

10-23-2013

## Banner News

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Zach Kowalic

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**Authors**

Jessica McNeece, KayCee Purdy, Brian Osborn, Trevor Gutknecht, Zach Kowalic, and Cainon Leeds

# Banner News

Your Life, Your Campus, Your News

## SAC ready to serve spooky fun

By Jessica McNeece  
Editor in Chief

On Thursday, October 31, Halloween, the Student Activities Council is having a costume contest and a food-eating contest.

They are having Jerod George, a singer and guitarist to perform from 11 a.m. to 1 p.m. in the Courter Center and then the contests start at 12:15 p.m.

Out of the contestants, there will be a male student winner, a female student winner, and a faculty/staff winner. They win a \$25 gift card.

Steve Krafcsin, women's basketball coach, is in charge of the SAC and is excited to see the students in the eating contest.

"I like seeing who can eat the most. Seeing them devour the pie was great," said Krafcsin, referring to last year's event.

Krafcsin's assistant, Ashley Martins, is helps in putting on SAC events and expresses her excitement for the new events.

"I'm excited to see Jerod George. He has never been on campus before. I also like judging the costume contest, the kids can get really creative," said Martins.

Sarah Frisch is the new president of SAC this year. She was the vice president last year as well.

See SAC, page 4

## College-wide book selection examines stress resulting from military service

By KayCee Purdy  
Staff Writer

Brian Castner's "The Long Walk: The Story of War and the Life that Follows" is this year's choice for the campus-wide One Book, One College, One Community program. Castner will be speaking at the DMACC Campuses in Ankeny and in Boone on Oct. 29.

Castner's book is a tell-all autobiography from the perspective of a soldier coping with the effects of PTSD (Post-Traumatic-Stress-Disorder). He served three tours of duty, including two tours in Iraq as an explosives technician with an Explosive Ordnance Disposal (EOD) team.

"To understand what was happening to me, I wrote a book about it, the best way I knew how," Castner said on his blog.

Castner will speak at the Ankeny campus Tuesday, Oct. 29, at 9:40 a.m. in the Building 6 Auditorium. It will be streamed live on the Internet, and an archived version will be posted to the DMACC website. He will then travel to the Boone Campus to speak at 11:45 a.m. in the Theatre and spend an hour lunch with individuals nominated by DMACC faculty.

The idea behind the program "One Book", as it's been



Brian Castner

called, is to create a platform that the students and faculty can share to cultivate intellectual conversation, elaborate upon critical thinking skills and explore issues relevant to the community and the world—with an emphasis on reading, according to the One Book homepage on the DMACC Website.

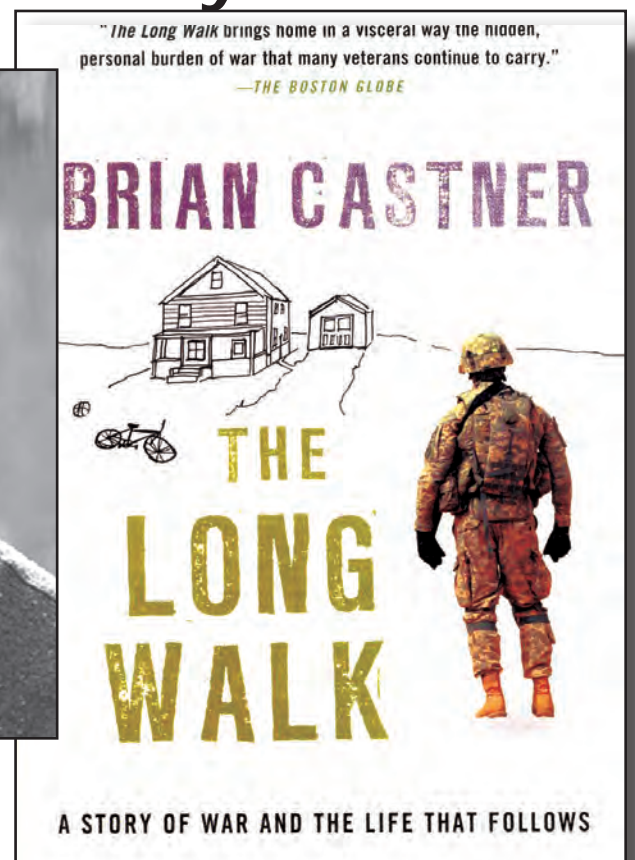
Several classes have been reading the book as part of classroom discussions and assignments.

English Professor Sam Pritchard said he thinks the book is well written and articulate, but he thinks that the dialogue

the book's content generates is most valuable.

"It is intriguing how you respond to war," he said. "Most of the students were very young when the 9/11 attacks occurred, so they don't even really know why we are in Iraq and Afghanistan or what the troops are going through and why."

Pritchard said "The Long Walk" offers students a place to begin understanding what soldiers go through when they return from war. He mentioned that there are



also students who are military veterans and that some of them engage in conversation about the book and others want nothing to do with it.

Librarian Michelle Tedrow believes that the subject matter of this book is not only timely, but is a compelling and controversial story that propagates the kind of discussion the program intended. Though, some feedback hasn't been positive.

See WAR, page 3

## What are you going to be for Halloween?

Mike Mac



"I was thinking about doing 'Breaking Bad' and being Walt."

Colton Hill



"My buddies and I are going to be the kids from 'South Park.' I'm going to be Kyle."

Tim Burgin



"I don't dress up but my daughter was Dorothy from the 'Wizard of Oz.'"

Christina Graham



"I wanted to do a skeleton face that I saw on Pinterest."

Emily Achey



"I think my friends and I are going to be 101 Dalmations."

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# Bear Briefs

## Student government elects officers

Student Activities Council (SAC) Officers have been elected on the Boone Campus. Congratulations to the following students:

President, Sarah Frisch, sophomore from Grundy Center;

Vice president, Chansea Nelson, freshman from Exira;

Secretary, Chelsea Anderson, freshman from Gowrie;

## SAC sponsors

### four-ball pool contest

A four-ball pool contest will be held on Wednesday, Oct. 23, from 10:30 a.m. to noon, in the Courter Center. This event is sponsored by the DMACC/Boone Student Activities Council. Division winners will get a free T-shirt.

