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Banner News

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Banner News

Your Life, Your Campus, Your News

Health hike

Walking for wellness



By Elizabeth Wallerich
Staff Writer

Seventy DMACC students, faculty and staff – more than double last year’s participants -- were part of helping to make Iowa one of the healthiest states by taking a one-mile walk Wednesday, Oct. 3.

The group gathered at the Courter Center before heading east on Hancock. Participants were encouraged to “high-five” a scarecrow and have their picture taken at the mid-way point. Apples were handed out

at the end of the walk.

“I thought it was a nice break from the daily routine of things,” said Krystal Herring, English. “Walking helps clear your head.”

The walk was part of an initiative by Gov. Terry Branstad to make Iowa the healthiest state in the nation by 2016. An estimated 291,000 Iowans walked in the Start Somewhere Walk in 2011, according to Iowahealthieststate.com. No

See WALK, page 4

Shuttle to School



Photo by Cainon Leeds

A shuttle bus waits for students on the DMACC Boone south parking lot.

Wheels on the bus come to campus

By Elizabeth Wallerich
Staff Writer

The new bus service that goes between Ames and the Boone DMACC campus is averaging about five riders a day.

“I don’t think many students know about it,” said bus driver Kathy Schmacher.

The shuttle is run by the Heart of Iowa Regional Transit Authority, and is federally funded. Students pay \$2 per trip (\$4 round trip) with DMACC student ID. No money from DMACC’s budget funds the service.

The shuttle runs daily, Monday through Friday. It arrives at the Boone campus at 7:20 a.m., 8:40 a.m., 11:40 a.m., 2:30 p.m., and 4:20 p.m. The bus

drops off and picks up at three locations in Ames.

Bus rider and student Marvin Lewis said, “I think it’s a great idea have but I have been late and I have missed my class. They need to get their schedules down pat.”

Jeremy Johnson-Miller, Rural Central Iowa Mobility Coordinator for HIRTA, said he was approached by Boone Provost Tom Lee and Maggie Stone, DMACC’s coordinator of student & community resources, in early May about the possibility of a shuttle.

“We saw a need with the increasing cost of gas and the number of students coming from Ames,” Stone said.

The bus route was established

“through great collaborating and promotion,” Johnson-Miller said.

“I think it is a tremendous asset to students,” Stone said.

Besides cash, students can use “HIRTA” bucks, which can be purchased from the driver. HIRTA bucks enable students to get tickets for the shuttle at a discounted rate. They also make it easier for the student and the company. Eleven HIRTA bucks can be purchased for \$10.

More information about the shuttle can be found on the TV monitors, bulletin boards and at ridehirta.com Bus schedule, see p.4



Photo by Cainon Leeds

Students, faculty and staff walk back to DMACC Boone campus during the Healthy Walk initiative on Wednesday, Oct. 3.

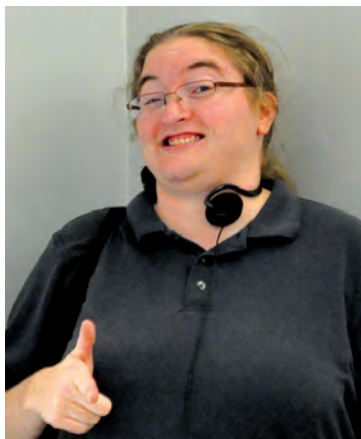


Pam Sargent



“Marrying my first husband.”

Jacy Hilken



“Free form rock face climbing.”

Connor Larson



“I jumped in a pool when it was 25 degrees outside.”

Spencer Stover



“I messed around with a girl on the high jump pad.”

Nancy Woods



“I’ve never done anything crazy. I’m a good law abiding citizen.”

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bannernews@dmacc.eduMember of Associated Collegiate Press
and the Iowa College Media Association**“Anthony’s example shows students
how to step outside the box.”**

--Nancy Woods, PTK adviser



Photo by Cainon Leeds

DMACC Boone student and Phi Theta Kappa’s third division vice president, Anthony Ames, strikes a thoughtful pose.

**DMACC student elected to
high post in honor society****Cainon Leeds**
Editor-in-Chief

DMACC Boone student Anthony Ames was elected to become the vice president of Phi Theta Kappa’s third international division on April 16.

Phi Theta Kappa has four international leaders, called vice presidents, to manage each of the four divisions and one president who oversees the work of the vice presidents. Division three consists of 306 Phi Theta Kappa chapters from 12 states ranging from Arkansas and Oklahoma to North Dakota and Michigan.

“My responsibilities vary a lot,” Ames said. “I guess I’m a go-between for regional leaders to different Phi Theta Kappa departments.”

Ames has worked his way

from being the DMACC Boone’s Tau Phi chapter officer, regional officer, chapter vice president and chapter president to become the division’s vice president.

He shared how he became interested in Phi Theta Kappa leadership positions.

“I was at a Phi Theta Kappa International convention in Florida three years ago when I saw a woman from Iowa running for vice president of division three. When I saw it, I thought, ‘I want to do that,’” Ames said.

He explained the election process for becoming Phi Theta Kappa’s third division vice president. Since there was one candidate besides Ames who was running for vice president of division three, the preliminary round, which was devoted to narrowing the choice down to two candidates per office, was unnecessary.

