9-16-2009

Banner News

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Recommended Citation
Magee, Chelsea; Stueve, Jamie; Sandrock, Tanner; Kramer, Josie; Roffman, Derrick J.; Thiel, Eric; Anderson, Becky; Daiker, Candace; Elbert, Jenni; Burton, Brad; Ivis, Dan; and Jefferson, Shannon, "Banner News" (2009). Banner News. 182.
https://openspace.dmacc.edu/banner_news/182

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It must be a dream: Hypnotist on campus

By Jamie Stueve

Staff Writer

The Student Activities Council created an activity known as Welcome Fest to welcome new and returning students. SAC member Steve Krafcisin, introduced well renowned hypnotist Jim Wand.

Wand has worked with many celebrities such as: Jay Lenzo, Chris Rock, Michael Jordan and Larry the Cable Guy. He has a doctorate in psychology and uses hypnosis to help clients work on concentration, motivation and inspiration. “Hands down Jim Wand is the best hypnotist I have ever had,” said Taylor Perdue, a participant of hypnosis. “You know you’re good when you can put somebody in that deep of a sleep and hardly remember anything.”

Students gathered in the Courter Center, Sept. 2 to eat a free meal and watch participants to recollect minor details and leave the rest to others. “People tell me what I did or what I said,” said Madison Hudnutt, a participant of hypnosis, “I never had,” said Taylor Perdue, a participant of hypnosis. “You can put somebody in that deep of a sleep and hardly remember anything.”

A person who took part in hypnosis supposedly feels like a full night’s rest and your recollection of the event takes up to a few hours. “After I woke up from hypnosis I felt so energetic that I didn’t even suppose feels like a full night’s rest and your recollection of the event takes up to a few hours. “After I woke up from hypnosis I felt so energetic that I didn’t even sleep and hardly remember anything.”

What’s happening?” said Hudnutt, “It’s like piecing together a puzzle.” Wand puts motivational words into students when coming out of hypnosis; he repeats to them multiple times “goals can be tangible and that nothing can stop them with concentration and drive for new success.”

Faces of DMACC

By Chelsea Magee

Staff Writer

A person who took part in hypnosis being a student. Close up of participant of hypnosis, “You know you’re good when you can put somebody in that deep of a sleep and hardly remember anything.”

A wide variety of students from non-traditional to traditional get their pictures taken to be on the billboards, in the magazines, posters, and all the other advertisements that DMACC provides. Anyone can sign up to be part of this program just as long as they are an official DMACC student. Students can sign up at any time. Sign up today by going to www.dmacc.edu/faces.

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A new influenza thread: Avoiding H1N1

By Tanner Sandrock

Staff Writer

According to the Center of Disease Control, H1N1 or Swine Flu is defined as a respiratory disease found in pigs caused by type A influenza. Like most viruses, it constantly changes and until now no human threat became apparent. This new breeding of H1N1 spreads much like the seasonal flu that people are most familiar with. It also shares many of the same symptoms: coughing, sore throat, stuffy or runny nose, muscle or body aches, headache, chills, fatigue, and nausea or vomiting or diarrhea.

The biggest difference between the two is that H1N1 is a new strain, therefore no pre-built immunity for it. Unlike seasonal flu, which most people are exposed to their whole life, H1N1 isn’t allowing them to build an immunity. “The Report to the President on U.S. Preparations for 2009-H1N1 Influenza” released Aug 27 of this year states that this flu season 30-50 percent of the United States population could become infected with this new H1N1 strain and of those, 1.8 million could become hospitalized.

What steps has DMACC taken to protect its students and faculty from this new health risk? First off, hand sanitizer dispensers can be found at the front desk and the Campus Cafe to help eliminate a major source of the spread. Also at the start of this fall term every enrolled student and faculty received an e-mail entitled H1N1. This e-mail contains facts about the virus, symptoms, advice and many links to other sites such as “Center of Disease Control and Prevention.”

Still a large amount of responsibility falls on the individual to try to remain healthy. What can students do to protect themselves? According to the Center of Disease Control the best way to stay healthy would be to eat healthy, stay well rested, keep hydrated, and wash hands with soap and water; alcohol based hand sanitizers work but remember; no better substitution than washing with soap and water. When coughing or sneezing do it into a tissue, sleeve, or shoulder not into one’s hands. Remember the majority of contact with others comes from hand to hand contact.

Students are advised, also to visit the doctor for a flu shot. The H1N1 is not the average seasonal flu, so it will be a completely different shot. Be prepared for two shots. If a student becomes unfortunate enough to contract H1N1, stay home. They should call or e-mail their teachers. They will understand and be grateful that they, along with their students, were not exposed to the virus. Stay healthy this fall term by knowing what to do.
By Josie Kramer
Editor-in-Chief

Mayor John Slight gave the introduction to the annual drug prevention program Tuesday, Sept. 8. DMACC hosted the music, dancing and spaghetti dinner.

