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Banner News

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Banner News

Your Life, Your Campus, Your News

AAC and Writing Center offer assistance

By Cainon Leeds
Editor-in-Chief

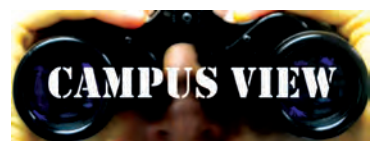
DMACC Boone has several free services designed to help students succeed academically. Two of those services are the Academic Achievement Center and the Writing Center.

The Academic Achievement Center, located in the northwest corner on the first floor, handles testing and tutoring from subjects like history and literature to statistics and biology.

"They do pretty much everything," said Tom Lee, provost of DMACC Boone.

According to the AAC's coordinator, Mary Ann Koch, the AAC can help students study for and take College Placement, nursing, College Level Examination Program and General Education Diploma tests. In addition, the AAC functions as a place where students can take make up tests for their classes, however, students must know their instructors' first and last name and bring some sort of personal photo I. D. like a

AAC and Writing Center, page 2



Cali Andersen



"'50 Shades of Gray' because it relates to teens."

Obama wins second term



Barack and Michelle Obama and Joe and Jill Biden celebrate their re-election in Chicago on Tuesday, Nov. 6. MCT

By Cainon Leeds
Editor-in-Chief

This story includes MCT wire reports.

President Barack Obama on Tuesday won a second term in the White House, defeating Republican challenger Mitt Romney in a hard-fought election that served as a referendum on who could better ease Americans' economic pain and uncertainty.

After President Obama's victory last night, DMACC political science instructor Bruce Kelly offered some of his own thoughts on the election, "I thought it was going to be a nail biter until about 9 o'clock when the Midwest's results started coming in. Then I began to relax."

He focused on the future of the Republican and Democratic Parties, saying that if conservative representatives keep obstructing laws from being passed, they would face more trouble during the next election.

DMACC student, Nick Bassett, said, "I'm not going to complain about Obama getting re-elected, but I will hold him accountable."

Bassett said that this was his first time voting in a presidential election and that the whole process was fun.

During the election, Obama marched across the nation, scoring victory after victory in battleground states where the economy had mounted just enough of a comeback to convince voters to give him four more years.

He held onto the coalition that led him to victory in 2008: women, Latinos, African-Americans and young people. Romney, seeking to become the first Mormon to win the presidency, was able to win only two states Obama had won last time, Indiana and North Carolina.

The second Democrat to win a second term since World War II, Obama won 26 states and the District of Columbia, sweeping the Northeast and West Coast states and winning most of the Rust Belt battlegrounds, including Ohio, Michigan, Wisconsin and Pennsylvania. Romney won 23 states, largely dependably Republican states across the South and into Texas and the Great Plains. Only Florida remained

undecided at presstime.

The popular vote was another matter, with the possibility that Obama would win the Electoral College and the presidency while losing the popular vote — the same way George W. Bush won in 2000. Obama ended up winning the popular vote, 50 to 48 percent according to numbers available at presstime early Wednesday morning.

Romney conceded before a subdued crowd in Boston. "This is a time of great challenges for America, and I pray that the president will be successful in guiding our nation," he said in a short speech.

Obama then took the stage in Chicago, entering as the song "Signed, Sealed, Delivered" played and a huge crowd cheered. "Tonight, more than 200 years after a former colony won the right to determine its own destiny, the task of perfecting our union moves forward," the president said. "It moves forward because of you."

Obama took office in January 2009 with a mandate to revive an economy still struggling to

recover from the Great Recession of 2007-2009, the worst downturn since the Great Depression. Six of 10 voters Tuesday said the economy was the most important issue, well ahead of health care or foreign policy. Three of four voters said the economy remained poor or not so good.

Obama touted the economy's steady progress on his watch; Romney cited stubbornly high unemployment and mounting federal debt as he argued the recovery's pace was too slow. In the exit polls, slightly more than half said Obama was more in touch with people like them, compared with 44 percent for Romney.

The president will face the status quo in Congress. Republicans held their majority in the House of Representatives, according to projections. All 435 voting seats were up Tuesday. Democrats retained control of the Senate. Republicans had needed a net gain of four seats.

Go to bannernews.weebly.com for more election results

What is your favorite book and why?

Matt Lageman



"'Good to Great' because I wanted to know how those CEOs in the book became successful."

Gary Peterson



"'A Game of Thrones' because of all the details in it."

Coach Steve Krafcisin



"'Wilt: Just Like Any Other 7 Foot Black Millionaire Who Lives Next Door' because I could relate to him and it let me know there were more tall people like me out there."

Lynette Taylor



"'The Poe Shadow' because the author's research is so sound that it makes you feel like you're living in the past."

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Photos by Cainon Leeds

Top photo: Students are hard at work, studying in the Academic Achievement Center. Below: The Writing Center greets all students with open doors.

AAC and Writing Center offer assistance

Continued from page 1

driver's license or DMACC card.