After the preliminary round, the two candidate finalists from each office gave a three minute speech on an Honors Study Topic to an audience of roughly 4,000 PTK conference attendees. This year’s topic was competition. Once all the candidates finished their speeches, all the chapters choose delegates to vote on the candidate of their choice.

Ames recalled the late nights, the uncomfortable clothing and the pressure of constantly having to be in high spirits.

“The entire campaign process nearly killed me, to be honest,” Ames said, “You always have to be ‘on.’”

In addition to his achievements in Phi Theta Kappa, Ames was one of 20 students chosen to attend Leadership Iowa University.

DMACC instructor Nancy Woods commented on Ames’ success, saying, “I think his investments have and will continue to pay off during his lifetime.”

“Anthony’s example shows students how to step outside the box,” she added.

In order to join Phi Theta Kappa, students must have completed at least 12 credit hours, maintain a grade point average of 3.5 or higher and obtain an invitation from the chapter at the college where the student is studying.

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U.S. Deputy Secretary of Labor visits DMACC Ankeny campus

Nearly \$13 million awarded to Iowa's community colleges

By Cainon Leeds
Editor-in-Chief

U.S. Deputy Secretary of Labor Seth Harris visited DMACC Ankeny on Tuesday, October 2, to discuss a nearly \$13 million federal grant that has been awarded to Iowa's 15 community colleges.

The grant is designed to assist students interested in pursuing careers in welding, machining, industrial maintenance, industrial automation, manufacturing technology, robotics, transportation and logistics. The Trade Adjustment Assistance Community College and Career Training Grant Program, the grant awarded to Iowa's community colleges, is devoted to providing \$2 billion to certain community colleges and other higher education institutions across the nation over a four-year period.

"Our goal is simple. We're supporting community colleges that work directly with employers to develop training programs that respond to the skills needs in our communities and across our country," Harris told a small au-



Photo by Cainon Leeds

U.S. Deputy Secretary of Labor Seth Harris presents a grant to business leaders, community college representatives and students in building 10 at DMACC Ankeny on Tuesday, Oct. 2.

dience which included Rep. Tom Latham, business and community college leaders and DMACC students.

DMACC President Robert Denson, said, "One unique thing about community colleges is that each of our programs has an advisory committee made up of the businesses that hire our students. They work with us from day one to make sure our students have the specific skills that are needed for the jobs that they will take immediately upon graduation."

During a welcoming

speech for the Deputy Secretary, DMACC Ankeny welding student and U.S. armed forces veteran Gabe Lance recalled his experiences in the Middle East, medical discharge due to neck injuries and how he came DMACC to learn the welding trade.

"I was, and still am, uncertain how my injuries will affect my ability to work in my previous job when I return. So I decided that welding, being a hobby of mine, might also be a decent trade to have as a backup skill to increase my career goals," he said.

Lance explained that he chose DMACC because it offered the top-ranked welding program in Iowa and discussed the growing need for welders in the American economy.

"[The grant] is designed to help workers like Gabe, and some of the others that I met here today, who are ready to make the transition, not just from one job to another, but from one career to another," Harris said.

"It's exciting, exciting work that's going on here. It's impressive. It's cutting edge," he added.



Photos by Cainon Leeds

(Above) DMACC Ankeny student, Gabe Lance, talks about his experiences with the DMACC welding program. Seth Harris (left) listens to a DMACC welding student.

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Photos by Cainon Leeds

DMACC student Sam Titus, above, and the DMACC Bear stand by the scarecrow at the halfway point of the Healthy Walk Oct. 3. At right, English Professor Sam Pritchard gives a high-five to the Bear as walkers turn to head back to campus.



WALK cont. from page 1

numbers were available at press time for 2012.

"I thought it was great that the school participated," said Mary Rowan, a DMACC student who joined the walk. Rowan, who said walking and exercising is helping her lose weight, hopes the school will do more activities like this.

Anyone was welcome to participate, and even the DMACC bear and Provost Tom Lee went on the walk.

Professor Jennifer Spry-Knutson, fitness and sports management, asked students in her health class to design the fliers and assist with the walk.

The benefits go beyond the physical: "The healthy walk gave us a chance to socialize with others that we wouldn't normally get a chance to talk with," Herring said.

Steve Krafcisin, student activities council advisor, said, "It only takes 30 minutes or less to do something positive mentally and physically." Both Krafcisin and Spry-Knutson emphasized the importance of being physically and mentally healthy. They mentioned the DMACC fitness room near the gym. "This shouldn't be a one time activity," they agreed.

Food pantry helps stock stomachs

By Elizabeth Wallerich
Staff Writer

There is a food pantry on campus. It is located on first floor outside room 123/124.

Jane Martino, psychology professor, said "it was created several years ago as a Developmental Psychology project where the students learn by helping others." The students voted to continue to stock the food pantry this semester.

Nancy Woods, DMACC professor, said in an email she also keeps the food pantry stocked be-

cause there is a "huge food need on campus." She used as an example the "free" table on second floor: "The food items are quickly taken," she said.

Students can get food from the pantry by contacting Martino, Woods or the office. It is completely confidential and no names are kept or questions are asked.

"If you are short, we're here to help you succeed," Martino said.

