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## Banner News

Robert Robson

Kevin Langel

Austin Leeds

Josie Kramer

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# Banner News

Des Moines Area Community College Boone Campus

Wednesday, September 15, 2010, Vol. 10, No. 1



Photo by Noelle Brockhaff

## High expectations

*Can the DMACC volleyball team live up to the pre-season noise?*

**By Robert Robson**  
*Sports Editor*

Consistency is often what teams and coaches strive to accomplish, and consistently winning is never an easy feat. However, here at DMACC that is exactly what head volleyball coach Patty Harrison and company have done over the past five years.

Coach Harrison first lead the team during the 2005-2006 cam-

paign. Coaching transitions, more often than not, see difficult times in the first season due in part to the time that it takes incorporating their own unique system and giving them multiple off-seasons to recruit players that fit their system.

While the team had done well in the past, the Bears had not been to the national tournament since 2002, but were able to return under Harrison in her opening sea-

son. Being able to finish 10th that season allowed some great doors to open. She would go on to say, with success of DMACC allowed for the school's name to get out there among high school players. The success and increasing number of talented recruits would begin a snowball effect.

Since returning to the National Tournament back in 05-06 the Bears have been back every year since with Coach Harrison at

the helm. Not only getting back to the tournament but building on in by finishing 8th or better the next three seasons.

Going into this season the Bears will start off being ranked 5th overall. There will be a lot of optimism with the presence of more sophomores than usual. Often the team will see the return of 3 or 4, but this year they will see 6 come back to offer knowledge and experience. The first test came

with an early 4 team tournament at Johnson County. The tournament had 3 of the top 10 ranked teams including the Bears.

Composure built through the tournament. Play improved with each match and after a tough 0-3 start the Bears captured their first win of the season against Kishwaukee in an intense 5 game match. Coach Harrison said how

**Volleyball Page 4**

## Central Iowa Honor Flights venerates World War II veterans in trip to Washington, DC.

**By Kevin Langel**  
*Online Editor*

Central Iowa Honor Flights have taken more than 2,000 World War II veterans to the National World War II Memorial in Washington D.C. These experiences have created many memories not only for the veterans, but also for the volunteers and family members who've helped with the flights.

The last flight, which took place on August 19, was the last

"My two grandsons from Maryland and North Carolina met me in Washington D.C. and spent the entire day with me," said Barnes. "It was very interesting to see all of the different memorials, Arlington Cemetery and the Changing of the Guards ceremony. I really felt like I didn't deserve it."

On the flight were 100 volunteers helping the veterans. The volunteers were made up of doctors, firefighters, and EMT's. Very few family members traveled

Mary Jane Green, group leader for business management at DMACC Boone Campus, was one of those family members who got the opportunity to experience the trip as well. Green and her sister flew to D.C. separately and met up with their dad, a veteran of the Navy. Once with their dad, Green and her sister were able to go on the bus with him for the day.

"The neatest part of the trip was riding the bus to Hy-Vee Hall from the Holiday Inn Airport and seeing all of the people lining the



Photo by Derrick Roffman

*"It was a great experience...  
I really felt like I didn't deserve it"*

**-Kenny Barnes**

planned honor flight.

"It was a great experience," said Kenny Barnes, 85. Barnes, a life long resident of Boone, was one of the 299 veterans who got the opportunity to go on this flight.

on the flights If family members went on the same plane, that was one less seat for a veteran. Instead family members were encouraged to fly separately to Washington D.C. and meet their family members there.

roadways cheering and holding signs saying, "Thank you for your service." Said Green.

"The day started very early for the veterans and volunteers,"

**Honor Flight Page 3**

**Malena Wheltro and other DMACC students line up to take advantage of the welcome back free lunch on September 1 in the DMACC Boone Campus Courter Center. Held from 11 a.m. until all the hotdogs were gone. In addition, hypnotist Jim Wand performed at 11:45 a.m. to entertain faculty and students.**

# eBooks hit campus

## Could this textbook change save students money?

By Austin Leeds  
News Editor

DMACC Boone Campus is in the midst of a technological change that may help save students a lot of green – and spare them some back pain.

Last semester, if a student wanted a textbook, he or she had three options: buy a new textbook at full price (plus bookstore mark-up), buy a used textbook (plus bookstore mark-up), or buy a textbook online at Amazon or eBay. This semester, a new option has opened up for PC, Mac, and iPhone/iPod Touch/iPad users – SmartCourse eTextbooks.

### eTextbooks on campus

Last semester, eTextbooks were available as PDF files at different sites across the Web, but this semester marks the arrival of easily-accessible, inexpensive eTextbooks for mass consumption. What helped bring about this change? Amazon's Kindle eReader opened up the world of eBooks to the mass market, but the selection available to users was small and generally limited to novels.

The release of Apple's iPad tablet on April 3, 2010, stirred many publishers to begin digitizing their textbooks, and, as sales of the ever-popular iPad continue to climb toward ten million units, eTextbook availability climbs with it.

While Follett, parent company of the DMACC Boone Campus bookstore (AKA the Knowledge Knook), has released eTextbooks at other campuses, DMACC Boone Campus is not yet entirely ready for the transition. Until that time, the easiest and most inexpensive way to get

your hands on an eTextbook is to go through SmartCourse, an eTextbook company that sells textbook subscriptions rather than allowing customers to buy textbooks all-out.

SmartCourse subscriptions apply to individual titles, last for 180 days (or longer for certain titles, such as nursing books), and are generally half as expensive as new textbooks from the Knowledge Knook, with some titles even priced a few dollars cheaper than textbook rentals.

SmartCourse offers a Windows program, a Mac application, and an iOS app, making their textbooks available to a large number of students. With an iPad and SmartCourse, eTextbooks cost half as much as traditional textbooks and are a fraction of the weight. That shiny new tablet will pay itself off in no time.

