

9-16-2009

## Banner News

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# BANNER NEWS

Des Moines Area Community College Boone Campus

Wednesday, September 16, 2009, Vol. 9, No. 1

## 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 Krafcsin, introduced well renowned hypnotist, Jim Wand.

Wand has worked with many celebrities such as: Jay Leno, 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 students take their chance in hypnosis. A mixture of students who previously experienced

hypnotism and students who never experienced hypnotism volunteered to gather in front of eager students and faculty to enjoy the show. An easy count down from ten, Wand puts the students into hypnosis with only a couple stragglers who didn't have much success. "He could hypnotize me in three seconds and it actually worked," said Madison Hudnutt, a participant of Wand's hypnosis.

Students and faculty belled out laughter as they proceeded to watch peers play balloon instruments, mimic a doll, and imitate Taylor Swift along with a handful of other shenanigans for a mere 60 minutes.

Coming out of 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 sleep until 2 a.m.," said Perdue.

Hypnosis causes its participants to recollect minor details and leave the rest to others, "People tell me what I did or what others did and I start to remember



*Photo by Derrick Roffman*

**Far right, Taylor Perdue, Quinn Devlin and Kyle Mathes attempt to mimic a doll used as a prop in the performance with Jim Wand.**

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."

If hypnosis interests you, try Jim Wand's free self-help hypnosis on his website at: [www.hypnotism.com](http://www.hypnotism.com).

## Faces of DMACC

By **Chelsea Magee**

*Staff Writer*

Ali Amina is not looking for the appearance of one student, but for the potential they may portray. There are a lot of students who don't think they're pretty enough to be models, but what we're looking for is the natural beauty and more people have that than they think," said Ali, one of the head graphic designers for the Faces of DMACC.

Amina and Mike Brady work for the Faces of DMACC for two years now. The Faces of DMACC take place in Ankeny, Boone, Carroll, Newton, Urban, and West DMACC campuses.

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](http://www.dmacc.edu/faces).

A person who took part in the Faces of DMACC program on Boone Campus is John Holtorf, a professional, freelance photographer. He has a wide range of works in photography. Check him out on his website at [www.holtorf.com](http://www.holtorf.com). Another person involved in the program is freelance make-up artist is Jen Chiodo. Her previous background of make-up artistry, ranges from people appearing on CNN to presidential candidates.

Mitzi Alexander; the freelance hair-stylist for the day, likes to get involved with people. "Getting to interact with people is much more fun than sitting in an office all day," said Alexander.

Bredell Mitchell volunteered as a student for the Faces of DMACC. "I am proud to represent DMACC in a bold fashion," said Mitchell.

DMACC student Sara McQuinn agreed saying, "Being in the Faces of DMACC was a very fun way to start off my first year of being in college."



*Photo by Derrick Roffman*

**Use a hand sanitizer at one of our multiple locations to help eliminate the majority cause of spread in 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 breed 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. 7 of this year states that this flu season 30-50 percent of the United States population could become infected with this new H1N1 strand 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

## A new influenza thread: Avoiding H1N1

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 ones 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.

### Inside this issue

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# Celebrating recovery

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, flyers, pamphlets, and CDs. Paula Goldsworth, Administrative Assistant said, "What a great turnout. I was glad to see many students were interested."



Photos By Josie Kramer

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

## Take action with the SAC

By **Derrick Roffman**  
and **Eric Thiel**  
Staff Writers

On Sept. 2, the Student Activities Council gave out free pork sandwiches to students and staff. "Over 360 were cooked," according to Dick Blomgren, one of the two Iowa Pork producer associates at the event. The same day the SAC hired Jim Wand, a professional Hypnotist to come and perform.

So what is the SAC and who is in charge of putting on these events? The students, believe it or not, have the power over what

activities are chosen and how to spend the money for these events.

At the next SAC meeting on Sept. 17 the student body that makes up the SAC will be voting for a president, vice president, and secretary.

As a student in college there can be many opportunities to be part of something. DMACC has many clubs and activities for the students to participate in. The Student Activities Council motivates college spirit, provides students with something to engage in discussions with college staff, and gives the students a representative voice in college affairs that allows the students to see that they make

a difference.

At the Ankeny campus for DMACC, the SAC sponsors such activities as Airbrush tattoos, rock climbing walls, and free ice cream. Last year at Boone campus the SAC paid an arcade company to come set up huge screens in the Courter Center and play Rock Band and other video games.

The SAC is given a budget every year with which they get to pick out entertainment and activities for the students. If you would like to sign up for the SAC please contact Steve Kraficisin at [sjkraficisin@dmacc.edu](mailto:sjkraficisin@dmacc.edu) or come to meeting on Sept. 17 in room 203 at 9:30 a.m.



Photo by Derrick Roffman

Students line up for delicious pork sandwiches



Photo By Chelsea Magee

Dee Glauner, first semester at DMACC and major in human services, works in the Boone Campus student lab.

## Students adjust to changing technology

By **Josie Kramer**  
Editor-in-chief

How does WebCT work? What's my e-mail and password? These are among a few of the questions that are brought up at the beginning of the fall term.

Each new year brings with it the new technology and changes around the school. The last few years DMACC has become more modern and advanced, including the online class work known as WebCT.