“September, National Alcohol and Drug Addiction Recovery Month,” was printed across a poster behind a stage set up for this event. Susan Herrick, Director of Boone County Prevention, said, “It’s important for people to know they can recover.” The purpose of this event was to promote drug prevention and the recovery process.

The initiative of the two hours was to get a group of people to support the cause. Spaghetti and bread sticks were served following dancing and singing directed by Pat McManus. The dinner was possible because of the following donors: Hy-Vee, Fareway, Barilla, and Sam’s Club. Herrick said, “If you feed people, they come.”

Also provided at the event were free t-shirts to those that participated in the singing and dancing directed by Hy-Vee, Fareway, Barilla, and Sam’s Club. Herrick said, “If you feed people, they come.”

Also provided at the event were free t-shirts to those that participated in the singing and dancing directed by Hy-Vee, Fareway, Barilla, and Sam’s Club. Herrick said, “If you feed people, they come.”

People are singing and dancing as they participate in the National Alcohol and Drug Addiction Recovery Month.

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CTU does not guarantee employment or salary. Financial aid is available for those who qualify.
A helping hand: scholarships, how to get started

By Jamie Stueve  
Staff Writer

Students find themselves coming up short with funds to pay for college and become frustrated, but don’t realize that it’s easier to obtain scholarships than previously imagined.

The Solution

Many options become available for students to get that extra help they need. Start by looking at the DMACC homepage at the scholarship tab. DMACC maintains a general scholarship every year for students with easy criteria of a minimum 2.0 GPA and six credits. “There are around 40 scholarships available through the DMACC foundation,” said Dr. Vicki Barth, DMACC Faculty, “commitment to quality by our students and a continuous level of success.”

Barth said DMACC will work together to reach this level of success. “Both of these entities must work together to reach this level of success,” Barth said. 

The Convenience

Scholarships offered through DMACC get dispersed right to your account for tuition, books and boarding out of convenience. “Both of these entities must work together to reach this level of success,” Barth said.

Tips and suggestions for students at the DMACC foundation link can be located to the right of the homepage. “When filling out the foundation application, remember to include volunteer involvement, career goals, field of study and why you would benefit from receiving this scholarship,” said Green. In the next couple of weeks, there will be an online application available for the DMACC Foundation scholarships, this is the first time this is available to students. When this is posted in the scholarships tab on the homepage, students are able to start applying for the spring semester.

Additional Options

Green said DMACC students and head of departments will be an online application available for the DMACC Foundation scholarships. Register in three easy steps to gather the billions of options and $16 million worth of scholarships available. Look for another option at www.google.com, which presents itself in this situation for scholarships too. Google what categories or criteria of scholarships that spark an interest to find a perfect fit.

DMACC nursing students graduate with perfect test scores

Nursing Program graduates have achieved perfection. Testing results indicate a 100 percent pass rate on the NCLEX (National Council Licensure Examination) for both Licensed Practical Nursing Program graduates as well as Registered Nursing Program graduates from May 2009.

The Practical Nursing program students represent the Ankeny, Boone, Carroll and Newton campuses. The Registered Nursing Program students represent the Ankeny, Boone and Carroll campuses.

The overall year-to-date pass rate for Practical Nursing graduates is 98.55 percent and 97.44 percent for registered nursing graduates. “These scores reflect a lot of hard work on the part of our students and a continuous commitment to quality by our faculty,” said Dr. Vicki Barth, Nursing Education Director at DMACC. “Both of these entities must work together to reach this level of success.” Barth said DMACC will continue to work very hard to maintain this level.

“I am proud to say that DMACC nursing programs reflect quality and success in their delivery of nursing education,” Barth said.

SCARIER: SNAKES, SPIDERS OR CLOWNS?

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Habitat for Humanity home goes to DMACC employee

By Becky Anderson
Contributing Writer

If you've walked in the main doors of Des Moines Area Community College in Boone, Iowa in the last five years, you have likely seen her.

Christina Graham has been a smiling face welcoming students and guests at the Student Services office at DMACC for more than five years now. She's the one you'd want to talk to if you're registering for classes, or want more information about programs at the college.

Today, Graham has a lot to smile about. In a matter of months, she will be the owner of a Habitat for Humanity home, along with her three-children: nine-year-old Karli and 7-year-old twins Keyarah and Aliyah.

Graham applied for a home, and was chosen to be the new owner of a Habitat for Humanity house being built in Boone, Iowa. "I can't imagine a better person for a Habitat for Humanity home," wrote Dr. Jane Martin, professor at DMACC.

According to the Habitat for Humanity website, in order to qualify for a Habitat home, families must be living in inadequate housing (not safe, overcrowded or not affordable for their income), meet an income criteria of 35 percent to 50 percent of the county median income, and get their hands dirty by doing at least 300 hours of volunteer work for Habitat for Humanity.