There are also collection boxes out for people to donate to the campus food pantry.



Photo by Elizabeth Wallerich

Donation boxes are available around campus for items for the DMACC Food Pantry.

SAC boosts campus social life

By Kodie K Butterfield
Contributing writer

The assortment of social activities that take place on the Boone Campus is mainly the result of the work of the Student Activities Council.

The campus has enjoyed everything from a hypnotist to a photo booth to the infamous karaoke thanks to the SAC.

"For every credit hour each student takes at the Boone Campus, SAC receives \$1.25," said Steve Krafcisin, SAC advisor.

Student fee money is what funds all of the clubs, programs and activities that happen. The SAC provides funding for everything from Phi Theta Kappa to drama to nursing and civil engineering. The intramural activities are also provided by the SAC.

The SAC is a group of individuals who help organize and promote the activities on campus. They meet the first Tuesday of every month. If you are enrolled at the Boone Campus and have at least a 2.0 cumulative grade point average then you are eligible to help out with the SAC.

"It's your money, you should decide how to spend it," said Krafcisin. Ideas are always welcomed and anything you can help with is greatly appreciated, he said.

Each group that is supported by the SAC is responsible for providing a representative to serve on the council.

The last two meetings of this semester will be on Nov. 6 and Dec. 4 from 1:30 to 2 p.m. in room 160. If you would like to share ideas and not attend a meeting, then you can contact Krafcisin by email or stop by one of the SAC events and talk with him.

To participate in the SAC, contact Krafcisin at sjkrafcisin@dmacc.edu.

Blood drive set for Oct. 18

The Student Activities Council is sponsoring a blood drive at the Boone DMACC campus on Thursday, Oct. 18, from 9 a.m. to 12:30 p.m.

LifeServe Blood Center is coordinating the drive. Appointments can be scheduled online by visiting <https://www.donorsaves.org> or contact Steve Krafcisin at 515-433-5078.

Those who donate blood will be entered into a drawing for one of four \$50 gas cards and one \$100 gas card.

Ames to Boone DMACC Shuttle Schedule	
\$2 each way - Student/Faculty ID	
Exact Fare or using HIRTA Bucks is encouraged	
DMACC Hunziker Center (1420 S. Bell Avenue, Ames)	
Departure Times	Arrival @ Boone Campus
6:30 AM	7:20 AM
7:40 AM	8:40 AM
10:30 AM	11:40 AM
1:35 PM	2:30 PM
3:40 PM	4:20 PM
Schiletter & University Village Community Center (65 Edenburn Drive, Ames)	
Departure Times	Arrival @ Boone Campus
6:45 AM	7:20 AM
8:00 AM	8:40 AM
10:55 AM	11:40 AM
1:45 PM	2:30 PM
3:55 PM	4:20 PM
Kum & Go (4510 Mortensen Road, Ames)	
Departure Times	Arrival @ Boone Campus
7:05 AM	7:20 AM
8:15 AM	8:40 AM
11:10 AM	11:40 AM
2:00 PM	2:30 PM
4:05 PM	4:20 PM

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Mueth, Grundmeier lead DMACC to volleyball win against ECC, 3-0

DMACC - Sophomores Hallie Mueth of Sheffield and Roxanne Grundmeier of Schaller had ten and nine kills respectively as the Des Moines Area Community College (DMACC) volleyball team handed Ellsworth Community College (ECC) a 3-0 loss October 4 at the DMACC gymnasium.

The set scores were 25-16, 25-5, 25-14 as DMACC, ranked 11th in the National Junior College Athletic Association Division II poll, improved to 16-6 for the season. The Bears hit an impressive .418 in the match with 33 kills and just five errors in 67 attacks. Sophomore Olivia Fisher of Janesville and freshman Sheila Menezes of Guarulhos, Brazil, contributed four kills apiece to the win.

Sophomore Jordan Leehy of Neola led DMACC in assists with 21 and sophomores Mia Pierson of Ames and Amanda Lampman of Lake Mills finished with eight and five block assists respectively. Lampman had three kills and five ace serves in the match. Sophomore Taylor Salisbury of Chatfield, Minn., had 14 digs and Menezes finished with 13 digs and three ace serves.

DMACC travels to Creston to play Southwestern Community College (SWCC) on Oct. 10. The match begins at 6:30 p.m.

DMACC hosts a tournament in the gym on Oct. 12-13.

'Three Blind Mice' = 1 booted DJ

By Rob Manker
Chicago Tribune (MCT)

When University of Illinois students swap stories of their summer internships later this month on the Urbana-Champaign campus, Derek Dye's might be better than most.

What the U. of I. senior-to-be/ballpark disc jockey meant as friendly taunting of an umpire got Dye thrown out of a minor league baseball game Wednesday night in Florida. It also made the 21-year-old sport management major something of an overnight sensation.

After a close eighth-inning call at first base went against the hometown Daytona Cubs, a Class A affiliate of the Chicago Cubs, Dye queued up an instrumental version of "Three Blind Mice," the nursery rhyme about a triumvirate of visually challenged rodents and their run-in with a farmer's wife. Home plate umpire Mario Seneca did not take

kindly to the choice and gave Dye a verbal heave-ho, along with the team's public address announcer.

