11-2-2005

Banner News

Emily Cooper

Kari Fogg

Moses Powell Eckstein

Kelly Ingstad

Mary Elizabeth Drahos

See next page for additional authors

Follow this and additional works at: https://openspace.dmacc.edu/banner_news

Recommended Citation

Cooper, Emily; Fogg, Kari; Eckstein, Moses Powell; Ingstad, Kelly; Drahos, Mary Elizabeth; Park, Chan Soo; Penner, Andrew; and Wisecup, Cindy, "Banner News" (2005). Banner News. 236.
https://openspace.dmacc.edu/banner_news/236

This Book is brought to you for free and open access by the Student Work at Open SPACE @ DMACC. It has been accepted for inclusion in Banner News by an authorized administrator of Open SPACE @ DMACC. For more information, please contact rsfunke@dmacc.edu.
Authors
Emily Cooper, Kari Fogg, Moses Powell Eckstein, Kelly Ingstad, Mary Elizabeth Drahos, Chan Soo Park, Andrew Penner, and Cindy Wisecup

This book is available at Open SPACE @ DMACC: https://openspace.dmacc.edu/banner_news/236
Comedy to open Nov. 11

Emily Cooper
Editor - in - Chief

“Five Women Wearing the Same Dress” will be performed at DMACC students for free on Nov 11-12, 7:30 PM

Written by the creator of “Six Feet Under”, Alan Ball, the comedy focuses on five bridesmaids seeking refuge in a bedroom above a dreaded wedding reception. The cast agrees that students are guaranteed to have a good time, especially with the different dialogue between characters.

“It’s not for children,” says Wendy Pinley with a chuckle, who plays

“We get to do all sorts of naughty things,” Pinley continues.

Many elements come together to provide this light-hearted story with a current of sarcastic wit. Sex, drugs, men, and marriage are just a few of the topics the women confess to each other about. Described as dealing with ‘what bridesmaids really talk about behind closed doors’ by Patty Rockwell, anyone who has ever been in a situation of obligation to a friend will be able to relate. Although “Five Women” may seem geared towards only women, men are promised to find it entertaining as well.

Paul Kardell plays the charming bad boy Trip, who offers a whole other angle to the hilarious story line. In an unforgettable scene including Trip, Patty Rockwell’s character Trish makes a keen observation;

“Sounds suspiciously like going to a motel, doing drugs and having sex just for the hell of it.”

No matter if your having a ladies night out or hanging out with the guys, “Five Women” will provide a good time for all.

DMACC students can attend for free, non-student pay eight dollars.

Chacko to Present India Year Events

Kari Fogg
Banner Staff Writer

In recognition of the Des Moines Area Community College India year Focus, the Boone Campus has scheduled Thursday, Nov. 10 for events showcasing India, particularly the southwestern region of Kerala.

Local food will be presented for free, and a presentation of Boone Campus coordinator’s experience of the region will be given. Prior to the presentation, a “Taste of India” will be served in the Boone Campus Courter Center from 11:10-11:30. Foods from the Kerala region will be highlight and the menu includes Payaru Thoran (green beans with coconut), Kinju Pullao (shrimp pilaf), Molaghashyam (dal curry), cucumber Raita, lemon rice, Papadum, coconut chutney and lime pickle.

Boone Campus’ Sandra Chacko, Boone Campus coordinator for India Year Focus events, has a personal connection to the Kerala region. Chacko’s spouse was originally from the state of Kerala. Last May the Chackos returned to Kerala for a family wedding and tour of the region. Chacko will present “Kerala – God’s Own Country” discussing impressions from her presence at a Hindu-Christian wedding, her travels to a wildlife preserve and a boat trip excursion into the more remote areas of India.

Chacko notes, “The presentation will definitely have personal touches to it as my husband’s family is from this state in India.”

The presentation is scheduled for 11:30-12:30 at the Boone Campus Courter Library – Room 6.

SAC Elects Jamie Coffman President

Moses Powell Eckstein
Banner Staff Writer

The Student Activities Council elected sophomore Jamie Coffman president. “I want to get students involved on campus,” said Coffman after her nomination. Elected vice president was sophomore Brenda Riesgaard and for secretary sophomore Amanda Meyer. Each student who ran for an office gave a short speech about why she was better for the position.

On Thursday at 7:30 a.m. last week, the SAC held the second meeting this semester. The Council were informed that Dash for Dollars will be held on Nov. 9 at 11:30 to 12:30 and a hypnotist for has been hired for Mar. 15.

Dash for Dollars includes a booth where participants can grab for cash, said Krafcisin.

“I would like to get students involved to get their input,” said Krafcisin about the meeting. The next SAC meeting will be Thursday Nov. 10, said Krafcisin.

Banner Photo

Student Activities Council recently elected Jamie Coffman president at the Oct. 20 meeting. The next meeting will be Nov. 10 in the Courter Center. Pictured above are (first row left to right) Brenda Riesgaard (vice president); Jessica Colvin, Salina Ulrick, Gennypher Robions, Coffman (president) and Amanda Meyer (secretary).

