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Banner News

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BANNER NEWS



EERIE EVE

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'To get help, you must seek help'

Stacey Walker
Copy Editor

As the end of first semester is rapidly approaching, students may be finding themselves slightly overwhelmed when it comes to course loads and deadlines.

It's always nice to kick back and relax, but there are many different outlets for doing so. Some find themselves turning to alcohol to lessen their stress.

Dr. Jane Martino of DMACC's psychology department says, "Alcoholism isn't seen as a disease, but as more of a social condition. If we dishonor it, it can't touch us."

Alcohol use is commonly seen as a right of passage for incoming freshman. The pressure to drink is a continuing problem on most college campuses. Nearly 73% of the students drink at least occasionally, and one in four young adults, ages 18-34, binge drink, i.e., drink four or more alcoholic beverages in the span of a few hours.

According to www.college-drinkingprevention.gov about 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

Academic struggles aren't the only toll binge drinking can take on students' lives.

Often times young adults may think that participating in alcohol related activities may help boost their social lives, but that assumption is often wrong.

Recent statistics from the National Institute of Alcohol Abuse and Alcoholism show that approximately 150,000 students develop alcohol-related health problem, and suicide rates tend to rise with the influence of alcohol and related substances.

Assault rates also rise as people become further under the influence. According to the NIAAA 696,000 students between the ages of 18 and 24 have been assaulted by another student

who has been drinking. 97,000 students fall victim to sexual assault or date rape.

"Until we can speak openly about what's happening in people's lives, there will be no help. To get help, you must seek help," says Martino.

Of course there are many local programs that can help students cope with the affects of alcohol abuse. But the programs are not only for the substance abuser some groups focus on helping the family members, spouses, and friends.

"If we continue to ignore the risks of binge drinking, we're just letting the fuse burn," said Martino.

*Anyone with questions on substance abuse may contact Jane Martino at 515-310-3264 or jhmartino@dmacc.edu Alcoholics Anonymous Meeting times can be found online at <http://www.amesaa.org> under the District 3 meeting schedule tab.

Trestle Trail Bridge



Photo by Cody Arndt

Cody Arndt
Staff Writer

Once you find the trail-head and gather the courage to step out of your car at 11 p.m. you'll find a treat about a mile east down the trail. Don't mind the creaking bare trees or the sound of

twigs snapping and leaves crunching under your foot, just walk. See that? There in the distance, a neon blue light glows. You walk further and it glows brighter, that's the Trestle Trail Bridge, 13 stories high and a half-mile long. Walk

down the rabbit-hole, enjoy the sights and feel free to get creeped.

The bridge is located 4 miles west of Madrid off of highway 210. Turn left on O Ave. Drive a quarter mile and you'll pass the trail; park on the shoulder.

Burn Baby Burn.

Dwight Lykins
Staff Writer

tips to get your fire roasting

Who doesn't love a huge bonfire on a nice fall evening. The police that's who! Take the time and read these tips straight from local firefighters to keep yourself out of trouble and your friends nice and toasty. Keep in mind these are for fires within city limits. If you wanna get a burn pile roasting, remember to make sure there are no burn bans in affect; and remember what smokey taught you, only you can prevent forest fires.

- * Recreational fires are not allowed within 25 feet of any structure
- * Can be reduced to 15 feet if you have a unit that has complete protection or a lid
- * The total fire size needs to be 3 feet or less in diameter and 2 feet or less in height
- * The fire must be constantly attended and supervised until completely extinguished.
- * Recreational fires are not safe when winds exceed 15 mph.



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Bear Briefs

Sean Campbell Presentation

Twenty-two-year old mental health advocate, Sean Campbell, will be holding a presentation over tolerance and global harmony on Oct. 26 in the auditorium, room 112, at 10:10 a.m. His presentation will strive to reduce stigma and fear associated with interpersonal and cultural differences.

Music by Laura Gould and Brad Myers

The Student Activities Council will be hosting musical acts by Laura Gould and Brad Myers in the Courter Center at 11 a.m. on Oct. 26. Gould is an Iowa native who now works as a recording artist in New York City. Myers is an artist local to Ames.

Halloween Costume Contest

For the tricksters out there without Oct. 31 plans DMACC has you covered. At noon till 1 p.m. in the Courter Center, the SAC will hold a costume contest for a grand prize of a \$25 (unspecified) gift card. Categories include best male student, female, and faculty/staff.

Halloween Eating Contest

In addition to the costume contest, a caramel apple and pumpkin pie eating contest will be held at 12:30 p.m. The fastest time eating both wins another \$25 gift card.

Faces of DMACC

Do you have a DMACC Face? The college marketing department is looking for students, both male and female, to be the face of DMACC's ads, brochures, and other campaigns.

Those interested need to stop by the Courter Center anytime from 9 a.m. till 3 p.m. on Nov. 1 for the photo shoot. In addition, everyone that gets their photo taken will have their name

put in a drawing to win an iPod Nano, gift certificates to the bookstore and other prizes.