The idea was to accommodate the students. Dr. Jane Martino, psychology and education teacher at DMACC, said, "I love any learning tool that can cut down on wasted time and provide more flexibility. WebCt does both. It is available to my students when they can focus and learn. It also allows them to work more effectively in groups. We can quickly and efficiently share resources, add ideas to others thoughts and correct misunderstandings.

"I think it offers a more collegial, environment where students are respected for what they know and the new insights they bring to a topic. We work and learn together in a team environment using WebCT."

Most of the students get on the Internet or at least a comput-

er daily. To access the DMACC network, students need to know their user name and password. According to the online DMACC helpdesk, the user name is: first initial, middle initial and full last name. The password will be the last four digits of the student's DMACC ID number.

If there are any problems visit [secure.dmacc.edu/getuser/getuser.aspx](http://secure.dmacc.edu/getuser/getuser.aspx). For students' convenience, DMACC also gives each student a DMACC e-mail address.

Each student's e-mail address is the same as the above DMACC ID with '@dmacc.edu' attached to the end. The students can then make their own password for their e-mail. This e-mail account is accessed from the DMACC home page. Click 'Webmail' and each student is free to send and receive mail from staff or other students. From the home page students can also get to WebCT. Next to 'Webmail', it says 'Login'. After clicking on 'Login', students, faculty and staff can get to: Webmail, Web Info System, WebCT and my.DMACC. "I really don't have a lot of experience with DMACC's e-mail system. It turns out it wasn't as bad as I thought," Said first year student Kortney Morgan.

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# 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 outlets become available for students to get that extra help they hanker for. Start by looking at the DMACC homepage at the scholarship tab. DMACC maintains a general scholarship every year for students with facile criteria of a minimum 2.0 GPA and six credits. "There are around 40 scholarships available through the DMACC foundation, 80-90% of students who apply receive some sort of award that range from \$200-\$1200," said Brian Green, member of the DMACC Boone campus foundation.

## Other Resources

Different programs throughout DMACC offer scholarships to accommodate specific majors. "There are academic and athletic scholarships available, the Professional Business club and Phi Theta Kappa also award scholarships to students," said Green. Professors and head of departments know about them and want to

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 the DMACC nursing programs reflect quality and success in their delivery of nursing education," Dr. Barth said.

help students succeed. Ask what's available and they gladly point in the right direction.

## The Convenience

Scholarships offered through DMACC get dispersed right to your account for tuition, books and boarding out of convenience.

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

Other opportunities pres-

ent themselves if a scholarship through DMACC isn't an option. The internet is a great resource to gain knowledge and find an abundance of scholarships specific to you.

Look on [www.fastweb.com](http://www.fastweb.com), [www.collegequest.com](http://www.collegequest.com) and [www.cashe.com](http://www.cashe.com) for up to three billion scholarships available to students. Register in three easy steps to gather the billions of options and up to \$16 million worth of scholarships available.

Look for another option at

[www.google.com](http://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.

## Break the Stereotype

A lot of scholarships don't get applied for, but a wide range is available for anyone who is interested in applying. Start filling out applications for this upcoming spring and next fall. The sooner the better!

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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'll 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 daughters: 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 HFH house being built in Boone, Iowa. "I can't imagine a better person for a Habitat for Humanity home. Christina and her family are the type of community members we need both for Boone today and for building our tomorrow," wrote Dr. Jane Martino, 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

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 program 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. Determined as always, she finished her degree at William Penn, and began looking 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 doesn'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 house!" 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 peaches and cream redhead; 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.



*Photo by Derrick Roffman*  
**Christina Graham, Clerical Assistant seated at her desk.**

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

## SAFE is SEXY!

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*Photo by Derrick Roffman*  
**Habitat for Humanity, future home of Christina Graham and family.**

# Wanted

Web Master for online Banner News

If interested contact Jan LaVille

[jrlaville@dmacc.edu](mailto:jrlaville@dmacc.edu)

## Meet the DMACC Banner Staff



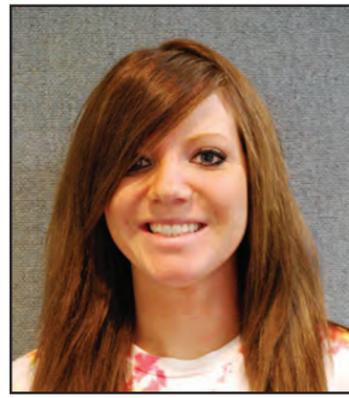
**Name**  
Josie Kramer  
**Age**  
18  
**Birthday**  
Oct. 18  
**Hometown**  
Boone  
**Favorite Color**  
All Colors  
**Favorite Superhero**  
Superheroes pretty much  
ROCK!  
**Favorite Music**  
Anything but yodeling  
**Hobbies**  
Soccer  
Criticizing movies  
Eating  
**Favorite Quote**  
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  
Snowboarding  
Cooking  
**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  
Videogames  
**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  
Studying  
Swimming  
**Favorite Quote**  
"I thought they smelled  
bad on the outside." Cap-  
tain 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 multi-faceted 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 themselves down." She went on to say, "Everyone has good qualities and need to know these qualities. How can they expect anyone else to like them if they don't learn to like themselves?"

Her positivity was reflected again when asked if she had been through any major struggles



New Editor-in-Chief Josie Kramer sits outside DMACC

Photo by Candace Daiker

in life, "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 country 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."

