Banner News

9-30-2015

Banner News

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Iowa Nice Guy visits DMACC

By Jesse Rose
Banner News Staff

Scott Siepker, the man behind the viral "Iowa Nice Guy" videos, spoke to students of the Boone DMACC campus on Sept. 23 about freedom of speech and how the power of the Internet is guiding it.

"The Internet is making free speech global. You can say anything anywhere and by a click of a button anyone can see it," Siepker said. "I think we are... beginning a renaissance and that is all because of technology and the Internet."

Siepker visited Boone to help celebrate Constitution Day, which was Sept. 17. His message focused on the power of the First Amendment.

Siepker is most known for his Iowa Nice videos as well as for being part of a segment in ESPNU’s college football programming from 2012 through 2013.

Siepker’s message at Boone was all about the First Amendment. "Free speech is not speech without consequence," stated Siepker. "There is a difference between free speech and political correctness."

Being a comedian himself, Siepker spoke on the content in which comedians are able to freely speak. "Without having comedians stepping over the line, freedom of speech would not be as advanced as it is today. There is a time to be outraged but sometimes we just need to back off and not be offended. You need to consider the source from which the speech is coming from."

Siepker’s other key message of the day was that you can do anything you want right here in Iowa. He put that into perspective by saying, "I am an actor in Iowa, let that sink in for a moment."

DMACC student Brendan McGuire said this of the Siepker message at Boone, "I really enjoyed listening to Scott. He was very interesting and funny to listen too. I found it very very cool and inspiring how anything you want can be said here in Iowa and is famous all over. It really proves that anything is possible."

More on Constitution Day, pg. 6

To view Scott Siepker’s videos, visit his youtube channel at https://www.youtube.com/user/IowaFilmmakers
Start Now! 
Visit the Writing Center

Whether you’re writing a research paper, completing journal entries, composing a personal narrative, or preparing a speech outline, the Writing Center is here to help all writers from any course. Writing Center consultants have a variety of writing and life experiences, making them knowledgeable and friendly. You’re welcome to stop by at any time during our hours to ask a quick question or to work on your writing.

This semester we’re offering specialized, one-on-one sessions on the following topics:

- Scholarship Essays
- Critical Reading Tips for Writers
- Life Hacks to Avoid Procrastination
- Microsoft Word Boot Camp
- Ways to Tackle a Research Assignment
- Résumés and Cover Letters

We look forward to meeting with you!

Fall Semester Hours
Boone Campus, Room 170
Monday-Friday 9-12 and 1-3
Ames Hunziker Center
Lobby
Monday-Thursday 4:30-6:00

For more information, stop by the Writing Center to see how we can help you. You can also find more about us by visiting our website or finding us on Facebook.

https://go.dmacc.edu/boone/writingcenter

Important Deadline:
DMACC Foundation Scholarships are due October 30, 2015.

For details, please visit: https://go.dmacc.edu/foundation/Pages/scholarship.s.aspx

Krystal Cox
DMACC Boone Campus
Writing Center Coordinator
kcox@dmacc.edu
515-433-5212

DMACC Foundation scholarships opportunity
If you are a DMACC student enrolled in 6 credit hours or more and have a 2.0 GPA, don’t miss out on this great opportunity!

The Spring/2016 DMACC Foundation Scholarship is NOW AVAILABLE ONLINE!
Application deadline: Friday, October 30th at 4:00 p.m., Central Standard Time.

These scholarships may be applied toward tuition, fees, and/or book charges at DMACC for the semester for which the award is given.

To learn about the specific award criteria and to apply online, visit: https://www.dmacc.edu/foundation/Pages/application.aspx.

If you have any questions, please contact Sue Rardin, Financial Aid Specialist-Scholarships, at 515-965-7179 or via email to: sgrardin@dmacc.edu.

Transfer Program
Have you heard about the University-College Transfer Program at DMACC? If not, check out the following website at https://go.dmacc.edu/uct/Pages/welcome.aspx. The goal is to guide you through your two-year degree and to prepare you for the four-year college of your choice.

