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Banner News

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Banner News

Your Life, Your Campus, Your News

Rockin' from the heart



Members of the DMACC pep band at one of the recent home games. Photo by Jessica Kimmetz

Home-grown band peps up game crowd

By Lacy Stevenson
Staff Writer

At one o'clock on a Saturday afternoon, Mary Beth Hanlin takes her seat behind the four-piece snares drum set.

DMACC's well-known science professor is preparing for her "Inner rock star" to come out.

She adds while chuckling "it is a learning process, it is much harder than it looks." Hanlin is currently the fill in drummer, as this is her first encounter with this

instrument.

Hanlin is one of 15 to 20 musicians that make up the DMACC pep band this semester.

They are all volunteers, and they all love to perform.

This is the 11th year the pep band has played at various DMACC home women's and men's basketball games.

The band was formed when a couple of faculty member were having lunch and it was brought up that the basketball teams were

doing well. They thought it would be neat if they could contribute some spirit, and a few of them had played an instrument in their younger years.

The main leader of the "pack" is Maggie Stone. She is the Coordinator of Iowa New Choices here at DMACC. She is still using her Alto sax that she used back in fifth grade and all through high school.

Continued on page 5



Amanda Baker



Nick Bassett

Financial aid refunds available on Feb. 2

By Stacey Walker
Editor-in-Chief

Financial aid refunds are scheduled to come out February 2.

Students that did not qualify for financial aid will not be receiving refunds.

Financial aid money comes from scholarships, loans and grants.

All financial aid is applied to class expenses and books before a refund is given out.

"Refunds are calculated every Wednesday through the Ankeny Campus," said Vicki Lauzon, Boone DMACC's Bookkeeper.

If students do not receive their refund on the first round, they should look for notices on their DMACC e-mails.

"Students should also keep in mind that if they aren't attending class, there is a good chance their refunds might be withheld," said Lauzon.

The financial aid department works with instructors to make sure that students are attending classes.

Fair warning is given to any student that might be at risk for losing their financial aid.

DMACC policy states that it is up to students to work with their instructors if they are struggling to make it to their classes.

"I plan on putting my refund money towards paying off my handcycle, and possibly buying some new video games," said Nick Bassett.

Students typically used their refund money to help purchase supplies for their classes, or help pay for other expenses.

"I'll probably go and buy a new phone with my refund money, I've been needing one for a while now," said Amada Baker.



What is your worst Valentine's Day experience?



Roxanne Grundmeier



"I didn't have a date on Valentine's Day until I was 16."

Andy Fichter



"I've actually never gotten anything on Valentine's Day."

Lisa Savits



"Valentine's Day is just another day to my husband. I never get acknowledged."

Sean Hanlin



"Not getting a card from my crush one year."

Melissa Howe



"I got my now ex-boyfriend a gift on Valentine's Day and I didn't receive anything from him."

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Meet this semester's Banner News Staff



Photos by Kevin Langel and Julie Roosa

The 2012 Spring Semester Banner News Staff. Front left to right: Derrick Roffman, Kevin Langel and Lori Harvey. Middle left to right: Lacy Stevenson and Jessica Kinnetz. Back left to right: Julie Roosa (inserted), Stacey Walker and Cody Arndt (inserted).

Quirmbach helps returning soldiers attend college and help build Iowa economy

(Des Moines) - The Iowa Senate voted on Wednesday, January 18, to prevent state tuition help for Iowa's returning soldiers from being cut almost in half.

State Senator Herman Quirmbach of Ames voted for a bipartisan measure to keep the promises made to Iowans returning from Iraq and Afghanistan.

"Last month, the Iowa National Guard



Senator Herman Quirmbach (D)

told us the dollars budgeted available for its tuition assistance program would fall short of the increased demand," Quirmbach said. "Many returning soldiers are entering Iowa's colleges and universities.

In fact, the average grant could have fallen from 90 percent to 50 percent of tuition. I'm glad we worked together to fix this situation quickly."

By passing Senate File 2007, the Senate approved the investment of an additional \$1.3 million in the Iowa National Guard's tuition assistance effort.

"I was able to meet one of the young people helped by this program, Dan Tallon, a native of Davenport and a current student at the University of Iowa," Quirmbach said. "Dan was in the Senate galleries, along with many other Iowa veterans who were at the State Capitol for the annual 'Veterans Day on the Hill.'"

If the Iowa House also approves the legislation and Governor Branstad signs it, the benefit to soldiers at Iowa's universities would be up to \$1,300 per semester in additional aid.

"Helping Iowa's returning soldiers attend Iowa colleges and improve their skills makes a lot of sense," Quirmbach said. "We should do all we can so these young men and women qualify for good jobs at good wages and help build a stronger Iowa economy."

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Bear Briefs

4 On 4 Basketball League Continues

The Student Activities Council's basketball tournament continues until it's final date on Feb. 9. The tournament will meet at 9 p.m. in the gym on Feb. 2, Feb. 6 and conclude on Feb. 9.

4 Ball Pool Contest

The intramural committee is hosting a pool contest in the Courter Center from 11 a.m. on Feb. 1 until 12:30 p.m.

Snakes Alive

Get a chance to hold and look at a variety of snake species. Students are welcome to meet and be creeped out in the Courter Center on Feb. 6 from 11 a.m. until 1 p.m.

Jabali Afrika

Experience the cultural fusion of Jabali Afrika, the afro-rock band native to Kenya, Africa. The band will perform a set in the auditorium on Feb. 8. Time is to be announced.