Intramural Big Racket Nerf Badminton

The Student Intramural Committee will host a Nerf badminton tournament on Nov. 2 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.

Music by Paul Christian

The SAC will host music from cross-country act Paul Christian Nov. 2 from 11 a.m. till 1 p.m., at a location as of yet to be specified. Christian has played in venues from coast to coast for the last 8 years spreading poetry, music and love as a true troubadour.

Grand View College Rep

Students interested in transferring to new schools with the next semester, be advised there will be a Grand View College representative at the Courter Center on Nov. 2 from 10 a.m. until noon.

SAC Meeting

There will be a Student Activities Council meeting on Nov. 2 at 1:30 p.m. until 2 p.m. Contact Steve Kraficisin at sjkraficisin@dmacc.edu for any questions.

Intramural 4 Ball Pool Contest

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

Dance with Dracula

Dracula will be presented by Iowa Dance Troupe on Sat., Oct. 29th at 7:30 p.m. at the Iowa State University Campus Forker Bldg. 196

in Ames. General Admission for the event is \$5.00. There will also be a costume contest at intermission. If you have any questions, please contact Janice Baker at mover@iastate.edu.

Scholarship Applications Deadline

Over \$100,000 was awarded to Boone Campus students for the 2010-2011 school year. The deadline for Spring scholarship applications is Nov. 4. Online forms are available at dmacc.edu. For any questions contact Katherine Van Roekel at (515) 965-7179.

Documentaries in the Dark

The Boone Campus Theatre will be host to the documentary, "Our Time," a portrait of young American's in the world today. The film covers four grad students traveling the country in an attempt to understand...the country. Directed by Matt Heine-man and Matt Wiggins, "Our Time," will be screen Nov. 4 at 7 p.m.

Season of Flu Shots

A healthy reminder that flu shots are available from now through Dec. 31 at the 8th St. Hy-Vee in Boone, the Boone Hospital will be host periodically through Nov. with more information available at www.boone-hospital.com, the Grand Ave. Walgreens in Ames, the east Hy-Vee location in Ames, and the Walmart on Duff Ave.

Creative Writing Contest

DMACC is holding a district-wide writing contest where all students are eligible. Entries can be poems, short stories or double-spaced prose. Awards include scholarships and cash prizes. For more information contact creative-writingcontest@dmacc.edu.

Events Calendar

Oct. 26: Volleyball
Iowa Central &
Simpson JV
5 p.m.

Nov. 2:
Men's Basketball
William Penn JV
7:30 p.m.

Nov. 2:
Women's Basketball
Grand View JV
5:30 p.m.

Nov. 5:
Men's Basketball
Waldorf JV
2 p.m.



Get involved with all the different activities on campus!

Eco Week OCTOBER 31 — NOVEMBER 4
One Book One College One Community

Boone Campus Activities Daily Trivia Questions at the Library- Win FABULOUS Eco-Prizes

**One Book
One College
One Community**

This year DMACC is participating in a unique program based solely off of Colin Beavan's book, 'No Impact Man.' The program seeks to foster opportunities for creativity, scholarship, critical thinking, academic dialogue and fellowship within all DMACC campuses and the local communities they serve.

Monday, Oct. 31

Consumption and Trash

'No Impact Man' Book Discussion: Noon at the Library

Tuesday, Nov. 1

Transportation

Pedal-A Watt Bike Demonstration: Courter Center

Wednesday, Nov. 2

Food

'No Impact Man' Book Discussion: Noon at the Library (Locovore Display at the Library)

Thursday, Nov. 3

Energy

'No Impact Man' Discussion Colin Beavan on Campus: DMACC Boone Theatre 9:40 a.m.

Friday, Nov. 4

Water

Documentaries in the Dark presents "Our Time": Boone Theatre 7 p.m.

More Information Available at:

<http://libguides.dmacc.edu/onebook11>



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Happy Halloween from
the Banner News!

SCENES FROM A 1920'S EXCURSION



Located at 225 10th St. in Boone is the Boone & Scenic Valley Railroad & Museum. The 1920's Excursion tickets are available everyday for a 2 hour ride that departs at 1:30 p.m. A second ride departs at 4 p.m. on Saturdays. The train travels west, through the ghost of an old mining town, over bridges and scenic overlooks with views of unique wood carvings and historic trains of past. Special train rides are available during the holidays, more information can be found at scenic-valleyrr.com.

Photos by Cody Arndt, Staff Writer

HALLOWEEN → local fright

In 1881, Kate Shelley, walked across a damaged bridge near Boone during a storm to warn an oncoming train that there was a bridge out. The original bridge is long gone (demolished in the 1930's) but the high bridge, built in 1901, is supposedly home to the ghost of Kate Shelley. The bridge has wonderful tales of "Specter" Steam Engines and ghostly "watchmen" that walk it.. Kate Shelley's ghost is said to haunt the hamlet of Moingona, Iowa, South West of City of Boone.