### Amazon's Kindle makes inroads at DMACC

As part of a new program this fall, the DMACC Boone Campus library is loaning out Amazon Kindle eReaders for student or instructor use. The Kindle is a small device with a 6-inch e-ink screen, free 3G Internet access, and 2 GB of onboard storage which, as most books occupy 256 KB to 1 MB of digital space, can accommodate thousands of books.

A single Kindle had been roaming around with faculty and staff for a while, as part of a test by Boone Campus librarian Michelle Tedrow to see whether the new device would be a practical addition to the library. Tedrow explained the reaction to the Kindle:

"I said, 'What do you think? Is this something that we invest in – we buy a few and let students have them? It's pretty ex-



Photo by Austin Leeds

An Apple iPad (partially covered) displays the Popular Mechanics magazine. Next to the iPad lies an Amazon Kindle ereader, displaying Jules Verne's classic tale "Around the World in Eighty Days."

pensive if they should lose them.' And we decided as a group that we thought that it was worth the risk."

Compared to the iPad, the Kindle is a small device, roughly half the size of the Apple tablet, and is much less versatile. However, it is not designed to be versatile; it is designed to do one task, and do it well. And that it does – the Kindle's unlighted e-ink screen is almost indistinguishable from paper when at rest, and the energy-saving qualities of this type of screen allow it a maximum battery life of two weeks, much longer than the iPad's ten hours of battery life. The Kindle is also notably less expensive than even the low-end iPad: \$139 for a

new (third-generation) Kindle vs. \$499 for a new iPad. The library's three second-generation Kindles (AKA Kindle 2's) cost \$189.

What books are available on the library Kindles? Right now, not very many. Five books, including the Kindle User's Guide, are loaded on the devices, but suggestions can be sent to librarian Michelle Tedrow at [matedrow1@dmacc.edu](mailto:matedrow1@dmacc.edu). Free pre-1923 books can be added from Project Gutenberg at [www.gutenberg.org](http://www.gutenberg.org) by choosing the "mobipocket" download option. From there, the books can be added to the Kindle via USB.

Textbooks are not available for the Kindle, as Tedrow notes:

"I've already found one pitfall. People want to use it as a

substitute for textbooks, and not very many textbooks are online. We still want people to buy textbooks... You don't have to rely on my three-week due date, and I don't have to worry about thirty people wanting to share one device."

To check out one of the the three Kindles from the DMACC Boone Campus library, you must agree to keep the Kindle away from extreme temperatures (such as in a parked car) and away from water. Users will be charged replacement costs in the event of loss or damage. The check-out period is three weeks, and the Kindle must be fully charged before being returned to the library.

## DMACC again named 'Military-Friendly College' by G.I. Jobs

DMACC-Des Moines Area Community College has earned the honor of being named a "military friendly college for 2011," according to G.I. Jobs Magazine. DMACC earned this distinction through the organization that names institutions of higher education to its list every year based on certain criteria.

This marks the second consecutive year that DMACC has earned the "military-friendly college" distinction.

DMACC's Veterans Services office is available to assist students in applying for benefits, serving as a liaison between the student and the Department of Veterans Affairs. The office is available to all active and veteran military personnel, their spouses and dependents.

"It is only fitting that, in return for their service, DMACC

is able to provide veterans with a variety of support and services as they pursue their educational goals and transition into the civilian workforce," says Laurie Wolf, DMACC Executive Dean of Student Services.

She says the veterans come from a diverse population and from all walks-of-life, representing all socioeconomic groups from urban and rural locales.

"Education is not always experienced in the classroom," says Wolf. "Veteran students bring to their studies, life experiences that transfer into lessons from which all DMACC faculty and staff can learn. These experiences include problem solving, group interaction, leadership, map reading and survival skills."

G.I. Jobs Magazine Publisher Rich McCormack says this honor ranks DMACC among the top 15

percent of all colleges, universities and trade schools nationwide.

"On behalf of the eight million military members and veterans seeking a school, I thank you for your commitment to educating our nation's most deserving heroes," says McCormack.

The DMACC Ankeny Campus held a special Tribute to Veterans last Veteran's Day. Nearly 150 people watched as a large rock and a plaque paying tribute to all veterans was unveiled, DMACC's Chamber Ensemble sang the National Anthem, flags were raised on new flag poles near the lake, a color guard presented the colors and taps were played by a trumpeter. The event was sponsored by DMACC's Veteran's Affairs Office, the DMACC Foundation, the College's Diversity Commission and the DMACC Recreational Trail Committee.

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## BEAR BRIEFS

### Emergency system test Thursday

Thursday, Sept. 16, between 10 and 11 a.m. DMACC will be conducting a college-wide test of the DMACC Alert Emergency Communication System. The test will include test messages sent via text, voice and e-mail as well as building speakers and DMACC phones. Please report any questions or concerns to your building captain or x6816.

### Student Activities Council meeting

The DMACC Student Activities Council meets for the first time this year Thursday, Sept. 16, at 9:30-10:00 a.m. in Room 203. Pick up applications in Office 188D or contact Steve Krafcisin at sjkrafcisin@dmacc.edu

### Iowa new choices offers assistance

If you are a single parent or displaced homemaker (due to the loss of a breadwinner's income), there could be assistance available to you as a Boone Campus student. Iowa New Choices, the Single Parent / Displaced Homemakers Center, may be able to offer assistance with child care and transportation costs. Stop by room 124 and visit with Maggie Stone, Coordinator, if you have questions or feel that you might qualify. Office hours are Monday - Thursday 8 a.m. - 4:30 p.m.

### London study abroad

Take DMACC classes in London the Spring of 2011. Learn about British history and culture and live in one of the world's oldest yet most modern cities for 10 weeks. If you are interested, please attend the meeting Wednesday, Sept. 15, in the Courter Center at 2 - 3:30 p.m.

