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Banner News

Tanner Sandrock
Candace Daiker
Jamie Stueve
Eric Thiel
Shannon Jefferson

See next page for additional authors

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By Tanner Sandrock
News Editor

The Blood Center of Iowa set up and took donations in the Courter Center. Sponsored this time by the Student Activity Council, 15 students sat down and donated during their three-hour stay.

“It was a good turn out,” said Shawn Dolon, employee of the Blood Center of Iowa, “We come to this site two times a year and will be back March 25.”

Many students decided to donate, most with the intention of helping others. Chris Neagle said he donated because of his son who suffers with autoimmune disease. Neagle, who has donated in the past, also plans on donating again when the Blood Center returns to the Boone campus in March.

Caitlin Axland and Molly Boylan, friends and teammates on the Bears Women’s Basketball Team, both decided to donate. Boylan, who had donated before, said, “I feel good about myself. I feel like I saved a life.”

Axland, on the other hand had never donated, said, “I’m excited to give blood. I wanted to in high school but never could because I was in sports.” After giving blood Axland said, “Yeah it went well, I feel good about myself.”

 Fellow donor Michael Rand said, “I feel accomplished when I donate. I’m sure that someone’s life is saved.”

However, not everyone is allowed to donate. Cathy Fox, Blood Center of Iowa employee, said each person wanting to give blood must first fill out a questionnaire and undergo an on-site physical to check vitals. Also the blood is tested to be sure that the red blood cell count is at a certain percentage.

Natalie Derry, one of the students turned away, said, “I finally worked up the guts to give blood but they said I couldn’t give because my veins were too small. I was a little mad.” Site Coordinator Jane Weed assured Derry that she could later try again to donate.

More information will be given out for the blood drive scheduled for March 25 closer to the event.

Boylan: I feel like I saved a life

By Jamie Stueve
Features Editor

Boylan, a junior at DMACC, next to see the blood drive, said, “I feel good about myself. I feel like I saved a life.”

Boylan: I feel like I saved a life

By Jamie Stueve
Features Editor

A writing workshop is available to students on Nov. 11 in room 222 B for students to build their resume and cover letter. Linda Buxton and Krystal Herding will provide help for students to work on or build a resume and cover letter.

Students who have scholarships or a job application may bring them in to be revised or commented on.

They will advertise in “The DMACC Daily,” on the flat-screens located in the Courter Center and by the main offices in the following weeks, as well as more word of mouth.

A previous similar workshop was available to students in October, with one student attending. The lack of advertisement and student awareness did not work in the favor of the event. “Some students were not aware and it could have been a bad time of the day,” said Krystal Herdinger, who works in the writing center.

“They could be wrapped up in their schedules and not be thinking about filling out scholarships.”

Helpful reminders when students fill out a resume or cover letter, said Herdinger, “[Is to] keep track of volunteer experience, activities, clubs and keep a running list if you do something so you can add it.”

“Most importantly they should do research on where you’re applying to, it’s really about how you can contribute to the company,” said Herdinger.

Any application, resume or cover letter a student has started previously can be brought to the workshop but may not be covered in the time presented. The workshop will start at 1:25 p.m. and run approximately until 2:20 p.m.

Build a Resume Workshop available

By Candace Daiker
Copy Editor

Folding chairs lined both sides of the hall east of the Courter Center.

The chairs weren’t for extra seating, but each represented a death caused by domestic assault in Iowa. Since October is Domestic Violence Awareness Month, ACC/CESS, Assault Care Center, Extending Shelter and Support, set up the chairs and an informational table.

The chairs represent the past five years of deaths by domestic assault. There have been 75 in Iowa and the year isn’t even over yet, said Alicia Cox, Boone Outreach Co-coordinator for ACC/CESS.

The program, funded by the United Way of Story and Boone Counties, state and federal government as well as other contributors, provides 24-hour confidential outreach and inside shelter help for victims of domestic violence and sexual assault. They are a non-profit organizations, so services are free to any individual experiencing these circumstances.

Each chair lined in the hallway displayed a typed account of a tragic death that occurred in Iowa due to domestic assault. Two Boone Campus students, Shakena Varnell and Michael Odikiro, both killed December of last year in a domestic assault, were among those named.

Husbands, wives, individuals in broken relationships, and children each had a different story behind their death, some intentionally hit by cars, shot, strangled, beaten and stabbed.

This was the first year a pet carrier was set out with the chairs. Its sign read, “...all of the unnamed and uncounted animal deaths within the context of domestic violence. Many times pet murderers occur prior to homicides as part of an abuser’s tactic to try to maintain power and control.”

In addition to the 24-hour crisis phone line, ACC/CESS provides shelter, youth programs, individual counseling, support groups, advocacy, community education, and crisis response services from SMART, Story County Sexual Assault Response Team.

Continued on Page 11
Students encouraged to enter writing contest

Pritchard: Writing asks you to be more tuned to life. It asks you to get your nose out of your cell phone and into the life around you; yours, your family's and the life of others.

By Candace Daiker
Copy Editor

Students feeling the need to get some creative expression on paper and possibly published are in luck. Any full or part-time DMACC students enrolled in the fall 2009 semester, not only creative writing students, have the opportunity to enter the DMACC District-Wide Creative Writing Contest for the 2009-2010 school year.

The Ankeny Campus Student Activities Council and the DMACC Ankeny Campus Foundation sponsor the contest. Those interested in writing and needing encouragement or a boost of inspiration should, “just write,” said Sam Pritchard, an English instructor at the DMACC Boone campus, “Usually writer's block is from fear that it’s not good enough.”