The divisions are:

-Male student

-Female student

-Faculty/Staff

Those who participate in four intramural activities will earn a free T-shirt.

## Money Tree Game Show

Join in the fun by participating in the Money Tree Game Show on Wednesday, Oct. 23, at 12:10 p.m. in the Courter Center. This event is sponsored by the DMACC/Boone Student Activities Council.

## Calling all creative writers

Students, submit your creative work by Dec. 5 for the opportunity to win cash prizes (top 3 stories and poems) and scholarships (1st: \$1,000 and 2nd: \$500), to be published in Expressions, to work one-on-one with a professional writer, and to present your work at a reading. For rules, regulations, and entry forms, please email Caitlin Hainley at [creativewritingcontest@dmacc.edu](mailto:creativewritingcontest@dmacc.edu).

## Childcare and Transportation help

A program called Iowa New Choices offers assistance with childcare and transportation for qualifying single parents and displaced homemakers (separated, divorced, widowed or spouse disabled.)

For information, contact, Erin Neumann, Room 124, [eraneumann@dmacc.edu](mailto:eraneumann@dmacc.edu). Or call 515-433-5037.

## Writing Center open for business

Writing Center consultants are available to help with any writing assignment, during any part of the writing process. With their experience in different types of writing (technical to creative writing) and a broad range of life experience (journalism, firefighting, novel writing, Hawaiian culture, literature, and veterans affairs), you're sure to find someone that "gets you." Stop by Room 170 during office hours. No appointments are necessary for this free service. For more information, contact Krystal Hering, WC coordinator, [klhering@dmacc.edu](mailto:klhering@dmacc.edu). Or visit <http://go.dmacc.edu/boone/writingcenter/>

## Health care workshops

2014 brings many changes to health insurance. Are you wondering what these changes mean for you? If so, attend a free workshop sponsored by ISU Extension.

Dates:

Monday, Nov. 18<sup>th</sup> - 6-8 p.m. - Ericson Public Library, Boone

Questions? Contact Boone County Extension at 515-432-3882

## Phi Theta Kappa

Phi Theta Kappa is the International Honor Society for two-year colleges. Students are invited to attend to find out more about joint PTK. For more information, contact Nancy Woods, [nawoods@dmacc.edu](mailto:nawoods@dmacc.edu), 515-433-5061. Or Stacy Amling, [slamling@dmacc.edu](mailto:slamling@dmacc.edu), 515-433-5089.

## Honors Program seeks applicants

The DMACC Honors Program is seeking highly motivated students to apply for honors. With nearly 20 students graduating from the Honors Program this year, there are openings for current DMACC students who want to challenge themselves further and graduate from the Honors Program.

If you have completed one college-level English and one

college-level math class or are currently enrolled in them, will 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. Besides receiving Honors credits on your transfer transcript, enjoying an Honors Lounge on each campus, and attending exciting events (current Honors Students traveled anywhere from Ames, IA to New Orleans, LA this fall), you'll be eligible for up to \$1,000 in merit scholarships each semester you remain in the Program.

To read more about Honors, find out what current DMACC students have to say about Honors, and submit your online application, go to [www.dmacc.edu/honors](http://www.dmacc.edu/honors) and get started on your way to a rewarding, challenging educational opportunity—right here at DMACC. Contact the DMACC Honors Director at [honorsdirector@dmacc.edu](mailto:honorsdirector@dmacc.edu) with any questions.

## Let's Talk Turkey

Learn about the health benefits of turkey and turkey production in the state during a lunch & learn on Thursday, Nov. 7, from 11:15 a.m. to noon in Room 173. The guest speaker will be Gretta Irwin from the Iowa Turkey Federation.

A light lunch will be provided. This event is sponsored by DMACC/Boone Student Activities Council and Fitness & Sports Management.

## Differences United (LGBTQSA)

Differences United (LGBTQSA) is a student organization that started up last spring semester to support students who are lesbian, gay, bisexual, transgendered, or questioning, and their straight allies. We invite you to meet the organization's faculty advisors. Let us know you're interested in getting involved. Make your voice heard! We'd love to hear your suggestions and ideas for making this a great support and resource for DMACC Boone Campus students.

Contact Teresa Albertson, [tkalbertson@dmacc.edu](mailto:tkalbertson@dmacc.edu) or Krystal Hering, [klhering@dmacc.edu](mailto:klhering@dmacc.edu), 515-433-5212.



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# 'Long Walk' helps students understand life as a soldier

WAR, from page 1

"Anything provocative is going to result in people not wanting to do the book," Tedrow said. "Some can feel like the subject is too emotionally exhausting, or too politically involved, or that they don't trust the book to teach the curriculum the instructor desires."

She pointed out that there is always a wide range of opinions on the topics the books from the One Book program cover. Students and staff can influence what books are chosen for the program by relaying their interests to the librarians on DMACC campuses, who make then make the final decision on a book by mid-summer.

"Books that are 'hot off the press' aren't really feasible, and the program is much more successful and even vital if we can get the author to come to DMACC," she said. "We like variety, like art one year, and then sociology the next."

Tedrow wants to make sure that students take advantage of the abundant presence of "The Long Walk" on campus. She said that there are still several copies

of the book that can be checked out in the library, as well as a visual display created by Elias Simpson in the lobby of the theater

The display includes two significant metaphors repeated through the book: a soldier with marbles, and a foot in a box. Both visuals play a role in what Brian Castner calls, his "Crazy".

Military veteran and instructor Sean Taylor empathized with Castner, especially relating to PTSD. Taylor served in the Army National Guard, assisting doctors and medics at a hospital in Bagram, Iraq. The hospital specialized in injuries sustained in explosions.

"It's some of the hardest stuff I've ever seen, graphic, lots of blown up parts," he said. "Un-

less you've been there as a soldier, out doing what they do, you have no idea what it means."

Taylor spoke about what it was like to hear the whizzing of missiles, and waiting for them to drop. "You're always waiting for that indiscriminate, incoming rocket. You know you're alive when you hear the boom, but until it hits, you don't really know if you're safe."

Taylor said "The Long Walk" is honest and practical, pertaining to current events and



A display depicting images from "The Long Walk" is located in a case in the hallway outside of the Theater.