Take Advantage of a New Class Offered at DMACC Page 2

Page 2

What’s Inside
this issue of the Boone Banner

Get to know the new girls’ basketball coach, Steve Krafcisin

page 4

Eric Echterling - Watching over our campus

page 5

College-aged guys comin’ on strong... fun or frightening?

page 6

Last day to drop a class, Nov. 7
New Arabic Class Offered

Kelly Ingstad
Banner Staff Writer

DMACC on Nov 19, currently scheduled from 9 A.M. until 12 P.M. Anyone in the community can come in and take what they need.

Nancy Woods, Boone DMACC instructor and PTK Regional Coordinator, is hoping to make a real difference.

"It's a great idea and opportunity to clean out our closets of things we don't need anymore," she says. Along with the clothing drive, PTK will be accepting donations of food as well.

"Salvation Army has told us that their food supply is completely depleted," Woods continued, "obviously our community is in great need." Woods is hoping to get other campuses involved with donating goods for the winter season.

Food and clothes can be donated in boxes that will be located around the building starting Nov 7.

Also, Woods is asking anyone planning on coming to the "Share What You Wear" pick-up day to bring a can of food for admission.

"It's a pretty cool event," she continues, "to share what you don't need with someone who needs it."

"Grab your old clothes and extra food look for the designated boxes on campus to donate to a good cause."

For more information on the "Share What You Wear" event, contact Nancy Woods or Rebecca Funke on campus.

Closest Salvation Army locations to donate throughout the year:
- 708 6th St., Boone 51423-7884
- 413 Kellogg Ave, Ames 515-232-3449

Let Us Hear YOUR Voice!
The Boone Banner is starting a new column, one that you have control over.

What are we looking for?
Stories about your life. "Your Voice" is meant to be a personal story page.

You can talk about anything. What drives you? What troubles have you faced? Is there someone you want to thank for touching your life?

With such a diverse group of people attending DMACC, we know there are stories just waiting to be told!

Interested in sharing with us?
Email us your story to ercoopert@dmacc.edu along with your name and phone number.
(Also, we will set up a time for you to come in and get your photograph taken.)

DMACC on Nov 19, currently scheduled from 9 A.M. until 12 P.M. Anyone in the community can come in and take what they need.

Nancy Woods, Boone DMACC instructor and PTK Regional Coordinator, is hoping to make a real difference.

"It's a great idea and opportunity to clean out our closets of things we don't need anymore," she says. Along with the clothing drive, PTK will be accepting donations of food as well.

"Salvation Army has told us that their food supply is completely depleted," Woods continued, "obviously our community is in great need." Woods is hoping to get other campuses involved with donating goods for the winter season.

Food and clothes can be donated in boxes that will be located around the building starting Nov 7.

Also, Woods is asking anyone planning on coming to the "Share What You Wear" pick-up day to bring a can of food for admission.

"It's a pretty cool event," she continues, "to share what you don't need with someone who needs it."

"Grab your old clothes and extra food look for the designated boxes on campus to donate to a good cause."

For more information on the "Share What You Wear" event, contact Nancy Woods or Rebecca Funke on campus.

Closest Salvation Army locations to donate throughout the year:
- 708 6th St., Boone 51423-7884
- 413 Kellogg Ave, Ames 515-232-3449

Let Us Hear YOUR Voice!
The Boone Banner is starting a new column, one that you have control over.

What are we looking for?
Stories about your life. "Your Voice" is meant to be a personal story page.

You can talk about anything. What drives you? What troubles have you faced? Is there someone you want to thank for touching your life?

With such a diverse group of people attending DMACC, we know there are stories just waiting to be told!

Interested in sharing with us?
Email us your story to ercoopert@dmacc.edu along with your name and phone number.
(Also, we will set up a time for you to come in and get your photograph taken.)

DMACC on Nov 19, currently scheduled from 9 A.M. until 12 P.M. Anyone in the community can come in and take what they need.

Nancy Woods, Boone DMACC instructor and PTK Regional Coordinator, is hoping to make a real difference.

"It's a great idea and opportunity to clean out our closets of things we don't need anymore," she says. Along with the clothing drive, PTK will be accepting donations of food as well.

"Salvation Army has told us that their food supply is completely depleted," Woods continued, "obviously our community is in great need." Woods is hoping to get other campuses involved with donating goods for the winter season.

Food and clothes can be donated in boxes that will be located around the building starting Nov 7.

Also, Woods is asking anyone planning on coming to the "Share What You Wear" pick-up day to bring a can of food for admission.

"It's a pretty cool event," she continues, "to share what you don't need with someone who needs it."

"Grab your old clothes and extra food look for the designated boxes on campus to donate to a good cause."

For more information on the "Share What You Wear" event, contact Nancy Woods or Rebecca Funke on campus.

Closest Salvation Army locations to donate throughout the year:
- 708 6th St., Boone 51423-7884
- 413 Kellogg Ave, Ames 515-232-3449

Let Us Hear YOUR Voice!
The Boone Banner is starting a new column, one that you have control over.

What are we looking for?
Stories about your life. "Your Voice" is meant to be a personal story page.

You can talk about anything. What drives you? What troubles have you faced? Is there someone you want to thank for touching your life?

With such a diverse group of people attending DMACC, we know there are stories just waiting to be told!

Interested in sharing with us?
Email us your story to ercoopert@dmacc.edu along with your name and phone number.
(Also, we will set up a time for you to come in and get your photograph taken.)

