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Banner News

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Banner News

Your Life, Your Campus, Your News

In Brief at DMACC

Hours extended at campus library

The library at the Boone DMACC campus will be open additional hours during the coming week. On Thursday, Dec. 6, the library is open from 7:30 a.m. to midnight. On Sunday, Dec. 9, the library is open from 2 p.m. to midnight. From Monday through Wednesday, Dec. 10-12, the library is open from 7:30 p.m. to midnight. The library is offering a nightly study break with treats at 10 p.m.



YOU DON'T HAVE TO
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Illustration by Stacy Walker

Sing in the holidays

Get festive in the Courter Center on Thursday, Dec. 6, with Christmas Karaoke from 11 a.m. to 1 p.m. Prizes will be Christmas-themed. Limit one per person.

Give a can when you can

DMACC's food pantry can always use non-perishable food items. Donation boxes are located around campus.



Photo by Cainon Leeds

The Iowa National Guard building is located off of Highway 30 on the east side of Boone.

ENLISTING HELP Joining Guard pays off for student

By Nathan Lake
Contributing Writer

Matthew Lorenzen has not paid a dollar of his tuition since he started at DMACC two years ago.

The Iowa National Guard takes care of that for him.

Lorenzen, a specialist in the Guard, is one of the many students in Iowa taking advantage of the Army National Guard's financial aid benefits. The Guard's program helps high school students going into college as well as

adults. Those who enlist and complete their training can qualify for this aid.



Matthew Lorenzen

"The Iowa Army National Guard will pay 100 percent college tuition to any state funded college," said Boone-based Army Recruiter and Sgt. First Class Anthony Cosentino, as long as certain basic and advanced training requirements are met.



Sgt. Consentino

Lorenzen joined the Guard during his senior year at his Kansas high school in January 2010. He completed all of his basic training in Iowa.

"The road to becoming a soldier was hard at times. Basic training was difficult, but for me, it was worth it," Lorenzen said.

Rich Dutcher, a counselor at Ogden High School, cautions that enlisting in the National Guard may not be right for all students.

GUARD, con't on page 4



Bruce Kelly



"To finish the book I'm writing."

Hannah Hallman



"The iPhone 5."

Nick Bassett



"For Iowa State to win their Bowl game."

Jan LaVille



"No icy roads in Nebraska on my way to Colorado this Christmas."

Dason Kurkiewicz



"To be able to spend a lot of time with my family."

What is at the top of your holiday wish list?

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Final exam schedule

Your final exams start at the same time as the class sessions met throughout the semester. All final exams will be scheduled for 2 hours/120 minutes.

Monday/Wednesday/Friday or more courses

<i>Class Start Time Range</i>	<i>Final Exam Date</i>
Before 8:00 a.m.....	Monday, Dec. 10, 2012
8:00 a.m. - 9:00 a.m.....	Wednesday, Dec. 12, 2012
9:05 a.m. - 10:05 a.m.....	Friday, Dec. 7, 2012
10:10 a.m. - 11:10 a.m.....	Monday, Dec. 10, 2012
11:15 a.m. - 12:15 p.m.....	Wednesday, Dec. 12, 2012
12:20 p.m. - 1:20 p.m.....	Friday, Dec. 7, 2012
1:25 p.m. - 2:20 p.m.....	Monday, Dec. 10, 2012
2:30 p.m. - 3:30 p.m.....	Wednesday, Dec. 12, 2012
3:35 p.m. - 4:55 p.m.....	Friday, Dec. 7, 2012

Tuesday/Thursday courses

<i>Class Start Time Range</i>	<i>Final Exam Date</i>
6:30 a.m. - 7:55 a.m.....	Thursday, Dec. 13, 2012
8:00 a.m. - 9:35 a.m.....	Tuesday, Dec. 11, 2012
9:40 a.m. - 11:10 a.m.....	Thursday, Dec. 13, 2012
11:15 a.m. - 12:45 p.m.....	Tuesday, Dec. 11, 2012
12:50 p.m. - 2:20 p.m.....	Thursday, Dec. 13, 2012
2:25 p.m. - 3:55 p.m.....	Tuesday, Dec. 11, 2012
4:00 p.m. - 4:55 p.m.....	Thursday, Dec. 13, 2012

Evening/Saturday courses

Evening courses, i.e., courses that start at 5:00 p.m. or later, will have their final exams at the time and day of the last regular class meeting:

Last Monday night classes (final exam).....	Dec. 10, 2012
Last Tuesday night classes (final exam).....	Dec. 4, 2012
Last Wednesday night classes (final exam).....	Dec. 5, 2012
Last Thursday night classes (final exam).....	Dec. 6, 2012
Last Friday night classes (final exam).....	Dec. 7, 2012
Last Monday/Wednesday night classes (final exam)..	Monday, Dec. 10, 2012
Last Tuesday/Thursday night classes (final exam)....	Thursday, Dec. 6, 2012
Last Saturday classes (final exam).....	Dec. 8, 2012

Final exams end on December 13 unless there is a snow day on December 14.

The schedule is also available at go.dmacc.edu/Documents/FinalExamsFall2012.pdf



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DMACC president recalls political run in Florida



Photo by Cainon Leeds

President Robert Denson joined a News Media & Politics class on Nov. 29 to share his experience in running for state office in Florida in 1994.

By Cainon Leeds
Editor-in-Chief

Robert Denson, president of DMACC, visited the News, Media and Politics class on Thursday, Nov. 29, to discuss his run for state House in Gainesville, Fla., in 1994.

Denson walked into room 115 in a plain suit and round black glasses. He shook hands with the teacher and many of the students and asked for each student's name, hometown and field of study.

"He seemed respectful to everyone," commented DMACC student Logan Hassebrock, who was present during Denson's presentation.

Denson sat down and talked about his experiences running for Florida's 22nd State House District.

"I didn't have a primary,"

said Denson.

He explained that he ran unopposed to become the Democratic challenger to the Republican incumbent, Robert Casey. He also said that skipping over the primary process had its own consequences down the road.

