

10-24-2012

## Banner News

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# Banner News

Your Life, Your Campus, Your News



WHAT DO YOU WANT TO DO BEFORE YOU DIE?



Jonnie Penn, Dave Lingwood, Duncan Penn & Ben Nemtin  
THE BURIED LIFE



Photos by Cainon Leeds and Jessica Kinnetz

## Cemetery said to be haunted

By Elizabeth Wallerich  
Staff Writer

Looking for a local haunt this Halloween? Look no further than Boone County's neighbor to the north, Hamilton County.

Vegors Cemetery is located near Stratford, and was established in 1849. It is said to be haunted.

More Halloween coverage, pgs 5, 6, 7

According to strangeusa.com, what is now the Vegors Cemetery used to be the location of an Indian burial ground. "When the settlers came, they dug the Indians' graves and placed them in five mounds throughout the hilltop," the website states. This upset the Indians and they killed Mrs. Henry Lott, and she is buried at Vegors, it said.

The most popular haunting legend at Vegar's is of the ghost of Arizona Jones, a 12-year-old girl, and her brother who died six days apart in 1871. Evidently they were passing through Iowa with family and died. The story goes... you can see her sitting on top of her headstone. She also follows cemetery visitors around during their visit. Stories also include hearing children laughing, according to Supernatural Research Society of Iowa.

Brandi Botkin, DMACC student and paranormal investigator, said, "We got audio of a girl screaming for her 'Mom.'" Botkin said when the investigators went to leave, they had difficulty starting their cars.

## 'Buried Life' guys unearth dreams of DMACC students

By Elizabeth Wallerich  
Staff Writer

Long before the "Buried Life" phenomenon hit MTV and a book called "What Do You Want to Do Before You Die" became a bestseller, four young men from Canada were feeling buried.

They had graduated from high school and were wondering "Where do I go now?" according to the introduction of their book. Ben Nemtin, Dave Lingwood, Duncan Penn and Jonnie Penn decided to take a road trip to fulfill their top 100 wishes. That trip

would lead them on an adventure beyond their wildest dreams.

Fast forward to Tuesday, Oct. 16, the four men were at the DMACC Boone campus to tell their story and to inspire a packed auditorium to live out their own dreams now.

The presentation was part of the One Book One College One Community project, which uses "a single book to foster opportunities for creativity, scholarship, critical thinking, academic dialogue, and fellowship within all DMACC campuses and the local communities they

serve," according to the DMACC web site. The book selection this year was the Buried Life's "What Do You Want To Do Before You Die."

Ben, Dave, Duncan and Jonnie explained to the crowd how their bucket list became a national phenomenon.

In 2006, the guys began to realize they were experiencing their own form of buried lives. So they wrote their "what do you want to do before die?" list and they made a plan to check off their list.

More importantly, "For

each item we accomplished, we agreed to help a total stranger do something they had always dreamed about doing," they said.

The title of their project was based on a quote from a poem by Matthew Arnold in 1852.

"But often, in the world's most crowded streets,

But often, in the din of strife,

There rises an unspeakable desire

After the knowledge of our buried life;"

Buried, page 4



Caleb Neff



"I haven't crossed anything off yet, but I'm working on it."

Jessica Speas



"Nothing yet."

Pegi Bevins



"I went to New York City."

Mary Rowan



"I'm learning to golf and I'm in the process of writing a book."

Joseph Sapp



"I came to Iowa."

## What is one thing you've crossed off your bucket list?

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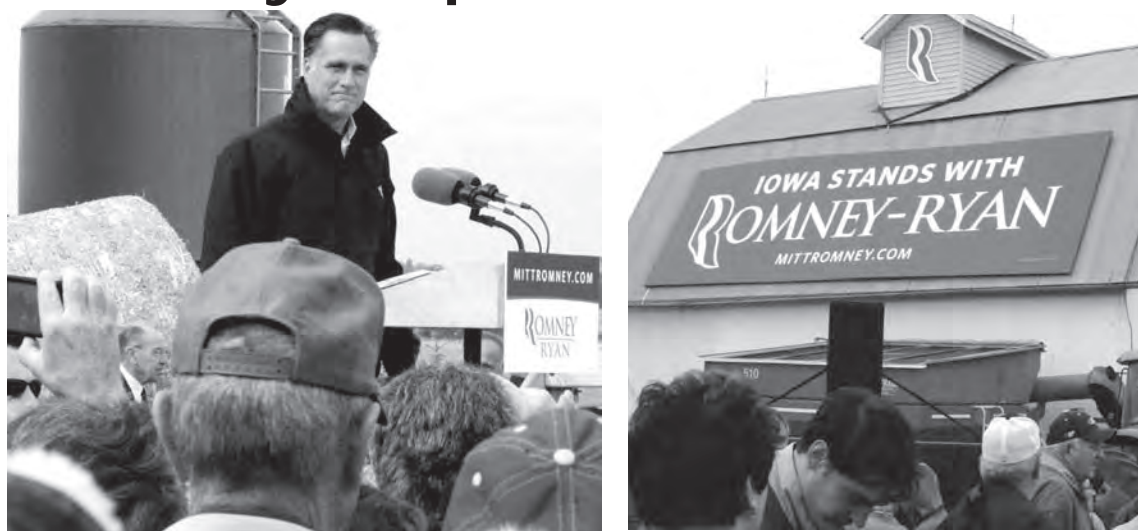
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## Romney stops in Van Meter



Photos by Cainon Leeds

Presidential hopeful, Gov. Mitt Romney, talked about the issues facing the nation on the Koch family farm near Van Meter on Tuesday, Oct. 9. Students in DMACC's News Media and Politics class attended the rally and discussed how it compared to President Obama's visit to Ames in August.