DMACC on Nov 19, currently scheduled from 9 A.M. until 12 P.M. Anyone in the community can come in and take what they need.

Nancy Woods, Boone DMACC instructor and PTK Regional Coordinator, is hoping to make a real difference.

"It's a great idea and opportunity to clean out our closets of things we don't need anymore," she says. Along with the clothing drive, PTK will be accepting donations of food as well.

"Salvation Army has told us that their food supply is completely depleted," Woods continued, "obviously our community is in great need." Woods is hoping to get other campuses involved with donating goods for the winter season.

Food and clothes can be donated in boxes that will be located around the building starting Nov 7.

Also, Woods is asking anyone planning on coming to the "Share What You Wear" pick-up day to bring a can of food for admission.

"It's a pretty cool event," she continues, "to share what you don't need with someone who needs it."

"Grab your old clothes and extra food look for the designated boxes on campus to donate to a good cause."

For more information on the "Share What You Wear" event, contact Nancy Woods or Rebecca Funke on campus.

Closest Salvation Army locations to donate throughout the year:
- 708 6th St., Boone 51423-7884
- 413 Kellogg Ave, Ames 515-232-3449

Let Us Hear YOUR Voice!
The Boone Banner is starting a new column, one that you have control over.

What are we looking for?
Stories about your life. "Your Voice" is meant to be a personal story page.

You can talk about anything. What drives you? What troubles have you faced? Is there someone you want to thank for touching your life?

With such a diverse group of people attending DMACC, we know there are stories just waiting to be told!

Interested in sharing with us?
Email us your story to ercoopert@dmacc.edu along with your name and phone number.
(Also, we will set up a time for you to come in and get your photograph taken.)
Realistic Reviews

Mary Elizabeth Drahos
Banner Staff Writer

I like watching all of those scary movies on AMC that come around this time of year.

I am not talking the dossier flicks that are extremely popular; I am talking about a classic horror movie. The one with really terrible special effects, because it is so old.

For me, this movie is Seven Doors of Death (1982).

With an all Italian crew it has the worst special effects you can imagine.

Lisa (Katherine MacColl), acquires a hotel. This hotel contains a secret; it has one of the seven gateways to Hell.

Many people die in really gruesome ways. One guy gets eaten by tarantulas, another melts because someone throws acid on him, and another has his eyes gouged out.

Even though the death scenes sound terrible, you can't help but laugh at the terrible special effects while these people are dying.

In the death of the man by the tarantulas, there are one or two real ones, but in the background you see fake spiders that are moved from one side to the other by sticks. The dummies used in the death scenes look fake as well.

Scary at one time, but now just looks comical.

Rated: R, 80 Minutes Scary Meter: 2 out of 5, Laugh Meter: 3.5 out of 5 stars

‘The Zone’
When Science Meets Diet

Chan Soo Park
Banner Staff Writer

It seems diet programs come in two extremes: good ones and bad ones.

The one I find most credible is the Zone Diet developed by Dr. Sears for its balanced and scientific view.

The Zone Diet, in Dr. Sears’ words, is not a weight loss program but a path to optimal health. Reaching optimal health, balanced weight just follows.

The Zone first appealed to me with success stories of people who followed the Zone Diet. Such stories are common in cheery diet programs, too, of course. However, the Zone Diet differs in two ways.

One, Zone stories don’t talk about losing 30 pounds a month. Instead people mention permanent changes such as improved health, better athletic performance, and loss of fat.

Two, people mentioned in Zone stories include big names such as former NFL athletes, Stanford swimmers including Olympic medalists, and a former head of European marketing for IBM.

Not that stories of average people are necessarily all fraudulent, but it seems to me it’d be harder to make dishonest claims involving famous people.

What kept my attention after the initial appeal were assertions backed by scientific proof. Written in 1995, Dr. Sears makes bold claims. He challenges the food pyramid, explains the cause of U.S. fattening and recommends taking grains and starches out of the diet and balancing the ratio of carbohydrate, protein and fat close to 4:3:3.

I would have laughed at such claims but reasoning and evidence presented in the book are so compelling. Unless there is a fallacy in data, arguments in the book seem very credible.

Here is an example: the one that I found most radical. Dr. Sears claims that we should take carbohydrates from fruits and vegetables instead of grains and that the caloric ratio of carbohydrates to protein to fat should be 4:3:3.

This is because of insulin, hormone released with the intake of carbohydrates. Simply put, too many carbohydrates increase insulin, resulting in reduced blood-sugar level and the storage of carbohydrates by converting them to fat while limiting access to fat.

Brain, unable to get sugar due to reduced blood-sugar level, makes you crave sweets: carbohydrate craving. Once you appease your brain with carbohydrate-rich foods, they again increase the insulin level, starting a vicious cycle.

This is a much shortened version of Dr. Sears’ explanation, but key ideas are there.

I’m sure eating too much fat can make one fat, but that doesn’t explain why the United States keeps getting fatter while its consumption of low-fat or fat free foods and carbohydrates increases. Dr. Sears can explain this phenomena, though, and whatever gives the best explanation, it’s worth noting.
Andrew Penner
Sports Editor

The newly hired Steve Krafcisin has been the basketball coach for NIACC. So Krafcisin already has some concept of what DMACC has done in the past.