Honors seeks applicants
The DMACC Honors Program is seeking highly motivated students to apply for honors. There are openings for current DMACC students who want to challenge themselves and graduate from the Honors Program. If you have completed one college-level English and one college-level math class or are currently enrolled, you have completed a minimum of nine (9) college credits and fewer than fifty (50) credits at the end of summer with a cumulative GPA of 3.5 or higher, you are eligible to become a DMACC Honors Student.

To read more about Honors and submit an application, go to dmacc.edu/honors and get started on your way to a rewarding, challenging educational opportunity.

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FALL 2015

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dmacc Boone campus 

9.30.2015
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LGBT rights advocator visits DMACC

By Jesse Rose
Banner News Staff

Zach Wahls traveled to the DMACC campuses on September 23 to advocate LGBT rights and to explain his personal story of growing up with two lesbian moms.

Wahls began his speech, which was sponsored by the DMACC Diversity Commission, by explaining how his family growing up was similar to everybody else’s. “They don’t have gay cars, gay silverware, or a gay dog. They are not gay married. They are just married. “We are a normal family. The sexual orientation of my parents has had zero effect on the content of my character.”

Wahls is the son of two lesbian moms and grew up in Iowa City. He became an internet sensation when a speech he made to the Iowa house of representatives in 2011 went viral. In this speech he spoke from experience on why gay marriage should remain legal.

“Our family is not different from any other Iowa family” stated Wahls. “We eat supper together, we go to church together and go on vacations. We have our hard times too, we get in fights. We just lowsans. We do not expect anybody to solve our problems for us, we will fight our own battles. We just hope for equal and fair treatment from our government.”

“He was a great speaker, who easily captured the attention of the audience,” said DMACC student Emily Knittel. “Whether or not you agreed with what he was saying, it was worth your time to listen to what he had to say.”

Phine Theta Kappa welcomes new officers, members

The officers of Phi Theta Kappa, Boone Campus, fall 2015

The fall 2015 induction ceremony for the honor society Phi Theta Kappa was held Sept. 22 in the Boone campus auditorium. Dr. Wayne Rouse was presented an honorary Phi Theta Kappa Membership at the induction ceremony. He also was the main speaker for the induction event.

A short history of PTK by Sandi Johnson:
Phi Theta Kappa, Tau Phi Chapter was started in 1968 with the charter completed in April 1969. Students have held local office, regional office, and international offices. Phi Theta Kappa students have participated in local service projects: food drives, coat drives, cancer camp, In My Boots 5K, environmental clean-ups at a local park, area ditches, the River Romp, and many other projects.

Service, leadership, scholarship, and fellowship are all disciplines of the societies four hallmarks.

New inductees include the following:

Kelly Anderson
Rocky Anderson
Wendy Bass
Kourtney Bowlin
Tiffany Bosse
Elizabeth Brant
Bailey Burke
Megan Caruso
Taylor Case
Marquise Crowe
Quinn Delaney
Scott Dillavou
Claire Dudek
Ashley Dumler
Sarah Giese
Cassie Goepfert
Cassie Harrington
Kailee Hoover
Casi Johnson
Mackenzie Jones
Brian Kirkpatrick
Emily Knittel
Jacob Krafcisin
Andrew Kramer
Rachel Kuebler
Brandie Lee
Ashley Leeds
Chia-Hsuan Liu
Germaine Mbou-
Ndoutoume
DeJanee McAtee
Brendan McGuire
Katherine Men-
Kimberly Nesbitt
Sean Noel
Emmy Olson
Madison Packer
Kiana Peterson
Naomi Petrich
Madi Pfeffer
Brooke Rasmussen
Madison Rasmusson
Braxton Risetter
Elizabeth Rohret
Alexis Slade
Brett Slight
Jordan Tiollion
Allison Waters

More information about Phi Theta Kappa, Tau Phi chapter can be obtained from any one of the advisors: Nancy Woods, nawoods@dmacc.edu 515-433-5061
Stacy Amling, slamling@dmacc.edu 515-433-5089;
Sandi Johnson, sjjohnson@dmacc.edu 515-433-5026.

