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Banner News

Student Work

11-9-2011

Banner News

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Your Life, Your Campus, Your News

Banner News

DMACC -
Boone Campus
Volume 11, Issue 5
November 9, 2011

DMACC los estudios de España

By **Kodie Butterfield**
Staff Writer

Cada año, Año Internacional DMACC Comité elige a un país para presentar en todos los campus. Este año, ese país es España. Para los estudiantes esto significa varias oportunidades de disfrutar de la cultura de un país extranjero.

“Originalmente fue diseñado para ser una forma de introducir a nuestra comunidad DMACC a la diversidad o culturas que no pueden experimentar de otra manera”, dijo Stacy Amling, profesor de español, que ayuda a coordinar los eventos en el campus.

España fue elegido después de los profesores españoles la idea a la comisión. La planificación ha tenido lugar desde la primavera pasada. El país escogido tiene una conexión a Iowa, DMACC o acontecimientos de actualidad.

Las actividades previstas durante el semestre de otoño incluyen la oportunidad de inscribirse para viajar a España durante una semana en la primavera, las presentaciones sobre la crisis financiera de España y una video conferencia con el Embajador de España en los Estados Unidos.

English version, p.3

Christine Schmitz es un estudiante de la Universidad Estatal de Iowa que está estudiando en el extranjero en España. Ella ha estado allí durante unos cuatro meses. Su decisión de ir a España procede de un amor para toda la vida del país.

“Yo creo que los estudiantes que va a querer ir [a España] deberían prepararse para todas las diferencias en la cultura. La comida es muy diferente. Tiempo en España es muy lento todo el mundo toma su tiempo haciendo cosas. España no está corriendo como los Estados Unidos.”

Mientras asistía a la del Estado de Iowa, Schmitz aprendido acerca de la oportunidad de estudiar en el extranjero y aprovechó la oportunidad. Ella regresará a los Estados Unidos cuando el año académico llega a su fin en mayo.

Amling anima a los estudiantes para aprender más sobre España mediante el aprovechamiento de las diferentes actividades que sucede en los campus. Están terminando este plazo, pero estará de regreso con más actividades en la primavera de 2012.



Photo by Alayna Barnett

Calle Sur, Hispanic Heritage Show was presented in the Courter Center last month. This event was sponsored by the Students Activities Council.

Never too late to graduate

By **Cody Arndt**
Staff Writer

Gary Meyer and Velma Smith, returning students after more than 30 years, explain their decisions to return to school.

“I started college forty years ago, never finished and ended up with nothing,” said Meyer who will turn 59 after summer graduation..

After becoming unemployed a little over a year ago, Meyer took the opportunity to return to school after a forty year absence.

It's old news, but people are still being laid off and in addition to unemployment, those on disability just can't afford to be on disability anymore.

“Coming back to school was my back up plan; the plan was to

work until I couldn't anymore,” said Smith, who is on disability income. She preferred to keep her age private.

But their age doesn't hold them back; though it may set them apart from the rest of the class.

“I always try to sit in the front of the class so I don't see any eyeballs rolling back into heads,” said Meyer.

Every student on campus knows what Meyer is talking about. The gentleman in the front row, off to the side, who has perfect attendance and is always on cue to ask or answer the next question. There's one in every class.

Most students appreciate

Transferring: plan ahead

By **Jessica Kinnetz**
Staff Writer

Students who want to transfer should get organized and plan ahead, advises a DMACC counselor.

Shelby Hildreth says the number one thing students need to do is actually visit the school they want to transfer to.

“Lots of students want to transfer to ISU but have only been there with friends and have not had a real visit.”

She suggests meeting with admissions at the transfer school and making a formal visit.

The next thing she highly recommends is make sure all credits can transfer.

Student Britney Lee transferred into DMACC from another college. She had some classes that did not transfer with her.

“It sucked because you put so much time, effort and money into it.” She suggested planning ahead would help “to make you more aware.”

Help is available on the DMACC website under the student services tab to provide that information. This site enables

students to plug in classes and see how they will transfer.

Many students take advantage of signing up for classes online and counselors encourage that, Hildreth said. But students might not fully understand how certain credits may not transfer. Hildreth advises students to come in and check with a counselor to make sure they are taking the right core classes.

The second thing is to know how to order transcripts and that if you took classes previous to DMACC that you have the original transcript

DMACC also has an APP (Admissions Partnership Program) with Iowa State. The Admissions Partnership Program is a partnership between participating community colleges and Iowa State University designed to provide an advantage to current and future students from those colleges who are planning to earn a bachelor's degree at Iowa State. Program participants plan for a successful transfer to Iowa State University through advising activities, social and cultural opportunities, and satisfying

academic requirements. For more information got to admissions. iastate.edu/partnership.

DMACC also has Partnership Programs with the University of Iowa, Drake, UNI, Buena Vista, Grand View and Simpson, which is very similar to the APP program. This programs helps students take the required classes to transfer with their future college in mind. Go to dmacc.edu/partnerships for more information.

Not being involved in a partnership program does not mean a student is unable to transfer. Check with an Adviser and make sure your classes transfer the school of choice.

A tip for transferring:

1. go to dmacc website
2. click on student services
3. click on advising
4. will take you to a page full of transfer options, click on transfer info
5. Course equivalency and transfer plans.

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Play information on page 4

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DMACC awards thousands in scholarships

By Stacey Walker
Copy Editor

In 2010 DMACC awarded \$110,000 to students

Scholarships are awarded to students in need every semester.

With classes going at \$131 a credit hour and the minimum of 12 credits to be a full time student, the average semester here at DMACC runs about two thousand dollars, without the price of books.

It can be hard to come up with that kind of money, but there are people out there willing to help you every step of your academic journey.