Krafcisin began coaching as an assistant for Loras College in Dubuque from 1984-87. He was also under Johnny Orr at ISU from 1987-1994. Then he was an assistant at the University of North Dakota for two years. He returned to ISU in 1996, under the direction of Tim Floyd. ISU finished at 22 wins, 9 losses, and made it to the "Sweet 16" that year.

From records set in the past or present, Krafcisin still holds the unique distinction as the only man to coach the North Carolina Tar Heels and the University of Iowa Hawkeyes.

Q: Tell me about your self and your family?
A: Well, I've been married to my wife Joanne for 13 years. I have three children. Jake will be nine in December and is in third grade. The twins Gabriel and Grace are six and in first grade. I'm originally from the Chicago area. My wife is from the Des Moines area but was raised in the Audubon, IA area.

I have a bachelor's degree in Recreation from the University of Iowa.

Q: How many different positions do you hold at DMACC?
A: I am doing, one is basketball and Student Activities Council. I guess the broad term is Activities Coordinator, or whatever that means. I found out last week that the pool table maintenance falls under me.

Q: Talk a little bit about your former playing days.
A: I wanted to go where basketball was big. And the ACC was where basketball was very big. I knew North Carolina was on a professional level, a little bit as far as basketball wise because of Dean Smith.

First in my mind would be playing for North Carolina under Dean Smith during his freshman year in the 1976-77 season. Another thing was being Notre Dame on Saint Patrick's Day in the regional semi finals.

After a year I transferred to Iowa, so I could be closer to home, and my family. My first one with Iowa was beating Northwestern in Iowa City be tri-champs. Later I went back home and an-other one had a knee injury. That is, at that level, yes. So many coaches that I have known have gotten out of coaching because of parents who think that their child is going to be the next Michelle Wie or (Labron) James and screw every other little kid.

I mean, I don't want anybody yelling at my kid who is going into third grade. It should be fun. But it should be a thing of if you pick this up great, if you don't, man go try something else.

Q: What is your outlook for this year?
A: I think extremely positive. I am a very positive guy. I have never coached women, but it has worked so far. I have really high expectations. I really think we have got a chance. We have very good players.

Q: How many do you have right now?
A: We had ten. One is doing volleyball and one is hurt for at least probably a month, so we are working with eight right now. But you only need five. It will test my coaching a little bit there.

It is so different, because I mean, guys, you have to beat them off with a stick. You could have 30 guys or 40 guys out here trying and with girls, it seems like that is a little different. But I like the girls. I think we will be ok. At least I am hoping we will.

Krafcisin -- No Stranger to Sports

Scholarships Still Available

Andrew Penner
Sports Editor

Steve Krafcisin, head women's basketball coach, wasn't hired until July 7 of this year, so he hasn't been able to do much. He is looking for players from all of the DMACC campuses.

Seven players from last year transferred to Upper Iowa with Coach Ben Conrad. Although some left, Coach K still managed to sign three players, but one went back home and another one had a knee injury.

Right now the numbers look slim for the Women's Basketball team, with only eight players at the moment.

Women who want to play with the Bears must be taking a minimum of 12 semester hours for both this semester and next. Previous experience is ok. Women must be able to commit for practices between 2:30 p.m. to 6:30 p.m.

Scholarships are still available. For questions contact Steve Krafcisin by phone at 515-435-5033 or e-mail skrafcisin@dmacc.edu.

Blackhawks Down

Andrew Penner
Sports Editor

The Bears Volleyball team bolted out of the starting gates wasting no time to take an early lead with a 9-0 run against the Blackhawks from Southeastern Community College last Monday night in Boone.

It was obvious who was the dominating force on the court that night. The Blackhawks tried in desper-
ate attempts to put points on the board but they weren't successful. The final score was 30-12, 30-27, 30-18.

The Bears made it look as if they could be beaten in game two, but the Blackhawks soon found out that they had bitten off more than what they could chew.

Game three was much like the first one with the Bears showing their presence at the net. The Blackhawks just lacked the physical mentality of the Bears.

The Bears had Ashley Beyer as their killer with 13 kills. Rachel Vandenbosch and Rachel lead the Bears with 7 aces. Amanda Meyer had 13 digs.

It was Rylee Olsen controlling the net with 9 blocks and 8 were solos.

Andrew Penner
Sports Editor

The Bears Volleyball team bolted out of the starting gates wasting no time to take an early lead with a 9-0 run against the Blackhawks from Southeastern Commun-
One-on-One with Eric Echterling

Mary Elizabeth Drahos
Banner Staff Writer

This week I had the opportunity to talk to Eric Echterling, the buildings and grounds supervisor. Echterling grew up on a farm in Prole, Iowa. He attended school at Marestades St. Marys, and then went on to Lincoln Tech in West Des Moines for auto mechanics. He then became a mechanic for several years. Echterling has always enjoyed motor sports and has even been on TNN as a mud racer on the Track and Tractor Power show. He and his wife of 11 years (Mary) are finishing up the state house that they built in Dallas Center. Echterling used to work for DMACC in Ankeny as a carpenter and painter, and just recently joined the Boone campus. One interesting fact about Echterling is that he once had a buyback monster truck that received a lot of attention. He was on channel 8 with Steve Carson for having the largest truck in Iowa. He eventually sold the truck to Big Ear. For those who don’t know who Big Ear is, all I will say is he owns a gold mine.