### Constitutional Rights on the Digital Frontier

Attend Cindy Cohn's keynote address on Thursday, Sept. 16, at 11:15 a.m. to 12:40 p.m. or Blythe Burkhardt's keynote address and class discussion on Monday, Sept. 20, at 8 - 8:55 a.m. in the Boone Campus theater. Cohn is the legal director of the Electronic Frontier Foundation, and Burkhardt is the intellectual property and agreements coordinator at the Washington University Office of Technology Management

### Join the DMACC Bears Pep Band

The DMACC Bears Pep Band is looking for new members. To apply, see Maggie Stone in Room 124 or call 515-433-5037. The band plays for most home basketball games and rehearses Tuesdays from 6 - 7:15 p.m. All levels of musicians are welcome.

## Honor Flight *(continued)*

said Jerry Holt, Urbandale Fire Chief. Holt also coordinated the volunteers for assisting the veterans as they loaded and unloaded the planes in Des Moines and Washington D.C.

"Volunteers had to be at the Holiday Inn Airport by 2:45 a.m. so they could start their screening process at 3 a.m.," said Holt. "After the volunteers had gone through screening, they assisted the veterans with getting through security. This was no small task as our youngest veteran was 84."

Bill Ballenger, who is on the Central Iowa Honor Flight committee said that there is a lot of planning put into these flights.

"Each veteran is given a shirt, hat, fanny pack and a disposable camera before going on the trip," said Ballenger. "We have to make sure that all of the buses and veterans' name tags are color coded so they can get to the right spot. Also, the Holiday Inn Airport has been a great help with letting the honor flights use the hotel as headquarters."

Each flight costs approximately \$250,000. Casey's General Stores and Hy-Vee have been big sponsors of the flights. The flights have also gotten help from the Iowa West Foundation and the Charles Lakin III family.

Many of the volunteers, also, made a financial contribution to the flight.

However, this last flight was sponsored differently. Bill Knapp, 84, is CEO of Knapp Properties.

Knapp, who is a fellow veteran of World War II, donated \$250,000 to the Central Iowa Honor Flight Committee to cover all of the expenses for the flight that took place on August 19.

"I am a fellow World War II veteran and I wanted to see the memorial," said Knapp. "That is why I decided to make this contribution. I went on this last trip and it was very emotional. The veterans were able to talk to each other and share their different war stories."

This was the only individual-sponsored Honor Flight since the trips began in Central Iowa in September of 2008.

This last planned flight also left behind many memories for four Des Moines Area Community College and Phi Theta Kappa students.

Rob Zahnd, Jason Borkowski, Anthony Ames and Kevin Langel, all students at the Boone Campus had the opportunity to go to the Des Moines International Airport and help other volunteers and medical personal get the veterans off of the plane and onto the right buses.

"It was a great experience," said Jason Borkowski, president of Boone Campus Phi Theta Kappa chapter. "I was really impressed with their resiliency. These octogenarians had been going on nearly 24 hours with no sleep and it seemed as if the greatest generation was demonstrating their resolve once again."



Photo by Noelle Brockhoff

Mikayla Overturf, sophomore, goes up for a spike against Erika Reichart and Southwestern during the game on Wednesday September 8.

## Golfers begin season at Reiver Fall Classic

**DMACC-**The Des Moines Area Community College men's and women's golf teams begin fall competition today at the Reiver Fall Classic in Council Bluffs. The Bears will join other community college and four-year college golf teams in the two-day tournament.

DMACC golf coach Larry Briley welcomes back two sophomores in Mandy Kohlhaas and Kenidy Eckerman. Both were members of the 2009-2010 squad that won the Region XI tournament and placed 11<sup>th</sup> in the National Junior College Athletic Association (NJCAA) Women's National Championship.

"Both did a great job for us last year and we're hoping for them to step up this year," Briley said. "They'll play Nos. 1 and 2 in our first meet."

Joining Kohlhaas and Eckerman on the squad are freshmen Staci Hillygus, Anna Rinehart, Anna Hoss, Ashley Bloemendaai and Ashley Nielsen.

"They can all play so we're taking everybody to our first meet so everybody can score on the same day and the same course. We'll see how it works out from there," Briley said.

The DMACC coach said Hillygus has shown the most promise among the freshmen in fall practice and that Bloemendaai and Rinehart have shown considerable promise of becoming good players.

Sophomores Austin Gregersen and Joey Lester from Gilbert and Matt Mikkelsen are expected to carry the load for the DMACC men, and they'll get help from sophomore Collin Hackett, a

transfer from Iowa Lakes Community College, and several freshmen, including Ethan Nelson of DeWitt Central High School, and Taylor Eichinger of Ballard.

Briley said Mikkelsen, Gregersen Nelson, Hackett and Eichinger are his top five players heading into the Reiver Fall Classic.

"At this time I'd say our top five are pretty solid, but you know how golf is, it goes day to day," Briley said.

Other freshmen on the roster include John Reynolds, Andy Harmisen, Dan Fitzpatrick, Mike Colson, Brad Hoskins and Brian Gossett.

"We've got 12 men on our roster and a lot more competition within the team and it's really been good for us," Briley said. "We'll take eight people to each of our meets this fall and that will give our top eight guys a chance to see what they can do and compare themselves against the other guys at every meet. There's no better way to compare than scores at a meet."

Both the DMACC men's and women's teams will play an abbreviated fall schedule aimed at determining who will play next spring.

"If you're going to learn anything in practice and get better, you're going to do it in the fall because spring more a survival time," Briley said. "Everything we do in the fall dictates who's going on spring trips. We'll play until it gets cold and work on things and try to get ready for spring."

## Volleyball (continued)

throughout all the matches she saw tremendous heart.

The tournament allowed for Harrison to find the right rotation of players and a certain mold that would optimize performance. Over the past week the Bears have been able to take that late tournament success to go on and defeat Iowa Central in 3 games and just a few days later beat NIACC in a dominating 3 game match.

