

## Des Moines Area Community College Open SPACE @ DMACC

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Banner News

Student Work

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12-7-2011

# Banner News

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Your Life, Your Campus, Your News

# Banner News

DMACC -  
Boone Campus  
Volume 11, Issue 7  
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Photo by Alayna Barnett

The Des Moines River looks particularly "brisk" from the bridge on old Highway 30 in this photo, taken Monday, Dec. 5.

## AmeriCorps: volunteering can pay off

By Cody Arndt  
Staff Writer

Michelle Heater enlisted in AmeriCorps two years ago after her first term at DMACC.

Now she thinks other students should check it out too.

Volunteering with AmeriCorps could pay off for college students looking for ways to pay their tuition and give back to their community

Students can volunteer for AmeriCorps and receive a \$5,000 award to pay for education.

"I would definitely recommend college students volunteering (for AmeriCorps)," Heater said.

AmeriCorps is often referred to as the "domestic Peace Corps," as both organizations are dedicated to public service with similarly run full-time programs for volunteers. While Peace

Corps assignments are all over seas, AmeriCorps is distributed solely across the United States.

Heater is a non-traditional, full-time student and mother at the age of 41 and is also employed full-time at Electric Pump, Inc. She is attending DMACC to earn an associates' degree in liberal arts for environmental science.

Heater joined AmeriCorps NCCC in 2009. Her award was

**Cont. on page 4**

## An About-Face(book)?

By Jessica Kinnetz  
Staff writer

Some DMACC students are making a change in their lives by dropping Facebook or shorting the time spent using it.

"I do not have a social network," said DMACC Freshman LaTree Russell. "Social networks are a lot of crazy nonsense. Reminds me a lot of high school and I don't like the past. The past is the past move on and don't worry about it."

Russell did at one point have a Facebook but got rid of it for personal reasons.

"I like to keep low key," he said. "It bothers me when people would come up to me and ask me why I don't have one or that they tried to look me up and couldn't find me. It's my choice and I just don't have time for it."

Russell said it does bother him that people update their statuses with every move they make. "It's pointless and stupid, I'd rather watch ESPN."

Facebook had more than 710 million users as of September,

according to Inside Facebook, a company that tracks Facebook usage.

According to an article posted on the Fox Business web site in June, the growth of the site appeared to be slowing in the spring. Facebook gained fewer new members in April and May the article said. "The United States lost nearly six million users in May," Inside Facebook was quoted as saying on the Fox site.

A decline in usage is hard to track because Facebook does not release its own statistics.



LaTree Russell shuns Facebook, preferring to stay "low key"

Some students may not be ready to delete their Facebook entirely, but they are taking steps to log in less often.

DMACC freshman Jayden Ott uses Facebook about every other day or so.

"I use it way less now than I ever did in high school," said Ott. "I have more going on now than I ever did then. I don't have any free time."

Ott catches for the DMACC softball team, and is on a tight schedule with class, workouts, and individual pitching and catching sessions.

She has thought about getting rid of her Facebook. "I really don't like Facebook because I rarely use it and it's all full of drama and younger people I never talk to anyways." She really wouldn't have one but feels like she's missing out on the pictures and things she gets tagged in.

On the other hand freshman Madison Mickelson also plays on the softball team and is an avid Facebook user.

"I use it every day," said Mickelson. "Sometimes an hour

## Changes made to probation

By Cody Arndt  
Staff Writer

This fall all Des Moines Area Community College (DMACC) campuses began a new academic probation program.

The old program had a primary focus on a student's grade point average, this fall however there is a new focus on not only students' GPA but also on credit hours earned.

Financial Aid Satisfactory Academic Progress (FA-SAP) requires a minimum GPA 2.0 to remain eligible for financial aid. Students' academic records are reviewed at the completion of every term of enrollment to determine satisfactory progress.

"So don't bite off more than you can handle," said Shelby Hildreth, academic advisor. "If you're taking a course and you're not prepared, take the refresher course."

Students with GPAs lower than 2.0 are placed on academic warning for the next term of enrollment.

Students must also complete coursework at a minimum cumulative rate of 67 percent. Completed coursework is defined as any course for which the student receives a passing grade. Academic records are checked for this as well.

"If you think you're in jeopardy, it's better to just drop the class. Play it safe," said Hildreth.

To determine a credit completion rate (CCR), take all passing grades and divide them by all attempted credit hours, if it's than 67 percent or higher it is viewed as satisfactory.

Students whose CCR is below 67 percent are placed on academic warning for the next term of enrollment.

As soon as a student returns either, or in some cases both, their GPA or raises their CCR they are placed into "good academic standing."

Credit hours from a repeated course are counted as attempted hours every time the course is repeated. Once the course is

**Cont. on page 4**



Jayden Ott uses Facebook "every other day or so."

management is the number one killer of success for college students. "There are only 24 hours in a day and students don't plan what to do with it very well."

She does want students to go out, have fun and have a social life but to set time aside for it and studying.

"Facebook is not bad. It's how you connect with friends, and that's OK. But it's important that you know the difference. There's a time for you to socialize and a time to study."

or three to six hours depending on how my day looks."

She said she has at least thought about going off the grid. "Just getting rid of it, and not checking it." So far she hasn't acted on that thought.

She doesn't like to see certain things on Facebook and finding out stuff she shouldn't. By getting rid of her Facebook, it would give her more time for other things. For now, when she gets bored she gets on Facebook.

Mickelson is from Ames and was close to her friends in high school.

"I'm in college now," she said. "Just something about it (Facebook) keeps me connected to them and lets me know how and what other people are doing."

DMACC counselor Shelby Hildreth believes that Facebook is what she likes to call a "time bandit."

"It's like 'oh, I'll get on real quick just to check it' and you look up at the clock and two hours have gone by."

She said poor time

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## No student health services offered at Boone campus

By Stacey Walker  
Copy Editor

Students seeking medical assistance won't be able to find any on the Boone campus.

DMACC's Ankeny campus is currently the only campus to have its own health specialist.

