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Banner News

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BANNER NEWS

Breast Cancer Awareness Month

Des Moines Area Community College Boone Campus

Wednesday, October 14, 2009, Vol. 9, No. 3



Photo by Derrick Roffman

Boone Campus student Devon Greer speaks with Sean Campbell after Campbell's presentation on living with mental health and bipolar disorders.

Mental health advocate speaks about his experiences

By Jesse Laumer
Student Contributing Writer

Sean Campbell, a recent mental health speaker on the Boone Campus, is a college student at Hunter College in New Jersey. He speaks to middle schools, high schools, and colleges. He balanced his schedule, so he can travel.

He talked about his family's battles with mental illness. His father suffers from bipolar disorder and alcoholism. Due to the bipolar disorder, he would go from being very happy and thinking he could do anything to becoming very depressed and go into fits of rage.

When his father was happy, he would spend money. He eventually maxed out their credit cards with purchases like spending \$1,200 on a jack hammer. He also used Campbell's college fund to pay for the family's mortgage and then used Campbell's personal

savings. Eventually the bank foreclosed on their home.

During his father's depressed periods, he would drink a lot then get in his car and drive. His father racked up 16 DUI's.

He would also become very violent while he was depressed and drunk. Campbell told about a time where he had to call the police on his father because his dad was holding a BB gun to his mother's head.

Eventually all of these things caught up with his father, and New Jersey sentenced him to four and a half years in state prison about two weeks ago.

But his father wasn't always like that. Early on in Campbell's life, he was just like any other father. He coached Sean's Little League teams, played with him and his friends, and even owned his own business and made a six figure income.

After talking about his father's mental illness told the

story about becoming a published author at the age of 17 and how his book is used at colleges all over the country.

He sent his book to 70 publishers, but no one wanted his book. He realized that he was focusing on the wrong things. He was focusing on what he didn't want--rejection. So he started focusing on being published, envisioned himself being a published author, and having a book signing at Barnes and Noble. And sure enough, he received a publishing contract.

He doesn't only have to deal with depression, but he also has to look for the side effects of bipolar disorder in himself because it can be passed on genetically.

He said that you should handle your mental health like everything else you do in the morning -- brushing your teeth or combing your hair. -- and by asking yourself how you're feeling everyday.

Degree audit for students

By Jamie Stueve
Opinion/Feature Editor

With graduation deadlines on the approach along with the thought of which classes to sign up for next semester, a degree audit will allow students to know where they stand.

A degree audit allows the ability for students to know exactly which classes are required in their major as well as which classes exist on the audit currently.

Students can request a degree audit free of charge from the DMACC Web site, "Degree audits help students track their progress toward completing a specific degree. Students can request them or meet with an Academic Advisor/Counselor to get an audit," said Shelby Hildreth, an academic advisor at DMACC Boone campus.

Important reminders when thinking about a degree audit according to Hildreth:

- 1. Required Institution Credits:** Students must earn a minimum of 1/3 of the semester credits hours applicable to the degree being pursued at DMACC.
- 2. Maximum Transfer Credits:** No more than 43 transfer semester credit hours may be applied toward the degree.

- 3. Last number of required credits earned at DMACC:** Students must complete the final 10 semester credit hours at DMACC (or petition to the Registrar for, and receive, an exception).

- 4. Minimum Program GPA:** Students must maintain a 2.0 grade point average on all work applicable to the degree. A student cannot graduate from a program with a GPA below 2.0.

To find a request for an audit online, click on the academic calendar tab on the left side of the DMACC homepage under the "Quick Links." Then follow the "student resources" tab on the right hand side of the page, click on "student handbook" then proceed to the "graduation" tab on the right and click on "degree audit report." Students request an audit free of charge that in turn prompts students to give an address. The audit sends and the student receives it with in three business days.

Audits give students the opportunity to track their success and know where they stand at DMACC thus far. Hildreth agrees and said, "A student who keeps close tabs on their classes and requirements will find the audits very helpful."

Underpass closed for construction

By Coty Mallicoat
Staff Writer

Boone doesn't have many changes often, but one thing that some may have noticed is the ongoing construction around the town. The most recognizable construction site would be the Linn Street underpass with the end loaders and JMT Trucking dump trucks running chunks of the road in and out of the closed off site.

The city of Boone is now putting in a new sewer system at

this underpass, which makes for the underpass to be closed until the beginning of November. According to Officer Cory Rose of the Boone Police Department, the sewer project even shuts down their emergency route for two weeks during October. Until the sewer is finished, there is no way of avoiding the train tracks if you have to cross them.

This can make a problem for people coming from either the north side to the south side of town or vice-versa. It really could put a damper on people who may

need to get to Hy-Vee that live north on Linn Street. They then have to get on 11th and go down to Story Street and around to 8th.

The underpass on Linn is a pretty important part of the transportation system in Boone. People only hope that a train doesn't stop on the tracks in town, otherwise they'll get to take a country drive out to the nearest gravel road and go around.

It does make trouble for some but just be patient and find something good to listen to on the radio in the meantime.



Photo by Coty Mallicoat

The underpass on Linn Street is under construction for a new sewer system. It is estimated to be open again in early November.

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Diminishing job security's impact on careers, education

By Candace Daiker
Copy Editor

Currently in Iowa, job security is becoming much less frequent. Individuals who have experienced a layoff from their previous employer are faced with the obstacle: What now? This is definitely true for DMACC students.

Patricia Keahna, first semester student, worked for a Boone company that shut down because of the economy and was able to utilize aid for dislocated workers by going back to school. Keahna said, "There are no jobs out there with the economy the way it is. You can't just take your family to Des Moines when

you're already situated here in Boone."

Going back to school seems to be a smart and common trend for adults after they have either gotten work experience or started a family, but the increase of non-traditional students enrolled at DMACC and other colleges could be a result of increasing layoffs and company closings.

Iowa, among other states, now has various levels of services to aid dislocated workers. The term "dislocated worker," also known as displaced worker, refers to an individual who has been laid off, terminated, received notice of termination or lay off and is unlikely to return to their previous occupation. Other examples of

displaced workers are individuals who are unemployed due to economic conditions or a natural disaster.

