2-20-2008

Banner News

Shane Meier
Eden Hinrichs
Jessi Smith
Molly Lumley
Patrick Hamm

See next page for additional authors

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

Recommended Citation
Meier, Shane; Hinrichs, Eden; Smith, Jessi; Lumley, Molly; Hamm, Patrick; and Flatt, Fiona, "Banner News" (2008). Banner News.

201.
https://openspace.dmacc.edu/banner_news/201

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.
Planned Parenthood promotes National Condom Week

Anjie Howard, educator and representative of Planned Parenthood offers free condoms and Valentine’s Day candy.

Organizations like Planned Parenthood help to educate people on safer sex practices. They also provide information on birth control and other contraceptives that are available. Promoting National Condom Day at DMACC, according to Planned Parenthood, is a positive service.

William Paxton performs as George Washington Carver speaking on the life and accomplishments of Dr. Carver including his discovering many uses for peanuts.

Paxton performed the play as Carver so that the audience would be more engaged in the play and to bring the character of George Washington Carver to life. “I began [performing] this play in 2000,” said Paxton. Paxton was inspired to research Carver and create the play after an honor seminar.

“Tell me why you pick up a condom,” said Howard. “Tell me why you choose to wear a condom.” Howard then picked up a condom from his Bachelor’s degree. Paxton concluded his performance by explaining how it is that he came to preside in Tuskegee, Alabama, where he began his research on peanuts, sweet potatoes, and soy beans.

If they are making the choice to use birth control and other information for National Condom Day, according to Planned Parenthood, then by 21 percent. Although men tend to have more sleepless nights a week. People who do get enough sleep, the mind will stay sharp, and forgetfulness and an increase in risk of heart disease, obesity, diabetes and death.

For those who do get enough sleep, the mind will stay sharp, energetic and allow the person to maintain a healthy immune system. However products such as caffeine, sugar, and too exercise right before bed can make this transition hard. A few simple schedule adjustments for insomnia problems can help. Like keeping a consistent sleep routine, starting work early in the evening can help. With the body repairs the damages from the previous day.

According to book, Sleep Disorders for Dummies, the more time a person spends in the REM stage of sleep, the more refreshed and energized they feel in the morning. If a person spends less time in the REM stage of sleep, they feel tired and disheveled in the morning. If a person does not get enough REM sleep, they will incur a “sleep debt.” Not getting enough sleep has been linked to weakened immune systems, accidents, depression, forgetfulness and an increase in the risk of heart disease, obesity, diabetes and death.

disorders can cause serious health issues

Eden Hinrichs

School, stress and out side factors can all lead to a sleepless night. Over 62 percent of adults experience a sleep problem a few nights a week. Thirty three percent of adults get approximately six hours of sleep or less per night. Women tend to have more sleepless nights then men by 21 percent. Although people are awake and unaware, there is a lot of damage that is occurring to your body during the day. Sleep is your body’s way of repairing the damage that occurs during daily activities.

Essentially, the body goes through five stages of sleep. The stages, much like eating into cold water slowly, make falling asleep a much easier process. The first four stages take roughly 90 minutes to go through. The fifth stage is REM (rapid eye movement). The REM stage is where the mind starts to dream while the body repairs the damages from the previous day.

According to book, Sleep Disorders for Dummies, the more time a person spends in the REM stage of sleep, the more refreshed and energized they feel in the morning. If a person spends less time in the REM stage of sleep, they feel tired and disheveled in the morning. If a person does not get enough REM sleep, they will incur a “sleep debt.” Not getting enough sleep has been linked to weakened immune systems, accidents, depression, forgetfulness and an increase in the risk of heart disease, obesity, diabetes and death.

For those who do get enough sleep, the mind will stay sharp, energetic and allow the person to maintain a healthy immune system. However products such as caffeine, sugar, and too exercise right before bed can make this transition hard. A few simple schedule adjustments for insomnia problems can help. Like keeping a consistent sleep routine, starting work early in the evening can help. With the body repairs the damages from the previous day.