The road hasn't always been smooth for Graham. Born in Clinton, Iowa, she moved to New Mexico at the age of four. Her parents divorced when she was two. She only knows her father through pictures she has of him. Her mother died at the age of 30, and Christina was there at the hospital hours before she passed.

After coming to Boone to take classes at DMACC, Graham found herself as a young, single mother, trying to provide for herself and most importantly, her girls. The hardworking mom worked various part time jobs, including waitressing, coaching the dance team, and working in the registration office. Wanting a home to raise her daughters in, Graham looked into the Habitat programs to see if she could qualify after learning about the program through a professor at DMACC.

Unfortunately, she wasn't making enough money with her part-time jobs to be able to apply. "I decided, as always, she finished her degree at William Penn, and began working for a full-time job. She was about to leave DMACC for a different job, when a full-time position opened up in the Student Services office. She had finally secured the full-time job she had worked so hard for, and after increasing her income, she decided to try and apply for a home. She sent in the paperwork, and always the optimist, waited for a response from Habitat. "So I am thinking I might have a chance at this, [I was] so excited and couldn't wait for the next step," said Graham. A Habitat board member called her and wanted to check out her living conditions. She was living in a three bedroom, one bathroom duplex. The twins share one very small bedroom, and their closet was "the size of a hall closet, which with twins that don't work out very well," Graham explained.

Habitat narrowed the applicants down to Graham and one other person. "I was up against a girl in Madrid, and I knew with her daughter's condition that she really needed the house more than I did. I kept thinking I am not going to get it," said Graham. The Habitat board surprised her by offering them both the opportunity to become homeowners. "I was so excited. The girls were very excited also," she said. Before Graham can have her home, she must put in 300 hours of "sweat equity" time. Any hours friends or family members work also goes towards her total.

A groundbreaking ceremony was performed in April. Graham had the chance to pick out the siding, cabinets, and other features of her home. "It has been very interesting, just learning how to build a house. Who would have ever thought I could shingle a roof!" Graham is hoping that the home will be completed by the end of November, so that her family can move in starting the beginning of December.

Anyone who knows Graham will tell you that her children are her top priority. Shelby Hildreth, Academic Adviser at DMACC Boone Campus wrote, "Her girls always come first and it shows. I believe that having the opportunity to own her own home is very important to Christina. Showing her girls that she can do this on her own makes her very proud."

One look at her girls and you can tell that Graham has her hands full. Her oldest, Karli, is tall with graceful limbs, and is a peach of a child; just like her mom. Graham describes her as "prissy." The twins are dark-skinned, curly haired, and also resemble Graham in her stature. They are energetic and "full of life," which they get from their mother. Graham is hoping that there are more exciting things down the road for her and her family.

"I am thinking I might have a chance at this, [I was] so excited and couldn't wait for the next step."
Meet the DMACC Banner Staff

Name
Josie Kramer
Age
18
Birthday
Oct. 18
Hometown
Boone
Favorite Color
All Colors
Favorite Superhero
Superheroes pretty much ROCK!
Favorite Music
Anything but yodeling
Hobbies
Soccer
Favorite Quote
Any quote starting with “So there I was…”

Name
Jamie Stueve
Age
20
Birthday
March 29
Hometown
Council Bluffs
Favorite Color
Purple
Favorite Superhero
Quailman
Favorite Music
Indie or Punk
Hobbies
Biking
Favorite Quote
“Life is like a box of chocolates, you never know what you’re going to get” Forest Gump

Name
Tanner Sandrock
Age
20
Birthday
May 25
Hometown
Boone
Favorite Color
Purple
Favorite Superhero
Gambit
Favorite Music
Alternative
Hobbies
Playing Guitar
Writing
Favorite Quote
“Never let success go to your head and never let failure go to your heart”

Name
Candace Daiker
Age
24
Birthday
May 3
Hometown
Battle Creek
Favorite Color
Yellow
Favorite Superhero
Wolverine
Favorite Music
Rock
Hobbies
Running
Cooking
Anything Competitive
Favorite Quote
“Life is what you make it so keep your eye on the prize and your arms around the ones you love” Rev. Run

Name
Eric Thiel
Age
20
Birthday
March 28
Hometown
Boone
Favorite Color
Blue
Favorite Superhero
Iron Man or Spiderman or a combination of the two
Favorite Music
Alternative
Hobbies
Cycling
Favorite Quote
“I thought they smelled bad on the outside.” Captain Han Solo

Banner News welcomes new Editor-in-Chief Josie Kramer

By Candace Daiker
Staff Writer

At the beginning of the fall semester, Banner News welcomed new editor-in-chief, 2009 Boone High graduate, Josie Kramer. Beyond her new role and past high school newspaper experience, Josie is a multifaceted woman.

She often comes to school bruised up and sore from Boone Area Soccer Club. She was a first-year varsity player in high school soccer as well. “I’ve always been athletic and outgoing. I can’t stand not being busy. That’s why I’m always doing something,” stated Kramer.