DMACC student Sean Hanlin said that he has used the AAC three times for test taking purposes and that it has helped him significantly.

"With some of the things I've had going on this week, it's been really helpful," said Hanlin.

The AAC is also designed to help students succeed in their classes from day to day with tutoring. The center is currently staffed with three receptionists, one GED tester, six student peer tutors and seven instructors who are devoted to helping students with their classes.

However, according to Koch, there are times when the AAC is understaffed and tries to recruit student tutors to help with subjects like biology and chemistry.

"Sometimes we don't have tutors for a particular field of study," said Koch.

According to Lee and Koch, students can apply to become peer tutors and receive payment for their services. Instructors who wish to join the Academic

Achievement Center would add the position to their contracts.

"If we don't know something, we do our best to find out about it," she added.

Koch said that the number of students who use the AAC varies from month to month, and that this September, about 83 students on average received assistance from the AAC every day.

The Writing Center, located in room 170 right next to the northeastern entrance of DMACC, used to be a part of the Academic Achievement Center, but according to Lee, the English department split from the rest of the center about three or four years ago. Lee listed two main reasons for the division of the two centers: the English department didn't think there was enough space inside the AAC and they believed that a quiet place where students could work one-on-one with tutors was needed to help students with their writing.

Krystal Hering, the coordinator of the Writing Center, said that the center helps with all kinds of student essays, resumes, cover letters, scholarship applications

and creative writing.

However, the Writing Center does have guidelines so that advisors are not dictating what students write.

"We really try to stay away from editing students' work for them," said Hering, explaining how the advisors tend to make suggestions instead of grading students' work.

"We want to make independent student writers," she added.

DMACC student Jacob Oren, a regular visitor at the Writing Center, said, "When they tell you that you're doing a good job, I think it's really encouraging."

Hering also said that the Writing Center helps around two to eight students daily.

"We haven't had a flood of students come in," she said.

Nevertheless, with students receiving their midterm grades and since the class drop-out deadline ended on Nov. 2, it can be expected that some students with poor grades will seek help.

"Usually the midterm grades are a wake up call for students," said Hering.



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Photo by Cainon Leeds

C.L. Lindsey, a students rights lawyer, discusses the issue of safety online with students in the DMACC/Boone auditorium on Oct. 23.

Take steps to stay safe online

By Elizabeth Wallerich
Staff Writer

A student rights lawyer told students to base the actions they take online by how they would behave offline.

"Think about the offline equivalent first," said C.L. Lindsey, a lawyer for Coalition for Student and Academic Rights. Lindsey spoke to about 25 people in the Boone auditorium on Tuesday, Oct. 23.

Allie Fitzgerald, who was attending for her college experience class, said she wanted to know the positives and negatives of social networking.

Lindsay explained the dan-

gers of acting irresponsibly online, including sexting, online plagiarism, stalking, harassment, blackmail and bullying.

Sexting is sending explicit pictures or messages via electronic media. Lindsey suggested thinking about the recipient before you hit send both now and later. He also suggested not posting racy photographs or illegal activities online and checking friends Facebook pages for these items.

"All privacy settings should be set at the highest level," he said.

Harassment is threatening behavior via electronic media. Blackmail is use of secrets to compel someone to do someone to do

something. Bullying is the intimidation of a weaker person.

Lindsay suggested doing the following if you are being threatened: 1) Don't respond, 2) Document, 3) If there's a hint of threat, contact law enforcement, 4) Block, 5) Contact ISP or site, and 6) Use school's resources.

Lindsay gave suggestions on ways to stay safe online. They are

1) Do not include a physical address online, 2) If you don't want found, don't post pictures, they have GPS locations, 3) Limit personal information, and 4) No sexually charged information.

His presentation was sponsored by the Student Activities Council.



Photo by Dan Ivic/DMACC Media

New Phi Theta Kappa members

DMACC Boone Campus students Mary Rowan (left to right) of Boone, Cassidy Bergloff of Boone, Sarah Borkowski of Boone, Courtney Karns of Huxley, Samantha Stata of Ames, Marissa Spoo of Coon Rapids, Jack Kinney of Ames, Ryan McDuffy of Ames, Breonnhia Bailey of Pleasant Hill, Sierra Pilk of Boone, Gerdan Wheeler of Ames and Meredith Lehmann (not pictured) of Gilbert were recently inducted into the Tau Phi Chapter of the Phi Theta Kappa (PTK) International Honor Society. PTK has recognized academic excellence in two-year colleges since 1918. To be eligible, a student must be enrolled in a two-year college, have completed at least 12 hours of coursework leading to an associate degree program and have a grade point average of 3.5 or higher.

We want YOU.

Join the staff of Banner News for the 2013 school year.
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photographers, graphic artists, web managers,
advertising sales reps and more.