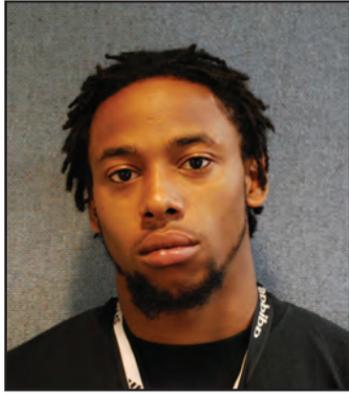
CD: What things are most important to you to look for first when editing an article? How do you "fix" it?

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 newsroom is always open to anyone that wants to talk to us."

## Meet the DMACC Banner Staff



**Name**  
Shannon Jefferson  
**Age**  
19  
**Birthday**  
Sept. 24  
**Hometown**  
Des Moines  
**Favorite Color**  
Red  
**Favorite Superhero**  
Spiderman  
**Favorite Music**  
Hip-Hop  
**Hobbies**  
Shopping  
Hanging out with friends  
Running  
**Favorite Quote**  
“Don’t think you’re beautiful but I think you’re beyond it.” Lil’ Wayne

**Name**  
Chelsea Magee  
**Age**  
18  
**Birthday**  
Nov. 13  
**Hometown**  
Jefferson  
**Favorite Color**  
Orange  
**Favorite Superhero**  
Captain Underpants  
**Favorite Music**  
Alternative rock  
**Hobbies**  
Dance  
Hanging out with friends  
Watching cartoons  
**Favorite Quote**  
“Live life to the fullest, you never know when it will be over.”

**Name**  
Brad Burton  
**Age**  
19  
**Birthday**  
Dec. 13  
**Hometown**  
Toledo OH  
**Favorite Color**  
Black and Red  
**Favorite Superhero**  
Superman  
**Favorite Music**  
Hip-Hop and R&B  
**Hobbies**  
Basketball  
Chilin’ with my bros  
Listening to music  
**Favorite Quote**  
“I’m just doing me and you can never understand it.” Drake

**Name**  
Derrick J. Roffman  
**Age**  
24  
**Birthday**  
Nov 3  
**Hometown**  
Hawkeye  
**Favorite Color**  
Yellow  
**Favorite Superhero**  
Rorschach  
**Favorite Music**  
Irish Folk Music  
**Hobbies**  
Travel  
Japanese Martial Arts  
Anything to test motor skills  
**Favorite Quote**  
“You can’t gain anything without giving up something.”

Interested in working for the DMACC Banner?  
  
Story Writing  
or  
Photography  
  
Apply for workstudy or just contribute your work for use in the up coming newspaper  
  
**Contact**  
  
Jan LaVile  
Adviser  
or  
Josie Kramer  
Editor-in-Chief  
at  
bannernews@dmacc.edu

# College freshmen weight gain

**By Jenni Elbert**  
*Contributing Writer*

A lot of good comes with the freshman year of college. Independence. Parties. New friends. Freedom. But with the good comes the bad. Hangovers. Finals. Professors. The “freshman 15.” Freshmen are bound to battle hangovers, finals, and pitiless professors at some point, but what about that infamous freshman 15? Is it real? What causes it? And what do you do about it?

“Weight gains in the 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 Deana Grobe, 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 that reported for the general population.

“Weight gain can be an issue for students as they are now on their own for the first time,” said Amy A’Hearn a dietician with the University of Iowa’s Student Health. From her experience

working with college students, A’Hearn attributes freshman weight gain to independence and the perceived lack of availability of healthy food.

“College is the time of transition to an independent adult... With independence comes challenges and one of those challenges can sometimes be healthy eating,” said A’Hearn. This was the case for Jill Grund, 26, who attended the University

of Northern Iowa before becoming a nurse. Grund said her eating habits changed dramatically when she went to college. “I was used to having my mom make casseroles. I got to college, and there’s buffet every night. I think I had ice cream after every meal,” she said laughingly in reference to the all-you-can-eat style seen in college dining centers. A’Hearn hears the campus dining centers are one of the main barriers for students struggling with weight gain. This is congruent with findings from the Cluskey and Grobes’ study where the focus group also did not perceive campus food to offer healthful options.

But A’Hearn does not necessarily blame the dining centers. “The all-you-can-eat

dining centers give students many options, not with the goal for weight gain but to satisfy students’ wants and to give them options,” she said. She continued saying the dining centers offer healthy options, but students have to choose them. The University of Iowa’s residential dining centers do, in fact, offer healthy choices including grilled chicken breasts, fruits and vegetables, salad greens, and soups, but students do not seem to choose them.

“Now that students are no longer under their parent’s wings, they get to make the decisions [and they do not always make the healthy ones],” said A’Hearn. This seems to be apparent when observing the University of Iowa’s Hillcrest Marketplace where students flock to the long lines of burger and pizza stations as opposed to the nearly desolate salad bar. The dining halls are not the only thing delivering extra calories to freshman. A’Hearn said drinking alcohol plays a major role in weight gain for many students in college.

“But it’s not just the beer, it’s what you eat when your drinking,” said Grund who would frequently order pizza with friends after going to the bars. Lindsey Little, 26, also contributes unhealthy

late night habits to her freshman weight gain. “Beer and pizza. I was huge,” she said describing her freshman year. U of I students’ after hours eating habits are evident after bars’ closing time in Iowa City’s Ped Mall, the common area surrounding the bars. Students devour anything from vendor’s gyros to Pancho’s burritos.