Students always have the option of financial aid available to them.

At the beginning of every semester DMACC offers multiple scholarships through their Foundation program.

DMACC currently has over two million dollars in its foundation accounts.

Scholarships are also available through the Alumni Association and the Pioneer's Star.

DMACC awards students through a careful consideration and a competitive application process.

Scholarships are given based on Essays, Cumulative grade point averages, and financial need.

By filling out the application for DMACC's general scholarship, students are automatically filed as applicants for up to fifteen different scholarships.

In 2010 alone, DMACC awarded \$110,000 to 140 students between the fall spring and summer semesters, making it the highest number of scholarships awarded in DMACC history.

"More students are becoming aware of our scholarship opportunities," said Brian Green, Boone campus's Assoc Provost. "We're trying to get the word out by advertising more."

Students can find scholarship applications and deadlines posted on the hall screens, on the DMACC website, and also in weekly emails.

It's important for students to sign up every semester. There are always new additions and donations to the scholarship program.

"Students here on the Boone campus are also eligible for the Ankeny scholarships," said Green, "in years past, they had to apply separately, but now the applications are combined."

Some of the top donors to the Foundation funds are Al Jensen and his wife Arline, The Beckwith family, and Walter and Lucile Murken. While these families have been very generous, there are also many other independent donors that donate each year.

Hunziker offers students another location



Photo provided by DMACC/ The DMACC Career Academy, Hunziker Center in Ames located at 1420 S. Bell Ave. Off Hwy 30. The center offers one more location for students to continue their education.

By Dwight Lykins
Staff Writer

For some students who live in and around Ames the commute to the Boone campus can seem a little long. Des Moines Area Community College (DMACC) however has an option that students are able to take advantage of. The Ames Hunziker Center which offers over 40 classes for students is a great alternative location for anyone continuing their education.

"We are trying to make education available to everyone at a convenient location." Associate Provost Brian Green

The Hunziker Center, located near the intersection of Interstate 35 and U.S. Highway 30. Provides courses that are fully transferable to public and private four-year institutions Usually offered during the afternoons and evenings, most classes are no larger than 30 students, instructors are able to provide one-on-one instruction.

DMACC partners with Iowa State University through the Admissions Partnership Program

Over 40 classes offered at convenient location in Ames

(for more information see story on page 1) Students can also take a variety of courses, and work towards their goal of transferring, or towards their degree at DMACC.

In addition to offering courses for students at the collegiate level, Hunziker also provides a number of specific career classes to high school students during the day.

Everything ranging from Auto collision to Culinary Arts, most of these classes are only available to

"That's the trouble with offering day classes, the building is full of high school students during the day. And we don't want to make a mature 30 year old student have a class with a immature junior in high school." Green said.

Students who are interested in more information about either taking classes at the Hunziker center or want more information

on the types of classes offered can find support and information with either a student advisor here on campus or from DMACC's website. A detailed list of classes is also available in the spring credit schedule.

Green highlighted plans for day classes to be offered to students at Hunziker. With ideas ranging from early bird classes, which might start as early as 7 am. Day classes for specific courses which would not be ment to compete with classes currently offered at other campus but rather to complement them and offer students another option.

Currently none of these plans are in affect other then a few weekend classes but look for exciting things to happen at this campus in the next few semesters.

After 6 years of successful education Hunziker may finally get the credit it deserves.



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Bear Briefs

DMACC studies Spain

Intramural 4 Ball Pool Contest

The Student Intramural Committee will host a pool contest tournament on Nov. 9 from 10:30 a.m. until noon in the gym. Students who participate in up to four events will receive a free intramurals t-shirt.

SAC Karaoke

Singing and eating, don't skip on Nov. 10, the Student Activities Council is hosting karaoke in the Courter Center from 11 a.m. until 1 p.m. All who participate in the event will receive a \$3 coupon to the Boone Campus Cafe.

Boone Fall Play: Sensuous Senator

The Boone Theatre presents the Sensuous Senator DMACC's fall production will play on Nov. 11 and 12 at 7 p.m. Admission for students is free and \$5 for public. The play is directed by DMACC Drama Department Professor Kay Mueller.

SAC Lunch & Learn

The SAC presents Jennifer Spry-Knutson and her tips on coping with stress. As usual sack lunches are available for \$2 and can be pre ordered from Steve Krafecisin at 515-433-5078. Location has yet to be announced but will be on Nov. 14 from 11:15 a.m. until 12:20 p.m.

Thanksgiving Meal & Entertainment

The SAC is providing DMACC's holiday meal this year on Nov. 16 from 11 a.m. until 1 p.m. in the Courter Center. The meal is free and still to be announced but will be accompanied by live entertainment.

Intramural Wii Deal or No Deal

The SAC will host a Deal or No Deal tournament on Nov. 16 from 9 p.m. until 10 p.m. in the Courter Center. Students who participate in up to four events will receive a free intramurals t-shirt.

Vocal Music Program

Nov. 19 from 7 p.m. to 8:30 p.m.

London Study Abroad

A reminder to to students interested in the study abroad program the application deadline is Nov. 14. Applications are available on DMACC's web page under the study abroad tab or you can contact Maria Cochran at mecochran@dmacc.edu or at 515-964-6482. Scholarships of \$500-1000 are available for students under the same tab and then follow to the Scholarship Oportunities tab.

Bake Sale and Winner

The Banner News Bake Sale on Oct. 26 raised more than \$120 for the food pantry on campus and in the Boone community. Thanks are sent to all who donated. Those who donated had their names entered into a drawing to win a \$20 gift card, the winner was Josie Ennenga of Boone. Josie is a second-year DMACC student who is working toward a human services degree in 2012.