While the Boone DMACC campus does not have health facilities for students to utilize, the Ankeny campus is willing to service students from anywhere.

"As long as students can pay for their physicals and any prescriptions they might need filled, there is no reason for them to worry about coming in," said Sandra Foster, Health Specialist

on DMACC's Ankeny campus.

"We have students come into the health department on a daily basis," she said.

With the winter cold finally setting in, more students are feeling a little under the weather.

"I haven't felt the best lately, and I can't really afford to go to the doctor timewise or financially," said a student on campus.

Services at the health department include various types of medical care, emergency response and referrals.

"We give a lot of immunizations here on campus," said Foster. "Lately we've been getting lots of students with upper respiratory complaints."

Most visits to the health department are free or at a low cost for students.

At this point in time there will be no effort towards putting in a health department on the Boone campus.

"I think it is important that students understand that if needed, they can utilize those services [at Ankeny] as well as any other students from any of the other campuses," said Tom Lee, provost of the Boone Campus.

"We have looked into trying to get some type of health care for students, but for now students have the option of going to the area hospitals" said Lee.

### Personal Trainer

## Surviving the holidays

Some ways to reduce the stress of the holidays and keep up a healthy, physically active lifestyle:

- 1 Take time for yourself every day instead of spending too much time with friends and family
- 2 Don't set unrealistic exercise goals; 30 minutes a day will keep you active even if you are used to spending an hour
- 3 Don't try to lose weight or keep up a restrictive diet; it's better to enjoy your favorite holiday foods in small portions
- 4 Ask a friend or family member to exercise with you
- 5 Create new, active traditions; instead of throwing a cocktail party, go snowshoeing or ice skating
- 6 Drink plenty of water; travel, alcohol and heated indoor air are dehydrating
- 7 Pause during meals; for example, eat dinner early and take a walk before dessert
- 8 Use alcohol and caffeine moderately; try a new herbal tea instead
- 9 Avoid placing unrealistic, perfectionist demands on yourself
- 10 Take time to laugh



Source: American Council on Exercise  
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## Bear Briefs

### Granulated Candle Art

The Student Activities Council sponsored event allows students, staff and faculty to create their own candles in the Courter Center on Dec. 7 from 10 a.m. until 2 p.m. Free candles, perfect holiday gift to that special someone from a certain broke college student.

### Intramural Free Throw Contest

The Intramural is throwing their last sponsored event this year in the gym on Dec. 7 from 10:30 a.m. until noon. Students who participate in 4 events will receive a free t-shirt.

### DMACC Santa Bear

Pictures will be taken with Santa Bear on Dec. 7 from 12:30 p.m. until 1:30 p.m. and again on Dec. 8 from noon until 1 p.m. Pictures will be taken in the Courter Center and posted on the website for students to obtain or you can feel free to bring your own camera.

### Holiday Karaoke

Karaoke is back. Sing a song and receive a \$3 coupon to the Boone Campus Café. Karaoke is available in the Courter Center on Dec. 8 from 11 a.m. to 1 p.m.

### Creative Writing Contest Deadline

Win cash prizes, scholarships and get your work published in *Expressions*. Winners will also receive a one-on-one workshop with a professional writer and present their work at a reading. Prizes will go to the top three stories and poems. For an application contact

creativewritingcontest@dmacc.edu. Deadline is Dec. 9.

### Massage Chair Therapy

The holiday season brings friends and family together, gifts to everyone and stress from everything. Get unstressed and receive a free massage in the Courter Center on Dec. 14, 9 a.m.-3 p.m.

### Last Day of Regular Term Classes

Dec. 15, just about there. Classes are finished and all that's left are those pesky finals. Scheduled testing times can be found on the DMACC website.

### Rental Returns

Dec. 15 is the last day for rental returns which is also the last day for finals. Students who return books late will be charged full price plus a restock fee of about 115 percent. If you are unable to return the book in person, it can be mailed to the DMACC bookstore at 1125 Hancock Drive.

### Schedule Change

Every time you make a change to your class schedule an email will be sent to your DMACC and personal email accounts. Check your DMACC email regularly.

### Improve Your Writing Skills

The DMACC Writing Center is open Monday - Friday from 9 a.m. until 4 p.m. in Room 170. For more information or to schedule an appointment, contact Krystal Hering at klhering@dmacc.edu or at (515)433-5212.

## Fall 2011 Graduates

### Liberal Arts - AA

Wendy Acuff  
Daniel Apatiga  
Bradyn Betcher  
Eric Biermann  
James Bingham  
Aaron Bohl  
Erin Carter  
Matthew Carter  
Kira Chevillie  
Ryan Dayton  
Kara DeBruyn  
Sayyid Gilani  
Deanna Glauner  
Christopher Graham  
Torrie Hansen  
Rachel Honeyman  
Jason Kagemann  
Ryan Katzer  
Meredith Luksetich  
Kenneth Marshall  
Kortney Morgan  
Rex Nelson  
Natalie Nost  
Cameron Pye  
John Schaeffer  
Chad Swenson  
Kyle Swenson  
Kenzie Tedrow

### Practical Nursing

Taylor Alexander  
Marah Barkema  
Lita Bauer  
Melissa Beriault  
Malori Brause  
Jessica Brown  
Heidi Eickholt

Barbara Fennell  
Nicole Flanders  
Chelsie Herrick  
Amanda Kelly  
Kevin Krausman  
Ashleigh Long  
Jamie Marzen  
Caitlin Mills  
Rex Nelson  
Natalie Nost  
Katrina Schaible  
Mariella VanderGaast  
Brandi Wenger

### Liberal Arts - AS

Zachery Anderson  
Lilly Bailey  
Amy Brause  
Alex Breon  
Elizabeth Hallberg  
Shannon Heifner  
Chelsea Truckenmiller  
Jenna VanPelt  
Ana Vilmain

### Business Administration - AA

Austin Anderson  
Tanner Frangenberg  
Eric Gale

### Nusing - AAS

Sylvia Andrade  
Amanda Busch  
April Cochran  
Amy Davis  
Nicole Derrig  
Samantha Duryee  
Teresa Hecker