For information, contact Julie Roosa, faculty adviser, jkroosa@dmacc.edu

In Brief at DMACC

Pep band searches for new members

If you play a band instrument and would like to join the DMACC Bears Pep Band, see Maggie Stone in room 124 or call her at 433-5037 or leave your name and phone number at the registration window. The band, beginning its 12th season, aims to add a little pep and enthusiasm to the stands for home men's and women's basketball games.

The band plays for most home basketball games with rehearsals taking place Tuesday evenings from 6 - 7:15 p.m. in room 116. Members receive a free band t-shirt and a family pass for the home games. Band membership consists of students, faculty, staff, and "friends of DMACC" (community musicians). All levels of musicians are welcome. If you'd like to play but have class on Tuesday evenings, contact Maggie who indicates that arrangements can be made to accommodate your schedule. There are no try-outs and there is no pressure, just fun to be had!

-- by Maggie Stone

PBL Bake Sale

Wednesday, Nov. 7
10 a.m.-1 p.m.
Courter Center

Karaoke

Thursday, Nov. 8
11 a.m.-1 p.m.
Courter Center

Music and Food

Wednesday, Nov. 14
Danny Grouse-Musician 11
a.m.-1 p.m.
Courter Center

Free Thanksgiving Feed

Wednesday, Nov. 14
11:30 a.m.-Gone
Courter Center

Mall of America Holiday Shopping Trip

Saturday, Dec. 1
Mall of America:
Bloomington, MN
7:00am-Leave Boone Campus
10:00pm-Arrive Boone Campus
\$25 per person for DMACC
Boone (Up to 3 guests at \$25/
each) Cost includes round-trip
transportation via motor coach
and parking. Lunch and dinner
are on your own while at the mall.
Seats must be paid in full when
making your reservation—no
refunds will be granted unless the
trip is cancelled by DMACC. No
children under the age of 12. To
make your reservation,
register at the Courter Center
Kiosk from 9-11am OR
Contact Steve Kraficisin at
sjkraficisin@dmacc.edu or Ashley
Martin at asmartin@dmacc.edu
*Reservation deadline is Wednes-
day, November 21, 2012*

Give a can when you can

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

Transfer fair

The Boone Campus is hosting a Transfer Fair on Nov. 14 from 10 a.m. to 12:30 p.m. in the Courter Center. Admission agents from several institutions will be available to answer questions about applications, scholarships, campus visits, housing, financial aid and campus organizations.

Jack Kent Cooke Scholarships

Students are now eligible to apply for the JKC Foundation Scholarships. All interested students should make sure they meet the minimum Eligibility Requirements: www.jkcf.org/scholarships/undergraduate-transfer-scholarships/selection-eligibility/ DMACC's "internal" deadline for this scholarship is Nov. 20th.

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Halloween Costume Contest ...with PIE!



Students and faculty haunt DMACC Boone!

Photo at right, from left to right: DMACC students Nikole Glausner, Kodie Butterfield, Rachel Davis, Emma Allen and Samantha Statia are introduced by SAC adviser Steve Krafcsin during the Halloween Costume Contest on Oct. 31 in the Courter Center.



Photos by Cainon Leeds

HONORS STUDENTS VOLUNTEER




DMACC honors students volunteered at the AEA11 High School Knowledge Bowl at Merle Hay Mall on Nov. 1. From left to right: Phil Porter (Urban), Yesica Mena (Boone), Emily Barnes (Ankeny), Olivia Sieve (Ankeny), Mia Pierson (Boone), Stacy Amling (Honors instructor, Boone) and Jan Laville (Honors director) set up the table at the event. Students and staff served as readers, timers and scorekeepers.



The DMACC Honors program was the official sponsor of the AEA11 High School Knowledge Bowl on Nov. 1, and honors students volunteered to assist with the event. From left to right: Emily Barnes (Ankeny), Olivia Sieve (Ankeny), Mia Pierson (Boone), Ashley Mayrose (West), Phil Porter (Urban), Yesica Mena (Boone), Elisabeth Rinehart (Boone), Emily Rinehart (Boone) and Brandi Botkin (Boone).

Photos by Jan LaVille and Brandi Botkin

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Photo by Cainon Leeds

Bears open season

Brandon Nazione goes up for the shot as Darry Jones watches during DMACC's season opener on Nov. 1 at the DMACC gym. The DMACC men's basketball team opened the season with a 88-82 win against Quakerdale. In their second game, the Bears defeated Waldorf College junior varsity 74-49 Nov. 3 at home. During that game, sophomore Darry Jones, Jr., of Minneapolis, Minn., scored a game-high 17 points and sophomore LaTree Russell of Chicago, Ill., added 12 points. DMACC improved to 2-0 for the season. The Bears opened up a 44-19 lead at halftime after hitting 17 of 30 field goal attempts in the first half. For the game, DMACC was 29 of 59 from the field for 49 percent. DMACC will host Black Hawk Community College Nov. 6. Results were not available at by presstime.

DMACC Volleyball falls to Kirkwood in Regionals

DMACC – The DMACC volleyball team saw its season come to an end after dropping a 3-1 decision to Kirkwood Community College (KCC) in the National Junior College Athletic Association (NJCAA) Region IX-B championship match Nov. 3 at Iowa Falls.