Financial assistance for post-secondary education is under the "training and support services" division of the Workforce Investment Act and is being utilized by students at DMACC.

Tammy Richards, a third semester student, is utilizing these benefits. She owns a home, has a family in Boone, and is cautious due to a lack of security with previous jobs. She said, "I've worked at four different (local) companies that have all closed, so that makes me scared to get a job. That's why I decided to go back to school." Richards prefers not

to uproot her family or make the commute to find a job somewhere else, like Des Moines.

Keahna embraces the aid being provided for further education, but knows she could face more problems when unemployment benefits and Pell grants run out. She said, "When you've been out of school for 20-some-odd years and come back, it's rough. When we went to school, it was different; now we have to compete with the younger students. It feels like a handicap, but when there's no jobs, what are you going to do?"

Diminishing job security could have positive effects on society by pushing individuals to further their education, but

the outlook from the majority seems to be to enter a job with caution and take advantage of any benefits provided by the government. More information on the Workforce Investment Act involving requirements for benefits for dislocated workers can be found at www.iowaworkforce.org.

Keahna also mentioned struggles related to growing up in the "factory era." She said, "When you're raised in that era and the economy plunges, you don't have that stability. When you're working low-income, you're still supporting the community by buying products, and when you lose your job, what's going to happen to the community?"



| Employment Data | August-09 | July-09 | August-08 | July change | August change |
|------------------------|-----------|-----------|-----------|-------------|---------------|
| Civilian labor force | 1,686,500 | 1,677,900 | 1,676,500 | 8,600 | 10,000 |
| Unemployment | 114,000 | 108,300 | 70,100 | 5,700 | 43,900 |
| Unemployment rate | 6.80% | 6.50% | 4.20% | 0.30 | 0.26 |
| Employment | 1,572,600 | 1,569,500 | 1,606,400 | 3,100 | -33,800 |
| U.S. unemployment rate | 9.70% | 9.40% | 6.20% | 0.30 | 3.50 |



Chart from IWD's "Employment and Unemployment In Iowa, Seasonally Adjusted Data."

Students set to 'break a leg'

By Tanner Sandrock
News Editor

The fall production of "Murder-Go-Round" by Fred Carmichael is underway. Tryouts were held Sept. 16 and the cast has been selected "I think we have a great cast, some with theatre experience and some new," stated Kay Mueller, director.

Pat Kirby, a key witness in a murder trial, has been given a clue only she can solve. The clue reveals the number for a multi-million dollar offshore bank account directly related to the trial. She claims she doesn't know how to solve the clue.

Susan, her witness protection representative, keeps her safe

in an off-season summer cottage. Soon the place is swarming with people who want to "help."

The murder mystery may cause suspenseful questions to arise in the audience.

Who can she trust? Is the resident shopkeeper really a shopkeeper? Why does the local interior decorator seem out of place? What about the man claiming to be her husband, or the girl claiming to be her daughter? The young fellow from the unspecified agency, or the head of the WPP who is experiencing temporary amnesia from a whack on the head? Everyone wants the numbers.

Production dates are set for Nov. 6 and 7. Currently all crew

positions are filled for this fall production. However, there will be a spring production. If students are interesting in helping with the spring show Mueller encourages students to stop by rehearsals or her office in room 132 and let her know.

'Murder-Go-Round' Cast

| Character | Played by |
|-----------|-----------------|
| Pat | Ashlei Prichard |
| Susan | Linda Mui |
| Bea | Matt Henderson |
| Peter | Brent Sobolik |
| Dino | Eric Thiel |
| Liz | Emily Rubenking |
| Kevin | Trevor Gould |
| Ross | Lando McPherson |

Homeless youth in Boone

By Eric Thiel
Staff Writer

35,050 Iowans were homeless at one time during the year, according to a 2003 Iowa Department of Economic Development for Interagency Taskforce on homelessness report. 61 percent, one percentage higher than any other state in the country, of these individuals were children under the age of 18.

The Youth and Shelter Service is a nonprofit agency that helps serve children, youth, and families to a better, safer and more productive life. The agency's focus is on helping homeless youth and families to live independently and become self-sufficient.

YSS, Inc. has been serving the youth between ages of 16 and 21 who are not capable of living with their current parents or relatives due to safety issues in the home. Without the option of another stable location to live at for

these youth, the Transitional Living Program and Lighthouse program can provide new, safe living arrangements.

The participants of TLP are scattered across locations in Boone to accompany their standard of living and are supervised by a case manager. They are then monitored for up to 18 months. The program helps the participants learn how to budget, problem solve, run a household, and seek and maintain employment.

These residents must agree to participate in the educational programs provided, save a portion of their salary, receive the appropriate level of counseling, and abstain from drug or chemical use or abuse.

Through programs Lighthouse and TLP, victims of homelessness will be provided with the shelter they need and have a better chance at life, for more information on YSS contact 515-233-3141.

It's okay ... Feel 'em!

Ladies — take a couple minutes every month to get up close and personal with yourself and feel your breasts.

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Tickets can be purchased at the door or from Beth in the Campus Cafe

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Bookstore savings: At a convenient location

By **Chelsea Magee**
Staff Writer

The bookstore on the DMACC Boone Campus has so many resources to offer the students. Many students have not taken the time to shop around to find the best prices on items they will need for school.

"It's a shame to waste money on paying full price when we get a discount here at DMACC," said Amber Dittert an Adjunct Math instructor at the Boone and Ur-

ban Campuses, "I had a student this semester spend over \$100 to buy Microsoft Office, when the bookstore sells it for ten. The way the economy is now we have to watch every penny."

DMACC pays a fee to Microsoft; this is why these products can be sold cheaper in the bookstore than in other stores. The students are only allowed one copy of these products: Microsoft Office, Windows Vista, and MAC '08. There are no returns, no exchange, and no tech support for

these items.