Halloween Costume and Eating Contest Winners

The winners of the Boone Campus SAC sponsored Halloween costume contest and eating contest include: Kevin Langel's headless horseman costume for male student, Mellisa Howe's soldier costume for female student, Sean Taylor's citizen soldier costume for faculty, and Sam Titus for consuming a caramel apple and a quarter of a pumpkin pie in 1 min. and 35 seconds.

Festival Of Trees

The Festival of Trees will be hosted at the Octagon Center for the Arts from Nov. 19 through Dec. 4. Admission is free, however donations are accepted. There will also be silent auctions to benefit art programs. Help decorate the Giving Tree by bringing a brand new pair of children's gloves, mittens or a hat to hang on the tree to be donated to a local charity.

By **Kodie Butterfield**
Staff Writer

This is the English translation of the same story from page 1.

Each year DMACC's International Year Committee chooses a country to feature at all campuses. This year that country is Spain.

For students this means several chances to indulge in the culture of a foreign country. "It was originally designed to be a way to introduce our DMACC community to diversity or cultures we may not experience otherwise," said Stacy Amling, professor of Spanish, who helps to coordinate the events on campus.

Spain was chosen after the Spanish professors pitched the idea to the committee. The plan-

ning has been taking place since last spring. The chosen country has a connection to Iowa, DMACC or current events.

Activities planned during the fall semester include an opportunity to sign up to travel to Spain for a week in the spring, presentations about Spain's financial crisis and a video conference with the Ambassador of Spain to the United States.

Christine Schmitz is a student at Iowa State University who is studying abroad in Spain. She has been there for about four months. Her decision to go to Spain comes from a lifelong love of the country.

"I believe that students who would ever want to go [to Spain] should prepare themselves for all the differences in culture. The food is very different. Time in Spain is very slow everyone takes their time doing things. Spain isn't

rushed like the United States."

While attending Iowa State, Schmitz learned about the opportunity to study abroad and jumped at the chance. She will return to the States when the academic year comes to an end in May.

Amling encourages students to learn more about Spain by taking advantage of the different activities happening on campuses. They are wrapping up this term, but will be back with more activities in spring 2012.

If students would like to become involved in Spain year or have ideas for future activities, contact Amling at slamling@dmacc.edu. More information about Spain year can be found at: <https://go.dmacc.edu/spain-year/>

Returning students continued

FROM PAGE 1

having more diverse classes; they find it interesting that someone 30 to 40 years older than them is learning the same thing. They ask students like Meyer and Smith

questions about class assuming they've already done all of the studying and the homework. Some people just roll their eyes.

Actually, it seems learning does come easier with age, both Smith and Meyer both agree the lessons being taught in the classroom are more relatable now due to the life experiences they've already had.

"For example: the Federal Income Tax class that I'm tak-

ing," said Smith. "I've filed tax returns for more than 40 years so I already have a pretty good idea of how to approach them."

So life experience helps, but both returning students also realized that having already lived their party days, that there are a lot less distractions in the classroom.

Yes, they don't party; they aren't in that crowd but they still have responsibilities and families. The question becomes how to cram for the next exam in between taking time to pick up and drop kids off at practice and putting dinner on the table.

"I have three kids and sometimes I'll get home a 2 o'clock in

the afternoon and can't crack a book until 9," said Smith. "So I always leave the books in the car and if I'm picking the kids up somewhere I can always read 2 or 3 pages. Life comes first and then whatever time I have left, I squeeze into studying."

There's still stress for older generations, the same, if not more, than the younger generations. One thing both have in common is financial aid. It doesn't matter how old you are, you can always apply for loans, grants and scholarships.

Smith found aid; Meyer has a Pell Grant and received a summer scholarship.

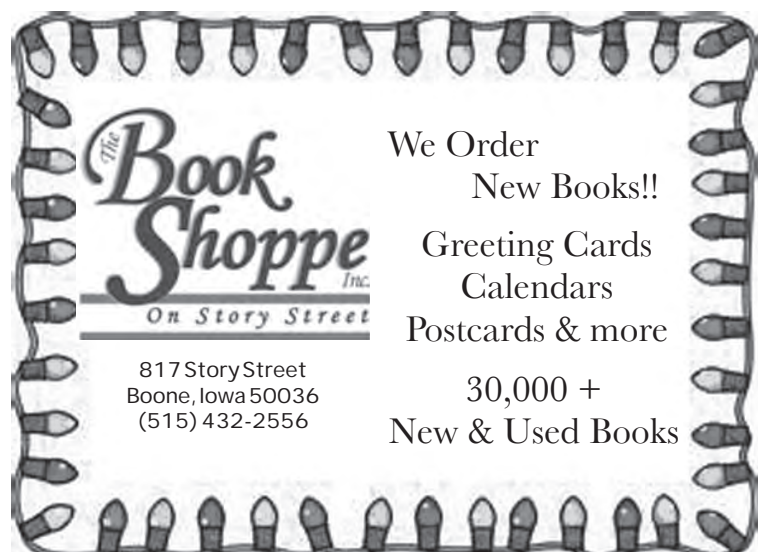
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Meet the stars of 'The Sensous Senator'



Name:
Blake Davenport
Age:
19
Part in Play:
Senator Harry Douglas
Year in College:
Sophomore
of plays at DMACC:
One
Major:
Liberal Arts
Plans after DMACC:
Transfer to ISU and major
in computer science
Where do you work:
Best Buy
Hobbies:
Running, lifting,
videogames
**Why did you try out
for the play:**
I didn't, I was pulled into it
**What do you think of
the play:**
Funny as hell!