"Had I had a primary, I probably would have won," said Denson.

He said that a primary would have boosted his popularity before the general election and gotten his name out to the public. He also noted that he hired the best political consultant in the Gainesville area for his campaign.

"For three years prior to the election, if there was any small group anywhere, it was very likely that I would be there. I started attending city council meetings, school board meetings three years before the election," said Denson, sharing the long process of ob-

taining a political reputation.

When it came time for the general election, he said that he and his opponent ran positive races.

"Neither one of us went negative," said Denson, although he did explain that there was pressure from both sides to release negative ads.

He described Casey, his opponent, as an even match for the office.

"I was a Democrat personal injury trial lawyer running against an incumbent Republican family physician. He was probably 10 or 15 years older than me, maybe more than that, a great guy, not right wing or left wing," said Denson, adding, "He was well liked, but was not very effective. I think

everybody would agree that he never could really get anything done, but he was not a bad person."

Denson also spoke of walking along busy streets and sidewalks with signs and the debates that he had with Casey.

"In Florida, the big deal is standing on the street corners," he said. "Every day we were on some street corner during the high traffic hours so you get a lot of visibility."

Hassebrock, who experienced going door-to-door for the Obama campaign this year, said, "It takes a lot of work. It's definitely not something I'd want to be doing."

Denson said debates also were important while he was campaigning in Florida.

"We did a lot of debates, which were very interesting. We did not really go into social issues, which kind of surprises me looking back, but we talked about education, we talked about the workforce, environmental issues in Florida are big so we spent a lot of time talking about that," said Denson.

In the end, Denson estimates that his campaign spent about \$250,000 on the race, around \$15,000 of which was his own personal money, and that Casey

spent about \$300,000.

"You invest a heck of a lot of time and money and energy and reputation and everything else into the process," he explained.

The election results were 20,813 (50.56 percent) votes for Casey and 20,353 (49.44 percent) for Denson.

Although Denson lost the race for Florida's 22nd State House District, he said that greater opportunities awaited him that he would not have considered had he won the race.

"I'm a firm believer that everything works out for the best and I can look at every time in my life where something that I really wanted that I didn't get for some reason or another, and I know that had I gotten it, I wouldn't be where I am today. Had I won that race, it's almost certain that I wouldn't be president of DMACC or I wouldn't have been president of Northeast Iowa," said Denson.

However, Denson said that he would continue to keep his mind open with regards to politics, particularly in his home state of Iowa.

"I have not ruled out running for political office here, although I love my job and can't think of a better way to serve."

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DMACC Honors students display semester projects at banquet



DMACC students Anne Socarras, Danielle DeDoncker and Randi Nelson, the winners of the Honors project display competition, show off their presentation on 'Trifles,' a real life murder mystery. For their work, they earned a \$100 gas card.



DMACC Boone Honors students Emily and Elisabeth Rinehart speak with soon-to-be Honors graduate Mia Pierson about their projects on food.

Photos by Cainon Leeds

Guard duty serves as option for some



(Left) Trucks lined up outside the Iowa Army National Guard Maintenance Shop 10 lot in Boone. (Right) A helicopter mounted at the Iowa Army National Guard facility.



Photos by Cainon Leeds

GUARD, con't from page 1

"This lifestyle is not for everyone. It is a large time commitment," Dutcher said.

Deployment, of course, is also always a possibility. Lorenzen said he likely will be called up to Kuwait next summer. He realizes that is a part of the trade-off, and, for him, the Guard was the right move.

"The National Guard helped me out a lot. They paid for my tuition and provided me with great opportunities," Lorenzen said.

Lorenzen signed into the National Guard as a food specialist, a job requiring him to inspect the food provided to the soldiers to ensure it is safe to eat. Once he signed up and qualified for this job, he had his tuition paid for, and received a \$13,000 signing bonus as well.

Cosentino, who has 25 years of military service, has worked with numerous high school students who are transitioning into college to help them decide if joining the National Guard is the right path for them.

"In order to receive 100 percent tuition, all you have to do is complete Basic Combat Training BCT (10 weeks) and Advanced Individual Training AIT (10+ weeks)," Cosentino said. "As soon as you complete those two things you come back to Iowa and start college."

Once BCT and AIT are completed, the soldier must attend drill one weekend out of each month, as well as attend annual training. Annual training last for two weeks out of the summer and must be attended annually for six years after joining. The National Guard pays for 100 percent tuition

as soon as the soldier completes AIT.

The tuition payment covers all class expenses as well as books and additional fees. It doesn't, however, cover the soldier's room and board. The National Guard also doesn't pay for private colleges. The National Guard will, however, pay for any state funded college. For Iowa, this includes DMACC, ICCC, UNI, ISU, and University of Iowa.

Dutcher, the high school counselor, said sees about one to two students join the National Guard every year. The National Guard is the most commonly enlisted branch of the military among the students at Ogden High School.

"I've been working with Cosentino for six years now, helping kids decide which path is right for them," he said.

Dutcher said that the motivation behind their enlistment is usually tied to the financial benefits that come with becoming a soldier in the National Guard.

Tuition for college is not easily affordable for some families, he said. "If your family's income is something that doesn't allow for college tuition, then I would recommend joining the National Guard as an option. For the right person, it is a good choice," Dutcher said.

Dutcher says that most students are satisfied with the opportunities that become available to them through the financial benefits that come with National Guard.

"There are many benefits for both college payment and for expenses later in life that come with joining the National Guard," he said.

The Guard also supplies health care

benefits, life-insurance, retirement payments and more.

"Many students sign on for the college payment, not even realizing just how much the other benefits can help them," Dutcher said.

To apply for the National Guard, the applicant must be a junior in high school and at least 17 years of age and under 35 years of age. If they meet these requirements, then they can enlist with a recruiter. Those still in high school must enlist with parental consent.