Calories from the, seemingly common, late night food choices can add up quickly. One of Pancho’s plain chicken burritos, for instance, has an alarming 852 calories and 24 grams of fat according to thedailyplate.com. Add just a couple of light beers, the CalorieKing averages around 100 calories, and a student has consumed well over 1,000 additional calories to his or her day.

“It takes an additional 3,500 calories to gain one pound,” said Megan Olsen a personal trainer with Equinox Fitness in Chicago. “An additional 1,000 calories a couple times a week can lead to weight gain pretty quickly.”

A’Hearn said weight gain was the number one reason students came to her for free nutrition consultations, just one of the multiple offerings by Health Iowa to help students manage their health and fitness. They also offer free fitness and stress management consultations and are available to talk to groups around campus surrounding health issues. Health Iowa also holds a Health Fair and a Health Expo in the dorms

each school year in an effort to promote healthy living through out campus.

A’Hearn encourages freshman concerned with weight gain to try to eat five fruits and vegetables per day, choose lean sources of meat, and eat whole grains and low-fat dairy. She also advises them to be mindful of their snacking and to stay physically active.

According to the American College of Sports Medicine, 200 to 300 minutes per week of moderate physical activity, like a brisk walk, is associated with weight loss and the prevention of weight gain.

The ACSM also suggests the “optimal approach to weight loss is one that combines a mild caloric restriction with regular endurance exercise.”

Physical activity promotes weight loss and prevents weight gain by burning calories. “To lose weight, you have to burn more calories than you consume,” said Megan Olsen a personal trainer with Equinox in Chicago. In addition to endurance exercise suggested by the ACSM, Olsen stresses the importance of strength training. Lean tissue burns more calories than fat. Strength training builds lean tissue; therefore, the body burns more calories throughout the day, she said.

“Prevention of weight gain and making healthy habits [early] is much easier than having to change those bad habits down the road,” said A’Hearn.



# Coach hired from N. Dakota

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.

She scored 1,097 points and is only the second player in UND history to dish out over 100 assists in each of her four seasons.

She ranks third on the

school's all-time assist record.

Coach Guinn graduated from UND in August 2009 with a bachelor's degree in Physical Education and Health.

She completed her student teaching this past summer in New Zealand.

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 discus 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 Krafcsin. "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.



Contributed Photo

Danye Guinn working hard on the court.

# Women's volleyball season underway since August 17

By Brad Burton  
Staff Writer

Coach Patty Harrison 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, become hard workers, and to focus on practice as it was a game.

The women have been on campus since Aug. 17, working hard and preparing for the long, tough season. This year's squad has four sophomores and three of them are returning from last year's powerhouse.

Darcy Christensen from Treynor, Iowa will be this year's libero for the Bears. The libero plays in the back row and has impeccable ball control.

The libero needs to be a great

passer and an even better digger. She is all over the court to keep the ball in the air for her team to create scoring chances.

Bobbi Bayer, a returning All-American from last season looks to push her team in the right direction, as she will be playing outside hitter for the Bears.

Justine Young, the 6'1" talented middle hitter from Aplington High

School completes the returners from last year's Bears.

Paige McKenzie, a transfer from last year's number one team in the nation's Kishwaukee of Illinois, comes to DMACC looking to continue her volleyball career.

McKenzie is from Madison, Wisc. and will be the starting setter for the 2009-2010 season. All being sophomores starters, coach Harrison expects them to be leaders on and off the volleyball court.

The Bears have 12 talented

freshmen that look forward to playing this season and to continue the winning tradition that was set here at DMACC many years ago.

As of now, the Bears record is 2-2 both losses coming from big time D-1 Junior Colleges.

Being the fifth ranked team in the nation, the Bears are on a mission to prove they belong with the best.

Ranked number one in their conference, the

Bears had their first home and first conference game here against Southwestern Community College in the gym on Sept. 9 at 6:30 p.m.

DMACC won the first home game: 25-19, 25-17 and 25-19.

The next home match will be Wednesday, Sept. 16 at 6:30 p.m. against cross-state rival Kirkwood Community College.

Students are admitted free with their student Higher One card.