Name:
Kodie Butterfield
Age:
19
Part in Play:
Lois Douglas
Year in College:
Freshman
of plays at DMACC:
One
Major:
Elementary Education
Plans after DMACC:
Transfer to ISU
Where do you work:
Hy-Vee
Hobbies:
Fishing, boating, going for
walks
**Why did you try out
for the play:**
Matt Beyer made me
**What do you think of
the play:**
Crazy, funny,
awesome



Name:
Matt Beyer
Age:
24
Part in Play:
Congressman Jack Maguire
Year in College:
Freshman
of plays at DMACC:
One
Major:
History/Art History
Plans after DMACC:
Attend either ISU or Uni-
versity of Wisconsin
Where do you work:
Hy-Vee
Hobbies:
Piano playing and shopping
**Why did you try out
for the play:**
To get back into theatre
**What do you think of
the play:**
If you like people in boxers,
then the play is for you



Name:
Sean Hanlin
Age:
18
Part in Play:
Congressman Clyde Salt
Year in College:
Freshman
of plays at DMACC:
One
Major:
Liberal Arts
Plans after DMACC:
Find a four year school to
transfer to
Where do you work:
Papa Murphys
Hobbies:
Writing, Acting
**Why did you try out
for the play:**
Seemed like it would be
fun
**What do you think of
the play:**
Hilarious



Name:
Rachel Davis
Age:
19
Part in Play:
Fiona
Year in College:
Freshman
of plays at DMACC:
Four
Major:
Undecided
Plans after DMACC:
Go to nursing school
Where do you work:
N/A
Hobbies:
Reading, sketching, haning
with friends
**Why did you try out
for the play:**
Cuz I always do
**What do you think of
the play:**
Oh geez, quite embarassing
and hilarious



Name:
Stephanie Clemons
Age:
19
Part in Play:
Miss Morrison
Year in College:
Sophomore
of plays at DMACC:
One
Major:
Nursing
Plans after DMACC:
Start a career as a RN
Where do you work:
Work-study
Hobbies:
Jet skiing, camping, spend-
ing time with family
**Why did you try out
for the play:**
Just filled in running lines
and got casted-surprise to me
**What do you think of
the play:**
Very sexual, but very funny



Name:
Rachel Baldus
Age:
19
Part in Play:
Veronica
Year in College:
Sophomore
of plays at DMACC:
Two
Major:
Undecided
Plans after DMACC:
Not sure yet
Where do you work:
ACE Credit Union
Hobbies:
Writing and reading
**Why did you try out
for the play:**
I didn't try out. I was just
asked to fill in for a part
**What do you think of
the play:**
Oh gosh. It's rather
risque



Name:
Kevin Langel
Age:
19
Part in Play:
The Policeman
Year in College:
Sophomore
of plays at DMACC:
Four
Major:
Liberal Arts
Plans after DMACC:
Hope to transfer to ISU
Where do you work:
The Lucky Pig
Hobbies:
Playing piano/trumpet,
haning with friends/family
**Why did you try out
for the play:**
Wasn't going to at first, but
some friends made me
**What do you think of
the play:**
Awesome and hilarious



Name:
Brandon Farhat
Age:
18
Part in Play:
Maury Richmond
Year in College:
Freshman
of plays at DMACC:
One
Major:
Undecided
Plans after DMACC:
Transfer to ISU or Berklee
College of Music in Boston
Where do you work:
CDS Global
Hobbies:
Hanging out with friends
**Why did you try out
for the play:**
Being part of the produc-
tion is fun
**What do you think of
the play:**
Good comedy



Name:
Kay Mueller
Part in Play:
Director
**Years teaching
at DMACC:**
27
Title:
Speech and Drama
Professor
Where do you work:
DMACC
Hobbies:
N/A
**Why did you pick
this play:**
Because it's funny and I had
enough men
**What do you think of
the play:**
Classic elements of a farce,
going into a political season
and thought it was
appropriate

Stage crew members: Kevin Wilkison, asst. director; Chris Shannon, lights and sounds; and Brean Woods, set construction (bios available in program)

Cross Country team shatters records, qualifies for nationals

By Jessica Kinnetz
Staff Writer

Two DMACC runners have landed a place in the college record books.

Freshman Allana Lauck of Algona and sophomore Katie Clark of Ames broke school records for a 5K (3.1-mile) race. Lauck's time was 19:52 with Clark a second later at 19:53. Lauck finished eighth overall and Clark placed ninth.

"Both girls are really hard

workers and [are] a great asset to the team," said coach Jim Dose. "They are always next to each other in workouts and meets talking. They really push each other."

According to a DMACC press release, Clark set the previous school record of 20:45 at the NJCAA Division I National Championships in 2010. Lauck now owns the new school record. The team is ranked 14th.

"I love to run," said Katie Clark. "Our team is really good this year. It's fun to have the whole

team go to Nationals because I was the only one to last year."

The team took second at regional's and only the top four teams qualify for Nationals. Lauck and Clark were both named to the all-region team.

"I'm really glad Allana is coming back but we're going to miss Katie and her leadership," said Dose. "They really made it a fun, phenomenal, successful fall season"

The NJCAA Division I National Championships are set for Nov. 12 at Hobbs, NM.

Bears defeat William Penn JV

By Cody Arndt
Staff Writer

After the team's record of 23-8 in the 2010-2011 season, third year DMACC men's basketball coach BJ McGinn is aiming for no less than the top of the conference this year, even if his starting squad are all freshmen.

"We're going to win the conference this year and after that we're going to Nationals," McGinn said.

The Bears played their first game on Nov. 2 and it looks like McGinn may be on to something after his sophomore guard, Nate Mason, led the team to a 59-45

victory over William Penn's junior varsity team.

Mason made half of his shots, scoring 17 points with three assists and three steals.

Forward LaTree Russell made five of six shots and four free throws, scoring 14 points with eight blocked shots.

