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10-9-2013

Banner News

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Recommended Citation

McNeece, Jessica; Purdy, KayCee; Osborn, Brian; Gutknecht, Trevor; Leeds, Cainon; and Moeller, Celeste, "Banner News" (2013). Banner News. 69.

https://openspace.dmacc.edu/banner_news/69

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Banner News www.bannernews.org

Your Life, Your Campus, Your News

Rebound from cancer free Former DMACC basketball player Josh Bond pronounced cancer free

By Jessica McNeece

Editor in Chief

Josh Bond is on the rebound. The former DMACC Bears basketball player from Australia left the team in December after being diagnosed with testicular cancer.

After he flew home, within 24 hours of being there, he had a stroke that paralyzed his dominant left side. They also found out that the cancer had spread to his liver, lungs, and brain.

Bond has been fighting this battle for nine months. He had spent two stages of treatment in intensive care and his "cand count" reached 2.5 million.

His count is now 0. Bond was pronounced cancer free on Sept.

"I overcame the cancer because I really believed that the treatment would work and I trusted my doctors, but also the support I had from family and friends. They were always there for me and I still had fun days, even with how bad I got," said Bond. "My stroke also kept my mind off the cancer a fair bit because all I would think about and try to do is rehab and get better so I can live like I use to."

Head basketball coach BJ McGinn still keeps in contact with Bond through Facebook to get updates on his status.

"He has a lot of support from family and he always reaches out to us at DMACC. He had a lot of

(Right Bottom) Bond while playing basketball at DMACC. (Above Left) Bond after getting his first operation after the cancer had spread to his brain. (Above Right) Bond and mother at hospital when Bond was at nis sickest stage. (Bottom Left) Bond

now that he is cancer free.

fight and support," said McGinn. "His country had a lot of walk and cancer support, I think that gave him a lot of strength and fight to keep going."

Teammate Jake Guenther has kept in touch and has been supporting Bond through his treatments.

"He's a strong person. He has great family and friends always there supporting him, and he was always optimistic. It seemed like in his mind the only option was to beat it, and he did, which is amazing considering how high his count was and how much it spread," said Guenther.

Bond also kept in touch with friends through letters and packages while in Australia.

Kaylee Buch, a sophomore at DMACC and a member of the DMACC softball team, was a close friend with Bond while he was at DMACC. She showed support with care packages and supportive cards and gifts. Her mother also contributed to packages sent.

"I wear his bracelet everyday.

I haven't taken it off. I send him packages and letters of support. I know he knows I support him because he called me when he found out he was cancer free, it was nice to be able to talk to him," said Buch.

Bond loved the support from everyone in Iowa. He was overwhelmed with how many letters he got from DMACC students and staff.

"The support I had from the

See BOND, page 4

New faculty join English, science depts

By KayCee Purdy Staff Writer

Two DMACC faculty members have joined the Boone Campus in the fields of Chemistry and English. Chemistry instructor Heather Caruthers joined us from the Urban Campus, and English instructor Dennis Thompson came from the Carroll Campus. Both of them said that they enjoy being at Boone.

Thompson said that he liked the relationship between the faculty and students, "it reminds me of the close-knit community at the Carroll Campus." Carroll is where Thompson taught Composition, Literature and Humanities for about three

Thompson grew up in rural Ankeny, Iowa and went to college at Iowa State. He achieved his Masters in English with an emphasis in Creative Writing while working for 24 years inside the US Postal Service. He started as an adjunct in Composition at the Ankeny Campus. About four years ago, he took on a full-time English position at the DMACC Carroll Campus. A summer position at Boone offered him a chance to be closer to his family.

"I wanted to move to central Iowa to be closer to my 90 year old father," he told the Banner. He noted that his wife's family is also aging, and that they are also located

See NEW, page 3

What is better: Iphone or Android? Luke Murphy **Megan Olson Tony Delzotto**

Samie Brooner



"I think Android is better, but I think Iphone is simpler."



"I always had an Iphone but just switched to an Android because Iphone really hasn't done much lately."



"Iphone because I have had one for the last three years."



"I have an Android but I like Iphones because they hold music."

Courtney Moravetz



"I used to hate Iphones, but I used my mom's map app on her Iphone. Now I switched to an Iphone."

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Banner

Fall 2013

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Bear Briefs

Mental health advocate to speak at Boone

Sean Campbell travels the country sharing his firsthand experiences with mental health issues. His message promotes wellness and tolerance while striving to reduce the stigma associated with difference. Campbell will be speaking at the DMACC Boone Campus from 10:10 to 11:05 a.m., Wed., Oct. 9, in the Theatre. The event is free and open to the public.

The 22-year old Campbell shares his own story of growing up with a father with bipolar disorder and alcoholism, who committed suicide. He promotes a "person-centered wellness" that focuses on selfawareness to find resources that benefit personal wellness.

Blood drive

The DMACC Boone Campus Student Activities Council is sponsoring a blood drive from 9 a.m. to 12:30 p.m., Wed., Oct. 16, on the Boone Campus. Did you know cancer patients are the number one recipients of blood products? Join the fight against cancer and donate blood. Anyone who donates blood will receive a \$10 gift card to Casey's. To schedule your appointment, go to https://www. donorsaves.org/index.cfm?gr oup=op&hlc=DMACC&hostlo okupcode=DMACC.

Healthy Walk

A healthy walk (one mile outside) is planned for the DMACC Boone campus on Wednesday, Oct. 9, at 12:30 p.m. Meet in the Courter Center by entrance #3. This is a statewide event and the Student Activities Council would love for you to be a part of our healthy walk. If you would like to sign up (it's free), go to http://www.iowahealthieststate.com/walk/?w=8Y7K7SC. Together we can make lowa the healthiest state. If you have any questions, contact Steve Krafcisin, SAC, 433-5078 or Jenny Spry-Knutson ,Prof., Fitness &Sports Management/GL 433-5205

Childcare and **Transportation help**

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, eaneumann@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. 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:

Thursday, Oct. 17 - 6:30-8:30 p.m. - Madrid Public Li-

Monday, Nov. 18^h - 6-8 p.m. - Ericson Public Library, Boone

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

Alumni Association fundraiser planned

The DMACC Alumni Association is partnering with Buffalo Wild Wings on Mon., Oct. 21 to support student scholarships. All DMACC alumni, students, faculty, staff and friends are encouraged to stop by an area Buffalo Wild Wings (Ames, Ankeny, Merle Hay Road-Des Moines, and Mills Civic Parkway-West Des Moines locations) on Oct. 21 from 11 a.m. until 1 a.m. Present your participation A program called lowa ticket (tickets are available

online at https://go.dmacc. edu/alumni/Documents/bww_ ticket.pdf), show your DMACC I.D. or simply mention to your server that yourre supporting DMACC, and 10 percent of all non-alcoholic purchases for that day will go to fund DMACC student scholarships. This includes carry-out orders.