What to be for halloween



- a) \$29.99 Crayola Costume
- b) \$64.99 Thor Costume
- c) \$64.99 King Pig Costume
- d) \$52.99 Zombie Costume

photos provided by halloweenexpress.com

DMACC beats NIACC in 5 sets

DMACC- The volleyball team needed five sets to defeat North Iowa Area Community College (NIACC) Oct. 19 at Mason City. The set scores were 19-25, 25-16, 25-14, 22-25, 15-13.

Freshman Roxanne Grundmeier of Schaller led the Bears with 24 kills and 21 digs. Freshman Olivia Fisher of Janesville added 17 kills and freshmen Jordan Leehy of Neola and Sarah Klahn of Treynor had 28 and 17 assists respectively.

Freshman Amanda Lampman of Lake Mills contributed 2 ace serves and four ace blocks to the win, freshman Taylor Salisbury of Chatfield, Minn., had 22 digs and freshman Mia Pierson of Ames had five ace blocks.

With the win, DMACC improved to 23-12 for the season. The Bears stand 3-2 in the Iowa Community College Athletic Conference (ICCAC).



Photo by Eric Ver Helst

Genesis Villagas-Ramos (left) and Amanda Lampman (right) get up high to attempt to block the NIACC attack.



Photo by Eric Ver Helst

Chloe Schmidt digs the ball out of the net as Mia Pearson looks on to assist if need.

DMACC earns win against Clinton, struggles in Wisconsin tourney

DMACC- The volleyball team defeated Clinton Community College (CCC) 3-0 Oct. 12 at Clinton, and then compiled a 1-3 record in the Kishwaukee Tournament Oct. 14 and 15 at Wisconsin Dells, Wis.

Following those five matches, the Bears stand 22-12 overall and 3-2 in the Iowa Community College Athletic Conference (ICCAC).

Freshman Roxanne Grundmeier of Schaller had nine kills, 20 digs and five ace blocks and DMACC hit .273 in defeating CCC 25-15, 25-15, 25-23. Freshman Olivia Fisher of Janesville contributed eight kills to the win and freshmen Jordan Leehy of Neola and Sarah Klahn of Treynor came away with 17 and 10 assists respectively. Freshman Amanda Lampman of Lake Mills added one ace serve to the DMACC attack and freshman Taylor Salisbury of Chatfield, Minn., had a team-high 23 digs.

Grundmeier had 11 kills and 23 digs as the Bears dropped a 25-16, 17-25, 19-25 14-25 decision to St. Clair Community College in the Kishwaukee Tournament. Freshman Hallie Peterson of Sheffield had nine kills in the loss and Klahn topped DMACC in assists with 19. Leehy finished the match with 18 assists and Salisbury contributed one ace serve and 20 digs. Freshman Ellen Conklin of Davenport also had an ace serve and freshman Mia Pierson of Ames had seven ace blocks.

Owens Community College, ranked fifth in the National Junior College Athletic Association (NJCAA) Division II poll, defeated DMACC 25-12, 25-20, 25-10, also at the Kishwaukee Tournament. Grundmeier led the Bears with nine kills, 14 digs and two ace blocks. Pierson added four kills and three ace blocks and Leehy contributed nine assists. Klahn finished with eight assists and Salisbury had one ace serve and 11 digs.

Fisher had 19 kills and 16 digs and Grundmeier contributed 18 kills as DMACC handed Rock Valley Community College a 25-15, 26-24, 21-25, 19-25, 15-10 loss for its only win in tournament play. Leehy and Klahn finished with 30 and 21 assists respectively

and Salisbury had 26 digs and an ace serve. Lampman finished the match with one ace serve and six ace blocks.

Grundmeier and Fisher had five kills each as Oakland Community College, ranked second in NJCAA Division II, defeated the Bears 25-15, 25-17, 25-12 in the Kishwaukee Tournament. Leehy and Klahn had six assists each and Salisbury and Lampman contributed two ace serves apiece. Conklin topped DMACC in digs with nine and Salisbury added seven. Freshman Kaitlyn Johansen of Grimes, Fisher and Lampman had one ace block each.

DMACC also played North Iowa Area Community College (NIACC) Oct. 18 at Mason City.

XC TEAM TAKES WALDORF INVITATIONAL

DMACC- The country runners swept the first four places as the Bears won the Waldorf Collegiate Cross Country Invitational Oct. 15 at Forest City.

Sophomore Katie Clark of Ames won the 5K (3.1-mile) race in 20 minutes, 47 seconds. Freshman Allana Lauck of Algona matched Clark's time and was credited with second place. Freshmen Kirstin Angus of West Des Moines and Christine Allen of Knoxville finished third and fourth respectively. Angus finished the race in 21:21 and Allen was just a second behind. Freshman Anna-Kate Bruns of Cedar Rapids rounded out the DMACC effort with a seventh-place finish in 21:53.