## DMACC won the first home game 25-19, 25-17, 25-19

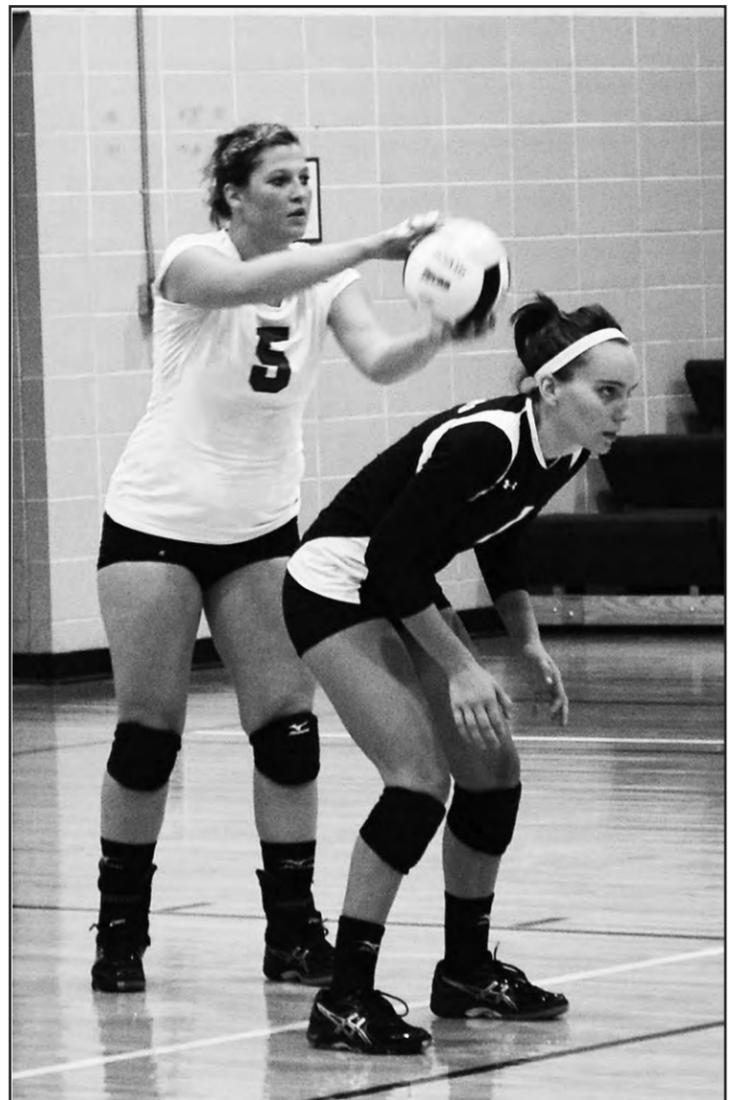


Photo by Eric Thiel

Bobbi Bayer serves in the recent game against Southwestern while Darcy Christensen readies for the return.

### TEAM ROSTER 2009

NO.	NAME	Yr	HEIGHT	POSITION	HS/HOMETOWN
1	Darcy Christensen	S	5'7"	L	Treynor/Treynor
2	Sarah Tjaden	F	5'7"	L/DS	East Sac/Lake View
3	Natalie Weis	F	5'11"	S/RH	Bettendorf/Bettendorf
4	Lindsey Joslin	F	5'7"	DS	Galva Holstein/Galva
5	Bobbi Bayer	S	5'9"	OH	Eddyville/Albia
6	Paige McKenzie	S	5'9"	S	Madison/ Madison, WI
7	Sarah Davidson	F	5'11"	OH/MH	Springville/Springville
8	Tiffany Bormann	F	6'0"	MH	Preston/Preston
9	Justine Young	S	6'1"	MH	Aplington/Sacramento, CA
10	Mikayla Overturf	F	5'10"	OH	Nora Springs/ Nora Springs
11	Ciara Bartleson	F	5'9"	OH	Nevada/Nevada
12	Heather Joslin	F	5'7"	DS	Galva Holstein/ Galva
13	Kali Umble	F	5'10"	OH	PCM/Monroe
14	Christina Richter	F	5'9"	OH	Garrigan/Bancroft
15	Hannah Van Sickle	F	5'6"	DS	Ogden/Ogden
16	Katie Rielly	F	5'10"	OH	Oskaloosa/Oskaloosa



**Check out our new addition, as well as New Items!**

**Enjoy our new soft pretzels, home-made donuts and cinnamon rolls, & the same great choices from last year!**

**Hamburgers Daily!**



## DMACC builds new baseball field

By **Tanner Sandrock**  
Staff Writer

Back in June of this year DMACC announced plans for a new baseball field. Students may have noticed construction is already underway. The new field is located in the northeastern lot here on the Boone campus, directly north of the student living apartments. Construction on the field was set to start early this Sept. and Tom Lee, Boone Campus provost, is hoping for the field's completion this Oct.

"Coming off their second straight appearance in the College World Series, Coach Dan Fitzgerald and DMACC Bears Baseball team will get their own 'Field of Dream' to play on next year," Lee was quoted saying in a press release from late June. "The new field will validate the

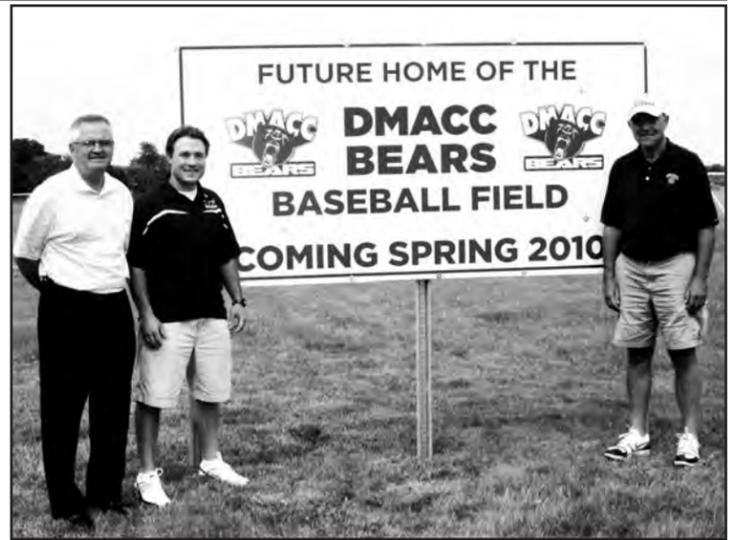
quality of our baseball program and improve attendance and recruiting."

Enthusiasm for the new field is not held only by the baseball program, but also by a number of donors who have stepped forward to fund the project. Lee stated that over \$150,000 have been donated in funds, labor, and materials. \$50,000 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 educational purposes.