Dye said the song was part of a collection of recorded organ music given to him by team officials who wanted Jackie Robinson Ballpark to feel more like Wrigley Field.

"It was the first time we've ever played it," he said, "and within about three or four seconds, the home plate umpire looks at me, points directly at me and yells, 'You're gone,' as loud as he can.

"He ejected me, said no more music, no more P.A."

Dye said he'd received about 15 media requests for interviews by mid-afternoon Thursday, including from ESPN and ABC's "Good Morning America." He'd also received a mandatory \$25 fine from the Florida State League for the ejection.

Dye is not the first ballpark worker silenced for playing "Three Blind Mice." Organist Wilbur Snapp was ejected from a

Clearwater Phillies minor league game in 1985, drawing similar notoriety.

Dye, from Moline, Ill., said Daytona Cubs general manager Brady Ballard and other team officials have supported him since his ejection.

"Initially when it happened, I feared for my own well-being," Dye said. "I thought Brady was going to send me back to Illinois, get me out of here for the summer. I've never heard of the intern getting ejected. I was thinking of the worst right away."

With no music and no P.A., team staffers took to pounding on plastic buckets to rally the crowd throughout the rest of the game, a 2-1 Daytona win over Fort Myers, while Dye got to help call the final outs on radio as he shared his story with listeners.

"I did not hit the showers as most would expect for a player getting ejected," said Dye, expected back at his normal perch for Thursday night's game. "I actually hit the broadcast booth."



Photo by Elizabeth Wallerich

Serving up an intramural

DMACC student Kate Ray serves it up at the volleyball intramural contest sponsored by DMACC's Student Activities Council on Oct. 3 in the gym. Division winners received a T-shirt.

Women's golf team closes fall season with third-place in AIB invitational

DMACC- The women's golf team closed out its fall schedule with a third-place finish in the AIB Invitational Sept. 28 and 29 at Lake Panorama National Golf Course in Panora.

The Bears finished the tournament with 772 strokes, trailing AIB (721) and Graceland University (740).

Sophomore Mackenzie Watts of Huxley led DMACC with rounds of 87 and 84 for a 36-hole total of 171. Watts finished second in the individual competition.

Freshman Jalyne Briley of Boone tied for sixth with a score of 185. Briley had rounds of 91 and 94. Freshman Miriam Rinehart of Boone finished 11th and sophomore Taylor Wadle of Pleasantville finished 15th. Rinehart shot 99 on both of her rounds for a two-day total of 198 and Wadle had scores of 119 and 99 for a 218 total.

AIB's Kara Larson took individual medalist honors with a 163 on rounds of 88 and 75.

Men's golf team takes third at AIB Invitational

DMACC -- Sophomore Andy Fraser of Huxley shot a two-over-par 146 to lead the Des Moines Area Community College (DMACC) men's golf team to a third-place finish in the

AIB Invitational Sept. 28 and 29 at Lake Panorama National Golf Course in Panora.

Fraser shot rounds of 74 and 72 over the par-72 layout to tie for eighth-place in the individual

competition.

DMACC finished the 10-team tournament with 602 strokes to place third behind AIB (576) and Viterbo University (581).

DMACC Sports Events

October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
					Volleyball Tourney Highland 1 p.m. NDSCS 7 p.m.	Volleyball Tourney Colby 10 a.m. Butler 2 p.m.
	15	16	17	18	19	Students can attend home games for all athletic events for free. Support your DMACC Bears.
		Baseball Game Dakota County Technical College 2 p.m.	DMACC Volleyball TV Raffle - drawing will be held before the game Volleyball Game Clinton 6:30 p.m.			Coming soon: Basketball Double Header Sat., Nov. 3.

Cross country runner talks about food choices

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

In my eyes, DMACC student and cross country runner Anna-Kate Bruns seemed to be the pinnacle of health conscious athletes. When we had lunch together a few times over the past year, she ate an apple, some vegetables, a sandwich, and if she was thirsty, she either drank water or skim milk. So when it came time to pick an Honors project on healthy food for English Composition II, she was at the top of the list of people to talk to about what to eat and what not to eat.

"My diet is mostly made up of grapes, carrots, some spinach, protein bars, Greek yogurt, gluten-free grain products, Kashi cereal, chicken, turkey, egg whites, apples and other organic foods," Bruns said.

In order to keep up with Bruns' "health food speak," I read Michael Pollan's book "In Defense of Food" and followed some common sense rules of my own.

The premise of Pollan's book is that Western society has drifted from "real" foods like unprocessed fruits, vegetables, whole grains, and dairy products in favor of "fake" foods like sodium benzoate, high fructose corn syrup, red 40, vitamin injected Lucky Charms, and microwave dinners. Pollan even criticized foods that made health claims, reasoning that if something needed to claim that it was healthy, it probably wasn't. He

also attacked the current trend of thinking of food in terms of its separate nutrients, calling it "nutritionism."

Since I already knew that some athletes watched their weight religiously, counted carbohydrate and calorie intakes and bought foods with fat-free labels on them, I was curious to find out whether or not Bruns would agree with or laugh at Pollan's statements. Regardless of whether she agreed or disagreed with Pollan's stance, I hoped to persuade her of the book's validity and possibly show her alternatives to foods that were not necessarily healthy.