Photos by KayCee Purdy

things that everyone should be concerned about.

"You're re-made inside the military, wired for combat, and then you come home and don't fit. This book does a good job of opening his mind, a soldier's mind, in ways that you can understand."

Pritchard agreed, recommending that all those who are

interested or those already reading the book should get involved in the discussion. "It's about adult responsibility to know and to understand what is going on around you in the world," he said. "You owe it to yourself and those serving in the military to engage in the issues. You shouldn't ignore how you're represented in D.C. and in the world."

# Oz's fantasy football picks



By Brian Osborn  
Contributing Writer

## Starts of the week:

### QB- Aaron Rodgers:

Rodgers is definitely my start of the week. Even without two of his main threats in James Jones and Randall Cobb, he was still able to shred the Browns' 7th ranked pass defense for 260 yards and 3 touchdowns with 3rd string wideout Jarrett Boykin getting the brunt of the load, hauling in 8 catches for 103 yards and a touchdown. This week he is going up divisional rivals and sorry sacks on defense, the Vikings. The Vikings have the 30th ranked pass defense and is tied for 3rd with the most touchdown passes allowed with 13. This should be blow out for Rodgers.

**RB- Frank Gore:** Gore is ranked 4th in league with 547 yards rushing. This week he is

going up against the Jags in merry old England who are ranked dead last against the run, allowing 153 ypg and are tied for the most rushing touchdowns allowed with 9. With Kaepernick being pretty unreliable with throwing the ball this season, look for the 49ers to run the ball and often with Gore getting a good majority of the carries. Jags defense better bring their tea and crumpets because it going to be a long game.

**WR- Dez Bryant:** Bryant has been having a pretty good season thus far. He ranked 9th in league with 569 yards and is tied for 2nd in league with 6 touchdown catches. Romo is having a pretty good season as well have the 2nd best completion percentage of his career with 68.3%, which bodes well for Bryant. He will most likely be matched up against Chris Houston and Lions 28th pass defense who have allowed 10 touchdowns through the air and are tied for 5th with 25 pass plays that have gone over 20+ yards. This should be a pretty solid day for him.

### TE- Julius Thomas:

Where did this guy come from? Did you know that before this season, Thomas has had only 1 catch for 5 yards total? Now he has 36 catches for 422 yards and is tied with Wes Welker for the most touchdown catches this season with 8. Look for him to continue

his success against the Redskins 21st ranked pass defense that has had trouble covering tight ends ever since Shanahan became the Redskins head coach. Since 2010, they are ranked 29th in receptions, 30th in yardage, and 31st in touchdowns allowed to opposing tight ends. Plus having Manning as your QB doesn't hurt you either.

**Defense- Seahawks:** It was a pretty rough weekend for Rams' fan with the loss of Sam Bradford to a torn ACL. It is only going to get tougher when they have to go up against the Seahawks and their 2nd ranked defense. Richard Sherman and the rest of the pass defense are ranked 2nd in league with 11 interceptions and have only allowed 91.6 ypg and 4 touchdowns on the ground. Especially now that the Rams are going to have to look at free agency to find a replacement QB since Kellen Clemens is not going to be able to get the job done.

### Sits of the Week:

**QB- Matt Ryan:** Ryan is without his two main targets in Roddy White and Julio Jones. Granted that didn't hinder him to much in his last weeks match up against the Buccaneers, but that is also against the Buccaneers and their mediocre defense. This week he is going up against the

Cardinals and their surprisingly good secondary. Patrick Peterson has been a consistent shut down corner and Tyrann Mathieu has been one of if not the steal of the draft. Look for the Cards to double team Tony G all day forcing Ryan to look at his young and inexperienced wide receivers.

**RB- Le'Veon Bell:** No one expected Bell to do anything last week Ravens, but he turned some heads and had his best game of the year, rushing for 93 yards. Even still, you should probably sit him this week. He will be running against the Raiders who ranked 9th against the run. Even more surprising is the fact that the Raider are the one and only team to not let a rush over 20+ yards. The Raiders D is fast and aggressive which will give the struggling offensive line trouble opening up holes for Bell to run through.

**WR- Dwayne Bowe:** The undefeated Chiefs are going up against the Browns, but that doesn't mean that Bowe is going to have his way. He will be matched up against Joe Haden who has been one of the best shut down corners in the league this year shutting out big names like AJ Green. With him covering Bowe and the other Chiefs receivers being wildly inconsistent, they will more than likely be focused on getting Jamaal Charles the ball more often then not.

**TE- Jared Cook:** When the Rams picked up Cook in the offseason, he was expected to become a big part of the offense and be another toy for Bradford. As of now he has played same amount of games that he played all last year and has about half the production from where he has then, and he wasn't even a full time starter that year. Plus he is going up against the Seahawks which as I said before is going to make Kellen Clemens or whomever they pick up this week's life a living h-e-double hockey sticks. If you have him, sit him as soon as you read this.

**Defense- Redskins:** Redskins are going to have a tough task this week going up against Peyton Manning and the Broncos. The Redskins are ranked 21st ranked against the pass and 29th against the run. Even though Manning has shown that he is human the past couple weeks, but it is still Manning. Plus it appears that 5th year running back Knowshon Moreno has finally found his stride this year and has looked pretty good. I just don't know how the Redskins will be able to game plan for Manning and all of his weapons.

If you have any fantasy questions for me for week 10, e-mail me your questions to baosborn1@dmacc.edu and I will answer them in our next issue.



# Last year's Halloween Costume Contest

Samantha Statia

Winners:  
Sam Titus

Tammie Foltz

Pie-eating contest winner:  
Sam Titus

## SAC tries outdoing last years Halloween events

SAC, from page 1

"I like helping him (Krafcisin) decide what activities to bring to campus. This Halloween I am most excited to see the teachers dress up. I think it is really funny," said Frisch.

Martins' knows that with the fun, it takes a lot of planning from the committee. They are always trying to make each event better.

"It takes plenty of planning and getting students involved.

We like to try different events but we have the experience to pull off events that we have never had. We base it off the students and if they are having a good time with it," said Martins.

Krafcisin wants the improvement but has high hopes for this year's events.