She was also a thespian in high school, involved in a variety of clubs including Peer Helpers and Key Club. She also loves trying new things, skydiving and bungee jumping are next on her bucket list.

Kramer is a positive person that spreads optimism. When asked what her pet peeve was, she replied, “People that put everyone has them and I think a lot of people have had worse struggles than me. So I just don’t want to worry about it.” The interview continued with a simple question and answer scenario:

Candace Daiker: How did you go about applying for the editor-in-chief position?
Josie Kramer: “I was on my high school’s newspaper staff for two years as Ad Sales Manager and when I came to register for classes at DMACC I mentioned to the counselor that I wanted to be a part of the newspaper. From there, the counselor gave me Jan (LaVille’s number and mentioned that there may be a scholarship for me. I contacted Jan and filled out an application and position form. Before I knew it I was the Editor.”

CD: Did you want to be the editor to have more of a published “voice” or for other reasons? What are they?
JK: “I never really thought about it. When the opportunity was brought up, I welcomed it with open arms. My thoughts were really positive. I wanted it to be fun.”

CD: How long have you been writing or interested in journalism?
JK: “I’ve always liked to write. I’m always the one that rarely double-spaces in class… I get started and it becomes a passion to get a clear story.”

CD: To add to that, how would you describe your writing style?
JK: “I like to say it how it is. I want to be honest… even if it hurts sometimes”

CD: Do you see yourself pursuing an editorial or writing position after college and if so, what are your plans?
JK: “I’ve always wanted to travel, so I envision myself writing and submitting my articles to travel agencies or other various forms of media.” Later in the interview, she mentioned the next county she wants to visit would be New Zealand.

CD: What are you most excited to bring to Banner readers this semester?
JK: “I basically just want the students to be more interested in reading the Banner. I want it to be fun… So they can get that mild dose of entertainment.”

CD: The Banner’s website hasn’t been updated for a while. Are you planning on updating the website and if so, what changes do you think will make it more exciting and up-to-date?
JK: “I’d like for us to have a website manageable for the students. That’s our goal, making it more accessible.”

CD: What things are most important to you to look for first when editing an article? How do you “fix” it?
JK: “I need to make sure it’s understandable to the reader. Sometimes the general public might not understand what a writer is saying and that’s what I want to fix.”

CD: What is your advice for students wanting to join the Banner staff or aspiring to be the next editor?
JK: “Try your best. Always try your best. The Banner newsletter is always open to anyone that wants to talk to us.”
College freshmen weight gain

By Jenni Elbert

Contributing Writer


Weight gain is a range of 1.3 to 3.3 kilograms (2.4 to 7.3 pounds) have been found in the first year of college occurring among as many as three quarters of all students assessed,” wrote Mary Cluskey, Ph. D., RD and Mary Cluskey, Ph. D. in a 2009 article in the Journal of the American Dietetic Association.

Although 15 pounds is an overestimate, study after study confirms the association of weight gain with the freshman year of college. Even though the average weight gain is less than the infamous “15 pounds,” results from another recent study found the weight gain to still be significant due to the rate of the gain which was nearly 6 times the average for all students assessed,” wrote Mary Cluskey, Ph. D., RD and Mary Cluskey, Ph. D. in a 2009 article in the Journal of the American Dietetic Association.

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**DMACC—Danye Guinn has been hired as an Assistant Women's Basketball Coach at Des Moines Area Community College following a successful basketball career at the University of North Dakota. Guinn was a key part of the Fighting Sioux Women's Basketball program (2005-09) that produced a 111-20 team record.**

Guinn was a 2004 graduate of St. Francis (MN) High School where she earned 13 letters in volleyball, basketball and track. She was a two-time All-State performer in both sports as well as basketball.

She was also among the top five finalists for Miss Basketball Minnesota during her senior year. "I am excited to have Danye join our basketball program," said DMACC Women's Head Basketball Coach Steve Kraftsow. “Danye has all the attributes needed to be an outstanding coach and mentor for our young women.”

The DMACC Women open the 2009-2010 season at the JUCO Shootout in Warrensburg, MO on Oct. 11.

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**Women’s volleyball season underway since August 17**

*By Brad Burton  
Staff Writer*

Coach Patt Guinn enters another year here at DMACC as the head volleyball coach.

Harrison started her coaching career in 1983 at Iowa Central Community College until 2003. Since 2004 as DMACC head coach Harrison has taught her women to be respectful, be-hard workers, and to focus on practice as if it was a game.