## EARLY VOTING HERE

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## Obama campaign worker seeks volunteers

Have you ever wanted to get involved in a presidential election? Help decide the future of our country and join us in volunteering for President Obama and other Democrats during the final days of the campaign. Interested volunteers should contact Trip Yang at 515-664-3928.



(Above) Congressman David Loeb sack (left) listens to DMACC Boone student, Sophia Andersen (right), after the debate. (Below) John Archer (right) speaks with a member of the audience (left) after the debate on Tuesday, October 16.

Photos by Cainon Leeds

## Loeb sack, Archer debate policies at DMACC Newton campus

By Cainon Leeds  
Editor-in-Chief

Incumbent Congressman David Loeb sack (D) and his challenger, John Archer (R), debated over Iowa's 2nd congressional district on a wide range of issues from taxes and healthcare to foreign policy at DMACC Newton Campus on Tuesday, Oct. 16.

Taxes were among the top issues discussed during the debate.

Both Loeb sack and Archer agreed on extending wind energy tax credits for wind farms, a thriving Iowan industry. They disagreed, however, on who was to blame for the bill not passing. Loeb sack condemned Republican leadership, and specifically the Speaker of the House, John Boehner, for opposing the wind energy tax credits. Archer blamed Loeb sack himself, quoting the Des Moines Register as saying that Loeb sack was the "most ineffective" of Iowa's congressmen.

When asked about whether or not they would extend the Bush era tax credits, Archer answered that he would extend the Bush tax cuts while Loeb sack said, "I have my own bill that I'm actually putting out there as an attempt to have a compromise to get exactly past the dysfunction [in Washington] that we're talking about."

Loeb sack said that his bill would go back to Clinton era tax rates on those earning \$250,000

per year and would extend tax cuts to the middle class and small businesses for one year.

Archer shot back, saying, "Here we keep kicking the can down the road for one more year, for one more year. We need to stop this. We need to provide certainty. We need a five-year farm bill. We need a six-year transportation bill."

Neither of the candidates supported an increase to the federal gas tax.

Loeb sack he would definitely lower the corporate tax, but was uncertain as to the amount that he would lower it. Archer, on the other hand, said, "We need to lower that corporate tax rate somewhere around the 22, 23 all the way up to 27 percent range."

Social Security also came under scrutiny from both sides.

"The congressional budget office has said that Social Security will go bankrupt in 2024 or 2025," Archer said, adding that, "Within the Social Security system, I would be in favor of allowing younger workers to have a personal savings account to take some of that money and invest it by themselves."

Loeb sack called Archer's plan for Social Security "privatization," saying that, "George Bush - George W. Bush tried that in 2005 when he thought he had political capital built up as a result of his re-election. It was rejected by the American people."

The two also argued over the right path for the government's involvement in the area of healthcare and condemned each other's views on the issue.

"I already voted for the Accountable Care Act, which adds years to the system. John has voiced his support for the Ryan budget, which will in effect mean that that Medicare program will be insolvent by 2016," said Loeb sack.

Archer responded, saying, "There's one individual at this table that has voted to take \$716 billion out of Medicare to fund the Affordable Care Act and that's my opponent. He's also voted for 15 unelected bureaucrats between you and your doctor, the independent payment advisory board, which will in fact cut services to seniors."

With Secretary of State, Hillary Clinton's claims of responsibility just a few days before the debate for the lapses in security that led to the death of Ambassador Stevens in Benghazi, Libya, foreign policy was among the heated topics discussed by Loeb sack and Archer.

"As a member of that committee [the Armed Services Committee] and as a member of Congress and as an American citizen, I'm interested to get to the bottom of what happened there [in Libya]," said Loeb sack. He compared the terrorists at Benghazi to Osama bin Laden, saying that

they would be brought to justice for their actions.

Archer also made comments about the lack of sufficient security for Ambassador Stevens.

"I believe reports have come out indicating that our ambassador did in fact request additional security, and that security was not provided, so that's the number one question that we have to ask," he said.

Concerning Afghanistan, Loeb sack said, "I think it's now time to disengage. We've still got 66,000 troops there. I think it's time we bring them home. We've obviously brought Bin Laden to justice. The Afghan National Security Forces have been stood up. And so clearly it's time to bring those troops home."

Archer struck at Loeb sack's stance on pulling troops out of Afghanistan in 2013, saying, "I think he has an artificial timetable of withdrawing our troops by 2013. He's on the front of the President in this. The President has said that by 2014 we will start a withdrawal of our troops."

However, when asked when he thought an appropriate time for a withdrawal would be, Archer replied that, as a citizen, he was not informed enough at the moment to make that kind of decision.

Both Loeb sack and Archer agreed that Iran should not be allowed to obtain nuclear weapons capabilities.

### Banner News corrections

The Banner News incorrectly labeled a few pictures from the Oct. 10 issue of the paper. The corrections have been made below.

Also, with regards to the Shuttle bus story, HIRTA stands for Heart of Iowa Regional Transit Agency and HIRTA bucks must be requested via telephone or email at erides@ridehirta.com.