"We want to get more entries. It's hard to find a time that students don't have classes. It's actually on that Thursday of Halloween so maybe more people will get involved," said Krafcisin.



Photos by Cainon Leeds

## Lifting veil off college costs

(MCT)

A new online app called College Abacus is making it easier for students and their families to get estimates in advance of how much financial aid colleges and universities will give so that they can compare schools for costs.

It comes at an opportune time, since the shutdown of many government programs because of the political standoff over the federal budget has disabled College Navigator, a tool also designed to help families figure out college costs and operated by the Department of Education.

Until about two years ago, financial aid was a mystery until a student got a college acceptance letter and a financial aid package. Change began in 2011, when the federal government required schools to offer online net price calculators, which compute a school's full cost of attendance, minus estimated scholarships, based on family income and other information that individuals enter.

College Abacus is a free, one-stop shop. It taps the net price calculators at three schools a student selects. Then, based on personal information entered once into College Abacus, the site retrieves the estimates. More schools can be entered, three at a time.

The federal government's College Navigator website offers a rougher estimate. For each school, it will give estimated net prices for several income levels.

"Even if the government has stopped working, parents still need to find financial aid for their students to go to college," said College Abacus co-founder Abigail Seldin.

And finding out in advance which schools are likely to be affordable can bring peace to households in the spring, when most full-time students get their college decisions, Seldin said. It also can help reduce student debt.

Referring to a popular travel accommodations search engine, Seldin calls College Abacus the kayak.com of net price calculators. It takes 10 minutes or more to copy financial information from a tax return and answer other questions on many net price calculators. College Abacus lets a user log in via Facebook, Googleplus or Twitter and save the data so that it only has to be done once.

The free service isn't without some glitches.

It requires the patience to wait a few minutes for some estimates. In some cases, as when schools take their calculators down for revisions, College Abacus can't

get results. Seldin said her staff of 10 checks the school websites to make sure they're working and that it should take no more than one week before the estimate will be produced on another try.

Another issue with the estimates is the quality of the net price calculators.

Many schools use a simple calculator developed by the Department of Education, rather than ones developed by the College Board and others that ask more detailed financial questions. One important question the Department of Education calculators don't ask is the amount of parents' assets. The FAFSA (Free Application for Federal Student Aid), a form required of all students who hope to get financial aid, asks about assets, and schools use FAFSA information when they decide on aid amounts.

College Abacus, in the details section of the estimates report, tells users what type of net price calculator a school offers.

The National College Access Network, a nonprofit group that assists schools, mentoring groups and other organizations that help students get into college and do well once there, reviewed College Abacus when it was in a trial period last year and offered suggestions.

## The Banner News Presents...



Tuesday, Oct 29th  
5:30-6:10pm  
DMACC Auditorium  
Room (117)

## Women's basketball set to start with 8 returners including an All-American

By **Trevor Gutknecht**  
Staff Writer

The DMACC Bears women's basketball team starts its season with a scrimmage against Grand View University on Oct. 26 in Des Moines. Their first game is Nov. 1 against Briar Cliff in Council Bluffs.

With a returning All-American and seven others from last year's team, the Bears look to improve on the 24 and 8 record from a year ago.

Head coach Steve Krafcisin focused on the returning squad members for leadership this season.

"We have eight returning players. And that freshman-sophomore transformation is the biggest thing."

The Bears made it to the Regional Semi-Finals last year and lost in a heartbreaker to Iowa Central. "We want to get better every day, we would like to go undefeated at home."

The All-American Carlee Schuhmacher said the team is committed to winning the conference and going to nationals. "Women's basketball doesn't have a banner in the gym and I feel that it's about time we put one there."

Schuhmacher was confident about the upcoming season. "It's been great. We are off to a good start. Our team is beginning to mesh really well, especially off the court." As far as on the hardwood, Schuhmacher said, "We are running our offense more smoothly and we are finishing around the basket more consistently."

The team has seven other returning players from last year's squad and Krafcisin hopes that experience will take them to next level. "That experience is so important, just knowing what to expect. The game is different, and just having that knowledge is



**Carlee Schuhmacher**

big."

As for the incoming freshman Krafcisin brought up two players. Danielle Rohrbach and Tiana Thompson. "(Rohrbach) is 6-4 so that's going to help us down in the post and on the boards. And (Thompson) has that go factor, she can push the ball. We're looking to go up-tempo this year."

The player everyone will be watching is Schuhmacher, the 6-2 All-American forward. Schuhmacher said it was an amazing feeling being named All-American. "I worked extremely hard to be playing at the high level I'm at now." To be named with the honor, Schuhmacher said showed that her hard work paid off.

She has committed to attend North Carolina State after this year. "To be honest it's easier to focus now that I have committed. The recruiting process is very stressful and I'm very thankful to already know where I'm going."

"I think just focusing on improving my game and team this year will keep my mind off next year's season at NC State."

Krafcisin said Schuhmacher has a bull's eye on her back. "She just has to keep finding ways to get better, stay humble. And keep pushing herself, she only shot 45 percent from the field,

and too many turnovers."

As for that improvement Schuhmacher said this about the offseason: "I lived here this summer and spent a lot of time in the gym. I really worked on my outside game, especially shooting three's from the top of the key. I also hit the weights and gotten a lot stronger, which is really going to help me in the post."

Looking at the schedule the season starts on the road. "Those early games are important," said Krafcisin. "Also looking at the conference games, NI-ACC beat us twice last year so we have that one circled on Nov 20."

Of course the coach said the team wants to win them all.

As for the postseason, the first step is winning the regionals. "We want to get some games on a neutral floor. I'd like to host a quarterfinal that's a huge advantage."

The All-American wasn't the only accolade the team received. The Bears earned an All-Academic honor along with co-leader South Mountain Community College of Phoenix, Ariz., in NJACC Division II.

"It's great," said Krafcisin of the academic recognition. "I want people to be proud of the program. And remove that stupid jock stigma. I'm almost more proud of that than I am of our season on the court."