Students can enter any variation of two to three selections of short stories and poems, but no more than three. Each individual work may be no longer than 20 pages, and specific format requirements must be followed. Cash prizes and a DMACC scholarship are available to those that have been selected to place. Award options are listed on the entry form that is to be filled out with each submitted piece, so individuals wishing to compete at the scholarship level must circle that option. The first-place scholarship writer can win a $1,000 DMACC scholarship, and the runner-up scholarship writer can win $500. Cash prizes for short stories and poems range from $25 to $100.

Winning entries will also be considered for publication in DMACC’s creative writing magazine, “Expressions.”

Students encouraged to enter writing contest

By Candace Daiker
Copy Editor

“I have worked in the ‘real world.’ I have experience. I view every aspect of a situation. I can see the beauty in everything,” I thought to myself. The truth is, I am stubborn. I thought, at age 23, I already had life figured out.

When I decided to go back to school, I realized there was a lot I was missing; like knowing where I want to go and how I’m ever going to make my money. Then, when I took creative writing, I realized there are things that will always be missing, but that I will continue to take on a different perspective of the world on a daily basis. It’s a perspective I have grown to love and appreciate.

I knew class would be interesting based on the first day, when we were encouraged to lie. Instead of trying to only narrate my own life experiences word for word, I was allowed to use my imagination to create characters and situations. I made the choices and the changes, and I was pushed to be creative. That’s the exciting part; as a writer, you are basically the “god” to your written world.

Poetry, a subject that used to make me want to get a root canal instead of writing it, ended up becoming one of my favorite art forms. I discovered that I didn’t have to rhyme every other word or make a cute little jingle; I just had to write something I really felt. I wrote “Hooky,” a poem about pretending to be sick just to stay at my grandma’s house all day. My creative writing instructor decided our class should have a public reading of our work in the library. I read it, I cried, and I was all sorts of embarrassed, but I learned that things inside me, and my emotions were clicking, and it was genuine.

I still don’t have life any more figured out, but creative writing has opened doors that I didn’t even know were in my blueprint.
Pioneers Holiday Gift Baskets
DMACC Pioneers will be offering Holiday Gift Baskets district-wide for those in need. To nominate a student go to go.dmacc.edu/pioneer/page/welcome.aspx. At the bottom of the page click on the link “Pioneers Student Food Basket Nomination Form.” Nominations are due Nov. 2 and need to be returned to the DMACC Foundation Office in Building 22 on the Ankeny Campus. Donations of non-perishable food items, gift cards to use to purchase perishable items, gas cards, small gift items, or cash are also being accepted. Please deliver these items to Melissa Breek in the DMACC Foundation Office in Building 22 on the Ankeny Campus.

Graduating Students
To receive a degree students must fill out the graduation 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 advisers and counselors may submit the application for the student.

H1N1 Vaccines
An H1N1 vaccine clinic is scheduled on the DMACC Boone Campus for Nov. 3, 1-5 p.m. in room 162. Please reserve your space and get information and a release from by e-mailing Connie Booth at cjbooth@dmacc.edu

Spring 2010 Registration
Returning Arts and Sciences: Oct. 27 through Jan. 16
New Career Ed: Nov. 4 through Jan. 16
New Arts and Sciences: Nov. 10 through Jan. 16
Late registration: Jan. 11 through Jan. 16

SAC Volleyball Tournament
Thursday Oct. 29 from 9-11 p.m.
The Student Activities Council will be hosting a co-ed two-person beach ball tournament in the gym. A $25 gift card and 2 lunch meals, up to $80 dollars each, will be given as prizes.

Soccer Kick Winners
Victor Lavieri, Dani Lang, Sherry Malin, Brandon Scott. Congratulations to the winners and good job to all who participated in this “Wild Wednesday” event.

Trouble Writing Research Papers
Students can find help for research papers at go.dmacc.edu/helpdesk/pages/welcome.aspx. Documentation on how to create an MLA or APA style paper can be found here.
Breast cancer affects faculty member

By Shannon Jefferson Staff Writer

McCaflrey has a family history of cancer. Because of this, she began having yearly mammograms at the age of 27. Increased 11 years ago with breast cancer McCaffrey still remembers like it was yesterday. The mammogram didn’t find that cyst. “I found the cyst, and so I am a strong advocate of all people, no matter what age or gender, for doing self exams along with other type of screening,” McCaffrey said.

She went to the doctor and had the cyst removed. She left the doctors office in pain but was lead to believe that everything would be okay. She returned back to the doctor’s office to have the stitches removed and the doctor then diagnosed her with breast cancer.

“I really don’t think that’s my cancer. Perhaps, the lab mixed up my results with someone else’s,” McCaffrey said, thinking that she was right. After realizing that she had cancer, she began to tell herself everything would be okay.

As appointment for a surgeon oncologist was made to make arrangements for surgery. Five days later McCaffrey had surgery at a Des Moines hospital where the surgeon also removed 19 lymph nodes and felt quite certain that he had removed all of the cancer.

After surgery a blood clot formed in her breast because of the first surgery that was done in the doctors office. Treatment could not begin until the blood clot was removed. “It was recommended by a medical oncologist and the radiation doctor that I do chemotherapy and radiation,” said McCaffrey.

“Because I couldn’t afford to miss so much work, and I would have had to travel for the chemo. I opted to do daily treatments of radiation. I felt good about this cancer not returning. That way I could work. The more treatments I had, the more tired I became, but I always remained up, probably because I was in a type of denial and felt that I could not, would not die. Radiation did scar my lung, a small price to pay for being alive. For five years I saw a medical oncologist and my surgeon every three months with the goal to take a drug called Tamoxifin, but I only took this drug for six weeks. After I read the side effects, I opted not to take the drug, even though my aunt swears it’s what saved her life. My aunt’s breast cancer was stage 4. She took the drug for 10 years,” McCaffrey said.