"Allana Lauck's time was a personal best for her and Katie Clark continues to run strong," DMACC cross country coach Jim Dose said. "Kirstin Angus and Christine Allen also ran personal bests and we were really pleased to see Anna-Kate Bruns break 22 minutes for the first time."

Dose said freshman Brooke Schweikert of Ames had to withdraw from the race after suffering

a hamstring injury.

"It was a great tune-up for our team as they get ready for the National Junior College Athletic Association (NJCAA) regional meet Oct. 28 at Creston," Dose said. "They are all running at their best right now and we look forward to great things at the regional meet."

Banner Player Pick

Name: Christine Allen
Hometown: Knoxville Iowa



Athletic Background: Played volleyball and ran track in high school. Ran cross country for one year at Marshalltown Community College.

Plans after DMACC: Transfer to ISU to major in sports and fitness management.

Volleyball

SCHOOL	OVERALL	GB	ICCAC
5 Iowa Lakes	29-8 .784	0.0	9-0
12-Iowa Central	40-6 .889	1.0	8-1
10- Kirkwood	27-8 .771	2.0	7-2
DMACC	26-13 .667	3.0	6-3
Marshalltown	13-21 .382	5.0	4-5
Southeastern	13-20 .394	6.0	3-6
Clinton	20-15 .571	6.0	3-6
NIACC	12-25 .324	7.0	2-7
Ellsworth	18-22 .450	7.0	2-7
Southwestern	9-24 .273	8.0	1-8

Nominate our next Banner Player Pick. Send your suggestion to bannernews@dmacc.edu.

Research site serves as desert campus

Darkness cloaked the desert, pierced only by a canopy of stars that provided a glittering backdrop for 20 college students treading cautiously over the cracked, dry landscape. But a soft hiss stopped them in their tracks.

Mudassar Haq heard the rattlesnake and shouted to alert the others as classmate Thomas Parker shined a flashlight on a large sidewinder slithering away under a tuft of salt grass.

"I immediately knew what it was, that's something you don't think twice about," said Haq, 20, a Cal State Fullerton junior. "My instinct was to run."

But neither student did. Their calm response allowed for an unexpectedly close look at a staple of the Mojave and Sonoran deserts.

"This is an unusual treat," Fullerton associate biology professor William Hoese told the group. "We're going to give it room."

The biology students were spending a recent weekend with 40 classmates and two professors at Cal State's Desert Studies Center, a 1,200-acre field station in the Mojave that is one of the world's few desert research facilities. The center, 60 miles east of Barstow near Soda Springs, has a colorful past as a 1940s-era health spa founded by Curtis Howe Springer, a radio evangelist.

Springer built dormitories, created mineral baths in the

"I hate the wilderness. I'm a germ-freak. But I had to come, otherwise I'd fail the class."

*~Sweta Babaria,
Cal State Fullerton student*

shape of a cross and sold positions he claimed would cure everything from hair loss to cancer. He named the resort Zzyzx, so it would be "the last word in health," as he put it. But he had set up his business on federal land without authorization and it was confiscated in 1974, although the sign for Zzyzx Road between Los Angeles and Las Vegas still puzzles motorists on Interstate 15.

A man-made oasis, the site is now part of the 1.6 million-acre federally owned Mojave National Preserve. The Cal State facility is run by a consortium of seven campuses and managed mainly by Cal State Fullerton. About 2,300 people visit annually, including day-trippers and those planning multi-night stays.

For a \$16 nightly fee (\$8 for Cal State students and staff), guests can use the center's library, lab, Internet access, cots and hot showers. Some expenses at the center have been trimmed because of state funding cuts but overall operations have not been threatened, said its director, Cal State Fullerton professor William Presch.

This year, it received \$56,000

for operations from the Cal State system and another \$50,000 in fees that pay for major equipment and upkeep. The center will soon install a 40-kilowatt solar plant that will power most of the facility.

The National Park Service owns and maintains many of the older buildings and submitted Zzyzx, its original buildings, landscaping and other features for National Historic Registry status.

A lake on the property is home to the Mohave Tui Chub, an endangered fish once thought to be extinct. The center attracts researchers from around the world to study geology, climatology, astronomy and other fields and it has been used in feature films and documentaries.

NASA uses it as a base camp for its Spaceward Bound program, which trains students and teachers to live and work in harsh environments that mimic surfaces of the moon and Mars. It's also a place where Cal State and other students learn firsthand about desert plants and animals, and where many have a first encounter with the natural world in an unforgiving environment.

"It's a big thing for them to think they might not shower for a night," said Fullerton associate professor Danielle Zacherl, who brought 240 members of her introductory biology class to the center over two recent weekends. "Being in the desert is a physical and cultural challenge."

That point was emphasized by site steward Jason Wallace, who briefed the students on a few basics: The nearby springs attract bighorn sheep, foxes and other desert creatures; leave a door or window open and you can expect some interesting visitors come morning.

Some students had no trouble acknowledging they were out of their element and occasionally uncomfortable, on a weekend when the temperature topped 112 degrees.