The DMACC Bears have 12 talented sophomores starters, coach Guinn expects them to be lead-ers on and off the volleyball court. The Bears have 12 talented

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### TEAM ROSTER 2009

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<tr>
<th>NO.</th>
<th>NAME</th>
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<th>HEIGHT</th>
<th>POSITION</th>
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<tr>
<td>1</td>
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<td>5'9&quot;</td>
<td>L</td>
<td>Treynor/Treynor</td>
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<tr>
<td>2</td>
<td>Sarah Tjaden</td>
<td>F</td>
<td>5'11&quot;</td>
<td>L/DS</td>
<td>East Sac/Lake View</td>
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<td>3</td>
<td>Natalie Weis</td>
<td>F</td>
<td>5'11&quot;</td>
<td>S/RH</td>
<td>Bettendorf/Bettendorf</td>
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<td>F</td>
<td>5'7&quot;</td>
<td>DS</td>
<td>Galva Holstein/Galva</td>
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<td>Bobbi Bayer</td>
<td>S</td>
<td>5'9&quot;</td>
<td>OH</td>
<td>Eddyville/Albina</td>
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<td>Paige McKenzie</td>
<td>S</td>
<td>5'9&quot;</td>
<td>S</td>
<td>Madison/ Madison, WI</td>
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<td>7</td>
<td>Sarah Davidson</td>
<td>F</td>
<td>5'11&quot;</td>
<td>OH/MH</td>
<td>Springville/Springville</td>
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<td>8</td>
<td>Tiffany Bormann</td>
<td>F</td>
<td>6'0&quot;</td>
<td>MH</td>
<td>Preston/Preston</td>
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<td>9</td>
<td>Justine Young</td>
<td>S</td>
<td>6'1&quot;</td>
<td>MH</td>
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<td>Mikayla Overturf</td>
<td>F</td>
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<tr>
<td>11</td>
<td>Clara Bartleson</td>
<td>F</td>
<td>5'9&quot;</td>
<td>OH</td>
<td>Nevada/Nevada</td>
</tr>
<tr>
<td>12</td>
<td>Heather Joslin</td>
<td>F</td>
<td>5'7&quot;</td>
<td>DS</td>
<td>Galva Holstein/Galva</td>
</tr>
<tr>
<td>13</td>
<td>Kali Umble</td>
<td>F</td>
<td>5'10&quot;</td>
<td>OH</td>
<td>PCM/Monroe</td>
</tr>
<tr>
<td>14</td>
<td>Christina Richter</td>
<td>F</td>
<td>5'9&quot;</td>
<td>OH</td>
<td>Garrigan/Bancroft</td>
</tr>
<tr>
<td>15</td>
<td>Hannah Van Sickle</td>
<td>F</td>
<td>5'6&quot;</td>
<td>DS</td>
<td>Ogden/Ogden</td>
</tr>
<tr>
<td>16</td>
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<td>F</td>
<td>5'10&quot;</td>
<td>OH</td>
<td>Oskaloosa/Oskaloosa</td>
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In Back of June this year, DMACC announced plans for a new baseball field. Although many have noticed construction is already underway. The new field is located in the northeastern part of campus directly north of the student apartments. Construction on the field was started in the Spring of this Sept. and Tom Lee, Boone Campus provost, is hoping for the field's completion this Oct.

"The new field will validate the quality of our baseball program and improve attendance and recruiting," said Enthusiasm for the new field is not only held by the baseball program, but also by a group of donors who have stepped forward to fund the project. Lee stated that over $130,000 have been donated in funds, labor and materials, $30,000 of which came directly from Boone Campus Foundation. These donations allow the entirety of the project to be funded without taking money from DMACC's funds for education and operations.

In addition to offset some of the costs, DMACC's own Civil Engineering Technology, Land Surveying and Building Trades program where asked to design the new field as well as some of the surrounding area which will be all led by Greg Chlebik.

"I think winning has become an expectation for us," said Fitzgerald. "Yes, we can’t think of anything else. They are stunned when we don’t win.”

Fitzgerald credits the players for the successful season.

“We have really talented kids who have an understanding as to how to work hard, said Fitzgerald. “We work diligently on the baseball side of things, but we also work on the off-the-field stuff like grades and behaviors in the community and represent the college well.”

Many of the DMACC baseball players are named to the College’s President’s and Dean’s lists, demonstrating their academic success. Overall, the team has a 3.0 grade point average.

Fitzgerald also cites Pitching Coach/Recruiting Coordinator Branden Astor and Assistant Coach Matt Gollier for searching throughout Iowa and surrounding states for players who can fit into the DMACC program.

“Recruiting is your life-line in this profession,” said Fitzgerald. “Branden, Matt and myself don’t let any stone go unturned in finding high school players who will be good for us. Recruiting is everything. We try to be very good at how we go about it.”

Examples of superb recruiting were the signing of Cole Nelson of Edina, MN two years ago.

"When Cole Nelson came here he had 47 miles per hour fastball,” said Fitzgerald. “He now throws 93 mph and is going to Auburn University. You guess the投げている力 of his potential. Billy Johnson is a tremendous job with the pitching.