During an interview with Bruns, she shared with me some of her beliefs about food.

"I eat what I do because, as an athlete, I don't want to have to burn through all the extra stuff in processed foods," Bruns said.

"I love apples. I go through about five or six of them a day," she said. She added that she avoids eating sweets, processed foods, red meats, and going to restaurants for meals

At one point in the interview, Bruns went to the refrigerator to get a bottle of ranch dressing for her carrots. She explained that she used a different brand of dressing than her roommates because hers was healthier. I asked to see the bottle after she was done pouring some into a bowl. She handed it to me and I took a hard look at the ingredients, reading the fifteen or so more or less pronounceable words aloud.



Anna-Kate Bruns

After I was done, I asked her what she thought of the ingredients list and she told me to compare it with one of her roommate's bottles of Wishbone ranch dressing. A few of the ingredients were different, but not enough to convince her that there was much of a difference between her more expensive, "healthier" dressing and her roommate's brand.

I suggested finding a ranch dressing recipe online using one of Pollan's litmus tests from chapter two, part three of the book: any food containing five or more ingredients, are unfamiliar, unpronounceable or contain high-fructose corn syrup was to be avoided. Bruns agreed to trying a new ranch dressing recipe and I promised to show her how to make it for herself if we thought the recipe turned out well.

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.*

Telephone interview now essential job tool

By **Marco Buscaglia**
(MCT)

For many recruiters, the phone has become another means of weeding out unworthy applicants. Sure, your resume is getting you a second look, but before a company HR representative calls you in, there's a good chance he or she will call you up. Rarely used even a decade ago, the phone interview is now a critical tool that helps recruiters narrow their applicants. Be advised, a phone is an entirely different beast from a face-to-face encounter; what you say and how you say it become even more important.

With that in mind, here are tips for a phone interview:

Be attentive: Turn off your iPad, shut down your computer and ditch your smartphone. You shouldn't have any distractions.

"Pay complete, total and full attention to the person on the other end of the line, as if you were staring them in the eye," says Karen Friedman, a communications coach in Blue Bell, Pa. "People can read and feel your body language across the miles, so, act as if they are in the room with you so they can feel your energy, presence and attention."

April Callis, author of "Springboard to Success" (Springboard, \$19.95) asserts that standing up will help you stay focused. "It will give you more energy in your voice if you stand," says Callis. "Also, smile while you talk so that you sound friendly and enthused."

Be clear: Since you're on the phone, you'll need to speak precisely. "Pronounce your words clearly and don't trail off at the end of a sentence," says Friedman. "You want to make sure you are heard and understood. Additionally, pause to give the person on the other end of the line a chance to digest what you are saying and to participate in the conversation."

Be prepared: Since the telephone interview is most commonly a screening, you'll need to

go the extra mile to connect with the interviewer. To do this, be sure to decide in advance which questions you might ask when prompted by your interviewer.

"Think about what you want the other person to know so you don't spend the entire interview simply answering questions," says Friedman. "By only answering questions, you miss opportunities to deliver key points if the person on the other end of the phone doesn't ask you a question to trigger one of these points."

Have examples to highlight your strengths: "Be warm and personal by backing it up with examples, stories and anecdotes that the person on the other end of the phone can relate to and understand," says Friedman.

Callis adds that you should be sure to tell the interviewer you are looking forward to meeting him or her. "They are trying to screen you out, so don't give them a reason to put you in the 'no' pile," she says. "Stay upbeat, positive and attentive."

Be yourself: Shortly after graduating from the University of Illinois at Urbana-Champaign, Eric Marek had a phone interview with a Chicago law firm that didn't go as planned.

"I was interviewing for a web-development job that required a lot of interaction with the firm's attorneys, thanks to the recommendation of a fraternity brother who graduated the year before," says Marek. "He sold me as a laid-back guy who was personable and easy to work with, because I am. But during the interview, I freaked out. I put the call on speaker, which was a bad idea, and gave these really formal and stiff answers. I think I came across as a total tech nerd. They didn't even bother to call me back for a face-to-face interview."

Although it may be difficult to carry a casually confident tone during an interview, it's important. "You can't come across like you're reading a script," Marek says. "You need to be natural. Be someone you'd actually want to have a conversation with."

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No 'Maybe' about Jepsen's success

By Mike Osegueda

The Fresno Bee
(MCT)

You would have a hard time finding someone in the music industry who has had a better eight months than Carly Rae Jepsen.

In February, she was a fairly unknown singer who released a song called "Call Me Maybe." Today, she's on tour with Justin Bieber.

Along the way we were inundated with "Call Me Maybe" covers and parodies, from sources as varied as the Harvard baseball team to Cookie Monster. The song became the inescapable jam of the summer, spending nine weeks as the No. 1 single in America.

Now, Jepsen's released her second album, "Kiss."

We chatted with the singer to talk "Call Me Maybe" and more. And if you're wondering, she called us.

Q: At what point was nobody allowed to tell you a "Call Me Maybe" joke?

A: Not yet, believe it or not. My friends are often throwing them back at me on a regular basis and it's still kind of adorable.

Q: You're only a couple shows in, but how's the tour so far?