"I will have to pre-qualify them to see if they are eligible to join the military. Not everyone can join," Cosentino said. Other restrictions are applied during the enlistment process. Convicted felons and those with severe disabilities may not be able to apply. The applicant must also be a U.S. citizen or a "legal permanent resident alien," according to Guard information. They need to be able to pass the standard level of physical ability, which is measured using a version of the Army physical fitness test or APFT.

In most states the National Guard requires its soldiers to have a high school diploma. Before enlisting, the applicant is required to take a standardized test known as the ASVAB (Armed Services Vocational Aptitude Battery). This test will measure the applicant's knowledge in eight fields to determine which career path in the National Guard is best for them. The areas include math, science, word knowledge, electronics, mechanics and auto/shop skills.

Students wanting to enlist before going to college so they can acquire financial aid can attend basic training in between their

junior and senior year of high school. They then can complete their training by attending AIT after graduation but before going to college.

The National Guard also assists students with classes and training courses that certify soldiers in a number of career fields such as nursing and technology. Since soldiers become certified in their line of work during their service, finding a job once they retire comes easy, Cosentino said.

Cosentino agrees that the benefits for soldiers are great for the right person. He affirms the fact that what he promises the students upon enlistment is the truth.

"People sometimes think everything I promise them sounds too good to be true. But I have seen it all come true, many times over," Cosentino said.

Even his own son benefited from joining the National Guard, Cosentino said. Not only did he have four years at the University of Northern Iowa paid for, but he also received multiple payment benefits from monthly drill checks, GI payments and payments from joining the ROTC program.

"Seeing the difference in a person the minute they raise their hand and join is amazing. They are proud to be a member of the Iowa National Guard. I enjoy watching all the things I tell them that is going to happen, happen. They get the job I promised them," Cosentino said.

Dutcher added, "I would say that a bulk of the students that have enlisted were happy with their decision. Like I said before, it's not for everyone, but for the right person, it is a great opportunity."

Women split 2 at Classic



DMACC File Photo

Freshman Carlee Schuhmacher of Watertown, Wis., scored 26 points and grabbed 15 rebounds to lead the DMACC women's basketball team to a 66-55 win over Black Hawk-Moline Community College Dec. 1 in the Kirkwood Classic at Cedar Rapids. Schuhmacher had 16 points and 15 rebounds in DMACC's 67-55 loss to Moberly Community College Nov. 30 in the first round of the tournament.

DMACC -- Freshman Carlee Schuhmacher of Watertown, Wis., scored 26 points and grabbed 16 rebounds to lead the DMACC women's basketball team to a 66-55 win over Black Hawk-Moline Community College (BHMCC) in the Kirkwood Classic Dec. 1 at Cedar Rapids.

The win gave the Bears a split of their two games in the tournament. On Nov. 30, DMACC dropped a 67-55 decision to Moberly Community College (MCC).

Schuhmacher drained 10 of 18 shots from the field and was 6-of-10 at the free throw line as the Bears improved to 8-2 for the season. She had eight offensive and eight defensive rebounds, blocked a pair of shots and came away with five steals.

Freshman Sarah Frisch of Grundy Center contributed 10 points, sophomore Maci Robeoltman of Rockwell had nine points and eight rebounds and freshman Jasmine McCoy of Bellevue, Neb., had eight points, four assists and five steals.

Box scores

DMACC vs Black Hawk-Moline

12/1/12 1:00 pm at Cedar Rapids, IA

DMACC 66, BLACK HAWK-MOLINE 55

DMACC (8-2)

Schuhmacher, Carlee 10-18 6-10 26; Frisch, Sarah 5-11 0-0 10; Robeoltman, Maci 2-4 5-5 9; McCoy, Jasmine 3-5 0-0 8; Kullmer, Katie 2-2 0-0 5; Wicks, Taryn 0-9 2-2 2; Ray, Kate 1-3 0-0 2; Hall, Breanna 1-4 0-0 2; Fynaardt, Kelsey 1-2 0-0 2; Felici, Jalissa 0-12 0-0 0; Bunting, Alex 0-4 0-0 0; Bindner, Hannah 0-2 0-0 0. Totals 25-76 13-17 66.

BLACK HAWK-MOLINE

TEAM 18-56 15-26 55. Totals 18-56 15-26 55.

DMACC..... 31 35 - 66

Black Hawk-Moline..... 26 29 - 55

3-point goals--DMACC 3-20 (McCoy, Jasmine 2-3; Kullmer, Katie 1-1; Wicks, Taryn 0-3; Ray, Kate 0-1; Hall, Breanna 0-1; Felici, Jalissa 0-6; Bunting, Alex 0-4; Bindner, Hannah 0-1), Black Hawk-Moline 4-19 (TEAM 4-19). Fouled out--DMACC-None, Black Hawk-Moline-TEAM. Rebounds--DMACC 51 (Schuhmacher, Carlee 16), Black Hawk-Moline 46 (TEAM 46). Assists--DMACC 14 (McCoy, Jasmine 4), Black Hawk-Moline 14 (TEAM 14). Total fouls--DMACC 22, Black Hawk-Moline 13. Technical fouls--DMACC-None, Black Hawk-Moline-None.

DMACC vs Moberly

11/30/12 6:00 pm at Cedar Rapids, IA

MOBERLY 67, DMACC 55

DMACC (7-2)

Schuhmacher, Carlee 3-12 10-14 16; Felici, Jalissa 4-8 3-3 12; Bindner, Hannah 2-3 0-0 6; Frisch, Sarah 2-7 2-2 6; Robeoltman, Maci 2-4 1-2 5; Fynaardt, Kelsey 2-4 0-1 4; Wicks, Taryn 1-6 2-4 4; Ray, Kate 1-2 0-2 2; Bunting, Alex 0-0 0-0 0; Hall, Breanna 0-0 0-0 0; Kullmer, Katie 0-2 0-0 0; McCoy, Jasmine 0-1 0-0 0. Totals 17-49 18-28 55.

MOBERLY

TEAM 23-47 16-26 67. Totals 23-47 16-26 67.