Meetings will be announced on the message boards.

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Fight Hate Groups
Teach Tolerance
Seek Justice

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www.GrassrootsCampaigns.com for more information
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Consider the Bachelor of Applied Studies now celebrating its 10th anniversary

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Rural policy without the barn
By April Schumann
Banner News Staff

*This story originally appeared on our website, bannernews.org, on 9/27/15

On Wednesday, Aug. 26, Hillary Clinton made an appearance at the FFA building on the Ankeny campus to discuss her rural policy.

The day was quite sunny, but that didn’t seem to bother the crowd much as they waited outside for security to do a sweep of the building before checking each person and all bags before allowing them entry.

Of about 100-150 people in attendance there were several distinct groups of supporters, including a group of about 10, all clad in red shirts, who said they were there as representatives of AARP.

After a wait of about an hour, the crowd quieted and a few were heard making comments such as “Here we go” and “This is it.”

The van Hillary Clinton was traveling in had arrived and could be seen through the front of the building. You could feel the anticipation building up in the room as everyone waited attentively for the candidate to make her entrance.

Clinton and former Gov. Tom Vilsack, currently the U.S. Secretary of Agriculture, were briefly introduced and then there were whistles clapping and cheers as everyone stood to welcome them onto the stage.

Vilsack was there to break the ice and introduce Clinton and her topic for the day.

After a well-spoken introduction, including mentioning a few of her accomplishments and a joke about Donald Trump, Vilsack then turned the microphone over to the woman of the hour.

Clinton started out by saying “You’re probably all wondering why I’m giving this speech at a community college instead of in front of a barn or a bale of hay.” She then went on to tell of her ideas on reform and making college education more accessible to everyone who wants it.

Afterwards talking to Sandy Martin, a woman who seemed especially excited to have been there, she said she definitely was ready for Clinton to be in office because she felt that it was needed.

She went on to explain “…and it’s not a gender thing either, it’s because she has proven herself dependable.” She pointed out how Clinton had been “breaking bars” since 1973 and pointed out some specific examples.

A student interviewed later who had just gotten out of class was 19-year-old Aric Schwery. This will be his first time voting in a presidential election and when asked if he was ready for Clinton in office he seemed unsure. When talking about what to do to be ready to vote and make the best decision about who to vote for, he said if it was between Trump and Clinton the answer would definitely be Clinton, but that the best advice he could give was “Research… research… research.”

Clinton finished her day out by speaking in two other locations in Iowa, including Sioux City.

National poll

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<td>Trump</td>
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Note: Republican primary poll results include the second choice of Scott Walker voters.

Source: Quinnipiac University

Graphic: Tribune News Service

2015
Lady Bears look toward National Tournament

Volleyball team hopes to top 2014’s 6th place finish

“If this story originally appeared online at bannernews.org on 9/22.

By Jesse Rose
Staff Writer

The DMACC Bears volleyball team is looking to regain the momentum from last season in order to top their sixth place finish in the national tournament.

“I think we have a team that can definitely make it back to the national tournament,” said head coach Patty Harrison. “We have a great foundation already set up with two All Americans from last season as well as a good group of freshmen talent.”

The lady Bears finished the 2014 season with a final record of 33-9 and with a sixth place finish in NJCAA DII National Championships, along with capturing their second consecutive conference title.

"Before we can focus on that national tournament, we need to take care of business and focus on winning the conference title and winning our region," Harrison said.

Leading the Bears’ charge is, again, Harrison, who is entering her 11th season at the helm of the Bears team. Also returning for DMACC is sophomore Taylor Case. Case was a major factor in the Bears 2014 success as she was named first team all conference, as well as a first team All American and she was named to the NJCAA DII National All-Tournament team.

Case said she is very optimistic about this seasons possibilities. “We want to reach our highest level of potential because we have a lot of talent on our team this year. We have the same goals as last season to win the conference and go back to nationals to make a name for ourselves,” she said.

Case is not the only returning Bear that received recognition following the 2014 campaign. Shelby Schouten was a second team All American in 2014. She was also named to the first team all conference. Other key returners for the Bears include Tatum Meyer and Brooke Rastausen.