In addition to offset some of the costs, DMACC's own Civil Engineering Technology, Land Surveying and Building Trades program were asked to design the new field as well as some of the land surveying which were all lead by Greg Chlebiki.

Previously DMACC home games were held at Memorial Park, a city park on the north side of Boone. For which Lee expressed gratitude for the allowance of use.

By 2010 spring season the new DMACC Baseball field will be ready for play and host the 2009 Region XI DII Champions, the DMACC Bears. As they try to continue their success of last seasons 55-11 record leading to their second consecutive appearance in the National Junior College Athletic Association (NJCAA) Division II College World Series where they placed in the top ten. Lead by their two First Team All-Americans— infielders Jake Astor of North Liberty and pitcher Patrick Cooper of Danville, KY. Astor was also named NJCAA Division II Player of the Year.



Contributed Photo

Des Moines Area Community College Boone Campus Provost Tom Lee (left to right), Head Men's Baseball Coach Dan Fitzgerald and Athletic Director Orv Salmon stand next to a sign announcing the future home of the new DMACC Bears baseball field. Construction of the new field, being built on the DMACC Boone Campus, has begun and is to be completed in time for the spring 2010 baseball season.

## DMACC baseball team advances to college world series, again

By **Dan Ivis**  
DMACC Media Relations

The Des Moines Area Community College (DMACC) Boone Bears baseball team had another record breaking season. They won a school record 55 games while losing only 11 times. Their .833 winning percentage is among the highest in baseball at either the collegiate or professional level. They won the Iowa Community College Athletic Association (IC-CAC) Conference, the Region XI Baseball Tournament and the North Plains District Championship. They lost only one home game all season (18-1) and had a 20-4 conference record. The Bears had a 103-29 record over the past two seasons and both times DMACC advanced to the National Junior College Athletic Association (NJCAA) Division II College World Series (CWS).

The Bears were ranked number one in the nation numerous times throughout the season and were consistently among the top teams in the country. They had four winning streaks of at least 11 games and won 26 out of 27 games going into the College World Series played in Enid, OK.

DMACC was defeated by Western Oklahoma State College 9-1 in the opening round; DMACC defeated Monroe (NY) Community College 13-5 in the second round; but DMACC was eliminated from the College World Series with an 8-2 loss to Kankakee (IL) Community College.

"That was really disappointing and heartbreaking," said DMACC Head Baseball Coach Dan Fitzgerald after being eliminated in the CWS. "There are losses that are tough and there are losses that are really tough. I don't know if you ever get over tough losses. It sticks with you but you hope it fuels you. We had a special year and didn't want it to end. It's hard knowing we should still be playing today."

Fitzgerald said he teaches his players to use their gifts, be humble and have an attitude that great things will happen.

"I think winning has become an expectation for us," said Fitzgerald. "Our guys 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," said Fitzgerald. "We work diligently on the baseball side of things, but we also work on the off-the-field stuff like grades and how to act 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 Brandon Scott and Assistant Coach Matt Goliber for searching throughout Iowa and surrounding states for student-athletes who will fit into the DMACC program.

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

One example of superb recruiting was the signing of Cole Nelson of Edina, MN two years ago.

"When Cole Nelson came here he had a 74 mile per hour fastball," said Fitzgerald. "He now throws 93 mph and is going to Auburn University. You guess on projections and Brandon does a tremendous job with the pitchers. Cole is a very committed athlete who knows how to leverage and make his body do more."

Nelson came out of the bullpen to appear in 28 games this year for the Bears. He had a 4-2 record with 8 saves and a 3.19 earned run average. Nelson pitched 42 1/3 innings, allowing 35 hits and striking out 62 while allowing opponents to hit a meager .224 against him.

Nelson was one of 12 DMACC players to receive post-

season honors so far this year. Nelson was named to the Iowa Community College Athletic Association (IC-CAC) All-Region Second Team.

DMACC infielder Jake Astor of North Liberty and starting pitcher Patrick Cooper of Danville, KY were named to the 2009 NJCAA All-American First Team. With the announcement,



Jake Astor

Astor becomes a two-time All-American because he was named to the 2008 NJCAA All American First-Team. They were the only players from an Iowa college to be named to the prestigious team this year.

Along with being named



Patrick Cooper

First Team All-American, Astor was named the 2009 American Baseball Coaches Association (ABCA) NJCAA Division II National Player of the Year.

Astor, Cooper and infielder Joel Hutter of Bettendorf, were named to the 2009 North Plains All-District Team. Those three players, as well as outfielder Matthew Keys of Edina, MN, were named to the IC-CAC All-Region First Team.

DMACC starting pitchers

Mitch Mormann of Manchester, Mark Schroeder of Andover, MN, outfielder Nick Anderson of Boone and infielders Brashad Johnson of New Hope, MN and Tyler Robbins of Bettendorf were named to the 2009 IC-CAC All-Region Second Team. Robbins was also named to the 2009 Rawlings Gold Glove Team for Division II Junior College

DMACC starting pitcher Eric Holmes of Wilton and catcher Mark Radmacher of Rosemont, MN, were named to the IC-CAC Honorable Mention Team.