Karaoke

The SAC starts the new term with another bout of karaoke in the Courter Center on Feb. 9 from 11 a.m. until 1 p.m. Participants will receive a \$3 card to use at the Boone Campus Cafe.

7 Oaks Recreation DMACC Day

The SAC is sponsoring this event held at 7 Oaks on Feb. 10 from 4 p.m. until 9 p.m. The SAC will buy each student a lift ticket or a ticket to use the tube hill. Families are invited, so bring spouses and kids and their tickets are free too. The SAC however will not cover rental fees (\$17 for both skis and snowboards). Student IDs or current class schedules are required for free tickets. Located just west of Boone at 1086 222nd Drive.

The Party Is Free



Kelly, Melissa, Leah

Free party in the Courter Center on Feb. 11. Students and families attending receive free admission to the Basketball Doubleheader in the DMACC Gym at 1 p.m. and 3 p.m.

Documentaries In The Dark

Free admission Feb. 13 to documentary, "Sunshine," at DMACC Boone Theatre. "Sunshine" offers a refreshingly rare glimpse on the current day transformations taking place within the American family. Filmmaker Karen Skloss explores her own unplanned pregnancy and decision to keep the child as a single mother. Twenty-three year prior, Skloss' biological mother faces a similar dilemma, choosing to give birth secretly in a Catholic home for unwed mothers through a closed adoption.

Traveling Photo Booth

Available in the Courter Center on Feb. 14 from 10 a.m. until 1 p.m. will be a free photo booth for you and friends to use. Courtesy of the SAC.

Calle Sur-Hispanic Show

Calle Sur returns to DMACC on Feb. 14 in the Courter Center from 11 a.m. until 1 p.m. Experience this Latin Folk band while taking fun photos with your friends.

My Inructor Cancelled Class?

To receive updates on class cancellations go to the Boone Campus website and click on cancelled classes. Or: go.dmacc.edu/boone/pages/cancelled-classes.aspx.

Wait...And Campus Is Closed?

To get alerts regarding DMACC cancellations by text or voicemail, either sent to your cell, landline or email log on to www.getrave.com/login/dmacc.

DMACC women's basketball players Walker and Hagedorn honored by ICCAC

DMACC

The Iowa Community College Athletic Conference (ICCAC) has honored DMACC women's basketball players Ann Walker and Ashley Hagedorn.

Walker, a sophomore guard from Exira, has been named Scholar-Athlete of the Week for the week of January 11. Hagedorn, a sophomore guard from Irwin, has been named Athlete of the Week for



Ann Walker

the week of January 11.

Walker scored seven points and added three assists and five steals in 10 minutes of play

in DMACC's 68-32 win over Iowa Lakes Community College (ILCC) on Jan. 7. She is an outstanding leader on and



Ashley Hagedorn

off the court and carries a grade point average of 3.9. After completing her sophomore season at DMACC, Walker plans to continue her education and athletic career at a four-year college or university.

Hagedorn had 12 points, five assists and five steals in the Bears' win over ILCC. She is majoring in physical therapy and carries a 3.8 GPA. She also plans to continue her education and athletic career at a four-year college or university.

DMACC Sports Blurbs

DMACC MEN'S BASKETBALL TEAM HANDS GRAND VIEW JV A 72-50 LOSS

The Des Moines Area Community College (DMACC) men's basketball team overcame a slow start to defeat the Grand View University junior varsity 72-50 January 26 at the DMACC gymnasium.

DMACC WOMEN'S BASKETBALL TEAM DEFEATS MCC, 70-60

Sophomore Ashley Hagedorn of Irwin scored 24 points, including a six-of-nine performance from three-point range, to lead the Des Moines Area Community College (DMACC) women's basketball team to a 70-60 win over Marshalltown Community College (MCC) January 25 at the DMACC gymnasium.

Upcoming Events

Men's Basketball

Feb. 1 vs Ellsworth
Iowa Falls, IA - 7:30 p.m.

Feb. 8 vs Iowa Lakes
Estherville, IA - 7:30 p.m.

Feb. 11 vs Southwestern
Boone, IA - 3:00 p.m.

Feb. 15 vs Clinton CC
Clinton, IA - 7:00 p.m.

Women's Basketball

Feb. 1 vs Ellsworth
Iowa Falls, IA - 5:30 p.m.

Feb. 4 vs Marshalltown

Marshalltown, IA - 5:00 p.m.

Feb. 8 vs Iowa Lakes
Estherville, IA - 5:30 p.m.

Feb. 11 vs Southwestern
Boone, IA - 1:00 p.m.

Feb. 13 vs Central JV
Boone, IA 6:00 p.m.

Experience the cultural fusion of Jabali Afrika, the afro-rock band native to Kenya, Africa. The band will perform a set in the auditorium on Feb. 8. Time is to be announced.

The SAC starts the new term with another bout of karaoke in the Courter Center on Feb. 9 from 11 a.m. until 1 p.m. Participants will receive a \$3 card to use at the Boone Campus Cafe.

The SAC is sponsoring this event held at 7 Oaks on Feb. 10 from 4 p.m. until 9 p.m. The SAC will buy each student a lift ticket or a ticket to use the tube hill. Families are invited, so bring spouses and kids and their tickets are free too. The SAC however will not cover rental fees (\$17 for both skis and snowboards). Student IDs or current class schedules are required for free tickets. Located just west of Boone at 1086 222nd Drive.

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No fines issued for tobacco violations



Photos by Lacy Stevenson

Smoking and other tobacco products are not allowed on campus. Students must go off campus to use tobacco products.

By **Lori Harvey**
Health Writer

In the two years since the ban on tobacco on campus, no students have received \$50 fines for violating the policy.