The set scores were 25-21, 25-23, 23-25, 25-20 in favor of the Eagles.

Sophomores Hallie Mueth of Sheffield and Amanda Lampman of Lake Mills led DMACC with 13 and 10 kills respectively. Lampman hit .529 for the match with just one error in 17 total attacks. Sophomore Mia Pierson of Ames added nine kills, freshman Sheila Menezes of Guarulhos, Brazil, added eight kills and freshman Breonnhia Bailey of Pleasant Hill had seven.

Sophomore Jordan Leehy of Neola contributed 25 assists to the DMACC attack and freshman Sara Jesse of LaPorte City finished with 22. Sophomore Taylor Salisbury of Chatfield, Minn., led the Bears in digs with 25, Menezes added 12 and Mueth came away with 10. Bailey had three solo blocks and Lampman and Pierson had three block assists each apiece.

DMACC closed the season with a 31-8 record and a 7-2 record in the Iowa Community College Athletic Conference (ICCAC), finishing third in ICCAC play. The Bears also had a No. 10 national ranking in the NJCAA Division II poll.

KCC advances to the NJCAA Division II National Championship Nov. 15-17 at Toledo, Ohio.

Women's basketball tops St. Ambrose

DMACC - Freshman Carlee Schuhmacher of Watertown, Wis., scored 18 points and grabbed 15 rebounds to lead the DMACC women's basketball team to a 77-52 win at home over the St. Ambrose University junior varsity Nov. 5.

Freshmen Sarah Frisch of Grundy Center and Jalissa Felici of Bellevue, Neb., and sophomore Kelsey Fynaardt of Pella joined Schuhmacher in double figures with 14, 13 and 10 points respectively as the Bears improved to 2-0 for the season.

DMACC connected on 15 of 36 field goal attempts in the first half to open up a 42-33 advantage at intermission and led throughout the second half. For the game, the Bears were 28 of 62 from the field for 45 percent and

limited the Bees to 18 field goals in 51 attempts for 35 percent.

DMACC came away with a 49-31 advantage in rebounding, Sophomore Maci Robeoltman of Rockwell had seven, sophomore Katie Kullmer of Blairstown grabbed six and freshmen Taryn Wicks of Jewell and Alex Bunting of Indianola had five rebounds apiece. Freshman Jasmine McCoy of Bellevue, Neb., led DMACC to a 22-15 advantage in steals with eight.

The DMACC women's basketball team will play in the Hawks Classic Nov. 9 and 10 at Norfolk, Neb. The Bears will face Northeast (Neb.) Community College at 6 p.m. on Nov. 9 and will play North Platte Community College at noon on Nov. 10.

DMACC Sports Events Nov 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
11	12 WBB (host): High School Girls Bball Jamboree 7 p.m.	13 WBB: Wm.Penn JV 5:30p.m. MBB:Graceland JV 7:30 p.m.	14	15	16 MBB: Baymont Inn Classic 5:30 p.m. & 7:30 p.m.	17 MBB: Baymont Inn Classic 2 & 4 p.m.
18	19	20 MBB: County Upper Academy 7 p.m.	21	22	23	24

'Hound' cast performs Nov. 9 & 10



Sean Hanlin, 20, is playing Sherlock Holmes. This is his third play at DMACC and he is a sophomore. Hanlin is majoring in business marketing and plans to go to the University of Wyoming after graduation. He works at Papa Murphy's in Ames. Hanlin enjoys writing, acting, reading and enjoying the beauty of nature. His favorite thing about the play is that he has wanted to be Sherlock Holmes for years. "It's good to be in a serious play after being in so many comedies."



Brett Edmundson, 26, is playing Dr. John Watson. This is his second play at DMACC. Edmundson is majoring in liberal arts with a focus on science and plans to go to PA school after graduation. He currently is part of the National Guard. Edmundson enjoys snowboarding, exercising and baseball. His favorite thing about the play is that it is a great take on a classic story. "The play is brilliant. A shining take of British literature set in an American theater form."



Matt Beyer, 25, is playing Sir Henry. This is his third play at DMACC. Beyer is majoring in art history and plans to transfer to Iowa State after graduation. Beyer works at the Boone Hy-Vee. He enjoyed volunteering at Living History Farms on the weekends and long walks on the beach. Beyer feels the roles match the actors perfectly and is 'beyond happy' that his part does not require a British accent. "A great twist on an old literary classic. If you love mysteries, cardigans and dogs, this play is for you."



Abbey Brouwer, 21, is playing Lady Agatha. This is her second play at DMACC. Brouwer is majoring in elementary education and plans to transfer to a four year school after graduation. She is currently employed as a manager at Ames Pizza Ranch. Brouwer enjoys reading, surfing and shopping for antiques. Her favorite thing about this play is that she loves Sherlock Holmes. "It keeps the audience guessing and is a lot of fun."