"To see these guys get these honors is special," said Fitzgerald. "I am super protective of them. They become like little brothers to me"

Some other honors may be in store for several of the DMACC players. Fitzgerald predicts pitchers Mormann, Cooper and Nelson will be selected in the upcoming Major League Baseball Draft. Mormann, a 6' 6" hard throwing right-hander, was selected in the 17th round of last year's draft by the Cleveland Indians. Mormann was a relief pitcher for the Bears in his freshman year, where he set a new DMACC record of 12 saves in a single season. This year, Mormann was a starting pitcher who, along with Holmes, set a new single season record with 10 wins.

Fitzgerald calls Holmes and Schroeder (8-0 and 2.92 earned run average) finesse pitchers, who had great careers at DMACC. Holmes won a record 18 games in his two years at DMACC, while Schroeder garnered 17 wins.

Cooper also put up big numbers in his contributions to the DMACC 2009 success. He was 8-1 with four complete games. He allowed opponents to hit only .204 off of him in his 72 1/3 innings pitched. He gave up 55 hits and recorded nearly twice that many strikeouts (106) for DMACC.

Astor was a First Team All-American last year when he hit .442 with 9 home runs and 72 RBI. He bettered all of those numbers this year, hitting .444

with 14 home runs, 79 RBI, 80 runs scored and a .757 slugging percentage, all best on the squad.

Robbins, another First Team All-American in 2008, had a .379 batting average with 5 home runs, 41 RBI, 76 runs scored and a team best 25 doubles and 14 stolen bases in 2009.

Matt Keys, a two-time All-Region First Team selection, hit 32 home runs during his two-year stint at DMACC. He leaves the program as the all-time home run leader.

To demonstrate the depth of the team, at least 10 DMACC sophomore baseball players have signed letters of intent to play baseball at Division I programs next year. The signing include: Jake Astor, Southern Arkansas; Patrick Cooper, Bradley; Matt Keys, Indiana University-Purdue University-Fort Wayne (IPFW); Mitch Mormann, Louisiana State University; Mark Schroeder, North Dakota State University; Cole Nelson, Auburn University; Eric Holmes, Bradley; Tyler Robbins, Dallas Baptist; Tyler Bevard, University of Texas at Tyler and Kolby Moore at Ouachita Baptist in Arkadelphia, Arkansas.

The cupboard is not bare for the Bears next year. Infielder Joel Hutter (6 home runs, 74 RBI, 78 runs scored, .385 batting average, 89 hits) of Bettendorf, outfielder Nick Anderson (5 home runs, 27 RBI, 38 runs scored, .358 batting average) of Boone, infielder Brashad Johnson (12 home runs, 65 RBI, 64 runs scored, .352 batting average, 81 hits) of New Hope, MN and catcher Mark Radmacher (7 home runs, 44 RBI, 36 runs scored, .344 batting average) of Rosemont, MN, all return for Coach Fitzgerald and the Bears.

"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. You never forget years like this. It was a really special team and a special group of kids and it's been like that for two years."

# 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, 8<sup>th</sup> 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**

**grounds.** Clubs are easy to find: go to the 'Student Services' icon on the DMACC homepage or even type something generic on Google.com like "boxing club in Ames, IA." Many options will come up that are either associated with a school, fitness center, or group of individuals. Numerous clubs at Iowa State are open to any age and gender, not requiring members to be students at the university.

**Take a class on something 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 are limited to who you hang out with, but in college there is much more diversity in personalities.

**Have school spirit.** The DMACC bears Athletics schedule can be found on their website, also under the 'Student Services' icon on the DMACC

homepage. It's a great way to get involved, meet people in the crowd, and even recognize athletes in your classes.

**Switch up where you sit in class and talk to the people next to you.** You don't have to introduce yourself with a formal handshake and introduction. As dorky as it sounds, just ask to use a pen or something; at least you've broken the silence. There are no rules to striking up a conversation.

**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 group 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.



Photo by Candace Daiker

Breaking out of their comfort zone, pictured left to right, Katie Richardson, 2nd semester at DMACC, Kristen Winslow, 1st semester, and Brooke Weber, 1st semester.

## Welcoming students back to DMACC

Staff Editorial

As the new Editor in Chief, I'd like to personally welcome all Banner readers, followers, and enthusiasts to the fall semester here at DMACC. My staff and I are looking forward to a great semester.

We think it is important to get a good start here at DMACC. The first thing you can do is keep up with all your work. If you fall behind in the very beginning, it might get harder and even more difficult to catch up.

Next, staying organized will help you know what due dates you have coming around the corner. Being organized can even help you stay on task in class. This way you'll be able to better understand what's going on around you. Getting a DMACC planner or personal organizer can help you a lot along the way.

Another way to have a good start would be to get involved around the school and in student activities. The Student Activities Council is a place to begin. The SAC is run by students for students. They provide DMACC with fun activities that anyone can participate in. You could also join theatre. Participate in DMACC's Fall Production as an actor or technician as part of the set crew.

The DMACC library is a great resource for class work. Other than a great supply of book resources, the library has the com-

puter lab. There is also the online catalog. The library has subscriptions to online databases and various websites to help the students. If all else fails the librarians themselves are a good recourse and helping hand.

Getting a great start could also be as simple as visiting the Academic Achievement Center. Here students can get tutoring, help and reassurance on homework or even make up a test from an absence. DMACC even has a Writing Center. In this center there will be help for any type of writing. It could be an essay you want edited before turning it in or simply a journal entry your teacher wants in a week.