Coat Drive

DMACC, KCWI, and UnityPoint-Des Moines are co-sponsoring a "Giving Warmth Coat Drive" until Oct. 16. Please consider donating new or slightly used clean coats, scarves and mittens to help keep central lowans warm this

Drop-off sites include the Boone campus and Hunziker Center, Ames.

In addition, DMACC's Phi Theta Kappa chapters are assisting in the distribution of the donated items.

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, 515-433-5061. Or Stacy Amling, slamling@ dmacc.edu, 515-433-5089.

World Food Prize lecturer to speak on Ankeny campus

Dr. Charity Kawira Mutegi, the World Food Prize lecturer, will speak on "How Can the World Provide a Safe and Sustainable Food Supply for a Population Growing to More than 9 Billion by 2040?" on the DMACC Ankeny Campus. Her presentation will be from 10:10 to 11:05 a.m. Wed., Oct. 16th in the Bldg. #6 Auditorium. Her presentation is free and open to all DMACC students, faculty, staff and the general public.

Dr. Mutegi is a scientist who made major breakthroughs in combating the deadly aflatoxin mold contamination that occurs in stored grain. Aflatoxin has been a serious problem in Africa and around the world for decades.



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Thompson, Caruthers new to Boone New, from page 1 in central Iowa. Thompson now Man from Huylay Love B. C. Man from Huylay Love B. C. Man from Huylay Love B. C.

lives in Boone, and started his first full term this fall. He said he would be teaching Composition, Encounters in Humanities, and America in the Movies this spring. A Hodgkin's Lymphoma survivor and self-proclaimed open book, Thompson likes to encourage students to think for themselves and inspire them to think creatively.

"Too much of education emphasizes conformity and obedience, and not on creativity. This is an issue from K-12, to university settings," he declared. Thompson added that he was a bit of an odd-ball. He confessed he is a licensed poultry judge for the American Poultry Association. Furthermore, he divulged that

by plays second fiddle to his hobby of judging purebred poultry. "Please feel free to direct all your poultry questions to me," he advocated.

Thompson has already made an impression with English instructor Sam Pritchard. "We're fortunate to have him on campus," he said. "Students have already commented on his approachable style and his willingness to help."

Caruthers said the she also had something to confess, "I've only had a driver's license for a little over a year. Before that, I never really needed one." She grew up near Yale University in Connecticut. She earned her he played on the TV sitcom The Bachelors in Chemistry at Ce-



Dennis Thompson

dar Crest College, her Masters in Organic Chemistry, and Ph.D. in Chemical Education at ISU. She then went on to teach Chemistry at Urban before coming to Boone in the summer.

Living in Ames and engaged to be married in late October, Ca-



Heather Caruthers

ruthers said she likes being closer to home, "It's a shorter commute than I had before," she stated. She said her hobbies included knitting, reading and board games.

Caruthers boasted the projects coming up for her chemistry students. One involved a food cals. After the project is complete, they have to decide whether or not they'll eat the item.

"Mostly, we get to make pretty colors," Caruthers said. She added that the colors created in the field of chemistry are what inspired her to become a chemist. "And we may blow some more stuff up, but we will try not to."

She declined to comment any prior episodes involving small explosions, but she alleged, "There will be some loud noises."

Coming soon: *Pick up a future* issue of the Banner News to read about two other new Boone faculty members.

October devoted to raising domestic violence awareness

By KayCee Purdy

Staff Writer

October is Domestic Violence Awareness Month.

"Nationally, 1 in 4 women are victims of domestic abuse," said Angie Schreck, director of ACCESS (Assault Care Center Extending Shelter and Support) in Ames. "Statewide, statistics are more like 1 out of 6."

New Choices adviser Erin Neumann serves as the point of contact at the Boone campus for the ACCESS. Her role is to assist in connecting students to the services they need. "If you know someone who is a victim, you can speak to me or there is a 24-hour hotline."

Neumann can't comment on specific cases, but she said, "With a campus of this size, I am certain there are victims and survivors of domestic violence."

Schreck said that the high-

est risk for domestic violence isn't just married couples, but rather a typical college-age group. "Sex-

ual assault in outside intimate partnerships is prevalent in ages 18-26," she said. "Either you are a person who knows a survivor or victim, or you are one."



"It impacts everyone," she

"It's important to know how to help a friend or how to get help if there is abuse," she said. The ACCESS crisis line is 1-800-203-

Schreck also urged DMACC students to get involved. ACCESS has a shelter in Ames, as well as crisis lines and training programs. "If you aren't comfortable with working directly with victims and their families, there are plenty of ways to help behind the scenes," she said.

specific events are planned this month on the DMACC Boone campus to raise awareness about domestic violence. But ACCESS has teamed up with Iowa State and DMACC in the past, hanging flyers in bathrooms and organizing domestic violence awareness campaigns. They also reach out to local communities by posting on-screen public service announcements in movie theaters.

ACCESS works with law enforcement, victim service providers, attorneys, probation and correction agencies, medical professionals, substance abuse agencies and youth and human services in a mission to end domestic violence. They organize awareness and education events in Story, Boone and Greene counties.

ACCESS believes in a collaborative effort that promotes victim restoration, community safety and offender accountability.

One visual project that ACCESS and other domestic abuse agencies promote is called "Empty Place at the Table." The project is in memory of those who have lost their lives due to domestic violence, and is done to increase awareness and educate the public. A table is set and decorated, and a victim placard is placed at each empty seat. The seat represents the victim who will not be able to sit for dinner with their family ever again. The teams from ACCESS have also hosted demonstrations representing victims by setting out empty chairs, or hanging t-shirts from a clothesline to visually depict the grief, anger and healing process surrounding domestic violence.