The Bears are also looking to a core of freshmen to help them return to the NJCAA Championships. According to Harrison key newcomers include Jordyn Rittman, Moriah Johnson, and Amara Chappell, all of whom are from Ankeny.

Harrison is confident in her team’s ability this season. “We have a really hard working committed team. All 15 players are working hard and are very focused on our goals for this season. Our whole team is showing commitment and respect towards the school of DMACC and to this team. That attitude will help us fulfill our goals for this season.”

As of Sept. 22, the Bears are 13-1 in the 2015 campaign. DMACC competed in and won the Battle For the Dells Tournament. The Bears followed up the tournament victory with a win against #12 ranked Indian Hills in an early season showdown. The Bears rallied back from losing the first two sets of the match to win in five sets.

Next Up for the Bears is an appearance in the Iowa Western Tournament on October 2 in Council Bluffs.

Celebrity game scores with staff, athletes

Softball clinic hosts buddy program

The DMACC softball team is inviting area girls to join the DMACC Softball Sports Buddy Program.

The program is open to girls ages 6-12. Benefits include becoming a sports buddy with a DMACC softball student-athlete, special fall sports buddy events planned by the DMACC softball athletes; free attendance with DMACC softball student-athletes to one of the DMACC women’s athletic events with Sports Buddy introductions during the event; an opportunity to volunteer with a DMACC softball Sports Buddy in a community service project; and fun at each of the eight Sports Buddy dates.

The cost is $20 per person. Checks can be mailed to: DMACC Softball, 1125 Hancock Drive, Boone, Iowa 50036. DMACC will contact participants about the starting date and the program schedule.

Softball clinic offered at DMACC in January

The DMACC softball coaching staff will be hosting a Championship Clinic Jan. 24 inside the Boone Campus Gymnasium. Registration will take place from 8:30 to 9 a.m. and the clinic will begin immediately following registration.

DMACC softball coach Bob Ligouri and assistant coaches John Wilkinson, Daron Harris, Brittany Martin and Carlye Satterwhite Owen will conduct the clinic along with guest coaches Rick Dillingar, by freshman Josie McMartin of Grundy Center; a 166 by sophomore Rachel Waljasper of Johnston, a 167 by freshman Mackenzie Fuller of New Sharon and a 174 by freshman Naomi Petrich of Waukee. McMartin shot rounds of 81 and 84, Waljasper posted identical rounds of 83, Fuller had rounds of 83 and 84 and Petrich shot scores of 88 and 86.

DMACC sophomore Emma Sweeney of Sutherland and freshman Brianna Quandt of Carroll played in the individual portion of the tournament. Sweeney shot scores of 96 and 89 for a 185 total and Quandt had a 113 and a 105 for a 36-hole score of 218.

Softball clinic offered at DMACC in January

Celebrity game scores with staff, athletes

Softball clinic hosted by Des Moines Area Community College (DMACC) women’s golf team to a third-place finish in the Iowa Central Invitational on Sept. 26 and 27 at Fort Dodge.

The meet was the last of the fall season for the DMACC women’s golf team.

Iowa Central Community College (ICCC) took the team championship with a score of 652, one stroke better than DMACC. Dunler posted scores of 76 and 79 on the par-71 course and placed third in the individual competition.

Other DMACC scores included a 163 by freshman Jordan Eng of Panora, a 165 by sophomores Jake Kendig of Ankeny and Zach Mason of Sac City and a 166 by sophomore Brett Romig of Boone. Eng shot rounds of 81 and 82, Kendig posted rounds of 81 and 84, Mason had an 82 and an 84 and Romig shot scores of 81 and 85.

The DMACC men’s golf team will close out the fall season with participation in the Iowa Lakes Invitational Oct. 11 and 12 at Panora.

Softball team hosts buddy program

Lady Bears look toward National Tournament

Volleyball team hopes to top 2014’s 6th place finish

Ladies golf concludes fall season

Sophomore Ashley Dumler of Dike shot a 36-hole total of 155, 13-over par, to lead the Des Moines Area Community College (DMACC) women’s golf team to a third-place finish in the Iowa Central Invitational on Sept. 26 and 27 at Fort Dodge.