Jessica Hill  
Brittney Linczer  
Jennifer Madsen  
Sarah Miller  
Tamara Mortenson  
Pauline Osanya  
Kimberly Paul  
Richard Phipps  
Mary Sletten  
Julie Tarbill  
Kate Thompson- Adv St  
Brenda Waters  
Chelsea Weddell  
Jennifer Woods

### Fitness and Management - AS

Timothy Bejamo

### Supervision - CSP

Grayson Flint

### Criminal Justice

Bret Henderson

### Accounting 1 - CSP

Sandra A Salgado

### Accounting and Bookkeeping Diploma

Sammy Waldrop

### Early Childhood Education Diploma

Bethany Wirtz

## Congratulations!

### Revised Final Exam Schedule for Day Courses – Fall 2011

Des Moines Area Community College

**Students:** Your final exam time is based on the first meeting day of the week for your course and the time your course meets. If you have questions, check your course syllabus or talk with your instructor. The Final Exam Schedule is subject to change due to weather or other circumstances. It is recommended that you do not make airline reservations or plans until after December 16.  
**Instructors:** All instructors are required to follow this schedule. Instructors of career/technical courses and any other courses that are scheduled to meet during nonstandard terms or nonstandard times may be required to meet through December 15. Any faculty who have classes that do not fit the Final Exam Schedule or wish to deviate from the schedule must submit a proposed final exam schedule to their dean or provost for approval (ES4055). Please note that, as of Fall 2010 at the request of the district chairpersons, the amount of time for each final exam is now 2 hours rather than 2 hours and 15 minutes.

The schedule for evening and Saturday courses is on the reverse side of this sheet.

#### Monday/Wednesday/Friday or more courses

Class Time Range	Exam Time
6:55 a.m. – 7:50 a.m.	7:00 a.m. – 9:00 a.m.
9:05 a.m. – 10:00 a.m.	9:15 a.m. – 11:15 a.m.
11:15 a.m. – 12:10 p.m.	11:30 a.m. – 1:30 p.m.
1:25 p.m. – 2:20 p.m.	1:45 p.m. – 3:45 p.m.
3:35 p.m. – 4:30 p.m.	4:00 p.m. – 6:00 p.m.

#### Monday, December 12, 2011

#### Tuesday/Thursday courses

Class Time Range	Exam Time
8:05 a.m. – 9:30 a.m.	8:00 a.m. – 10:00 a.m.
11:15 a.m. – 12:40 p.m.	10:15 a.m. – 12:15 p.m.
2:25 p.m. – 3:50 p.m.	12:30 p.m. – 2:30 p.m.
4:00 p.m. – 5:25 p.m.	2:45 p.m. – 4:45 p.m.

#### Tuesday, December 13, 2011

#### Monday/Wednesday/Friday or more courses

Class Time Range	Exam Time
8:00 a.m. – 8:55 a.m.	8:00 a.m. – 10:00 a.m.
10:10 a.m. – 11:05 a.m.	10:15 a.m. – 12:15 p.m.
12:20 p.m. – 1:15 p.m.	12:30 p.m. – 2:30 p.m.
2:30 p.m. – 3:25 p.m.	2:45 p.m. – 4:45 p.m.

#### Wednesday, December 14, 2011

#### Tuesday/Thursday courses

Class Time Range	Exam Time
6:30 a.m. – 7:55 a.m.	6:30 a.m. – 8:30 a.m.
9:40 a.m. – 11:05 a.m.	8:45 a.m. – 10:45 a.m.
12:50 p.m. – 2:15 p.m.	11:00 a.m. – 1:00 p.m.

#### Thursday, December 15, 2011

#### Friday, December 16, 2011

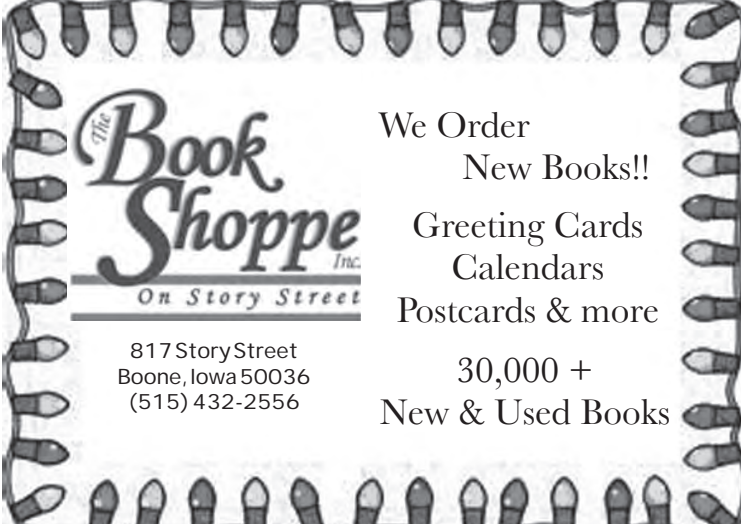
If the College closes due to inclement weather on any of the four days listed above, final exams for that day will be rescheduled for Friday, December 16, at the times they would have been scheduled originally.

The Banner News is currently accepting applications for the Editor-in-Chief position for the Spring 2012 semester.

Applicants must be a current DMACC student in good standing.

Deadline  
Dec. 9 at 3 p.m.

For more information and an application, contact Julie Roosa, faculty adviser, jkroosa@dmacc.edu



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## Deep Thoughts by DMACCIANS

# WHAT WAS YOUR WORST CHRISTMAS PRESENT?

Anna-Kate Bruns

Asher Van Sickle

Trey Hall

Rebecca Levenhagen

Brian Green



"My mom gave me my brother's presents. At first it was OK things that could go either way, then it got weird."

"I got a Shake Weight...it kind of works."

"Box of rocks, my grandpa was being a smart aleck that year."

"A really ugly sweatshirt. Really, it was fugly."

"I never got Rock'em Sock'em Robots and I'm still devastated by it to this day."