According to book, Sleep Disorders for Dummies, the more time a person spends in the REM stage of sleep, the more refreshed and energized they feel in the morning. If a person spends less time in the REM stage of sleep, they feel tired and disheveled in the morning. If a person does not get enough REM sleep, they will incur a “sleep debt.” Not getting enough sleep has been linked to weakened immune systems, accidents, depression, forgetfulness and an increase in the risk of heart disease, obesity, diabetes and death.

For those who do get enough sleep, the mind will stay sharp, energetic and allow the person to maintain a healthy immune system. However products such as caffeine, sugar, and too exercise right before bed can make this transition hard. A few simple schedule adjustments for insomnia problems can help. Like keeping a consistent sleep routine, starting work early in the evening can help. With the body repairs the damages from the previous day.

According to book, Sleep Disorders for Dummies, the more time a person spends in the REM stage of sleep, the more refreshed and energized they feel in the morning. If a person spends less time in the REM stage of sleep, they feel tired and disheveled in the morning. If a person does not get enough REM sleep, they will incur a “sleep debt.” Not getting enough sleep has been linked to weakened immune systems, accidents, depression, forgetfulness and an increase in the risk of heart disease, obesity, diabetes and death.

For those who do get enough sleep, the mind will stay sharp, energetic and allow the person to maintain a healthy immune system. However products such as caffeine, sugar, and too exercise right before bed can make this transition hard. A few simple schedule adjustments for insomnia problems can help. Like keeping a consistent sleep routine, starting work early in the evening can help. With the body repairs the damages from the previous day.

According to book, Sleep Disorders for Dummies, the more time a person spends in the REM stage of sleep, the more refreshed and energized they feel in the morning. If a person spends less time in the REM stage of sleep, they feel tired and disheveled in the morning. If a person does not get enough REM sleep, they will incur a “sleep debt.” Not getting enough sleep has been linked to weakened immune systems, accidents, depression, forgetfulness and an increase in the risk of heart disease, obesity, diabetes and death.

For those who do get enough sleep, the mind will stay sharp, energetic and allow the person to maintain a healthy immune system. However products such as caffeine, sugar, and too exercise right before bed can make this transition hard. A few simple schedule adjustments for insomnia problems can help. Like keeping a consistent sleep routine, starting work early in the evening can help. With the body repairs the damages from the previous day.
Ioway, the almost forgotten nation

Eden Hinrichs
Staff Writer

On Tuesday February 12th DMACC Boone campus had its first showing of the film “The Lost Nation: The Ioway” a brain child of independent film makers Kelly and Tammy Rundle. Classes sat in and enjoyed the information about the “Lost Nation” and afterward enjoyed punch, cookies and a drawing for free t-shirts. As they were filming their award winning piece called “Villisca: Living with a Mystery,” Kelly and Tammy Rundle spoke with the now deceased director, Montgomery county history center in Villisca, Iowa, Bettie McKenzie. She told the film makers about the Ioway tribe that had once a long time ago had inhabited the area. As they spent more time in Villisca they came across more information about the Ioway. “We realized that this is a great story” said Tammy Rundle.

One of their first concerns when they started to make the film was mainly money but McKenzie gave them the idea to apply for some historical grants. “I applied for seven grants and we received six,” said Kelly Rundle. Once money had been settled Kelly and Tammy sat down together and made plans for “Lost Nation”. They decided to take an approach much different from the Villisca project and not rely on a solid script, but rather an outline carefully doled out on note cards.

The film dodges between modern Ioway and the tribe’s greatest struggle throughout history during the years 1676 to 1812. The film focuses on two key tribal leaders, White Cloud and Great Walker, who wanted to find some sort of peaceful agreement with the newly settled Europeans but in doing so their history and way of life was slowly twiddled away as the government pushed them out of Iowa. The film shows the never ending struggle for the Ioway people to recapture a culture that is nearly lost even to themselves. “The Ioway need a place in Iowa to exist. (They) long to recapture the essence of home,” said Kelly Rundle. As they take the film touring all over Iowa, they are content with the positive reaction they have gotten. “We didn’t (originally) anticipate touring the film” said the couple as they tour numerous campuses, museums and other theaters with the film. “I am just really happy that interest is growing. We are really proud.”