## Sports Calendar

### Men's Basketball

Oct 26	Upper Iowa University (Scr.) @ Boone, IA	10:00 AM
Nov 02	Graceland J.V. @ Boone, IA	2:00 PM
Nov 04	Grand View J.V. @ Boone, IA	7:00 PM
Nov 08	Vincennes @ Olney, IL	5:30 PM
Nov 09	Olney Central @ Olney, IL	7:30 PM

### Women's Basketball

Nov 01	Briar Cliff J.V. Council Bluffs, IA @	5:00 PM
Nov 02	Northern Oklahoma-Tonkawa @ Council Bluffs, IA	1:00 PM
Nov 04	AIB J.V. @ Des Moines, IA	7:00 PM
Nov 08	North Platte @ Norfolk, NE	2:00 PM
Nov 09	Northeast (NE) @ Norfolk, NE	4:00 PM

### Volleyball

Oct 25	Lincolnland @ Fort Dodge, IA	1:00 PM
Oct 25	Ellsworth @ Fort Dodge, IA	6:15 PM
Oct 26	Butler @ Fort Dodge, IA	10:45 AM
Oct 30	Northeast (NE) @ Norfolk, NE	7:00 PM
Nov 01	Marshalltown @ Boone, IA	3:00 PM
Nov 01	Indian Hills @ Boone, IA	7:00 PM
Nov 05	Regional Semifinals @ Boone, IA	TBA
Nov 09	Regional Championships @ Fort Dodge, IA	TBA

### Cross Country

Oct 26	Region XI Championships @ Fort Dodge, IA	12:00 PM
Nov 09	NJCAA National Championships @ Fort Dodge, IA	12:00 PM

## Sports Round-Up

**Trevor Gutknecht**  
Staff Writer



**Madeline Dickson of Gilbert, a member of the Des Moines Area Community College (DMACC) cross country team, helped the Bears to a seventh-place finish in the Fighting Bee Invite October 12 at Davenport. Dickson ran the 5K course in 21 minutes, 24 seconds, finishing 30th overall.**

### Cross Country

The Bears cross country team finished out their regular season at the Fighting Bee Invite on Oct 12 at Davenport. The team finished seventh in the tournament, Freshman Kim Teno of Albia led the team with a 29 place finish. The team is idle until the post season begins on Oct 26 when the team will head up to Mason City for the NJCAA Region XI Championship.

### Volleyball

The DMACC volleyball team got its sixth straight win over Iowa Central on Oct 16 to bring its record to 25-8 overall. With the win the team has a 7-1 record in the Iowa Community College Athletic Conference and stays in the running for the conference championship. Sophomore Jessica McNeece of Pleasant Hill led a balanced DMACC attack with nine kills and a .533 hitting percentage in 15 attacks. The team is now ranked 15 in the National Junior College Athletic Association Division II poll.

## DMACC volleyball sees 5-match win streak end

Johnson County Community College (JCCC), the third-ranked team in the National Junior College Athletic Association (NJCAA) Division II poll, ended a five-match winning streak by the Des Moines Area Community College (DMACC) volleyball team in a 3-1 win over the Bears October 18 at Overland Park, Kan.

Set scores were 25-20, 25-23, 24-26, 25-17. The loss dropped DMACC, ranked 15<sup>th</sup> in NJCAA Division II, to 25-9 for the season.

Freshman McKenzie Grimm of West Bend paced DMACC in the loss with 10 kills and a .250 hitting percentage. Grimm's 10 kills came from 24 attacks with four hitting errors. Sophomore Sheila Menezes of Guarulos, Brazil, had nine kills, sophomore Jessica McNeece of Pleasant Hill and freshman Nevada Meis

of Council Bluffs had eight kills apiece and sophomore Sarah Frisch of Grundy Center added seven.

Sophomore Sara Jesse of LaPorte City and freshman Amber Huttman of Council Bluffs led DMACC in assists with 25 and 18 respectively and sophomore Olivia Sulentic of Truro topped the Bears in digs with 15 and added three ace serves. Menezes came away with 13 digs, Jesse had 11 and sophomore Barbara Soranzo of Ipe, Brazil, had 10.

DMACC returns to Iowa Community College Athletic Conference (ICCAC) play Oct. 23 when the Bears travel to Iowa Falls to face Ellsworth Community College (ECC). DMACC is 7-1 in league play and ECC stands at 13-16 overall and 3-5 in the conference.

Follow the Bears at [www.dmacc.edu/athletics](http://www.dmacc.edu/athletics)

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## The Bear Essentials

# Student loan lowdown



**By Zach Kowalik**  
Columnist

The first time I went to college (2008) I financed my first semester at Iowa State with federal student loans. When I transferred to DMACC in 2009 the trend continued, and by the time I received my AS degree I had accumulated over \$11,000 in student loan debt. My wife's story is similar, as she financed nearly her entire education at ISU with student loans. By the time she graduated she was over \$33,000 in debt. Combined we had nearly \$45,000 in student loans to pay back and our total monthly payments were over \$400 per month. This made our goal of buying our first home as newlyweds impossible. We reevaluated our situation and decided to pay off as much debt as we could. It wasn't easy and we endured a few sacrifices but we're proud of the progress we have made. Although we are in a better place now, we wouldn't want to do it over.

Our student-loan story is alarmingly common. According to American Student Assistance, a nonprofit organization that provides student loan solutions, the total student loan debt in this country is around \$1 trillion. This is the highest consumer debt second only to home mortgages. Student loan debt is higher than credit card debt, and it's not go-

ing down. Of students graduating with debt, 41% will become delinquent in the first five years of repayment (source ASA). With the costs of higher education rising faster than inflation, yes even faster than healthcare, student loan debt likely is here to stay.

Anticipating this trend can help us define what role student loans will play in our education.

Many of the students I talk to really have no idea what their debt service will look like after graduation. I empathize with them because I once felt the same way. Luckily, you don't have to suffer the same shock that my wife and I experienced when we got our first student-loan bills. The website [asa.org](http://asa.org) offers free student-loan calculators which will help you figure out what your payments may look like. This can be a great service to help set debt limits that result in manageable payments upon graduation. If you have a hard time making payments, there are several options. The graduated repayment plan starts with a low monthly payment and gradually increases to match the increases in your income. There is also an income-based repayment plan that sets your monthly payments to a percentage of your actual income.

