Banner News

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Hypnotic

Emily Cooper
Editor-in-Chief

On September 7th in the Courter Center while students and faculty gathered for the burger feed, Dr. Jim Wand started his show.

Wand is a famous hypnotist and has been working for the last 20 years with celebrities like Jay Leno, Chris Rock, Sylvester Stallone, and The Judds.

The show was a hysterical mix of off-the-wall humor and gag props. From students Will Smith and Shawn Colwell’s duet (set to JLD and Jada’s ‘I’m Real’) to Matt Willie’s need to cover himself with band-aids, the crowd was kept laughing.

Because of the overwhelming popularity of the September 7th events, Boone DMACC is thinking about repeating this one-two punch of food and fun next year!

Meet the New Women’s Volleyball Coach

Jennifer Corbin
Banner Staff Writer

On September 7th, the Boone campus held a burger feed to kick off the ‘05-’06 school year. Sponsored by Iowa Pork Producer, the grill out resulted in 300 pork burgers being served. The event lasted from 11:30-1:00pm during the hypnotist, although there was a time loss due to the set up of the grill.

“We’re hoping to get started a little earlier next year. Getting the grill set up earlier and having some burgers ready for everyone,” says Bryan Green, Assistant Provost.

Steve Krakusic, Student Activity Club Coordinator, used funds from the Activity Club to help pay for the burger feed. Due to the great turnout and response of faculty and students, they are planning to have another burger feed next year.

Then and Now

Cindy Wisecup
Banner Staff Writer

Banner Staff Writer Jennifer Corbin reminisces about the past and present Pufferbilly day celebrations.

Pufferbilly days started in 1976. Although many traditions live on, a few things have dramatically changed about the great event. In order to get into the entertainment center now you have to have a button, which costs $8. I remember going to Pufferbilly days for the first time in 1984, the band was in the middle of Ninth & Story streets, they didn’t have buttons back then.

There is one thing during Pufferbilly days that you can still enjoy for free, which is the Pufferbilly day parade! Some of the people that were there for DMACC were: Wrestler Tom Lee, Jan LaVille and Linda Plueger, the Volleyball team was there, people from the Banner staff, and also people from PBL were there.

The advisor for PBL Linda Plueger stated, Saturday, “I would much rather be in the parade than to watch it!”

It was first Story Street was lined with people, mostly small children, all the way from Park Ave to 10th street downtown. I don’t know about you, but I believe that parades are all about the kids. Most of the kids looked like they were weighted down with candy but also had big smiles on their faces. It was the smiles that made walking four miles worth it!

Know Your Rights

DMACC’s first Constitutional Day & First Amendment Feet on September 21, 2003, from 10 am - 1 pm, is an exciting new student-centered festival designed to raise awareness about the U.S. Constitution and the rights guaranteed by the First Amendment.

Each DMACC campus is celebrating in its own way, so join in! John Tinker will be speaking in Ankeny, and a live feed will be available in room 117, located next to the auditorium. John Tinker was a co-plaintiff in the landmark 1969 US Supreme Court Case, Tinker v. Des Moines Independent School District. Sometimes referred to as the “black armband case,” Tinker recognized students’ rights to free expression on public school property. The live feed will start at 10:10am and everyone is welcome.

Joining in the celebration, The Banner is holding an Open House from 11:30 - 12:30pm. Students and Faculty are invited to tour the newsroom, meet The Banner staff, and enjoy free pizza and refreshments. In addition, a lucky few will win door prizes contributed by surrounding businesses.

FIRST AMENDMENT: CONGRESS SHALL MAKE NO LAW RELATING TO THE FREE EXPRESSION OF PUBLIC SCHOOL PROPERTY. THE LIVE FEED WILL START AT 10:10AM AND EVERYONE IS WELCOME!

Meet the New Women’s Volleyball Coach

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On September 2, 2003 Boone DMACC said so-long to former head of Maintenance and Grounds Dean Hatch. After working at the Boone campus for two years, he decided to retire. Recently Hatch oversaw the renovation to the Boone campus. When asked what he would miss most about being here at DMACC Dean said “The People, lots of good people here. The campus is big enough to always have something going on, but small enough to have a family atmosphere.” While saying goodbye to Dean Hatch, we welcome a new head for Maintenance and Grounds, Derek Echterling.

Burger Feed

Cindy Wisecup
Banner Staff Writer

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Farewell To Hatch

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Letter From the Editor

Here we are again, smack dab in the middle of week four. Pouring through our textbooks, “taking notes” in lecture, hanging out in the Courter Center, and saying hello to familiar faces.

One not-so-familiar face to most of you may be mine. I, Emily Cooper, have recently been placed into the fast-paced, often glamorous life of The Banner’s Editor-In-Chief. In other words: any questions, comments, or snide remarks can be directed straight to me and my always full mailbox. Although I’ll only be here until December, I’m excited about upholding the reputation of your paper. Some of you may have noticed, The Banner has been re-born! Thanks to the hard work of our Graphic Designer and the rest of The Banner Staff, we have a sleek new look with the same great content.

Keep in mind, the first couple of times is an experiment. We have a lot of different options when it comes to layout and design, so let us hear your thoughts! Want more Lamelight? Hate our review section? Let us know.

We’ve already had a great start to our academic year.

The burger feed and hypnotist were a big hit, the women’s volleyball season is underway, fall semester’s play practice will start rolling soon, and all the construction we grumbled through last year has left us with a beautiful new edition.

Although we’ve been off to a good start, there has been traffidy this fall as well. Not only in the devastating aftermath of Hurricane Katrina, but on our campus as well. The Banner staff and I extend our deepest sympathy to Andrew Albright’s family and friends. On a campus this small, the loss of a dedicated student, son, and friend is hard to deal with. Help is on campus if you need it. One of the many reasons I enjoy going to school here is the family-like feel of staff and students. When we ban together, great things can happen.

Remember: The Banner is your paper! We want to hear from you. Your ideas, your lives, your problems, and your accomplishments. Not only are we dedicated to bringing you the latest news from campus, sports, arts, and entertainment, we want to represent your thoughts and ideas!

Welcome and good luck this year at Boone DMACC. Get involved, have fun, support our teams (Go Bears!) and maybe think about studying every once in awhile! We here at The Banner staff are looking forward to reporting on what’s happening around campus, and more importantly - in your lives.

DMACC Helps Victims of Katrina

Jennifer Corbin
Banner Staff Writer

As most of us know, the victims of hurricane Katrina need help for everyone able to give it. There is no need for this suffering in the richest country in the world. If you are unable to donate money maybe donate your time. They need all the help they can get.