Photos by Cainon Leeds

(Above) DMACC Ankeny student, Gabe Lanz, talks about his experiences in the DMACC welding program. (Below) Deputy Secretary of Labor Seth Harris listens to welding instructor Bill Morgan.

### 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 12<sup>th</sup> 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

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# Boone campus digs 'Buried Life'

Continued from page 1

DMACC student Sam Titus said he was motivated by the book.

"It's not just a list...it's finding joy and purpose in everyday life," he said.

The guys explained how some of their items were checked off the list. Ben was a knight for a day and knighted a little boy. Duncan rode a bull and Dave got on stage with Snoop Dog and then made out with a Playboy bunny. Eventually, they had their own show on MTV. All along the way, they have been contacting others, asking what they want to do before they died.

"It becomes our job to show people anything is possible," said Jonnie.

The four speakers gave the audience three instructions:

1. Make a list.
2. Go after it.
3. Help others.

Faculty member Kendra Breitsprecher said she knows one thing she wants to do before she dies. "I want to get my Ph.D." Her son, Cody, said he "wants to change a child's life, for the better."

At the end of the show, the guys asked the audience members to share what they wanted to do before they died.

"I want to walk one last time," said Nick Bassett, who was diagnosed with scoliosis. Sam Titus, who said he was borderline autistic, wants to help others with autism. Rachel Sheirbon, who was adopted, said "I would like to meet my biological parents."

A.J. Woolson, a DMACC student, brought a guitar to smash on stage to help the guys cross off #69 on their list. They smashed the guitar, signed it, and gave it to Woolson.

*Banner News Editor in Chief Cainon Leeds contributed to this article.*



The four celebrities from "The Buried Life" spoke on campus on Oct. 16, as part of the One Book One College One Community project. After the presentation, the men signed autographs and posed for pictures in Room 115. Students and staff lined up for the opportunity to meet the four stars: Duncan Penn, Ben Nemtin, Dave Lingwood and Jonnie Penn.

*Photos by Cainon Leeds*



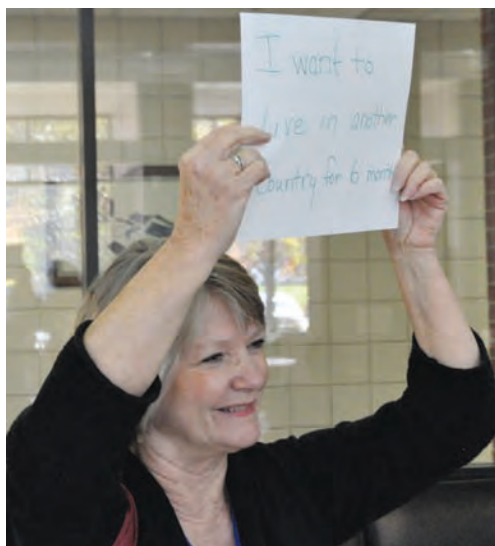
## 'Buried Life' visit: One student's view

By **Yesica Mena**  
DMACC Student

Before anything else, I just want to say that I had a great time at the presentation of *The Buried Life*. Those guys are awesome, and they definitely know how to get the audience's attention. They shared with us their stories and how it all started. Dave, Ben, Jonnie, and Duncan, all four of them, felt like they weren't getting anywhere in life. Therefore, they decided to come up with the list of the things they wanted to do before they died. Providing pictures and short videos, they gave us an insight of what they had already accomplished already such as play basketball with the president and riding a bull. They were also very positive about life. One thing that they mentioned was to always be ourselves and never be afraid to speak up. They also said to never

let someone else decide for ourselves. Life is too short to waste it; we need to live it to the fullest no matter what. But I got to admit that my favorite part was when Ben smashed the guitar, accomplishing one more item in their list. I think it was amazing that we got to witness one of their items come true. It happened here, in Iowa, DMACC's Boone Campus! I think *The Buried Life* will be one of my favorite experiences at DMACC. Overall, the presentation was a success. I don't think there was anyone at the auditorium who didn't laugh or smile during the entire presentation.

**Editor's Note:** *Students in Professor Jerrine McCaffrey's contemporary literature class were asked to write a personal essay about the "Buried Life" presentation on campus on Oct. 16. We have reprinted one of the essays here with permission.*



*Photos by: Cainon Leeds*

DMACC student Sam Titus organized a flash mob in the Courter Center in honor of "The Buried Life" presentation on campus on Oct. 16. Mob participants were instructed to hold up a sign telling one thing they wanted to do before they die. In the photo at left, Professor Jan LaVille, director of the DMACC Honors Program, holds up her sign, which says "I want to live in another country for 6 months." In the middle photo, Titus is holds his sign with two of the things he would like to do before he dies: "Run across the U.S." and "Have a flash mob," which he checked off. In the

photo at right, DMACC Psychology Professor Sean Taylor shows his goal is to "Raise \$10K for the Wounded Warriors Project." The flash mob took place before the stars of "The Buried Life" and authors of "What Do You Want To Do Before You Die?" were scheduled to appear in the auditorium. Students packed the foyer and the hallways outside of the auditorium for about 40 minutes waiting for the doors to open. (See photos on page 1.) Nearly every seat was taken and others lined up in the back to listen to Jonnie, Dave, Duncan and Ben talk about their buried life project.

More Boone DMACC campus news and photos are online at [bannernews.weebly.com](http://bannernews.weebly.com)



Photos courtesy of MCT



by Stacey Walker

# SPOOKTACULAR costume ideas

**By Regan Heinrichs**  
Staff Writer

Steam punk is the most popular costume choice this year according to Lindsey, one of the store clerks at Halloween Boutique in Ames. Halloween Boutique is located at 2300 Lincoln Way, Ames.