"I don't like bugs, I stay away from them," said Sweta Babaria, 17, a biology major who is interested in marine life and had to be coaxed to get close to a fluttering dragonfly and other insects during one lesson. "I hate the wilderness. I'm a germ-freak. But I had to come, otherwise I'd fail the class."

After dark, the students set out over the flat, sandy plain with ultraviolet lights to search for scorpions, whose exoskeletons contain a chemical that make them fluorescent under the black light.

About a half-mile out, they could be found lurking in the underbrush, an ethereal, prehistoric presence.

"The scorpions, that was kind of cool," said biology major Chelsy Bognot, 18, who said the weekend was better than she anticipated. "I've been dirt bike riding near Barstow but I've never experienced anything like this. You have an understanding that there's more out here than just shrubs and snakes. There's a lot more life, a food chain."

In the morning, the students rose early for a drive to the foothills of the Soda Mountains to see the Mojave's plant life — creosote bushes, honey mesquite trees, cactus and other species — and watch lizards sunbathing on the red, yellow and black rock beds. Rudy Macias worked his way up the hills taking notes.

"Being in the desert is something I'll probably never do again, unless it's Las Vegas," Macias, 21, a health science major, said jokingly. "But it's neat. Grabbing bugs and looking for scorpions, it's like being a boy again."

MCT



Jay-Z comes to Georgetown University

Professor, author and radio host Michael Eric Dyson has long been an ardent proponent of hip-hop, and now he's teaching a course on one of the genre's biggest purveyors: Jay-Z.

The course, "Sociology of Hip-Hop: Jay-Z," is a three-credit, twice-weekly lecture in session at Georgetown University, where Dyson has been a professor since 2007.

"I'd written a book on Nas, one rhetorical genius, and I wanted to focus on another," Dyson said. "I wanted my students to understand that when you're dealing with an artist like Jay-Z you're dealing with a genius — a

craft of words, an all-time literary great. (Jay) gives us such powerful poetic passion. I wanted my students to understand that."

This isn't the first time Dyson has brought out the academia of a rapper. He previously offered a course on Tupac at the University of Pennsylvania and penned an acclaimed book on the slain emcee.

Picking Jay-Z as his next focus was easy, he said. "He's a guy from the Marcy Projects that's now worth half a billion dollars, married to arguably the best entertainer out there behind Michael Jackson. I wanted to probe all of these dimensions of Jay-Z

as one of the most gifted and talented musicians of our time," Dyson said.

Students are required to read Jay's book "Decoded," Adam Bradley's "Book of Rhymes" and Zack O'Malley Greenburg's "Empire State of Mind."

Dyson also has students examine his lyrics, and they watch "Fade to Black," his 2004 concert documentary. Dyson's course attracted 140 students, nearly four times the size of an average course at Georgetown, he said.

He hopes to tackle Nas, Lauryn Hill and the Roots for future courses.

MCT

Newscasters of tomorrow



On Oct. 14, staff members of the Banner News and the Urban Vibe had the opportunity to travel to Des Moines and tour the KCCI News Channel 8 studio.

Front row left to right: Kevin Langel, Jessica Kinnertz and Cody Arndt. Back row left to right: Bador Mosa (Urban Vibe), Heather Kilby (Urban Vibe) and Alayna Barnett.

Photo by Julie Roosa

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Prophet's prediction gives new perspective on life

By **Kodie Butterfield**
Staff Writer



Tom Stamman says he is a prophet. As a prophet, he believes "the word of God" passes through him and allows him to convey information about others.

Tom shared his prophecies about members of a DMACC world religion class during an extra credit trip Sept. 28.

Stamman was at Marshalltown First Friends Church, which practices the Quaker religion, in Marshalltown. Our world religion instructor, Judy Marshall, is a co-pastor with her husband at the church. She invited the class to travel to Marshalltown to listen to what Tom had to say.

Intermingled during his sermon, Tom would break away to deliver what he called "Holy Spirit commercials" where he would call a random person from the audience to come up to the stage.

It seemed as if his prophecies were about what the individual was meant to achieve or what good things were coming his or her way.

During one of his "commercials," I was one of the lucky students to be chosen. Tom had several girls come and place their

hands on my back/shoulders and he began talking to me. "You are going to be a teacher. You will also adopt children of color and love them very much." This did not surprise me because most people can point me out as a possible teacher within one glance. Also, ever since my own childhood and being taken in by my grandparents, I have always wanted to adopt.

I was unsure how connected he was to the Holy Spirit because the message to me did not present a sense of spiritual importance.

Tom seemed more a reader of character than a Prophet sent by God to deliver messages unto his followers. He and I had talked earlier in the night and I had mentioned that I was adopted myself, so this makes me feel that he interpreted our conversation into his prophecy. Tom did not know that I was already enrolled in education classes and have always wanted to be a teacher. A lot of people can tell, though, by the way a person presents himself or herself that they could make a good educator. Yet at the same time his message reassured me of my purpose in life.