"When students are given a warning, they usually cooperate," Provost Tom Lee said. During the two years that this policy has been in place, no changes have been made. Previously students were allowed to smoke outside the building. This was mainly done outside door 16.

Page 61 in the handbook explains the campus policy of tobacco. Tobacco use includes any lit cigarettes, pipe and clove cigarettes. This policy also includes smokeless tobacco like chew, snuff and snus.

This policy affects all parts of campus including the main building, athletic areas and the

DMACC apartments. Students are not allowed to smoke in their cars while parked on DMACC campus as the parking lot is considered part of the campus grounds.

"I respect the decision of the campus faculty to make the campus Tobacco Free but I wish they would provide a shelter for us and provide a can to put our cigarette butts in," said Mary, a DMACC student who didn't provide her last name.

When a student observes another student breaking this policy they may report them anonymously.

A first violation of this policy results in a letter by the Executive Dean of Student Services.

The second violation requires students to meet with the provost, associate provost or the judicial officer for a disciplinary conference to discuss any alleged

violations of the Tobacco Free Campus policy.

Any third and additional violations require the student to pay a \$50 fine.

Violations of the Tobacco Free policy may also result in violations of the Student Conduct code. The Judicial Officer may choose to impose additional charges.

Sanctions will only be imposed after the student has accepted responsibility for their actions against the Tobacco Free Campus, the student has been responsible by the Judicial Board for the College or the student is unavailable to respond to the alleged violations.

If students have any questions they may ask Provost Tom Lee, Associate Provost Brian Green or Executive Dean Laurie Wolf.

Pep band cont. from page 1

The band is roughly made up of one-third faculty and staff, one-third students and one-third friends of DMACC.

Now they have a drum set, various instruments and have a variety of music to play.

The band is open to anyone that enjoys playing and wants to contribute to the game atmosphere.

"There are three new musicians joining this semester, and the band is always looking for more," Stone said.

Hanlin has been playing in the band for eight years as a "random" musician. She has played the tambourine, cowbell, maraca, and this year the drums. What she really loves to do is get the crowd involved as she calls herself the "sign-holder-upper." She sees playing in the band as a way to be able to attend the games and participate in them a different way than just watching.

The band usually plays around 10 home games each season depending on what ones the coaches advise them to play at. They also do other events such as the GED graduation held in June here on campus.

Stone and Hanlin believe that the band members really enjoy playing and take time out of their day to make a difference at the basketball games.

Tim Bergin, a professor in science department, has been in the band for 10 years. Bergin said, "I think when we play on time outs it helps get the crowd going, and gives extra energy to the gym."

Bergin also added, "People around the town that have attended the games notices the band and comment on how much they enjoy them playing at the games."

Many new relationships have been made from the band forming together. Some former students even come back to play in it today.

Hanlin, Stone, and Bergin agreed they hope to play in the band until they can't play anymore.

For these three it's all for fun. And it's all about finding their inner "rock star" selves. As it's all out of the goodness of their heart and the joy of playing Bergin said, "it is a big kick for everyone and I hope players appreciate it along with all of the fans."

It's a bird... It's a plane... It's a flapjack!



Photo by Kevin Langel

DMACC student Rachel Davis attempts to catch pancakes during the pancake lunch back on Jan. 11. Students were served numerous pancakes, mini sausages, coffee and orange juice. This event was sponsored by the Students Activities Council (SAC) of the Boone Campus. Check the DMACC homepage and the message boards around campus for upcoming events that are sponsored by the SAC.

Interested in joining the band?

Contact Maggie Stone at (515) 433-5037 or stop by her office, room 124, in the southwest corner of the building by the stairs.

To join our Banner staff
contact Julie Roosa, Adviser
jkroosa@dmacc.edu

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Basketball coaches optimistic on season

By Jessica Kinnetz
Staff Writer

Both DMACC head basketball coaches are proud of the way their teams are performing so far.

"I think the season is going great," said head coach of the women's basketball team Steve Krafcisin.

As of Jan 29, the Bears have won nine of their last ten games and are 16-4 overall and 5-2 in the Iowa Community College Athletic Conference (ICCAC).

"They are energetic, enthusiastic and want to play hard," Krafcisin said.

After replacing two key players from last year (Katlyn Wood, Carli Bunning), Krafcisin had to start with all new forwards and a center. "It was seeing how we adapted and responded with a new line up."

The players have developed, he said, "but there is still room to improve."

"The journey has been a success so far. Plus we have been injury free."

The DMACC men's team improved to 19-3 overall, and are ranked fourth in the National Junior College Athletic Association (NJCAA) Division II poll.

Head Coach BJ McGinn said "Right now we're counting on improving. We have goals and are working towards them."

Assistant Coach Ben Walker said it's been a positive season. "The guys are getting better, but there is still a lot of work and growing to be done."

He said the team is going in the right direction and is on the path to achieving their goal. "We're here to win a Championship."

McGinn agreed.

"If we continue staying focused in practices, we'll make it to our goal," he said. "We haven't plateaued yet."

ICCAC names DMACC's Coleman student-athlete of the week

DMACC - The Iowa Community College Athletic Conference (ICCAC) has named Des Moines Area Community College (DMACC) sophomore Joscelyn Coleman of Shenandoah, Scholar-Athlete of the Week for the week of January 25.

On January 21, Coleman, a forward, led the Bears to a 73-57 win over North Iowa Area Community College (NIACC)

with 18 points and 11 rebounds. Coleman is averaging 12 points and eight rebounds a game in helping DMACC to a 15-4 record overall and a 4-2 mark in the ICCAC.