Steam punk has a victorian-like fashion sense and is fantasy of the 19th century. It's supposed to be like "another world." A good website to find this style is [www.etsy.com](http://www.etsy.com).

The gypsy costume has also been one of their top sellers, Lindsey said.

"Super hero's are big this year and cop costumes are always popular," she said.

Prices in Halloween Boutique ranged from \$20 to \$70

For those who can't afford the prices of a costume shop, the answer is DIY Halloween costumes,

which means do it yourself.

Ideas for women include life size bath loofahs, duct tape skittle dresses, or rock-paper-scissors outfits. Some ideas for men would be the Old Spice man, Edward Cullen look-a-like, or Jack-in-the-box. These are all simple do it yourself projects that can also save you money.

Other places to go if one would want to save money are places such as the Dollar Tree, Goodwill, and Walmart. All of these places have costume pieces such as masks, face paints, or wigs that one could use to better their costume.

Jacob Elser, a DMACC student, said "He has high hopes to be the DMACC bear mascot for Halloween this year."

Cara Jamison said she was trying to save her money, so she is going to make her own costume. "I don't know what I want to be yet."

Melissa Otis said she wants to be a fire fighter.

## SAC Campus Halloween Events

Oct. 31, 2012

Totally Tattoos: 9:30 a.m.-3:30 p.m.

Musicians Brad Myers & Mike Coates: 11:30 a.m. to 1 p.m.

Costume Contest: Noon

## Boone City Halloween Events

Oct. 25: Boone Area Merchants Trick or Treat for Shop with a Cop, downtown Boone, 5 to 7 p.m.

Oct. 31: Trick or Treat Night, Boone, 5:30-7:30 p.m.

# DMACC volleyball win streak reaches 11

DMACC -- The DMACC volleyball team ran its winning streak to 11 straight after sweeping four matches at the Kishwaukee Tournament Oct. 19 and 20 in Rockford, Ill.

The Bears, ranked tenth in the National Junior College Athletic Association (NJCAA)

Division II poll, defeated Owens Community College (OCC), South Suburban College (SSC), Lake County Community College (LCCC) and Rock Valley College (RVC) to improve to 26-6 for the season.

Sophomore Hallie Mueth of Sheffield had 14 kills and

sophomore Mia Pierson of Ames and freshman Sheila Menezes of Guarulhos, Brazil, added nine kills apiece as DMACC opened the tournament on Oct. 19 with a 25-23, 25-22, 14-25, 25-19 win over OCC. Freshman Breonnhia Bailey of Pleasant Hill and sophomore Amanda Lampman

of Lake Mills contributed six and five kills respectively as the Bears hit .264 in the match. Sophomore Jordan Leehy of Neola led the way in assists with 24 and freshman Sara Jesse of LaPorte City had 20. Menezes and sophomore Taylor Salisbury of Chatfield, Minn., finished with

22 digs apiece and Pierson had 10 block assists.

DMACC returns to Iowa Community College Athletic Conference play Oct. 24 when the Bears travel to Mason City to face North Iowa Area Community College. DMACC is 4-1 in the ICCAC.

## DMACC Sports Events Oct/Nov 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25 Men's Basketball Iowa Western 6 p.m.	26	27
28	29	30	31	1 Men's Basketball Quakerdale 7 p.m.	2	3 Men's & Women's Basketball Women 1 p.m. Men 3 p.m.
4	5 Women's Basketball St. Ambrose J.V. 5:30 p.m.	6 Men's Basketball Black Hawk Moline 7 p.m.				

Movie review**The House on the End of the Street**

By **Elizabeth Wallerich**  
Staff Writer

The movie "The House on the End of the Street" centers on Elissa (Jennifer Lawrence) and her mother Sarah (Elizabeth Shue.) They move to a small town for a fresh start. Before they are even finished unpacking, Elissa and her mother learn the terrifying secret behind the house next door. Years earlier, a daughter killed both her parents in the night and disappeared, leaving only her brother Ryan (Max Thieriot) as the sole survivor. Against Sarah's wishes, Elissa be-

gins developing a friendship with Ryan, who seems to be keeping secrets of his own.

The movie has one decent twist and the first 45 minutes or so are fairly interesting. Even though the actors share some good moments, they become stupid and the narrative becomes hopeless. The characters are so stupid you might be whispering, "Don't open that door," or "Don't turn around," or "You're gonna die."

This movie was long on dialogue and short on scares.

**Scary movies now playing at a theater near you**

By **Regan Heinrichs**  
Staff Writer

Movies 12 is located at 1317 Buckeye Avenue, Ames.

"**Sinister**" is about a guy who finds footage to help a true-crime novelist realize how and why a family was murdered in his new home, though his discoveries put his entire family in the path of a supernatural entity.

Now playing at Movies 12 at 2:20 p.m., 5 p.m., 7:40 p.m. and 10:25 p.m. The price to get in is \$7.50 and the run time is 1:45.

"**Paranormal Activity 4**" is about a family who moves in to the neighborhood and strange things start to happen. This movie is 84 minutes, and costs \$8 to get in. Show times are 2:20 p.m., 4:40 p.m., 7 p.m., 9:20 p.m.