Women’s Christian Bible study started on campus

Molly Lumley
Managing Editor

For students who are interested in learning about the Bible or connecting with other Christian women on campus, Liberal Arts student Jacquelynn Higgins has started a women’s Christian Bible study.

The study has already begun with a few members in front of the gym. The official time for the study is 1 p.m. Tuesday afternoons in the auditorium. There is no set curriculum for the study; Higgins said she wanted to simply read passages from the Bible and then discuss them. Higgins was inspired to start the study because she felt God was leading her to do it. “There was a need. I knew there was one [Bible study] going on when I looked into DMACC five years ago, but by the time the study started it had fizzled out.”

Before becoming a Christian, Higgins was heavily involved with drugs, such as marijuana and methamphetamines. At the age of 10, she read an article in Reader’s Digest about a doctor’s commentary on a young girl’s experiences with marijuana. Higgins was enamored with how the girl described what being high was like. “I ignored what the doctor said about drug use and made a vow that I would try weed when I was 16.” Higgins kept her vow and began smoking marijuana with her friends in high school.

Her conversion was sudden. She was at a friend’s house one night and after smoking when she started hallucinating. She saw different ways that her life could turn out. She saw herself committing suicide. She saw herself homeless and washed out by the drugs or quitting the drugs but living a dull and pointless life. The fourth thing she saw was a new life; a life where she had quit the drugs and completely surrendered her life to Christ.

“I wasn’t a Christian then. I woke up and knew that I had to change, now, or something bad was going to happen,” she said. “I was just sitting there and I realized that God was real. After 18 years of not believing, I didn’t understand how in an instant, I just knew. I just knew that God was real.”

Two days after her visions, she told all of her friends that she wasn’t going to be doing drugs anymore. “I quit every drug I was one at the same time and it caused horrible withdrawals,” she said. “I couldn’t sleep because of withdrawals from the meth. Satan was trying to get me back to the drugs.”

A few months later, she started smoking marijuana again. “I was depressed. I had stopped talking to all of my friends. I thought if I started smoking weed again they would be my friends again.” She spent the next two years wandering and smoking marijuana. She quit for good when her son, Tyler, was born. “I didn’t want him to know that kind of a life. I didn’t want him to know what marijuana was,” she said.

One of Higgins’ favorite songs includes the lyrics, “He who began a good work in you will be faithful to complete it.” She believes God has started a good work in her and wants to spread the hope she has in Christ to others around her.

“5 years ago is when this all started, and now God is leading me to start a Bible study,” Higgins said.

Higgins hopes to get other Christian women on campus interested in the study. She has been completely drug free since the birth of her son, and said that without God, she could not have gotten off of them on her own.

For more information about the study, contact Jacquelynn Higgins at jmhiggins@dmacc.edu.

NEW CHINA Restaurant
Lunches Dinners Carry Outs
432-8089
716 Story, Boone, Iowa
50036
Manager: Kent Mui

‘Snakes Alive’ returns to Boone

Jessi Smith
Executive Editor

Snakes Alive with Tom Kessenich will be returning to the Boone Campus on Feb. 26, with his reptiles and amphibians that will be available for campus patrons to view, touch and learn about.

Kessenich will be in Courter Center from 11 a.m. to 1 p.m. with a hands-on reptile and amphibian exhibit. This SAC sponsored event was held last Valentine’s Day and was received well enough by the Boone campus that Kessenich has been brought back again this year. “They are really friendly animals,” Kessenich said on his last visit. A wide variety of animals were brought by Kessenich last year. Boa constrictors, lizards and alligators were a few of the creatures that were shown.

Come in for all of your Holiday Gift needs: We have the things Mom likes!
*Candles *Kitchen Items *Willow Tree Angels *Spa Gift Sets *Home and Holiday Décor
*Gift Certificates and Much More

PURPLE CROW GIFTS
819 Story St. Boone 432-0224

TROPICAL TANNING SALON
711 6th St. Boone, Iowa 50036
515-432-1059
Full range of tanning products available.
New! Tanning sprayer tanning, March 1st, and May 1st.