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Constitution Day 2015

The Banner News staff hosted several activities for Constitution Day 2015 on Sept. 16 in the Courter Center. Students could take a quiz to test their knowledge, suggest a new constitutional amendment, and enter a drawing for a Subway giftcard. Check out our videos on Facebook and the quiz results online at bannernews.org.

April Schumann/Banner News

Join Banner News, your campus news team

by Julie Roosa
Guest Columnist

The Banner News needs you.
And you need the Banner News.

This is why:
The Banner News is a student-led news team serving the Boone campus. The students on staff aim to cover the campus and deliver the news. No other news source has the inside scoop on DMACC/Boone like they do.

They know what you need to know and what you want to know even before you know you need or want to know it.

You know?
The Banner News is a small but mighty crew as you can see from the staff list on page 2. They want that list to grow. They need it to grow because the job they do is big.

And that’s why they need you.

You don’t need to be a journalism major; training is provided.

In fact, my job as faculty advisor for the Banner News is to help students learn how to cover and deliver the news.

The student editor in chief is the boss. I’m the backup.

The student staffers make the decisions; I help identify the options.

I’m the coach; the students are the team.

And it’s the team that is in charge.

Members of the Banner News staff pitch their own story ideas, make assignments, ask questions, write news stories, compose opinion pieces, sell advertising, take pictures, design pages, shoot video, capture audio, present broadcasts, use social media and update the Web. In short, they do it all.

And there is a lot to do.
It’s a big job to produce the Banner News online weekly at bannernews.org and in print monthly.

So the staff needs you.

Whether you are into computers, science, engineering, writing, nursing, criminal justice, biology, the environment, business, law, foreign language, theater, math, or none of the above, the Banner News can use you.

And you can use us.

Use us to boost your resume, giving you that hands-on work experience that will give you the edge in your next job interview.

Use us to improve your writing skills, speaking skills, problem solving skills.

Use us to show you can work with a team. And work independently. You can get along with others. And meet deadlines. You can supervise and take direction.

Use us to show you can write clearly, edit carefully, and argue logically.

Oh, and we have fun, too.

There are three ways to get involved in the Banner News.

1. For college credit, Enroll in a journalism class (JOU122 Intro to News Production, 3 credits or JOU142 Journalism Practicum, 2 credits.) Staffers in these classes produce everything you see in the paper.

2. For work study. Several work study positions are available. If you qualify for work study, you can apply at the Banner News and get paid for your work. These positions offer flexible scheduling and can often be tailored to your interests.

3. As a freelancer. Volunteer your time and talents in the area you like most, contributing as much or as little as you like depending on your schedule.

Over the years, when I’ve been in the market for a job, I’ve noticed a common theme. During interviews, potential employers ask about my work on my college news staff. The fact that I served as editor in chief at the Iowa State Daily was the difference-maker in landing all the positions I’ve been privileged to have. Not just the journalism jobs, all the jobs.

Sure, I’ve worked in media, but I’ve also worked as a law clerk, a judicial clerk, an attorney in private practice, a victim’s rights advocate, a manager at a police department, and now a college instructor. Every stop along the way, it’s been the college news experience that got me noticed. Not the classes I took. Not the GPA I maintained. The awards I received. Not the colleges I went to. The GPA I maintained. The degrees I earned. The papers I published. The awards I received. Those are important. But the key has been the college news staff experience.

Joining the Banner News will do the same for you.
Again, you don’t necessarily need to want to do journalism. I have friends from my college Daily days that have gone on to do many other things -- several are lawyers, many are published authors, a few are teachers, one is a documentary filmmaker, one is an anchor on CNN in New York, one runs an archive for the Library of Congress in Washington D.C., several are in public relations, a few are college instructors, one is an entrepreneur in India, another works in Tokyo.

The common thread? We all worked on our college newspaper.

Students on a news staff get noticed. They do things. They get involved. They have opinions. They work hard. They get the job done. They are motivated.