In their most recent home match the Bears took on Southwestern in a match that saw the Bears never giving up more than 15 points in any of the three game sweep. Some trouble however, did come in the second game when Southwestern was able to take a multiple point lead that caused the Bears to call a time out. The time-out gave Harrison her time

to remind the team of proper passing and how key it would be in the game. After the time out, the game would come to an 11-11 tie. From there on out the Bears would go on to out score Southwestern 14-3 on the backs of timely kills by Elizabeth Ihnen and defensive plays by Jamie Buchmann.

The Bears will be taking on Southeastern in a home conference match that will begin at 6:30 p.m. tonight. Leading the Bears on the court will be Ihnen who plays in the middle and Sarah Tjaden, a defensive specialist. Expectations were high, but that's just how Coach Harrison likes it because it helps to motivate the team to live up to the expectations.



Contributed Photo

## 2009-2010 Women's golf team were Region XI Champions

This past spring The Des Moines Area Community College Women's Golf Team won the National Junior College Athletic Association (NJCAA) Region XI Tournament held at Otter Creek Golf Course in Ankeny. By winning the tournament, DMACC, ranked 10th in the nation, advanced to the NJCAA National Tournament held May 17-21 in Daytona Beach, Florida. From there they went to finish 11th overall. Team members include: (left to right) Madi Fischels of Clear Lake, Dani Grantham of Fontanelle, Kenidy Eckerman of Carroll, Mandy Kohlhaas of Algona and Amanda Davidson of Ankeny. The Bears are coached by Larry Briley (right).

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**Welcome Back to DMACC!**

# Trail blazing: DMACC hires new assistant baseball coach



Contributed Photo

## Assistant baseball coach Blaze Lambert

**DMACC**-Blaze Lambert has been hired as an assistant baseball coach at Des Moines Area Community College. Lambert comes to DMACC after spending the past two seasons as a volunteer assistant at Texas A&M-Corpus Christi.

Lambert will serve as the team's pitching coach and recruiting coordinator.

"Blaze is a tremendous worker, and everyone he has ever worked with said he is a worker," said DMACC baseball coach Dan

Fitzgerald. "He's very detail oriented, he's very organized and he impressed me because he had a very specific plan about his pitchers. His background in baseball is tremendous."

Lambert grew up in Fort Worth, Texas. He played college baseball at Eastfield College, a two-year community college in Mesquite, Texas, and finished his collegiate career at Palm Beach Atlantic University in West Palm Beach, Fla.

"He's going to be a good one," Fitzgerald said. "Everything he does, he does full go. He's been doing a great job in our first week in practice. He knows what he wants (the pitchers) to look like, and they're working really hard at it."

Lambert served as a graduate assistant at Angelo State University in San Angelo, Texas before joining the staff at Texas A&M-Corpus Christi. He said becoming a pitching coach was a natural for him after spending his playing career as a catcher.

"It's basically because I've dealt with pitchers all my life," Lambert said. "When you catch that many games and see that

many pitchers, you're going to see plenty of mechanics. When you're a catcher, you kind of become a coach out there because you have to make trips out to the mound to talk with pitchers during games to settle them down or help them through situations when they're having problems with their delivery or mechanics."

Lambert said he is excited to join the DMACC staff.

"This is one of the best junior college programs in the country and is a great opportunity for me," Lambert said. "My philosophy with pitching is that we're going to be as athletic as we can possibly be. I want us to be the toughest pitching staff in the conference every single year. Guys are going to be able to attack both halves of the plate and keep the ball down."

# The X-Factor More not always better

By Robert Robson  
Sports Editor



There are few things Americans depend on. Food. Water. The NFL. Like a drug this sport draws you in and leaves you wanting more after its over. The first game of the season earned a 17.7 overnight television rating. To put that in perspective, game 7 of the NBA finals earned an 18.2. Football dominates the sporting world in a way that is almost humorous. So who wouldn't want more of this game that America

loves?

As a way for owners to make more money it is being discussed more and more whether or not the NFL should change to an 18 game schedule. The ways in which this would affect fans, players and the front office have massive implications as to the direction of the most popular sport in America.

Sure, I'd be the first to tell you that increasing the amount of competitive football would make me incredibly happy, but not with the possible negative implications that would ensue. For years owners have pleaded to reduce the number of pre-season games and substitute them with regular season games as to create more revenue. So is it really the fans that the owners have in mind when they appeal for a longer schedule? I hardly think so.

With labor agreements coming up in the off-season and potential for an NFL lockout for next season this topic is surely to be at the forefront. The owners will be looking for an 18 game schedule while at the same time, looking for any reason to negotiate and pay players only as much as they have to. An increased schedule brings demands for higher salaries and contracts that will include more guaranteed money. This issue may drive the possibility of a lockout even higher.

The players will face the most changes in the possibility of expansion. Increased number of games will undoubtedly create an influx in the number of injuries. This will bring shortened careers for most all positions. Players will demand that more guaranteed money be offered within contracts, and that Commissioner Roger Goodell will have to consider increasing roster sizes. Increasing roster sizes may lead to possible increase in the number of rounds in the NFL Draft allowing for more college players to get drafted.

So where does this leave the fans? Pretty much in the same spot regardless. Many within the sporting world would love to see two pre-season games done away with and two regular season games added on. This will have little effect on us due to the fact that owners still charge regular season prices during the preseason. Even though we are not even watching the starters, the players that everyone wants to see.

The simple idea of just increasing the number of games as it turns out to be a great big problem that will be addressed. While I think two more games would be great two preseason games shouldn't be cut. Possibly replace just one game and add the second additional game at the end of the season. The preseason is essential, it allows players to get back in shape and get their bodies used to full body contact. It allows for more preparation that leads to a better overall product on the field. Hopefully that product is on the field however, and not sitting at home on a lockout due to labor agreements.

This is what truly scares me, the fact that the most successful sport in America may not be here next year. This has been hockey and baseball's problem as long as I have been alive, but not football. I go into this season with an open mind and appreciation for all teams. I'll watch as much as I can, because this little idea of two more games could lead fans into what could be the dark ages of sports entertainment.