Coleman also excels in the classroom. She is majoring in liberal arts and carries a 3.6 grade point average. Coleman plans to continue her academic and athletic career at a four-year college or university.



Photo by Kevin Langel

DMACC's Ann Walker, no. 5, goes for the layup during DMACC's game against Kirkwood on Jan. 18. The Bears couldn't get past the Eagles in the end and ended up losing 64 to 58 after going into overtime.

WWW.DMACC.EDU/ATHLETICS

DMACC women's basketball team falls to Kirkwood in overtime

DMACC - The Des Moines Area Community College women's basketball team let a 15-point lead in the second half slip away and eventually dropped a 64-58 overtime decision to Kirkwood Community College (KCC) Jan. 18 in Cedar Rapids.

The Bears enjoyed a 35-24 advantage at halftime and pushed their lead to 15 points early in the second half. KCC chipped away at that advantage. The Eagles managed a 54-54 tie at the end of

regulation and came away with the win in overtime.

With the loss, DMACC fell to 13-4 overall and 2-2 in the Iowa Community College Athletic Conference (ICCAC). KCC improved to 15-2 and 5-0. The Eagles are ranked 14th in the National Junior College Athletic Association (NJCAA) Division II poll.

Sophomores Joscelyn Coleman of Shenandoah and Sam Thrapp of Davenport paced DMACC

with 18 and 13 points respectively. Sophomore Ashley Hagedorn of Irwin added eight points.

KCC had a 30-29 advantage in rebounding with Coleman's eight rebounds leading DMACC. She and Hagedorn had four steals each and Hagedorn and sophomore Carrie Wood of Martinsdale had three assists apiece.

DMACC shot just 35 percent from the field (19-of-55) and was a disappointing 13-of-28 at the free throw line.

Kirkwood ends DMACC men's basketball win streak at ten

DMACC - Kirkwood Community College (KCC) handed the DMACC's men's basketball team a 64-58 loss Jan. 18 at Cedar Rapids, ending the Bears' 10-game winning streak.

The Eagles, ranked third in the National Junior College Athletic Association (NJCAA) Division II poll, trailed 26-23 at the half, but came away with the win by outscoring DMACC 41-32 in the second half. The Bears are ranked

fifth in NJCAA Division II.

With the loss, DMACC fell to 16-3 overall and 3-1 in the Iowa Community College Athletic Conference (ICCAC). KCC stayed unbeaten in league play at 4-0. The Eagles are 15-3 overall.

Sophomore Kurtis Phillips of Adelaide, Australia, and freshman La'Treé Russell of Naperville, Ill., scored 11 points each to lead DMACC. Sophomores Rico Saldana of New York City, N.Y.,

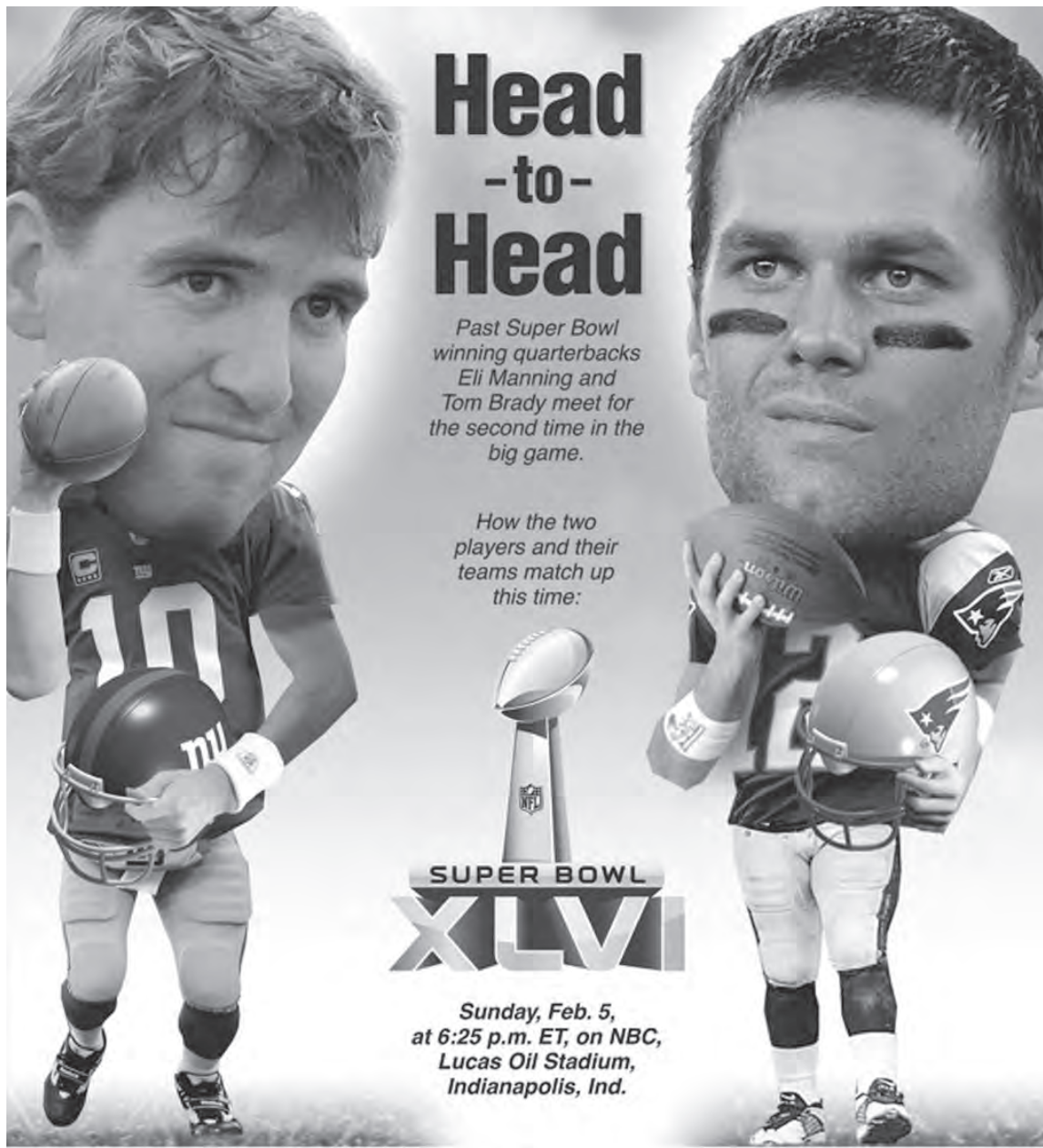
and Nate Mason of Cincinnati, Ohio, scored 10 points each.