Schreck reminds students that our culture tends to glorify sex, violence and power. "It is important to work on the flip-side of that coin, because this is the world we live in," she said.



domestic violence. It is a national recognized campaign.

Transportation Survey - Please complete this survey if you live in or near Ames and would be interested in riding a low-cost shuttle between the DMACC Hunziker Center in Ames and the DMACC Boone campus.

Heart of Iowa Regional Transit Authority (HIRTA) is considering providing a low-cost shuttle service between the DMACC Hunziker Center in Ames and the DMACC Boone campus for \$2 each way. Your feedback will allow HIRTA to consider a schedule that best addresses the needs of DMACC students. Reminder: CyRide's #4 Gray Route drops off and picks up at the DMACC Hunziker Center in Ames.

If you wanted to use the shuttle service, would you use CyRide to get to the Hunziker Center? (Check one.)

From Ames to Boone: What pick-up time from DMACC Hunziker Center in Ames would you most likely use to travel to the DMACC Boone campus? (Check one.)

7:30 AM 7:45 AM _ 8:00 AM 8:30 AM (Arrive @ 8:15 AM) (Arrive @ 8:30 AM) (Arrive @ 9 AM) (Arrive @ 8 AM)

From Boone to Ames: What pick-up time from DMACC-Boone would you most likely use to travel to the DMACC Hunziker Center in Ames? (Check one.)

1:30 PM 4:30 PM _ 2:30 PM __ 3:15 PM (Arrive @ 2 PM) (Arrive @ 3 PM) (Arrive @ 3:45 PM) (Arrive @ 5:00 PM)

__Monday ____Tuesday ____Wednesday ____Thursday ____Friday ____N/A

On what day(s) would you most likely ride the shuttle? (Check all that apply.)

In what circumstance(s) would you most likely ride the shuttle? (Check all that apply.) I would ride it any day I need to travel between the Hunziker Center and DMACC Boone Campus.

When there is inclement weather (snow, ice, rain)

When I need to save money on gas

N/A - I would not ride a shuttle between Ames and Boone. Other - Please explain:

What are some reasons you would not ride the shuttle? (Check all that apply.) __Cost - It's too expensive.

_Academic Schedule - My classes don't work with the proposed times. _Personal Commitments - My employment or personal responsibilities don't work with the proposed times.

_Convenience – I would rather have my own vehicle on campus.

Other - Please explain:

Do you have any other comments about the potential HIRTA shuttle? (Please attach.) Thank you for providing your input on this survey! Please clip and return to Erin Neumann, Room 135

Or complete online at http://www.surveymonkey.com/s/2W5KFWN

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Support pushes Bond to recovery

BOND, from page 1

community in Iowa was really amazing. I got cards from a lot of families and coach let me keep my uniform. The Buch family sent me over gifts from Iowa and Kaylee and I send packages to each other. I still stay in contact with people from DMACC and really cant wait to catch up with them," said Bond.

McGinn sees the chances of Bond eventually coming back to play as an option when Bond gets

"If it is possible, we would make that an option. He is going through rehabilitation, it's been a year so putting weight on and getting stronger is a factor. If there is a way, he will make it happen. He is a tough kid," said McGinn.

Buch sees the determination in Bond and his drive to get back to the way things were before the

"I think the main thing was from the beginning he was determined to overcome the cancer. He wants to start living his life, he wants to come back to America and start playing basketball again but he has to take it step by step with recovery and building his muscles back up," said Buch.

Bond has high hopes of playing again and has even been using basketball in his rehab to help with his movements.



Friends and relatives show support by making bracelets and stickers for Bond. (Top Above) Bond's sister Amy wears the bracelet that friends from DMACC made when Bond was diagnosed. (Bottom Above, Top Left) Family members made stickers for friends and family back home in Australia. (Bottom Left) Friends in Australia made shirts for Bond and family to show support.

Bond gives credit to one of his Australian teammates Helder Borges for helping him get better. Borges has been with Bond since he awoke from his stroke. He has motivated Bond to start jogging, jumping, walking, and even shooting a basketball.

"All my rehab is going to be is basketball. Helder said he will get me back to how I used to play. It's just going to take at least a year to play at the level I did before I got sick. I do believe I will. It will just take time."





Oz's fantasy football picks



By Brian Osborn Contributing Writer

Welcome to the first installment of the Oz's Fantasy Picks. I am here to hopefully shed some light on the crazy and sometimes daunting challenge that is fantasy football.

QB:

- 1.) Andrew Luck- Luck appears to be getting better every week that he is in the league and he should continue this trend against the Chargers who have the 26th ranked pass defense in the league. With the younger guys stepping up, it should be a good game. Plus you can't forget about his running ability
- 2.) Tony Romo-Surprise Surprise, Romo has only two interceptions. With him going up against the Redskins who are ranked 27th against the pass

and have allowed 9 touchdowns, don't be surprised that he doesn't continue what he is doing.

Sleeper: Mike Glennon-The Buccanneers have been pretty bad on all sides of the ball with the drama in the organization. I am still putting Glennon here because he has shown composure and the ability to deliver the ball. He has gotten a bye week to adjust to the offense better that has scored a league low of 44 points. Plus the Eagles are ranked 29th against the pass allowing 325 ypg so look for out party.

RB:

- 1.) Arian Foster- Foster has been kind of hit and miss this year but look for him look like the Foster from last year this week against the Rams who are ranked 30th against the run. The Rams have let 2 out of 5 of the main backs rush for over 150 yards with two not having a feature back at all and the Jags having a horrible offensive line.
- 2.) DeMarco Murray- If you couldn't already tell, I have my chips in on the Cowboys for this matchup. With Murray, he is going up against the second to last ranked rush defense in the league. I just don't think that the Redskins can come up with a game plan that will shut out

Murray, Romo, Witten, Bryant, etc. Look for a great game from Murray.

Sleeper: Bilal Powell- With all the injuries that the Jets have had to deal with, Powell has stepped up and filled in nicely. This week he is going up against Steelers whose rush defense is ranked 29th. So expect Powell to keep up his under the radar season.