Finally, to ease any stresses college life can cause, get to know Boone better. Instead of taking a fifteen minute ride to Ames, visit downtown Boone. There are plenty of great local dine ins and restaurants; visit the local Mexican restaurant, La Carreta or a nice dining restaurant, The Giggling Goat. Even enjoy a "taste as big as Texas" at Jimmy's BBQ. Almost anywhere in Boone is easily accessed by Story Street. The Boone Movie Theatre is on Story Street between the streets of eighth and ninth.

Now go out and have a great semester with a variety of experiences. Enjoy life at DMACC while being organized.

## COURTESY

PROMOTE BEING GREEN

Please take care of DMACC. When you're done with your Banner News, dispose of it properly.



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## 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 upset 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; or turning 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 purify our air. Planting a tree may be the simplest thing a human being can do to save the planet.

As Iowans, we need to take action and we can. Planting a tree beside the highway in the ditch can allow it to store water and purify the soil in which it helps crops to grow. A row of trees along the highway can help prevent high winds from blowing dirt and snow across the roads, which will allow easier access to transportation in critical weather. In the winters when the highways are salted to melt the snow, these

trees on the highway can protect cropland from the damage salt has on the soil. Trees can really help cure soil erosion and any ecological damage. Trees serve as one of the best and cheapest water towers, and are very handy for fields in dry times.

Seeing these beautiful trees lined down Iowan ditches will make Iowans feel better about their state and help promote the drive for a cleaner environment. These trees will help clean the air, reduce the CO2 emissions, and make Iowan soil more nutrient.

"I support your opinion concerning the issue of planting trees across the State along the highways. Mainly for me during the winter the snow can make the roads reckless and hazardous for drivers of all ages. Upon planting these trees they will block wind and snow from hitting our highways and roadways. Also they will give a new habitat to animals of all sizes. We will live in a cleaner healthier ecosystem," said Don Burkhart.

As of now, Iowa is the second leading state in renewable wind energy, just behind Texas, but if we are talking of people to a wind-turbine ratio, we are winning. Iowans are leading the way for a cleaner tomorrow not only for humans but all life. We should take pride in this.

Most importantly, we should continue to strive further to lead the way. This idea of planting trees across the highways and other roads has been considered and in some places has become a reality. As a citizen of this great state, I believe we should continue to push government to make these tree lines a possibility everywhere, and by doing so, we will set an example to rest of the country.



## Fun 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 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.

## News Briefs

### Beatles Trivia winners announced

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

### 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 alumnus 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 \$59,000 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 Davif/Tina McLain (6)

Faculty/Staff Winner - Jeff Schroedr (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

## 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 new batch 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.

## Question of the Week: If you can be any Alter ego/ Super Villian who would it be?



**Stephanie Bohnert,**  
“Syndrome, from the Incredibles, because he’s crazy and smart. I like crazy people.”



**Trey Hall,**  
“The Joker, just because he is insane. I’m a mellow guy, and I don’t do crazy stuff so its perfect.”



**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 wanst. And has a sweet voice!”



**Derrick Libanan,**  
“The Juggernaut, he’s huge!”

## Back-to-School Horoscopes

By Candace Daiker

**Aries (Mar. 21-Apr. 19)**  
Symbol: The Ram



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! Pay close attention when you do; you might find something that puts a smile on your face.

School Supplies: You’re a pencil. Stay sharp this week!

**Taurus (Apr. 20-May 20)**  
Symbol: The Bull



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.

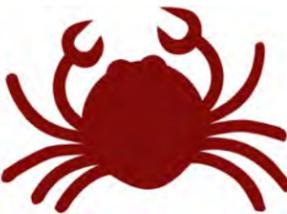
**Gemini (May 21-Jun 20)** Symbol: The Twins



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.

**Cancer (Jun. 21-Jul. 22)**  
Symbol: The Crab



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 splurging on the large tub of popcorn.

School Supplies: You’re a notebook. Listen to “Unwritten” by Natasha Bedingfield

**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



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.

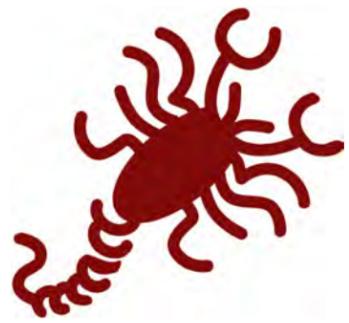
**Libra (Sep. 23-Oct. 22)**  
Symbol: The Scales



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. Start looking for the positive side of things.

**Scorpio (Oct. 23-Nov. 21)**  
Symbol: The Scorpion



Try going a few hours or class periods 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 glue. People are very drawn to you right now.

**Sagittarius (Nov. 22-Dec. 21)**  
Symbol: The Archer



Mix up your daily routine. Park in a different spot, get juice instead of pop, style your hair a different way. Conscious changes, even the smallest ones, can add a little excitement to your life.

School Supplies: You’re a book bag. Don’t carry more weight than you can handle.

**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 regain 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



Feel like you can’t get anything right this week? The next time you slip-up on something, play it off like it was intentional. Your clumsy streak will end around the 19<sup>th</sup> and you will feel more organized than ever.

School Supplies: You’re a calculator. Problem-solving is becoming one of your best qualities.

**Pisces (Feb. 19-Mar. 20)** Symbol: The Fish



Start 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 assignment 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 “Players” 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.