## SPORTS BRIEFS

### Home baseball game

September 15 at 2 p.m. the DMACC baseball team will be hosting Grandview.

### Women's x-country

Katie Clark finished in 7th place at the Iowa Community College Athletic Conference Time Trials and set a new school record in the process.

### Home volleyball game

September 15 at 6:30 p.m. the DMACC volleyball team plays Southeastern in a conference game.

### Men's golf

Mens golf will take on Iowa Central this Friday in Ft. Dodge in the Fall Open

### Women's golf

Womens golf will also be taking on Iowa Central this Friday in Ft. Dodge

### Women's x-country

The womens cross country team have made their way into NJCAA top 25, coming in at number 22.

### Men's basketball

Iowa high schools all-time leading scorer and former UNI player, Brooks McKowen, was hired as the new assistant basketball coach

### Women's Volleyball

Over this past weekend the women's volleyball team was beat by Parkland college 3-1

### Women's basketball

Womens basketball has hired Jocelyn Anderson who was a standout player at DMACC before transferring to Iowa State.

## Katie Clark sets another cross country school record

**DMACC**-Freshman Katie Clark set another school record and the Des Moines Area Community College women's cross country team finished seventh Saturday at the Dutch

Invitational cross country meet at Pella.

Clark toured the 5K (3.1-mile) course in 21 minutes, 34 seconds, finishing 30<sup>th</sup> overall and breaking the school record of 23:01.21 she established a week ago at the Iowa Community College Athletic Conference Time Trials.

The eight-team field consisted of five four-year schools and three community college teams. Clark's performance helped the Bears to a seventh place in the team standings with 216 points.

Other DMACC results saw

Kari Sylvester finish 40<sup>th</sup> in 23:02; Kelsie Jo Van Kooten was 45<sup>th</sup> in 24:00; Nyang Toang placed 49<sup>th</sup> with a time of 26:45; Maria Melendez was 52 in 31:56; and Jeavenia Jones finished 53<sup>rd</sup> with a time of 32:39.

"Each one of our athletes ran better times than they did the week before," DMACC coach Jim Dose said. "We were against some very tough competition so our finishing places weren't where we would like. But we consider the meet a success because we showed improvement."

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# Fighting the 'Freshman Fifteen'

By **Josie Kramer**  
Copy Editor

Many freshman students begin to gain weight and wonder why. This is often referred to as "Freshman 15." A good way to keep off the weight is to know how it is being gained and what you can do to correct it.

Brooks McKowen, assistant in men's basketball and student services and housing, said, "The biggest reason freshman gain weight is they are on their own. A lot of students probably don't cook for themselves."

According to [www.freshman15.com](http://www.freshman15.com), "The official Fresh-

man Fifteen resource for college students," the causes for "Freshman 15" are consuming late into the night, junk food around apartments or dorms, lack of exercise and drinking unnecessary amounts of alcohol.

A huge reason freshman gain weight is the lifestyle change. Many go from home cooked meals to being fast food junkies. Often students are looking for convenience. Not all food that is convenient has to be bad for you. To see a healthy eating guide visit [www.freshman15.com](http://www.freshman15.com).

McKowen adds that at meals, students need to have portion control, eat slowly, resist multiple

servings, and don't get distracted while eating because people don't realize when they're full.

Also, meals should be eaten about the same time everyday; avoid grabbing empty calorie snacks between meals. Empty calories are foods high in calories but have little to no nutritional value. Many students take pop for granted. Students should supplement water or milk for the empty calories.

Another change is students' activity levels decrease. In high school there was more opportunity to be in sports, extracurricular activities and even in gym class. Now that others don't make

decisions for students they have to make the choice themselves to exercise or play videogames.

Jenny Spry-Knutson, DMACC fitness and sports management professor, adds that stress and economy can contribute to students avoiding exercise and to weight gain. McKowen acknowledges that this is even harder for athletes that stop doing sports in college. They don't have the positive reinforcement from a coach that they had in high school.

Another problem many students run into is busier schedules. Students have to make the choice to squeeze in exercise. Someone won't make the decision for them.

One option for students is to visit the campus weight room. Located at the eastern part of the building next to the gym, it is open from 8 a.m. to 5 p.m. Monday through Thursday and 8 a.m. to 4 p.m. on Friday. For more help staying healthy and active, students can visit [www.freshman15.com](http://www.freshman15.com) to take "The Freshman 15 Challenge."

The "Freshman 15" can be avoided by staying away from unhealthy foods and eating habits and by increasing one's activity level.

## A fresh look at the food pyramid

The USDA food pyramid, last revised in 2005, is designed to simplify and reflect the Dietary Guidelines for Americans, which are reconsidered every five years. But data show that Americans continue to fall well short of the recommendations. In response, the USDA is looking at new measures meant to aid Americans in adopting the advice. The department has also committed to creating a new pyramid that is scheduled for debut in early 2011.



Sections of the food pyramid represent food groups and the rough proportion in which they should be eaten

### Key recommended changes to nutritional guidelines

	<b>Sodium</b> (milligrams/day)	<b>Saturated fat</b> (percent of total calories)	<b>Trans fats</b>	<b>Seafood</b>
Current guideline	2,300	Less than 10%	Avoid artificial trans fats, but small amounts of naturally occurring trans fats are acceptable	<b>8 ounces</b> or two servings per week
Proposed guideline	1,500	Less than 7%		Should average 250 milligrams of omega-3 fatty acids per day; pregnant women should eat it too

### What we eat too little of

How much the average American eats from each group, as a portion of daily recommended amount