DMACC BANNER NEWS  BOONE CAMPUS  2.20.08  PAGE 2
Comedian Preacher Moss stops by campus to talk about racism and lecture with a smile

by different ethnic groups, and how the concept of racism is evolving over time.

KKK stupidity
Moss started by stating that his favorite hate group is the Klu Klux Klan. “I went to a KKK website one time and was shocked because it was organized,” Moss said. He discussed how after Hurricane Katrina hit New Orleans that the KKK could not do business there anymore because all the people they hated had moved due to the hurricane.

Moss said that hate groups like the KKK are limited in their perceptions of people because they can only see limitations they have themselves.

“The KKK isn’t the brightest group in the world,” he said. “God bless the racists. They have to stay committed to stay stupid for that long.”

Being the little old lady
Moss used an example from his life to demonstrate how racism has changed over the years. He was sitting in a Subway restaurant after the movie and the person making his sandwich had a disfigured hand and was from Africa.

The man behind the counter was teasing Moss about his height, and Moss gave the man a bad time about his hand. Both were being sarcastic and rude to each other, but it was in fun.

One older woman stood up and told them to stop. Eventually every customer left the restaurant because of their bantering. The man behind the counter explained that nobody there saw them as just two guys having fun, they would see them as two rowdy, loud, rude, black people.

“At some point in time, we’ve all been like the little old lady in the back of the Subway,” Moss said. “I know I’ve been.”

Racism affects everyone
Moss went on to explain that racism affects everyone, in his words people “Racism is the reason that you never see a black person in a tanning salon, because the reason they don’t use a Middle Eastern person for your OnStar service. Racism is the reason that white people don’t have their own month, like blacks and Latinos do,” said Moss.

The are no social norms
Moss said that he’s been told to go back to Africa a few times when he was doing a tour in the south. “It’s not that easy, you just can’t go back and act like you know someone,” he said. “There is no social or moral construction for white or black people; we’re just forced to follow agendas other than our own.”

According to Moss, there are no real white people. “White is about the check on your loan application at a bank.” He once was applying for a bank loan and checked “white” on his application just to see what the bankers would do.

At the end of this lecture, Moss had a handful of people state their ethnic background. Not one person stood up and said that they were white or black. Each person had their own unique ethnic background, despite the color of their skin.

“You have to think outside of the box,” Moss said.

Moss’ visit was sponsored by the Student Activities Council. The SAC also provided a free lunch of “soul food,” which consisted of chicken breast, dirty rice, baked beans, and corn bread.

‘Lipstick Jungle’ the new Sex in the City with more life and less lust

There is a new rival to the once popular television show “Sex in the City,” that adheres to those PG-1-ers who would rather see more plots and less nudity.

The cast of “Lipstick Jungle” has been narrowed down to three major characters whose lusty ways lead to harsh sexual frustration.

One thing can be said about the newest installment to the Rambo movies, and that is no one can play Rambo better than Sylvester Stallone.

The role was obviously made for him. Stallone co-wrote the film with Art Monasterelli. The Rambo fan can rest assured that there is plenty of Rambo-esque material imbedded as well as a

Rambo’s latest movie lacks dialogue but upholds action

One thing can be said about the newest installment to the Rambo movies, and that is no one can play Rambo better than Sylvester Stallone.

The role was obviously made for him. Stallone co-wrote the film with Art Monasterelli. The Rambo fan can rest assured that there is plenty of Rambo-esque material imbedded as well as a

Scene

It’s sure to be a refreshing change of pace from the harder sounding bands that seem to be domination the scene these days.

Bali will hold two more shows to wrap up the end of the month. Starting at 9 p.m. on Feb. 28, punk rock bands Vandon Arms, Fightin’ Side, Look Out Lorenzo and Volly Galore will be taking the stage. Last up for the month will be Four Word Cause, Thru the Static, and Pride on Feb. 29. With this line up, it’s sure to be an energetic end to this snowy, blustery month.

There is no excuse for sitting around with nothing to do, go out to a show and support local artists.