## AmeriCorps: cont. from page 1

not as big as it is today at \$1,000, but she did serve a short term.

"Roughly one third of AmeriCorps' volunteers are college students," said Sandy Scott, a spokesperson for the Corporation for National and Community Service which oversees AmeriCorps. The fraction is of an estimated total of 75,000 volunteers.

Of those 25,000 students, all are eligible for the Segal Education Award after their terms of service are successfully completed.

The Segal Award can be used to pay education costs at qualifying institutions, educational training and student loans. As of 2011, the amount of a full-time education award is around \$5,550.

Since the Edward M. Kennedy Serve America Act went into effect in Aug. 2010 the Segal Award amount has increased as the U.S. Department of Education's Pell Grant has. The amount of the award each year is tied to the maximum dollar amounts of the Pell Grant.

"The Segal Award was very helpful in paying for my graduate tuition in Ithaca," said Justin Villere, a college student who served in AmeriCorps programs twice before coming to his current position with the Iowa Commission on Volunteer Service.

After 10 months with NCCC and a full year with VISTA, Villere used his two earned Segal Awards to pay for school at both the University of Colorado-Boulder, where he acquired his Masters, and Cornell University, where he completed grad school.

"To pay back federal loans I had taken out...it paid for nearly \$10,000 in education expenses," said Villere.

With the award, volunteers have the option to take as long as seven years after service completion to use their awards.

"In some cases, it's even possible for volunteers to receive two Segal Awards during full time ser-

vice in any three of AmeriCorps' programs (State and National, Vista and NCCC)," said Jancy Lafollette, State Program Specialist for the Corporation of National and Community Service.

Service in AmeriCorps can be completed in three different programs: State and National, which supports a broad range of local service programs; VISTA which aims to bring low-income communities out of poverty; and the National Civilian Community Corps (NCCC) which is a full-time, team-based residential program that focuses on emergency and disaster response.

"In NCCC we did a significant amount of hurricane recovery post-Katrina in the Gulf Coast," said Villere. "So I learned a great deal about perseverance, teamwork, how to lead other volunteers, sacrifice, tangible construction skills, and a bunch of other traits. Because NCCC service is done with a team of peers ages 18-24, the teamwork and sacrifice piece is very important."

"\$1,000 was substantial," said Heater about the Segal Award. "I wasn't working a job, I'd just started school and after I paid off some tuition I was able to use the rest for just any day use. It didn't have to be for education."

While it is recommended that the award be used for education, there are no barriers.

"The most frustrating part of volunteering was not quite knowing what my job would be," said Heater in reference to her job as a "Green Ambassador," a position sponsored by the Iowa DNR for NCCC.

"I basically went through garbage every day."

To emphasize, Heater completed an annual trash audit, which the DNR is required to do by the state. The practice is in accordance with Iowa's attempt in becoming a "cleaner state."

Heater's experience is akin to many jobs served in the NCCC according to AmeriCorps' website. For those with more sensi-

tive stomachs, other positions are available.

"In VISTA, a member's activities are much more administrative in nature," said Villere. "Such as recruiting the volunteers who are doing the direct service (like that completed in NCCC or AmeriCorps\*State). This position approximates more of a professional office setting. Both experiences were extremely valuable, but in very different ways."

In addition to receiving financial assistance, volunteers also receive health benefits and a modest living income during the duration of their service, which depending on the program can be anywhere from \$5,000 to \$12,000 for a duration of 9 to 12 months.

Lastly, as students volunteer, loans are eligible to be placed into forbearance. Which means "as you volunteer, your student loans will continue to accrue interest, but upon completion of service the corporation elects to pay said interest rates," said Lafollette.

"I am non-traditional," said Heater. "But I think volunteering would be good for [younger students]. Definitely. It wasn't like I hadn't learned any life lessons, but I'd already been in the field for a long, long time, graduating high school 20 years ago."

For more specific information, contact details and questions about enrollment, go to [www.americorps.gov](http://www.americorps.gov).

"Students should evaluate which type of AmeriCorps program and which service area (education, health, environment, economic opportunity, disaster recovery) they are interested in," said Villere. "They should talk to a supervisor who oversees that AmeriCorps program to evaluate whether that position will provide the prospective member with a service opportunity that fulfills their goals for (1) volunteering in a cause they are passionate about; and (2) gaining professional development and experience."

## Probation, cont. from pg. 1

passed, the credit hours are counted as both attempted and completed credit hours.

Students who have extenuating circumstances may appeal their financial aid suspension one time. For details on how to appeal, contact an advisor.

If a student is placed on academic warning and earns a GPA of 2.0 or less or a CCR of less than 67 percent in their next term, they will be placed on academic conditional enrollment. Once a student is placed under conditional enrollment, they may be subject to financial aid suspension.

As a student enters conditional enrollment they are required to meet with a campus advisor of their choice and complete an Academic Improvement Plan (AIP).

When students meet with an

advisor to create an AIP, the student, instead of scheduling one semester at a time, schedules their next four semesters of enrollment.

"The AIP is meant to focus on the future," said Hildreth. "Not just one semester at a time. We're placing a larger focus on goals."

Any student that is in conditional enrollment and does not meet of the two standards will be placed on academic disqualification and will not be allowed to enroll in credit coursework for a period of one semester.

Disqualified students, after waiting one term will meet with an advisor, fill out an AIP and be placed on conditional enrollment.

"It's still just the first semester we've implemented the new policy," said Hildreth. "It's still being tested so it may still be tweaked."



## Bears fight close battle, not enough in the end

By **Jessica Kinnetz**  
Staff Writer

DMACC Women's basketball team suffered their second loss at home Wednesday night, 68-63 to Southeastern Community College.

The game started out with a technical on the Bears for miscommunication of the line-up.

It wasn't far into the game when Kelsey Fynaardt, no. 42, fell to the ground, rolling her ankle.

The Bears put up a close fight and applied full court pressure to stop Southeastern's offense.

But the Blackhawks broke right through it.

"The girls are trying," said Head Coach Steve Krafcsin. "Too many mistakes, missed free throws and shots. We struggled."