It is possible for cancer to return, however, Jerine McCaffrey has been cancer free for 11 years. She is confident that the cancer isn’t coming back. Because of her extensive knowledge of well-trained doctors, McCaffrey is still here today.

Being informed helps; that’s what women think breast cancer month is all about. Educating people about the disease and people to participate in the fight is what she has been helping researchers.

For the last 25 years, October has been breast cancer awareness month. Breast cancer awareness is to provide awareness, education, and empowerment. The National Breast Cancer Foundation (NBCF) is committed to spreading knowledge and fostering hope in the fight against breast cancer. This organization helps by funding mammograms for women who can’t afford them or support research programs. The NBCF encourages citizens to become active in the fight against breast cancer.

Many may be wondering what exactly is breast cancer? Breast cancer is a disease in which cancer cells form in the breast tissue. It’s considered the heterogeneous disease, meaning that it differs by individual, age group, and even the kinds of cells within in the tumors. Women in the United States get breast cancer more than any other type of cancer except skin cancer.

According to NBCF each year in the United States it is estimated that nearly 200,000 women will be diagnosed with breast cancer and more than 40,000 will die. Approximately 1,700 men will also be diagnosed with breast cancer and 45 will die each year. There are 7 different types of breast cancer. They are categorized by whether it begins in the ducts or lobules, the organs that are responsible for breast milk production.

Most people don’t think that men can get breast cancer. That is a myth. The percentage is small but not out of the question. Men can get breast cancer. That is the only time the word ‘cancer’ doesn’t always mean that there is no hope. There is a breast cancer survivor on DMACC Boone Campus, Jerine McCaffrey is an English professor on the campus.

Experts speculate that estrogen production in fatty tissue may be the link between obesity and breast cancer risk.

• Stay physically active. Regular exercise can help you maintain a healthy weight and, as a consequence, may aid in breast cancer prevention. Aim for at least 30 minutes of exercise on most days of the week. If you haven’t been particularly active in the past, start your exercise program slowly and gradually work up to a greater intensity. Try to include weight-bearing exercises such as walking, jogging or aerobics. These have the added benefit of keeping your bones strong.

• Consider limiting fat in your diet. Results from the most definitive study of dietary fat and breast cancer risk to date suggest a slight decrease in risk of invasive breast cancer for women who eat a low-fat diet. But the effect is modest at best. However, by reducing the amount of fat in your diet, you may decrease your risk of other diseases, such as diabetes, cardiovascular disease and stroke. And a low-fat diet may protect against breast cancer in another way if it helps you maintain a healthy weight—another factor in breast cancer risk. For a protective benefit, limit fat intake to less than 35 percent of your daily calories and restrict foods high in saturated fat.

A healthy diet and exercise will not guarantee anything, however it will give you a start toward breast cancer prevention. Understand you cannot control your genetic makeup or your age. Hearing the word ‘cancer’ doesn’t always mean that there is no hope. There is a breast cancer survivor on DMACC Boone Campus, Jerine McCaffrey is an English professor on the campus.
French student returns to his Iowa ties

By Chelsea Magee

Staff Writer

People can sometimes ask the most ridiculous questions. “Hey French kid, what's up? Are you really French?” “Do they have electricity where you’re from?” or “Are the girls in France really hairy?” Hadrien Meyer could probably write a book on all the questions he gets asked on a daily basis.

Meyer was born on Sept. 19, 1990 to the parents of Alain and Anne-Catherine Meyer. Meyer’s hometown is in Lorraine, France, which is three hours away from Paris and two hours away from Amiens.

In Meyer’s free time, he enjoys jamming out on his guitar or drum set, listening to music (he prefers American rock), playing soccer, football, and snowboarding with friends.

Meyer chose to transfer to Jefferson for his senior year and graduate. He then transferred to Jefferson-Scranon High School in the middle of his high school diploma. There he participated in football and track.

“I was extremely surprised on how warmly the people welcomed me when I first arrived in the states, even though they did not know me at all,” said Meyer.

Transferring to Jefferson was a big change for him because his high school back in France consisted of 1,300 students, while Jefferson-Scranon High School only had 450 students.

Meyer found that the American way of life was much easier than the French way of life. He feels America provides so many more opportunities in education, freedom, and career choices for the people here. He also loves the parties. He said, “Every time I go out with friends I end up meeting some of the craziest people. At the parties in France I would know every single person there.”

Meyer doesn’t like all the things in America. “There are too much fatty foods here,” said Meyer. In France, most of the food is extremely healthy, so having fast food restaurants all over being the ‘American’ way, was something that Meyer had to get used to. He was also upset to find out that the drinking age in Iowa is 21. In France, a person can buy beer at 16 and purchase liquor at 18.

Meyer has gone through some hardships living in the states. He often thinks about his family and friends back in France, missing them and wanting to see them. Meyer is only an international student out of the U.S. so he does not have a social security number. This means that he can not apply for financial aid or any jobs.

After high school, Meyer moved back to France to take a year off of college. He chose to come back to the states because of how much he liked it. Meyer wanted to come back to Iowa to attend the DMACC Boone campus coming in close to Jefferson, where all his friends are from, and is the one of the cheapest community colleges in Iowa.

Meyer is majoring in international business and is a part of DMACC, he plans on transferring to ISU for an additional four years. When he is all done with college, Meyer plans on staying in the states and living in the West Coast.

Meyer wants to give advice to other international students. He said, “Be open minded about everything, expect anything. Also, don’t think America is what you see in the movies.”

It’s sometimes hard to move away from family and friends to go to college or even high school. Meyer found this to be difficult, yet had some of the best times of his life when he came to a small town in Iowa.