"Cole is a very committed athlete who knows how to leverage and make his body do more." said Nelson. Nelson came out of the bullpen to appear in 28 games and had a 2-0 record in his freshman year for the Bears. He allowed 29 hits and 8 saves with a 3.19 earned run average. Nelson was a First Team All-Region Selection, Second Team All-State, and named the conference’s Freshman of the Year.

Another example of superb recruiting was signing of Mitch Mormann of North Dakota State University; Mark Schroeder, North Dakota State University; Cole Nelson, Auburn University; Eric Holmes, Bradley; Tyler Robbins, Dallas Baptist; Tyler Bond, University of Texas at Tyler and Kolby Moore at Ouachita Baptist in Arkadelphia, Arkansas.

"Our recruiting class on paper is way more talented than other DMACC teams," said Fitzgerald. “If they maximize their ability, we will be back to the College World Series in the next two years like this. It was a really special team and a special group of kids and it’s been like that for two years.

"It’s hard knowing we should still be playing today," said Lee.

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Breaking out of your comfort zone

Candace Daiker
Staff Writer

I’m not knocking high school. For many people it was home to some of the best years of their lives; but those people probably didn’t experience college or, if they did, take the chance to break out of their comfort zone while they were there.

The totem pole affect of growing up has been instilled in my mind since I was a kid. In middle school 8th grade is the epitome of awesome...the top of the totem pole, only to be followed with falling back to bottom freshman year. We feel unstoppable by senior year and then slammed with culture shock heading into college. At our final semester we will feel we have reached the top and then on to the real world. Square one.

You may feel comfortable with where you’re at and with your group of friends, but there are always new experiences and changes around the corner, so life is a lot easier when you’re up to welcoming them.

Here are a few tips, some of them obvious, to break out of your comfort zone:

Join a club on or off of campus

The DMACC bears Athletes in your classes.

Switch up where you would normally be opposed to learning or think you’re not good at. (i.e. painting or world history) You might surprise yourself and find it’s interesting or at least full of interesting people!

Avoid cliques. It may have helped you get by having a specific group of friends in high school, where you were limited to who you hung out with, but in college there is much more diversity in personalities.

Have school spirit. It. The DMACC bears Athletes in your classes.

Sit in the front row once and awhile, or at least speak up. You might not have liked asking questions in high school, but now that you’re paying for your education, opening up and questioning things or making comments will make you feel more comfortable and confident in class.

Have a “what’s the worst that could happen?” frame of mind. Why not sit next to someone sitting alone when you’re also sitting alone two tables down? All students, especially incoming freshmen, often have the same nerves about meeting new people or talking to someone you normally wouldn’t.

I’m not saying to change your personality or drop your groups of friends just to make new ones. Trying new things and putting yourself into the unknown should be exciting instead of scary. Your comfort zone is always there to be your blanket, but it would be a shame to waste what could be an opportunity to meet a great friend or improve your quality of life, by standing on the sidelines.

COURTESY
Promote Being Green
Please take care of DMACC. When you’re done with your Banner News, dispose of it properly.

Back to DMACC

Editorial Poem

Here at DMACC
the halls gray, white, and blue,
Students crowd the space
with laptops, backpacks, and books all brand new.

The Campus Cafe is flooded,
the library packed full.
Couches are lined,
each student their own pack mule.

Away in a class room
a professor is droning,
assigning weekend homework
while his class is moaning.

Monday creeps up fast
with coffee, energy drinks, and caffeine overload
It’s hard enough to stay awake
without homework down our throats.
Make a cleaner world

By Eric Thiel
Staff Writer

Let’s face it: global warming is a real growing threat. It doesn’t matter whether you believe in it or not, it’s real and scientists have proven it. Don’t be skeptical about the fact: CO2 emissions continue every day. They are threatening our health and our way of life. Rain forests are being destroyed, causing soil to become ruined by devastation and preventing these forests from growing back; turnarounds into barren deserts.

Out of all the energy we harvest, it can’t even account for half of the work all the trees across the planet do to save the planet. The simplest thing a human being can do to purify our for half of the work all the trees across the planet do to save the planet. For instance, planting a tree beside the highway in the morning might want to see happen. It is the biggest undergraduate foundation and building block and make themselves a strong group of go-getters, students could make this a reality. As a citizen of this great state, I believe we should continue to strive further to lead the world into a cleaner world.

The tools for your success are there. Don’t be afraid to use what’s here to help you and others become more successful. In my involvement with the men’s cross country club I was surprised to see how many students were also ready to get involved. With such a large group of go-getters, students could take the two years at DMACC and make themselves a strong foundation and building block to get to their next step, whether it’s a 4-year degree or specialty career.

There are many great teachers here at DMACC’s Boone campus who are willing to help you if you need anything. Also, the Academic Achievement Center and Writing Center are great tools to help you study and get your papers written. The tools for your success are here, you just need to reach out and use them.