Joscelyn Coleman, #25, was

a high scorer of the night with a total of 17 points, followed by Ashley Hagedorn, no.10, with 14.

"Joscelyn is our emotional leader," said Krafcsin. "We couldn't get into rhythm. It was a different game for us."

However it was not enough to stop Southeastern defense on the Bears. A ball handling error led to a throw down the court for a lay up to take the lead and make the score 23-21.

The Bears took a time out to settle down. They came back and tied but had a missed bounce pass by Hagadorn, which led to Marci Robeoltman, no. 45, to foul with her second of the game.

Southeastern had the lead of 29-28 at the half.

The Blackhawks came out scoring but did not have the lead for long. It was a back and forth battle the rest of the quarter.

The Blackhawks made a three pointer, which made the score 64-60.

As time started ticking down, Krafcsin called another time out.

There was a missed three pointer by Hagadorn followed by a failed attempt shot by Robeoltman.

Hagadorn quickly got the ball back with a minute left and made a 3-point shot.

"We were right there to have a chance and come back," said Krafcsin. "When we don't shoot well, it affects everything we do. We were trying to get back into the game, we had a plan and it fell

through and broke down because of bad communication."

The final score was 68-63.

"We just overthink the plays and it's a learning process," Krafcsin said. "We're putting this game behind us and getting back to work and coming and getting the next one."



Photo by Jessica Kinnetz

Carrie Wood goes up for the basket during the game against Southeastern Community College. The game was a 68-63 loss for the Bears.

Women's BB				
SCHOOL	OVERALL	GB	ICCAC	
Southeastern	10-0	1.00	0.0	2-0
Iowa Central	9-1	.900	1.0	0-0
Ellsworth	8-2	.800	1.0	0-0
Kirkwood	7-2	.778	1.0	0-0
Marshalltown	4-2	.667	1.0	0-0
NIACC	4-3	.571	1.0	0-0
Southwestern	2-9	.182	1.0	0-0
<b>DMACC</b>	<b>8-3</b>	<b>.727</b>	<b>1.0</b>	<b>0-1</b>
Iowa Lakes	3-5	.375	1.0	0-1

Men's BB				
SCHOOL	OVERALL	GB	ICCAC	
Kirkwood	7-1	.875	0.0	1-0
Southwestern	6-4	.600	0.0	1-0
<b>DMACC</b>	<b>10-2</b>	<b>.833</b>	<b>.5</b>	<b>0-0</b>
Iowa Central	7-4	.636	.5	0-0
Iowa Lakes	5-5	.500	.5	0-0
Ellsworth	4-5	.444	.5	0-0
NIACC	3-5	.375	.5	0-0
Clinton	3-5	.375	1.5	0-2

## Nate Mason leads DMACC men's basketball team past County Upper Academy, 82-37



Photo by Jessica Kinnetz

Roberto Asencio goes up for the basket

## Upcoming Home Basketball Games

### WOMENS BASKETBALL

Thursday 12-8 @ Grandview JV @ 7pm

Saturday 1-7 Iowa Lakes @ 1pm

Wednesday 1-11 @ Southwestern @ 5:30pm

Saturday 1-7 Iowa Lakes @ 1pm

\*(Scrummage)

### MENS BASKETBALL

Friday 12-9 Indiana Dabney @ 7 pm

Sunday 12-11 Simpson J.V. @ 2pm

Wednesday 1-4 Iowa All-Stars @ 2pm \*

Saturday 1-7 Iowa Lakes @ 3pm

**DMACC** - Sophomore Nate Mason of Cincinnati, Ohio, led five players in double figures with 17 points as the DMACC men's basketball team defeated County Upper Academy, 82-37, Nov. 29 at the DMACC gymnasium.

Sophomore Kurtis Phillips of Adelaide, Australia, scored 13 points, sophomore Cole Martin of Omaha, Neb., and freshman La'Treé Russell of Naperville, Ill., had 11 points each and freshman Roberto Asencio of Santo Domingo, Dominican Republic, added 10 points as the Bears improved to 9-2 for the season.

DMACC held a commanding 38-18 lead at halftime and led by as many as 49 points in the second half. The Bears controlled the boards, 53-29, with Phillips' 11 rebounds leading DMACC. Freshman DeVonte Smith of Chicago, Ill., Martin, Asencio and freshman Michael Aldeman of Iowa City, had six rebounds each. Martin and Aldeman had five assists apiece and Martin added six steals.

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# It's the time to find your fir

Your holiday guide to finding the perfect tree, and information on how to properly dispose of it at the end of the season

**By Alayna Barnett**  
Staff Writer

"I think that I shall never see, a gift as lovely as a fresh-cut Christmas tree"

OK, OK, apologies to poet Joyce Kilmer. For families that do want to cut down their own tree, however, there are several options in Story and Boone Counties.

In Maxwell, Sandra Hunter runs The Christmas Tree Farm. Open seven days a week from Thanksgiving to Dec. 19, the farm features five tree varieties, as well as amenities to enhance the tree cutting experience.

Hunter says there is no real "average" amount of time for choosing a tree, and that the process is about the family interaction. For many, choosing and cutting the tree is a family tradition, complete with negotiation and squabbles. "In some families, we're seeing the next generation," Hunter says. "I even have a family that comes from Montezuma every year."

Of course, not every family that wants to cut their own tree has to go quite so far from home. Boone resident Jessica Baber and her family got their tree from Morgan Tree Farm, just south of Ogden.

"My dad and uncles had a tree farm when I was growing up, so we always cut our own tree," she explains.

Hunter encourages families to prepare for their visit by "know(ing) the size of tree they want to cut, particularly the diameter. The trees always look a lot smaller in the field than they do in the house."

Situated on 7 acres, planting at The Christmas Tree Farm begins in April. In 2010,

Hunter planted 1,100 trees, and 850 in 2011. She aggressively pursues weeds as well, mowing and using Roundup regularly.