Learn better dorm cooking

By Jackie Burrell

Contemporary Times (MCT)

There’s more to the col- lege experience than fascinating lectures, first parties and pricey textbooks. There’s all that ramen, measuring spoons, mixing bowls and dry detergent near the cooking area on the window sill: Fresh herbs, In the cupboard: Good quality, In the mini-fridge: Milk, Baked potatoes are also a reliable standby; try splitting and meat safely chilled. Don’t use a floor by a cat. Make a cat fish or vegetable broth. In the microwave and add store-

Whether it’s a tiny first kitch- en, a dorm room or just restock- ing time, these basics make cook-

In the cupboard: Good quality, In the mini-fridge: Milk, butter, yogurt, eggs and cheese. On the Window Sill: Fresh herbs, such as basil or parsley. Don’t Forget: A microwave- able bowl and mug, a small cut- ting board, utensils and a small, sharp knife.

STOCKING THE PANTRY

The trend of pets being shooshed out the front door or abandoned in forest preserves has put animal welfare officials on notice that coddled-strapped pet owners are in critical need of help.

“Obviously the goal is to keep these in the homes and out of shelters,” said PAWS Chicago founder Paula Fasseas, whose organization has deployed staff members to the Animal Care and Control lobby on weekends to counsel people who are coming to surrender their dogs and cats.

Here are some ways to keep your pet and still be able to pay the rent.

Foster Care: Having a friend, relative or neighbor take over the care of your pet is better than relinquishing or abandoning animals. Not just for the animal, but also for you and your family.

If you can’t find someone to foster your pet, contact your local shelter or a breed-specific rescue and ask about its foster program.

Low Cost Medical Care: Don’t neglect your pet’s health needs because of an inability to pay. Veterinarians are often open to compromise.

If you and your vet can’t make some financial arrange- ment, numerous organizations offer low-cost pet care. “People need to shop around for veteri- nary service,” said Charles Craft, supervising animal-care clerk at Chicago’s Animal Care and Control facility. “If you’re just looking for shots, PetSmart and Petco and others have low-cost offers.

Also nationally, the American Animal Hospital Association has its Helping Pets Fund (aahhpetsfund.org), which provides financial assis- tance to AAHA-accredited veteri- narians for emergency and non- elective care for those in financial distress.

Play Time: So now your pet is healthy and well fed. Let’s make sure he’s happy, too, with some toys. A dog’s best friend is a tennis ball. It’s as simple as they come and provides hours of entertainment. And you don’t even have to buy one. “You can go to any of the tennis courts,” Dale said. “You can find the courts close at 6, 7, 8 at night, and I guarantee you will find tennis balls.”

Another idea, assuming your dog doesn’t ingest plastic: Take a gallon milk jug (cleaned out, of course), remove the top and drop some small treats in it. The dog will hit it around, noisy but enthralling, to get to the goodies.

If you or your family can’t keep your pet, contact local or national rescue for emergency and non- elective care for those in financial distress.

General Tips: If you ab- solutely must give up your pet, don’t turn it loose. Call a shelter or call a breed rescue. “They’re coming into a shelter and they’re treated with compassion, no mat- ter what their outcome may be,” said Meyer. “But leaving an animal to fend for itself, be abandoned after it’s been a domesticated animal, is completely unfair to the ani- mal.”

For those on solid financial footing, be proactive. Put aside a little money out of each pay- check, as you would for a college fund for a kid, to have just in case the bad economy jumps up and bites you and your pet.
**Men’s basketball team ready to start 2009-2010 season**

*Coty Mallicoat  
Staff Writer*

The DMACC men's basketball season kicks off on Nov. 2 at home against the J.V. squad of William Penn. First year head coach BJ McGinn says the team is off to a good start.

“The practices are off to a solid start so far, we are definitely making progress. We’ve been getting better especially on the defensive end of the floor,” said McGinn.

With seven returning players from last year and nine new players coming into the program, the Bears are looking at a solid roster for the upcoming season.

“The guys are really working well together. The new players are adapting well to the program for sure. They are learning each other’s tendencies and styles of play,” said McGinn.

Although McGinn is a rookie head coach, he is no stranger to the Bears’ program. He had previously coached under Orv Salmon and helped the Bears to a record of 75-22 over three seasons.

He is leading the team along with new assistant coach, Matt Murken, and previous assistant coach, Spencer Esslinger.

During the 2008-2009 season, the Bears finished out with a final team record of 20-11. They also finished with a .500 average in the conference by ending up with a record of 6-6. “We just have to keep improving and getting better and better as the year goes on,” said McGinn.

The men have 19 home games this year and are rated 12 in the pre-season polls.

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### Men’s Basketball Home Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Opponent</th>
<th>Time</th>
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<tr>
<td>11/2/09</td>
<td>Monday</td>
<td>William Penn J.V.</td>
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<td>Tuesday</td>
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<td>Tuesday</td>
<td>Simpson J.V.</td>
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<td>3/1/10</td>
<td>Monday</td>
<td>Bellvue J.V.</td>
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*All times listed are p.m.*

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### Women’s Basketball Home Schedule

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<tr>
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*All times listed are p.m.*

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**Women’s basketball to kick off new season**

*Brad Burton  
Staff Writer*

With basketball season right around the corner, Coach Krafcisin and the women’s basketball team are looking forward to another year on the court.

“Our basketball ladies are working hard on and off the court in preparation for the upcoming season,” said Krafcisin.

The Bears bring back five players from last year’s season, including Cassie Naunhoz from Cedar Rapids, Marni Jacobsen from Spencer, Kayla Koeppen from Mason City, Dani Lang from Ankeny, and Danielle Daniels from St. Paul, MN. Daniels, who sat out the last half of the season with a knee injury, is looking forward to return to action in her final year in a Bears uniform.

The Bears are coming off a strong finish last year with a 24-6 overall record and finishing 13-5 in conference play. “We have high expectations this year,” said Koeppen. “We are all excited for this season. We have a lot of talent and we hope to go far,” she said.