"The team played great," said McGinn of Mason leading the squad. "But on any given night a different player can [do that.] That's our team this year. They're all great players capable of doing a lot."

As for McGinn's hopefulness on making it to Nationals, it isn't hard to imagine. The team, as a whole, had more blocks, more

steals and more assists than Penn.

"We rebounded well and had several blocks, but we need to do a better job at moving the basketball," McGinn said.

As smooth as their ball handling was, the team also had more turnovers and personal fouls and only made 34 percent of their shots the entire game.

According to a DMACC press release, freshman DeVonte Smith of Chicago scored 9 points for DMACC and sophomore Rico Saldana of New York, NY, had 4 points, 4 rebounds and two blocked shots.

The next home game is Nov. 14 against Clarke JV.

Bears open season with win

By Jessica Kinnetz
Staff writer

The DMACC women's basketball team opened up their season with a win against Grand View University junior varsity on Nov. 2.

The game started out at a fast pace with Grand View scoring first. But it did take long for the bears to catch up. They took the lead and never gave it back.

"We got out to a really slow start," said returning sophomore Ashley Hagedorn. "After half time we kicked it into gear more, only allowing 14 points at half. We were proud of that."

At the half the score was 24-14, DMACC.

Sam Thrapp said, "We're just looking to push the ball and get into our offense and really pressure them on defense, limiting our turnovers and taking more shots."

Hagedorn and Thrapp were both high scorers of the night.

"Being a sophomore you have more responsibility, leadership wise," said Hagedorn. "We just have to be more confident in our shots and knock them down. We've played longer than the freshman. We know what it's like and what it takes to play college ball. It was a good wake up call for them."

The final score of the game was 57-38. A sense of job well

done came from the crowd.

"It was good to get the first game out of the way so we could feel more relaxed," said Thrapp.

"They showed us what we needed to work and improve on for the next games to come," said Hagedorn. "We're excited for the rest of the year now. We know where we stand expectation-wise and we're excited."

According to a DMACC press release, the Bears were 22-11 overall in 2010-11 and finished fifth in the Iowa Community

College Athletic Conference (ICCAC) with an 8-8 record.

The Bears reached the championship game of the National Junior College Athletic Association Region XI Tournament before seeing their season end with a loss to Iowa Central Community College.

"Our ultimate goal is nationals, but we want to take care of the conference teams first and just improve game by game," said Hagedorn.



Photo by Matt Oliver, Boone News-Republican

Ashley Hagedorn defends against Amber Croghan of Grandview during the season opener on Nov. 2.

Men's Basketball Events

Nov. 14: Clark JV
7 p.m. Southeast NE
5:30 p.m.

Nov. 18: Olive Harvey
7:30 p.m.

Nov. 19:
Iowa Central vs. Olive Harvey
2 p.m.

Nov. 19: Southeast NE
4 p.m.

Nov. 22: South Australia
7 p.m.

All events located in the
Boone DMACC Gym



Photo by Cody Arndt

LeTree Russell, freshman, goes up for the basket when the Bears hosted William Penn JV on Nov. 2. The Bears defeated William Penn with a final score of 59-45.

Volleyball

SCHOOL	OVERALL	GB	ICCAC
3 Iowa Lakes	32-8 .800	0.0	9-0
10-Iowa Central	44-6 .880	1.0	8-1
11- Kirkwood	29-10 .778	2.0	7-2
DMACC	28-15 .651	3.0	6-3
Marshalltown	13-23 .361	5.0	4-5
Southeastern	14-22 .389	6.0	3-6
Clinton	22-16 .579	6.0	3-6
NIACC	13-27 .325	7.0	2-7
Ellsworth	19-22 .463	7.0	2-7
Southwestern	10-24 .286	8.0	1-8

Reduce stress to improve health

Keep your body from wearing down by keeping hormones in check

by **Lori Harvey**
Health Writer

As the end of the semester is rapidly approaching, many students are stressing to get projects that are due completed, presentations presented, essays done and anything else our wonderful professors throw in our direction handled. But what is all of this stress doing to our health?

Is it contributing to the 'brain fog' we seem to experience in the classroom whether it's during discussion time or on a crucial test?

I recently talked to Leslie Carol Botha, women's health educator, owner of the website holyhormones.com & host of the radio show, 'Holy Hormones, the Greatest Story Never Told!', on KRFC-FM, Fort Collins, CO. Leslie is an internationally recognized expert on women's hormone cycles and their behaviors but much of her research can apply to men as well.

What does stress do to us? The body can differentiate between good

stress and bad stress, but if it's under stress all the time it loses the ability to do so. When that happens, the body begins to break down and we begin to feel it. Emotions affect our body's functions, which in turn affect our hormones.

As students, we know that when we are under stress from school, home life, our job or whatever else we might have going on in our lives; we tend to get a bit emotional.

Our hormones levels stay elevated as the stress continues, which starts to wear down the systems in our bodies.

Both genders have a circadian rhythm. Each cell in our bodies breathes in nutrients and expels toxins. The endocrine system is especially crucial to get rid of toxins. A woman's reproductive system is the first system that stops working when she is continually stressed out. Her menstrual cycle often goes awry, which may cause problems later on in life. Men also have a decrease in fertility when they continuously are stressed



Leslie Carol Botha, health educator, offers stress-management tips.

over a long period of time.

As the body continues to be stressed, our energy stores become depleted. The body is fighting to keep up. Turning to energy drinks, sodas & coffee to stimulate the body will only contribute to a gradual weakening of the body systems.

As the stress continues, a person will become run down and may become more prone to getting a cold, flu, infections, etc. This is going to depend greatly on the health of the individual. Since the endocrine system is affected by hormones, as the hormone levels drop, the immune system levels also drop.

I asked Leslie what she would suggest for students

to lower their stress levels. She said the following – "If you are stressed, make lifestyle changes.