Amenities vary from farm to farm. The Christmas Tree Farm offers a variety of services, including the saw for cutting and a sled for hauling the tree back to the shop area. Staff then shake out loose needles and other debris while families warm up inside the shop, where there are warm drinks.

Prices range from \$25 to \$40, depending on variety and in some cases size. Some farms also carry a limited number of pre-cut trees for those who want varieties or sizes not grown on-site. This pricing is another factor for Baber and her family.

"We usually are able to get a bigger tree for a better price, and the tree lasts longer because it's fresher," she says.

Fresh-cut trees are not really any different to care for than pre-cut, although Hunter says most won't need the bottom cut off. Warm (not hot) water is recommended when possible, and the water level should be checked frequently, as recently-live trees do drink more than others.

Hunter adds that families should, "Dress appropriately for the weather: boots, gloves, hats. Wear clothes that can get dirty."

Baber summed it up by telling of Christmas 2010, when her family was visiting her mother in Wisconsin. It was the first year all of her children were old enough to go, and, "we took a tractor ride to the center, and there was hot chocolate and the kids were making snow angels."



Photo provided by Sandra Hunter

Sandra Hunter's "helpers" at The Christmas Tree Farm in Maxwell, shake down a freshly cut Christmas tree.

## Disposing of your tree

**by Alayna Barnett**  
Staff Writer

When the Christmas tree is droopy and sad it's too late to figure out what to do with it; the time to make plans for after Christmas is now.

In Boone, "clean" Christmas trees that have been stripped of all ornaments, lights, bags, tree stands, and every single strand of tinsel can be "TreeCycled" between Jan. 1 and 15 at locations throughout the county (see

below).

Beginning in January, Ames Chitty customers can call 515-382-3808 no later than 4 p.m. on Tuesday for pickup Wednesday. This service is available to current Chitty customers only, for \$5 per tree.

Shannon Broadway, of Waste Management, says there is "no extra charge to customers" for Christmas tree removal.

Boone residents simply place the trees curbside on any usual trash pickup day in January. Ames residents should call

the number on their bill to arrange Thursday curbside pickup through Feb. 2.

Lisa Anderson, Environmental Education Coordinator for Boone County, says the Boone TreeCycle program started in the 70s, and is open to residents of Boone County only. The county chips/mulches the trees and then uses the result in county and city parks.

She adds, "It does not cost Boone County residents anything to drop their tree off at the designated sites."

### Residents of Boone County may take their stripped Christmas trees to the following locations:

- In **Boone**, drop off is at Herman Park (at south end of Greene Street).
- In **Boxholm**, drop off is at the Boxholm city water tower.
- In **Luther**, drop off is at the Luther city water tower.
- In **Madrid**, drop off is at the Madrid city maintenance shed.
- In **Ogden**, drop off is at the Ogden city maintenance shed.
- At **Don Williams**, drop off is at the park maintenance shed.

**For more information, call the Boone County Landfill at 515-433-0591 7:30 a.m. to 4:00 p.m. Monday through Friday or 8:00 a.m. to 11:00 a.m. on Saturday.**

## Local Tree Farms:

**Enchanted Valley Tree Farm**  
Joseph and Janice Reutter  
1323 Montana Rd.  
Boone, IA 50036  
Phone: 515-432-1955

**Morgan Tree Farm**  
1475 H Ave  
Ogden, IA 50212  
515-275-4161

**The Christmas Tree Farm**  
Sandra Hunter  
33459 663rd Ave  
Maxwell, IA 50161  
Phone: 515-387-8778



**Strutman Tree Farm LLC**  
Ronald McMillen  
58976 290th St  
Cambridge, IA 50046  
Phone: 800-982-9942

**Deal's Orchard**  
1102 244th St.  
Jefferson, IA 50129  
Phone: 515-386-8279

**Rettig Tree Farm**  
Vernon and Sarah Rettig  
7602 NE 114th Ave  
Bondurant, IA 50035  
Phone: 515-967-4013



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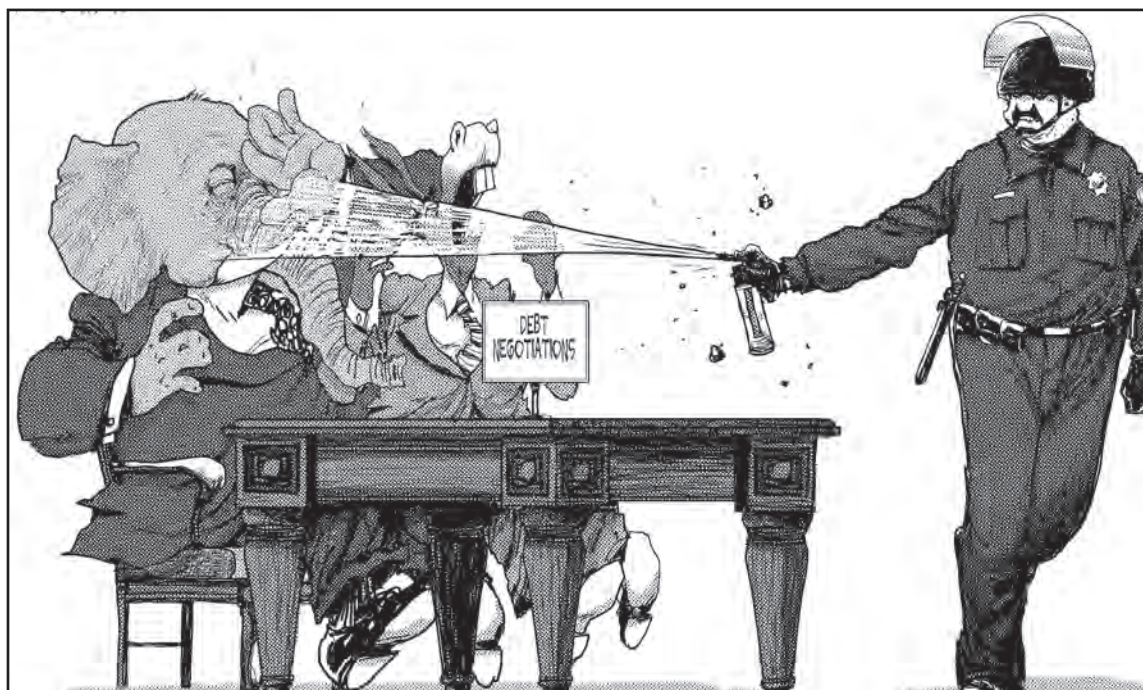
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## ~Editorial

# Freedom from the press

## Editor in chief passes the keyboard to new leader

Where has this semester gone? I can't believe that finals are next week and that this semester is almost over. That means my term as Editor-in-Chief has come to an end.