DMACC..... 27 28 - 55

Moberly..... 34 33 - 67

3-point goals--DMACC 3-8 (Bindner, Hannah 2-3; Felici, Jalissa 1-4; McCoy, Jasmine 0-1), Moberly 5-12 (TEAM 5-12). Fouled out--DMACC-None, Moberly-TEAM. Rebounds--DMACC 35 (Schuhmacher, Carlee 15), Moberly 33 (TEAM 33). Assists--DMACC 9 (Schuhmacher, Carlee 2; McCoy, Jasmine 2), Moberly 14 (TEAM 14). Total fouls--DMACC 21, Moberly 19. Technical fouls--DMACC-None, Moberly-None.

Men extend streak to 7

DMACC -- The DMACC men's basketball team pushed its winning streak to seven games with a 74-47 win over the Grand View University J.V. Nov. 29.

Freshman Derek Williams of Milwaukee, Wis., led four DMACC players in double figures with 12 points as the Bears, ranked 11th in the National Junior College Athletic Association Division II poll, improved to 10-2 for the season and remained unbeaten at home with an 8-0 record. Sophomores LaTree Russell of Chicago, Ill., DeVonte Smith of Chicago, Ill., and Michael Aldeman of Iowa City contributed 10 points apiece.

DMACC connected on 17 of 34 field goal attempts in the opening half, building a 42-16 advantage at intermission. For the game, the Bears were 29 of 59 for 49 percent.

Freshman Jake Guenther of Altoona grabbed seven rebounds to help DMACC to a 46-28 advantage on the boards. Guenther also blocked two shots and had three steals. Freshman T.J. Davis of Springfield, Ill., led the Bears in assists with four.



DMACC File Photo

Freshman Derek Williams (5) of Milwaukee, Wis., scored 12 points to lead the DMACC men's basketball team to a 74-47 win over the Grand View University junior varsity Nov. 29. The win extended the team's winning streak to seven games. DMACC hosts Southeastern Community College Dec. 3 at 7 p.m.

Date: 11/29/2012		Arena: The Den																	
Time: 7:00 pm		City, State: Boone, IA																	
VISITOR: Grand View J.V. ()																			
NO	PLAYER	TOT-FG	3-PT	REBOUNDS															
		P	FG	FGA	FG	FGA	FT	FTA	OFF	DEF	TOT	PF	TP	A	TO	BK	S	MIN	
4	Eblen, Luke	*	1	2	0	0	0	0	0	1	1	2	2	1	1	0	0	40	
5	Smith, Justin	*	2	8	0	2	0	0	0	3	3	1	4	2	1	0	1	40	
20	Mackey, Kelvin	*	3	7	0	0	0	2	3	6	9	2	6	4	2	0	1	40	
21	Hargrove, Darius	*	1	10	0	2	0	0	0	2	2	2	2	1	0	0	0	40	
30	McCarl, Austin	*	9	15	0	0	2	2	2	3	5	2	20	0	2	0	1	40	
2	Lastovka, Sean		0	1	0	1	0	0	0	0	0	2	0	0	3	0	0	0	
3	Pawletzki, Ross		1	4	0	2	0	0	0	0	0	2	1	0	1	0	0	0	
11	Baird, Jon		2	7	1	5	0	0	0	3	3	1	5	1	0	0	0	0	
12	Brownlee, Brody		2	4	2	4	0	0	1	0	1	1	6	0	4	1	2	0	
13	Mackel, Ryan		0	0	0	0	0	0	1	0	1	0	0	0	0	0	0	0	
24	Morris, Sean		0	2	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
TEAM REBOUNDS										1	2	3							
Team Totals			21	60	3	17	2	4	8	20	28	13	47	10	13	2	5	200	
Total FG%		- 1st:	8/29	0.276	2nd:	13/31	0.419	Game:		0.350	Deadball								
3-PT FG%		- 1st:	0/7	0.000	2nd:	3/10	0.300	Game:		0.176	Rebounds								
Total FT%		- 1st:	0/0	0.000	2nd:	2/4	0.500	Game:		0.500	(1,0)								
HOME: DMACC (10-2)																			
NO	PLAYER	TOT-FG	3-PT	REBOUNDS															
		P	FG	FGA	FG	FGA	FT	FTA	OFF	DEF	TOT	PF	TP	A	TO	BK	S	MIN	
50	Russell, LaTree	F	2	4	0	1	6	6	0	4	4	0	10	1	0	0	1	40	
42	Asencio, Roberto	C	3	5	0	0	0	1	1	5	6	0	6	1	1	1	0	40	
1	Jones Jr, Darry	G	3	7	0	2	0	0	0	4	4	0	6	2	1	0	0	40	
4	Aldeman, Michael	G	4	5	1	2	1	1	1	1	2	2	10	1	2	1	1	40	
21	Smith, DeVonte	G	5	9	0	3	0	0	1	3	4	0	10	3	1	0	0	40	
3	Green, Colin		0	2	0	1	0	0	0	0	0	0	0	0	1	0	0	0	
5	Williams, Derek		4	8	2	4	2	4	0	3	3	2	12	2	1	0	1	0	
12	Guenther, Jake		2	6	2	4	0	0	3	4	7	1	6	2	1	2	3	0	
22	Davis, T.J.		2	5	0	1	0	0	1	3	4	3	4	2	0	1	0	0	
24	Nazione, Brandon		2	3	0	0	2	4	1	4	5	2	6	1	3	0	1	0	
33	Bates, C.J.		2	5	0	0	0	0	3	1	4	1	4	0	1	0	0	0	
TEAM REBOUNDS										3	0	3							
Team Totals			29	59	5	18	11	16	14	32	46	11	74	17	14	4	8	200	
Total FG%		- 1st:	17/34	0.500	2nd:	12/25	0.480	Game:		0.492	Deadball								
3-PT FG%		- 1st:	3/8	0.375	2nd:	2/10	0.200	Game:		0.278	Rebounds								
Total FT%		- 1st:	5/6	0.833	2nd:	6/10	0.600	Game:		0.688	(1,0)								
Technical Fouls: GV (0)				: DMACC (0)															
OFFICIALS : Pat Hoberg				Kevin Nantulya				Kenneth Nead											
ATTENDANCE : 0																			
SCORE BY PERIODS		1st		2nd		TOTAL													
Grand View J.V.		16		31		47													
DMACC		42		32		74													