A: Great. Really great. I kinda feel like there's something about having the first two under your belt that now it's just fun. You worry. How's it going to go? Are my heels going to get caught? Now I just get to enjoy it. It's a really satisfying reward of working

late nights and losing sleep over getting "Kiss" done." Now I get to perform it every night.

Q: How do you deal with the expectations post "Call Me Maybe?" You can have a successful career and still never have a hit that big ever again. Does it stress you out?

A: No, not really. I had a lot of people ask me that question. I hadn't even really thought about it until interviewer No. 50 was like "how are you going to do a follow-up." I was like, "Woah, should I be concerned about this?" I hadn't really thought about it. Writing music is just something that I've done for forever. It happened before "Call Me Maybe" and it's going to happen after "Call Me Maybe."

What was fun with the record "Kiss," was right around the time that I was getting asked that a lot, was right at the beginning stages of writing it. I remember making the conscious decision to go for a little bit of a walk and shake off any concern about that. I didn't want to be paralyzed by it. I wanted it to feel like what it is — the opportunity of a lifetime.

Q: Out of all the parodies, tributes and covers, do you have a favorite one?

A: I have a few favorites. There's one that these macho football player guys do. It's called "Obsessed with Call Me Maybe." That one, and, of course, the Justin one because it totally sparked it for me. And the Cookie Monster, because I am a long-time "Sesame Street" fan.



Photo courtesy of AJM/Abaca Press/MCT

Singer Carly Rae Jepsen attends the 2012 Billboard Awards at MGM Grand Garden Arena in Las Vegas, Nevada, May 20, 2012.



Photo courtesy of Cindy Barrymore/Abaca Press/MCT

Carly Rae Jepsen performs during the 103.5 KISS FM Fantabuloso concert at the Allstate Arena in Rosemont, Illinois, on May 18, 2012.

Clarkson to release greatest hits package, new single

(MCT) LOS ANGELES — A decade after being crowned the inaugural "American Idol" champion, Kelly Clarkson has announced that she will issue her first career retrospective.

"Greatest Hits — Chapter 1" will be released Nov. 19, and though the track list has yet to be unveiled, the set will likely include Clarkson's sassy pop-rock anthems that have dominated radio over the last decade, including "Miss Independent," "Since U Been Gone" and "My Life Would Suck Without You," which topped the Billboard Hot 100 in 2009.

The compilation will also include three previously unreleased

tracks, including the new single "Catch My Breath," which will be serviced to radio and digital retailers on Tuesday. Clarkson co-wrote the single with Jason Halbert and Eric Olson.

"It's been a decade now since I won 'American Idol.' Sometimes it feels longer because although it has been exciting, that was a lot of pressure to have as a 19 year old girl," Clarkson wrote on her website Thursday. "To own a company, lead an organization as a business woman, and be able to create music I'm proud of has been tough, but inspiring, for me.

'Wallflower' adapts nicely to big screen

By Moira Macdonald

The Seattle Times
(MCT)

Here's how to make sure your novel arrives on screen with its soul intact: adapt and direct it yourself.

Stephen Chbosky's "The Perks of Being a Wallflower" is based on his popular 1999 young-adult novel, and the movie nicely echoes the book's quiet poignancy. It's the tale of a boy named Charlie (Logan Lerman), who writes diary entries to an unnamed friend about his difficult life: the loneliness of his first days of high school, the pain of memories from his past, the questions that trouble him. Why, he wonders, do nice people choose the wrong people to date?

It's a question that normally takes a lifetime to answer, but this movie provides some wisdom: Charlie's told that "we get the love that we think we deserve."

Set in the early '90s (there's a blessed absence of cellphones, forcing these teens to actually talk to each other), "Wallflower" follows Charlie as he finds a family of friends, confronts his memories and learns that he belongs. With sophisticated pals Sam (Emma Watson) and Patrick (Ezra Miller) as guides, Charlie learns the joys of mix tapes, audience participation in "The Rocky Horror Picture Show," slow dancing, "The Great Gatsby" and the wind in your hair as you ride through a tunnel in the back of a pickup truck, feeling as if you just might fly away.

It's a bit of a jolt as we learn the story of Charlie's past — "Wallflower" suddenly becomes darker and more adult — but Chbosky lets us leave the characters with hope for the future, as they continue their journey through the mysterious world of growing up.

"We can't choose where we come from," muses a wiser Charlie, near the end, "but we can choose where we go from there."

Movie buzz

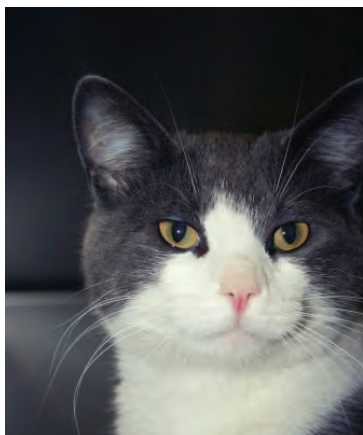
(MCT) ARGONAUTS (R): Director Ben Affleck ("Gone Baby Gone," "The Town") continues to stretch as a filmmaker with this riveting, fact-based story about an attempt to rescue six Americans during the Iran hostage crisis in 1979.

HERE COMES THE BOOM (PG-13): A biology teacher (Kevin James) becomes a mixed martial arts fighter to raise funds and save the school's music program — and discovers he's pretty good at beating other guys up.