Collection from the faculty and staff at Boone campus raised $807. Jan LaVille, headed up the collection from the faculty and staff, “I just placed an envelope on the table in our break room and said if you can donate then please do,” said during a Banner meeting.

When speaking with Brian Green, Boone DMACC assistant Provost, Thursday we discussed the amount of help that the victims are receiving from students on the five DMACC campus’ $300, boxes full of food that was donated by students are being held in a food warehouse to go on a truck load with other donations. Everybody needs to know that this will be a continued effort on DMACC campuses. The people down there will need all of our help for sometime to come.”

According to Jane Herrmann, “There are several groups who have collected and sent their donations directly to the Red Cross, and others that we are putting together collectively to send one check from DMACC with the different clubs or organizations or campuses identified.” She also said that we had two semis on their way to Boria Louisiana on Friday September 16. “Boone has done an outstanding job!” Herrmann said.

One way you can help if you missed out on the donations is through our own bookstore. The bookstores on all DMACC campuses are selling stuffed bears and then donating the stuffed animal to children who were affected by the hurricane. Carol Petersen from the bookstore stated, “They have some donated bears that are in a trailer located in Ankeny. Quite a few, but still a long way to go.” They will be having the buy-a-bear event until September 30th. After seeing all the horrendous images on television and in news articles people feel helpless, there is no need to feel helpless. There are various way someone can help the hurricane victims. Donate your time if you cannot afford to donate money. If you find someone, business or person, is doing something for the victims of Katrina then tell your friends and anyone who will listen.

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The Boone Banner welcomes letters in an attempt to provide a forum for the many diverse views of the campus. The views expressed in the Boone Banner are not necessarily the views or endorsements of Des Moines Area Community College or the Boone Banner editorial board. Letters to the editor should be no longer than 250 words, signed and brought to the editorial offices of the Boone Banner, mailed in care of the college, or can be e-mailed to jmlaville@dmacc.edu. The Boone Banner reserves the right to edit as necessary for libelous content, profanity, copy fitting, grammatical and spelling errors or clarity. Member of ICMA, IJCSM and the ACP.
Andrew Arden “Ardie” Albright of Lytton, Iowa, passed away at the Boone County Hospital, Boone, Iowa on Tuesday September 13, 2005, following an automobile accident.

Andy was born on September 25, 1984, in Lake City. He was baptized and confirmed at the Lytton Presbyterian Church. He grew up on the farm northeast of Lytton, attending Lytton Grade School and graduating from Rockwell City-Lytton High School in 2003. He was in his junior year at Iowa State University in Ames majoring in Ag Studies and even made the Dean’s list this past semester.

As a student at Rockwell City-Lytton High School he was active in basketball and FFA and was voted FFA Sweetheart King his junior year. There wasn’t a high school homecoming skit that was complete without a comedic performance from Andy. He loved sports and was an avid fan, keeping stats on his favorite teams which included the Chicago Bears, Minnesota Twins, and most definitely the Cyclones. He also spent many hours on the golf course with his friends and family. At Iowa State University he was involved in many campus organizations, the largest of which being Alpha Gamma Rho Fraternity where he was loved by all and fondly referred to as “Ardie”. Andy was a member of the Executive Council as membership development chairman where he helped the new initiates adjust to college and fraternity life. He was also involved on campus with ISU Ambassadors, Cy Squad, Freshman Council, 2004 VEMHEA, and the Agriculture Future of America program. Left to cherish his memory are his parents, Alan and Lisa Albright; his two brothers, Ben and Nick; and grandparents James and JoAnn Albright all of Lytton; extended family members and many friends.

Andy was preceded in death by his maternal grandparents, Betty Lou and Nick Lamberto.

Andy will be truly missed by everyone whose life he touched.

Funeral services will be held on Saturday, September 17, 2005, 11:00 a.m., at the Emmanuel-St. John Lutheran Church in Lytton with Reverend Wayne Pfannkuch officiating. Burial will be at the Cedar Cemetery. Farber & Otteman Funeral Home in Sac City is in charge of arrangements. Visitation for family and friends will be from 4:00-8:00 pm on Friday, September 16th at the Farber & Otteman Funeral Home.
Back To School

Cindy Wisecup
Banner Staff Writer

Going back to school is hard enough, and going back to school when you’re twenty-five years and older is even harder. Many non-traditional students are returning to school for various reasons. For whatever the reasons, it is not only difficult to fit in with all the younger students in this day and age; it is also sometimes traumatic. In the fall of 2004, and spring and summer of 2005 there are 7,200 students 25 years and older who are enrolled in the Boone campus of DMACC. The totals number of students 25 years and older that are enrolled on all campuses is a total of 24,780. The percentage age of 25 years and older for all six DMACC campuses is 29.2%. Tim is a 25 year old man who graduated in 1988. He is diced, has one child who is 17 years old that he is not raising, and has been in the military. Tim used to be a roofer/foreman for 6 years, but then went on supplementary security income in 1999 because of his mental health disability and has been struggling ever since. Tim states, “In going back to school, I hope to gain not only more knowledge, but self-satisfaction, and hopefully someday a good job with a good income so I can better adapt in today’s society. Furthermore he stated, “I’m hoping maybe to get into the medical field. Right now I’m just a homeowner who likes to work on cars in my spare time, but I want to learn new things and meet new people.” “Going back to school as a non-traditional older student can be very stressful and frightening. It can lead to depression and anxiety, then giving up and just quitting school. One way for adult students to deal with these problems is to inquire about some of the clubs that are available. “Going back is pretty scary. It is kind of exciting, but is also very confusing because everything is much more advanced than I once knew,” he admits.

Maggie Stone in room 124 has put together something called “REZOOMERS CLUB Meeting” for Monday, September 19th in the courtyard center from 11:30 am-1:00 pm. All adults’ students are welcome. If it has been awhile since you’ve been in school, and you’re juggling kids, school, and maybe a job too, then you are not alone. This will be an excellent way to get acquainted and make some friends, and have some lunch. Stone was hired 18+ years ago to coordinate the Single Parent/Displaced Homemakers Center on the Boone Campus. “Most of my clients were adults who had been out of school for a number of years. Most were pretty nervous and a little scared about coming back to school.” “Each felt like the only older student here. I kept reassuring them that they were not, and tried introducing them to each other,” continued Stone, “I finally suggested that we have some kind of support group for non-traditional, adult returning students. The Ankeny Campus had a similar group and used the name “REZOOMERS CLUB”, so it seemed like a natural to stay with the same name (in case students attended one campus and then transfer to another campus).” The purpose of the organization is to provide the opportunity to share information and get better acquainted and to support each other. All adult returning students are encouraged to join. Students may come and go as their schedules allow. Future meeting dates will be posted and publicized in the Banner.