As I sit here writing this, I think back on my two-semester term as Editor and think about the great experiences and the not so great experiences I've had and all of the great things that I've learned.

Since I've been on the Banner News staff, I've taken numerous trips, some out of state, to attend different workshops on newspaper writing. I think that my most memorable trip was last December when I attended a workshop down in St. Petersburg, Florida. I attended this conference with the former adviser, and two other staff members.

When the conference was over, we had to fly out of the Tampa airport and fly to Chicago. Well let's say that we made it to Chicago,

but we didn't make it to Des Moines. We were stuck in Chicago for three days because of the snow. We ended up missing the first day of finals but it all worked out in the end.

Since I've been Editor, I've had the privilege to work two great staff teams and two great advisors. I owe a big thank you to Julie Roosa for all of the help and support she has provided these past two semesters. I couldn't have done it without her help and the help of my staff. I also owe another huge thanks to the former advisor, Jan LaVille. I wouldn't be where I am today in the journalism field if it wasn't for her help and support.

We've had our rough spots during the semester, but everything worked out and we were able to get the paper done and published.

I wasn't sure if I was coming back to the paper next semester, but I will be back. I will be taking on a

more behind-the-scenes role. I will be helping to train the new Editor, as well as taking care of more the business aspect of the paper.

It is still hard to believe that I will be graduating in May. It will be a new experience. DMACC has been my home away from home for the past two years. I've been involved in just about everything here, from a play every semester to being on the Student Activity Council. I will miss this place but it is time to move on and begin the next chapter in my life. I am really hoping to transfer to Iowa State but that is all up in the air at the moment.

I hope that everyone has a great and safe holiday break and for those graduating this fall semester, good luck to all of you. We'll see you in the spring!

**Sincerely,**

*Kevin C. Langel*  
Editor-in-Chief

# Have a great and safe holiday!

~The Fall 2011 Banner News Staff~  
Kevin, Stacey, Cody, Dwight, Alayna, Jessica, Lori, Kodie, Gary, Josie and Julie

# Stay healthy during this holiday season

By Lori Harvey

Health Writer

About two months ago I interviewed Dr. Mayer Eisenstein with Home First Clinics near Chicago, IL. Dr. Eisenstein has over 40,000 patients with virtually no asthma or autism in his practice.

I have attended many of Dr. Eisenstein's webinars online thru his website homefirst.com. He concentrates on health without the intervention of mainstream medicine.

The following five questions are what I asked him and my summary of his response follows each question.

**What is the number one health issue facing college students today?**

There are actually three issues facing students today. Obesity, smoking and the taking of birth control pills. The obesity affects a student's blood pressure & can cause diabetes. Obesity can also lead to metabolic syndrome which ultimately leads to cholesterol problems. Cigarette sales are higher than ever. Quit smoking, your body will thank you for it.

**What is the best way for students to stay healthy for those living on and off campus?**

Going away to college is too much change at one time. Perhaps try a junior or community college first. Most college students who head off to college right away

don't eat right or get the right amount of sleep. Mononucleosis is very prevalent in students in colleges.

**What would you recommend to students who are starting to feel sick or who are sick?**

If you live close enough to home, go home. Eat chicken soup, take your Vit. C & D3. Stay away until you are well. Tylenol & aspirin just mask things over. If you stay in school while you are sick, you'll just be sick longer.

**What is your opinion about the flu shot?**

The flu shot has never been shown to work. 75% of doctors don't get it. The flu shot is one of the biggest hoaxes ever perpetuated on the U.S. population. The best way to avoid getting sick is to take lots of Vitamin D3.

**Many colleges require students to get certain vaccinations before moving into student housing or getting into medical programs. What would you recommend for students that want to avoid these vaccinations?**

Many schools will accept a religious waiver for vaccinations. (48 out of 50 states have religious exemptions) Many college students are not educated on the risks or benefits of vaccines. Students need to do their homework, weigh the pros & cons and then make their decision.

# MHO

(My Humble Opinion)

**Need a place to blow off some steam?**

**Maybe make a shout out or two?**

The Banner News MHO is a place that's dedicated to you. Place your opinions and shout-outs in locker 32 by the East entrance of the school, or drop them off in room 115, and we'll do our best to get your word out in this space.

**Please submit any ideas to the mailbox.**

In response to "school sucks," if you are not a part of Student Activities Council, you need to join. Use your time to help plan "fun events."

**-Get Involved**

Finals at 8 in the morning are an inconvenience to us all...

**-Too Tired**

Why can't we put up a Menorah in the Courter Center?...

**-Not so Jolly**

Let it snow.. let it snow.. let it snow...

**-Frosty**

We elves try to stick to the four main food groups: candy, candy canes, candy corn, and syrup!

**-Buddy**

Why is it that gas prices can't stay the same for more than a week at a time?...

**-Payin out the Bum**

Campus should host an "Ugly Sweater Contest" for finals week...

**-Idea for the SAC**

Fuuuuuudge...

**-Ralphie**

*\*Submissions may be public or anonymous*

*\*All entries should be tasteful*

*\*All items are printed at the discretion of the Banner Staff*



## In the Kitchen with Lyn



### Citrus Pork Roast

#### Ingredients:

1 2-3 pound pork roast  
2-3 potatoes, chunked  
2-3 carrots, chunked  
1 6oz can pineapple juice  
Seasoning blend of choice

#### Directions:

- Place pork fat-side-up (if there is one) in a glass baking dish. Season liberally. Surround with potato and carrot chunks. Pour pineapple juice over vegetables.
- Roast at 325F for 20 minutes per pound, up to a 5 pound roast. Over 5 pounds total, cook 30 minutes per pound. Baste about every 15 minutes.
- Allow to rest, covered, for 10 minutes before carving or meat will be dry.