KCC came away with a 39-38 advantage on the boards with Saldana, sophomore Cole Martin of Omaha, Neb., and Phillips getting 10 rebounds each for the Bears. Poor shooting from the field and at the free throw line hampered DMACC. The Bears connected on just 18 of 52 field goal attempts and were 17-of-28 at the free throw line.



Photo at right: DMACC's Kurtis Phillips, no. 25, goes up for a jumper during DMACC's game against Kirkwood on Jan. 18. The Bears came home with a loss with a final score of 64 to 58.

Photo by Kevin Langel



Head-to-Head

Past Super Bowl winning quarterbacks Eli Manning and Tom Brady meet for the second time in the big game.

How the two players and their teams match up this time:



Sunday, Feb. 5, at 6:25 p.m. ET, on NBC, Lucas Oil Stadium, Indianapolis, Ind.

Eli Manning					
Passer rating		Rank			
92.9		7			
Yds	Att	Cmp	TDs	Ints	
4,933	589	359	29	16	

New York Giants
Head coach Tom Coughlin

2011 record				
W	L	Pct.	Finish	
9	7	.563	1st-NFC East	

2011 rankings		
Offense	Rank	Yards/game
Total offense	8	385.1
Rushing	32	89.2
Passing	5	295.9
Defense	Rank	Yards/game
Total defense	27	376.4
Rushing	29	121.2
Passing	29	255.1

The Quarterbacks					
Passer rating		Rank			
92.9		7			
105.6		3			
Yds	Att	Cmp	TDs	Ints	
5,235	611	401	39	12	

Comparison of the starting quarterbacks' regular season stats

The Teams
Comparison of the Giants' and Patriots' regular season stats

Edge

© 2012 MCT
Source: NFL, MCT Photo Service
Graphic: Tim Goheen

Tom Brady					
Passer rating		Rank			
105.6		3			
Yds	Att	Cmp	TDs	Ints	
5,235	611	401	39	12	

New England Patriots
Head coach Bill Belichick

2011 record				
W	L	Pct.	Finish	
13	3	.813	1st-AFC East	

2011 rankings		
Offense	Rank	Yards/game
Total offense	2	428.0
Rushing	20	110.2
Passing	2	317.8
Defense	Rank	Yards/game
Total defense	31	411.1
Rushing	17	117.1
Passing	31	293.9

Student Feature

Name: Yu Hu

From: Zhang Jia Kou, China
7 million people

Iowa has three million people in the state He started out at Iowa State but there were too many Chinese students. So he decided to come DMACC to better understand English



By Jessica Kinnetz
Staff Writer

Q: What is different here compared to china?

A: "Its cold and the population is small. Its safer than in China, so many people its crazy. People are nicer here. Lots of space. The apartments are bigger and smaller than what we have. They are also really high up. We don't have restaurants like Apple-bee's, Perkins, Red Lobster but we have KFC, Burger King, and McDonalds."

Q: What is your family like?

A: "I'm an only child. My dad is business man. My mother not working but she loves dogs. We have 7 of them. We live in a house on the outskirts of town."

Q: Out of all the places to go to college in the US, Why did you choose Iowa?

A: "My father told me that

there were too many Chinese people in places like California or Florida and that I wouldn't learn anything new. So he suggested Iowa to focus on school and it was also cheaper."

Q: Did you know any English before you came here?

A: "No, I just started learning when I got here. I go to Church by my apartment and they help a few times a week."

Q: What do you do in your free time?

A: "I like to play basketball. I play every day. I like to swim and watch soccer and NBA. I like to road trip with friends to other colleges."


Q: What social networking sites do you use the most?

A: "I use Chinese websites. I don't have a Facebook because where I'm from no one has it."



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Letter from the Editor



Dear Readers,

I hope you're all getting settled into your spring semester classes. I know it can be difficult getting back into the swing of things, but just remember that we're all in this together.

If you didn't know, I'm the new Editor-in-Chief of the Banner News. I'm looking forward to working with some of our new staff members, as well as our returning writers as well.

Last fall was my first semester writing for the Banner, and I hope that I can make some positive changes with the help of my staff.

We're always looking to bring new members to our staff here at the Banner. Keep in mind that student's do not have to be enrolled in the course to

write for us. We welcome any students with an interest in writing or taking pictures for the paper to stop by the journalism room (115). We're also looking for students interested in work-study opportunities.

Here at the Banner we try to keep our readers both informed and entertained. We encourage our readers to let us know what they want to see within the pages of this paper.