WR:

- 1.) Reggie Wayne- When Luck is doing good, you can expect Wayne to be doing good. Especially when the Chargers have held Dez Bryant and Denarius Moore under 100 yard but still let them in the endzone. Look for a big game from Wayne.
- 2.) Vincent Jackson- Rookie quarterbacks like to focus on one guy and Jackson is going to be that guy. He has been the Bucs only consistant weapon so he should do fine against the Eagles 31st ranked defense that has been in complete disarray.

Sleeper: Justin Blackmon-The Jags are awful, there's no getting around that. But! If the Jaguars offensive line and give Blaine Gabbert or Chad Henne enough time in the pocket against the Broncos' pretty good pass rush, the Broncos pass

defense is still ranked 32nd in the league. Blackmon is a lone bright spot in black hole. So if whoever throws the ball can get the ball to Blackmon, he might be able to do something with it.

- 1.) Jimmy Graham- Graham has been unstoppable since the beginning of the season. Through 5 weeks he has 37 receptions, 593 yards and 6 touchdowns. This week he is going up against the Patriots that are ranked 17th against the pass. They also have had trouble covering big, sure handed tight ends like in week three when they gave up 149 yards and 2 touchdowns to Tony Gonzalez
- 2.) Greg Olson- A lot of the success that Olson receiving is dependent on how Cam Newton does as a passer. This week though, the Panthers are going up against the Vikings are that ranked dead last against the pass. With Olson being one of Newton's most consistent weapons, I would expect Newton to be looking his way a lot, especially in the redzone.

Sleeper: Jermichael Finley-After suffering a concussion in week 3, I would expect Finley to come back with some fire. This week he will be going against Ravens who just haven't been the same since losing key players in

the offseason and have struggled against tight ends.

Defense:

- 1.) Texans- The Texans defense is the 1st in the NFL and they are going to up against the Rams who have the last ranked rush offense in the league. Which means that they are going to be leaning on Sam Bradford to get the job done. Unfortunately, as history as shown, Bradford has trouble putting the team on his back. Look for a big game from JJ Watt and the Texans second-
- 2.) Broncos-Jags... ranked 29th in passing... 30th in running the ball... need I say more?

Sleeper: Saints- You might think I am crazy picking a team's defense that set the record for the worst defense in league history just a year ago, but hey that's why it's called sleeper right? The fact of the matter is that Rob Ryan has really gotten the Saints defense in shape and has them as the 11th ranked defense in the league. No, they aren't going to shut teams out but they are going to step up in just the right scenario. Plus, they are going up against Tom Brady and his island of misfit wide receivers. Yes it is Tom Brady, but not even the greatest surgeon in the world can perform surgery with hardware

Basketball begins with jamboree

Bears play in Missouri to start season with win

By Trevor Gutknecht

Staff Writer

The DMACC Men's Basketball team started the season on Oct. 6 at the JUCO Jamboree and returned home with victories over Penn Valley and Ft. Scott.

The Bears finished with a 17-14 record in the 2012-2013 season.

With five returning sophomores the team "has a good core group," said Athletic Director Orv Salmon. "They have leaders on the floor."

Two of the five -- Brandon Nazione and Derek Williams -were All-Region Honorable Mentions last year. Despite a request for interviews, the players were not available for comment with the Banner News for this article.

With DMACC being a twoyear college, turnover plays a factor. "This is the hardest level to recruit to," said Men's Head Basketball coach BJ McGinn. "We always have turnover."

But with players coming into the program from places like Tex-

as, England and even the Czech Republic, McGinn has laid a foundation. "BJ is a great recruiter and is good with evaluating talent," said Salmon.

McGinn is in his fifth year at DMACC and eighth year overall. McGinn said successful recruiting "just comes from experience in different situations."

Health or lack thereof played a factor in last year's record. This season players are coming in at full strength. "We have a lot of depth," McGinn said. "We're coming into the preseason healthy and that's a big relief."

There are other things Mc-Ginn is excited about at the start of this season. "We have a lot of speed and athleticism."

But when asked if this team might turn into "Lob City Central," McGinn gave an assured "no." McGinn also acknowledged the finer details: "We're striving to perfect the little things to build something bigger."

As for the goals of the season, McGinn was happy just to "get back on the floor." He said the guys were looking forward to the first day of practice, which was Oct.1.

Getting to the National Tournament on March 18 in Danville, Ill., is something that looms large. Not only getting to the tournament but getting deep in the tournament. "We have something to prove not only inside the program but outside the program as well," said McGinn.

"The team has to go out and prove something everyday," added Salmon. When asked about returning to the ranks in the National Junior College Athletic Association's top 10 Salmon said "I think they will be will return to a number 1 ranking."

The Bears started their season on Oct. 6. "They will be tested early and I think it's important for us to get off to a good start," said McGinn.

The team scrimmages fourthranked Iowa Western the Oct. 15. They then travel to Olney, Ill. on Nov. 8 to take on Vincennes who finished last season ranked seventh in the country.

Volleyball takes 3 of 4 in tourney



DMACC File Photo

Barbara Soranzo of Brazil watches as sophomore Olivia Sulentic of Truro, gets one of the six digs she had in the Bears' 3-0 loss to Iowa Western Community College Sept. 27.

four matches In the Iowa Western Tournament Oct. 4 and 5 at Council Bluffs.

DMACC opened with a 3-1 win over Central (Neb.) Community College, the 11thranked team in the National College Athletic Association Division II poll. The Bears needed five sets to defeat Kansas City (Kan.) Community College 3-2 in their second match on Oct. 4.

DMACC's first match on Oct. 5 was a 3-0 win against Longview Community College and the Bears closed out the tournament with a 3-2 loss to Iowa Western Community College. The Reivers are ranked eighth in NJCAA Division I.

Sophomore Sheila Menezes Guarulos, Brazil, had 14 kills and freshman McKenzie Grimm of West Bend added 12 kills to

Sophomore Jessica McNeece of Pleasant Hill finished with nine kills apiece and sophomore Sarah Frisch of Grundy Center had eight kills and a team-high six block assists. Sophomore Sara Jesse of LaPorte City and freshman Amber Huttmann of Council Bluffs contributed 29 and 26 assists respectively and Sulentic led DMACC in digs with 19. Menezes had 15 digs, sophomore Barbara Soranzo of Ipe, Brazil, finished with 14 and Jesse came away with 11. Menezes also had five block assists for DMACC.