MED: I always see you around here doing many different things. What is everything you do for DMACC?
EE: I am the buildings and grounds supervisor. I also supervise the custodial department and order supplies. I keep track of the maintenance on the school vehicles. I am also in charge of the outside grounds, like the grass and snow removal. I coordinate with Brian (Green) and Tom (Lee) for the painting or conference room setups. I am also on the safety committee. And just to try to keep that place clean.
MED: What do you do in your spare time, if you have any?
EE: Well I like to travel with my wife; we have been to 40 different states. I also like to fish. I have been to Canada, Alaska, and the Florida Keys to go fishing. I like bow hunting. I also like to buy, fix-up, and resell four-wheel drive vehicles. And right now, I am working on my dream home. My wife says it will be a Better Homes and Gardens house, but I say it is going to put me in the poor house (laughs).

MED: What is one of the oddest things you were asked to do for DMACC?
EE: Well, there are so many things. Oh, yesterday I was asked to do something a little different. Kay from the theatre department asked me to change a light bulb above the theatre. I really wasn’t sure how to get up there, so I asked Frank. It turns out I had to climb up a ladder then lay down on a belt trolley. I had to pull myself up to the theatre on this trolley to change the bulb.

MED: How about you like working here in comparison to everywhere else?
EE: It is more stressful here. There are so many things that I need to do here. In Ankeny, I would get your job list when I called in for the day. Here, I have a list of things to do, but I am also approached by people during the day to do extra work.

MED: I am going to do a little experiment I haven’t done with anyone else before. I am going to do a little bit of word-association. When I say a word or phrase, just say the first thing that pops into your head. First word, DMACC.
EE: Community College.
MED: What was the hell I thinking?
EE: Superman.
MED: College student.
EE: What the hell were their parents thinking?
MED: Movie.
EE: National Lampoons Christmas Vacation...the movie my family models their Christmas after.

MED: The Banner.
EE: My name is ERIC. Not DEREK. (Laughs)
MED: Brian Green.
EE: Funny guy.

MED: I had to stick Brian Green in there because I heard him giving you crap when I asked to interview you for the paper. Did he harass you any more after I left?
EE: (Laughs) He always does. Once he says one line he has always gotten another. I have always wanted to ask him, does his mom dress him? He always looks so nice when he comes here. He looks like those young kids who go to school dressed up all the time.

MED: Is there anything you want to rant about or anyone you want to give a shout-out to?
EE: I would just like to thank some people for their help and support...I am not going to say who, but they know who they are.

Planning a Successful Recovery

Cindy Wisecup
Banner Staff Writer

The first step in recovery is to stop using drugs and alcohol. It’s not easy. Some days are good. Others are bad. The importance of feeling good and excited about the new possibilities, and sometimes they will miss old friends to gain the life left behind. They will also begin to doubt themselves and what they know, want and need. To recover is to begin a new life, which takes time as does any major change.

The goal is recovery. To reach that goal the addict must understand what triggers their relapse. Identifying those triggers is the key to understanding their recovery.

An addiction problem causes problems at home, work, and with the law. Their recovery really depends on them, and their willingness to try something new of which involves making a new life, new friends, finding a new way of thinking, avoiding old friends and avoiding relapse. They also need to develop new ways of dealing with stress.

June McDonald has been with the Center For Addictions Recovery Inc. for 15 years as of last June, and serves as the treat- ment coordinator and advanced certified addiction counselor. She received her associate’s degree at the Ankeny campus, went to Mercy Alcohol and Drug Recovery Program for an intern-

June McDonald

ship for six months, and now has a certificate in socialization and chemical dependency.

“After they get acceptance, they focus on relapse prevention. They need to be working on coping skills to intercept the relapse process,” McDonald said.

When people set goals for themselves, they are in control. This is why addicts need goals for themselves.

They not only need short-term goals but also short-term goals.

Short-term goals are goals the addict should make a habit of meeting on a daily basis like waking up and getting out of bed at the same time every morning, taking a shower, doing your daily housework and maybe even taking a walk.

These goals are just as important as the long-term goals because it’s a way for them to feel like they are doing something everyday.

Physical and emotional health, relationships, jobs, recreation and relaxation are all ma-

job areas that are necessary to achieve these goals.

Having goals is one way dealing with situations that may disrupt recovery.

“Relapse is a process that goes on in a person’s mind which is triggered by thoughts/feelings around them and within their environment. So they need to learn coping skills,” McDonald said.

They also have to be able to iden-
tify their own risks and what some risky behaviors for them would be,” McDonald said. These things that can lead to relapse in-
clude:

“Thinking they have the prob-
lem under control, it’s okay to just do it occasionally.”

“Not working out stresses and problems when they occur, letting them build up until crisis happens.”

“Not being able to handle negative feelings such as boredom, loneliness or anger.”

“Risks to relapse could be emotional, environmental and spiritual,” McDonald said.

“What the program talks a lot about the way to prevent relapse is to work a spiritual program such as focusing on a higher power. That is where their strength is going to come from to turn away from drugs and al-
cohol,” McDonald said.

“It’s simple to take the easy way out of dealing with uncomfortable feelings in the beginning instead of resisting which takes much effort. Ways to help while waiting it out is talking with someone about it, getting plenty of deep, eating the right foods, exercising and actively reducing the stress.”