Movies 5 is showing old classics such as Halloween and Frankenstein. Movies 5 is located at North Grand Mall, Ames

"**Frankenstein**" is part of a double feature along with "**Bride of Frankenstein.**" This comes out Oct. 24. The length of this movie is 2:05 and the cost is \$10.50 to get in for both. The showtimes of this is 2 p.m. and 7 p.m.

"**Halloween**" has a run time of 101 minutes and costs \$7.50 for a ticket. Show times for this is Oct. 25 and Oct. 30 at 7 p.m., 9:30 p.m., and 12:01 a.m.

From the Editor**Calling for content, skipping endorsements**

By **Cainon Leeds**  
Staff Writer

We're halfway through the semester. I hope that brings some relief to students, faculty and staff alike.

With midterm also comes election season whether we like it or not. While I would personally encourage all students to vote on or even before Nov. 6, the Banner will not be endorsing any candidates. I believe it is the media's job to analyze the facts and report them, not tell people whom to vote for.

However, this is the students' newspaper, so if anyone disagrees with my stance on political endorsements, please visit me in room 115 or send me an email at



[bannernews@dmacc.edu](mailto:bannernews@dmacc.edu).

The Banner News itself is doing well, but we could always use a helping hand. We're expanding online with our website at [www.bannernews.weebly.com](http://www.bannernews.weebly.com)

and we've been working to keep up with our Banner News Facebook page.

If any students are interested in helping the student newspaper, they can come to room 115 to talk to me or our faculty adviser Julie Roosa about writing stories or opinion pieces, taking pictures, selling ads, laying out pages, proofreading submitted work, posting stories to our website and Facebook page and more.

And any Honors students on Boone campus who are looking for an outlet for their Honors projects can also feel free to stop by room 115 and speak with Julie Roosa or I about putting their projects in the newspaper.

I look forward to hearing from you.

**Exercising your right to vote**

(MCT) The following editorial appeared in the Milwaukee Journal Sentinel on Friday, Oct. 19:

Some polls indicate that voter enthusiasm, especially among young and minority voters is ebbing — a marked change from 2008. Whomever you support for president this year, it's a concern if fewer people decide to exercise their right to have a say in the political process.

Anyone who is eligible should vote.

Voting is the one way you can have your concerns heard. As the saying goes: If you don't vote, don't complain.

And while we realize that the question of voter identifica-

tion is contentious, we're glad that Wisconsin's voters will not have to contend with that during this election. That means that 300,000 eligible voters who do not have a driver's license or a state ID card, according to at least one estimate, can remain a part of the process. Election integrity is essential but there has been no evidence of widespread voter fraud. Even if there was, it couldn't be stopped with a voter ID card. In the absence of fraud, there is no reason for a voter ID law — unless the point is to discourage voting.

Consider the situation in Tennessee. On Thursday, with less than 20 days before the presidential election, a judge is still trying to determine whether the state's photo ID law is constitutional. This comes a day after voters have already begun casting early ballots for the general election.

With so little time left before the election, it could be a nightmare for any state to suddenly change its law.

In Wisconsin, a voter ID law pushed through by Republicans has been hung up in the courts. Texas, South Carolina and Pennsylvania are delaying implementation of similar laws. Wisconsin residents can still register at a

polling place on election day and vote, an element of state law that we hope never changes.

And about those billboards in some low-income and minority communities and elsewhere: "Voter Fraud is a Felony," they say. That sort of intimidation should be answered en masse — by voting. Such messages are designed to confuse and discourage eligible voters from doing their duty. Answer them.

Voting needs to be free, fair and accessible to everyone. When it is, voter enthusiasm goes up because people are participants in the process.

But to ensure that people are a part of the process, they need to know their rights — what is required of them when they go to vote. And they need to know where they can quickly find the right information.

Organizations such as the League of Women Voters have traveled to many states, including Wisconsin, to pass out fliers with the latest information and get people registered. They will have volunteers at some polling places.

The American political process works best when people get to the polls and make their voices heard. Make sure you do that on Nov. 6.

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For more information, contact Julie Roosa, faculty adviser, [jkroosa@dmacc.edu](mailto:jkroosa@dmacc.edu), 433-5215, Rm 115

## Make your own healthy protein bars

By **Emily Rinehart**  
Contributing Writer

Being stressed with all the homework that comes with classes, students often become unaware of the food they eat. In fact, it is very common in the college atmosphere to just grab and go. My daily routine during the semester often consists of breakfast, classes, lunch, homework, dinner, homework, sleep, Oh, and not to mention, work and sports practice twice a week. However, one recipe I love to make is a homemade protein bar that contains ingredients that give energy and satisfies cravings.

Searching through a magazine titled "Blue," by the Wellmark Blue Cross Blue Shield of Iowa Association, I found an appealing recipe for "Power Bars." However, I have tweaked this recipe to fit my appetite best so do

not be shy to try different ingredients to fine tune it to your specific cravings and needs.

The inexpensive ingredients and limited time necessary to make these power bars, makes this a recipe any college student can enjoy while understanding the health benefits from this bar. These power bars can make a hearty addition for any occasion, whether it be for breakfast, in-between snacks, or a meal dessert. Knowing the ingredients put into a recipe always helps me to enjoy food because I know both the quantity of the ingredients, as well as the quality of ingredients put into my food. Thus, being able to supply the want and need for my specific desires, I make a power bar that satisfies my cravings, and I hope as a health conscious student, each will enjoy this recipe as much as I do!