McNeece had 12 kills and Menezes came away with 11 in DMACC's 15-25, 25-19, 21-25, 25-14, 15-10 win over KCCC. Grimm added to the Bears' balanced attack with nine kills, Sulentic finished with eight and Frisch had seven. Jesse and Huttmann had 25 assists apiece

DMACC- The DMACC pace the Bears past CCC, 25-16, and Soranzo paced DMACC in volleyball team improved to 19-8 25-15, 26-28, 29-27. Sophomore digs with 19. Menezes added 18 for the season by winning three of Olivia Sulentic of Truro and and Jesse and Sulentic had 13 apiece. Frisch led the Bears in block assists with eight.

> Menezes and Sulentic had eight kills apiece and McNeece added six as DMACC defeated LCC, 25-22, 25-15, 25-8. Huttmann contributed 18 assists, Jesse had 17 and Soranzo led the way in digs with 14.

> Menezes had a team-high 14 kills, Grimm added 12 and McNeece came away with nine in a 25-20, 15-25, 14-25, 25-14, 12-15 loss to IWCC. Jesse and Huttmann contributed 23 and 19 assists respectively and Soranzo topped the Bears in digs with 23. Sulentic added 17 digs and Menezes had 13. Frisch and McNeece shared top honors in block assists with four apiece.

> DMACC returns Conference play when the Bears host Kirkwood Community College on Oct. 9 at 6:30 p.m.

Sports Round Up

By Trevor Gutkecht Staff Writer

Volleyball

The DMACC volleyball team had their six-game win streak snapped by sixth ranked Iowa Western when they traveled to Council Buffs to play in the Iowa Western Tournament on Oct. 4 and 5. (See press release at bottom left for details.) The team's record now sits at 19-8 and 5-1 in the conference. They will play Kirkwood at home on Oct. 9. Boone then hosts the DMACC Invite on Oct. 11 and 12.

Men's Golf

The DMACC Men's Golf team gets the second place finish at the Eagles 4 Heros tournament in Lake Panorama. Sophomore Tanner Ludwig led the team with a 36 total of 157, that score got him tied for eighth place in individual play. That tournament closes out play for the DMACC Men's Golf team.



DMACC File Photo

Sophomore Matt Gute of Carroll, a member of the men's golf team, tied for 13th place in the individual competition as he helped the Bears to a second-place finish in the team standings in the Eagles 4 Heroes tournament Sept. 27 and 28 at Panora.

Women's Golf

The Women's Golf team also finished second in the AIB Fall Invitational at Lake Panorama National Golf Course. Sophomore Jalyn Briley and Freshman Haley Froehlich shot identical scores of 182 over 36 holes leading them to tying for second place. The tournament closed out the fall season for the DMACC women's golf team.

Sports Calendar

Cross Country

Oct 12 Fighting Bee Invitational @ Bettendorf

Baseball

Oct 11 University of Iowa @ Iowa City 3:30 PM Oct 12 St. Cloud State, Boone 1:00 PM

Mens Basketball

Oct 15 Iowa Western (Scr.) @ Council Bluffs 6:00 PM Oct 20 Johnson Co. Jam. @ Overland Park, KS10:00 AM Oct 26 Upper Iowa University (Scr.) Boone

Woman's Basketball

Oct 13 Cedar Rapids Scrimmage @ Cedar Rapids 12:15 PM Oct 26 Grand View Scrimmage @ Des Moines 9:45 AM

Softball

4:30 PM Oct 10 Northern Iowa @ Cedar Falls

Volleyball

6:30 PM Oct 9 Kirkwood Boone Oct 11 DMACC Invite - Kishwaukee Boone 1:00 PM Oct 11 DMACC Invite - NDSCS Boone 5:00 PM Oct 12 DMACC Invite - South Suburban Boone2:00 PM Oct 12 DMACC Invite - Highland Boone 6:00 PM OCt 16 Iowa Central @ Ft. Dodge 7:00 PM

Page 6 Opinion =

Taking the lead

leadership testimony



By Cainon Leeds Columnist

In her book "Community College Success," motivational speaker and Jack Kent Cooke Scholar, Isa Adney, tells her readers that each and every one of them should strive to be president of any group they join.

I couldn't agree more. However, some of us, myself included, are hesitant to take the lead at times and for many different reasons. Maybe we think we already have enough on our plates as it is. Maybe we want to wait and see if conditions improve. Or maybe we simply don't think we are fit for the position. I've been hesitant for all of those reasons. In fact, those who get to know me soon find out that I'm one of the least impulsive people around.

Regardless, leadership is not given; it must be taken. And when it comes to leadership piracy, there is no room for cowards. To back up my point, I'll give a personal example of how to overcome hesitancy and mental barriers when reaching for the stars.

During my first semester at DMACC, fall 2011, I didn't join any clubs or take part in any extracurricular activities. I didn't live on campus, so I drove to class and left immediately afterwards. I didn't have many friends and I didn't know my instructors very well. The next semester, I became a freelance writer for the Banner News and made a couple of friends, but I didn't want to risk putting too much on my plate. So when the Editor-in-Chief of the Banner told me late in the semester that I should apply for the editorship next semester, I said I was too busy. All I wanted to do was go to class, get good grades and go home. And besides, I thought

I was just a freelance writer. I thought I didn't have what it took to be the leader. Sound familiar to

I thought about the Editorin-Chief position long and hard that summer. I was working a dead end job delivering newspapers and the editorship's scholarship and work study pay were a little bit better than what I was making at the time. I'd also heard that no one else was applying for editor and that it was more than likely that I wouldn't have a staff, which made the decision that much more difficult.

The conditions were far from favorable, but then again, when are they ever favorable? As my favorite author, C. S. Lewis, once said, "The only people who achieve much are those who want knowledge so badly that they seek it while the conditions are still unfavorable. Favorable conditions never come."

I received advice and encouragement from friends and family in making my decision. However, the one thing that really pushed me to make up my mind and take the lead was a question I asked myself all summer: would I rather live my life as an expendable employee and be happy with my little paycheck every other week, or take more responsibility over my future and enjoy the freedom that comes with leadership?

If we all ask ourselves questions like that about our lives and truly want to take the lead badly enough, I believe we can break down the only barrier to personal leadership: ourselves.