Whichever repayment plan you choose remember that debt and savings tend to have an inverse relationship, so always make room in your budget for savings. My wife and I may have to wait for our "starter house", but we are getting closer to that goal every day. By being aware of your future debt-service you can make better choices today and hopefully avoid a situation akin to ours. And remember, the easiest way to manage debt is by never acquiring it in the first place.

## Taking the Lead

# Persistence is key



**By Cainon Leeds**  
Columnist

There's a central theme behind the leadership styles of Martin Luther King Jr., Mahatma Gandhi, and Malala Yousafzai, the 16-year-old Pakistani education activist who took a bullet to the head from a Taliban member last year and survived.

They all believed in something strongly enough that they would risk their lives for it, they all based their activism on peace and respect and they were all in it for the long haul. They spoke fearlessly about what they believed in for as long as it took to educate the world about their message.

I believe some of us speak courageously. I think some of us

are respectful, but it is a rare thing to see someone continue despite continual failure or rejection.

As Ivan Joseph, at Ryerson University, said in a talk on self confidence and leadership, "Practice, practice, practice and do not accept failure. Maybe it shouldn't be repetition. Maybe the answer should be persistence because we all repeat something but very few of us really will persist."

I can take the "Commit to Complete" pledge for college. I can say that I will exercise, eat right and get healthy. I can sign up for clubs and promise to do well in my classes. But at the first sign of difficulty or failure, I begin to doubt myself. When I see a bad grade, I want to drop my class. When I don't see any progress, I want to give up. But often, I don't.

I have learned through hard experiences and knowledge acquired from others that some things are worth holding onto while others are not. The majority of those things, however, are ones I should persist at. We should be persistent when it comes to the things we believe in, especially when they are hard. Persistence is the key to lasting leadership.

## Guest Columnist

# The war on the poor



**By KayCee Purdy**  
Staff Writer

It seems as though the Bill O'Reilly's, the rich, and overall general media and public opinion has won the War on the Poor. Though, what was there to be won? Isn't anyone disheartened over the majority opinion of the lowest economic class in our country? What happened to Compassionate America? Does anyone remember the '90s?

I do not know exactly when President Lyndon Johnson's War on Poverty became the current War on the Poor. Personally, I blame the last presidential campaign, particularly; the words of one Mister Newt Gingrich. He said comments about black people, and shared his narrow-minded views about the ambitions of welfare recipients. He over-exaggerated that Obama was a "Welfare President" who entitled Americans to sit on the couch to earn food stamps. Since then, I haven't heard any other poster child for the anti-assistance movement come up with an argument that some deem worthy of perpetuating more. Doesn't this disappoint you?

Like I said, I grew up in the 90s. Everything was about charity, missionary work, getting involved with your community, mentoring, food bank drives, church fundraisers to help local non-profit organizations, empowerment movements, entrepreneurs, Jerry Lewis telethons and taking jello to the new neighbors. Now, I am not so sure that people are even comfortable meeting outside of Facebook, let alone putting faith and effort into getting involved in their communities—especially to help those who are less fortunate.

The media and the government figures that want you to hate the poor have done a great job thrusting the worst examples they can into the spotlight for you to scrutinize. Social media has done an even better job of stereotyping those who are in need by the way of jokes and meme comics that victimize the taxpayer and make those who receive assistance look like crooks and con artists. Which is pretty ironic, considering where the information is coming from. The mainstream media, our politicians, and the internet isn't full of crooks and con-artists, right?

Why some people are even worried about a fraction of our budget to help those who suffer on a daily basis when compared to what is spent on war, failed policy and stimulus packages, investments in companies like Solyndra, massive government

spending bills and ghastly agribusiness subsidies is beyond my comprehension. And isn't it ironic that the ones that seek to benefit the most off the welfare state are also the ones making the biggest stink about it?

Government subsidies are filling the pockets of farmers rich and poor alike. \$256 billion dollars since 1995, to be exact. If those government subsidies came on a little card that everyone recognized like they do EBT cards, what stigma would arise for subsidy receivers?

On one hand, if the subsidies stop, many middle-class and struggling farmers can no longer practice their trade. But on the other, if the subsidies keep rolling in, the top-tier of agribusiness remains the profiteer, the judge and jury and even executioner as they make decisions that affect government and policies. Decisions that literally render the average working-class or poor person powerless to change to the system, or their ability to get out of it or stay out of it. How can this country expect poor people to rage against the system that feeds it?

The country is still trying to assemble what happened that created a glitch in the SNAP (EBT) benefits, and caused a massive amount of people to take advantage of the system. The news rolled out pictures of carts filled to the brim, mostly by what they classified as poor black welfare recipients, who realized the limit on their electronic cards had been temporarily lifted.

I found flaws in this report, considering the carts were also filled with laundry detergent, toilet paper, shampoo, and other items. It should be a basic fact that people cannot buy these items on EBT. Allegedly, once the hoard realized the system was shut down, they left carts sitting in hours-long lines at the checkout.

According to the mainstream media, Americans are appalled by this. Why? For the past few years especially, these people have received some of the worst feedback and the most heinous threats the program has encountered. Already bounding through requirements (seemingly forgotten by the public) to be in the system, recipients are taunted and teased about getting their benefits taken away. They're questioned at the register about the goods they're buying, by taxpayers who don't understand the system. Some people are identifying recipients and categorizing them with a label that follows them everywhere.

The government shutdown cast a shadow that no one quite understands, and people are scared. If you thought that you lost the support of your country, and you had to find a way to feed your family, how far would you wait—especially knowing that the longer you wait, the more roadblocks will be in place, and the more others will be trying to do the same as you? Heck, I'd be filling my grandparent's and my neighbor's fridges, too!

Which brings me to my next point: the poor are already charitable people. Statistically speaking, America's poor tends to be the most charitable in this nation. But you won't see the stories about the people budgeting out their assistance to help their parents and grandparents who live off social security, and seen their food benefits cut in half or more. You won't see too much about the local drives to secure goods for people during the WIC (Women, Infants and Children) program freeze. You won't see how the poor helps the poor, because somewhere, our politicians made the media and working class no longer care.

The facts are: not all "rich" people and society in general believe that those who are on welfare are just a plight upon America. And not all people on welfare and food stamps are abusing the system. But the economic gap isn't the only gap that should be mentioned when talking about this subject, because there is an even more impressive and destructive gap between hearsay and the truth.