If you'd like to write a response to anything that is published, feel free to write a letter to the editor and we'll publish it with a response as soon as possible.

Hope you all have a great semester!

-Stacey Walker, Editor-in-Chief

Is Tobacco Really Worth it?

By Lori Harvey

Health Writer

Cigarettes, pipes, rolled cigarettes, snuff, snus & chew are ex-



amples of tobacco that are prohibited on the

DMACC campus. But we see some students who use these products maybe not on campus but in their personal lives at some point. What are the health effects of using tobacco products?

According to the CDC, smoking harms every organ in the body in one form or another. 443,000 people die from smoking related illnesses every year. This is one death for every five people annually.

The chances of getting lung cancer increase by 90% for men and 80% for women because of smoking.

Smoking increases your risks of coronary heart disease, stroke and dying from obstructive lung disease. Smoking also has a devastating affect on a womans reproductive organs. It can cause infertility, pre-term delivery, still birth, low birth weight and AIDS.

In post-menopausal women, it can lower bone density and increase their chances of getting a hip fracture.

The American Cancer Society has said that hand rolled cigarettes aren't any healthier than

the machine made cigarettes. Life long smokers of rolled cigarettes have a higher cancer risk of the larynx, esophagus, mouth and throat.

There are cigarettes on the market that boast that they are all natural, there is no proof that these are any safer than the other cigarettes that are sold. Menthols aren't safer than regular cigarettes as the user holds this smoke in longer than regular cigarettes.

The nicotine in cigarettes is addicting as cocaine or heroine. The nicotine gives the person an adrenaline rush that increases their heart rate and blood pressure but not enough that they notice it. As they use cigarettes more, they have to smoke more often to continue to feel the calmness they want when they smoke.

The chemicals that are found in cigarette smoke are cyanide, benzene, formaldehyde, methanol, acetylene and ammonia. Even if you don't inhale, you are still at risk from certain types of cancers by the method of second hand smoke.

Cigarette smoking increases your risk of heart disease, the number one cause of death in the U.S. When a smoker has a heart attack they are more likely to die in the first hour than a non-smoker.

Many people think that chewing tobacco is a safer alternative to smoking but this type of tobacco use has its own dangers.

According to the American Cancer Society more nicotine is absorbed thru the mouth tissue than is delivered.

The carcinogen that is deliv-

ered via chewing tobacco is TS-NAs - Tobacco Specific nitrosamines. This amount is 100 times greater than is allowed in beer, bacon and other foods.

The most common types of cancer from chewing tobacco are cancers of the mouth throat, esophagus, stomach and pancreas.

The other common side affects of chewing is chronic bad breath, stained teeth, gum disease, tooth decay and loss, tooth abrasion and loss of bone mass in the jaw.

You can quit smoking but it takes will power and at times a little help. A few incentives to quitting smoking are that within 20 min. after quitting smoking your heart rate and blood pressure drop.

Within 12 hours the carbon monoxide levels in your blood drop down to normal.

Within two weeks to three months your circulation improves and your lung function increases.

One to nine months after quitting your coughing and shortness of breath decreases, the cilia in your lungs begin to function normally again.

After one year, your risk of coronary heart disease is cut in half compared to that of a smoker. After five years, your risk of cancer is cut in half.

Here are some more of the perks of quitting - your food will taste better. Your sense of smell returns to normal. Your breath, hair and clothes will smell better. Your teeth and fingernails will stop yellowing. And ordinary activities area easier to do.

The Struggling Student

By Derrick J. Roffman



I've been attending DMACC's Boone campus since 2008, until last summer when I started going to Iowa State. In the fall I got a rude awakening. My approach to classes at DMACC was not very confident. I did what I could, procrastinated very well, and did fine because I already had knowledge on most subjects. When I attended ISU, it became obvious that my strategy had broken down and that I was helpless.

Many of us may feel like college is overwhelming. We may wonder whether we can complete what we hope to accomplish. Maybe high school didn't prepare us to work hard; maybe we didn't take classes seriously because nobody took us seriously. We may feel like we can muddle through and do OK. Maybe you think that's all you could hope for.

We might want to believe that learning the skills to be successful will take too much time. But I want you to know that doing well in college is attainable. You can learn the skills. In fact, it is a requirement before anything else. You have everything it takes inside of you; the only person standing in your way is you.

For me, the anxiety starts with the first day. That's when the teachers explain the syllabus in a tone that sounds like we are being punished preemptively for the students who have come before us. That's when the anxiety begins to take the place of hopeful optimism.

Before, I was building moun-

tains to conquer and in my mind's eye I was overcoming them all. It's like the famous quote from Mike Tyson, "Everybody has a game plan until they get hit." Now your game plan is in jeopardy and you don't have anything to back it up, no tools to help you get through this time of despair.

That is when you need to learn how to be successful. In the martial arts the concept is that to learn something new, one should empty one's cup. This is the hardest part for everyone, especially me.