Kodie Butterfield, 20, is playing Kathy Stapleton. This is her third play at DMACC. Butterfield is majoring in human services and plans on transferring to Lipscomb University after graduation. She is currently employed at the Boone Hy-Vee. Butterfield enjoys writing, walking and listening to music. Her favorite thing about the play is all of the interesting characters. "Sherlock Holmes is always interesting, and with the cast we have I am sure it will be a great production!"



Taylor Baggett, 19, is playing Laura Lyons. This is her first play at DMACC. Baggett is majoring in journalism and plans on going to a four-year college after graduation. Eventually Baggett would like to work as a broadcast journalist. She enjoys softball, reading and acting. Baggett's favorite thing about the play is working with a talented group of people on a play that is a lot of fun. "I think the play is going well. I love the mystery and suspense going on throughout, and I think it will be an exciting play to watch."



Austin Woolson, 18, is playing Jack. This is his first play at DMACC. Woolson says that after graduating he wants to be famous. He is currently working as the DMACC mascot. Woolson enjoys airsofting and going to hockey games. His favorite thing about this play is that it is a classic. "It is a play that I would see over and over again."



Rachel Davis, 20, is playing Mrs. Barrymore. This is her fifth play at DMACC. Davis is majoring in liberal arts and is not sure what she wants to do yet after graduation. She enjoys singing and reading. Her favorite thing about the play is that it's Sherlock Holmes. "It's a nice fast-paced storyline that is a lot of fun."



Nicholas Bassett, 20, is playing Mr. Barrymore. This is his second play at DMACC. Bassett plans to attend Iowa State after graduation. He enjoys playing wheelchair basketball. Bassett's favorite thing about the play is the British accent. "I like it for the seriousness. I haven't done a serious play in a long time. It is nice for a change."



Julie Nagel, 17, is playing Perkins. This is her first play at DMACC. Nagel is majoring in liberal arts and plans on going to a four-year college and majoring in education. She enjoys acting, reading and knitting. Nagel's favorite thing about the play is working with a great cast and crew. "It's a great play with a lot of suspense. I hope that everyone who see it will enjoy it!"



Chris Shannon, 27, is playing Sheldon. This is his sixth play at DMACC. Shannon is a liberal arts major with a focus on business. Shannon enjoys the plays, Phi Beta Lambda and taking part in student council. "I have always enjoyed doing the plays at DMACC."



Kay Mueller is the director. She is in her 28th year of teaching speech and drama at DMACC. She said that set production has come together more smoothly than some previous plays thanks to a "fantastic" cast and crew. "Come and see the show."



Stephanie Clemons, assistant director, **Alyssa Peterson**, lighting manager, **Matt Lemken**, sound manager, **Lynette Taylor**, general assistance, **Nikole Glauner**, general assistance, and **Jonathan Hoff**, general assistance. This year the theater department was lucky enough to have a full crew to help out with set work, lights and sound. Everyone involved in the production would like to send a big thank you to all the crew who helped us to create the set. They put in just as many hours into the production as the cast. Their hard work has been greatly appreciated.

The DMACC Boone campus Drama Department will present their fall production, "The Hound of the Baskervilles," on Nov. 9 and 10 at 7:30 p.m. in the Boone Campus Theater. Admission is \$5 per person and is free to DMACC students who present their DMACC One Cards.

Play tells Veterans' stories

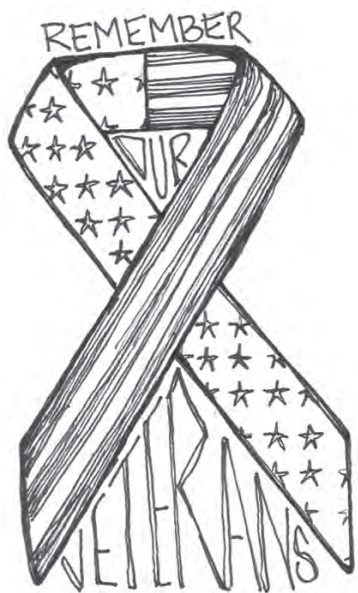


Illustration by Stacey Walker

DMACC - The "Telling Project" is coming to DMACC in Ankeny. The original play is based on the experiences of area veterans and their families. Veterans Day is Nov. 11.

America has been at war for more than 10 years, but with less than 1 percent of the population serving in the military, the veterans among us go largely unseen. "Telling: Des Moines" hopes to change that. Telling stories that range from the jungles of Vietnam to the mountains of Afghanistan, from satellite telephone calls home to the departures gate of the Des Moines Airport; these are the stories of the veterans and their families who live in your community. "Telling: Des Moines" is a unique and unforgettable theatre event. Founded in Eugene, Ore., by Jonathan Wei, "The Telling Project" has been produced at least seven cities nationally and most recently, Iowa City.

"Telling: Des Moines" will be performed three times: Thursday, Nov. 8 at 11:15 a.m.; Friday, Nov. 9 at 7 p.m. and Saturday, Nov. 10 at 7 p.m.