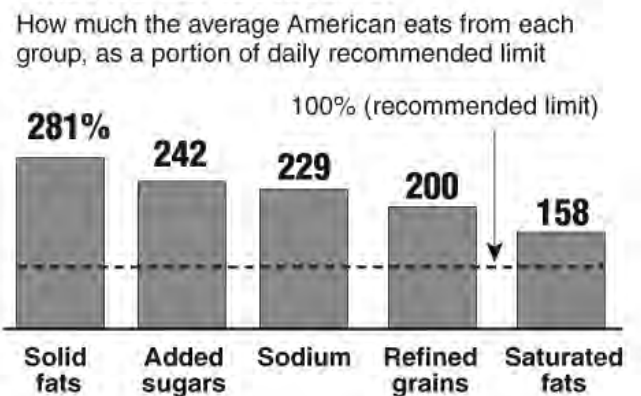
**Current recommendations**

Eat 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day

1 ounce equals about one slice of bread, about one cup of breakfast cereal or one-half cup of cooked rice, cereal or pasta

<b>Grains</b> * Whole grains 15%*	Eat more dark-green vegetables like broccoli, spinach and other dark leafy greens	Eat more orange vegetables, such as carrots and sweet potatoes	Eat more dry beans and peas like pinto beans, kidney beans and lentils
<b>Vegetables</b> 59%	Eat a variety of fruit	Choose fresh, frozen, canned or dried fruit	Drink less fruit juice
<b>Fruits</b> 42%	Make most of your fat sources from fish, nuts and vegetable oils	Limit solid fats, such as butter, stick margarine, shortening and lard	
<b>Oils</b> 61%	Choose low-fat or fat-free milk, yogurt and other milk products	If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages	
<b>Milk</b> 52%	<b>On average, individuals eat enough foods from this group</b>	Choose low-fat or lean meats and poultry	Bake it, broil it or grill it
<b>Meat, beans</b>		Vary your protein routine — choose more fish, beans, peas, nuts and seeds	

### What we eat too much of



### Current guidelines sample menu

For an average-weight man who exercises less than 30 minutes a day or an average-weight woman who exercises 30-60 minutes a day; 2,000-2,200 calories

**Breakfast** Breakfast burrito (flour tortilla, scrambled egg, black beans, salsa), banana, fat-free milk

**Lunch** Smoked turkey sandwich (whole wheat pita bread, romaine lettuce, tomato, 3 ounces sliced smoked turkey breast, mayo-type salad dressing, yellow mustard), apple slices, tomato juice

**Dinner** Stuffed broiled salmon (5 ounce filet, bread stuffing mix, diced celery, canola oil), saffron rice, slivered almonds, steamed broccoli, trans-fat-free soft margarine, unsweetened drink

**Snacks** Dried apricots, low-fat fruited yogurt

**Comments** Uses variety of fruits, vegetables; black beans reflect renewed emphasis on beans and legumes; salmon reflects continued recommendations for consumption of seafood; whole-wheat pita reflects new emphasis on making at least half the grains whole grain; fat-free milk and low-fat yogurt reflect low-fat dairy recommendations; unsweetened drink reflects new recommendations to avoid sweetened beverages

## A reason we exist *Editorial*

We live in a country based on the belief that we are all born with the right to express ourselves, speak out against what we believe is wrong, promote what we believe is right and spread all ideas that come in between. This is a right so important to the mind set of the American idea that our Founding Fathers placed it above all others in our Bill of Rights.

As an extension of that right, which was viewed as one of the most important, was that of the press. Our Founding Fathers understood the importance of an uninhibited press, to act as a tool, that in the hands of a free people, could be used to unlock all doors, present knowledge that would have otherwise been hidden and amplify voices that may have been left silent.

This paper, your paper, is like many others out there. We provide an outlet for the exchange of ideas and the ability to inform and provide our readers with information that they may not have been able to obtain otherwise. We can provide anything from entertaining and inspiring profiles of our peers, voice opinions of students and staff, inform you of events and activities, and even reveal information and facts that hold specific importance to you, the reader.

With state and federal laws that protect the right of the press to obtain information from our school and our government, as well as the drive and the means to do so, we offer a channel of information that is uninterrupted and vital. Although the press has seen its fair share of abusers, that is not our goal here at the Banner News.

Our goal is simple and straightforward; we seek only to provide our readers, DMACC students, faculty and staff, with the information that is important to them; information that they may not be able to find easily accessible anywhere else. We seek to provide an opportunity for our readers to voice their opinions, ideas and beliefs. We exist to provide a service, one that our Founding Fathers believed to be among the most important in the effort of creating a free society. We are simply the united voice of our readers and our peers.

### I know nothing

Sam Nelson

I am just a man  
Not perfect at all  
Perfection I never want  
If I try, I always fall.

Not meant to be perfect  
No how, No way  
I try and try  
I just fall astray.

I am just a man  
Not perfect at all  
I try to strive  
But all I do is stall.

Only God is perfect  
He is good He is great  
I will see him one day  
When I find fate.