After a couple of months to iron out my doubts and weigh the pros and cons of the situation, I finally changed my mind and applied for the Editor-in-Chief position. It took me a little time to step up to claim my leadership role, but when I signed my contract, there were no regrets and no turning back.

I thought I already had enough on my plate with classes at the time, I was fairly certain that if a waited a semester or two, I might get a staff and I knew I wasn't entirely fit for the position I was about to take, but above everything else, I wanted the joys and freedom that come with lead-

Guest opinion

Former editor shares Building community by rebuilding Joplin



By Celeste Moeller DMACC Honors Student

On May 22, 2011, Joplin, Missouri was struck by an extremely powerful EF-5 tornado, resulting in 189 deaths and more than 900 injuries, along with total destruction of thousands of houses, and severe damage to numerous apartments and businesses.

During spring break 2013, DMACC Honors Professor Barbara Schmidt's Honors Service Learning class, along with DMACC Honors Director Janet LaVille and 7 honors students, went to Joplin, Missouri to help rebuild the community as a group of aspiring leaders. I was part of that class and during the week in Joplin, I gained a wealth of knowledge about many things. I had to opportunity to see the true side of a quiet, fellow student come to life in an open and welcoming environment. As a student, I am setting a goal for myself to help create that same open and welcoming atmosphere in the classroom so that my classmates can feel comfortable enough with

the students around them in order to fully benefit from class.

The class that traveled to Joplin was a service learning class. This means that it incorporates our civic duties to give back to our communities with the opportunity to learn and expand our knowledge about specific topics. In addition to helping the people of Joplin, the main focus point of the trip was to instill a sense of community and team building within us honors students while giving us the opportunity to apply our knowledge from our honors textbook to real world experi-

During our trip we were given an opportunity to help rebuild a worthy couple's kitchen and laundry room which was much needed. We sheet-rocked mudded, and sanded the rooms during the week we were there. Also we helped paint the walls of an elementary school that had been mostly destroyed and rebuilt. We also painted an elderly woman's house that was near the heart of the tornado's path. These 3 jobs gave us honors students the opportunity to be leaders using our own talents (several of us had experience with this type of work) and also to build new talents and work together as a team to accomplish common goals.

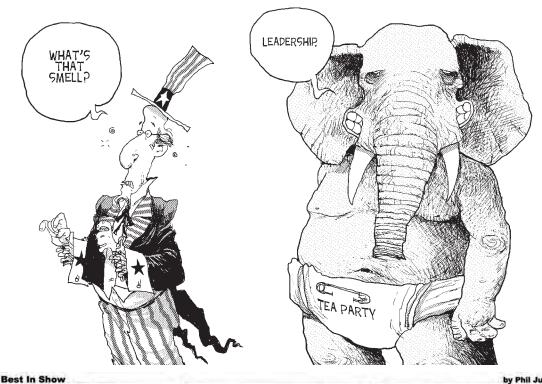
Our trip was focused on leadership and team building which was tested throughout our week in Joplin. One specific example dealt with over ambitiousness. The first day of work many of us dove right into the work and in the process left a few members of

the group feeling left out without a job to do. That night we discussed as a group how to avoid situations such as that and the days following we had no further issues of that sort.

In the service learning class we also discussed about our civil duties as citizen of the United States of America. Applying that part of the class, I feel that serving others and giving back to a society that has given me the chance to become who I am is an obligation that I am more than happy to fulfill. The community of Joplin really caught my attention because all the people in the community are doing something to build back their homes and their neighbor's homes. While we were working in Joplin I really felt that we were working right along with the community to achieve a common goal. Our group experienced how important it is to contribute to other communities. This is something that I commend all students, leaders, and followers to do. Contributing to your own community or other communities is sure to leave you with many stories, great memories and an over-

all sense of accomplishment.

Celeste Moeller is an Honors student at DMACC. She will graduate from DMACC with an Associates of Arts, Spring 2014 then transfer to ISU for her Nutritional Science and Dietetics double major for premedicine. Celeste is also a member of Phi Theta Kappa. Celeste lives in Story City.





Submit a letter to the editor at bannernews@dmacc.edu

-or-

publish your own columns through the Banner News. Column submissions must be:

-DMACC student or locally related

-Well informed (facts stated must be cited)

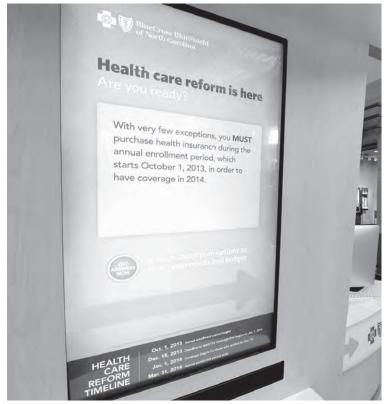
-Approximately 500-700 words in length

Please email us or stop by room 115 for submissions.









Warning: Obamacare may cause dizziness

Chicago Tribune

The online health insurance exchanges promised by Obamacare promptly opened for business last week and just as promptly crashed. People seeking to sign up for insurance, or just peruse plans, waited and waited ... and

Eventually, we're sure, the computer problems will be resolved. But many people will find that when they can get through, they're confronted with a bewildering online experience. They'll have to sort through dozens of plans from different insurers.

This is a complex decision. Some people may be tempted to throw a dart and pick one with the lowest premiums, assuming all plans are about the same.

Warning: They're not.

In recent weeks federal officials touted some of the low premium prices available under the new exchanges. What they didn't stress, and what careful consumers will find on the exchange market site, is that insurers have tamped down prices in some cases by greatly narrowing the hospitals and doctors available in the coverage network. That means if you favor a particular hospital, say, the University of Chicago Medical Center, you'll want to make sure that your plan covers that hospital and your doctors.

If not, you could be on the hook for much higher medical bills for out-of-network coverage, even though you have insurance.

Let's back up for a second. Obamacare sets four levels of coverage: platinum, gold, silver, bronze. The law requires that every plan provide a basic menu of services, including maternity care, mental health services, prescription drugs and hospital visits. Insurers can offer more than that, but they can't offer less.

The different levels of coverage indicate how you and the insurer will split your health care costs. In a bronze plan, for instance, you'll pay 40 percent of

the costs and your insurance will cover 60 percent. You'll pay 30 percent in a silver plan, 20 percent in a gold plan, 10 percent in a platinum plan.