Truth is: the people who receive assistance must meet requirements to be able to continue receiving help. Many of these programs help temporarily (Family Investment Program (FIP) only helps for up to five years in one lifetime, WIC cuts off the mother's needs after the first year post-pregnancy, etc). There are many out there, myself included, who put in 14-18 hours a day into doing better for themselves, taking care of their families and meeting requirements. They're also doing it with much less than the average working person's income.

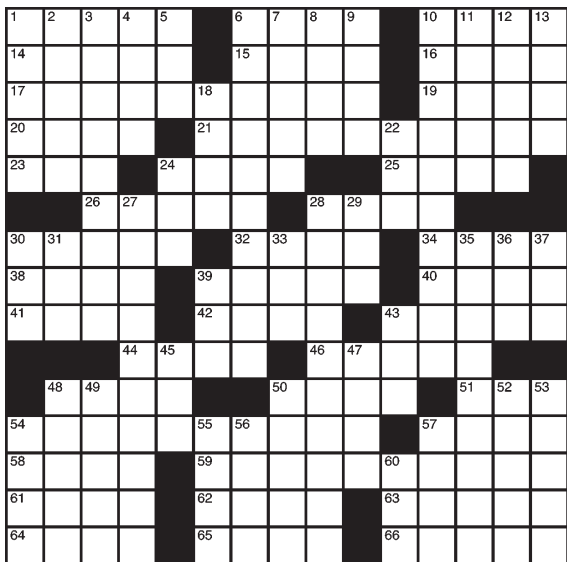
The ambition to keep it up is something to be proud of, but it isn't like people are happy to be a part of the "system". I can't wait to get out. It has messed up employment for my family, gave us a label in a small town, and reminded me that even the most giving nation has strings attached to nearly everything it does out.

So exhausted we are, as a society. If we've had enough of the bickering, we should look to where our big bucks are going, and what our leaders are doing with it—not our poor. If you're going to have a voice, please use it to speak for people in fairness and kindness or to help, not to judge. To quote Pastor Martin Neimoller, "First they came for the Jews, and I did not speak out because I was not a Jew. Then they came for the Communists and I did not speak out because I was not a Communist. Then they came for the trade unionists and I did not speak out because I was not a trade unionist. Then they came for me and there was no one left to speak out for me." The government is soon to raise the income level that one can have to be able to file for assistance by an unprecedented amount. And I cannot imagine what it would do to this country if the government pulls the plug on welfare, and we've stopped being fair and charitable when everyone needs help.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Floating platforms
  - 6 Guy or fellow
  - 10 Haughty sort
  - 14 Creepy starrer
  - 15 Top military draft category
  - 16 Skid row denizen
  - 17 German cars bought by Riyadh residents?
  - 19 Not many
  - 20 Releases (on), as an attack dog
  - 21 Cafeteria carriers gone missing?
  - 23 QB's mishap
  - 24 Tennis icon Arthur
  - 25 Makes a choice
  - 26 Drawing upon
  - 28 100-yard race
  - 30 Shoulder wrap
  - 32 "Once \_\_\_ a time ..."
  - 34 PC software
  - 38 Rose of baseball
  - 39 Hard to hear
  - 40 Was a passenger
  - 41 Figure skater's leap
  - 42 Uncle Remus's \_\_\_ Rabbit
  - 43 Nursery-rhyme Jack or his wife
  - 44 Put down, as floor tile
  - 46 "\_\_\_ my case"
  - 48 Fixes with thread
  - 50 Plastic coffee container designed for a Keurig brewer
  - 51 Sports enthusiast
  - 54 Streamlined onion relatives?
  - 57 Pie à la \_\_\_
  - 58 Basketball's \_\_\_ "The Pearl" Monroe
  - 59 Stories you've heard a bajillion times?
  - 61 Bad to the bone
  - 62 Promgoer's concern
  - 63 Leaning somewhat
  - 64 Lousy grades
  - 65 Like so
  - 66 Zappos.com inventory



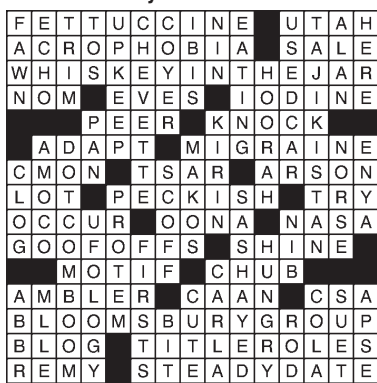
By Erik Agard

10/21/13

**DOWN**

- 1 Big name in vermouth
- 2 A second time
- 3 Vary irregularly, as prices
- 4 Koppel and Knight
- 5 \_\_\_ Lanka
- 6 Teeth-and-gums protector
- 7 Conductor Previn
- 8 "Star Wars" princess
- 9 "Piece of cake!"
- 10 Out-of-tune string instruments?
- 11 Like Jack 43-Across's diet
- 12 Does as directed
- 13 Curtain call acknowledgments
- 18 Part of YMCA: Abbr.
- 22 How-\_\_\_: instruction books
- 24 Feel lousy
- 27 Neato water sources?
- 28 Insult comic who was a frequent Johnny Carson guest
- 29 Crumb-carrying insect

Saturday's Puzzle Solved



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10/21/13

- 30 Relaxation center
- 31 Put a curse on
- 33 Dessert with a crust
- 35 Financial planner's concern
- 36 Handheld computer, briefly
- 37 Go down in the west
- 39 "The X-Files" gp.
- 43 Ninth mo.
- 45 Pop the question
- 47 Ploy
- 48 Work really hard
- 49 Spooky
- 50 Reeves of "Speed"
- 52 Dancer Astaire
- 53 Homes for chicks
- 54 Future flower
- 55 J.D.-to-be's exam
- 56 \_\_\_ A Sketch
- 57 Trig or calc
- 60 Prof.'s helpers

# Movie of the week: Carrie

This appeared in the Iowa State Daily on Oct 21. Reprinted with permission.

By Nick Hamden

This may not be a popular opinion, but I am willing to say it: The original "Carrie" is not that scary of a movie. Or, at least, it is not scary anymore.