Some other products that the bookstore sells are USB drives and Acer and Netbook laptops. "Most of our calculators are cheaper than Wal-Mart, Kmart and Best Buy," said Lisa Savits, a sales associate in the bookstore.

The hours for the bookstore are Monday through Thursday 8 a.m. to 4:30 p.m. and Friday 8 a.m. to 4 p.m. The location is near the Courter Center for the students who are in a hurry to shop for what they might need

and get to their next class on time.

"I bought a three-ringed binder and a notebook here, which was a big convenience for me because I did not have time to shop around for these supplies," said Robert Snyder, a second year student at DMACC.

Many students in college are unable to afford to pay for their school supplies on their own. This is what financial aid is used for. Emmy Hernandez, a first year student at DMACC said, "For me, shopping at the DMACC

bookstore was a big convenience because my financial aid covered everything I purchased there. I didn't have to waste gas driving to other stores and pay for items out of my own pocket."

A portion of the items purchased in this store go to funds for DMACC, so the more students purchase here, the more they are helping the college. "Any support that students give to the bookstore directly affects DMACC," said Carol Petersen, store manager.

NEWS BRIEFS

New SAC Officers

Student Activity Council elected its new President, Marni Jacobsen, and Secretary, Cassie Nauholz.

SAC Blood Drive

The SAC has announced a Blood Drive on the DMACC Boone Campus to support the Blood Center of Central Iowa. The blood drive will be held Tuesday Oct. 20 from 9:30 a.m. to 12:30 p.m. in the Courter Center. Students can schedule an appointment to donate online at www.bloodcenterofiowa.org or contact Steve Krafcision at extension 5078.

Graduation Application

To receive a degree students must fill out the graduations application at go.dmacc.edu/handbook/graduation/pages/application.aspx. If a student has not completed the last 10 credit hours at DMACC they will need to complete "The Last 10 Hour Waiver Form." This form is embedded within the online graduation application. Students are encouraged to use the online application. All advisors and counselors may submit the application for the student.

Spring 2010 Registration

Returning Career Ed: Oct. 21 through Jan. 16 at noon
Returning Arts and Sciences: Oct. 27 through Jan. 16 at noon
New Career Ed: Nov. 4 through Jan. 16 at noon
New Arts and Sciences: Nov. 10 through Jan. 16 at noon
Late registration: Jan. 11 through Jan. 16 at noon

DMACC Fall Concert

DMACC Ankeny Campus Fall Concert 2009 will be held at 7:30 p.m. Sat., Oct. 17 in building 6 on the DMACC Ankeny Campus. DMACC's Concert Choir, Chamber Ensemble and volunteer ensembles will perform. Following the concert, the audience is invited to a reception in building 5.

Holiday Gift Baskets

DMACC Pioneers will be offering Holiday Gift Baskets district wide for needy students and their families. Nominate a student at go.dmacc.edu/handbook/graduation/pages/application.aspx.

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NAMI holds a 5k walk

By **Derrick Roffman**
Staff Writer

On Oct. 3, hundreds of people gathered at Water Works Park in Des Moines to raise money and support The National Alliance on Mental Illness. Rita Davenport, Educational Advisor at DMACC Boone campus attended the walk. "There were a lot of people there for a good cause," said Davenport. "The weather wasn't very good, but people seemed to be into it."

NAMI held this walk for the Midwest portion of its national programs set up to help those in need of mental health resources. "I enjoyed it and I always do," Davenport said. Hundreds of people came together and walked a 5k in the clouds and rain. Spirits were high as people wanted to support their local teams and do their best to raise awareness.

Jonathon Moses raised over \$2,000. "I still have more coming in," said Moses about his money raising. "I wish more people could become involved with it," said Davenport.

Davenport has been rally-

ing to get positive programs for students on DMACC campuses for a few years now. In the spring semester of the 2009 year, Davenport was able to get a play put on by a nationally recognized group. The play was based off of the idea of Martin Luther King Jr. and Malcolm X meeting each other and how that would play out.

The most recent was Sean Campbell, a twenty-year-old mental health advocate that talks to schools around the country about his experience with mental illness and how he pulled through it.

Overall, Davenport does her best to help the students of DMACC and people suffering from mental illness by becoming involved and doing her best to raise awareness at events like the NAMI walk in her own spare time.

If you ever need some counseling or information you can make an appointment with the counselors. DMACC Boone campus has a very good group of teachers and workers that are striving for the success of all students.



Families walk to raise awareness for mental health.

Photo by Derrick Roffman

Are tobacco rules enforced

By **Shannon Jefferson**
Staff Writer

The DMACC Student Handbook explains the Smoke Free Air Act (H.F. 2212) tobacco laws that were passed July 1, 2008. According to the U.S. Surgeon General, tobacco use contributes to many health hazards, including second hand smoking. Tobacco is prohibited on all DMACC campuses and facilities. Effective July 2008, violators of Iowa's Smoke Free Air Act may be fined \$50 for noncompliance.

Students may wonder why all DMACC campuses are smoke free. DMACC supports the state of Iowa's efforts to eliminate smoking in public settings, promoting healthy lifestyles, eliminating second-hand smoke and littering, while reducing the risk of fire caused by smoking.

DMACC administration also believes that having a tobacco-

free campus would set a good example for young children and high school students. This will also get students ready for the work place. Some employers also want a smoke free environment.

The DMACC Web site says, the policy is not only for smokers. Use of any tobacco product on campus is prohibited. For example, any lit or unlit cigarette, cigar, pipe, bidi, clove and any other smoking product; smokeless or spit tobacco, also known as chew, dip, snus, or snuff are not acceptable. This policy doesn't mean that students may not possess tobacco products on campus; however, they cannot be in use.

There are consequences for tobacco use on campus. First violation: students will receive a letter from the executive dean of student services explaining that they have been observed not complying with DMACC's tobacco-free policy.

Second violation: a letter will be sent to the student by the executive dean of student services requiring the student to meet with either their campus provost, associate campus provost or ju-

dicial officer for a disciplinary conference to discuss the alleged violations of the Tobacco Free Campus Policy. Third violation: a letter will be sent to the student informing them that they are being fined \$50 for violation of the DMACC Tobacco Free Campus Policy. Subsequent violations: \$50 fine for each violation.