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DMACC Sports Events Dec. 2012

Sunday	Monday	Tuesday	Wednesdy	Thursday	Friday	Saturday
2	3 MBB: Southeastern 7 p.m.	4 WBB:at Grand View J.V. 7 p.m.	5	6	7	8 WBB: at Iowa Central (Ft. Dodge) 1 p.m. MBB: at Iowa Central (Ft. Dodge) 3 p.m.
9	10	11	12	13 WBB: AIB JV 5:30 p.m. MBB: AIB JV 7:30 p.m.	14	15

Preparing for finals, reviewing semester



By Cainon Leeds
Editor-in-Chief

Finals week is upon us. The studying, the cramming, the all-nighters, in short, the stress is all back. It gives me nightmares just thinking about it sometimes. In the midst of finals, it is often good to look back over the semester and think about the things that helped and the things that hindered success. We succumb to distractions of all kinds and refuse help when we need it most.

I would like to remind all students that the Academic Achievement Center, Writing Center and library are great resources of knowledge and tutors, instructors and librarians are always willing to help. For exam time schedules, students should feel free to check page 2 of this issue.

And while I believe finals and good grades are important, I would also like to reach out to the overachievers on campus. I've been called an overachiever on more than one occasion and I can relate to stressing out over the smallest details. Why else do you think I chose to apply for the editorship of the Banner? What some students need during the long studying hours is a pat on the back, a nice conversation or just a little break from all the essays and formulas.

Maybe someone needs a study buddy, maybe someone needs an early Christmas gift. Whatever the issue, I would like

for students to know that they don't have to go it alone. I would encourage all students to let a friend, or family member, or maybe a little-known acquaintance know to do their best on finals, but that finals will not get the best of them.

Also, DMACC's new Honors program has also successfully made it through its first semester with more than 40 Honors students enrolled. Two DMACC Boone students, Lynette Taylor and Mia Pierson, will be the very first from the program to graduate with Honors. Congratulations to Lynette, Mia and all of the other students who will be graduating from DMACC and moving on to new opportunities at the end of the semester.

In addition, this issue is the last issue of the Banner for the fall 2012 semester. For any students interested in joining the Banner News staff next semester, sign up for Newspaper Production (JOU 125) with Julie Roosa from 11:15 to 12:10 on Mondays, Wednesdays and Fridays, get approved for work study for the Banner or come in and work as a freelance writer, photographer, cartoonist, web designer or help layout the paper. Any assistance would be appreciated.

This will be the end of my first semester as Editor-in-Chief of the Banner News. It's been a rough semester. We've had our ups and down, but mostly downs. Without the constant support of those who pitched in here and there, I would have been lost. I would also like to thank Julie Roosa, the Banner's advisor, for instructing me in the ways of journalism, regardless of my failures and putting up with my leadership style. I will be back as Editor-in-Chief in the spring as well. Thank you for allowing me the chance to serve as your student newspaper editor and get to know the student body better.

Enjoy winter break, everybody.

Graduating Honors students leave words of wisdom



By Lynette Taylor
Guest columnist

I began working on my associate's degree from Des Moines Area Community College in August of 2010. With one semester remaining, I had taken nearly all of my classes as online courses. When I was invited to apply for the new DMACC Honors Program, I accepted the challenge. I had been wanting a way to get more out of my college experience, and I knew that the Honors Program would offer me this and more, including the prestige of graduating with an Honors degree.



By Mia Pierson
Guest columnist

Many people come to DMACC for many reasons: affordability, convenience, a small community atmosphere, continuing education after years in the work world, the list could go on and on. For me it was a combination of these reasons and one more: guaranteed success.

Another perk that I was anticipating--the offered lectures and extra-curricular learning activities. In my semester on the Boone campus, I have had the opportunity to hear former President Jimmy Carter speak at Drake University and attend a lecture by Professor Orazem in the Iowa State University Sun Room. I have been able to listen to motivational advice given by Isa Adney and be inspired to make a difference in the world by the guys from The Buried Life in the Boone auditorium. I also worked on the set for the fall semester play, "Sherlock Holmes and the Hound of the Baskervilles." The campus afforded countless ways to stay involved.

Since I was so close to graduating, I signed up for all ten of my required Honors credits to be completed in one semester. Each discipline class that you take as an Honors student requires five one-on-one meetings with your discipline professor and the completion of a semester-long project. That meant that this semester, I had three large projects to complete in addition to my regular

I juggled a lot of activities and responsibilities during high school, and knew I was prepared for a busy and active lifestyle in college. When I heard the Honors Program was starting this semester I wondered if it'd be worth participating in; I was already busy enough, and my grades were fine as they were. But as I continued to discover more information about the program I realized it was a program right for me. I've worked hard to get the grades I've gotten, but I'm always seeking to be challenged as a student, as a friend, and as a person.

Coming into this year I knew I would be starting a new program with only one semester left, but by juggling some responsibilities I knew I could gain a lot from Honors. I had a heavy load coming into this semester, not in the quantity of my classes, but rather the quality I was challenged to achieve.

coursework. I took U.S. History since 1877 with Professor Irwin for which I wrote a historical short story, as well as Field Ecology with Dr. Bergin and Sociology with Dr. Maggio for which I wrote case study articles. For my sociology project, I was able to attend an event hosted by the Midwest Innocence Project, where Damien Echols spoke, a member of the West Memphis Three released from death row. My field ecology project involved field observations of the behaviors of the crow populations in and around Boone and Ames.

In the process of researching and writing these papers and attending the events, I learned many interesting new things and made intriguing personal connections. I will graduate with Honors in December as one of the first two Honors graduates from Des Moines Area Community College. I was accepted at Indiana University and will be seeking a BA. I have also applied for an internship in Washington D.C., which includes classes from George Mason University for the Summer 2013 semester.