All performances will be in on the DMACC Ankeny Campus Building 6 Auditorium. Tickets are free for DMACC students, faculty and staff, and \$10 for the general public (cash only, please) and can be picked up in advance of the show at the Student Activities Office, Building 5, Room 27. Proceeds and donations will be used to offset production costs and to fund scholarships for Veterans.

"More than 650 DMACC students are student-veterans and beneficiaries using G.I. Bill benefits," says Dr. Laurie Wolf, DMACC Executive Dean of Student Services. "As a community of learning, 'Telling: Des Moines' is a way for us to creatively and constructively engage each other in conversations about military service and sacrifice."

For more information, check out tellingdesmoines.org. For ticket information, call the SAC at (515) 964-6376. For donations, contact Tara Connolly, DMACC Foundation, at (515) 964-6447.

Runner reflects on eating meals together

By Cainon Leeds
Editor-in-Chief

Last week, I had the opportunity to make ranch dressing and stir fry for Anna-Kate Bruns and her roommates as part of my Honors project for English Comp. II. As Michael Pollan brought up in his book "In Defense of Food," the modern Western diet has devalued shared meals, replacing them with solitary snacking; so I wanted to examine Pollan's statements from Anna-Kate's perspective as well as my own.

In chapter four, part three of "In Defense of Food," Pollan explains how he believes we are to eat: "If food is more than the sum of its nutrients and a diet is more than the sum of its foods, it follows that a food culture is more than the sum of its menus - it embraces as well the set of manners, eating habits, and unspoken rules that together govern people's relationship to food and eating. How a culture eats may have just as much of a bearing on health as what a culture eats."

He blames much of the modern Western diet's problems on how cheap our food is in more ways than just one. Food, if you can still call it that, has become so inexpensive that we can afford to overeat.

"In 1960 Americans spent 17.5 percent of their income on food and 5.2 percent of national income on health care. Since then, those numbers have flipped: Spending on food fallen to 9.9 percent, while spending on health care has climbed to 16 percent of national income," said Pollan.

Secondly, Pollan argues that food has become too cheap with regards to time. He exposes how little actual experience we have with food and those who make it with studies and examples of families eating microwave dinners in separate rooms.

I was brought up eating every meal with my parents, brothers and sisters. It was our way of life. We would pitch in and help make meals, get the table set, eat at the same time, talk about anything that interested us, and clean up afterward. Sometimes it was fun, sometimes it was not so fun, but I wouldn't have had it any other way.

Now that one of my brothers and I are going to college, we don't don't get the chance to eat dinner as a family every night, but we still make it a goal to sit down and eat at least one meal per day together. Until I read Pollan's book, I took eating with others for granted. I came to see eating with my family as just another fact of life. I didn't eat with a lot of other people growing up, so I didn't get to see anything different from a family sitting down to eat dinner together every night.

So when I decided on this part of my Honors project, I knew I'd have to do more than just interview Anna-Kate Bruns again to understand how she ate. This time, I decided to make a meal for her and her roommates and observe how they ate together



as well as get an interview in.

In the process of preparing to make a meal for part of DMACC's cross country team, I discovered how little work I actually did in the kitchen. Sure, I knew how to cut up chunks of chicken, make ranch dressing from its basic ingredients and boil spaghetti noodles, but I never took the time to learn the whole process of making stir fry with my parents in the kitchen. The recipes for the stir fry and ranch dressing are included on this page. It took a few tries, an easy-to-follow recipe and a some overdone chicken bits, but eventually I overcame some of my struggles in the kitchen and gained a new appreciation for the food I eat.

Bruns shared with me that she and a couple of her roommates eat at least one meal together daily.

"Usually, the three of us eat together," Bruns said, referring to herself, Brooke Schweikert, and Alissa Van Klootwyk.

When I arrived at their apartment, Bruns and Schweikert were the only two at home. I prepared the ranch dressing and the stir fry with chicken, vegetables and spaghetti noodles while they worked on homework and watched television. As I finished making the stir fry, Kirstin Angus, a roommate of Bruns' and fellow DMACC cross country runner, got home and joined the rest of us.

We sat down at the table and ate. Bruns and I had previously talked about her dislike of Chinese food and agreed that if, for any reason, she didn't enjoy the stir fry, she could opt out and have something else. As it turned out, she didn't like the taste of the soy sauce, so she had something else. Angus asked about the project and talked about her plan to transfer after she graduates. Angus and Schweikert asked what kinds of vegetables were in the stir fry and wanted to know the recipes for the stir fry and the ranch dressing. Van Klootwyk returned home from a shopping trip and had a bowl of stir fry. The girls said they enjoyed it and invited me to make dinner for them again.

Although the television was still on and the girls occasionally pulled their cell phones out to share a funny picture or read a text message, I saw Pollan's point about the dinner table being the foundation of society. There was interaction. There was at least some concern for the food they were eating.