### A mid-summer's night

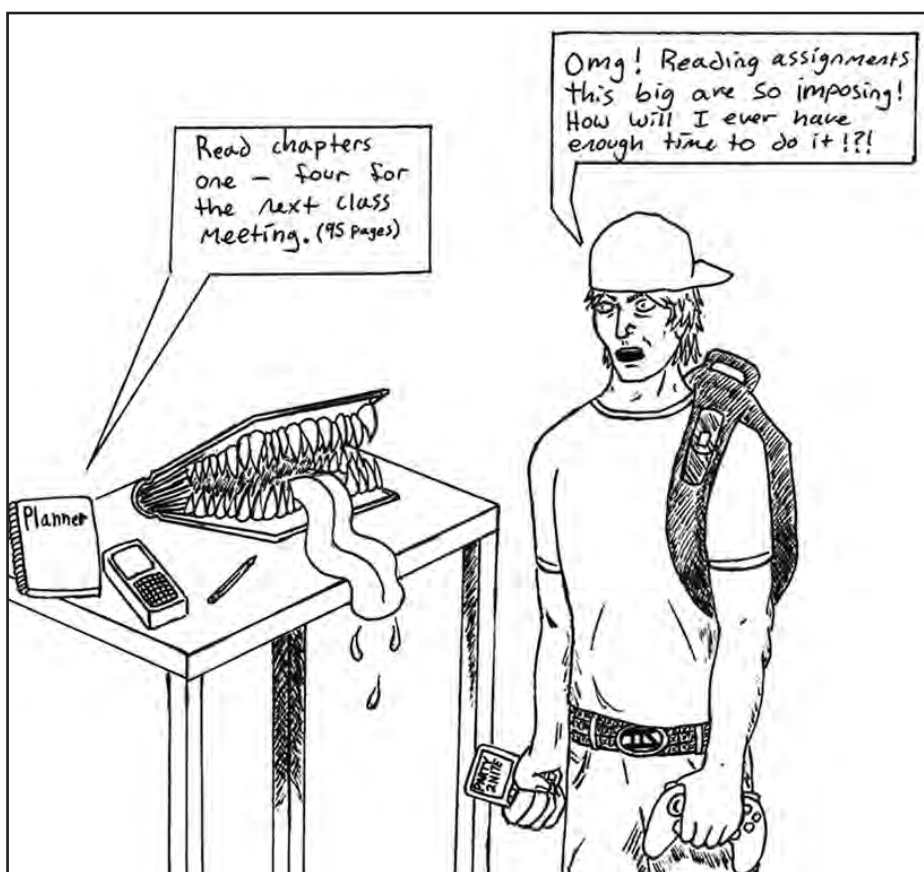
Sam Nelson

I hate to look down at the keys  
seeing light streak across the sky  
to hear the wind rustled the trees  
gentle thunder brings me to my knees.

Puffs of white ever so slight  
against a backdrop of black  
can easily bring delight  
to a mid summers night.

The pitter-patter of rain  
that moistens the ground below  
can not and will not be very plain  
but has the power to drive a man insane.

Another flash of light  
here... and there  
everything looks so restless and right  
on this mid summer's night.



Cartoon by Josh Schmidt, former DMACC student



## Low-End tech Awesome oldies

By Austin Leeds

News Editor

New computers are great, aren't they? Everything works properly (unless you picked a dud), programs run fast and smooth, and the smell of new plastic wafting through the air seems to say, "All's right in the world."

Reality check!

New computers can be great, but they're also usually pricey, cheaply-built, and wear out very quickly. Two to three years later, they can really be a drag.

There is something you can do to avoid the inconvenience of aging computers – buy an old computer. No, I'm serious (no matter how illogical that sounds). Here's a few reasons why a pre-owned computer can often be a more fruitful investment than a new one.

### You know what you're getting

All sorts of things can go wrong with new computers, from little bugs to major recalls. Buying a used computer ensures you can research your model of choice before you buy it. The older the computer, the more information is available about its quirks, helping you avoid many problems later on.

### They don't make 'em like they used to

It's true – computers aren't manufactured to the same standards they were ten, five, or even two years ago. As speed and power are supposedly more important than, ahem, structural integrity, brand-new computers are often cheapies that can be damaged easily and suffer from any number of defects (none of which the company that made them will own up to – after all, you're the one who cared more about speed and power, right?).

Many older computers are solidly-built. Trust me on this: I own a PowerBook 180 (1992-1994), an iBook G3 (1999), a PowerBook G3 Pismo (2000), and an iMac G4 (2002). All four of my computers make most modern computers look like they were made of cardboard.

### Your fingers will love you

Modern computers generally do not incorporate ergonomic keyboards (excepting, of course, the venerable Microsoft Natural Keyboard), and as a result you can develop Repetitive Strain Injuries much more easily on a modern keyboard than one that is older.

With laptops, you usually can't help this without buying a completely different laptop, and if you do eventually decide to do this, I would recommend you find a laptop with "sculpted" or "molded" keys, that guide your fingers gently to the centers of the keys, and a lot of travel (the distance each key travels from its resting position to being fully depressed). Try out your keyboard beforehand – keys that feel easy to press but hard to jiggle back and forth are the best.

With desktops, you can always replace your current keyboard with an ergonomic model. If you live alone or with someone who doesn't mind noise, look for an IBM Model M keyboard or equivalent buckled-spring keyboard. These keyboards may be loud (they're called "clicky keyboards" for a reason), but they give perfect tactile feedback and cushion your fingers from a quick press-depress cycle, creating a gentle but efficient typing motion. If noise is a concern, you can just purchase a Microsoft Natural Keyboard from Microsoft's website: [www.microsoft.com](http://www.microsoft.com).

### Because you really don't want to waste money

Used computers, along with often being a better value, are usually less expensive than new models. Point in fact: my three laptops cost less than \$700 total, yet all of them support the Microsoft DOC file format. The two newer ones can even connect to the internet wirelessly, with a better signal than many modern laptops.

Probably the best example of spending less to get more is my Apple PowerBook G3 Pismo. It was built in 2000 and retailed at \$3499 (ouch!), but I bought it in 2008 for just over \$400. While it can't play YouTube videos or run Flash games, it supports Microsoft Office 2008 (currently the latest for Mac), has a 14" matte LCD screen (glare-resistant), and runs for ten hours without recharging. It runs cooler than any other laptop I've used (its fan has only kicked in for me once!), is comfortable on the eyes, and sports a 120 GB hard drive that is whisper silent. If that doesn't scream value, I don't know what does.

If you want the latest games and aren't shy about spending \$300-700 or more every two years, go ahead and buy a new laptop. If you're thrifty and want something that will last, an older computer might be just what you're looking for.

## Banner News Staff

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Austin Leeds

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# HUNTING FOR HITS

Lawyers, cops  
and spies,  
oh my!



## New season promises familiar themes and faces

BY SUSAN YOUNG/FILM.COM

Don't look for innovative TV series like the lush feast of last season's "Glee," "Modern Family" and "The Good Wife."

But when the fall season gets underway on Sept. 8, you will find the equivalent of mom's home cooking with a bunch of familiar series you can settle down to watch knowing there's something satisfying nonetheless. As usual, crime runs amuck and dominates the lineup.