If you want to get noticed, now and in the future, join your college news staff.

We need you. And you need us.

For more information on the Banner News, to meet the editors, or to schedule a tour of the newsroom, contact me. I can be reached at jroosa@dmacc.edu, 515-433-5215. Or drop in to Room 115, the Banner News newsroom, during our open office hours from 11 a.m. to 1 p.m. weekdays.

Julie Roosa teaches journalism, criminal justice, and honors classes at DMACC/Boone. She is the faculty adviser for the Banner News. This column was adapted and reprinted from an earlier edition. To find out more about getting involved with Banner News or tailoring class assignments for publication, contact her.
DMACC takes steps to promote health

DMACC is joining 37 other colleges and universities across the nation to team up with the Partnership for a Healthier America (PHA) Initiative. This initiative was developed in an effort to make campuses healthier by adopting guidelines around nutrition, physical activity and programming. First Lady Michelle Obama is the PHA honorary chair. This initiative will impact approximately 36,000 students and more than 2,000 faculty and staff on all six DMACC campuses and six learning centers.

“Good health is in everyone's best interest,” said DMACC President Rob Denver. “It leads to more productive workers and a happier, more rewarding life. All of our students, faculty and staff will greatly benefit from this important initiative.”

DMACC’s signing on is a part of the third cohort of schools joining the PHAs Healthier Campus Initiative, which includes 17 other colleges and universities, collectively impacting more than 800,000 students and 250,000 faculty and staff.

DMACC has agreed to implement the following guidelines over the next three years:

Food & Nutrition
1. Provide healthier food and beverage service in campus-operated dining venues every operational day.

Ensure that at least 50% of vending machines offer only healthier food products or at least 50% of vending machines’ content are healthier food products.

Ensure that at least 50% of vending machines offer only healthier beverage options or at least 50% of vending machines’ content are healthier beverage products.

Label calories per serving at point of purchase for all of food and beverage items in vending machines.

Implement a comprehensive, strategic product placement policy within vending to encourage healthier food consumption.

2. Implement a local food procurement program that increases procurement of local and sustainable foods on campus.

3. Promote water consumption on campus by offering free water in all dining venues and all educational/physical activity facilities.

4. Provide healthier food and beverage options in culinary program.

5. Provide trained food and nutrition professionals on campus and offer personal nutrition assessments and counseling to all students.

Physical Activity & Movement
1. Create a built environment that encourages healthier choices on campus:

Provide marked walking round on campus, one of which must be at least two miles long and have distance markers at regular intervals.

Post signage require cars to stop for pedestrians at all designated or marked crosswalks on campus.

Offer a bicycle share/rental program and/or a subsidized bicycle purchase program for all students.

Implement a campus-wide program/policy that incentivizes the use of public or campus provided transportation.

2. Encourage student physical activity/movement through facilities and programs on campus during the academic year.

Provide students with free access to at least one fitness/recreation center at least 16 hours/day.

Offer at least 20 diverse recreation, physical activity/movement or competitive sports opportunities during each academic year.

Each month, offer at least one “how to” physical activity/movement class that introduces students to new activities free of charge.

Offer fitness center orientation during the first semester for all incoming students and one fitness assessment to all students, free of charge.

3. Encourage outdoor physical activity/movement on campus by offering at least one free, organized, facilitated, outdoor physical activity each week.

4. Make certified personal trainers available for all students.

Programming
1. Implement an integrated, comprehensive wellness program for individuals on campus that is provided annually.

2. Implement a policy that support and accommodates breastfeeding for mothers on campus.

3. Offer a rewards-on-benefits structured program that gives insurance premium discounts and/or rebates to individuals on campus who participate in a wellness program designated by the health insurer on campus.

“Colleges and universities are in a unique position to help shape tomorrow’s leaders, whether they are teachers, coaches, policymakers, CEOs, moms or dads,” said PHA CEO Lawrence A. Soler.

“We know that going to college is a time of change for many students. We also know that means it’s a time when new habits are formed. By creating healthier food and physical activity environments today, campuses and universities are encouraging healthier habits that will carry over into tomorrow.”