Afterward, I spoke with Bruns about her thoughts on

Stir Fry Recipe

Ingredients:

6 cups of frozen stir fry vegetables (1 ½ 16 oz. bags)
1 lb. chicken breast-cut into strips
1/2 cup liquid aminos (soy sauce substitute, can be found at Fareway)
1/2 cup olive oil
2 Tbsp. honey
1 Tbsp. cornstarch in ¼ cup water
1/2 tsp. ginger
1/4 tsp. garlic powder
10 oz. spaghetti noodles

Directions:

Cook chicken breast in a little water about 20 minutes or until no longer pink. Add spaghetti noodles to 4-6 cups boiling water and cook uncovered 8-10 minutes or until done. Drain.

In medium saucepan mix sauce of oil, liquid aminos, honey, cornstarch in water, ginger, garlic powder. Bring to a boil and cook on high for 1 minute stirring constantly with a whisk. Set aside

Add vegetables and ¼ cup sauce to chicken in skillet and cook on medium high to high for 5 minutes. Add rest of sauce and stir in.

Serve over noodles.

Serves 5.

Yummly Ranch Dressing Recipe from yummmly.com

Ingredients:

1 1/2 cups low-fat plain greek yogurt
1 tsp parsley flakes
1 tsp chives (dried)
1 tsp garlic powder
1/2 tsp dill weed (dried)
1 tsp onion powder
1/2 tsp sea salt
1/4 tsp black pepper
1/2 cup almond milk

Directions:

Stir until creamy. Keep refrigerated.

what affects eating meals together has on culture and if she believed that the current trend against eating together has been a good or bad thing for society.

She explained that she doesn't think eating with others is realistic in this day and age. She said that, like most of the people I know, she has a tight schedule and doesn't enjoy eating out with others. For the most part, she eats with her roommates, but she said she doesn't eat meals with other people often.

"I tend to eat less healthily when I eat with other people," said Bruns.

She weighed the benefits of eating together with time commitments. Productivity, according to Bruns, won out over community.

She also shared that whenever she eats with people who don't eat the way she eats, they tend to give her a hard time about eating healthily.

When I shared Pollan's perspective on traditional food cultures like France and Italy with Bruns, she pointed to the industri-

al productivity of modern Western culture as proof of the modern Western lifestyle's success.

"You want to get the most out of every day in America," she said.

Editor's Note: This column is part of an ongoing honors project for English Composition II. The focus of the project is to examine the food choices made by others and make suggestions for improvements based on the findings of author Michael Pollan and supplemental materials. The first installment of the series appeared in the Oct. 10 edition of Banner News.

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Your horoscopes

Today's Birthday (11/07/12). Despite changes, your financial situation grows this year. The winter solstice brings an awakening to the higher self. Use it to align yourself to your purpose and to how you want to make a difference. This explodes your career with possibility.



You'll be able to take on new stuff later. Review the plan. Shorten your home repair list.

Cancer (June 21-July 22)
 -- Today is a 6
 -- Decrease your personal obligations over the coming week. You can have fun without spending much. Make the changes you've been contemplating. A lovely moment develops.

Leo (July 23-Aug. 22)
 -- Today is an 8 -- Continue to increase your level of expertise. Take on more responsibility. What you're learning contradicts what you thought. Use your secret power.

Virgo (Aug. 23-Sept. 22)
 -- Today is a 5 -- Fix something before it breaks. Organization and cleaning satisfies. Continue to decrease home expenses with conservation. Set long-range goals. You're gaining the lasting respect of your peers.

Libra (Sept. 23-Oct. 22)
 -- Today is a 7 -- Confirm what you've learned with others. Continue to increase your area of influence this week. Make the first move. Choose the jobs you want to do. Document the results.

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 an 8 -- Stick to your budget. Move quickly. Continue to increase your holdings (and enthusiasm) in the coming week. There's money coming from your own productivity. Dance with any delays.

Taurus (April 20-May 20)
 -- Today is an 8 -- Adapt to circumstances. Put energy into the details. Stick to existing projects this week. Handle stuff you've been putting off. Increase skills as you test your theory.

Gemini (May 21-June 20)
 -- Today is a 7 -- Regain your balance by doing what you promised. Provide excellent service.

Scorpio (Oct. 23-Nov. 21)
 -- Today is a 7 -- Take charge. Calm down someone who's getting agitated. You may find your responsibilities rise this week. Love spurs you to action. Leave routine chores for another day.

Sagittarius (Nov. 22-Dec. 21)
 -- Today is a 7 -- Gather up as much as you can, and beware of hidden expenses. Get rid of unnecessary stuff. Others vie for your attention; your teammate scores. Strive for perfection.

Capricorn (Dec. 22-Jan. 19)
 -- Today is a 5 -- New income sources come to your attention. Be cautious with money now. A bond gets renewed. Delegate, and inspire action. Continue to increase your search parameters, and profit.