Whether by joining a formal adult student group or just making friends with other students, peer support is probably a key element in success for adult students.

DMACC Boone Campus Sets New Enrollment Records

DMACC Press Release

Des Moines Area Community College’s (DMACC’s) Boone Campus has set new fall semester records measured both in head count and in credit hours. The student enrollment at the DMACC Boone Campus this fall compared to 1,526 students in the fall of 2004. This is a 1.0 percent increase. Credit hours taken by students on the DMACC Boone Campus totaled 10,078, which is 4.4 percent higher than the 15,158 credit hours taken by students last fall. Overall, fall semester credit head count enrollment is up 5.2 percent and credit hour enrollment up 2.7 percent on the six DMACC Campuses. Both are new DMACC records. For the first time ever, DMACC has surpassed 16,000 students. DMACC has a record 16,046 students enrolled in credit courses at the six DMACC campuses this semester, compared to 15,256 students in the fall of 2004. Students are enrolled in a record 135,216 credit hours of classes this fall compared to 135,565 credit hours in the fall of 2004. DMACC’s enrollment figures are the official figures reported to the Iowa Department of Education on the 14th day after classes begin to reflect accurate year-to-year comparisons. “More and more students are choosing one of DMACC’s six campus sites or several centers each year and the College’s emphasis will continue to be on quality and student success,” said DMACC President Rob Benson. “There are colleges that generate more credit hours, but DMACC’s focus will continue to be on serving the short and long term education needs of individuals.”

The Bulletin Board

Quick Notes & Reminders For Events on Campus

Graduation Candidates,
Below is the message from DMACC notifying what you need to know in order to graduate.
- A graduation application is required for receiving a diploma.
- Once the Credentials/Graduation Office receives the graduation application, we run a degree audit to see how the student’s coursework fits into program requirements. We then mail the student a letter letting them know if there is anything else they need to complete before they can graduate.
- Degree audits can be completed by advisors and counselors if a student has more than one semester to complete before they will graduate but wants to make sure they are registered for classes they need.
- The graduation applications are also how to indicate interest in attending one of the annual commencement ceremonies in May, which is open to graduates of that academic year (fall 2005, spring 2006, and summer 2006 will attend the May 2006 ceremonies). Boone and Carroll each hold individual ceremonies, the other campuses participate in a joint ceremony at Veterans Memorial Auditorium.

It is kind of exciting, but is also very confusing..."
Suicide and Depression... How Can We Help?

Mary Elizabeth Drahos
Banner Staff Writer

Stress. There are many ways stress hits us; work, classes, money, bills, social problems, etc. Some of us are used to dealing with this type of stress but for many incoming students, this is a huge difference than what they are used to. Many of them are incoming freshmen, and leaving home for the first time. They aren’t used to the responsibility of living alone, or may not know how to manage their time properly for all their added burdens. As a result, they may become depressed, or even worse, suicidal. Suicide is the 2nd leading cause of death in among people ages 15-24. Research has shown that students who are suicidal usually have a form of mental illness, usually depression, which can be treated.

Students on the Boone DMACC campus may not know where to go or who to talk to when they are feeling depressed. Fortunately, there are people on the campus who are able to help students through the tough times. There are counselors who are willing to talk to students, and hopefully stabilize them. One of those counselors, Rita Davenport states, “if things are bad enough where the counselor feels a student is at risk to themselves or other people, we will not, under any circumstances, let the student leave alone.”

Students on the campus have a group that will likely accompany the student to a psychiatrist in or around Boone to get the help they need. Brian Greene, Assistant Provost, says that “as a staff we would try to handle the situation the best we could with the resources we have here, but we know that there are resources available outside of (the campus).” The last thing we would do is give you a phone number and send you out the door.” He also would like students to know that there are office members that are trained to help students who are feeling depressed and need someone to talk to. Provost of the school, Tom Lee, tells this reporter that he knows there is not a specific person on campus to be a counselor for these situations, but he is looking to change that. The person he is going to eventually bring in is not required to be a specific person on campus but will be officially trained to talk to students and recognize symptoms associated with depression and suicide. If needed, they will recommend students where to get more help.

Right now, if a student needs to seek help from a psychiatrist off campus, there is a program called the Employee Assistance Program that can be beneficial. This program is DMACC sponsored, and it enables a student (or a faculty member) to go to a psychiatrist up to times at no cost to the student. After the 4th visit, the psychiatrist determines if the student needs more help. If they do need further help, they can do so on a sliding scale cost based on the students financial need. Even though all of this help is available to students, no one can make them come in. If you or someone you know needs help, please do not hesitate to talk to these counselors. They want to make the college experience a positive one and are willing to help out any way they can. Also, do not turn to drugs or alcohol to help make things feel better. Drugs and alcohol have a negative affect and may actually push you to do something drastic.

Luther College took major notice of this issue, and put out a questionnaire determining if you or a loved one is at risk for depression or suicide. This is a very useful guide that everyone should keep, just in case something should arise.

If anyone wants to look for any more sources of help, there are a few websites available that are based solely on this issue. A few of them are:

http://ulifeline.org/index2.php

This one is that DMACC subscribes to that students can access anytime.

http://counseling.uchicago.edu/cps/virtualets.html

This one has 20 resources for students and a self-assessment to get professional help and advice.

These are just extra resources in case students are uncomfortable with talking face-to-face. Students should know that there is help out there, and no matter how bad things get, there is always a light at the end of the tunnel. Or, as Brian Greene says, “there is always help out there, and things WILL get better.”

Someone from the office will most likely accommodate the student’s needs. Some of those counselors, Rita Davenport states, “if things are bad enough where the counselor feels a student is at risk to themselves or other people, we will not, under any circumstances, let the student leave alone.”

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Sparks Squeeze Past Bears In Game 5

Andrew Penner
Sports Editor

The home opener of the volleyball season was against the Southwestern Spartans from Creston, Iowa. The Bears started Game 1 with a 9-1 run from co-team captain Amanda Meyer and freshman Mallie Coffman against the Spartans and never looked back. The Bears continued to dominate the Spartans throughout the first game only allowing them to get within one and winning Game 1 by 1 only 4 points, 30-26.

The Bears held an early lead in Game 2 from blocks and kills coming from Ashley Bayer and Amanda Judisch. But soon after that it was taken away from them by the Spartans with the help of the 6'5" Greta Billerbeck who dominated the Bears with block after block and kill after kill resulting in a 30-20 win for the Spartans.

