led a balanced scoring attack with 29 points. Others in double figures for DMACC were Jamal Jackson and Ian Young with 14 points, Adam Daley with 12 points, and Cameron Lollar and Bret Wisecup with 10 points. DMACC next travels to North Central Community College and then a tournament in Fort Dodge.

DMACC women start strong, hold on to defeat William Penn

Scott Anderson
Banner Staff

The DMACC women had a strong first half, and then despite foul trouble held on for a 58-51 win over the William Penn JV.

“We had a nice rotation in the first half,” said Coach Bob Terrones. “We had a nice rotation in the first half,” said Coach Bob Terrones. “In the second half we committed a lot of fouls which helped them get back in the game.”

The game started out very back and forth with neither team able to take control. DMACC opened its biggest lead at 18-8 after a three pointer by Leah Gabalka, but William Penn scored on last basket before the half to make 35-18 at halftime.

The beginning of the second half saw William Penn pounding the ball inside and getting DMACC into foul trouble. William Penn outscored DMACC 19-11 with half of their (Penn’s) points coming off free throws. Also early in the second half Lisa Obrecht fouled out of the game.

“When Lisa fouled out, that was important because Lisa is our best interior defender,” said Terrones. “We got help in that Shannon Geraghty came back from injury and gave us some good production when Lisa fouled out.”

The run by William Penn cut the Bears lead to nine at 46-37. The game went back and forth the rest of the way with the Bears leading by 10 points. Down the stretch DMACC was also able to get to line, as William Penn had to foul to get the ball back. While William Penn did get the line a lot they didn’t convert very many opportunities while DMACC made the most of theirs. The Bears final eight points all came from free throws including six in a row from freshman Treasure Hughes.

“This is Treasure’s first time playing the point guard position,” said Terrones. “I was a little disappointed in our defense tonight, but we got out of this game what we wanted.”

The game was close early with William Penn only down by a couple of points and after a William Penn three point basket the DMACC lead was down to six at 23-17. DMACC would score the next 15 points to take a commanding 38-17 lead. The Bears also scored the last five points of the first half to take 50-26 lead into halftime.

The second half saw both teams trade baskets for awhile. DMACC gradually eased the lead out to 32 at 69-37. William Penn didn’t give up and cut lead down to 20 at 81-61. The lead then got back around to 30 and DMACC finished with an 11-0 run to end the game with their biggest lead at 113-78.

Shelton Colwell led a balanced scoring attack with 29 points. Others in double figures for DMACC were Jamal Jackson and Ian Young with 14 points, Adam Daley with 12 points, and Cameron Lollar and Bret Wisecup with 10 points. DMACC next travels to North Central Community College and then a tournament in Fort Dodge.

Jamal Jackson (12) puts up a shot against William Penn as Cameron Lollar (55) looks on.

Women’s Basketball Schedule
Nov. 20 - Dec. 5

Nov. 21 - At Grand View JV (Des Moines) 5:30 p.m.

Nov. 26 - At Simpson JV (Indianola) 7 p.m.

Dec. 5 - NIACC (Mason City) 6 p.m.

Men’s Basketball Schedule
Nov. 20 - Dec. 5

Nov. 20 - Home vs. Upper Iowa JV 7 p.m.

Nov. 26 - Home vs. Offut A.F.B. 7 p.m.

Dec. 1 - Home vs. Simpson JV 7 p.m.

Dec. 5 - NIACC (Mason City) 8 p.m.
After DMACC volleyball’s third season in existence, head coach Lori Slight is satisfied with the team’s success.
DMACC added its volleyball program in the fall of 1999. They posted a 3-20 record in their first season, and a 19-20 record in their second. The women also earned fourth place in the region during the 2000 season.

“The 1999 season was tough because we didn’t get as many recruits as we wanted,” Slight said about the debut team. She added, “And last year we were plagued with injuries.”

This season, five women returned from last year’s squad: Shonnell Kudrna, Jill Dubberke, Stacy Britson, Caitlin Jacobsen, and Heather Behn. The sophomore veterans took the court with authority in early fall practices and added leadership to Slight’s regulations.

“The returnees were great leaders. They kept the women motivated in practices because they knew what the drills entailed,” Slight said. Kudrna, Dubberke, Britson, Jacobsen, and Behn gave the Bears insight to the teams to beat in the conference.

Slight went on to say, “The five of them made sure to let the women know who ‘owe’ from last year.”

Slight added key recruits to the roster for the 2001 season. Trista Kolder, Jenny Trowbridge, Sheri Hughes, Katie Carrels, Renae Walker, Erin Baker, Megan Evans and Kaisha Norgren added depth to the budding Bears.