## Power Bar Recipe from "Blue" magazine {as modified by Emily Rinehart}

### Ingredients:

- 2 cups quick oats {2 cups Quaker oats}
- 1 cup natural peanut butter {JIF creamy peanut butter}
- 1 cup honey {Pure raw honey}
- 1 cup dark chocolate {Sometimes I will put ½ cup dark morsels and ½ cup white chocolate morsels to add a little sweeter chocolate flavor}
- 1 cup dried cranberries {Raisins or other desired dried fruit can be substituted}
- 1 cup ground flax {A couple scoops of Chia seed®}
- 1 cup vanilla whey protein powder

**Instructions based on the "Blue" magazine:** {Make sure to modify the instructions to fit personal needs} Mix all ingredients together and stir until blended. Spread mixture into a 13x10-inch pan {Depending on how thick or thin one wants the bar, the pan may either be larger or smaller.} Refrigerate until ready to serve. Store in the refrigerator for 1 to 2 weeks or freeze for later use. {If one wants more of a baked warm taste, bake in the oven at, 350°F until brown on the edges.}

Based on the "Blue" magazine recipe, the nutritional value per serving is: 170 calories, 8 g fat, 2 mg cholesterol, 22 g carbohydrate, 3 g fiber, 5 g protein, 35mg sodium. {The quantity of each ingredient fluctuates the nutritional value.}

## Cross country runner uses healthy foods, not pills to fight flu

By **Cainon Leeds**  
Editor-in-Chief

Everybody gets sick. Students get sick. Teachers get sick. I got sick a couple of weeks ago. And even DMACC student and cross country runner Anna-Kate Bruns gets sick now and then, like last week when she caught a flu virus herself.

We all deal with sickness differently. Some stock up on Ny-Quil, Mucinex, and cough drops, others brew concoctions of hot sauce, vinegar, ginger root, garlic, and other homemade remedies, and still others turn to rest or exercise and fresh air.

I discovered where Bruns stood first.

"I don't really believe in medicine," she said. She viewed clinical medicines with skepticism, but wasn't able to explain exactly why she was skeptical.

"I don't think a pill is going to fix all your problems," she continued.

She spoke about how she eats healthy, whole foods like pumpernickel bread, carrots, organic cheese, grapes, yogurt, and green tea to fight off diseases. She also recommended exercise, drinking large amounts of liquids, and getting as much vitamin C as possible.

Although Michael Pollan doesn't directly address medicine or sickness in his book "In Defense of Food," I felt compelled to cover the issue of what to do when we get sick from what a few professional studies, a little common sense, and a DMACC athlete had to say. I think Pollan would agree that the medical industry has turned from natural fruits, vegetables, and herbs to cure diseases and has instead indulged in drugs and vitamin supplements that look nothing like their original counterparts. Like food, medicine and vitamin supplements have been "nutritionalized" into the sum of their individual parts.

When a commercial for a cold or flu medicine says things like, "Consult a doctor before using," or includes several lines of



**Anna-Kate Bruns**

small printed white text at the bottom of the screen, I question how safe or healthy it is.

Prescription drugs are simply drugs that happened to be prescribed by a doctor. Some drugs, like acetaminophen, are used to relieve pain. Common drugs used to alleviate allergies, like antihistamine, target symptoms like runny noses and watery eyes and works to prevent those symptoms from plaguing the individual.

So, in essence, prescription drugs often help ease the symptoms, but do little to aid the immune system in fighting the virus itself. Not to mention that some medications include unwanted side effects.

So what can we do to help our immune systems combat the actual virus? If doctor-prescribed pills don't aid the immune system, then are folk remedies and physical fitness in general the answer to our medical problems?

Bruns offered her own thoughts on the matter.

She said that eating whole foods like fruits and vegetables, especially those high in vitamin C like citrus fruits, were important to the healing of the body. She said that she takes vitamin supplements, but that getting the vitamins from their original sources, like fruits, vegetables, and herbs, would probably have better results.

Although there are some things individuals can do to quicken vitamin supplement absorption, will vitamins ever match

up to the real thing? According to a study by the Centers for Disease Control and Prevention, over half of Americans use dietary supplements and 39 percent of Americans use multivitamins.

Have supplements replaced fruits and vegetables? Not according to Roberta Anding, an American Dietetic Association spokesperson.

"Depending on the supplement, the money on supplements can be better off spent on food," Anding was quoted as saying in an article published on the CNN web site. She seems to share Pollan's view from chapter three, part three of "In Defense of Food" that you should "be the kind of person who takes supplements," but not that taking them will necessarily make you healthier.

Bruns seemed knowledgeable about the health differences between drugs, supplements, and whole foods, and yet she still suffered from nausea and the flu. She was helping her immune system combat the virus, but now what was there to do about the symptoms? Should we use over-the-counter drugs with their unwanted side effects or look further?

I remembered a time when my little brother and sister struggled with car sickness. My parents searched for an answer and, for a while, nothing seemed to do any good. But then they tried ginger root, a renowned folk remedy, and it worked better than a charm. My family packs ginger cookies with us whenever we go on long trips. It worked for us, but does it work for others?