Every date mentioned here features a local band, which means these are people from around the area. Supporting local music not only brings publicity for the bands, it’s a night out on the town with friends instead of sitting at home watching a re-run of CSI.
**Dash for cash**

DMACC- Four people had their names drawn to take part in the Dash for Cash at halftime of the men’s basketball game against Northern Iowa Area Community College on Feb. 9. People who attended the game had the opportunity to sign up for the contest at a table located in the lobby area out side of the gym.

A total of one-thousand one-dollar bills were scattered around the gym floor. The four contestants were given 30 seconds to pick up as many dollar bills as they could.

After the horn sounded indicating that the time had expired, DMACC Foundation Executive Director, Ganesh Ganpat, saw too many dollar bills remaining on the gym floor. Ganpat then asked that another 30 seconds be put on the clock, allowing the four contestants more time to scramble for more bills.

DMACC women’s basketball player, Trista Hall (left), was one of the four participants to “dash for cash” at the NIACC game.

Each of the contestants was able to grab and keep roughly 150 to 180 dollars each.

**Pep band performs at home games**

Maggie Stone leads the DMACC pep during a home basketball game.

**Red Cross to host blood drive on Boone campus Feb. 21**

Kappa Beth Barrick said they are looking for people to donate blood, or to run the registration and snack tables.

“It really is a good thing for people [to volunteer]. This will be my first year to donate,” Barrick said. “I’m really nervous.” People can register at the drive, or they can register online at givebloodgivelife.org.

According to a Red Cross brochure, one unit of blood can be used to save three lives. If the Boone campus can reach its goal of 45 donations, then a potential 135 lives will benefit from it. Nearly every two seconds, someone in the United States needs blood.

Anyone from age 16 on can donate in the state of Iowa. Minors need parental consent, and all volunteers need to be in good health and weigh at least 110 pounds.

Barrick encourages everyone to come and be a part of the drive. “It’s amazing the difference one person can make,” Barrick said.
What kind of message do you think DMACC is giving by promoting Condom Week?

“‘It’s a good message. We are old enough to hear it so I don’t see a problem with it.’”

-Kali Venteicher

“I believe that their intentions are good, but there are people that are taking it out of context. I don’t think a lot of people are taking it seriously.”

-Cory Behrendt

“Use protection. It’s a good message to send to students.”

-Jinny Venteicher

“What a good message. It’s a good message.”

-Eric Anderson

“Use protection. It’s a good message.”

-Jinny Venteicher

“Have safe sex. It’s a good message.”

-Eric Anderson
DMACC defeats NIACC

Photos: Dan Ivie

Mark Lacey, Canberra, Australia, heads in for a basket during the 75-51 win over North Iowa Area Community College from Mason City.

Jamie Sickles, Readlyn, goes on the defensive in a 60-46 victory over North Iowa Area Community College.

Players of the week

First year women’s basketball player Ellie Ritscher of Keystone has been named the Iowa Community College Athletic Conference Scholar Athlete of the Week for Jan. 30 through Feb. 5.

Ritscher averaged 9.7 points and 6.3 rebounds per game last week for the DMACC Bears. She also recorded seven assists, eight steals and five blocks. Ritscher also excels in the classroom, where she maintains a 3.66 grade point average.

Ritscher said she plans to graduate from DMACC and then continue her education and basketball career at a four-year school.

DMACC Boone Campus second year men’s basketball player Rodney Grace, Omaha, has been chosen as the Iowa Community College Athletic Conference men’s division II basketball Athlete of the Week for the week of Feb. 6 through 12.

Grace scored 60 points in three games for the #13 nationally ranked DMACC Bears. Grace had 15 points, eight rebounds and three assists against Iowa Lakes Community College; 21 points, ten rebounds and two steals against North Iowa Area Community College and 24 points, four blocks, two assists and a steal against Simpson J.V.

Get Fit!
FITNESS ROOM
HOURS

MON WED FRI
7:30 A.M. - 6 P.M.

TUES THUR
10 A.M. - 6 P.M.

FRIDAY
8 A.M. - 4 P.M.