One DMACC Boone student who preferred not to be identified said, "The no smoking on campus rule is a little ridiculous since your outside. Some authority figures are stricter than others. Sometimes it's enforced and other times it's not." Korey Williams said, "I smoked on campus all the time last year and I never got in trouble. I don't think they really care."

There are many different opinions on whether the tobacco rules on campus are fair or not fair. However, the reason why DMACC is no longer allowing smoking on campus is because of the Smoke Free Air Act that was passed. DMACC is a public place and has to support the state law. Is DMACC truly compliant with Iowa's state law? Now that may be the question at hand.



Photo by Derrick Roffman

Pictured from left to right: **Maricia Johnson, Melissa Martin, Angela Leopold, Sarah Johnson, Nicole Young, Kara Stickau, Chelsea Truckenmiller, Trevor Gould, Sam Nelson, and Brian Horneff.** Playing the piano is **Steve Hoifeldt, DMACC Boone Campus choir director.**

Choir rehearses

By **Derrick Roffman**
Staff Writer

Not many people have heard of a choir at a community college, but there has been one for at least six years here at DMACC. "DMACC Concert Choir is a two credit class that is designed to be supplemented so it can be taken for the full two years," says Steve Hoifeldt, the director of the DMACC Concert Choir.

The number of people enrolling in concert choir is up to 11 students from last year's 9. "I think this is a balanced group of well experienced students," Hoifeldt said about this year's choir, "Everybody has to work together to make it come together."

The concert choir will be

performing at DMACC Boone campus sometime just before finals and is not yet scheduled. "We would like to visit and perform at the Ankeny Choir's fall concert," says Hoifeldt referring to the concert at the Ankeny campus on Oct. 17 at 7:30 p.m. that is free to the public and students of DMACC campuses.

"We may be able to take a few more students for the choir if they have enough experience and can get caught up," said Hoifeldt.

The concert choir meets three times a week Monday, Wednesday, and Friday from 11:15 a.m. to 12:10 p.m. There are also voice, piano, and guitar lessons available as classes where you can work with the individual teachers to tailor them to your schedule.



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Easy money

Ways to make money without holding down a job

By **Jamie Stueve**
Feature/Opinion Editor

Our economy struggles today, and with that, students fight to pursue and hold a stable job. Do not fret, fast cash is simpler than students expect.

Students can make easy money without a job right here in our area. If students do not have the time for a job, or are in between jobs, it is easy to fit in these opportunities while taking credits at DMACC.

Donating plasma: A plasma donation center is located off of Duff in Ames, right in the Aspen business district. Donators can earn up to \$50 a week by donating their plasma for research, immune deficiencies and hemophiliacs. These individuals have an inherited disease that prevents the blood from clotting properly. They also lack protein in their blood that helps bleeding stop, according to www.hemophiliavillage.com.

A student that currently donates believes it helps him receive some extra cash, "I donate because it's an easy way of making extra cash, which I like," said Richard Sheppard, a routine donator from DMACC, "I always try to go twice a week, it's the most they let you donate. Also you get paid more if you go a second time each week; \$20 your first time, then \$30 your second."

The first time students make a donation, there is a physical that tests their ability to donate. The phlebotomists then check vitals every time a student comes in to donate that proceeds the first time. Students should consider minor precautions to quicken the donation, "It isn't hard on your body like some people think it is.

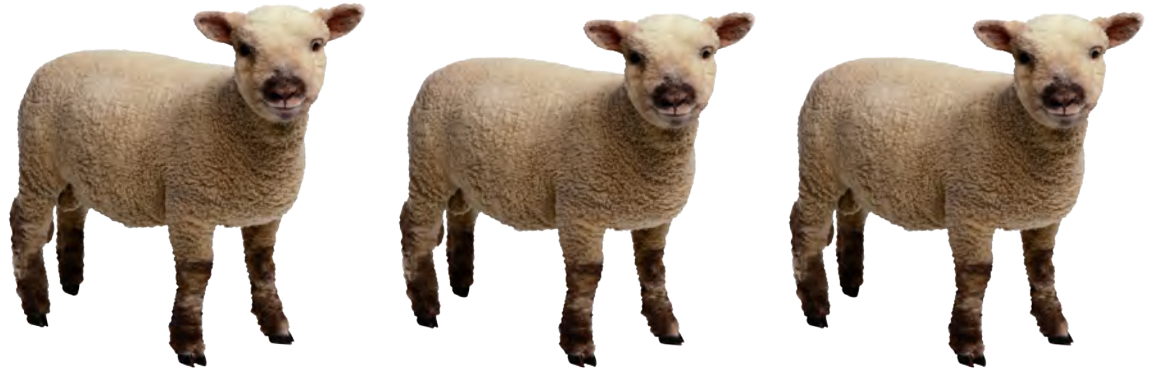
Make sure you drink plenty of water the day before you donate, it makes the donation process much faster," said Sheppard.

Return cans: Students constantly surround themselves in atmospheres where cans are in near sight throughout the week. Whether students crave their daily Mountain Dew or those beer cans lay around hopelessly waiting for attention, the exchange of cans for cash is an easy process that can add up and make a "Go Green" statement. "It's good for the environment! It might be a slight pain, but if I'm not busy some afternoon I'll do it and sometimes get \$50-\$100," said Chelsea Mcmillen, a student at DMACC.

Ebay: Yes, Ebay suits as another possibility. If students have that unopened, awkward present from that crazy aunt still up on that top shelf and do not know what to do or where to put it, or two of something with no need for the other-set up an account today. The process is fast and easy, with the owner of the account being the one in control.

Plato's Closet: The clothes with the tag still on it or in mint condition become the perfect candidate for this store. Students have the opportunity to sell the clothes they no longer need or use to make extra money. They prefer clothes that are name brand and gently used. The Plato's Closet nearest to DMACC Boone campus students is at the location of George M Mills Civic Parkway, in Des Moines.