The presentation itself was very informative and made me feel closer to God and my basic beliefs. On my drive home to Boone I kept thinking about how distant I had gotten from my religion since my grandmother had passed away. God had never really crossed my mind until I started my religion 101 class.

All of us have some type of beliefs about life and how it began, whether it's based on science

or faith. As kids our parents instill us with values and beliefs based upon how they believe. Eventually, though, we all grow up and are put into a place where we must decide on our own.

As a college student it can be hard to let your religion have a part in your life. Between work, school, studying, work study, friends and boyfriends/girlfriends we just don't have the time for it.

Most of us never really think about God or the values our parents once instill in us as children. I remember during one class Marshall telling us that Americans have become so obsessed in life that we forget about why we are here. "Don't live to work, work to live," she said.

Even though Tom's presentation was not what I had been hoping for, it was still a touching experience. Maybe that is what was most important. Even for someone who is skeptical, they have to admit that Tom, the so-called prophet, introduced a new perspective on spirituality and religion for those who attended. Perhaps, this is the real purpose behind the Prophets of God; to reconnect people with their faith in God.



Prophet Tom Stamman speaks to the crowd at Marshalltown First Friends Church.

Photo by Kodie Butterfield

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 the mailbox outside 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.

If we can't have homecoming, give us something else remotely fun to do...

-Bored on campus

If you can't buy your own food, starve. I don't care. Buy your own groceries.

-Anon

"Sleep overs" shouldn't happen every night of the week.. she's not that cool bro...

-Anon

Anyone see that kid dressed as Tinker Bell running around outside last week?

-Amused

That band last week was pretty cool, I wish I could have understood them...

-Anon

Eating ramen dry is a really bad idea. Especially when it comes back up in chunks...

-Bad Choice

**Submissions may be public or anonymous*

**All entries should be tasteful*

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

Your DVR not recording Jersey Shore is a blessing, not a tragedy...

- Get Over It

Haunted forest blows this year...

-Just sayin'

Ashamed to be a State fan...

-No Longer 4 Cy

"May your best yesterday be your worst tomorrow"

-Optimistic

Halloween is coming - watch for witches and goblins!

- Careful Driver

Yes I like pina coladas and getting caught in the rain!

-Anon

Are 'sneaky' fees stealing your fun?

By **Alayna Barnett**
Staff Writer

With both Wells Fargo and Bank of America moving toward a monthly fee for debit card use, the public eye is focused on financial institutions and the ways they take advantage of unsuspecting consumers.

Sneaky fees have become a fact of life here in America, and unfortunately the banks are not the only culprits. Many people have had that unpleasant moment of shock after opening a bill and finding an amount due that is far higher than expected.

Eric Ginder, who works with people of all ages at Consumer Credit Counseling Service in Ames, says the ways companies tack on charges and hide fees are nearly endless. "I see people on fixed incomes who think they've gotten a great deal, but they don't understand all the extras," he explains.

There's really only one way to fight these fees, and that's to be aware. From travel to entertainment, and even holiday shop-

ping, careful consideration can save hundreds - an annual average of \$942, according to Kathy Kristof's 2009 Moneywatch.com article "29 Sneaky Fees and How to Avoid Them."

Obviously, banks are one of the biggest offenders when it comes to sneaky fees. One very simple thing to do is to keep track of balances, something that has never been easier. Online banking is free at most banks, and many of the larger chains have free apps for smart phones. With overdraft fees averaging \$35 per infraction, just knowing where that edge is can net big savings.

Also, plan ahead for cash needs. Using an out of network ATM can get ridiculously expensive, as not only the foreign ATM but also the customer's home bank charge \$3-5 each for the transaction.

The easiest place for many college students to start saving money is their cell phone bill. The Web site watchmycell.com tracks minutes used, which can help determine if the right plan is being paid for. Why buy 1000 minutes per month, after all, if



only 360 get used? Contracts vary, though, so be sure to inquire whether downgrading your plan will trigger early termination before committing.

Speaking of early termination, Ginder emphasizes that non-payment of a bill may trigger that clause, even if service is later restored.

Another common cell phone oversight is 411. Although there are times when it's the only way to get information when out and about, fees that range from \$1.40-1.79 mean it's important to think before hitting send. One alternative is a service such as Chacha.com, an ad-supported answer service.

Juliet Johnston, contracted "Guide" for ChaCha, says, "Just text 411 along with the business

name and location to 242242, and a Guide will retrieve the information and provide it in a return text." While perhaps slower than 411, the price difference may make this an attractive option.

Of course, everyone knows the cable company is ripping them off, but there's nothing that can be done, or so conventional wisdom goes. That may not be exactly true, though. A few weeks of logging actual use may show that one or maybe two programs, which might even be watched free online, are costing an extra small fortune for the next tier of channels. Early termination fees are not just for cell phones anymore, though, so be careful to ask questions before making changes.