A study from the American Society of Clinical Oncology found that ginger root significantly reduced nausea in chemotherapy patients, 70 percent of whom are known to have troubles with nausea after treatment. "All of these home remedies that involved ginger for nausea probably were the right thing to do," said Douglas Blayney, president-elect of the cancer organization and a clinical professor of medicine at the University of Michigan. The study also found that the

## Recipe for Gingerpuff Cookies from Paulasbread.com

### Ingredients:

- 2 1/4 cups whole wheat pastry flour
- 1 tsp baking soda
- 2 1/2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1 1/2 stick of melted butter
- 2/3 cup honey or agave
- 1/4 cup molasses
- 1 large egg or flax seed meal as an egg substitute {1 Tbsp flax seed meal and 3 Tbsp warm water}

### Instructions:

Mix flour, baking soda, ginger, cinnamon, and cloves in a large bowl. In your mixing bowl whisk butter, honey or agave, molasses, and egg or flax seed meal. Combine flour mixture and butter mixture, mixing till creamy. Cover and chill for at least one hour.

Spoon by tablespoon-sized balls on lightly greased cookie sheet about 2"-3" apart.

Bake at 325 degrees for 12 minutes. Let cool 2-3 minutes and move to cooling racks.

most effective dosage of ginger root was about half a teaspoon.

I also gave a couple of ginger cookies to Bruns and I will include the recipe for them alongside this column. I have yet to see if they helped her, but if any students decide to take advantage of the recipe, any feedback would be appreciated.

Some simple guidelines would be to eat "real" foods for vitamins and minerals and take

another look at some old folk remedies.

**Editor's Note:** *These columns are part of an ongoing honors project for English Composition II. The focus of the projects 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.*

## OPINIONS WANTED

Have an opinion?

Submit a letter to the editor

[bannernews@dmacc.edu](mailto:bannernews@dmacc.edu)

drop it in the Banner News mailbox,

#32 (by the ATM)

All letters subject to the editorial policy of the Banner News.  
Contact the editor in chief for details.



# Your horoscopes

**Today's Birthday (10/24/12 Scorpio).** The coins keep flowing in this year ... use them to pay down debt



and stash into savings. Adapt to constant change at work, as new opportunities arise. Reassess habits and practices for a healthier lifestyle; a subtle tweak can make a big difference.

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

**Aries (Mar. 21-April 19)** -- Today is a 6 -- There's no time for gossip; it's too much to handle. It's not a good time to travel for the next few days. Postpone expansion. Acknowledge successes, even if tiny.

**Taurus (April 20-May 20)** -- Today is an 8 -- Don't stop learning as you go along. Consider all possibilities before giving up. If you're still stuck, listen to friends for advice and comfort. Make fun a priority.

**Gemini (May 21-June 20)** -- Today is an 8 -- Take on new responsibilities today and

tomorrow. There's room for misunderstandings. Don't despair if you're not getting a response just yet. Replies come in later.

**Cancer (June 21-July 22)** -- Today is an 8 -- This week is good for travel, but there could be delays or errors. Difficulties with family members get resolved later. Make long-range plans. Invest in your future.

**Leo (July 23-Aug. 22)** -- Today is a 6 -- Tackle detailed tasks and negotiations for the next few days. Define objectives. Stick to the budget without gambling. It may require digging into savings for a career investment.

**Virgo (Aug. 23-Sept. 22)** -- Today is an 8 -- It's never too late to learn a new trade or language, or how to play an instrument. Let others help you. Choose something fun and immerse yourself. Get wet.

**Libra (Sept. 23-Oct. 22)** -- Today is a 7 -- A breakdown in communication could happen, but you can deal with that. The more intricate the work is,

the more rewarding; especially for the next two days.

**Scorpio (Oct. 23-Nov. 21)** -- Today is a 9 -- Things fall together, with expert help. Stir things up, even if it's just in your imagination. Consider opening new channels of communication.

**Sagittarius (Nov. 22-Dec. 21)** -- Today is a 9 -- You don't need to worry; just get busy. It's easy to overlook an important detail, so take notes and double-check your calendar. Discover your own truth.

**Capricorn (Dec. 22-Jan. 19)** -- Today is an 8 -- Don't waste words or money. And don't dwell into the past either. Your intelligence is easily accessible now, so use it to your advantage. Accept a sweet deal.

**Aquarius (Jan. 20-Feb. 18)** -- Today is a 7 -- You don't have to go out of your way to dream, as fantasies abound. Improve your living conditions, but wait until later to close the deal. Toss the ball to a teammate.

**Pisces (Feb. 19-March 20)** -- Today is a 9 -- You have extra confidence today and tomorrow, which helps you put together the best team possible. You all do the seemingly impossible. Make magic.

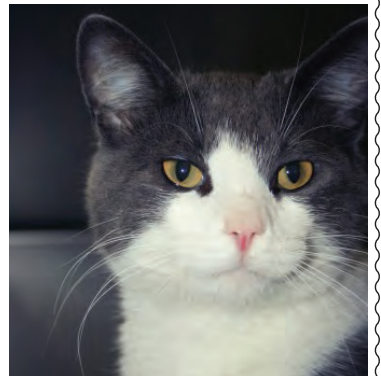
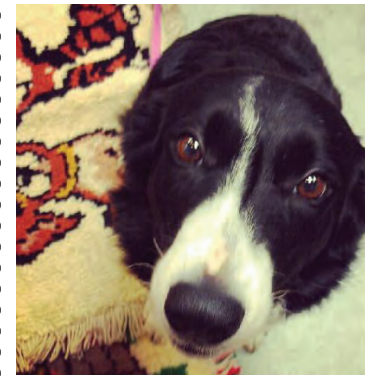
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## Pet Feature

Nellie

Laila



**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.

Nellie is a 4-year-old Border Collie. She is just about the sweetest dog you will ever meet. She has quickly become a staff favorite with her wonderful personality. Nellie knows basic commands and is working on crate training. She loves to be by your side all the time. Nellie gets along with everyone, including children.