If students struggle to find money for the weekend or that other bill that hangs over their head, these opportunities assist in small increments along with helping to save lives and the environment.



Counting sheep to fall asleep

By **Chelsea Magee**
Staff Writer

One sheep, two sheep, three sheep, four zzz...

Remember those good ole days when it was impossible to get to sleep, so the parents showed their secret ways on helping to fall asleep by counting sheep or saying the ABC's backwards. Well that old trick doesn't always work.

According to an article in USA Today, a study at St. Lawrence University in New York said, "Colleges are starting to wake up to how sleep deprivation cuts into the academic and athletic performance of their students."

Students tend to think that since they are on their own they are invincible, and don't need to sleep. Well this is completely wrong. Students often tend to put sleep at the bottom of their "to do" list; thinking that it's OK to run off of two to three hours of sleep every day. In some people's cases this is OK because their body can handle it, but in other cases running off two to three hours of sleep is definitely not the best decision.

At the University of Pennsylvania researcher Siobhan Banks, a lead author in the study says, "Sleep (deficit) up over just five nights can significantly stress the heart." Students lacking in sleep have a tendency to not concentrate well enough to achieve their full potential in classes.

One routine many students happen to fall into is to pull all-

nights to stay up and finish some big project or just going to social events. Pamela Thatcher, a psychology professor, says, "Many students believe that it's a 'rite of passage' to stay up all night during college and that 'it's kind of fun.'"

DMACC student, Jordan Arndt said, "My friends and I tend to stay up late playing addictive games on the Xbox, then we get hungry and do the late night McDonalds runs."

Studies show from www.sleepdeprivation.com, that students who are doing this are impairing their mental judgments and weakening their immune systems. Some people can't sleep merely because of breathing problems, such as snoring. Maybe it's a partner that keeps them up in late hours of the night due to the other one's snores, or maybe it's themselves that snore. Other causes of restless nights can be diseases that people don't realize they have.

Students can prevent their sleep deprivation in many different ways. The Web site www.sleepeducation.com listed some ways to help students get a good night sleep. According to the American Academy of sleep medicine, here are some tips:

Going to bed early. Going to bed at a decent hour will increase a student's chance of getting a full night of sleep, and will help them feel less sleep deprived in the morning. It is a proven fact that teens need about nine hours of sleep every night.

Getting out of bed. Most

students have the most difficulty falling asleep when it's time to go to bed because of all the days' activities going on in their minds. When this happens it's best to get out of bed and do something, such as reading a book, until your brain is fully relaxed and ready to sleep.

Limiting naps. Naps can make you feel refreshed if you avoid taking them longer than an hour, and make sure that they are taken before 3 p.m.

Making a routine. Try keeping your sleeping hours into a routine during the week and weekends. This will make it easier waking up for school when the weekend is over.

Avoid caffeine. Caffeine is definitely not someone's friend when they are sleep deprived. Try to avoid any drinks with caffeine in them in the late afternoon and at nighttime.

Winding down. Before going to bed take about 15 to 30 minutes of your time just to sit and relax. This will help to fall asleep much faster. Don't Eat as much. Eating a large meal is not a good thing to do right before bedtime. Try eating small snacks at least an hour before students go to bed. This will help by not feeling hungry right before students go to sleep.

Being deprived of a good night's sleep can cause much harm to the body. Everyone should try hard to get the right amount of sleep each and every night.

Meet members of Phi Beta Lambda



Dawn Thomas
PBL Vice President

Favorite Ice Cream
Peppermint

Favorite Activity
Sewing

Favorite Quote
"Treat others as you want to be treated."



Jill Siders
PBL Member

Hometown
Boone, IA

Favorite Activity
Reading

Favorite Quote
"Smile and the whole world smiles with you."



Joni Rentschler
PBL Member

Hometown
Boone, IA

Favorite Activity
Movies

Favorite Music
Country



Linda Plueger
PBL Advisor

Hometown
Ogden, IA

Favorite Activity
Spending time with family

Favorite Quote
"Enjoy life by helping others."



Stephanie Shipley
PBL Member

Hometown
Dallas, TX

Favorite Activity
Spending time with my son!

Favorite Quote
"You can only achieve what you set your mind to."

Boone campus hosts 2009 DMACC Volleyball Invite

Eric Thiel
Staff Writer

The DMACC Volleyball Invite took place on Oct. 9 and 10. Colleges Parkland, Longview, Iowa Central, Kishwaukee, Independence, Neosho County, and Marshalltown gathered together at DMACC's volleyball courts to square off.

DMACC played their first game against Parkland, and won. They also won their second game, which was against Independence.

On the second day DMACC played Kishwaukee, the second team in the nation. DMACC lost to Kishwaukee. The final game was against Longview, that DMACC won.

One of the DMACC players, freshman Sarah Davidson said, "We did pretty well. It took us awhile to kind of get used to things, We had to get used to their players and where they hit. And they're a good team, so it's good for us."

The team had some outstanding plays and the women played a great game. She added, "I think we all played together

pretty well, and you just had to rely on your teammates to be there."

Freshman Natalie Weis played with an injured leg; a strained inner thigh muscle. She said, "It was OK, my teammates gave me the good sets so I didn't have to move very far." She played at least half the time in all four games.

"We take one point at a time," said second year student Justine Young. "We lose one point, we get back and try to get the next. If we get knocked down, we get back up and keep going," she said.

Davidson said, "We play to the level of our opponents sometimes. I think we just need to play together. We know what we can do, we just need to come together as a team."

"Parkland is a pretty good team, and we pulled that off," said Second year student Bobbi Bayer. When Bayer was asked if she was ready for the next game she said, "Oh yeah!"

DMACC will play its next game at the Kishwaukee Tournament, Friday Oct. 16 at Wisconsin Dells.



Justine blocks a shot for the point.

Photo by Derrick Roffman



Mikayla #10, celebrates.

Photo by Derrick Roffman



Coach Harrison talks to her players during time out.