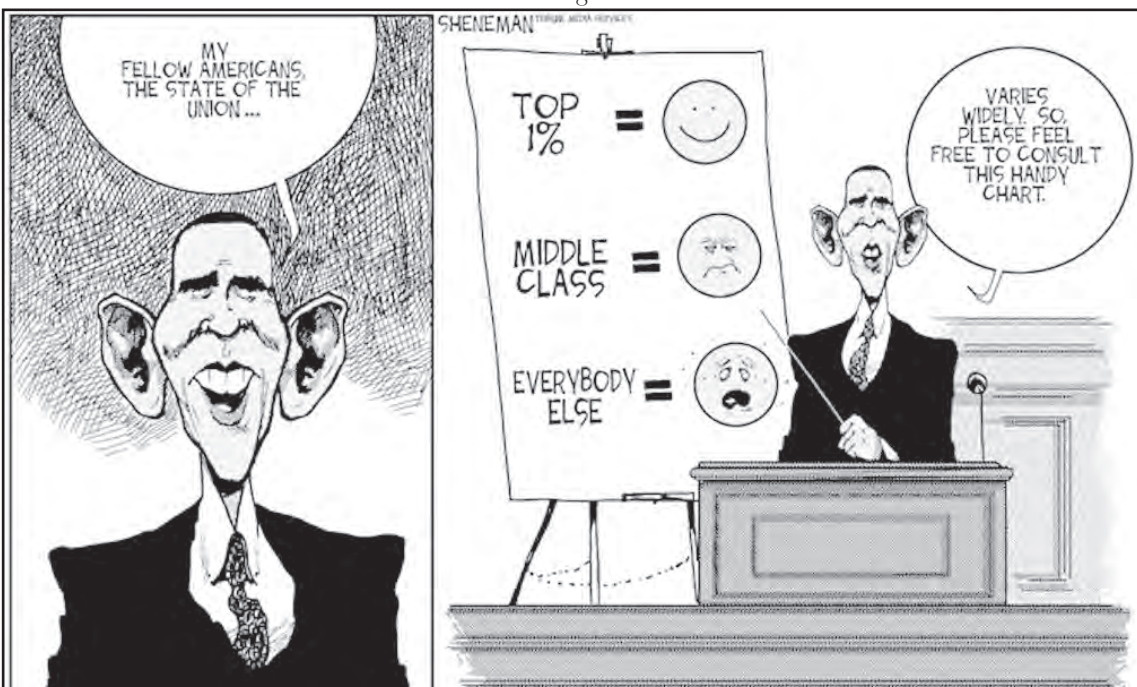
Until I went to ISU, I was under the impression that I could accomplish what I wanted by continuing my old ways. The first thing to do when faced with an overwhelming situation is: admit there's a problem. I'm in over my head! I need help! If you try to make excuses, you won't be ready to learn anything new. This inevitably leads to average grades or failing grades without any hope for improvement.

To want to change this mindset, I had to be chewed up and spit out by Iowa State. Now I am back at DMACC as a humbled student. My new attitude: I don't know anything about college. I may have been in college for almost four years, but I don't know anything.

I haven't trained myself to become a successful student yet. When I feel like I know more than the teacher, or I know how things should be done, I need to remember to humble myself. That is the defensive part of me, wanting and wishing the world were different. Wake up call! I can't change the way the system works but wishing and doing things my way doesn't do me any good.

I challenge anyone with similar issues to find a way to rid themselves of their rebellious voice. Start by emptying your cup. Humble yourself, and realize teachers aren't the enemy. They are your guides. This is my new approach. I'm sure this will help me become more successful when I go back to ISU.

Readers interested in writing to the paper can either drop submissions off in room 115, place them in the Banner News locker #32, or email us at bannernews@dmacc.edu



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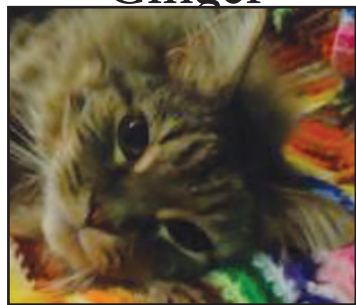
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Pet Feature
Shy Ginger

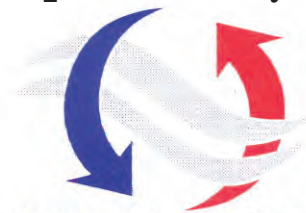


Shy is a sweet girl, however just like her name this girl is a bit shy at first. Shy was surrendered to us by her owner when she was unable to care for her animals anymore. She warms up quickly but she would prefer a home without young kids since she is a little scared. We would love to see her go to a nice quiet home where she can have the right environment to gain some confidence and come out of her shell. Shy is 6 years old and an Australian Shepherd and Terrier mix.

If you haven't met Ginger, your life isn't filled with enough love and joy! She is a very well-adjusted and loving cat with impeccable manners. Some of Ginger's favorite activities include curling up in your lap or next to you in bed to take long naps, giving you kitty kisses, kneading blankets and reveling in catnip. She isn't declawed, but because she is such a mild mannered cat, nail trimming is an easy task and she usually keeps them retracted (whether kneading or holding your hand so she can lick it better).