“Each year we get better and better recruits these women filled in the holes,” said Slight.

Record breaking season
On Oct. 9, the women broke last year’s win record of 19 in a triple match with Waldorf College and Marshalltown Community College.
Slight said, “It was fantastic to surpass last year’s goals. It was a sign of progress in mid-season.”

The Bears continued their attack throughout the regular season, finishing 11-7 in the conference. The women finished with final record of 29-21.

“Anytime a volleyball team wins over 20, you know you will be in the top half of the conference,” Slight added.

Conference tournament a “tough situation”
DMACC was seeded fourth at the conference tournament Nov. 2.

“Being seeded fourth is a tough situation to be in because we would have to play back to back,” Slight said. “Positions one through five could have easily been switched or reversed. Iowa Lakes was seeded fifth with only one more loss than us.”

Iowa Lakes was the women’s first contest and loss of the day, 0-3. Next, the Bears faced number one seeded Kirkwood.
Slight said, “We had 12 minutes to regroup after our loss to Iowa Lakes and turn around to face the number-one team. That’s tough for anyone to do.”

The Bears lost to Kirkwood, 0-3 but won their last match against Southeastern, 2-1. Despite the lone win, DMACC could not advance to the next round after losing twice.

Women are honored
During the season, all tournament honors went to Hughes at DuPage College, Carrels and Hughes at Southeast Nebraska College, and Walker at Iowa Western Community College. Walker was voted first team all conference, Jacobsen second team, and Baker honorable mention.

Slight said, “I think anytime the women are mentioned at the conference meeting, it’s an honor for them and the team.” She went on to say, “I could’ve easily put up five names from our team, but conference picks is a voting system, and you’re at the mercy of other coaches.”

Future plans
Three sophomore women will continue to play volleyball next year. Jacobsen will attend Drake University, and Baker at Northwest Missouri State University. Walker is still deciding between schools in Minnesota or Wisconsin.

As for next season, Slight is anticipating great things. The women will be working out in the off-season and scrimmaging in a women’s league to prepare themselves for next year.

“We will have four returning players for next season, so we are bringing in a large recruiting class. That’s the community college cycle: a new team every two years,” Slight commented.

Slight added “Overall I couldn’t be happier with how the season came out. We set a lot of records, and that is a huge step forward.”

One, two Bears! The women huddle up during a time-out at their last home game against Iowa Lakes. The Bears, headed by Coach Lori Slight, finished the season with a 29-21 record.

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Jill Rose
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Slight reflects on Bear’s 2001 volleyball season

Jill Leonard
Banner staff

Lori Slight

DMACC Bears
The Other Side of the Courter

What are your plans for Thanksgiving?

Khyle Clute

“My plans are to sit at home, watch lots of football and eat cold turkey sandwiches.”

Deborah DeHoet

“I’m planning to eat lots of pie.”

Randi Ebersole

“I am going to work.”

Ashley Paulson

“I am cooking a tofurkey (a no meat turkey substitute made of tofu and tempeh) and a huge vegetarian meal for my meat loving family.”

Aquarius - Jan. 21 - Feb. 18 - You need to inject a more positive energy into your homelife.

Pisces - Feb. 19 - Mar. 20 - Your family members might be engaged in a heated debate.

Aries - Mar. 21 - Apr. 20 - There’s a lot of love and warmth in the air, making this a time to visit relatives.

Taurus - Apr. 21 - May 21 - You might be dealing with an old dispute. Now is the time for you to let it go.

Gemini - May 22 - June 21 - Love and empathy are filling the air.

Cancer - June 22 - July 22 - You’ll be ready to invest in something that will improve your life. Make sure that you shop for a good deal.

Leo - July 23 - Aug. 23 - Don’t fall prey to that false assumption.

Virgo - Aug. 24 - Sept. 22 - You will be in a playful mood. Plan something special. You can count on having a wonderful time with your partner.

Libra - Sept. 23 - Oct. 23 - You might be ready to make some resolutions and change your life in a big way.

Scorpio - Oct. 24 - Nov. 22 - Pay attention to your instincts. You might see into someone’s secret motivations.

Sagittarius - Nov. 23 - Dec. 21 - You’ve probably been going through a lot of changes lately. Now is a good time to spend a little time to think further ahead.

Capricorn - Dec. 22 - Jan. 20 - There could be a few pleasant surprises around the home front. Try to make the most of your home and family right now.

Horoscopes are for entertainment purposes only.

Happy Thanksgiving

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