Photo by Derrick Roffman



Justine #9 celebrates getting a point.

Photo by Derrick Roffman



Natalie Weis and Tiffany Bormann block the ball.

Photo by Derrick Roffman



Sarah Davidson #7 spikes the ball to score.

Photo by Derrick Roffman

Golf season over

Brad Burton
Staff Writer

Coach Larry Briley and his golf team finished their season October 6, 2009. "It went about as expected," says Briley. Only having one returning golfer for the men's team and two for the women's team. It took a little bit more time for the freshmen to get used to the competition, the length of the course. Their sophomores have led both teams this season. Scott Harvey a

second year student at DMACC Boone Campus from Nevada leads the men's team and Madi Fischels also a second year student from Clear Lake leads the way for the women.

Dani Grantham, Mandy Kihlhaas, and Kenidy Eckerman are members of the women's team who have stepped up and done well. Freshmen on the men's team are, "learning what it takes at this level," said Briley, "I expect a better spring season, which is when it counts."

Opinion: Need for football

Eric Thiel
Staff Writer

DMACC has a great athletic program. The Boone campus alone holds all of the athletic sports, in which it has sent student athletes to major four-year schools through out the country. DMACC carries sports like baseball, basketball, volleyball, golf, cross country and even a dance team.

However, there is one sport that I feel this community college needs, one of which is a major sport in this country. Football. Other junior colleges like Iowa Central, Ellsworth, Iowa Western, and North Iowa Area Community College participate in the National Junior College Athletic Association for football.

DMACC would greatly benefit from this sport, by bringing in new student athletes and a wide new variety of spectators. The school would rack in money of course after spending a great deal to build the necessities needed for the sport. It will most likely work out in the long term.

'Zombieland': Epic portrayal of survival

By **Tanner Sandrock**
News Editor

Rules to making a zombie comedy: rule one, hordes of mindless brain hungry zombies. Rule two, a group of unlikely cohorts struggling to survive the zombie apocalypse. Finally, rule three, Bill Murray?

If you are anything like myself, you've grown up loving zombie movies. Watching them in hour blocks, back to back, for days not just in October. There's nothing like the depiction of burning cities, waves of flesh hungry corpses and buckets upon buckets of red corn syrup to get my blood pumping.

Ruben Fleischer's "Zombieland" was no exception. Loads of gore, waves of zombies, and enough scenes of devastated cityscape to make you think 2012 had arrived.

The story follows a young individual known as Columbus, played by Jesse Eisenberg, who has developed a set of rules to survive the undead wasteland. An unlikely survivor, spending most of his life as a shut-in suffering from irritable bowl syndrome, he'd rather spend his nights playing "World of Warcraft" drinking Code Red Mountain Dew, than making friends with his attractive neighbor.

On his trek to reach his home-

town of Columbus, OH, Columbus runs across a gun-wielding, slightly insane individual known as Tallahassee (Woody Harrelson) who seems to enjoy the aspect of zombie killing a little too much.

Tallahassee agrees to take Columbus as far as Texarkana but along the way they make a pit stop at a grocery store to try and fulfill Tallahassee's quest for the world's "last" Twinkie. There they run into a pair of sisters, Wichita (Emma Stone) and Little Rock (Abigail Breslin). Eventually the four join forces and set a new destination, an amusement park near Los Angeles that is rumored to be zombie free.

Together, this odd collection of personalities makes for quite a few laughs, and sprinkled with some gore-tastic zombie killing, you've got yourself a pretty passable zombie comedy.

As far as acting is concerned, Jesse Eisenberg seems to be playing his character from last April's "Adventureland," which was fun to watch given the new surrounding of a post apocalyptic world. Although, it seems very likely that Eisenberg is falling into that typecast of the Michael Cera variety.

Woody Harrelson was perfect for the character of Tallahassee and provides a great bad-ass gun slinging superhero. Harrelson quickly became my personal favorite with his coupled obsession

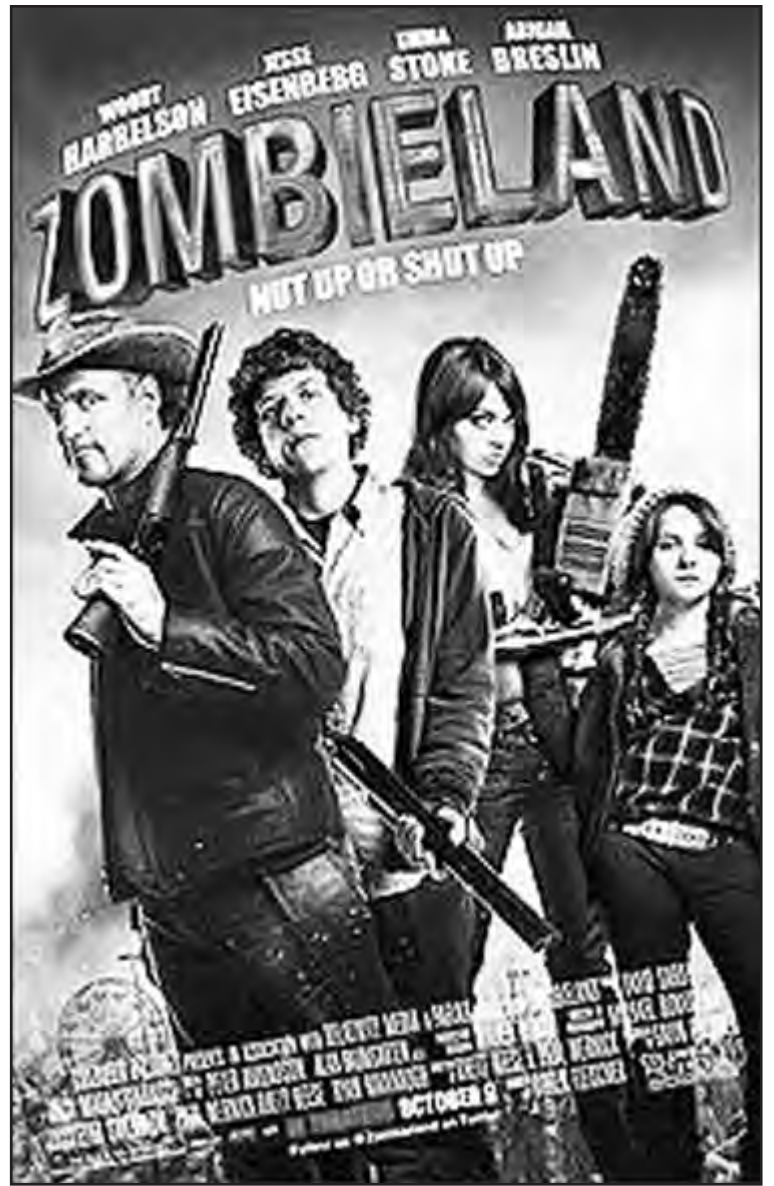
of zombie killing and Twinkies. He brought a much-needed insane aspect.