Fun looking around Boone

By Shannon Jefferson
Staff Writer

Boone, Iowa? A big question mark comes to mind when a small town is mentioned, especially when you are not from the area. Some students live here, some live in Ames or other surrounding areas, or some students come from large cities and know absolutely nothing about small town life.

It’s the beginning of the school year and a lot of students are new to the area. So the question is, “What is there to do around Boone?”

Looking around nothing really comes to mind. Boone doesn’t even have a Burger King. Very few stores are 24 hour. Trying to find something good to eat after having been out on the town can be impossible. You can either go to McDonald’s or drive 15 minutes to Perkins.

Molly Lehman, a freshman from around Boone said, “There is not too much to do around here. When it’s warm me and my friends go grill out at Ledges State Park.”

That’s where a lot of people go camping, fishing, floating down the Des Moines River, and hiking.

Many students don’t like all of the nature activities. Those who grew up in the city. What do they do? Students can either sit here all school year and wish they were at home with city lights and subway stations or make the best of this experience.

Despite what students may think, Boone does have a few places to go and hang out. If you go with a ton of friends it will probably be twice as fun. There are races at the Boone Speedway, a movie theater on north Story, and a bowling alley on west Mamie Eisenhower.

Also the city of Ames is 15 miles to the east of Boone. Students could also take a trip to Des Moines during the weekend. Honestly the best way to have fun here in Boone is to get a group of friends together and make your own fun. Despite what you might think those are probably the times you and your peers will remember the most.

Fun looking around Boone

Power to the student

By Derrick Roffman
Staff Writer

Every year DMACC steadily increases its enrollment size, but this year DMACC has gotten such a high enrollment rate that it is the biggest undergraduate school in Iowa, reaching 3,329 up last year from 2,896.

With so many new students coming into community colleges it gives more power to the student body to have new ideas or give money to clubs or activities they might want to see happen.

As a second year student, the only advice I have to upcoming students is to become involved more with activities at DMACC. Don’t be afraid to use what’s here to help you and others become more successful.

In my involvement with the men’s cross country club I was surprised to see how many students were also ready to get involved. With such a large group of go-getters, students could take the two years at DMACC and make themselves a strong foundation and building block to get to their next step, whether it’s a 4-year degree or specialty career.

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The tools for your success are here, you just need to reach out and use them.

Golfing raises scholarship money

DMACC—the second annual Des Moines Area Community College CEO Golf Invitational proved to be a huge success. Central Iowa CEOs had the opportunity to play at DMACC alumni Dennis Albaugh’s private Ankeny golf course, Talons of Tuscany, on June 23.

A total of $117,025 was raised for current DMACC students. Awards will be presented to 117 students in the amount of $1,000 each to supplement tuition fees and books.

“‘This event just gets better every year because of the players, sponsors and the volunteers”, said Ganesh Ganpat, Executive Director, DMACC Foundation. “We raised $590,000 more than last year event which will support many students with tuition dollars for them to reach their educational goals”.

The awards will be presented to DMACC students for the fall semester, which starts Aug. 26.

Lawn Dart Results

Male Student Winner—Matt Henderson (14)
Female Student Winner—Rachel Davis/Tina McLain (6)
Faculty/Staff Winner - Jeff Schroeder (6)

Boone Campus Fall 2009

Library Hours

Regular Hours
Monday – Thursday 7:30 a.m. - 9 p.m.
Friday 7:30 a.m. - 4 p.m.
Sunday 2 p.m. – 8 p.m.

Thanksgiving Break
Wednesday, Nov. 25 7:30 a.m. - 3 p.m.
Thursday, Nov. 26 CLOSED
Friday, Nov. 27 CLOSED
Sunday, Nov. 29 2 p.m. – 8 p.m.

Winter Holiday Break
Sunday, Dec. 20 CLOSED
Dec. 21 - 23 7 a.m. – 4 p.m.
Dec. 24 – Jan. 3 CLOSED

News Briefs

Beatles Trivia winners announced

Steve Krafcisin, SAC adviser, announced the winners for the Beatles Trivia contest.Kenzie Tedrow won the RockBand Wii and Zach Bugg won the Beatles CD.

DMACC Golfing raises scholarship money
Question of the Week: If you can be any Alter ego/ Super Villian who would it be?

- Stephanie Bohnert: Syndrome, from the In-credibles, because he's crazy and smart. I like crazy peo-ple.
- Trey Hall: "The Joker, just because he is insane. I'm a mellow guy, and I don't do crazy stuff so it's per-fect!"
- Hannah Scott: "Vegeta from DragonBall Z, he isn't that strong but he has a sweet accent."
- Matt Henderson: "Megatron, he is really big and can be any veichle he wants. And has a sweet voice!"
- Derrick Libanan: "The Juggernaut, he's huge!"

**Back-to-School Horoscopes**

- **Aries (Mar. 21-Apr. 19)** Symbol: The Ram
  
  Wait to go to that movie you want to see until you can bring someone that would appreciate it as much as you. It's a great way to bypass answering the annoying mid-movie questions, and at least you won't feel so bad about spilling on the large tub of popcorn.
  