The women have had two scrimmages so far. “They have been very helpful in seeing our strengths and things we need to work on,” said Krafcisin. Freshman Skylar Johnson, said, “I think we need to communicate more on the floor and let the games come to us, be positive and we should be fine.”

This year’s team has ten first year players who look to fill in the talent that was here the year before. “We have focused our practices on more learning and breaking high school habits in the past years, but I expect us to compete in every game and represent DMACC and their families in a positive light,” said Coach K.

The Bears will open their season up Saturday, Nov. 7 at DMACC Boone Campus, against Black Hawk-East at 2 p.m. Coach Krafcisin expects his ladies to play hard, play together and play smart.

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Keep up with DMACC Bears Basketball in the 2009-2010 Season!  
Visit  
www.dmacc.edu/athletics
Bears prepare for Regional Finals
Season begins to wind down: Final chapter of ‘09 Bears Volleyball

By Eric Thiel and Chelsea Magee
Staff Writers

The DMACC Bears played in a Triangular with Ellsworth and Grand View on Oct. 12. The Bears came out playing with a lot of confidence. After shutting out Grand View 25-13 and 25-14, they then turned around to play Ellsworth, beating them with 25-13 and 25-18.

DMACC lost to Kirkwood at Kirkwood on Oct. 21. Even though they lost, the players didn’t let it bring them down. Coach Patty Harrison said, “It’s hard to beat the same team three times in a row.”

Kirkwood won the first match with 17-25, but DMACC came ahead with the next two matches with 25-22 and an identical score of 25-22. The fourth match consisted of another loss for the Bears at a score of 20-25. In the end it all came down to the final match. However, Kirkwood took the victory in the final match ending the game with a 11-15. DMACC suffered the loss.

Coach Harrison said that DMACC was 2nd in the nation, but after the loss it will be 6th or 7th. The Bears have one more game at the Regional Finals and that’s what really counts, said Harrison.

Many Bears fans came to support the women in Cedar Rapids. Coach Harrison encourages everyone to come out to support the Bears for the Breast Cancer Awareness game on Nov. 3 and future home games.
**Flu season: Prevent lagging behind**

**Staff Editorial**

Missing a day of classes or work can be a real drag. The makeup can be even worse.

We miss days for a lot of reasons: the flu, economy, and sometimes for our family. We need to realize when this is getting too excessive or when we start to use them as excuses. Why put that stress of getting the makeup work done when we can avoid getting behind in the first place?

The best way to catch up when you get behind is to learn your lesson and not become behind again. This puts a big toll on your grade and your body. Life is stressful enough without having to add more to the endless list.

Don’t procrastinate. If your teachers give you a few days or more to get your makeup work done, do it immediately. The faster you get makeup done, the faster you’ll be to your usual self. You won’t have to worry about all the work piling up. Makeup plus the regular work when you get back will drain your mind and body fast and you’ll have to start the process over again.

To help keep caught up, get to know your classmates and instructors. Feeling comfortable around your peers will help encourage you to ask for help and guidance. Swapping numbers with a classmate will enable you call someone if you do miss class or if you want further instructions on assignments and due dates. Use the buddy system. We learned it in elementary school, why not use it now? Sometimes we can’t help but miss a week of work and classes. If you’re sick, stay home. Just because you miss a week doesn’t mean you have to get far behind. E-mail instructors and classmates to have them help you stay caught up. You can do your work from home and bring it back with you when you return.

WebCT even gives us easy access to “All Section Instructors,” “All Section Designers,” “All Teaching Assistants,” “All Students,” and “All Auditors.” We access this through our WebCT mail. With all those recipients, someone is likely to reply and help with your questions.

When you fall behind, remember to work hard and not give up. Talking to instructors can help them to know where you’re at and what your situations are. In most cases, they are willing to work with you. You just have to ask.

Make a visit to the Academic Achievement Center. At the ACC they can help and tutor you. You can get assistance on writing papers or essays. If you miss a test, this is the place for makeup.

Remember when you’re sick to stay away and when you return to catch up fast. The AAC is open Monday through Thursday 8 a.m. to 8 p.m. and Friday 8 a.m. to 3 p.m.

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**LETTER TO THE EDITOR**

**Improve Sally Mae: Remove federal and private loans**

Dear Editor,

Sallie Mae’s anti-student practices are overwhelming! They are destroying American students everyday through federal, and private financial aid loans.

Students are therefore forever grateful to the president and the congress for their recent action and appeals to them for more. They have finally brought some “change and hope” to American students. They have removed banks from lending federal financial aid.

This is an enormous step to bringing sanity to American education. Direct Loan, a government arm, will now be completely in charge of lending federal loans (Stafford etc) to students. This will of course save financial aid, lots of money, to use in enhancing Pell grant for students.

But more importantly, moving banks, from federal loans, will protect American students from the “millen” devastating, anti-student practices that these banks, most especially Sallie Mae, have practiced on students, for years. No wonder American students lag behind the rest of the world in college education.

When a major company that is supposed to be helping students, decides to bleed, harass, twist and do all other devastating hidden things on them, and gets them out of school, with thousands of never ending private loans on their backs and the backs of their parents, who co-signed these loans for them, one should not expect such a situation to produce great results.

The president and the congress should complete the good job they just started and remove Sallie Mae and its friends, from private loans and mandate Direct loan to take that over as well.

The president and the congress should be American students guardian angels and not only (1) remove banks from participating in federal loans, but also (2) remove them from participating in private loans and from (3) lending, servicing and consolidating these loans (federal and private).

Chinyelunwanne Ughanze
Bonne Campus Student

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**PCs not the only choice**

**By Austin Leeds Contributing Writer**

Microsoft Windows XP and Vista are current mainstays in the computer industry. But just because people use them, doesn’t mean they’re the only choice for the college student.