Taste tester S was amazed at the subtle citrus flavor of this roast, and tester SB (who often doesn't care for meat) scarfed it down and asked for seconds.

### Microwave Pineapple Upside Down Cake

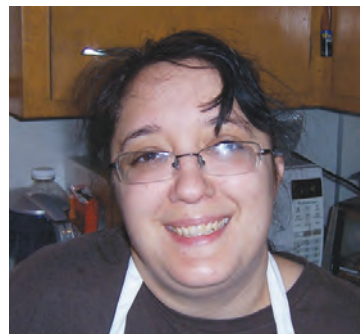
#### Ingredients:

1/3 c. brown sugar, packed  
2 tbsp butter, softened  
1 can pineapple rings  
maraschino cherries  
1/2 c. butter, softened  
1/3 c. super fine sugar  
1 egg  
1/4 c. milk  
1 c. all-purpose flour  
1 tsp ground cinnamon  
1 tsp ground ginger

#### Directions:

- Grease 8" microwave safe dish and line with greased parchment paper
- Cream brown sugar and 2 tbsp butter, spread over bottom of pan
- Arrange slices of pineapple on top of brown sugar
- Sift together dry ingredients.
- Cream 1/2 c. butter and superfine sugar. Fold egg into mixture using an over-and-under motion - DO NOT BEAT/WHIP
- Add dry ingredients to butter mixture, alternating with milk. Pour into pan.
- Cook at 70% power for 6-7 minutes, or until just firm in the center.
- Allow to stand 2-3 minutes then turn out onto plate to cool completely.

Reviewer S said "mphmmmmhmmmmmm!" and offered a thumbs up, which I think was a positive. Reviewer SB was too busy trying to talk me out of a second piece to say much else!



By Alayna Barnett  
Staff Writer

So here we are, our final week together.

This week is a little different. Instead of finding two recipes that were pretty similar, I went for more of a total meal approach.

Since roast takes the longest, I recommend starting this first. The prep is as simple as it gets, and other root vegetables could easily be substituted or added. For seasoning, I like the McCormick Grill Mates line, especially the dry rubs, but really any blend you like or create would be fine.

Pork can be tricky to judge doneness by sight, so this is a good time to invest in a meat thermometer if you don't have one. Pork

should be between 145F and 160F for safe eating.

While the pork is making everyone drool, it's a good time to think ahead to dessert. Since the oven is occupied for a good few hours, the microwave makes a great choice here.

This recipe is not difficult, but the superfine sugar might baffle some. It's located in a carton on the baking aisle, right next to the other kinds of sugar, and there really is no substitute. Super fine sugar blends better and more easily, and is all-around superior when baking.

I used an 8" square pan, since I didn't have a round one, and it worked out nicely. I also didn't use the cherries because, well, ick!

Don't worry if you have to add an extra minute or two for the cake to firm up, this is one recipe where the variations between microwaves definitely matters.

The cake itself came out beautifully, and was well received.

I hope you've enjoyed these visits as much as I have, and that you will continue to push your culinary boundaries.



## This week's horoscopes

Today's Birthday (12/08/11). Artistic beauty calls to you, whether through a song, a painting or some other form of expression. Give in to the desire to create. Regarding investment ideas, get trusted counsel before signing papers. Go ahead and fantasize. Do the research. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

**Aries (March 21-April 19)** -- Today is a 7 -- There could be elements to the puzzle that are hidden from view. Because of this, avoid expensive purchases or big decisions today. Those elements get revealed later.

**Taurus (April 20-May 20)** -- Today is a 9 -- When you're feeling good, it's possible to lose perspective of the world around you. Be considerate of others. Spread the love and the good fortune.

**Gemini (May 21-June 21)** -- Today is a 5 -- A lucky hunch could turn quite profitable. You have the confidence to make your plan work: Put your back into it! Try again at something you failed at before.

**Cancer (June 22-July 22)** -- Today is a 6 -- Find a trustwor-



thy friend to help you solve any dilemmas. Don't take it all so seriously. Not everything that glitters is gold. Inject a sense of humor.

**Leo (July 23-Aug. 22)** -- Today is an 8 -- Stifle your crazy side for a moment. Complete unfinished business (and impress others in the process). Attention to detail comes in handy. Figure out what you really want.

**Virgo (Aug. 23-Sept. 22)** -- Today is a 9 -- The adventure continues, and there's more work on the way. Don't be misled by fantasy. Check your oil and tire pressure, and bring a sack lunch.

**Libra (Sept. 23-Oct. 22)** -- Today is a 7 -- Business interferes with fun. Don't goof off! Plan a trip, and research the best tickets. Then focus on productivity to pay for it all.

**Scorpio (Oct. 23-Nov. 21)** -- Today is an 8 -- Respect the people that helped you get where you are, and show some appreciation. Be careful not to lose what you have in order to get more, even if you're busy.

**Sagittarius (Nov. 22-Dec. 21)** -- Today is a 9 -- As you get lost in the maze today, don't forget your goal. Don't be afraid if you don't know the way. Use your network: Call someone whose view is wider.

**Capricorn (Dec. 22-Jan. 19)** -- Today is a 9 -- Don't worry about the money. Conserve resources anyway. There's plenty to keep you busy, and more work coming in. Stay focused. It all works out.

**Aquarius (Jan. 20-Feb. 18)** -- Today is an 8 -- Make sure what you build is solid. Fantasies fade in the sunlight. Romance is a growing possibility. Choose substance over symbolism, and have fun.

**Pisces (Feb. 19-March 20)** -- Today is an 8 -- Don't let anyone push you. It's your life. Get into a homebody phase. Think about your roots, and where you came from. You choose where you're going.

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