SEVEN PSYCHOPATHS (R): Martin McDonagh, writer-director of "In Bruges," returns with this violent comedy about a screenwriter (Colin Farrell) whose wacky friends (Christopher Walken and Sam Rockwell) kidnap a gangster's dog. There will be blood. Buckets, even.



Pet Feature
Nellie Laila

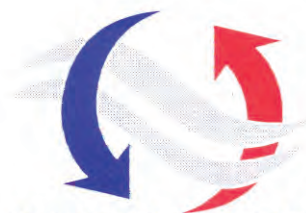


Nellie is a 4 year old Border Collie. She is just about the sweetest dog you will ever meet. She has quickly become a staff favorite here at the shelter with her wonderful personality. Nellie knows her basic commands and is working on her crate training. She loves to be by your side cuddling all of the time. Nellie gets along with everyone she meets, 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! Sh will probably have some scaring from her burns forever, but please consider giving Laila a chance. She is a cat that has been through far too much and needs a good home.

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

Sponsored by:



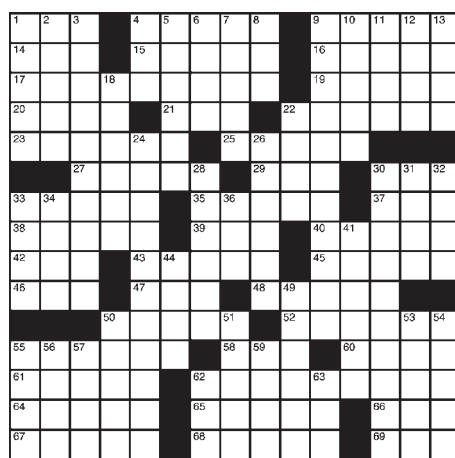
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Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Aphid's meal
 - 4 Marsh bird
 - 9 Neil Simon's "Suite"
 - 14 Communication at Gallaudet U.
 - 15 Concert venue
 - 16 Bona fide
 - 17 "Role in the films 'Wichita' and 'Tombstone'"
 - 19 Opposite of après
 - 20 Place for un chapeau
 - 21 Miracle
 - 22 Get-up-and-go
 - 23 Opera featuring Iago
 - 25 Lint collector
 - 27 It may be set or set off
 - 29 Glowing, perhaps
 - 30 Cleaning closet item
 - 33 Nautical pole
 - 35 Spry
 - 37 Will Smith title role
 - 38 French noble
 - 39 Trail behind
 - 40 Grape-growing spot
 - 42 Back when
 - 43 Put to shame
 - 45 Multiteer
 - 46 Neither mate
 - 47 Noisy quarrel
 - 48 "Hotel Rwanda" tribe
 - 50 Compo ingredient
 - 52 Fired on
 - 55 ___ of Gibraltar
 - 58 Source of lean red meat
 - 60 Pertaining to planes
 - 61 Pope after Sergius II
 - 62 Rip to pieces, and a hint to what's hidden in the answers to this puzzle's starred clues
 - 64 Lexus competitor
 - 65 Malady with swelling
 - 66 "Norma ___"
 - 67 Potter's apparatus
 - 68 "Count me out!"
 - 69 Part of DOS: Abbr.