Get more sleep; make sure you sleep at night. Don't cram.

Make sure you have a good diet. Avoid relying on sugars to help you keep awake for studying. This would include Monster or other energy drinks, sodas, coffee and any other type of sugar. Avoid alcohol and other drug use. Avoid pills that help keep you awake and then take pills that help you sleep.

Reevaluate relationships with your friends, boyfriends/girlfriends. Maintain the relationships that support you and put the others on the back burner.

Reduce stress through diet and exercise. If—schoolwork is causing you stress, get away from it for a while then come back to it. If school is stressing you for too long, then leave school temporarily and then come back, (ie, take the summer off).

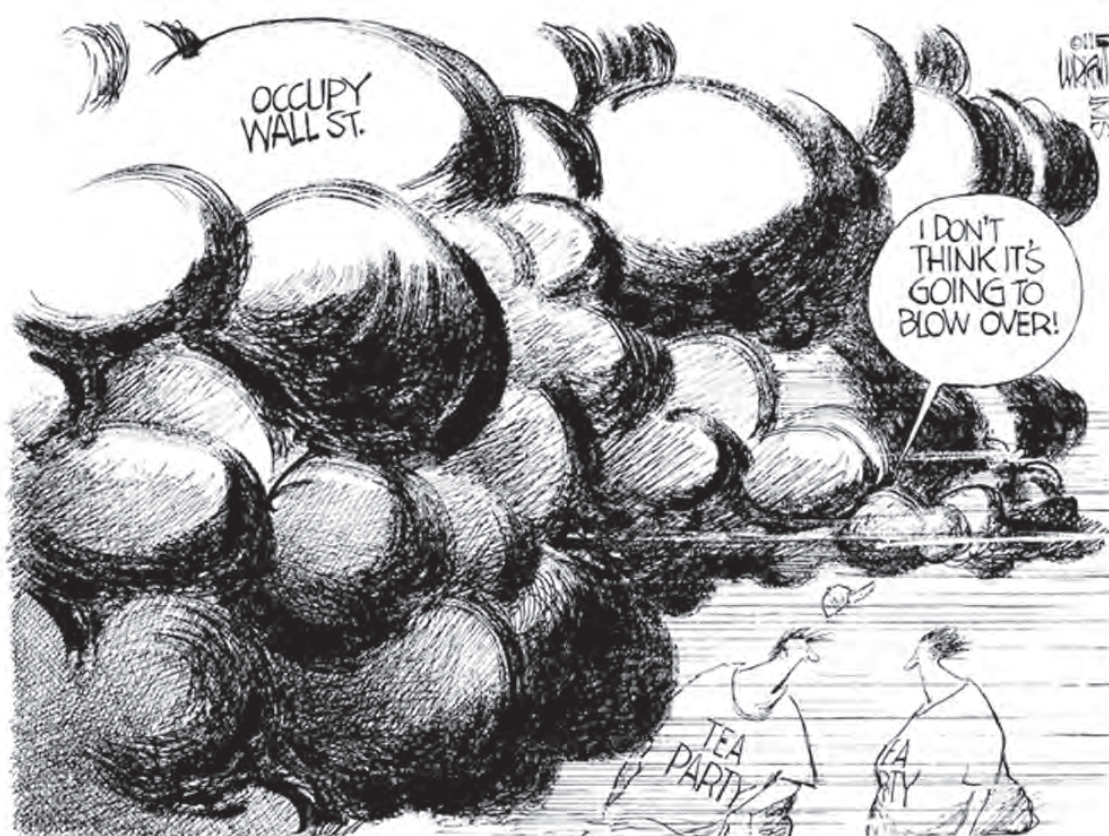
Not only do we need to

plan our classes carefully but also determine whether our relationships with our professors are adding to our stress. If you have a professor that you don't like or simply don't get along with, you are not going to do very well in that class because of the stress level that is being caused by being in that situation.

Reduce the source of external stimuli. The constant barrage of electronics, outside noise, computers, TV, radio, playing music at night while we are trying to sleep is adding to our bodies stress. Our body is trying to constantly adjust the barrage of audio noises. Drive out to the country some evening and just enjoy the quiet. You will feel so much relaxed than hearing some sort of noise constantly.

The worst stress there is students who sleep during the day and then are up all night. This is just compounding the issues we talked about earlier.

Keep these concepts in mind as you start to plan your schedules for the spring semester.



MCT

Have an opinion?

Submit letters to the editor to

**bannernews@dmacc.edu, or put it in the
Banner News mailbox, #32 (by the ATM).**

Practicing what I preach

By **Lori Harvey**
Health Writer



A couple of issues ago, I talked about how Thermography is a key in detecting breast cancer early. On Oct. 25th, I went in for my Thermogram. I received my results this past Friday.

This is how the process went once I got checked in. After filling out the necessary paperwork, I was taken in the imaging room, where Lisa Walknitz went over a few things with me about what I could & couldn't do during the acclimation period. The first ten minutes seemed to crawl by at a snail's pace; the last five, which Lisa said were the most difficult went by fairly quickly.

When Lisa came back in to start the imaging, she stood me in the area where I needed to be. On the screen, everything looked black and white. I was instructed to keep my hands on my head. We started with a full forward picture, then turning at the waist

only, she turned me to the right, then back to center, then left.

I then had to take a few steps closer to the camera and then off to one side to get a closer image of each breast. Again, a picture was taken of each breast. I had to do a breast lift so that she could get a picture of the tissue underneath the breast.

After the images were taken, Lisa colorized them. I was ninety percent equal on my body temperature on the torso. She said this was a good thing since it showed I had good balance.