Emma Stone and Abigail Breslin wrap up the quartet nicely as the loving pair of sisters, completely devoted to each other and their survival, who spent their pre-apocalypse lives as con artists. You may remember Abigail Breslin from previous films such as "My Sister's Keeper" or "Definitely, Maybe." It was really interesting to see Breslin in a role outside the sweet little girl and overall she was able to pull off the juvenile delinquent quite well.

A few aspects of the film could be considered a little much. The cameo of Bill Murray, as funny as I thought it was, could by some be seen as a little excessive and, in a way, as an unneeded milking of Murray's ego.

Overall, "Zombieland" is one of those movies that if you love the genre, you'll love this film. If you're on the fence, you may want to check it out and decide for yourself.

If you can't stand the sight of fake human entrails, stay home. "Where the Wild Things Are" will be out this weekend and may be a better application of your hard earned cash. "Zombieland," for me, earns 4 out of 5 stars.



Where is your tuition really going

Staff Editorial

Every student pays tuition. However, many don't know where their money is going.

Some assume our money goes to faculty and upkeep of the facilities. In fact, a good portion of our student fees is given to the Student Activities Council and to DMACC athletics.

The estimated total budget of student activities for the 2009 school year was \$49,000. The higher the enrollment, the higher the total student activities budget will be. Vicki Lauzon, bookkeeper at the DMACC Boone campus, said, "It's all based on enrollment."

For each credit hour, a student pays \$1.05 that goes

towards the student activities budget. It's important to know that you're paying this amount for our campus's activities and clubs. For example, a three-credit course would generate \$3.15 and a four-credit course would generate \$4.20 from your tuition dollars.

We need to be aware of what happens with our money because as students, we accumulate debt like homework accumulates in our backpacks. If you don't know where your money ends up, it could get frustrating.

The SAC set aside \$9,800 for SAC-sponsored activities. That is one fifth (20 percent) of the student

activities budget. We already know that the SAC provides students with monthly and sometimes weekly activities. One example was the four-hour canoeing trip down the Des Moines River Oct. 9.

In addition, athletics received \$21,560; 44 percent of the students' activities budget. This portion of the budget is used for general athletic expenses.

Three other organizations: Banner News, Phi Beta Lambda, and Phi Theta Kappa, each receive nearly eight percent of the budget.

PBL uses their budget to send members to national and state conferences, as well as to provide activities

for the student body. They also conduct their bake sales, like the one on Sept. 17, to get more funds for travel.

PTK uses their budget for inductions, conventions, leadership workshops and membership fees.

The Banner uses their portion to cover printing cost, contest fees, and wire services. Instead of bake sales and fund raisers, they sell advertisements to cover the rest of their costs.

Now that you have a better understanding of where your money goes, and want a say as to how it is to be used, you could join the SAC. The next SAC meeting will be held in room

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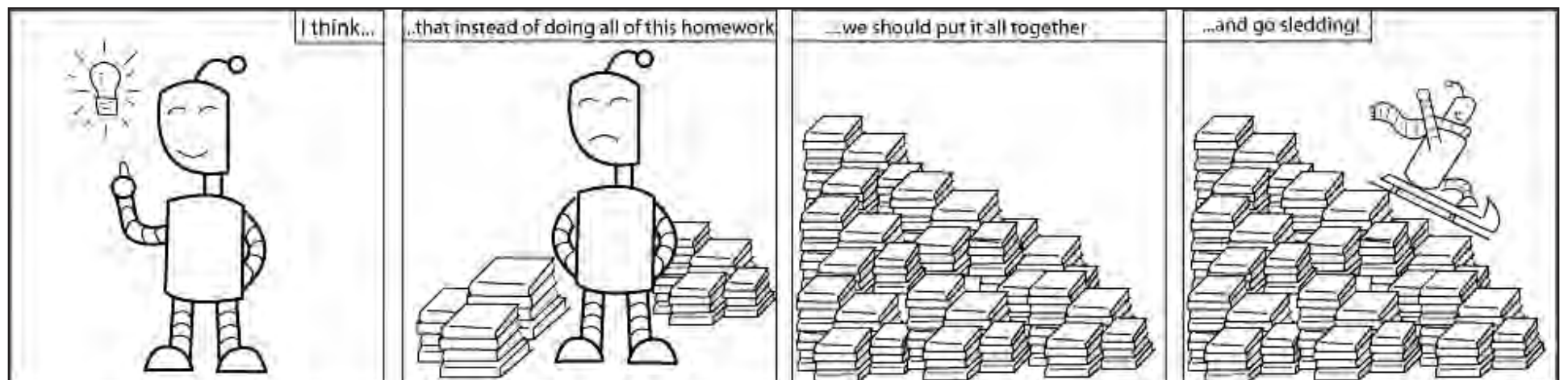
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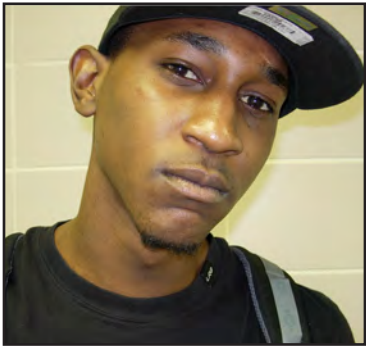
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Cartoon by Jessie Vrba, DMACC student

With 24 hours to spend a million dollars, how do you spend it?