In Game 3, it was the Spartans who spoke first taking the lead which slowly dimmed as the ace from the middle hitter Rachel Vander Schel. From there the Bears never let up with outstanding blocks coming from Vander Schel, and Rylee Olsen. Again, the Spartans’ Billerbeck, tried to make a come back but didn’t succeed with the final score being 30-26.

In the beginning of Game 4, it was Liz Schreck who helped keep the Bears afloat over the Spartans. Again, it was the Spartans’ Billerbeck, who went attacking the ball tenaciously and allowed the Spartans to take the lead and then take the game with a final score of 30-21. Spartans, giving each team two match wins a piece forcing Game 5. In Game 5, the Spartans kept the score close and took an early lead that just kept growing off of costly mistakes made by the Bears and turned into their 15-9 win of Game 5 winning the game at 3 matches.

The Bears were led by Bayer and Schreck each having 16 kills, with 3 aces coming from Meyer and Judisch leading the Bears with 9 digs and Judisch having 4 blocks.

Sideline Rants and Raves with Joel Derifield

I’ll begin this sports opinion column by introducing myself. My name is Joel Derifield; I am a first year student here at DMACC in Boone. Since this column will be published as much as a couple weeks after most sporting events occurred, I really have no idea where to begin. I’ll begin with the hot topic of the week. As a Hawkeye’s fan, I am curious to know what happened last weekend against Iowa State! You would think that with Kirk Ferentz being one of the highest paid state employees, he could do a better job coaching a team that was (and I emphasize was) picked to play in the Rose Bowl by several pre-season magazines. Like most Iowa fans, I was led to believe Iowa would beat Iowa State and roll into the Big Ten, going undefeated the rest of the year. Well I feel cheated; Iowa can still have a good season, but not until they seriously rethink their strategies. The 3rd-and-10 grade tackle football team that I coach played better than Iowa last weekend. Getting paid as much as Iowa’s coaches do, one would think they’d have a better understanding of the game. Then again, maybe they actually majored in underwater basket weaving in college. Who knows?

Iowa State was better coached, prepared, and had a much better game plan then Iowa. The Hawkeye’s seemed to be sleep walking through most of the game. Yes their starting QB (that stands for quarterbacks for those who think Iowa may still get to the championship game) was knocked out early. When you coach, shouldn’t you prepare your backups to play, just in case? I am sure many folks around the state were probably like me and yelling at their televisions using many colorful words, such as “damn,” “sh*t,” and “f*#&%#.” For those of you not up to speed on what these symbols mean, ask any Viking’s, Packer’s, or Chicago Bear’s fan (by the way you truly is a Cowboy’s fan, so I’m quite fluent in the language). Ahh, on to the next area of complaining. The NFL I thought that losing Moss wouldn’t hurt all those Vikings fans so much. Apparently I was wrong. Now, I don’t care for Moss, but he did make a major difference for that team. What he did was give Culpepper and company probably the most dangerous wide receiver in the game today. At the very least, fans can take heart in the fact they were able to use Moss’ salary on upgrading their defense, until they let a Bucca neer rookie walk all over them. Let the “when hell freezes over” jokes begin.

I have to take a moment to say congratulations to the New Orleans Saints. What that region and team has been through is just heartbreaking. On Tuesday, September 14th, the league announced that the Saints would be playing four games in Baton Rouge and three in San Antonio. While thinking about this, I pose the question to you that I saw in the USA today on Friday September 9th. Should the NFL have cancelled games as they did after 9/11? My opinion is no. I believe playing the games may have helped lift the spirits of those affected by Hurricane Katrina. Though the Saints play in New Orleans, if the rest of the sports world does not cancel their games, then the NFL shouldn’t be scrutinized for not canceling football games.

Getting back on track, I want to touch on the subject of “feeding the family”. For those that follow sports, this phrase is quite popular when professional athletes want a new contract with more money. Gee, how is it that working folks can afford some of the things we get? Well most of us can’t! I go to school full time, so if I can’t afford to do or buy something I want then too #@$%&! bad, I can’t have it. Going to college, earning a degree, and finding a job that pays well enough are more important to me then going on expensive trips. If any one of us went into our boss’s office and demanded more money or we would leave, most of us would be shown the door. It seems pro athletes feel that they deserve more because their job is more difficult then ours. Playing sports is a privilege! Quit trying to act better then everyone else and learn to play the game for the love of the sport! I guess earning $1 million a year isn’t enough to support a family.

This has been my first attempt at writing a column, so I hope you have enjoyed it. Feedback is always welcome, as well as any ideas for future columns. Please email me at jderifield01@msn.com. For those who would like to relive this column, it will be available on cd for the low low price of $29.99. Hey, I gotta feed my family, too.

Too Little, Too Late
Andrew Penner
Sports Editor

In this match-up between the DMACC Bears and the Marshalltown Tigers, this was a hard fought battle on the court. It began with neither team allowing the other to successfully take the lead. It was the Bears’ Liz Schreck who dominated the net during the first game, but failed to capitalize on it when the bears had an error. And lost game one to the Tigers 30-27.

It was the Bears’ outstanding defense that allowed them to take game two in a final score of 30-21. The Bears fought hard in their attempts to win game three, but it was too little, and too late for the Bears. And lost to the Tigers 30-20.

The Bears started off slow but never allowed the Tigers to pull away in game four. Again, it was Schreck who kept the Bears within striking distance. And in the end it was the Tigers who stole the last chance the Bears would have to defeat the Tigers. The Tigers won the fourth game, and swept the Bears in three games to one.
Mary Elizabeth Drahos
Banner Staff Writer

Recently, I had the opportunity to speak with Patty Harrison, the volleyball coach of the Boone DMACC Bears. Harrison, who is originally from Lohrville, Iowa, has a lot of accomplishments under her belt. She started the Iowa Central volleyball program (1983), has two regional championships (1985, 1987), was named District 5’s coach of the year two times (1983, 1987), and has taken her teams to the regionals 6 years in a row. Harrison also has a record of 300-181 when she coached at Iowa Central (1989-2004).

MED: Out of all the places you could coach, why here?
PH: Well, I have always had a good relationship with the athletic director, plus it is closer to my home, since I live in Jefferson. It is an easier commute. Plus, I have a daughter at Iowa State, so I’m closer to her as well.

MED: Especially since you can save on gas as well.
PH: [Laughs] Yeah, really right at this time.