The DMACC Honors Program was an experience I know I will never regret participating in. It has challenged me to not only do well in my classes, but go above and beyond the required material. I've done two honors projects this semester, both of which correlated with my intended major of fashion apparel design. I wasn't expecting that they'd tie together, but I've realized that my extra research in one class' project has helped me understand the Honor's project of another class.

For my first project I've gotten the chance to work hands on at the Boone County Historical Center with century-old wedding gowns, to learn proper techniques for the handling of textiles in museums, the proper storage of textiles, as well as the effects of improper storage. For my second project I dove into the deep pool of Coco Chanel's world; read about her life, watched movies on her legacy, and compared her to another famous French designer Christian Dior. In doing so I've learned a lot about early 20th century women's dress and the huge transformation it took due to an orphaned milliner, and how those changes are visible in antique wedding dresses from Boone County.

The Honors Program has given me a richer learning experience through projects that I tailor to my own interests. I wouldn't trade my experience from this program for any fuss-free classes. The program is still new, so it could use a little tweaking on project deadlines and requirements, but I thought it did well for its first semester. I'd recommend not doing 10 credits in one semester if you can. Doing one honors project well is hard enough and it's extra tough to do multiple, especially when you're an athlete. However, I feel like a well rounded individual after going through this program from start to finish, and I encourage anyone to find out for themselves what this program can offer you.

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SEMESTER ENDS DEC. 13
(OR IN THE CASE OF A
SNOW DAY, DEC. 14)**

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For more information, contact Julie Roosa, faculty adviser, jkroosa@dmacc.edu, 433-5215, Rm 115

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Breakfast is back on the menu



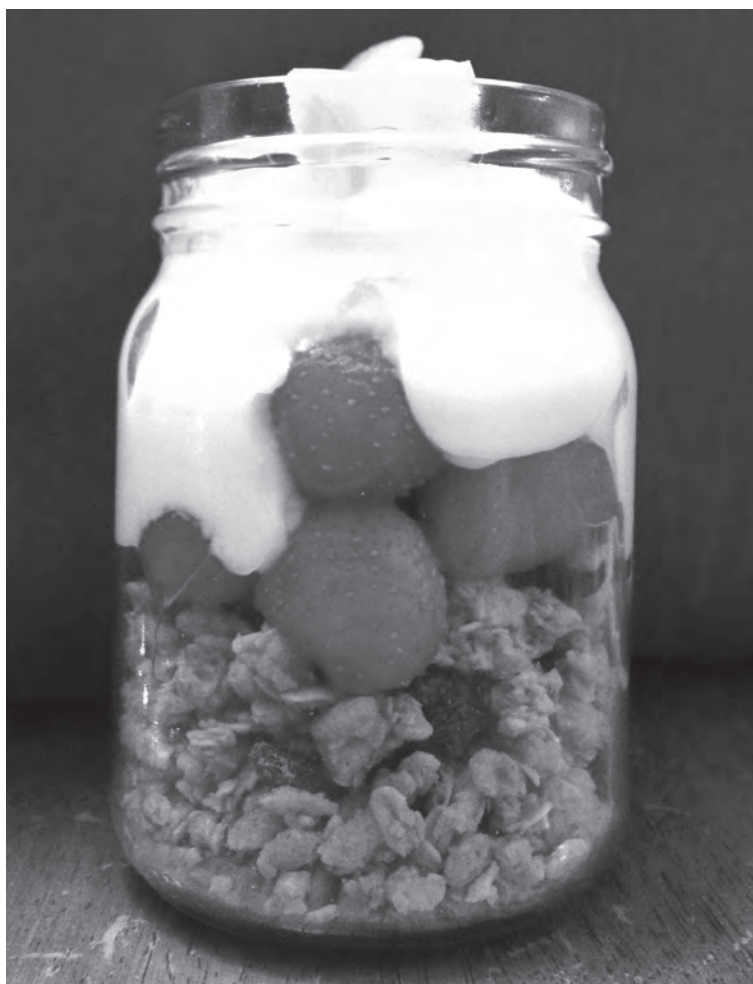
By **Emily Rinehart**
Guest columnist

As class finals are approaching, many students do not have much time to think about what to eat, or even whether there is time to eat at all. Though breakfast may be the last choice during the busy school schedule, a research article done by the Harvard Medical School states students who ate breakfast were "...significantly more attentive in the classroom, earned higher grades in math, and had significantly fewer behavioral and

emotional problems." Eating breakfast jump-starts the metabolism, feeding the brain so you can think more clearly. Breakfast can actually benefit with weight loss when protein is consumed as it is one of the vital building blocks for the body to stay healthy and strong. Protein fills the stomach making the body feel more full longer throughout the day so you do not eat as much food. As eating breakfast is very important for the brain to think and function clearly, I have put together a few easy recipes that can be enjoyed for breakfast to begin your day. If any of these recipes are not able to be eaten, make sure to get some kind of protein in your diet such as a glass of milk with oatmeal, a bowl of fruit, peanut butter on whole wheat toast, or even a banana with peanut butter spread on it. All of these recipes are great to make the night before class and enjoy for breakfast. Enjoy and good luck on finals.



Baked oatmeal with strawberries on top.



Photos by Emily Rinehart

Yogurt parfait awaits hungry eaters.

Writer's note: This article is part of an honors project for Composition II that involved learning more about making healthier food choices. My goal is to give students recipes that are healthy and affordable to make before class to enjoy. Also, these foods are recommended for one to be able to think and concentrate clearly during the class hour.