The images showed two "red" areas. Now remember, there are 3,000 colors between black and white. They could be a cool red or a hot red. The images were sent to Dr. William Amalu in California for analyzing.

Since October is Breast Cancer Awareness Month and most Thermography centers offer specials during this time, Dr. William Amalu is a bit swamped at the moment.

At the Urbandale facility, Thermograms normally cost \$295 but were down to \$150 for the month of October.



In the Kitchen with Lyn



Microwave Old-Fashioned Meatloaf

Ingredients:	Directions:
1 ½ Lb. Ground Beef 1 Egg 2/3 C. Oatmeal 2/3 C. Ketchup ½ C. Finely Chopped Onion 1/3 C. Finely Chopped Parsley 1 Tbsp. Worcestershire 1 tsp Salt ¼ tsp Pepper	Combine all ingredients in a medium mixing bowl Stir, mash, or otherwise mix thoroughly. Spread mixture evenly in a glass loaf dish. Cover with wax paper. Microwave on high for 20-25 minutes, or until center is no longer pink. Rotate the dish ½ turn after 12 minutes cooking time. Let stand, covered, 5 minutes before serving.

Teen taste-tester "SB" couldn't even tell this was microwaved. Adult "S" was also surprised, even with a more highly developed palate.

Mom's Old-Fashioned Meatloaf

Ingredients:	Directions:
2 pounds Ground Beef 1 Large Egg med blurp Bbq Sauce lg blurp Catsup sm blurp Mustard dash Garlic Salt/Pepper 1 tsp Worcestershire Sauce Or Steak Sauce 1/3 - 1/2 cups Uncooked Oatmeal	Mix thoroughly. Pat into loaf pan. Bake for about an hour at 350. Put a smear of catsup or bbq on the top about 15 minutes before done.

This "recipe" is a little funny looking, but I've received more marriage proposals and requests for adoption after making it than you'd believe! S and SB both give it two thumbs up, and there's almost never any leftovers!

Well hello! I'm so glad you came back.

This time we're focusing on another family favorite - meatloaf. Let's begin with the microwave, shall we?

This recipe is pretty straightforward, but I did make a couple modifications. For starters, I used two pounds of ground beef, not one and a half, because I bought the one-pound chubs and I didn't want any to go to waste. I don't think it made any difference to the flavor or texture of in the end.

Another thing I did differently was to substitute two large cloves of garlic, minced very finely, for the onion. Again, I'm pretty sure it didn't have any impact on the end meal.

My least favorite part of making meatloaf is the mixing. Mom always swore that it just wasn't right if you don't mix it by hand, and over the years I've found this to be true. I do not, however, in any way care for the feeling of ice-cold raw meat on my bare skin! My answer to this dilemma is to use powder-free disposable vinyl gloves, which are generally

pretty easy to find in the first-aid section of almost anywhere.

Other than the two small changes, I followed the recipe to the letter, and my taste-testers were thrilled. They both cleaned their plates, and SB said he couldn't even tell it had been microwaved.

Mom's meatloaf is, well, unique. This amazing blend of blorps and squirts never fails to please all who taste it, though, and S and SB were no exceptions. The key to keeping this concoction amazing is to bear in mind what you like - keep the ketchup to a smaller amount if it's not your favorite, for example.

Of course, no meatloaf dinner would be complete without mashed potatoes and gravy, with some mixed vegetables for color and flavor.

Thanks so much for coming back to visit me - I hope I've inspired you to try something different. Next time I'll be looking at vegetable-based main dishes, for those who don't like all this heavy fare. See you then!

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.

Note that the title of this feature is temporary - submit your ideas to the mailbox. After all, this section is all about you.

We should have more opportunities to do FUN things on campus, everything around here is just so boring...

-School Sucks

Can we get a book for the "One Book, One Community, One Campus" that is actually interesting to read instead of a boring one??

-Uninterested reader

Why should I have to take a math course in order to become an English major? I'll never have to use that crap in my life!

-Anon

If I hear one more person bitch about their 8:30 a.m. classes I swear I'm gonna lose it. You picked that timeslot, and you knew what you were getting into...

-Scheduled Smart

People that are constantly changing their relationship status on Facebook drive me crazy, I swear, they just do it for the drama...

-Anon

Confucius Say : A Shotgun wedding is a case of wife or death...

-Anon

I was really tempted to ask Colin Bevan how he survived without toilet paper, but I know Mr. Pritchard would have killed me...

-Comp Student

It is TOO early for Christmas music. Especially when it's Justin Bieber Christmas Music.. there is NEVER a good time for that...

-Bahumbug

Happy Birthday Kaitlyn!!

-Missy

**Submissions may be public or anonymous*

**All entries should be tasteful*

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

MCT

This week's horoscopes

Today's Birthday (11/09/11). This year you gain a new capacity to listen, and for that you're appreciated by your partner. Partnership and friendship bring new satisfaction. Continue figuring out how to make a difference, and leave your singular imprint. Listen to young people.

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 -- It's easy to just bluster through financially. You've got confidence, ambition and power. Keep it inside a plan, and don't spend wildly. Make an emotional appeal.

Taurus (April 20-May 20) -- Today is a 9 -- Learn how to be prepared from another's emergency. Friends are ready to lend a hand, and a strong back or two, if you need them. Better safe than sorry.

Gemini (May 21-June 21) -- Today is a 6 -- Slow down and contemplate. Procrastination is knocking on your door. Indulge it productively by cleaning house, but only if you can keep your deadlines.

Cancer (June 22-July 22) -- Today is an 8 -- Begin a new



for the next few days.

Scorpio (Oct. 23-Nov. 21)

-- Today is an 8 -- Your relationships are becoming stronger. Take care of others like you would like them to take care of you. Join forces with a master of surprises.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 9 -- Make sure that you get plenty of rest as the action gets more hectic. Don't take it (or yourself) too seriously, or you may burn out. Pace yourself. You can do it.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- You're lucky in love for the next few days, although there may be some competition. Finish a contract or document, and get into a new project. Your connections open doors.

Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- You have a lot that is hidden from view. Find change by cleaning at home. When everything's in order, new possibilities arise. Clean finances, too (and earn gold stars).

Pisces (Feb. 19-March 20) -- Today is an 8 -- Dive into a research project. Shut yourself away in a quiet place, and the solutions reveal themselves. You retain the information with ease.

project. Stumble upon your creative self and make things happen. Accept a generous offer for your work. You can see farther. Focus on abundance.

Leo (July 23-Aug. 22) -- Today is a 7 -- Follow your intuition when it comes to career now. Dare for bold and audacious dreams, and go for them. Pay back a debt. The money's available. Plan your actions.

Virgo (Aug. 23-Sept. 22) -- Today is a 9 -- This could be a lucky break for you. Remember that love's the bottom line. Material abundance is nice and could just flow easily. Say "thank you."

Libra (Sept. 23-Oct. 22) -- Today is a 9 -- What you've learned is being tested now. Don't worry about the final score, just enjoy the process. Finances flow

DC comics brings a fresh take on classic characters

Dwight Lykins
Staff Writer

REVIEW

After months of hype and endless previews, DC comics has finally finished rebooting a host of its classic comic book characters in a elaborate campaign called "DC Comics' New 52". The good news about the reboot: since the release in September the "new" 52 have dominated sales. Fans who are excited for the massive retooling that DC has done to its universe have helped DC climb past other publishers such as Marvel, who have dominated sales in the comic world for nearly a decade. The bad news: DC writers were tasked with creating a unique, interesting and sprawling list of new stories. And in some cases they may not have been as successful as they had hoped.

DC created a wonderful marketing campaign showing only clips of DC favorites, such as Batman and Superman in completely new and updated costumes. So finally seeing something that I have known my whole life changed and "updated," turned out to actually exceed my expectations and seemed to be done



Photo Illustration by Dwight Lykins/Picture provided by DC Comics.- The Justice League from left to right. Arthur Curry, Hal Jordan, Princess Diana, Clark Kent, Bruce Wayne, Barry Allen, and Victor Stone

with a lot of care.

However some rather foolish upgrades and unoriginal narratives ruin most of the new 52's allure. "Improvements" like Wonder Woman now has a dad? Or the same old regurgitated story line about some superhero in search of his place in this universe.

Taking a look at a few of my favorite comics that got a re-fresh, I must say one stands above the other 51 as the clear best reboot. Action Comics, the cornerstone of the DC universe, is home to one of the words greatest and well known superhero, Superman. There's little of that "regurgitated" narrative here as Grant

Morrison who many consider to be one of the best writers in comics today creates an exciting and darker series then I've ever seen. It's not the Superman you know from the movies or Smallville. This Superman is an altruistic Kansas farm boy who is on a mission to root out any and all injustice. The eerie cover of

the 2nd issue however points to a totally different direction for this hero. With little to no hints of the teen angst of being from Krypton or other cliché Superman story lines of yesterday, I think this comic has real promise.

After the box office flop and an awful animated feature film after that. The Green Lantern Corps is by far the group that needs the most help. For anyone that did see the Ryan Reynolds adaptation, which may have been like 8 people, you know Mark Strong's character Sinestro, who has been a reoccurring character in the mythos of Green Lantern for awhile now. And this reboot is no different. This antihero is really the center of the Green Lantern not Hal Jordan. Which is really the problem with this book. Jordan is now a ring-less slacker whose obviously being set up for a predictable resurgence. And that's been done far too many times before.

So overall DC's massive undertaking in this project isn't all a bust. Ripe with potential and a wide readership I think these new and improved characters are here to stay. But man what I wouldn't give to read one more Alan Moore Swap thing.

Plug it in, plug it in

DMACC continues to go green with purchase of electric car



DMACC President Rob Denson stands next to the new 2012 Chevy Volt.

Photo by Kevin Langel

By Kevin Langel
Editor-in-Chief

Des Moines Area Community College is continuing to go green with the purchase of the new electric 2012 Chevy Volt.

This Volt is the first one sold in Iowa by an Iowa dealer.

"It is sporty to drive," said Rob Denson, president of DMACC. "It is very responsive, has a lot of cool electronics and the cost per mile is amazing compared to the cost of gasoline."

On a single charge, the Volt will go for about 34 miles, which averages out to about 3.18 cents per mile.

The Volt takes about eight hours to charge with a 110 volt outlet and four hours on a 220 volt outlet. On average, it costs

about \$1.50 a day to charge.

The car will be charged partially from electricity generated by the Ankeny Campus' Kilo-watt-class wind turbine.

The Volt retails at around \$41,000, but a buyer can get federal tax savings from up to \$7,500. DMACC hasn't yet settled on a price for the Volt, Denson said.

According to Chevrolet.com,

On the road with the Volt

The car will be used to highlight:

1. DMACC's green career programs
2. A growing number of green job opportunities
3. The college's efforts to reduce its carbon footprint and reduce energy costs.

DMACC Press Release

"The Volt is unique among electric vehicles because you have two sources of energy; you have an electric source that allows you to drive gas free. There is also an onboard gas generator that produces electricity so you can go up to a total of 375 additional miles on a full tank of gas."

If you have a smart phone, you can download the OnStar Remote Link mobile app and you can see the battery level and charge mode. You can remotely verify that the car is plugged in and even schedule a future charging time.

Alerts tell you when the battery is completely charged or if the charge is interrupted. These alerts are sent via texts or e-mail.

"This car is certainly the a wave of the future," said Denson.

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