To manage your stress, and this is very important, is take care of you.

“You could try exercising, eat-
ing well, using the mind to help cope with stress more effectively, finding new things, becoming open-
minded to changes, trying new approaches, take a class or two, spending more time alone, enjoying music, volunteering, hanging with a friend, settling conflicts, setting aside time for home as well as work commitments, using fam-
ily and friends for support, organ-
izing and last but not least, relaxing at least 20 minutes each day. You have the power to deal with stress. The easiest way is one new habit at a time.

Caving is a normal part of recovery, and they will reduce over time, but it gets stronger in high-risk situations.”

One way to minimize these temptations is to think of things to do in dealing with them. Finding a sponsor is pretty important, but that can take some time.

In the meantime talk to some-
one who understands the situation and also carry a list of phone num-
bers.

Journaling thoughts may help also. Going for a walk, doing a fit-
ness work-out or even cleaning the house can be helpful distractions.

Relaxation techniques, keep-

ing track of how they have coped in the past, thinking of what the consequences of using are and rea-
sons why not to use can also be very helpful.

About two-thirds of all relapses for any kind of addiction occur within the first 90 days. The reasons for relapse are the same with any addiction.

During the first 90 days after quitting, a person may experience
The other day I was at a gas station, pumping gas, when I dropped a coin. I bent to pick it up when I heard a voice next to me saying “hey baby.” I turned around and just said a polite “hi” then went inside to pay. I was standing inside longer than usual hoping he would just leave. He came out and I didn’t know how to do anything themselves, therefore turning to their parents for even more help, is an ongoing cycle that will continue for years to come.

One thing students need to realize is parents have a hard time letting their children grow up. When parents are stepping in and helping too much, the student should tell their parents that if they keep doing everything for them, the real world will be an even bigger culture shock than usual. They will not know how to do anything themselves, therefore turning to their parents for even more help, is an ongoing cycle that will continue for years to come.

I think that if you can see in my backseat.”

Super Troopers

Mary Elizabeth Drahas
Banner Staff Writer

“Mom, dad, can you send me some money?” Those are words that have been spoken this week from college students for years. Most parents are happy to oblige. They try to do anything they can to help their child out while adjusting to a new lifestyle. However, parents take it a little far. There are instances when parents pay for everything for a college student. This includes tuition, rent, any utilities, groceries, and a car, all a little extra each month for personal use. Some may even go so far as calling around to find a job for their “young adults.”

Most parents don’t realize that by helping their college-aged children, they are not letting them be independent. There’s a chance parents may not know how to handle real problems when they set out for the world. “The Other Day I was at a Gas Station, Pumping Gas, When I Dropped a Coin. I Bowed to Pick It Up When I Heard a Voice Next to Me Saying “Hey Baby.” I Turned Around and Just Said a Polite “Hi” Then Went Inside to Pay. I Was Standing Inside Longer Than Usual Hoping He Would Just Leave. He Came Out and I Didn’t Know How to Do Anything Themselves, Therefore Turning to Their Parents for Even More Help, Is an Ongoing Cycle That Will Continue for Years to Come.”

One thing students need to realize is parents have a hard time letting their children grow up. When parents are stepping in and helping too much, the student should tell their parents that if they keep doing everything for them, the real world will be an even bigger culture shock than usual. They will not know how to do anything themselves, therefore turning to their parents for even more help, is an ongoing cycle that will continue for years to come.

I think that if you can see in my backseat.”

Super Troopers

Mary Elizabeth Drahas
Banner Staff Writer

“Mom, dad, can you send me some money?” Those are words that have been spoken this week from college students for years. Most parents are happy to oblige. They try to do anything they can to help their child out while adjusting to a new lifestyle. However, parents take it a little far. There are instances when parents pay for everything for a college student. This includes tuition, rent, any utilities, groceries, and a car, all a little extra each month for personal use. Some may even go so far as calling around to find a job for their “young adults.”

Most parents don’t realize that by helping their college-aged children, they are not letting them be independent. There’s a chance parents may not know how to handle real problems when they set out for the world. “The Other Day I was at a Gas Station, Pumping Gas, When I Dropped a Coin. I Bowed to Pick It Up When I Heard a Voice Next to Me Saying “Hey Baby.” I Turned Around and Just Said a Polite “Hi” Then Went Inside to Pay. I Was Standing Inside Longer Than Usual Hoping He Would Just Leave. He Came Out and I Didn’t Know How to Do Anything Themselves, Therefore Turning to Their Parents for Even More Help, Is an Ongoing Cycle That Will Continue for Years to Come.”

One thing students need to realize is parents have a hard time letting their children grow up. When parents are stepping in and helping too much, the student should tell their parents that if they keep doing everything for them, the real world will be an even bigger culture shock than usual. They will not know how to do anything themselves, therefore turning to their parents for even more help, is an ongoing cycle that will continue for years to come.

I think that if you can see in my backseat.”

Super Troopers

Mary Elizabeth Drahas
Banner Staff Writer

“Mom, dad, can you send me some money?” Those are words that have been spoken this week from college students for years. Most parents are happy to oblige. They try to do anything they can to help their child out while adjusting to a new lifestyle. However, parents take it a little far. There are instances when parents pay for everything for a college student. This includes tuition, rent, any utilities, groceries, and a car, all a little extra each month for personal use. Some may even go so far as calling around to find a job for their “young adults.”