While DMACC and other college campuses are filled with Windows computers, teach Windows classes, and are generally less friendly with other operating systems, there are some ways of making your computer a personal item rather than a corporate one, while still staying compatible with DMACC’s web systems and classroom requirements.

1. Check out other operating systems (OSes): Mac and Ubuntu (a free Linux OS); are the two most common alternatives and are very user friendly. Microsoft Office is available for Mac in the DMACC Bookstore for $10, and Open Office, a free MS Office look-alike, is included free with Ubuntu.

2. Experiment with different web browsers: Since the death of Netscape Navigator, new, powerful browsers have come to seriously challenge Internet Explorer’s supremacy. Two of the best are Mozilla Firefox 3 and Google Chrome. Firefox is highly customizable and much more secure than Internet Explorer.

3. E-mail with style: Mozilla Thunderbird is a free e-mail client that can handle any e-mail service, even G-mail. Plus, who doesn’t love graphic emoticons?

4. Break free from stereotypes: Be a dual or triple-booster! Modern computers can handle more than one OS, so why not try something new? With Wubi, a Ubuntu installer for Windows, you can try out Ubuntu on your Windows partition (section of your hard drive), then take it off if you don’t like it or install it alongside Windows if you do. Windows and Ubuntu will both run alongside Mac OS X, thanks to Mac’s Boot Camp feature.

Want to learn more? Visit these web sites for more info:

www.dmaccbanners.com
www.Apple.com
www.mozilla.com
www.google.com/chrome

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**Have a voice!**

Submit letters to the editor. This is the fourth issue of the year and we have currently one letter submitted. (See above article for details.)

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**What are your views?**

**What do you care about?**

(Fred Mammel/ Tacoma News Tribune/MCT)
Participate in X-treme sports: Crank up your RPM

By Jamie Stueve
Opinion/Feature Editor

When my heart races, I am usually in an uncomfortable situation worrying about the outcome of the particular event or how awkward and coincidental my life is, once again. My adrenalin rushes through my body at skyrocket levels when I am in an intense situation. I always wonder why I search for and am eager to experience as long as I know how to do it, and I wanted to get out and explore. This is not all to save up a lot of money just to experience it. Everyone’s budget. Fun, as long as you know how to plan your trip.

I then went on an escape for the more extreme aspects of life. I knew there had to be something better, faster and scariest out there for me to do. Extreme sports seem to be the way to go for me when I am on the look to raise my RPM and grasp the outrageousness not many get to experience as a tangible substance. I encourage everybody to try something adventurous that would be in the category of an extreme sport at least once in their life.

The list for extreme sports is quite abundant and will give you a memory you won’t forget. They range from sand and dirt to snow and water or even just the fresh air gravitating you in a downward direction.

Two of my extreme sport experiences have got me aching for more. I got the first chance to snowboard two winters ago in Steamboat, Colorado. I literally smashed my body to no end trying to learn how to maneuver my way on sheets of snow. The experience in the same year. I could do it, and try something new and different.

When my heart races, I am an adrenaline junkie. It started out when I was just knee-high and wanted to jump off of cliffs, rollerblade down my street at a 90-degree angle and jump off the diving board. When I reached the fourth grade, I then graduated to my first rollercoaster experience and wave jumping experience in the same year. I could not get enough of these non-daily experiences.

Throughout the years, these experiences seemed to progress among the degree of extreme. Pretty soon rollercoaster’s, haunted houses or plane rides just wouldn’t grab my attention and raise my heart rate the way it used to, and the way I wanted it to. My friend, Tony Knotek and I in our diving gear ready to take flight off an official places or eating out every chance I had. Among the degree of extreme, I knew there had to be something better, faster and scarier out there for me to do.

I have come to the conclusion that I am an adrenaline junkie. The joys of planning a trip with a few of your friends can be fun, as long as you know how to do it, and everyone’s budget.

People think that they have to save up a lot of money just to get out and explore. This is not always true. Road trips should not be all about staying in the nicest places or eating out every chance one gets. They are merely to go and try something new and different.

Planning ahead is a vital part of taking a trip. People think that this is the most obvious thing to do, but usually put it off until the last minute and don’t get the best savings. A ton of money can be saved by deciding where to go, what to pack, and what places to stay at. Instead of doing it right then and there and having to spend more money than we really should, plan ahead.

Packing light is one of the important keys to saving money. According to Reader’s Digest, “Every 100 pounds in the trunk of the vehicle decreases the fuel economy by 1 to 2%; having a loaded roof rack can drag it down as much as 5%.”

Another important thing to do is tune your car up before your trip. Breaking down halfway there wouldn’t be the best way to start the trip. Camping is a big ticket to saving a ton of money. Live like by enjoying the great outdoors. Where else can someone enjoy sitting around a campfire roasting marshmallows and singing “Kumbaya?” If peeing by a tree wants to do by going about it in the cheapest ways possible.

I am awfully smashed my body to no end trying to learn how to maneuver my way on sheets of snow. The experience in the same year. I could not have asked for anything more intriguing and hair raising to experience in one’s lifetime. If given the opportunity to do it again, or everyday for that matter, I would not hesitate to plow myself off a step to free-fall against my better judgment.

Happy Halloween from Banner News

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10.28.09 PAGE 9
`Where the Wild Things Are':
Wildly entertaining

By Tanner Sandrock
News Editor

“Where the Wild Things Are” allows us to take a step into the world of a child. A world that we can’t control, a world of things we can’t seem to understand.

Spike Jonze’s adaptation of Maurice Sendak’s 10-sentence 1963 children’s book delivers an entirely different perspective on childhood years.