In the lower tiers, you'll generally pay lower premiums but will have higher out-of-pocket costs. For instance, the deductible _ the amount owed for covered services before insurance kicks in _ will be higher when you visit a doctor or go to a hospital.

That doesn't mean all gold plans _ or silver or bronze _ are created equal.

The differences within a tier can be huge. Blue Cross and Blue Shield of Illinois, for instance, offers some customers its Blue PPO Gold plan for 314.19 a month or its Blue Choice Gold PPO for \$234.02. The plans have the same deductible. Same coinsurance. Same copays. So what accounts for the \$80.17 difference in monthly premium? One major factor: The higher-priced plan has 54 hospitals in its network, including world-class Northwestern Memorial Hospital, and more than 23,000 doctors. The lower priced plan has 26 hospitals, excluding Northwestern. It has about 10,000 doctors.

You may find a broader doctor/hospital network in a bronze plan than you find in a gold plan, depending on the insurer. You will need to check to see if your doctors and preferred hospitals are covered under the policy you want to choose. Plans also differ in which prescription drugs are covered and how much you'll pay for a brand name versus a generic.

Don't assume anything.

There's plenty of time to investigate before you decide. You can enroll until Dec.15 for insurance that begins Jan. 1.

If you find yourself confused, be reassured: You are not alone. Almost all the experts we've talked to _ insurance agents, hospital officials, doctors _ are still sorting out the details of this massive health care expansion.

Dinion Page 7 Lights out

Lowdown on the shutdown



By Cainon Leeds Columnist

When Congress didn't have a spending bill agreed upon by Republicans and Democrats for the new fiscal year on Tuesday, Oct. 1, the federal government shut-

down for the first time in 17 years.

Why? Here's the lowdown according to CNN. Republicans, led by Senator Ted Cruz, pushed to defund the Affordable Care Act, also known as Obamacare. The Republican controlled House proposed two budgets to the Democrat controlled Senate: one budget would delay Obamacare one year, the other would eliminate Obamacare's medical device tax. The Senate struck down both budgets and a compromise was not reached by Tuesday.

What does a government shutdown mean exactly? According to Bloomberg, as many as 800,000 federal employees have been furloughed, all national parks have been temporarily closed and many other nonessential federal functions have been shut down. For example, members of the National Guard did not have to attend training last Friday because of the shutdown.

Congress, the President, the Supreme Court, the Post Office, the Army, Social Security and other sections of the federal government will go on as usual. State governments should be relatively unaffected, and Robert Denson, President of DMACC, has issued out a message saying that DMACC funding should not be affected by the shutdown for now. And yes, we still have to pay taxes.

What's the aftermath? Just by taking a peek at stock prices a couple of days after the shutdown, one could easily come to the conclusion that the shutdown wasn't just hurting the public sector. Stocks all across the board fell and then balanced back out a few days later. What they'll do from there, I don't think anyone knows for sure.

In addition, the Affordable Care Act, the very thing the Republicans were trying to cut from the budget, will still go into effect amid the shutdown.

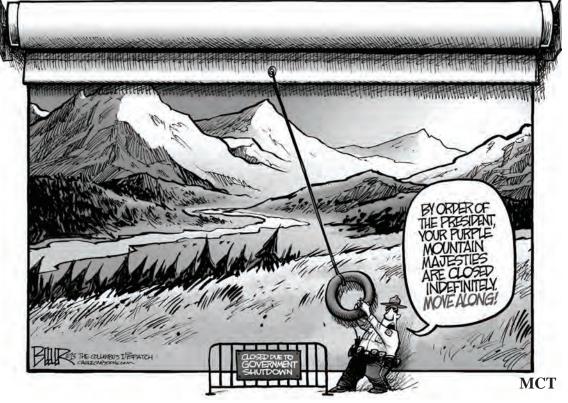
Who's to blame? Isn't that the question everyone loves to ask? Some will tell you it was the Republicans' fault, some will tell you it was the Democrats' fault, but I'll be the first to say that I

think we got ourselves into this mess in the first place.

First off, we more or less directly elected our representatives and senators into office. Perhaps we don't agree with the actions of one representative or senator once elected, or perhaps we voted for whoever lost, but whatever the case may be, they had to have gotten elected with the majority's consent. I believe we're far too quick to blame someone else.

More importantly, I think the negative side effects of this shutdown show how dependent we've become on the federal government. I mean, if the federal government had shut down in, say 1815, who would have been affected by it? They probably would have just shrugged it off. Why? A few short years earlier, the capitol was literally in flames. Talk about a government shutdown. The Americans of 1815 knew that if they were thrive as a nation, they needed to depend on something less given to change than the safety and whims of a few legislators on Capitol Hill.

If the decisions of, as President Obama himself put it, "one faction of one party" are enough to furlough 800,000 employees and stir up the economy, then isn't that a sign that we are the ones who have become too dependent on something that is not dependable? I think so.





Entertainment —

Movie of the week: Prisoners

This appeared in the Iowa State Daily on Sept. 24. Reprinted with permission

By Jarrett. Quick

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On a blustery Thanksgiving day, the Dover and Birch families are thrown into disarray when their youngest daughters are taken. Although the main suspect, Alex Jones (Paul Dano), is mentally the age of a child, Dover family patriarch Keller Dover (Hugh Jackman) is determined to find his daughter regardless of the price. Detective Loki (Jake Gyllenhaal) is also searching for the children, hoping to continue his streak of solving every case he has been assigned to.

"Prisoners" really impresses with its cinematography. The cold Pittsburgh fall made a perfect setting for the film, especially the scenes in the woods. The tall, barren trees are are shot as if they are grasping for the grey sky, really sending home how helpless and bleak the family feels to-

wards finding justice. Everything is well balanced and perfectly focused all around, creating an effectively dark atmosphere.

Cinematography aside, the acting was what really drove the film, thanks to Hugh Jackman's especially fearful and gripping performance as Keller Dover. He goes to some very intense lengths to find his daughter, but above all he still seems to fear for the fate of his daughter. I can see how some would consider his performance a little much at times, I think it ultimately lets you experience what he is feeling because of its intensity. He plays a character always prepared, especially evidenced by his survivalist supply filled basement, trying to deal with a situation nobody is prepared for.