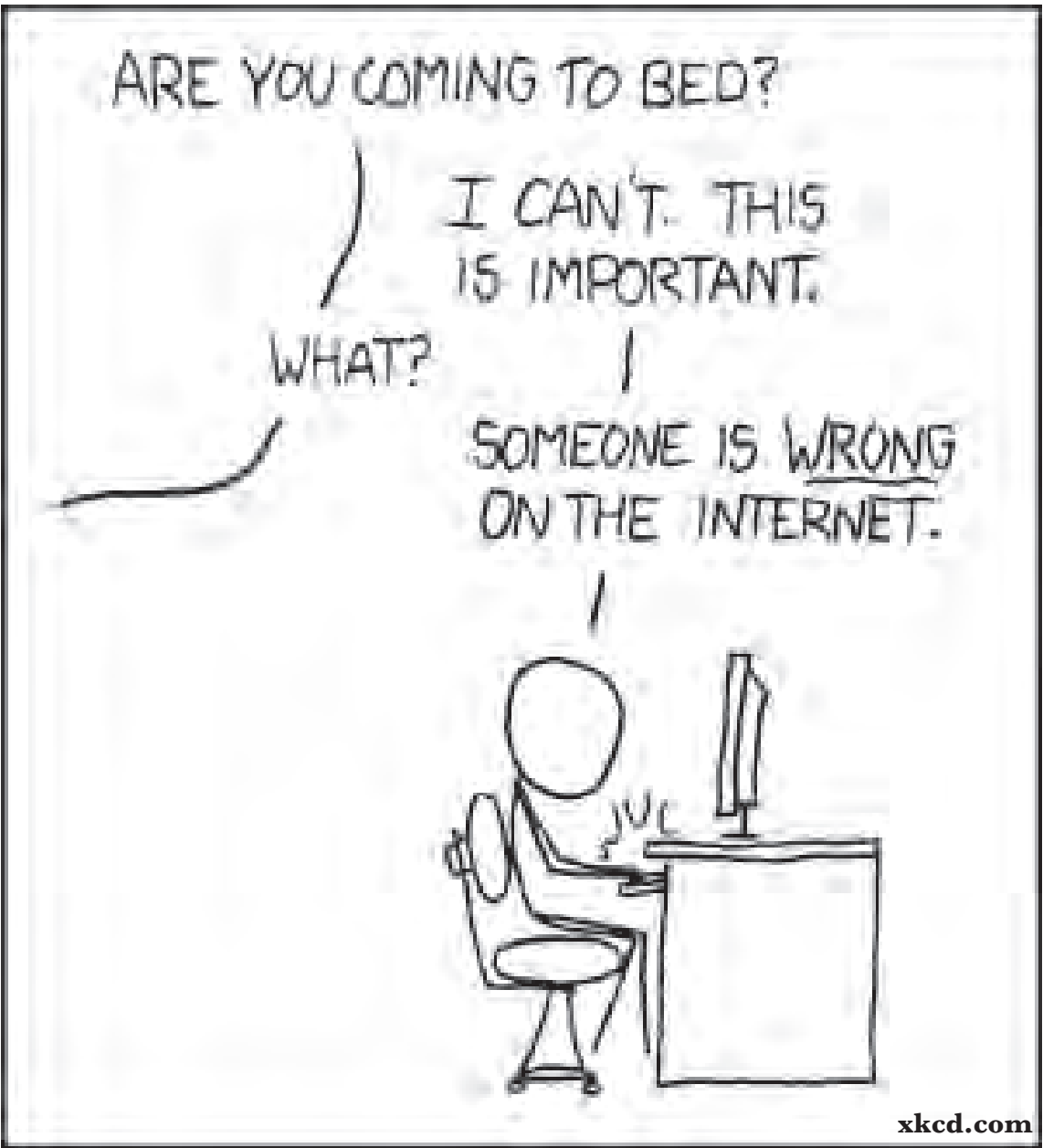


- DOWN**
- 1 Managed
 - 2 So far
 - 3 "Protection for jousters
 - 4 "Mangia!"
 - 5 Genetics pioneer
 - 6 Derrière
 - 7 2001 bankruptcy filer
 - 8 Brew source
 - 9 "2000s documentary whose first episode was 'From Pole to Pole'"
 - 10 Video game stage
 - 11 Ice cream thickener
 - 12 Criticize with barbs
 - 13 DOJ employee
 - 18 "We want to hear the story"
 - 22 Devil's work
 - 24 "One who was held up, most likely"
 - 26 Land
 - 28 Mozambique neighbor

Tuesday's Puzzle Solved

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

By Matt Skoczen 10/10/12



This week's horoscopes

Today's Birthday (10/10/12). The pace heats up through the November eclipse, which for you is about budgeting, saving and financial integrity. Renewed values and a focus on money lead to a rise in income. Change remains constant with relationships this year, so stay flexible. Expand frontiers.

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 an 8 -- Use your talents to create beauty from chaos. A possible conflict or misunderstanding could slow you down until compromise gets achieved. Don't gamble. You have what you need.

Taurus (April 20-May 20) -- Today is an 8 -- You're getting even more interesting. Make hay while the sun shines. Do what you promised, with a friend's help. Together, anything is possible.

Gemini (May 21-June 20) -- Today is a 7 -- You can see the big picture. Good judgment is required. Stick to tested techniques. Let others know what you want, and ask for help. Invest in home and family.

Cancer (June 21-July 22) -- Today is a 6 -- Motivate those doing good work. Provide unexpected service, and the money will follow when you least expect it. Success builds upon success. Travel is not favored now.

Leo (July 23-Aug. 22) -- Today is an 8 -- Controversy arises and makes you stronger. Use wits and charm to clear the miscommunication. Note the emotional flow at work. You don't have to control everything. Let it be.

Virgo (Aug. 23-Sept. 22) -- Today is a 5 -- If at first it doesn't work, don't despair. Re-do, until you get it right. A new opportunity arises from working out the bugs. Postpone a romantic conversation.

Libra (Sept. 23-Oct. 22) -- Today is a 7 -- Be patient with a talker. Accept a nice compliment. Gentle persuasion reveals a brilliant suggestion. Do what you promised. It's not a good time to travel. Socialize.

Scorpio (Oct. 23-Nov. 21) -- Today is a 7 -- Loved ones believe you can succeed. Gather data and question theories. Think quickly and move slowly. Financial conditions have changed for the better, despite resistance. A hunch pays.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 7 -- If words do not come easily now, express yourself with pictures, or with some other creative expression. Accomplishing a goal provides a great feeling; savor it.

Capricorn (Dec. 22-Jan. 19) -- Today is a 5 -- Provide support for those who are weaker. Fan the passion flames. Misunderstandings may be more abundant than usual. Clean up any messes as they come.

Aquarius (Jan. 20-Feb. 18) -- Today is a 7 -- Listen carefully to the team's suggestions, and keep everything on track. One good friend leads to another. List the pros and cons before proceeding to your dream.

Pisces (Feb. 19-March 20) -- Today is a 6 -- Postpone a romantic interlude (temporarily) and avoid arguments at all costs (even/especially if you're right). Invest in renewable solutions for energy. You're gaining confidence. Tomorrow words flow.

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