Max Records, a newcomer to the Hollywood world of film, plays an imaginative little boy who lives with his single mother and older sister. One night after acting out and hitting his mother on the arm he runs away from home out into the streets where he finds a sail boat which takes him across the ocean to a far off island. This strange island is covered in expansive forests, wide deserts, and is inhabited with giant creatures.

Max is crowned the new king and must take care of his new friends by keeping this ragtag family of creatures such as “Bear” and “Dolfini” in line. The movie features a scene that has Max, along with producer Nils Parker, decided to write a screenplay based on the book. I had to go see it. Just that saying the opening scene of the movie lets you know what you are getting into right away. This definitely is a movie where you may want to put the children and women to bed before seeing.

With crude language, sexual content, a scene that has Max, who is played by Matt Cranley, doing ‘number two’ while running down a hallway, and falling from a petrified perspective, the movie is being released on a whole new level. I loved it.

Max, along with producer

By Coty Mallicoat
Staff Writer

In 2005, Tucker Max, a former law student published a book called, “I Hope They Serve Beer At The Midnight Show”. This book eventually hit the best sellers list and had fallen into my hands as a freshman in college in 2006. Based on true stories about a group of friends in college, Max gets Pelligrino drunk, treats people terribly, talks about sex, drinking, going to strip clubs, and takes narcotics to a whole new level. I loved it.

With crude language, sexual content, a scene that has Max, who is played by Matt Cranley, doing ‘number two’ while running down a hallway, and falling from a petrified perspective, the movie is being released on a whole new level. I loved it.

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Max, along with producer

Paranormal punch out: Review of ‘Paranormal Activity’

By Tanner Sandrock
News Editor & Jamie Stueve
Opinion/Feature Editor

Tanner: Wonder what goes on when you close your eyes at night? Ever think that you may be followed by something from beyond this world? Ever think to watch these things on camera? Well, Owen Pelł felt the urge and turned his “real life” footage into “Paranormal Activity”.

The opening of the movie starts with a “thank you” to LA police and their “diligent work” for providing the footage, giving it a realistic feel. The fact that you relate to the characters’ average, everyday lives, the footage is being filmed from the perspective of one of the characters.

Due to the hype of the movie, I sat down in my seat before the previews with my goosenecks and clammy hands. I was scared to see the scare of my life! I tend to not be scared frequently with scary movies. The movie itself, however, gives you an unpleasant feel that keeps you asking for more. I don’t want to give the ending away but I will say it is one of those endings that makes you want to hit play and watch the movie over again.

The Hangover” then is also along those lines, but note that is “Hangover” material. Although this is yet another film with an overconfident leader of the pack and some of the adventures may seem a little far fetched at times, the characters in this movie work well together and make watching it worth your time.

If I had to rate this movie, I would give it three and a half stars out of five. Although this is one of my favorites as of recently, the movie set the bar high for me and it didn’t quite get there.
What would you do if you saw a ghost?
By Eric Theil

“T’d sh-- my pants!”
Chelsea Truckenmiller

“I’d take off running.”
Derrick Franklin

“I would shoot it with rock salt.”
Josh Schmidt

“Haul ass!”
Ed Boyert

“I’d get in the fetal position and cry.”
Rebecca Briggs

Need for Afghan surge
An increase of troops in Afghanistan will benefit the US and the Afghan people
By Eric Thiel

Sports Editor

It has been eight years since the war in Afghanistan that began with the mission to remove al-Qaeda and other terrorist organizations, but over the last few years insurgents such as the Taliban have been retreating even harder and the war continues to escalate.

While the Bush administration defeated the Taliban in Afghanistan within weeks, Osama Bin Laden and other members of al-Qaeda escaped to the mountains of Pakistan. Instead of the war in Afghanistan within weeks, Osama Bin Laden and other members of al-Qaeda escaped to the mountains of Pakistan. Instead of the war in Afghanistan within weeks, Osama Bin Laden and other members of al-Qaeda escaped to the mountains of Pakistan.

Afghanistan; he has sent 21,000 more troops at the beginning of the year to bring protection during the Afghan elections.

Yet, Mr. President is faced with another tough decision that could make or break his presidential career in this war. The newly appointed commander of Afghanistan, Stanley A. McChrystal requested for 30,000 to 40,000 more troops in Afghanistan. A surge is needed or the war may be lost, McChrystal says, “While the situation is serious, success is still achievable.”

Some Democrat politicians say the war should be downscaled to a more counter-terrorism focus, yet security over the people of Afghanistan could be lost. With opposing Democrats to the troop increase, Obama finds it hard to gain support. President Obama states that Afghanistan needs a clear mission and military means cannot win it alone.

The United States believes its top priority is to win the hearts of the Afghan people, and defeat the Taliban second. Securing the support of the people of Afghanistan rather than killing militants would bring a more progressive counter insurgency strategy. As of now, jobs are being created for the Afghans. Remote villages are now provided with wells for drinking water. Schools are being built allowing females a chance at educational freedoms.

The U.S. continues to train Afghan security forces to protect and take care of their own nation so an exit strategy will be possible for the U.S. and its allies. When Afghanistan becomes developed enough to sustain itself and remain secure, the mission objectives are achieved. A surge would stabilize dangerous areas in the nation and allow progress for the objectives.

Counter terrorist attacks will continue with air strikes on focused al-Qaeda targets, and NATO forces will focus on keeping terrorist organizations out of Afghanistan to prevent al-Qaeda or the Taliban from building havens in the nation. Stability in Afghanistan will create security throughout the world.

The International Security Assistance Force (ISAF) established by the United Nations Security Council, that is comprised of more than 40 nations who support and aid the involvement in Afghanistan in working towards security and development, with its commitments has helped unity of the world to help a less fortunate nation strive to survive and fight for a just cause.