Jake Gyllenhaal also really delivered as Detective Loki. Loki is undoubtedly dedicated to his job, but not much else is said about the character's background which really lets Gyllenhaal show

who Loki is rather than tell the audience. Although the plot is revealed gradually, and there were moments I wanted to yell seemingly obvious connections to Loki, he still delivered on bringing a complicated character who is essentially good, but has an obvious darker side that leads to Loki confronting the consequences of his actions.

Viola Davis and Terrance Howard play Franklin and Nancy Birch, and they are a good fit among the other great acting in the film. When questioned how far they are willing to go for their daughter, you really feel the conflict they are dealing with. Viola Davis delivers a powerful performance alongside Paul Dano that was a definite highlight of the film for me.

The movie clocks in just over two and a half hours, and it earns every minute. The film juggles Loki's detective narrative along side Keller's personal mission to find his daughter while



keeping a pace that really had me piecing things together right up until the end. Solid performances by Jackman, Gyllenhaal and fantastic supporting work made for an effective cast. 5/5

Los Angeles Times Daily Crossword Puzzle Edited by Rich Norris and Joyce Lewis

ACROSS 1 10% donation 6 "12 Angry Men" actor 10 Credit card bill

14 Lucy's landlady 15 __ code 16 Sodium

hydroxide, on a chem test 17 1949 Olivia de Havilland film

19 Kathryn of HBO's "Oz" 20 Dermatologist's

concerns 21 Rowboat propeller 23 "Where _

sign?" 24 Cold drink brand 25 Home of the Clinton

Presidential Library 29 White House

tween 31 Delightful time 32 Singer Shore 33 Pope of 903

jeweler/perfumer 36 Bead in a necklace

40 Small sword 41 Corduroy ridges 42 "__ Is Born" 43 Double-helix

molecule 44 Coke and Pepsi 49 Sam's Choice,

e.g. 52 Dramatic

opening?
53 Blackguard
54 Small pop group
55 When, in Act III,
Romeo cries, "O,
I am fortune's fool!" 57 Course for

Crusoe?: Abbr. 59 Nitpick, and what this puzzle's circled letters represent 62 Actor Jared 63 What NHL

shootouts resolve 64 Mountain ridge 65 Galley order

By Gerry Wildenberg

66 Sound that fits this puzzle's 35 Van Cleef & French

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27 Greek café 28 Longtime Philbin co-host

Tuesday's Puzzle Solved

theme 67 Outmoded DOWN

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2 Cayuga Lake city
3 Ph.D. hurdles
4 Dastardly chuckle
5 Gen. Robert
6 Train unit

drink 9 __ metabolic rate 10 "Wheel of

electioneering tactic 13 Arab tribal leaders
18 Map speck: Abbr.
22 Right, as a wrong
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30 Took in or let out 45 1998 British Open 34 Andorra's cont. 35 Msg. to the whole champ Mark 46 Declares untrue 47 Warnings 48 "That's quite

squad 36 Hand-held clicker 37 Current 38 Perjurer

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61 AOL, e.g.

FRESH-MORES "SLEEP" MY PARENTS THINK. REALITY

Banner News cartoonist Erica Brown, from Boone, is a student at the Boone DMACC campus. She is majoring in Human Services. 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. ebrown l 1 @dmacc.edu

This week's horoscopes

Aries (March 21-April 19)

-- Today is a 6 -- Write or record your ideas. Continue to increase enthusiasm. Except for right now, when there could be a breakdown ... more research is required. Love gives you extra patience. Be careful now. Go ahead and get started.

Taurus (April 20-May 20) -- Today is a 6 -- A friend's change in plans alters your anticipated expenses. Work it out. Take the philosophical high road. Resist spending for the time being. Consider it all with a sense of humor. Research gets fascinating.

Gemini (May 21-June 20) -- Today is a 6 -- Make travel plans, although you have more at home than you may realize. Continue to increase creative output. Generate a little controversy. Veto power could get exercised. Intuition guides you. Keep completing tasks and decreasing obligations. Your outlook shifts.

Cancer (June 21-July 22) -- Today is a 6 -- Make your move already. An emergency at work requires full attention. Postpone travel and commitment. You're gaining influence. Expand your understanding. Push hard to finish a project, and start a journey another day.

Leo (July 23-Aug. 22) -- Today is a 7 -- Share a dream with associates, and advance a level when lomatic. Gain more than expected, ing to expand.



they sign on. Stay cool and move quickly. Practice what you preach. Shift emotional direction. Consider consequences before acting. Keep increasing your authority this week. Build organizational structures.

Virgo (Aug. 23-Sept. 22) -- Today is a 6 -- Stand up for what you know is right. Watch your step, though. Build a strong foundation. Get what you need. Have it delivered. Bring order out of chaos. Find the fun in the situation and grow that.

Libra (Sept. 23-Oct. 22) -- Today is a 6 -- Your status rises. Review recent action to gain greater insight. Store books and papers. Stay out of somebody else's argument. Check equipment before launching. Continue to gather data. Relax, and it will come naturally

Scorpio (Oct. 23-Nov. 21) -- Today is a 6 -- You get a jump on the rest of the pack. Don't gamble. Keep doing your homework. Be dipalthough there may be a disappointment as well. Take time to pamper yourself with creature comforts.

Sagittarius (Nov. 22-Dec. **21) --** Today is a 7 -- You're moving up. Make adaptations to your living arrangements. Revive old associations and friendships. Career opportunities percolate. Check work orders for changes. Plan your strategy so you can strike while the iron is hot.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Take it one step farther. Stay flexible when something you try doesn't work. Open your heart, but don't tell all, yet. Watch for hidden complications. Don't get intimidated. Maintain objectivity in a controversy. Finish up and reward yourself with a treat.

Aquarius (Jan. 20-Feb. 18) --Today is a 6 -- You and your team accomplish more than expected. Share expenses. Keep playing and expand the game. Apply theories logically. Maintain your eye on the ball. Anxiety could push you to act too soon. Review your wish list.

Pisces (Feb. 19-March 20) --Today is a 5 -- New possibilities open up, including an interesting development. You'll need to choose! Cut stress by relaxing with friends. Consider ideas as you apply elbow grease to a household chore. Keep practicing. You're gaining wisdom. Be will-