Most parents don’t realize that by helping their college-aged children, they are not letting them be independent. There’s a chance parents may not know how to handle real problems when they set out for the world. “The Other Day I was at a Gas Station, Pumping Gas, When I Dropped a Coin. I Bowed to Pick It Up When I Heard a Voice Next to Me Saying “Hey Baby.” I Turned Around and Just Said a Polite “Hi” Then Went Inside to Pay. I Was Standing Inside Longer Than Usual Hoping He Would Just Leave. He Came Out and I Didn’t Know How to Do Anything Themselves, Therefore Turning to Their Parents for Even More Help, Is an Ongoing Cycle That Will Continue for Years to Come.”

One thing students need to realize is parents have a hard time letting their children grow up. When parents are stepping in and helping too much, the student should tell their parents that if they keep doing everything for them, the real world will be an even bigger culture shock than usual. They will not know how to do anything themselves, therefore turning to their parents for even more help, is an ongoing cycle that will continue for years to come.
HOROSCOPES

Linda C. Black
Tribune Media Services

Today’s Birthday (11-02-05)
You’re so powerful this year, you may think you can do everything all by yourself. You are strong, but be forewarned. Not only is the competition fierce, but pride goeth before a fall. Make good use of your talents.

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. You’re good at financial planning now, and setting long-term goals. Resist the temptation to spend it all now. That would not be wise.

Virgo (Aug. 23-Sept. 22)
Today is a 7. Gather information from afar, but don’t go over there. Figure out a way to get them to send it to you.

Libra (Sept. 23-Oct. 22)
Today is a 5. Abundance is yours, but as you well know, you can turn plethora into dearth. Don’t goof around; be frugal, even if you’re feeling flush.

Taurus (April 20-May 20)
Today is a 7. OK, you can defend yourself, if you think that’s necessary. Don’t waste a bunch of energy, though, shouting at someone who’s not listening.

Cancer (June 22-July 22)
Today is a 10. It’s quite possible that a person you care very much about wants every minute of your time. It’ll be rather pointless to argue. Acquiesce.

Leo (July 23-Aug. 22)
Today is a 6. Stability may be what you want, but interestingly, you’re more likely to get controversy. Never a dull moment.

Gemini (May 21-June 21)
Today is a 4. Again, you’re overloaded. The end should be almost in sight. Set up a date to be whisked away on an adventure this weekend.

Sagittarius (Nov. 22-Dec. 21)
Today is a 6. You can afford to be compassionate. You can afford to be nice. Besides, both those qualities look very good on you.

Capricorn (Dec. 22-Jan. 19)
Today is an 8. It may be difficult to hear a small voice, with all the applause. Be listening for it. That’s where your attention should be directed.

Aquarius (Jan. 20-Feb. 18)
Today is a 5. One person insists upon compliance. Another person rebels. You can be the referee. Help them to fight fair.

Pisces (Feb. 19-March 20)
Today is an 8. Don’t fall for a deal that’s too good to be true.

Read the fine print, and check the infrastructure.

(c) 2005, TRIBUNE MEDIA SERVICES INC.
Distributed by Knight Ridder-Tribune Information Services.

Crossword

Across
1. Landing area
6. Paper Lion
10. Leash first name?
14. Cake cut
15. Forest denizen
16. Perform a task
17. _ Portos and Xariss
18. Lady’s first name?
19. Blackthorn
20. Not a rap
23. Prepared
24. Spark
25. Make law
26. Current events
27. At old movies
31. Armed conflict
32. Pretender and Knurre
35. Movie on a PC
36. Torchore rival
37. Orderless
40. Fertility goddess
42. Bull relative
43. Shad delicacy
45. Convex moldings
46. Period
47. Carolina team
50. Principle of faith
52. Patriot Nathan
53. Circle port
56. Green arrow
59. Part of speech
60. Sports good fortune
63. Skater Kerrigan
64. Leather punches
65. Preacher Roberts
66. Attempted
67. Dog tried
68. Noah of "W.I." 89. Way too heavy
6. Owns up to
7. Workout wear
8. Fender damage
9. Inland sea of Asia
10. Fiery crime
11. Conquest
12. Bottle
21. First gear
22. Snakelike fish
26. Blanch’s first name?
27. Elm and oak
28. Lunch time
29. Atenez Golber
30. Mcclan and McMahon
32. Two quartets combined
33. At that place
34. Harry spider
36. Criers
37. Austin Levin
39. Pro’s opposite
41. Ripped open
44. More
47. School org.
48. Type of artificial fly
49. Geller Corner
51. Bad boy Max
52. Lebowitz or Lannos
54. Tries to outrun
55. Glasgow’s river
57. Run smoothly
58. Intense anger
59. Clothing
60. Collar
61. Have debts