Mr. President will take the time to look at all options on the touchy subject, but hopefully he will make a responsible decision for the future. With the modern world becoming involved, it has opened the way for a world working towards prosperity, opportunity and peace for all.

In the amount of time given,” said Hering.

“We run out of time at [the workshop] so students can bring them it to the writing center to get additional help.”

They can also be reached on the Web at access@assaultcarecenter.org or assaultcarecenter.org.

“Our goal is to bring awareness. A lot of people don’t think it happens in Iowa. When they see it (the reported deaths) on the news, it doesn’t always get connected to domestic violence,” said Cox.

What would you do if you saw a ghost?

By Eric Theil

Resume writing from Page 1
Buxton and Hering will hand out example cover letters and resumes for students at the workshop. “I encourage students to bring their started resumes, scholarships or job applications but we can not cover everything.

Domestic violence from Page 1
Their informational brochures list fact about domestic violence and sexual assault, explain their mission and goals, give their program’s history and ways volunteers and community members can help contribute to their cause.

Victims or individuals wishing to help can contact the Boone center at (515) 432-3606, or the crisis line at (515) 29-ALERT.

‘Paranormal Activity’ review from Page 10
Tanner: Okay I will admit that the demonic aspect does give me the creeps, but again, knowing that it’s all scripted makes it a little bit of a downer, along with making me a little upset that I didn’t have the idea first.

I guess my biggest argument against this film would have to be its plot, or lack there of. Terribly thin and with obvious holes in logic you spend the whole movie, if moving me a little upset that I didn’t have the idea first. I guess my biggest argument against this film would have to be its plot, or lack there of. Terribly thin and with obvious holes in logic you spend the whole movie, if moving me a little upset that I didn’t have the idea first.

This movie is basically a terror junkie’s dream. It has a bad story and relies completely on just making you scream, if moving doors and flickering lights scare you, but if that’s all you’re looking for you may have found it with this one.

For me, “Paranormal Activity” was a weak attempt at a shock fright horror movie and if you are a big horror movie buff prepare to be disappointed when this one doesn’t match the hype.

Jamie: Well for me, “Paranormal Activity” initially scared the living sh-- out of me, and if you’re not skeptical like Tanner you’ll probably be equally as freaked out.

It’s finally Halloween and I decided to be a pirate! Sci could wear an eye patch...

...and have a sweet beard!

Too bad all of my friends had the same idea...

Cartoon by Jessie Vrba, DMACC student
Halloween Horror-scopes

By Candace Daiker

Scorpio (Oct. 23-Nov. 21) Symbol: The Scorpion
This week could be a double-bladed ax for you. You’re making good progress on current endeavors, but watch your backswing; you may cut someone’s head off.
Costume: Al Bundy from “Married, With Children”

Sagittarius (Nov. 22-Dec. 21) Symbol: The Archer
If you hear a noise late at night, don’t go check it out. You might want to be the brave one, but next thing you know, you could be face-to-face with a masked creeper holding a large kitchen utensil!
Costume: Michael Myers from “Halloween”

Capricorn (Dec. 22-Jan. 19) Symbol: The Goat
The lights came on by themselves. The door is open when you shut it. The curtains are blowing but the window is closed. You felt someone behind you when you’re home alone. There’s a scientific explanation for everything...right?
Costume: Jason Voorhees from “Friday the 13th”

Aquarius (Jan. 20-Feb. 18) Symbol: The Water Bearer
You’re not “too scared” to go to a haunted house; you just feel claustrophobic and don’t want to risk punching everyone that tries to jump out at you. I believe you.
Costume: Max from “Where the Wild Things Are”

Pisces (Feb. 19-Mar. 20) Symbol: The Fish
Now would be a good time to think happy thoughts before bed. If you’re thinking negative thoughts and have a nightmare, it’s bound to feel more real. Sweet dreams.
Costume: Freddy Krueger from “Nightmare on Elm Street”

Aries (Mar. 21-Apr. 19) Symbol: The Ram
Maybe it’s because of Halloween coming up, but you’ve been feeling more paranoid than usual. The next time you feel like you have a creepy-crawly spider inching up your arm, calmly take a look instead of freaking out. If you really do find a spider, at least scare your friend with it.
Costume: Chucky from “Child’s Play”

Taurus (Apr. 20-May 20) Symbol: The Bull
Keep your cell phone fully charged at all times, and if that’s not realistic, keep an extra charger close by. If you get stuck in a scary-movie-situation, be the smart character. The last thing you’ll want to see is “low battery.”
Costume: An Oompa Loompa from “Willy Wonka and the Chocolate Factory”

Gemini (May 21-Jun 20) Symbol: The Twins
With all the crazy makeup, wigs, and fake blood caskets in stores right now, it would be the prime time to play a prank on a friend. Something as simple as showing up at their door in a stupid mask or covering their room with toilet paper should get the Halloween prank war started.
Costume: Jigsaw puppet from “Saw”

Leo (Jul. 23-Aug. 22) Symbol: The Lion
If you hear a rustling in the bushes, it’s best not to check it out. Haven’t you ever seen a scary movie? Maybe a person won’t be jumping out at you, but even so, why would you want to risk getting jumped by a raccoon?
Costume: The Joker from “The Dark Knight”

Virgo (Aug. 23-Sep. 22) Symbol: The Virgin
Watch what you say and how you treat others. No one wants enemies. If you’re a friendly person and follow the golden rule, good karma will be coming your way sooner than you think.
Costume: Teenage Mutant Ninja Turtle

Libra (Sep. 23-Oct. 22) Symbol: The Scales
Throw away the pains from your past. You don’t need to wait to make a new year’s resolution to spark some positive changes in your life. Harvest season can symbolize the end of one chapter and beginning of a new one.
Costume: Transformer

(C) 2009 Laurie McAdam/Modesto Bee/MCT