For more information on PHA’s Healthier Campus Initiative, visit www.ahealthieramerica.org/campuses.

What cosmetic surgeries do women want?

<table>
<thead>
<tr>
<th>Surgery</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast enhancement</td>
<td>18%</td>
</tr>
<tr>
<td>Buttock enhancement</td>
<td>12%</td>
</tr>
<tr>
<td>Fat reduction</td>
<td>59%</td>
</tr>
<tr>
<td>Wrinkle removal</td>
<td>33%</td>
</tr>
<tr>
<td>Nose reshaping</td>
<td>10%</td>
</tr>
<tr>
<td>Lip enhancement</td>
<td>4%</td>
</tr>
<tr>
<td>Scar removal</td>
<td>21%</td>
</tr>
<tr>
<td>Other</td>
<td>22%</td>
</tr>
</tbody>
</table>

Source: YouGov

Graphic: Staff, TNS

1 in 4 Americans want plastic surgery

If money were no object a fifth of men and over a third of women would want to get cosmetic surgery.

What cosmetic surgeries do men want?

<table>
<thead>
<tr>
<th>Surgery</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Penis enlargement</td>
<td>25%</td>
</tr>
<tr>
<td>Buttock enhancement</td>
<td>25%</td>
</tr>
<tr>
<td>Fat reduction</td>
<td>51%</td>
</tr>
<tr>
<td>Wrinkle removal</td>
<td>19%</td>
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<tr>
<td>Nose reshaping</td>
<td>14%</td>
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<tr>
<td>Lip enhancement</td>
<td>15%</td>
</tr>
<tr>
<td>Scar removal</td>
<td>18%</td>
</tr>
<tr>
<td>Other</td>
<td>24%</td>
</tr>
</tbody>
</table>

Source: YouGov

A world of hurt

Hand Injuries
Breaking, spraining, dislocating a finger or wrist can be a painful injury. A tennis player might have a sprained ankle.

Head Injuries
A head injury might involve a break in the skull or dizziness or shock with fainting or unconsciousness.

Knee injuries
Ankle sprain or fracture of one of the leg bones above or below the knee.

March fracture
Repeated stress damages one or more of the foot’s metatarsal bones. Pain in ball of foot; for treatment, foot is put in rigid or flexible cast and needs a few weeks to heal.

Limb amputation
Removal of part or all of the limb, e.g., amputation of a leg or arm.

March fracture
Repeated stress damages one or more of the foot’s metatarsal bones. Pain in ball of foot; for treatment, foot is put in rigid or flexible cast and needs a few weeks to heal.

Other

Shin splints
Repeated strain of muscles between shin bones causes pain; muscles swell, press on blood vessels; symptoms tend to disappear after a week or two of rest; surgery may be necessary in severe cases.

March fracture
Repeated stress damages one or more of the foot’s metatarsal bones. Pain in ball of foot; for treatment, foot is put in rigid or flexible cast and needs a few weeks to heal.

A good start

Eating a healthy breakfast, such as the oatmeal, berries, nuts and yogurt shown below, has many benefits.

Healthy breakfast eaters are less likely to ....

- Become obese
- Develop Type 2 diabetes
- Develop cardiovascular disease

Any questions, feel free to contact Steve Kielczak, SAC 433-5076 or Jenny Spry-Knudsen, Prof, Fitness & Sports Management, 433-5200

Join us for a Healthy Walk (one mile outside)

Wednesday, October 7, 2015 @12:15pm

We will meet in the Courter Center by Entrance # 3

This is a statewide event and we would love for you to be part of our HEALTHY WALKS!!

Sign up for the DMACC Boone Campus Healthy Walk (ITS FREE) go to

http://www.iowahelthieststate.com/walk?ref=INOJZVT

TOGETHER WE CAN MAKE IOWA THE HEALTHIEST STATE!!!

Any questions, feel free to contact Steve Kielczak, SAC 433-5076 or Jenny Spry-Knudsen, Prof, Fitness & Sports Management, 433-5200