  School Supplies: You're a notebook. Listen to "Unwritten" by Natasha Bedingfield. Start looking for the pos-itive side of things.
  
- **Taurus (Apr. 20-May 20)** Symbol: The Bull
  
  If you haven't felt your best this week, at least make it look like you do. Put in a good workout, catch up on some sleep, or even just wear your favorite shirt to school. It'll boost your spirits.
  
  School Supplies: You're a highlighter. Stay sharp this week!

- **Gemini (May 21-Jun 20)** Symbol: The Twins
  
  Just pick up the phone and call. You'll feel relieved even if you do cut the conversation short, and you never know when you'll need a favor from that person.
  
  School Supplies: You're an eraser. It will be a lot easier to clean up your mistakes than you think.

- **Cancer (Jun. 21-Jul 22)** Symbol: The Crab
  
  You've gotten into the groove of your new schedule, but don't get too relaxed. Double check your syllabus to make sure you stay on top of things. Then you can feel good about having a lazy day.
  
  School Supplies: You're a pair of scissors. Cutting-edge is your middle name.

- **Leo (Jul. 23-Aug. 22)** Symbol: The Lion
  
  You've been feeling irritated with a sudden change in your life. It will pass when you least expect it. Your newfound positivity will surprise you in welcoming these kinds of changes with an open mind in the near future!
  
  School Supplies: You're a pen. Stay on point.

- **Virgo (Aug. 23-Sep. 22)** Symbol: The Virgin
  
  Time to de-clutter. If you can't remember the last time you wore it, give it to someone who will. And shred all that unopened mail!
  
  School Supplies: You're a folder. It'll boost your spirits.

- **Libra (Sep. 23-Oct.22)** Symbol: The Scales
  
  You would think you have a four-leaf clover in your pocket because you are going to run into some luck very soon. This would be the perfect time to enter a contest or take your chances at something within your grasp.
  
  School Supplies: You're a folder, but don't worry, you won't fold under pressure.

- **Scorpio (Oct. 23-Nov. 21)** Symbol: The Scorpion
  
  Mix up your daily routine. Pack in a different spot, grab juice instead of pop, style your hair a different way. Conscious changes, even the smallest ones, can add a little ex-citement to your life.
  
  School Supplies: You're a book bag. Don't carry more weight than you can handle.

- **Sagittarius (Nov. 22-Dec. 21)** Symbol: The Archer
  
  Try going a few hours or class pe-riods without checking your cell, Facebook, or e-mail. It will feel much more rewarding to have a few messages waiting for you.
  
  School Supplies: You're a pen. People are very drawn to you right now.

- **Capricorn (Dec. 22-Jan 19)** Symbol: The Goat
  
  If you don't travel home much, make a weekend trip back to surprise your parents or a friend. Getting back in your element will help you clear your head and re-gain your focus by Monday.
  
  School Supplies: You're a flash drive. Backing up all your work will keep you out of a tight spot.

- **Aquarius (Jan. 20-Feb. 18)** Symbol: The Water Bearer
  
  Just making to-do lists like it's your job, even if it's something as simple as "do the dishes" or "look into flight prices (for that place you've been dreaming to get away to)." You'll feel more satisfied with each thing you cross off.

  School Supplies: You're an as-signment book. Makes sense with all those lists you'll be making!

**GAMER Movie Review**

By Eric Thiel
Staff Writer

Gerard Butler blast back in a all new action pack flick, "Gamer." Only this time, this Spartan finds himself controlled by a 17 year old kid in a bizarre futuristic reality game known as "Slayers." "Gamer" is no doubt one of the most entertaining movies of the year but as well one of the most disturbing.

When humans control other humans in multiplayer online games, Gamer is set in a not too distant future where video games are life and to play the game is to live through real humans inside the game. The "Hayers" are allowed to control these volunteered people to play the most ultimate game of all time. Prison convicts are given the option to participate in the game, Slayers, in which if they are able to survive for 30 rounds they are allowed free.

Butler's character, Kable, begins the movie with already 27 rounds won and is known as a god through out the world. However, it's his player that's enjoying the glory, while Kable lives through the living nightmare of watching his body kill and others die.

Kable who continues to fight each day for his life must escape from Slayers in order to save his family that was taken from him and stop Ken Castle; the billionaire who controls Slayers and other human controlling games.

"Gamer" is raw, dirty, gritty, and a little haunting in some parts. It's rated "R" for mass amounts of blood, gore, language, nudity, and questionable sexual themes. It shows a dark future, that's possible however unlikely, in which all human morals are forgotten and the purpose of other human beings life means nothing.

The movie shows an answer to America's overcrowding prison system but a possibility for the countries bound for hell.

By Candace Daiker

**Entertainment**

DMACC BANNER NEWS

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**Entertainment**

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