Same goes for Internet; beware the high-speed upsell. Make note of how online time is actually spent for a week or two, then hit the tech discussion boards and see what the actual speed requirement for that level of activity is. Those boards are also a great way to find out if the local internet service provider is actually delivering what is promised - those ads generally only say "up to" a

certain rate, after all!

As a final caution, Ginder warns students of what he calls "predatory lenders" - those who use high-pressure tactics and/or don't carefully evaluate a customer's ability to make payments. This can include services such as payday loan companies and rent-to-own programs.

"Payday loans hurt everyone and don't help anyone," Ginder adds. When the final APR is actually calculated, it can be as much as 3 to 400 percent, an astronomical cost the companies "hide" by calling it a flat fee per lending term, not an interest rate.

With the holidays coming up fast, be sure to check next issue for more information on hidden costs of travel and even holiday shopping!

The best way to be protected is to stay alert. Read the itemized parts of bills. If it doesn't make sense, ask questions. If the answers don't make sense, keep asking. It is a consumer's right and responsibility to understand all charges. Getting the information isn't rude, it's just smart.

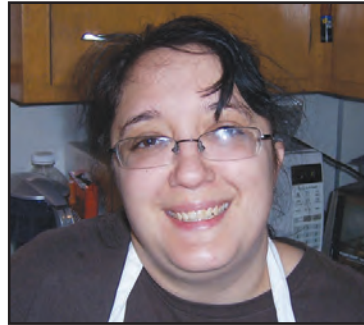


In the Kitchen with Lyn



Microwave Mac and Cheese	
Directions:	Ingredients:
Combine first 5 items in microwave dish. Cover and cook 5 1/2 minutes. 5 minutes more at 1/2 the power. Stir 2 times or more. Mix the rest of ingredients, cover and cook for 20-26 minutes at 1/2 the power. Let stand and serve.	<ul style="list-style-type: none"> • 1/2 pound uncooked pasta • 2 c. HOT water • 3 tbsp butter • salt & pepper to taste • 2 1/2 c. milk • 1/3 c. flour • 12 oz cut cheese

This recipe received a double thumbs up and a "nommish!" from taste tester S. Second tester SB was too busy stuffing his face to do more than nod enthusiastically.



Welcome to my kitchen!

One thing I hear a lot from people I talk to is that they don't cook because it takes too long, or it's too expensive, or they don't know where to start. This is especially true of college students, many of whom live in dorms or other shared housing and may have access to nothing but a microwave.

What many don't understand is that home-cooked meals can be simple and fun! That's what this column is going to be about. Every week I'll feature two recipes, one "microwave gourmet" and one prepared in a more traditional kitchen setup. The recipes will be for the same dish, and I'll include notes on the specific tricks and pitfalls of each. Each recipe will be rated by my crack team of taste-testers, code named S (adult male) and SB (teenaged male).

Let's get started.

For this first run, I thought we'd keep it super simple, and it doesn't get any easier than mac and cheese! First up, the microwave:

There are two tricky bits to this recipe, the microwave and the pan. I used a mid-sized 700

watt countertop microwave and a glass bread pan. A great source for kitchenware is the Goodwill, or even Freecycle.org.

About the only modification I made to this recipe was to use shredded cheese instead of cut. I find it melts easier, and for the dorm-bound the fact that pre-shredded cheese is easily available is an extra bonus.

For those with access to a full kitchen, mom's famous mac and cheese is not much more complex.

Having a family of just three, I almost always halve this recipe unless we're having company. Although the sauce, known as a roux (roo), looks scary at first, once you've done it it's not hard at all. The wheat germ adds a nutty flavor and crunch to the topping, which is sure to please even a tough crowd.

Since macaroni and cheese is quite gooey, I recommend a nice salad on the side to lighten things up, and maybe some rolls to mop up the extra cheese.

I hope you've enjoyed visiting my kitchen, and that you'll come back soon. Next issue we'll be tackling another comfort food favorite - meatloaf. Yes, you really can do that in the microwave, and I can't wait to show you how!

Microwave Macaroni and Cheese recipe found on www.all-recipes.com and serves 3-4

Mom's Macaroni and Cheese is a family recipe, origin unknown, and serves 8-10.

Mom's Mac and Cheese	
Directions:	Ingredients:
Boil Pan of water, then add pasta, then drain. Melt butter in medium saucepan then add flour, stir until smooth. Stir in mustard, then gradually add milk making sure not to curdle or burn. Meanwhile beat egg then add some of hot mix to it, then add back. Finally add in shredded cheese and melt till gooey. Mix in separate bowl wheat germ, sharp cheddar cheese and parmesan cheese. Grease / spray deep baking dish then add pasta, followed by cheese sauce and then top with topping mixture. Bake at 425°F for 15 minutes	Cheese Sauce: <ul style="list-style-type: none"> • 1 lb sharp cheddar, Grated • 3 tbsp flour • 3 tbsp butter • 1 tsp dry mustard • 3 c milk • 1 lg egg Topping: <ul style="list-style-type: none"> • 1 c wheat germ • 1 c shredded cheese • 1/4 c shredded parmesan Other: <ul style="list-style-type: none"> • 1 lb penne pasta <p>NOTE: For the topping sometimes put in other cheeses with cheddar, such as Monterey Jack or pepper jack or swiss.</p>

S and SB both give this two thumbs WAY up, and SB adds that he likes it when I use just a little bleu cheese in the topping.