Granola

Ingredients: (Serves 4)

3 cups whole oats
1 ¼ tsp. cinnamon
dash of salt
½ cup pecans (optional)
½ cup almonds (optional)
⅓ cup honey
⅓ cup canola oil
1 Tbs. brown sugar
2 Tbs. vanilla extract

1-2 cups dried fruit (cranberries and raisins are great)

Instructions: Preheat oven to 325°F. Mix whole oats, cinnamon, salt, and nuts. Set aside the dry ingredients, and combine honey, canola oil, brown sugar, and vanilla. Mix the liquid with the dry until combined well. Spread a thin layer of the granola onto a covered parchment paper pan, and bake for 20 minutes, stirring at 10 minutes. Once golden, remove from oven and let cool. Break into pieces and mix in dried fruit. Best if stored in a ziplock bag at room temperature. Enjoy!

Baked Oatmeal

Ingredients: (serves 4)

1 cup whole oats
2 large egg, beaten
⅛ cup canola oil
⅛ cup brown sugar
½ teaspoon cinnamon
1 teaspoon baking powder
1 teaspoon pure vanilla extract

Instructions: Preheat oven to 375°F. In a medium bowl mix together oil, sugar, eggs, cinnamon, vanilla, and baking powder. Once mixed well, pour in rolled oats. Mix until thoroughly combined. Pour oat mixture into an 8 inch square baking dish and bake for 20-30 minutes. Let sit for about 3 minutes, cut and serve warm with honey, apple applesauce, or milk. Or, place in refrigerator overnight for breakfast. Enjoy!

Strawberry Creamy Smoothie

Ingredients: (1 smoothie)

1 cup strawberries
1/4 cup raw whole oats
1/2 cup plain lowfat yogurt
1 cup milk
1 Tbs. chia or flax seeds (optional)
Pinch of salt
Sprinkle cinnamon
3 Tbs. honey

Instructions: Mix all ingredients together in a blender. Do not blend. Put blender in the fridge overnight. In the morning, blend. Pour into bowl and top with berries and granola.

Banana Peanut Butter Smoothie

Ingredients: (1 smoothie)

½ cup vanilla yogurt
¼ cup milk
2 Tbs. peanut butter
1 banana
1 cup ice (1/2 cup for more creamy)
1 Tbs. flax seed (optional)
1. Studies show that flaxseed may help fight against cancer, mostly breast cancer, prostate cancer, and colon cancer. (WebMD, *The Benefits of Flaxseed.*)

Instructions: Mix all together in blender until creamy. Enjoy!
(Magee, Elaine. *The Benefits of Flaxseed.* (WebMD) N.p. N.d. Web. November 4, 2012.)

Yogurt Parfait

Ingredients: (serves 1)

½ cup vanilla yogurt
1 cup granola (homemade if possible)
A few slices of apples, cut into squares
A drizzle of honey
5 strawberries, cleaned and cut

Instructions: In a small glass jar, pour in granola, strawberries, and yogurt. Place apples and honey on top. Place lid on glass jar. Don't mix! Place in refrigerator. In the morning mix well and enjoy for breakfast.

Your horoscopes

MCT--Today's Birthday (12/05/12). Home is your magnet this year. Investments, wellness and socializing are themes. Romance heats up the first half of 2013, and sparks shift to career and finances after June. Stay organized, and get a second opinion on big decisions.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.



Aries (March 21-April 19) -- Today is a 6 -- The pace is picking up. Accept your greater good. Your workload's getting more intense, as the excellence attracts attention. Release something or someone who's leading you astray.

Taurus (April 20-May 20) -- Today is a 5 -- Stay out of someone else's argument, and get into relaxation mode for the next two days. You're gaining support. Somebody nearby sure looks good. Seduction suffuses the ambience.

Gemini (May 21-June 20) -- Today is a 9 -- Stick with the facts at work. Don't go too far too

fast. Fix up your home today and tomorrow. Use water imagery. Have the party at your house.

Cancer (June 21-July 22) -- Today is a 7 -- A voracious learning phase begins. Practicing something you love to do goes well now. Save enough to get a special treat, after paying bills. Resolve confusion.

Leo (July 23-Aug. 22) -- Today is an 8 -- Work now; play in a few days. Avoid distractions. You can earn extra cash now. Glamorize your appearance. Ground a vision in reality, and resist temptation.

Virgo (Aug. 23-Sept. 22) -- Today is a 9 -- Assertiveness works well now, so avoid distractions. You're more powerful than usual for the next few days, which is useful with a difficult job. Take first things first.

Libra (Sept. 23-Oct. 22) -- Today is a 6 -- Slow down and contemplate potential outcomes. Postpone a private meeting. Wrap up details today and tomorrow. Listen at keyholes. There may be a conflict of interests. Revise later.

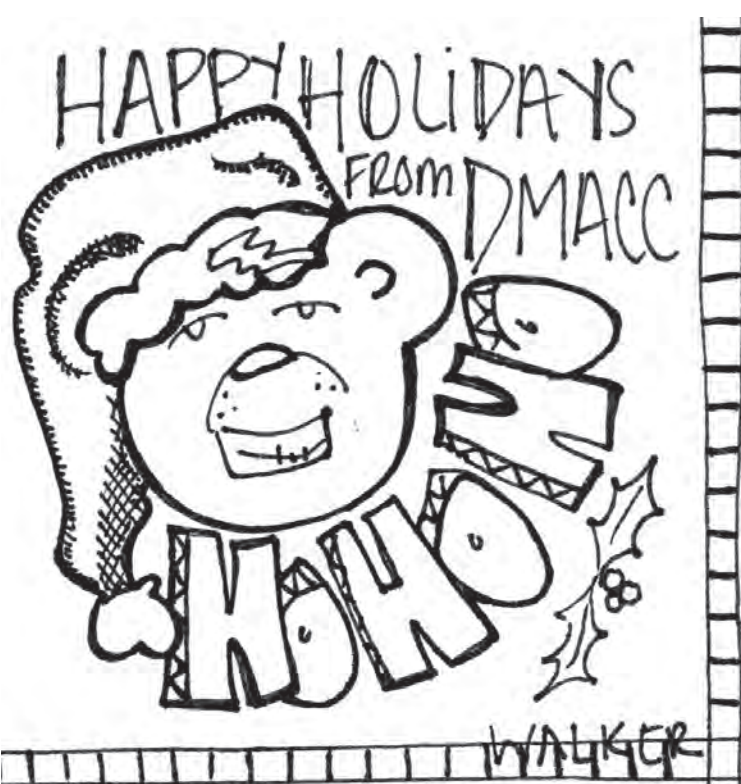
Scorpio (Oct. 23-Nov. 21) -- Today is a 9 -- It's getting fun now (and public). Ponder party possibilities, and enjoy planning music, food and diversion. Give up a fantasy, especially under pressure. Pass along what you've learned.