MED: What kind of season do you expect to have?
PH: A good one. To start off, we have a very young team and we only have 2 returning players from last season. It’s going to be rough in the beginning but you can tell we are really starting to gel right now. As you know, we have a lot of incoming freshmen and a few transfer students and none of them have really gotten to play together so we have been trying to get the right chemistry going. I feel really comfortable with the team that I have here.

MED: Has that been the biggest challenge so far this year then?
PH: Yes, definitely.
MED: Do you see any other challenges arising?
PH: Not really. I have a really good group of students, leaders, and good athletes. It was basically just getting the crew to really gel together and trust each other like family. We actually had a wonderful match last night in Clinton, but Iowa has a tough conference. We have 16 teams in our region and last year the national ranking for them was in the top 10. So yeah, Iowa is a tough region to play volleyball in.

MED: When you become really frustrated or stressed, how do you calm yourself down?
PH: Well, one thing I learned is maturity helps every time. You also have to be patient as a coach, that’s the biggest thing. I have a couple young assistants that have really helped me out tremendously. The staff I have right now has made my job a lot easier. We have our young coaches that really push them and kind of relates with them all together. Then it helps to have a really mature coach that oversees everything. So I think that’s my secret, having a wonderful staff on hand. We have the strength and conditioning coach, our two young assistant coaches, a volleyball operations person and you basically have to have all of that. DMACC is a wonderful place for athletics so I just really feel pleased with everything this year. The pre-season was kind of tough, since we had all of the incoming freshmen. Then everyone had to get settled into the routine of school and practice, so it was tough. Now we are going to be on the road a lot and the girls will get tired, but we try to make it as easy on them as possible. We travel on the bus so the girls can rest and do their homework so that makes it easier. I think most of the stress is on the players, especially the freshmen who have to step up and take a leadership role so young.

MED: Do you always want to become a coach?
PH: Yes. Education and coaching was what I always strived for.

MED: What procedures or forms are required of you to confirm if you really want to coach?

PH: Yes.

MED: Do you see any other changes in the women’s volleyball program?

PH: Lucky Charms?

MED: On a typical game day, do you do anything to pump yourself up or do you stick with your normal routine like having some coffee and eating your lucky charms?

PH: [Laughs] Usually I have a cup of coffee in the morning.

PH: My middle hitter and our setter are our captains, Rachel Vander Schel and Amanda Meyer. They both have really accepted the leadership role that they are in. We have a couple of really good freshmen, too. Ashley Beyer and Liz Schreck.

MED: What plans do you have for the future?

PH: Basically just building on what we have. With being a new coach and having all the freshmen coming in, I have a chance to really help them develop. That’s what is really exciting for next year; the freshman will have that sophomore leadership and bringing in more freshman. It is really going to make a big impact.

MED: What do you do in your spare time?

PH: [Laughs] Well I have three children, two daughters and one son, who are in athletic type events. My oldest daughter just got accepted in Denver, so we will be making a lot of trips to Colorado here soon. I also have a husband and we like to walk, and I like to read and crochet. But family is also important since I am gone a lot that when I do have spare time, I like to spend it with them.

MED: On a typical game day, do you do anything to pump yourself up or do you stick with your normal routine like having some coffee and eating your lucky charms?

PH: [Laughs] Usually I have a cup of coffee in the morning.

MED: Other than your degree in education and athletic administration, what other degrees do you have?

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With the basketball season rapidly approaching, the DMACC women’s basketball team is still in need of players. We have been informed by the assistant coach, La-Nesha Clayton, that the women’s basketball team now has 10 players and they are hoping for 3-5 more players soon. With a new head coach this season, it’s a great time to give yourself the opportunity to get involved in a new activity. This is Steve Kraficisin’s first season with the DMACC program, but don’t get the wrong impression. Coach K is very well qualified for the job. He played basketball for the University of Iowa, was named a two-time All-Big Ten Performer, and was the assistant coach for Iowa State University from 1997-1999. Both he and Coach C. know what ingredients are necessary to create a good team. Assistant Coach Clayton stated, “The sport is very time consuming.” On Mondays, Wednesdays, and Fridays, the girls lift weights during open gym for about an hour and a half. On Tuesdays and Thursdays, the girls have conditioning for about an hour. The practices are very upbeat, but have a serious tone. Coach K stated, “This is not an intramural activity; you need drive and ability. If you think you’re going to come to practice, run 15 minutes, and then get freeze pops, you’re wrong!”

On the bright side, the girls do receive benefits from being a part of this organization; they can receive one credit towards school, as well as having the opportunity to become a member of a close knit family. As a team, the girls are involved in the Puffer Billy Parade, plan on spending Sundays together (when the season starts), and will have plenty of quality time traveling to games together.

Left on that note, if anyone at DMACC Boone Campus enjoys spending time as a team and working for the goal to win, please get in touch with Coach Kraficisin at sjkrafisin@dmacc.edu.

Vanessa Cortex, Nicole Meek, Jessica Chiri, Krista Benson

It’s the beginning of the fall semester and that means the beginning of new classes, sports, clubs, and it’s the DMACC theatre department buzzing about the upcoming fall production. Every spring and fall the DMACC theatre department puts on a production, and this year is no different. The department will be showing their production of the play Taking Leave sometime near the end of the semester.

The theatre department is nothing new here at DMACC. In fact, the current theatre director, Kay Mueller, has been heading the program for 20 years now, and she too is excited about the prospect of new students getting involved this fall. The production Taking Leave is a play about an elderly man named Eliot who is suffering from Alzheimer’s disease. It’s a story about him leaving the real world, about his alter ego, Eliot 1, and about his three daughters and their decision on what to do with their ailing father.

Tryouts for this production were held last Monday, but don’t get discouraged just yet; there are plenty of other ways you can still get involved. As Kay Mueller puts it, “We are always looking for stage crew”, which means you can help with the set up, decorating, and designing of the set. You can even get credit for helping out. DMACC offers 2, 3, or 4 credits for helping out with the production, all you have to do is show up when they need you and work hard.

Getting involved in theatre may be more rewarding than most people think. According to Ms. Mueller, theatre helps build your speech and communica
tion skills. It helps you work as a team, and even can teach you some construction. On a more social note it’s a great way to meet friends, and even start romantic relationships. “I know two couples who have gotten married after working on the stage together,” says Mueller.

It’s not all practices and set building for these drama students. Once or twice a year everyone who is involved in theatre is invited on a field trip to go and experience some theatre in different areas. They travel to Des Moines, go to dinner theatre, and even once traveled to Minneapolis for the weekend to see productions at the Guthrie Theatre.