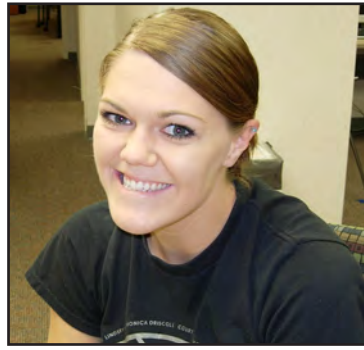
By Brad Burton



Daremey Steptoe, first year DMACC student
"\$250,000 on a house and \$750,000 at the car lot."



Richie Watkis, second year DMACC student
"I would give \$500,000 to my mom, \$350,000 on a Lamborghini and the rest at the mall."



Greta Billerbeck, Student Services
"Buy a big house on the beach and blow the rest on beach toys."



Lauren Juhl, first year DMACC student
"Travel to Paris and go shopping."



Eric Dorr, second year DMACC student
"I would give it to charities or soup kitchens because I have no use for it."

Fall into the spirit of the season



By Candace Daiker
Copy Editor

It's gorgeous and festive, it smells good, and it can be scary. Fall, also referred to as autumn, officially began on Sept. 22.

The season astronomically starts on this day because of the autumnal equinox that runs until the winter solstice on Dec. 22, according to the "Encyclopedia Americana." The fall season is the marking point for the transition from summer to winter, when darkness seems to fall earlier in the evening.

One of the reasons autumn is so celebrated is harvest season. At the end of the summer growing season, farmers are out in the golden-brown fields gathering their crops for sorting and cleaning, and sending them on to their designated destination.

Despite its' aesthetic value and profitable benefits that keep our Midwest farms thriving, harvest season is the time of year with the most deer-related car accidents. Iowa ranks fourth on the list of states where a collision with a deer is most likely for any one vehicle, according to a 2009 State Farm Insurance press release. The collisions are most likely in

the months of October, November, and December because it is the time of deer migration and mating season.

Autumn mornings can be an Iowa hunter's paradise. A full list of hunting seasons and license information can be found on the "2009-10 Hunting and Trapping Regulations" icon at www.iowadnr.gov/wildlife/files/iahunt-fish_regs.html.

Popular holidays and events take place in the fall and strongly define the season. Some of the holidays include Columbus Day on Oct. 12, Halloween on Oct. 31, and Thanksgiving on Nov. 26. The seasonal home decorations have flooded stores with fake fall leaves, pumpkins, scarecrows, and skeletons. It's also hard to forget that fall means school and mid-term exams, which means break is halfway here.

Fun Fall Checklist

You don't have to be 7 years old to enjoy holidays and the changing seasons. Remember how much fun you had being up to your elbows in pumpkin guts, rolling around in leaf piles, and picking out a Halloween costume when you were a kid? You're never too old to experience the simple things that make fall so different than any other time of year. Here are a few ideas to get you started:

Carve pumpkins. There are places that sell stencils or you can make your own before you start. I suggest carving the first idea that comes to your mind. Freestyle it and you'll probably be surprised with how creative you feel!

Go on a walk that has a lot of trees so you can crunch in the leaves. Ledges State

Park, right here in Boone, can be gorgeous any time of year, especially in the fall.

Get some hot chocolate and watch a scary movie. Try the 1978, John Carpenter version, of "Halloween." If you get scared easily, but still want to feel festive, Tim Burton's "A Nightmare Before Christmas" and "Beetle Juice" would be good choices.

Decorate your place for Halloween. The fake spider webs never go out of style. They can be cheap too---cotton batting can be found in the crafts or seasonal Halloween section for usually a dollar or less.

Make some sweet fall treats or cozy comfort food. If you're willing to take the 5 minutes to boil some water, stuffing can be super cheap, easy to make, and will make you feel like Thanksgiving is here already. (Also see the easy popcorn recipe on this page.)

Test your patience and navigation skills at a corn maze. A list of locations can be found at www.agriculture.stat.ia.us/AgDiversification/corn-MazeDirectory.asp

FALL RECIPE

2 pkg. Microwave popcorn (popped)
1 pkg. M&M's
1 jar dry roasted peanuts
1/2 pkg. almond bark-white or dark-melted

Pour melted almond bark over popcorn, M&M's, and peanuts.
Stir and enjoy!

All inked up



By Josie Kramer
Editor-in-Chief

Once we hit that 18-year mark, we're home free. We are considered adults, we can get a loan, buy smokes, and we can legally get a tattoo.

A tattoo is a work of art and the tattooist, the artist. Tattoos are called "body art" for a reason. As with any form of art, may it be music, poetry, drawing or painting, it takes creativity, skill, and practice. It takes time and dedication to do the work that these

artists do, just as much work as it would take to paint a mural. The art on one's body is that person's way of showing either what they feel, live for, or believe.

Tattoos date back to about 5,200 years ago, according to smithsonianmag.com. The Web site also said that an Iceman was found in 1991 that bore tattoos that could have been markings es-

entially therapeutic. Before that discovery, Egyptian women were the earliest known bearers of this art.

Tattoos are a way of expression; a symbol of meaning. The United States Bill of Rights states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof, or abridging the freedom of speech, or of the press..."

Abrogating the freedom of speech means that congress shall not deprive somebody of the rights to speak. Art is a freedom of expression that speaks to us. People have the right to speak with their art the way they choose; the right to speak with their tattoos. Likewise, people dress, act and do the things they do as a freedom of expression and speech.

According to powervers.com, tattooing has been around since 12,000 B.C. "Throughout history tattoos have signified membership in a clan or society...Romans marked criminals and slaves... The Ainu people of western Asia used tattooing to show social status."

Tattoos are used by many people for various reasons; culture, religion, simply for expression and sometimes style. Don't be that person who judges others that enjoy the art of tattoos.



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