FREE TO ALL STUDENTS, FACULTY, AND STAFF

DMACC Boone Campus

DMACC BANNER SPORTS   BOONE CAMPUS  2.20.08  PAGE 6
THE RISE OF INDIFFERENCE

Eden Hinrichs
Staff Writer

"It's our job to keep business as usual!" I was told by my superior. I can't help but think about the small group of people who will be getting a rebate, but may not know about it. It's hard to believe, but the government is once again trying to boost the economy by giving Americans free handouts so they can go out and put the money back into the economy. Sounds OK, right? I'm going to be getting my money after I file my tax return, but I can't help but think about the small group of people who will be getting a rebate, but may not know about it.

This little girl might make the choice not to help someone (maybe you) in the future because she was never helped. A lot of people these days seem too scared to help someone, either worried about how this might make them look or might see rather then helping someone. When I see this, it becomes a future that scares me.

I saw a friend on the floor, her skin gray as she lay passed out and paramedics attempting to get her back to planet earth. As I tried to make it through a crowd of gawkers I was told in less then wonderful wording "It's our job to keep business as usual" and sent to another area. I sat waiting for any tissue to hand to them and say "Don't worry, you're not alone?" Emotion has become something that no one wants to feel. Emotion is the worst crime against man and in the essence of indifference man will most defiantly find his destruction. I tried to think about the last time I saw someone cry, shout or even laughing loudly in public. The scariest thing is that it has been a long time, so long that I believe that I was in high school. People then may have paid more attention or less to emotional situations but what I do remember is when someone was crying there was always a faceless of nameless person giving them a hug or tissue. But now when I see people crying they are alone, trying to hide their emotion. Would it be so hard for someone to get a measly piece of tissue to hand to them and say "Don't worry, you're not alone?"

Emotion has become something that no one wants to see at work experience but everyone wants to watch. Reality television is more popular then ever! People sit on their sofas neglecting to express any emotion at all but viewing it and coldly remarking "Scandalous!" Get out of the way before there is a protest of the destitute at a job that they once paid taxes to the government. Those people have been paying taxes just like every one else, but due to circumstances out of their control, they can no longer work. Why are they not being treated as equals? The government is putting out the message that these people are not worth as much as working people. They deserve the money just as much as anyone else.

The problem with a rebate

The problem lies much deeper then just blowing off the unfortunate and not trying to help them out financially. The government is giving out this putting the hopes that people will spend it right away and boost the economy. There have been numerous articles written about lawmaker's concerns that people will use the money to pay their bills, or be thrifty and just save it. The government doesn't want people to save the money, or use it to pay bills. They are relying on people's materialism; they want people to buy stuff. And since the people who make less than 24,000 dollars per year would more than likely use the money to pay off debt or pay their electric or water bill, they aren't being openly told that they can get a rebate because they probably won't be using it for the intended purpose of "a booster shot for our economy."

Bottom line, the government doesn't care. They don't care about those who depend on their money, those who struggle each month just to scrape up enough money to eat. Government officials are two faced, giving money with one hand and withholding it with the other. They do their best to keep the protest of the destitute at a minimum.

The impoverished can't get ahead in this country because the government doesn't want them to, and not being open about the fact that those who need their fair share of the tax stimulus package the most is just another step in completely crushing the lower class. We wouldn't want other countries to think that America has a weakness, or that this country has people living off of the streets, or that don't know where their next meal is coming from. It might make us look weak; might ruin our image of being the most powerful country in the world. It might, heaven forbid, bruise the government's inflated ego.

Protecting our poor

If nobody stands up for the poor, what will happen to them? They are considered a weakness by the government, as they prove over and over again through their actions. This country should not be considered the most powerful nation in the world if they openly refuse to take care of those who need it the most.

I am thrilled that this time around, somebody in Congress pushed to have those on SS added to the stimulus package. But what will happen next time something like this comes around? Will the voice of the poor still be heard?
Bling.

There’s no reason to spend a fortune on your bachelors degree. PSC’s accelerated 8-week classes are available online and are only $157 per credit hour. Get a degree and keep your cash. That’s just how we roll.