If you are interested in expanding you knowledge of theatre, learning to build sets, meeting interesting new people, and having fun, we strongly suggest you check out the production Taking Leave, and see what you can do that interest you.

Hannah Frederick, Jeremy Lass, Jacob Roller, John Becker

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Recently, we attended a women’s DMACC volleyball game. This was their first home game of the year and we were very disappointed with the fans’ turn out.

New Coach Patty Harrison is fielding a team of mostly freshmen, but they are impressive. Said Harrison “Most high school girls don’t face many big middle hitters that are good, and that is an advantage they are going to have to make.” As their record stands they are only six and eleven but with just five sophomores and just two returning players from last year’s team, they are still getting used to each other’s playing style. Senior Co-Captain Amanda Meyer said, “We are just starting to work together, and playing in front of home fans cheering for us helps us, I think.”

Their next home game is tonight against Iowa Lakes at 7:00 P.M. and then September 26th against Kirkwood at 5:00 P.M. For DMACC students if you get a library card (which is free) you can enter the game for free, so there is good entertainment for no cost. We strongly urge you to come out and support your good young and exciting volleyball team.

Mason Ducket Matt Franke Trin Kelley

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On Wednesday, September 21

1. BANNER OPEN HOUSE

- 11:30 - 12:30

The Banner will be hosting an open house in Room 115 offering brief tours, pizza, and door prizes.

- Sponsored by “Appleeneers,” “Copywork,” “Domino’s,” and “Hy-Vee.”

2. CONSTITUTION DAY & FIRST AMENDMENT FEST

- 10:10 - 11:05

John Tinker, a co-plaintiff of Tinker v. Des Moines Independent School District, will be presenting a speech to all of DMACC. This can be viewed on the big screen in Boone Auditorium or through the data projector by going to http://media.dmacc.edu in any class.

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The Blame Game

Mary Elizabeth Drahos
Banner Staff Writer

Was anyone else as outraged as I when Kanye West spurred off his “intelligence” to the public recently? For those who have no idea what happened, let me fill you in. There was a telethon recently to help those in need because of Hurricane Katrina. Kanye West and Mike Meyers had a small segment together about 45 minutes into the program. Their segment, like everyone else’s segments, was fed to them through the Teleprompter. West decided not to stick to the script when it was his turn to speak.

He started off by saying “I hate the way they portray us in the media. If you see a black family, they say, ‘They’re looting.’ See a white family, it says, ‘They’re looking for food.’” He also implied that the reason it took so long for relief was “because most of the people are black.” He kept speaking like this until he interrupted himself, saying, “George Bush doesn’t care about black people.” and ended up getting the plug pulled on him.

I feel Mr. West has been a little misinformed about his role in that concert. Yeah, ok, I even read some things that seemed unfair to the black community, but West should NOT have used a benefit concert to voice his grievances. He was very unforthcoming about the whole situation when tsunami hit weaker countries. Especially Korea, my mother’s homeland, promising thirty million dollar aid makes me feel very down. Of course, humanitarian aid is all well and good, but when tsunami hit before, Korea promised only $600,000, although it did increase later. Then, again, Japan is said to send $500,000. Maybe I’m overreacting.

What I find most surprising is the news of armed mobs controlling parts of devastated area. Lawless city controlled by armed mobs where rape and murder are not uncommon in the U.S.? That sounded like a movie or videogame script. I mean, it’s not surprising people take goods from stores to meet their basic needs, and with decreased security, I’m sure there are people using guns for protection or for thievery. When I first heard about it, I certainly thought there must be some exaggerations. However, if several sources tell me the same thing, even the most outrageous news becomes credible.

I couldn’t help but become curious about the reasons behind it. I’ve seen news of disasters before, but I don’t remember seeing one where armed mobs take control of the area. I searched online newspapers for professional analysis on the issue but in vain. So, I decided to share my views with readers and hopefully receive their inputs as well.

First reasoning that came to me was the case of getting guns in this country. However, that couldn’t explain fully the behavior of mobs. Certainly, they must know they don’t stand a chance against the U.S. itself. So I started looking for another reason; a dire need that would drive them.

Conflicts tend to rise with limited resources, and resources in that devastated areas must be scarce if at all available. What better way of taking control of them is there than violence in place without law? Maybe it is strange for such violence did not arise in modern developed countries. However, news articles gave me a possible explanation.

Two factors worth noting are the area under the disaster and the number of aid workers.

President is one human who is supposed to be the babysitter to the entire United States. It is kind of like the management system at work. If there is a problem, go to the supervisor. If the supervisor is not available, go to the manager. If manager is not available, then go to the store manager, then the district manager and on. The citizens had a problem, they jumped right up to the company owner, I mean President Bush. Yeah, I feel bad for these people and I am grateful to be where I am right now, but that doesn’t make me feel better that all of this negative activity is going on. They wanted results right now, and when results came, they started pointing fingers. As an American, I feel ashamed that there aren’t more people who are just grateful for the aid. They are biting the hand that feeds them. I think that our nation has become very spoiled. We are so full of technology, laws that protect every little thing that goes on, and power that we think we are untouchable.

I think this hurricane is from a higher power letting us know that we should become more peaceful and positive, instead of being greedy and corrupt. A part of our nation is destroyed from something that happens all the time, what’s to stop it from happening again?

Have any questions, comments? If you do, then write to me at Ludi,b81@yahoo.com.

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Katrina and Armed Mobs

Chan Soo Park
Opinion & Editorial Editor

With the disaster of Katrina, much news started pouring in: economic effects due to reduced oil sales, more casualties than initial reports, etc.

One thing I find better is the amounts of aid from other countries which oddly feel more generous than when tsunami hit weaker countries. Especially Korea, my mother’s homeland, promising thirty million dollar aid makes me feel very down. Of course, humanitarian aid is all well and good, but when tsunami hit before, Korea promised only $600,000, although it did increase later. Then, again, Japan is said to send $500,000. Maybe I’m overreacting.

What I find most surprising is the news of armed mobs controlling parts of devastated area. Lawless city controlled by armed mobs where rape and murder are not uncommon in the U.S.? That sounded like a movie or videogame script. I mean, it’s not surprising people take goods from stores to meet their basic needs, and with decreased security, I’m sure there are people using guns for protection or for thievery. When I first heard about it, I certainly thought there must be some exaggerations. However, if several sources tell me the same thing, even the most outrageous news becomes credible.

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**The views expressed in this column are solely of the individual providing them. They do not represent the opinions of any other writers, The Banner, its affiliates, or its advertisers.**
Moses Powell Eckstein

Banner Staff

Chris Crutcher tackles controversial issues like incest, rape, bigotry, homosexuality, teenage sex, and child maltreatment in his novels written for young adults.