Meet Laila, one of our many great adult cats. Laila came to BAHHS with severe burn injuries and at first we weren't sure if she would make it. After treatment, she made a full recovery and we discovered she was a very friendly girl! She will probably have some scarring from her burns forever, but consider giving Laila a chance. She needs a good home.

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

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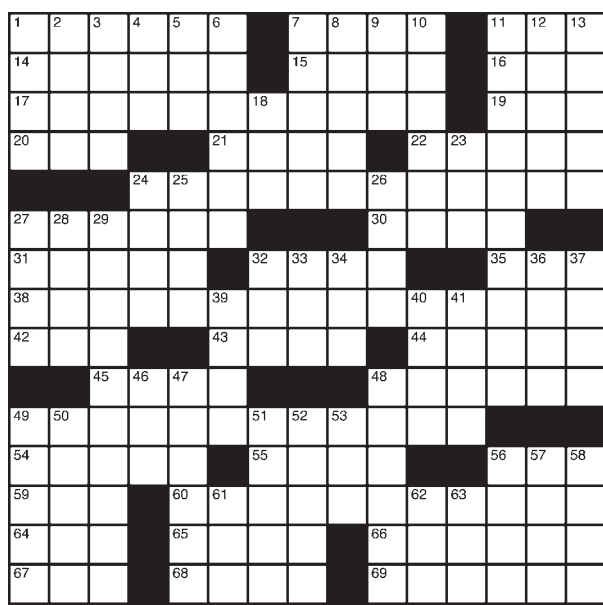


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### Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Capt. Kirk's Asian lieutenant
  - 7 Big name in elevators
  - 11 Eng. majors' degrees
  - 14 Aid from a road travel org.
  - 15 Calamine mineral
  - 16 Make a decision
  - 17 Versatile, as clothes outfits
  - 19 N.Y. engineering sch.
  - 20 Stein filler
  - 21 Hawkeye State
  - 22 Tom of "The Seven Year Itch"
  - 24 Auto title data
  - 27 Represent as identical
  - 30 Wine: Pref.
  - 31 Actress Rene
  - 32 Way in or out
  - 35 Iraq War concern: Abbr.
  - 38 Toon mouse couple
  - 42 \_\_\_ dye: chemical colorant
  - 43 High-pitched woodwind
  - 44 Breakfast corners
  - 45 Old OTC watchdog
  - 48 Borneo sultanate
  - 49 All one's strength
  - 54 Skylit rooms
  - 55 Wedding cake layer
  - 56 Dean's list no.
  - 59 Highland refusal
  - 60 Gentle
  - 64 Chicago transports
  - 65 End of a threat
  - 66 Like many rumors
  - 67 Baseball's Cobb et al.
  - 68 Small complaints that are "picked"
  - 69 Colorful candy purchase, or what 17-, 24-, 38-, 49- and 60-Across all are
- DOWN**
- 1 Papa's mate
  - 2 Skateboard park fixture
  - 3 \_\_\_-Coburg: former German duchy



By David Steinberg

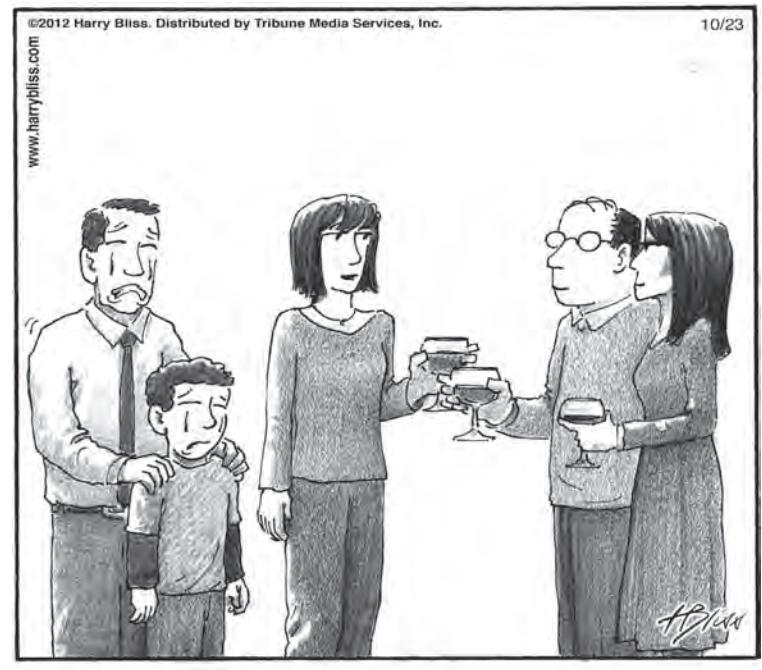
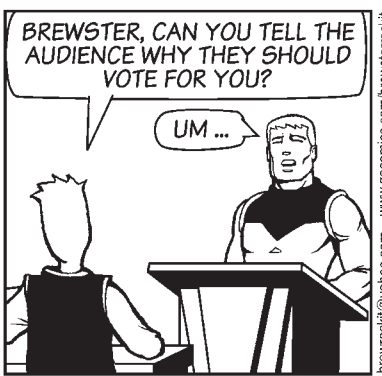
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### Saturday's Puzzle Solved

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E	S	S	E	M	E	A	N	S	F	I	A	T		
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