This week's horoscopes

Today's Birthday (10/26/11). The New Moon in Scorpio shines like a special birthday present. This year you'll be especially lucky, so take action towards your dreams. Discover hidden resources. Be generous with those who are always there for you, and share the good fortune. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.



MCT

Aries (March 21-April 19) -- Today is an 8 -- If you follow the instructions (and your instincts) carefully, you succeed on your first attempt. Use imagination. Focus on love, and give it away. It comes back ten-fold.

Taurus (April 20-May 20) -- Today is an 8 -- Perfection's possible through collaboration. Explore the idea of new partnerships, and be open to a surprising turn of events. Set down strong roots.

Gemini (May 21-June 21) -- Today is a 9 -- There's a lot of energy in the air. Manage it well and your productivity will be off the charts. Get ready for more. Take an active role in your environment.

Cancer (June 22-July 22) -- Today is a 7 -- You're lucky in love today. Home, friends and family delight. Do your inventory and pay bills,

and then reward yourself by sharing quality time.

Leo (July 23-Aug. 22) -- Today is a 7 -- It's time to act on the lessons you've learned in the past. Your family is there for you when you need them. Move quickly. You've set up all the pieces.

Virgo (Aug. 23-Sept. 22) -- Today is an 8 -- A creative challenge launched now could be quite lucrative. Your learning abilities are on the rise. Study hard while you play, but remember: no pain, no gain.

Libra (Sept. 23-Oct. 22) -- Today is a 9 -- You're learning to be successful. Continue reinventing yourself. Provide well for family. Love is the important thing. Be patient with someone who isn't.

Scorpio (Oct. 23-Nov. 21) --

Today is a 9 -- A whole world of possibilities await. Choose the ones that light you up, for yourself and others. There's no time for holding grudges. Dive into action wholeheartedly.

Sagittarius (Nov. 22-Dec. 21) -- Today is an 8 -- Get serious about your strategy (but not too serious). Your typical sense of adaptability gets special appreciation now. Slow down to contemplate from a different perspective.

Capricorn (Dec. 22-Jan. 19) -- Today is an 8 -- Get clear about finances. Do the paperwork. A good suggestion from an unlikely source leads to a profitable venture. Social networking pays (in more ways than one).

Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- Your growing expertise is attracting attention. Ignore this, and plow on. Minimize distractions to focus on getting the job done. This leads to success.

Pisces (Feb. 19-March 20) -- Today is an 8 -- Clean up after your creative bursts of expression. Old ideas come into renewed prominence. Limitations ease. A dream is close to reality. Endings prompt new beginnings.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Finish using TurboTax, say
- 6 They have scales and keys
- 10 Avon lady, e.g.?
- 14 Pitch man?
- 15 Little bit of everything
- 16 Tip-top
- 17 Latitude between the South Frigid Zone and South Temperate Zone
- 20 Surfboard fin
- 21 Native of Lima
- 22 Novelist Kesey
- 23 Hindquarters
- 25 Arms treaty subjects, briefly
- 27 Tried something out
- 32 Cleaned one's plate
- 33 Indian megalopolis
- 34 Copious
- 38 Agent under M
- 40 Highways and byways
- 42 Chimney sweepings
- 43 Lipstick mishap
- 45 Springs, in a way
- 47 Ref's decision
- 48 Test-drove, with "in"
- 51 Environmental activist Jagger
- 54 Copyeditor's catch, hopefully
- 55 Commentator Coulter
- 56 18th-century Spanish fleet
- 60 Science fiction prize
- 63 Macroeconomic theory to explain inflation
- 66 Faded in the stretch
- 67 Dust Bowl migrant
- 68 Denoting a loss, as on a balance sheet
- 69 Every twelve mos.
- 70 Unites
- 71 Napoleon, ultimately

DOWN

- 1 Guesstimates at Maryland's BWI
- 2 Name on a dictionary
- 3 Involve oneself
- 4 Roughly three miles
- 5 Push the wrong button, e.g.
- 6 Candlelight visitor?
- 7 Et. and others
- 8 Trillionth: Pref.
- 9 "You're not the only one!"
- 10 Block
- 11 Is way cool
- 12 Coastal area
- 13 "The Wonder Years" years
- 18 Whirlybird
- 19 Prefix with mural
- 24 Near the center
- 26 Shady group?
- 27 Ties up the line
- 28 Element element
- 29 High, as a kite
- 30 Quay
- 31 Pitcher Nomo
- 35 "Jeopardy!" category
- 36 Mischief-making Norse god
- 37 Henry VI's school

By James Sajdak

Last Week's Puzzle Solved

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