Aquarius (Jan. 20-Feb. 18)
 -- Today is a 7 -- There's money coming in, and you can get more if you act quickly. The work is hard, but profitable. If you don't know how, study. Share your info and sources.

Pisces (Feb. 19-March 20)
 -- Today is a 6 -- Provide information. Passion is part of the picture. Pare the superfluous to increase efficiency. Build team relationships with enthusiasm. Get projects finished and out the door.

MCT



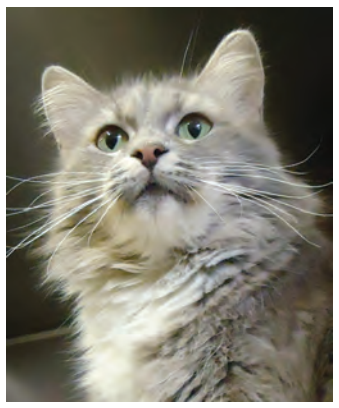
Pet Feature

Tank



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



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.

For more information, call the shelter at 432-6112.

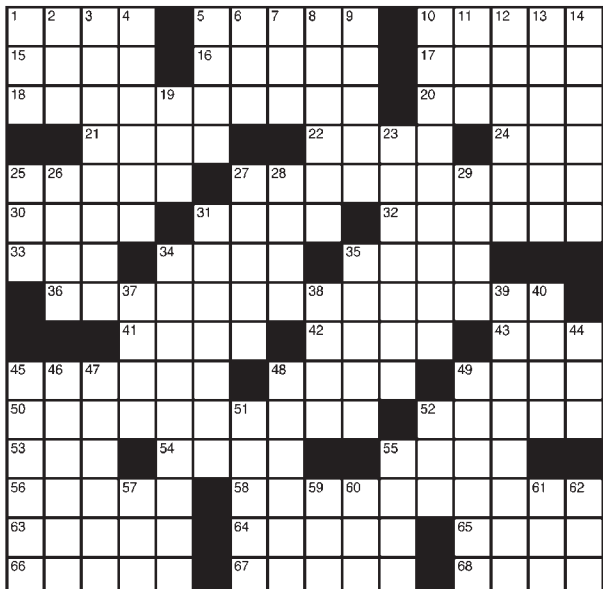
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Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Dash, e.g.
 - 5 Head-hanging emotion
 - 10 Altoids alternative
 - 15 Fan favorite
 - 16 Earthling
 - 17 Absorbed the loss
 - 18 Tropical headgear
 - 20 Passover ritual
 - 21 Dix halved
 - 22 Calendar abbr.
 - 24 Prior to, in verse
 - 25 Low-tech note taker
 - 27 Deal-closing aids
 - 30 Unblemished
 - 31 Line winder
 - 32 Baking by-products
 - 33 Creative enterprise
 - 34 On the fence
 - 35 Six-stringed instrument, usually
 - 36 Urbana-Champaign NCAA team
 - 41 Two pages
 - 42 "Zip-_-Doo-Dah"
 - 43 Tram car filler
 - 45 Totally absorbed
 - 48 Hon
 - 49 Pontiac muscle cars
 - 50 Powerful pin cushion?
 - 52 "It ___ hit me yet"
 - 53 Mao follower?
 - 54 Scientology's ___ Hubbard
 - 55 Sushi bar soup
 - 56 Cook-off potful
 - 58 False
 - 63 Mixer for a mixologist
 - 64 Boyfriends
 - 65 Couple in a rowboat
 - 66 Run through a reader, as a debit card
 - 67 Footlocker
 - 68 Sandstorm residue
- DOWN**
- 1 Split
 - 2 Org. concerned with crowns
 - 3 Mozart works



By James Sajdak 11/7/12

- 4 Pal of Jerry Seinfeld
- 5 Retired seven-foot NBAer
- 6 "Say that again?"
- 7 "I ___ Rock"
- 8 Fisher-Price parent company
- 9 Follow logically
- 10 Potluck staple
- 11 Summer on the Seine
- 12 Turn in for cash
- 13 Spain's ___ de Campos
- 14 Underline, say
- 19 Trio on a phone keypad
- 23 Online shopkeeper
- 25 Place for pampering
- 26 Area of expertise
- 27 Calligrapher's flourish
- 28 Question of time, to Telemann
- 29 ___ me tangere
- 31 Barbecue spit, e.g.
- 34 "Every Breath You Take" band
- 35 "Myra Breckinridge" author

Tuesday's Puzzle Solved

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

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- 37 Ticked pink
- 38 Scottish Celt
- 39 "As of yet, no"
- 40 Pressing need?
- 44 Inexact fig.
- 45 Throws out
- 46 Reservation waster
- 47 Spiral pasta
- 48 One of Dancer's partners
- 49 Far-from-efficient vehicle
- 51 Reservations
- 52 Best-seller
- 55 Perfumery scent
- 57 Blistex target
- 59 Frat house letter
- 60 Flee
- 61 The Rams of the NCAA's Atlantic 10 Conf.
- 62 D-Day vessel

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