Last week in the Memorial Union building in Ames, Crutcher spoke against the censoring and banning of school library books.

Crutcher began his writing career on his 37th birthday with the novel, Running Loose.

Banner Staff

Moses Powell Eckstein

Atlas Shrugged

Moses Powell Eckstein

Banner Staff

There is a form of writing called fanfiction. Its writers usually write based on famous works, interpreting and continuing stories in their own ways like their own Harry Potter.

From what I observed, its participants are mostly teenagers, usually younger teens, and there is an idea often associated with them; they lack censorship, and characters and conflicts are very simple.

By lack of censorship, I mean there are too much unnecessary prose and descriptions of obvious characters, and settings that are of no importance to the story.

Conflicts, usually between clear-headed good and evil, are so simple and predictable. That would not be too bad if characters are more sophisticated and interesting. However, despite

fanfiction authors writing based on pretty successful fictions usually, characters tend to become simple as well.

This is not too bad considering the average age and that fanfiction is mostly for self-satisfaction, I was surprised to find so many similarities to such immature writing from a book ranked the second most influential book on American lives next to the “Bible” according to the Library of Congress.

“Atlas Shrugged” by Ayn Rand was published in 1957. It may be a bit too early to call it a classic, but it is more than a pop-culture. After reading praise that called Ayn Rand the “one of most influential thinkers of the U.S.,” I couldn’t help but have high expectations. I am still wondering if I will fail to see in her writing something crucial out of my ignorance.

Characteristics of fanfiction I mentioned directly apply to “Atlas Shrugged.” It is not unusual to find whole lot of descriptions of buildings and rooms that main characters just pass by. Dialogues, too, are excessive and unnatural that it seemed the author never made an attempt to distinguish spoken English from written English.

This, I forget to mention, is one of my initial warnings about fanfictions; they use unrealistic and long dialogues in an attempt to look sophisticated.

In “Atlas Shrugged,” the worst part in my view, are clearly cut between a handful of perfect beings and worst possible scum which have been abused by the time they make it to grade school.

Crutcher got many of the ideas for his stories while dealing with children as a social worker. He insists that when a censor backs off the language that he also backs off the story about the child.

When asked over the lecture, what he thinks about the censoring and banning of books, Crutcher playfully admits, “It sucks.” He believes that people should “stop thinking knowledge is dangerous.” Crutcher also authored Athletic Shorts, a collection of short stories and his autobiography, King of the Deep Frontier. The latest book he is working on called Deadline is about a terminally ill high school student.

The ISU library sponsored the lecture, which is one of the several events going during Banned Book Week from September 24 to October 1. To learn more about Crutcher or his books, visit his website at http://www.chriscrutcher.com.

The Movie Guy

Reviews: Smith Vs. Smith

Moses Powell Eckstein

Banner Staff

In this twisted romantic comedy directed by Doug Liman, Brad Pitt (Troy) and Angelina Jolie (Laura Croft: Tomb Raider) star as the Smiths, the world’s deadliest super spies. By day they have an average marriage in which the spark is dying, but by night they are chasing down and assassinating some of the world’s wildest baddies.

Neither one is aware of the other’s secret employment until Jane (Jolie), is assigned to eliminate a target in the Southwest. Unbeknownst to her, John (Pitt) is close on her trail, blasting through the desert on an ATV.

His mission: sabotage the hit. After destroying any chance of her mission’s success, Jane gives her saboteur a couple of warning shots. He retaliates with a rocket propelled grenade, and the chase is on.

Back at home, the couple scramble desperately to find the identity of their would-be assassins. Soon quiet paranoia at the dinner table blows up into full-out warfare.

It is the chemistry between Pitt and Jolie that really shines in the movie. This was bad news for Jennifer Aniston, no doubt, but it works for movie audiences.

In addition, John’s best friend, Eddie, played by Vince Vaughn, from Dodgeball, mixes humor with paranoia, encouraging his friend to take out his wife. “They all try to kill you eventually…” he insists.

Matt and Smith Smith is a roller-coaster ride of special effects and gun slinging action. However, this is not a family friendly movie, and it is rated PG-13 for a good reason. On the Movie Guy’s “See it or Flee It Scale,” it earns an optimistic seven out of ten (“must see” or “go on” and check it out while it is still playing at the Cinemark 5 in the North Grand Mall in Ames.

Realistic Reviews

Mary Elizabeth Drahos

Banner Staff

This past week, I have heard good and bad things of The Exorcism of Emily Rose. Since I am a fan of the original Exorcist movie (and book), I decided to see it for myself and ended up going with my brother since he is an expert of the horror movie genre and might be able to give me some insight.

went to the Cinemark 12 movie theatre in Ames. There were actually a lot of people in the theatre for a Sunday afternoon, but it made the movie more enjoyable since we saw some good reactions.

The movie follows flashbacks of an exorcism gone wrong. A girl ended up dying as a result of the exorcism, and the priest ended up going to trial. The defense attorney really didn’t have a case, but took it anyway. Since she took the case, however, the evilness that took over Emily Rose decided to go after her. During the movie, there were scenes from the trial that took place, scenes with the defense attorney as she experienced her hauntings, and the progression of evil in Emily.

I actually liked the movie. I thought it was going to be something really stupid since there were already movies out that dealt with the same subject. I believe the best description for this movie is from my brother: a cross of The Exorcist and The Devil’s Advocate. There were scenes in the movie that have remained in my head. Most of them were creepy scenes of Emily during her possession. The worst was when her boyfriend told Erin about her possession. Erin was the first witness that really shook him. He woke up, saw her on the floor on her back, but twisted in a weird manner looking right at him. He went down to her and asked if she was ok, then she opened her mouth and screamed while still staring straight at him.

My description does not do that scene justice. I would definitely recommend this movie to anyone, especially if there are any Exorcist fans out there.

The Movie Guy

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Today's Birthday (09-21-05): Travel, adventure and wealth can be yours this year, but not necessarily in that order. Use your imagination, and a skill that has worked before.

To get the advantage, check the day’s rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19): Today is a 6. Another good day for making money, so definitely make the commitment. Throw a celebration for your incoming abundance.

Taurus (April 20-May 20): Today is a 7. You're exceptionally charming now, especially when it comes to getting other people to help you do what needs to be done. Let them know what that is.

Gemini (May 21-June 21): Today is a 7. If you're running short on money, don't worry. The stuff you've been saving will work just fine for what you need. That, plus your creativity.