Down
1. Rhododendron
2. Church contribution
3. Punch again
4. Docking image
5. Most annoying
6. Wins up to
7. Wicket’s wear
8. Fender damage
9. Inland sea of Asia
10. Fiery crime
11. Conquest
12. Bottle
21. First gear
22. Snakelike fish
26. Blanch’s first name?
27. Elm and oak
28. Lunch time
29. Atenez Golber
30. Mcclan and McMahon
32. Two quartets combined
33. At that place
34. Harry spider
36. Criers
37. Austin Levin
39. Pro’s opposite
41. Ripped open
44. More
47. School org.
48. Type of artificial fly
49. Geller Corner
51. Bad boy Max
52. Lebowitz or Lannos
54. Tries to outrun
55. Glasgow’s river
57. Run smoothly
58. Intense anger
59. Clothing
60. Collar
61. Have debts

Solutions

(c) 2005 Tribune Media Services, Inc.
All rights reserved.
Learning Cats Cradle, Meeting a Scot

Mary Elizabeth Dahos
Banner Staff Writer

These past two weeks have brought some of the best thrills of my life. I had so much excitement in my life recently, that I need to share it or I will burst! First off, last week all of the Banner people were sitting around the table discussing what to do for the next issue. Since I have the shortest attention span you can imagine, I started looking around the table for something to share it or I will burst! After fiddling around

Although there are many things that would make my life wonderful right now, all it really takes is a childhood game and a cursing Scot.

Mary Elizabeth Dahos
Banner Staff Writer

These past two weeks have brought some of the best thrills of my life. I had so much excitement in my life recently, that I need to share it or I will burst! First off, last week all of the Banner people were sitting around the table discussing what to do for the next issue. Since I have the shortest attention span you can imagine, I started looking around the table for something to share it or I will burst! After fiddling around with this string for a few minutes, someone commented that I really needed the most. If interested, contact Maggie Stone at x5037.

The DMACC Bear Crew Drill Team is selling T-shirts for $12 to help raise money for uniforms. If interested come see Christina at the registration window.

THE LIMELIGHT
your guide to events happening near and far!

Every 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:
Nov 7: Wellness Annual Holiday Food Drive! PTK clothing and food drive begins.
Nov 7: Last day to drop regular Fall term classes.

Nov 8: City Election in hallway near Gym

Nov 10: Home game, Men’s Basketball vs. William Penn JV, 7 P.M.

Nov 11: Leadership Panel Semi-nar, Boone Campus Gym 11:15 A.M. - 12:15 P.M.

Nov 11-12: “Five Women Wearing The Same Dress”, Rm 112 Auditorium, 7:30 P.M.

Nov 16: Go Wild Intramurals 11:15 A.M. - 1:15 P.M.

Nov 16: Home game, Women’s Basketball vs. Southeastern CC, Boone Campus Gym, 6 P.M.

Nov 16: Home game, Women’s Basketball vs. Central JV College, Boone Campus Gym, 7 P.M.


NEAR BY EVENTS:

Ames

Nov 4: Blue October Peoples, 9 P.M. $20 ADV/$25 day of show

Nov 5: Channel Q Welcomes: O. A. R. - CY Steph, 8 P.M. $25

Nov 5: Onlyh, Parallels, The Sound and the Fury, Bali Satay, 9 P.M.

Nov 5: Local H M-Shop $10 Students/$12 Public

Nov 8: Pomeroey Peoples, 9 P.M. $5

Nov 8: Sweet Afton Showcase Bali Satay, 9 P.M. $5

Des Moines

Nov 4: The Goodyour Pimps, Odium, Kikro The House of Bricks, 9:30 P.M.

Nov 5: Facecage, A.D.D., Reality’s Flaw, C.D.S. The House of Bricks, 4 P.M.

Nov 6: Leap Year Vaudeville Mews, 9:30 P.M. $5

Nov 10: Senses Fail / Saves the Day w/ The Early November and Say Anything Skate South, 6 P.M. $16.50 / $20

Nov 10: Relient K / MxPx Val Air Ballroom

Nov 17: The Rachel’s Vaudeville Mews, 9 P.M. $8 in advance / $10 say of show

Nov 18: “Masters of Horror” showcase: 10 years, Bobaflex, Madwayne, and Secondact Val Air Ballroom

Recovery

...Continued from Page 5

some periods of poor memory, concentration or overreacting to stress which may lead to relapse. The longer a person stays clean and sober, the better things will get as long as that person deals with the stress as it comes up. Stress is a major cause of relapse. If an addict/alcoholic should relapse it's very important for them not to give up, because there are other choices. There are ways to gain control and prevent a full blown relapse. If a relapse happens, they should speak with a counselor, a friend or even a sponsor about it. Then, they can learn from the situation and find different ways of handling the pressures that led up to the relapse. Instead of seeing the relapse as a failure, look at it as a learning experience so you can prevent it from happening again. Don’t let a relapse be an excuse to continue drinking or doing drugs.

The DMACC Bear Crew Drill Team is selling T-shirts for $12 to help raise money for uniforms. If interested come see Christina at the registration window.

IT’S NOT TOO LATE TO JOIN THE DMACC BEARS PEP BAND

Students, faculty and staff can still join the DMACC Bears Pep Band. Rehearsals are held on most Tuesday nights from 6 to 7:15 p.m. in room 116, Boone Campus. People who can play the trombone, saxophone or clarinet are needed the most. If interested, contact Maggie Stone at x5037.

THE DMACC Bear Crew Drill Team is selling T-shirts for $12 to help raise money for uniforms. If interested come see Christina at the registration window.

ENDS