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

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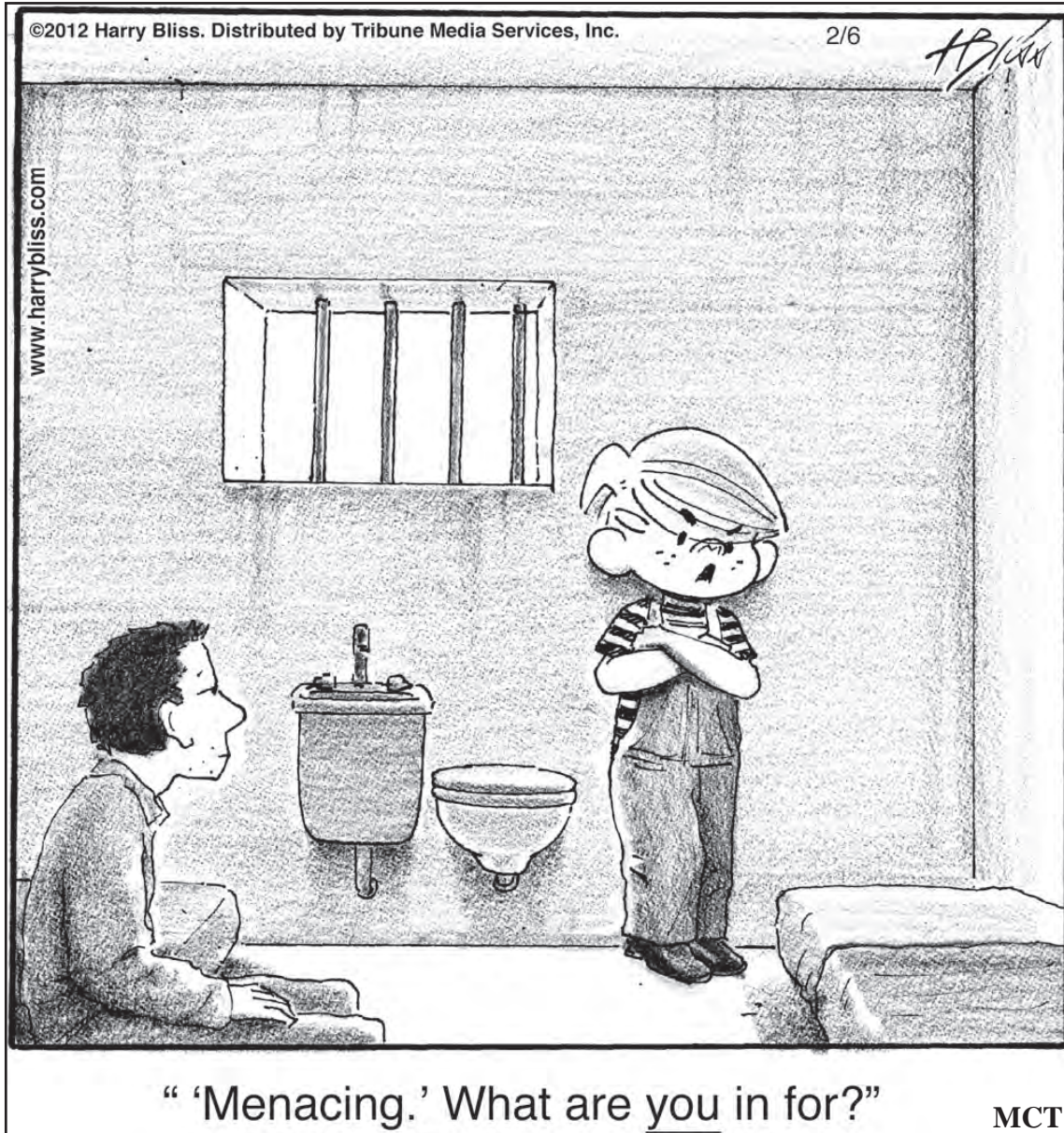
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This week's horoscopes

Today's Birthday (02/01/12). Treat yourself to lovely scenery, delicious food and company. Recurring themes this year are fun, friendship and learning. The first six months highlight home and family, while social life heats up the second half. Make a big wish! 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 -- Allow ideas to gel, for now. Get into research, where it's all starting to make sense. Pull together facts and data, and sort through them to discover treasure.

Taurus (April 20-May 20)

-- Today is an 8 -- You have plenty of profitable ideas, and some are ripe for the picking. Confer with dreamers for inspiration, and let the wind dictate your direction.

Gemini (May 21-June 21)

-- Today is an 8 -- The Moon's in your sign, and you're riding high. A unique character enters the picture. Accept an assignment for the money, and find hidden interest.

Cancer (June 22-July 22)

-- Today is a 7 -- Thinking and planning fits your mood. Slow down and contemplate. Fine-tune your domestic environment. Clarify

your direction, and get ready to play catch up.

Leo (July 23-Aug. 22) -- Today is an 8 -- Balance responsibility with a bit of crazy. Don't take friends for granted. They're really there for you. It's a two-way street

Scorpio (Oct. 23-Nov. 21)

-- Today is a 7 -- With the right company, you can face obstacles that you normally might shy away from. Things don't seem like such a big deal. Balance action and patience.

Sagittarius (Nov. 22-Dec. 21)

-- Today is a 9 -- Insights battle for your attention. Intuition guides your pen, and emotion fuels your efforts. Imagine that you have it all. What would that look like?

Capricorn (Dec. 22-Jan. 19)

-- Today is a 7 -- "Do what you love and the money will follow" really rings true now. But really, don't worry



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... do something fun together.

Virgo (Aug. 23-Sept. 22) -- Today is an 8 -- Wake up to a beautiful day full of options. Climb mountains, cross rivers, stop and smell the roses. Watch where you place your feet. The view's incredible.

Libra (Sept. 23-Oct. 22) -- Today is a 6 -- Business interferes with fun. Don't goof off! You'd much rather play. Plan a vacation or trip, even as you manage your responsibilities. Being productive pays.

about the money ... it comes. Enjoy the little pleasures.

Aquarius (Jan. 20-Feb. 18) -- Today is a 7 -- You are surrounded by love, but you may not be in the mood to run around. Find the inspiration you need to tackle a creative project.

Pisces (Feb. 19-March 20) -- Today is a 6 -- It's best to stay close to home for the next couple of days. Don't rush any decisions now that you may regret later. Stand your ground, and take it easy.

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| CYMBALS | MERCY ME | TROMBONE |
| DARRELL EVANS | ORCHESTRA | WHOLE NOTE |
| EIGHTH NOTE | PERCUSSION | WOODWINDS |
| FORTISSIMO | PIANISSIMO | WORSHIP |