Cancer (June 22-July 22): Today is an 8. It looks like you've done quite well in your latest life lesson assignment. The emphasis is about to shift to fixing up your home. This will be more challenging.

Leo (July 23-Aug. 22): Today is a 6. Take on a tough but interesting and potentially lucrative task. You don't have to know how to do it, yet. You can learn.

Virgo (Aug. 23-Sept. 22): Today is a 7. Don't wait for a better moment, make your decision now. You'll be especially successful with a Capricorn’s assistance.

Libra (Sept. 23-Oct. 22): Today is a 7. Your obligations seem heavier than usual, but don't complain. Actually, conditions are changing soon, and in your favor.

Scorpio (Oct. 23-Nov. 21): Today is an 8. When you've got the right team on your side, you'll know it. Everything gets a lot easier, and you have more time for fun.

Sagittarius (Nov. 22-Dec. 21): Today is an 8. Pass through the 7. Ready, 6 Peacock, 5 Vault, 4 Fan Creek, 3 Meet with, 2 Staircase, 1 Before.

Capricorn (Dec. 22-Jan. 19): Today is a 7. Your luck should hold another day, in games and also in love. Be extra considerate, and take care not to provoke jealousies.

Aquarius (Jan. 20-Feb. 18): Today is an 8. Finish up your household projects, conditions are changing. Starting tomorrow, you'll want to have more time for fun and games.

Pisces (Feb. 19-March 20): Today is an 8. The key to unleashing your creativity is to know when enough is enough, and when it's not. That's a lesson that could take a while. Be gentle with yourself.

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THE LIMELIGHT

your guide to events happening near and far!

Every possible event is not listed in The Limelight. For updates on concerts, theatre productions, and sporting events visit www.pollstar.com or www.ticketmaster.com. Prices and times of events may be subject to change.

AROUND CAMPUS:
-Sept 21st: CONSTITUTION & FIRST AMENDMENT DAY!
  10:10 am: keynote speaker, John Tinker. Live feed from Ankeny. room 115
  11:30-12:30pm: The Banner Open House.
  free pizza and drinks, tour our newsroom and win door prizes
-Sept 21st: HOME Volleyball - DMACC vs. Iowa Lakes Comm. College, 7pm
-Sept 22nd: Health Fair - Health Screening, Courter Center, 6am-8pm
-Sept 28th: HOME Volleyball- DMACC vs. Kirkwood CC, 5:30pm
-Sept 30th: Oct 1st: Union Pacific Railroad Job Fair
  4pm-6pm Friday
  10pm-4pm Saturday
  - Oct 2nd: HOME Volleyball- DMACC vs. Clinton, 7pm
  - Oct 24th: HOME Volleyball-DMACC vs. Southeastern, 6:30pm
  - Oct 20th: HOME Volleyball- DMACC vs. Simpson JV, 6:00pm

NEAR BY EVENTS:
(Des Moines)
- Sept 17th: Bound 2 Be
  People’s, 10pm, $5
- Sept 23rd: The Bug Wu
  People’s, 10pm, $8
- Sept 26th: The Nadus CD Release Party
  People’s, 10pm
- Sept 29th: Widespread Panic
  CY Stephens Auditorium, $30
- Sept 30th: “James and the Giant Peach”
  Fisher Theatre, 7:30pm
- Oct 1st: Town Crier
  People’s, 10pm FREE SHOW!
- Oct 5th: Lesser Known Saint CD RELEASE, The Evry Corps, If Ever Was a Fire
  The M-Shop
  People’s $15/$18

(Teens)
- Sept 21st: “The Smell of the Kill”
  Des Moines Civic Center, 6pm
(repeat shows the 24th, 25th, 29th, Oct 1st and 2nd)
- Sept 30th: The Effects, Slaughterhouse, Colonial PA, Broken Ground
  House of Bricks
- Oct 1st: London’s Shortbus
  People’s $15/$18

(Des Moines)
- Sept 27th: The Bravery
  Congress Theatre, 6pm
- Oct 1st: Jason Mraz
  Congress Theatre, 6pm
- Oct 4th: The Brevity
  Vic Theatre, 7pm
- Oct 5th: Ashlee Simpson
  Metro, 7:30pm
- Oct 6th: The Roots
  House of Blues, 7:30pm
- Oct 7th: Tegan and Sarah
  Metro, 6:30pm

(Des Moines)
- Sept 23rd:
  Tegan And Sarah to perform October 7th in Chicago.

Assembly Hall, 7:30pm
(Chicago, IL)
- Sept 25th: Social Distortion
  House of Blues, 7pm
(repeat showing the 24th)
- Sept 30th: Fall Out Boy w/ The Nintendo Fusion Tour
  Aragon Ballroom, 6:30pm
- Oct 1st: Coheed and Cambria
  Riviera Theatre, 6pm
- Oct 1st: Jason Mraz
  Congress Theatre, 6pm
- Oct 4th: The Brevity
  Vic Theatre, 7pm
- Oct 5th: Ashlee Simpson
  Metro, 7:30pm
- Oct 6th: The Roots
  House of Blues, 7:30pm
- Oct 7th: Tegan and Sarah
  Metro, 6:30pm

(Sioux City, IA)
- Oct 7th: Styx: Reo Speedwagon
  Tyson Event Center, 7:30pm
- Oct 10th: Motley Crue
  Tyson Event Center, 7:30pm

Pack your bags!

(Des Moines, IA)
- Oct 2nd: Judas Priest
  Mark of the Quad Cities, 7:30pm

(Champaign, IL)
- Oct. 4th: Foo Fighters and Weezer

since you don’t get a whole lot of sleep the night before. But structure and routine make your stress level lower. I do like to go on long walks and get some sort of exercise. Resting is really good, too. We travel three times a week, so any time me and the girls can get some rest, we do.

MED: What do you want to say to everyone out there to get them to come to the games?

PH: Volleyball is such a fun and exciting sport because the girls get really expressive. The key to having a good volleyball program is having a wonderful crowd. That’s what we need as coaches; having a good following. It helps the girls because they get really excited about playing in front of a full court because we have a lot of pride in DMACC. We really would appreciate if everyone could come out and watch because this sport is really exciting.

MED: Any parting thoughts or words to end with?

PH: We just hope that everyone does come out and support the DMACC Bears. We hope to have a wonderful season and appreciate everyone coming out. We want to thank everyone who has helped us and the girls, like the faculty and staff. They are so helpful with understanding the extra effort the girls have to put in for their classes. But the girls really love that extra support so make sure you come out and support us!