When it first came out it was probably shocking, sure. Part of the reason it would have been terrifying is not knowing the bloodbath that would occur at the end of the film (or the end of the original novel). There was no Internet, spoilers did not run rampant and people could watch the movie and actually see something new.

You would be hard-pressed to find someone who does not know how the original "Carrie" ends. They might not know the finite details, but they know blood gets dumped on a poor girl, who then takes out a school who bullied her.

So why bother with a "Carrie" remake in 2013? The only real reason is to either change the story so that audiences will not see the ending coming or ramp up the creepy details to a new notch in order to make it more of a horror film. You know, give us a different reason to remember her name.

Carrie (Chloe Grace Moretz) came from humble beginnings. She used to be home-schooled, but the state of Maine intervened and forced her to go to public school. Not sure why. Her mom (Julianne Moore) was a perfectly adept teacher. She taught Carrie about Jesus and God, and she even gave her a nice tiny prayer closet under the stairs to "study" in.

Despite the fact that she is a



MCT

senior in high school, she gets her period for the first time in gym class (must be Satan at work in her loins, according to her mother). The other girls find her fear amusing, make fun of her, and promptly get in trouble with the gym teacher (Judy Greer). They have two options: put up with a week of grueling physical activity, or get suspended and miss prom. Clearly neither option is ideal, and it must be Carrie's fault putting these girls in that situation.

Which is why the mean girl (Portia Doubleday) and her boyfriend (Alex Russell) do the whole dump-pig's-blood-on-her-head-at-prom thing. That will show her.

Gabriella Wilde plays the nice "mean girl," and Ansel Elgort her plays boyfriend.

Really, the reason anyone came to see this movie was to watch the prom scene and see the path of destruction that Carrie would lay in her wake. The rest of the film could be boring, but as long as the prom scene is excellent, the director will have delivered. The prom scene is longer in this version, there are more creative deaths with less hoses, and there is more destruction outside of the school, but

miraculously a lower overall body count.

Basically, this film is identical to the 70s version. Even the dialogue is basically the same, minus the upgrades in time/technology.

The few things that are changed are who lives and dies at the end, one other «twist,» and making the mother a bit of a masochist. Okay, a huge masochist; she loves that self-inflicting stuff. Basically, all of these new elements are their attempt at making the film a bit more creepy throughout.

Overall, I would say that this film was a bit disappointing in that it was made so similar to the first film (and maybe the book; I have no idea of how similar those are.) It really does not add anything new to the mythology, and was made to upgrade a film everyone already knows the plot of. I hated most of the no-name actors, but surprisingly enjoyed Ansel Elgort as the nice boyfriend. He was so good at being kind to a weird redheaded girl.

If you are looking for scary movies in theater for Halloween, unfortunately «Carrie» is your only hope. Somehow, this is the only horror movie coming out in October.

**Editor's Note:** Banner News cartoonist Erica Brown, from Boone, is taking a mid-semester break from cartooning this issue. Look for her work in the next issue on newsstands Nov. 9. Her cartoon series is called "Fresh-Mores," representing the freshman and sophomore students that tend to make up the DMACC campus. Email her with your comments and ideas for future cartoons. ebrown11@dmacc.edu



"Well, if it isn't Ben Affleck!"

# This week's horoscopes

(MCT)

**Aries (March 21-April 19)** -- Today is a 7 -- For the next month, save more than you spend. Focus on resources and planning. Some things are still out of reach. Don't tell everyone what you've got. Get your affairs into order. Rejuvenate romance with poetry, art and magic.

**Taurus (April 20-May 20)** -- Today is an 8 -- You can plan for the future while managing current changes. Learn to delegate. Expect the temporary opposition of a partner. Don't make assumptions. Get extra efficient.

**Gemini (May 21-June 20)** -- Today is an 8 -- There's plenty of work this month with increased income, so stash it in a safe place. Postpone a family gathering temporarily. Opposites attract. An old flame reappears. There was a reason the spark went out. Keep focus.

**Cancer (June 21-July 22)** -- Today is a 7 -- Save enough to get the highest quality. Organize creative efforts. You're exceptionally lucky. A female shows you what really matters and is very pleased that you get it. Allow extra time in the schedule.

**Leo (July 23-Aug. 22)** -- Today is a 6 -- Tempers are short, especially at work. Go for quiet



productivity. Your family needs you around. Use this time to invest in home, family, land and real estate. Moderate a disagreement. Love inspires love.

**Virgo (Aug. 23-Sept. 22)** -- Today is a 6 -- Express your true feelings gently at work. Focus on gathering information and disseminating it wisely this month. Education is a priority. Wait until the directions are clear, and papers are in order. Organization saves time.

**Libra (Sept. 23-Oct. 22)** -- Today is a 7 -- Things don't go exactly as planned. Keep some of your treasure hidden. Research new structures and practices for more efficiency around daily routines. Keep enough supplies on hand. Delegate unwanted tasks.

**Scorpio (Oct. 23-Nov. 21)** -- Today is a 7 -- Navigate a conflict of interests. You're in charge this month, with spotlight and megaphone. Ask for help. Postpone gathering with friends (unless it's to accomplish something in teamwork).

You're extra powerful. Use it to benefit your community and family.

**Sagittarius (Nov. 22-Dec. 21)** -- Today is a 7 -- Avoid a delicate subject. Follow through on old promises and do the financial planning for the next month. Opposites discover a magnetic pull. Take care not to provoke jealousies. Watch for hidden agendas.

**Capricorn (Dec. 22-Jan. 19)** -- Today is an 8 -- Listen carefully to another opinion. Get festive this month, as social life and status rise together. Think of somebody who needs you. It's better to save than to spend, now. Gracefully mediate a controversy by listening to affected parties.

**Aquarius (Jan. 20-Feb. 18)** -- Today is a 6 -- Have fun advancing your career agenda. Notice the effect on your partner. Don't overlook someone who cares. Career matters may take up your time and effort, but you can squeeze in some love.

**Pisces (Feb. 19-March 20)** -- Today is a 7 -- You meet people with strong will power. List all the possibilities you can imagine, especially what you'd like to learn. What collaborations can you invent? Travel gets easier this month. Schedule carefully.

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