Sagittarius (Nov. 22-Dec. 21) -- Today is an 8 -- The upcoming days require patience, as there may be a disagreement about priorities or delayed correspondence. Research the best deal. Wait for new orders. Consider assuming more authority.

Capricorn (Dec. 22-Jan. 19) -- Today is a 9 -- Consider attending a business seminar. Plan your agenda. Build a picture of wealth in your mind. Doubts may rise. Imagine doing what you love.

Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- Keep it practical. Figure out finances today and tomorrow, but wait until overnight to sign. Pay bills. Changes necessitate budget revisions. Bide your time. Your assumptions get challenged.

Pisces (Feb. 19-March 20) -- Today is a 7 -- Review the instructions again. Share the load today and tomorrow, but hold on to the responsibility. Avoid backtracking. What you get isn't what you expected. Stay pragmatic.



Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Mascara recipient
 - 5 Lie in store for
 - 10 Naval jail
 - 14 ___ rug
 - 15 Swiss capital, to the Swiss
 - 16 One and only
 - 17 Hollywood
 - 19 "My great hope ___ laugh as much as I cry": Angelou
 - 20 Impressive property
 - 21 Dugout leader
 - 23 Mattress make
 - 24 Outdoor seating option
 - 26 Airport screening org.
 - 27 WC
 - 29 Italian three
 - 30 "Stop-___": UGK hit
 - 31 Classic theater name
 - 33 Ignore socially
 - 34 Festive centerpiece adorned with the starts 17-, 24-, 49- and 57-Across
 - 39 Big cat's cry
 - 40 Ballet bends
 - 41 Flightless Aussie bird
 - 42 Pickle's place
 - 45 Computer application file extension
 - 46 CBS-owned cable movie sta.
 - 49 All the details, casually
 - 52 Group of eight
 - 54 Not taking sides
 - 55 Pointed abode
 - 56 Gets hitched
 - 57 Venezuelan natural wonder
 - 59 ___ above the rest
 - 60 Just right
 - 61 Flower-loving buzzers
 - 62 Peeps from pups
 - 63 Pub game
 - 64 Miss in Mex.

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15						16			
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	54							55					
56					57			58					
59					60					61			
62					63					64			

By Gareth Bain 12/3/12

- DOWN**
- 1 Most current news, with "the"
 - 2 Crops up
 - 3 Nissan compact
 - 4 Assaults
 - 5 Blessed with skills
 - 6 ___ behind the ears
 - 7 Yummy smell
 - 8 Needing, with "of"
 - 9 Sawbuck, to a Brit
 - 10 HMS Bounty's ill-fated captain
 - 11 '80s-'90s wisecracking TV mom
 - 12 Cloak-and-dagger doings
 - 13 Former Prizm maker
 - 18 And others, in bibliographies
 - 22 Unhittable serve
 - 24 Crotchety oldster
 - 25 Stick up
 - 28 Drinks in the a.m.
 - 31 "I need a sweater!"
 - 32 Baseball arbiter
 - 33 Yearbook gp.
 - 34 Five-time Olympic gold winner Nadia

Saturday's Puzzle Solved

S	M	A	C	K	S		U	P	S		A	N	O	N		
T	A	X	L	A	W		P	L	O	T	L	I	N	E		
O	R	I	O	L	E		P	A	R	A	L	L	A	X		
I	L	O	N	A			D	E	T	E	R	G	E	N	T	
C	A	M	E	M	B	E	R	T		G	O	D				
				S	A	R	I	S		G	E	N	E	V	A	
U	P	C		Z	A	G		P	A	T	E	L	L	A		
M	A	H		O	W	N		L	I	P	T	A	R			
P	R	I	S	O	N	S		E	E	R		A	D	E		
S	E	N	T	R	Y		T	A	T	A	R					
				A	R	I		B	O	D	Y	C	H	E	C	K
A	N	T	I	V	I	R	U	S		T	E	X	A	N		
S	C	O	P	E	O	U	T		G	I	S	E	L	E		
P	O	W	E	R	T	I	E		S	C	U	R	V	E		
S	S	N	S		A	N	D		T	E	S	T	E	D		

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- 35 Called to account
- 36 "Jeopardy!" host Trebek
- 37 Common dinner hour
- 38 Make really mad
- 39 Civil War soldier
- 42 Write quickly
- 43 Frightened
- 44 Central African country about the size of Massachusetts
- 46 Less fresh
- 47 "To be, or not to be" speaker
- 48 Ukrainian port
- 50 Thirsts (for)
- 51 Alleged Soviet spy Hiss
- 53 "Deadliest Catch" boatful
- 55 "___ fair in love ..."
- 56 Technique
- 58 "Dig in!"



Pet Feature

Tank

Gizelle



Tank is a neutered male who is up to date on all of his vaccines. He is very outgoing and energetic, and would fit in wonderfully with an active household. Tank would prefer a home without children, cats, or other dogs because they can make him nervous. This beautiful boy is extremely loving and is looking to be someone's loyal best friend.

Gizelle is a very beautiful model of a cat. Gizelle gets along with dogs, cats, and children. She loves all of the attention she can get. She would make a very loving companion for anyone. She is litter-trained. This pretty girl is an adult cat around 4 to 5 years of age. With us she has been spayed and is enjoying her time in our cat visitation room where she can socialize with other cats.

Editor's Note: At press time, the Banner News had not received updated photos and descriptions for the weekly pet feature. We are republishing the information from our previous issue

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