And for those nostalgic for some good Friday fare, the networks have put on five new series to pump up the night.

Here's a look at what's new ... on Fridays and the rest of the week.

**"HELLCATS"** 9 p.m. (all times ET), Wednesdays, CW, Sept. 8

Law student Marti Perkins (Aly Michalka) may be hip and cool, but she needs to join the cheerleading squad when her college scholarship is discontinued. Enter Mean Girls, stage left.

**If you like ...** "Popular," the dark high school drama about cheerleaders vs. nerds, you might see a resemblance in this "Popular-lite" series.

**"NIKITA"** 9 p.m., Thursdays, CW, Sept. 9

Troubled teen Nikita (Maggie Q) gets absorbed into a secret agency and trained to be an operative in a covert spy operation. She eventually discovers that Division is evil and decides to bring it down.

**If you like ...** "Alias" or the previous versions of "Nikita," this series has the same sexy action with a beautiful lead.



**"OUTLAW"** 10 p.m., Fridays, NBC, special premiere 10 p.m. Wednesday, Sept. 15

Jimmy Smits stars as Supreme Court Justice Cyrus Garza, son of a Cesar Chavez-like activist, who turned into a politically conservative, womanizing gambler. Cyrus returns to private practice where he can help "the little guy" by using insider knowledge.

**If you like ...** CBS' "The Mentalist," both feature protagonists who know how to get inside corrupt minds because they have been there themselves.



**"MIKE & MOLLY"** 9:30 p.m., Mondays, CBS, Sept. 20

Melissa McCarthy ("Gilmore Girls") is Molly, a fourth grade teacher who meets her soul mate, Officer Mike (Billy Gardell), at an Overeaters Anonymous meeting.

**If you like ...** "The Office" romance between Jim and Pam, ultimately this is a love story that offers up the same smart dialogue and tender moments.

**"LONE STAR"** 9 p.m., Mondays, Fox, Sept. 20

This Texas drama centers on affable con man Robert Allen (James Wolk), who wants to go straight. Yet he doesn't want to give up his wife or his girlfriend, who know nothing about his duplicitous lifestyle.

**If you like ...** the oil dealings of the old soap "Dallas" coupled with a dash of "Big Love," this complex drama has it all.

**"THE EVENT"** 9 p.m., Mondays, NBC, Sept. 20

This thriller stars Jason Ritter ("The Class") as Sean Walker, who is caught up in a government cover-up that is so secret even the president (Blair Underwood) doesn't know what "the event" is. Oh, and there's a plane on a crash course.

**If you like ...** "Lost" with all its mythology and unanswered questions, this thriller promises to keep you just as distracted and uninformed. Did we mention a plane?

**"HAWAII FIVE-O"** 10 p.m., Mondays, CBS, Sept. 20

Alex O'Loughlin and Scott Caan team up as reluctant police partners Steve McGarrett and Danny "Danno" Williams. Lots of explosions and great scenery.

**If you like ...** the original "Hawaii Five-O", this series offers even better banter between McGarrett and Danno.

**"RAISING HOPE"** 9 p.m., Tuesdays, Fox, Sept. 21

Jimmy (Lucas Neff) has a one-night stand with a murderer (Bijou Phillips) that results in an infant daughter. His slacker family isn't suited to help raise the kid. His only hope is new friend Sabrina (Shannon Woodward), a sardonic checkout clerk he met at the local grocery store.

**If you like ...** "Malcolm in the Middle," you're in luck. We haven't seen a family this jacked up, or so funny for so many wrong reasons, since that Fox series left the air.

**"RUNNING WILDE"** 9:30 p.m., Tuesdays, Fox, Sept. 21

An immature wealthy playboy (Will Arnett) hopes to hook up again with his former childhood crush Emmy (Keri Russell). Emmy's out to save the world, and self-absorbed Steven just wants to win back his first love.

**If you like ...** "Arrested Development," then hope for the best. Creator Mitch Hurwitz made comic magic with Arnett with that show, but this hurried pilot doesn't show off the considerable talents of either.



**"DETROIT 1-8-7"** 10 p.m., Tuesdays, ABC, Sept. 21

"Sopranos" star Michael Imperioli tries another round of being on the right side of the law after his former stint on the short-lived "Life on Mars." This time, he's a driven, damaged homicide cop who torments his new partner (Jon Michael Hill).

**If you like ...** damaged cops like Jimmy McNulty of "The Wire," then Imperioli's got a character you'll find intriguing.



**"UNDERCOVERS"** 8 p.m., Wednesdays, NBC, Sept. 22

Producer J. J. Abrams created this spy drama about a married couple getting back into the business after cooking up a new career as caterers. Both realize they need to spice up their careers — and their marriage.

**If you like ...** "Chuck" with a couple juggling their day jobs with their spy jobs, then target this spy thriller.



**"THE DEFENDERS"** 10 p.m., Wednesdays, CBS, Sept. 22

Jerry O'Connell and Jim Belushi star as two rascals who also happen to be Las Vegas attorneys. The two take on the more colorful defendants in a glitzy city.

**If you like ...** "Vegas" — the PI series starring Robert Ulrich — you'll like this insider's look at Sin City.

**"THE WHOLE TRUTH"** 10 p.m., Wednesdays, ABC, Sept. 22

This series ponders the question of guilt or innocence by portraying both sides of the coin. Maura Tierney stars as tough criminal prosecutor Kathryn Peale.

**If you like ...** the balance of "Law & Order," this show's for you. It also offers more personal stories, and for those frustrated



over the years by the "L&O" franchise's arbitrary endings, you'll get real closure here.

**"\$#! MY DAD SAYS"** 8:30 p.m., Thursdays, CBS, Sept. 23

William Shatner stars as Ed, a guy with no restrictor plate on his mouth. The comedy is based on a popular Twitter feed by writer Justin Halpern.

**If you like ...** Red on "That '70s Show," then you'll bond with Ed who also colorfully derides his son for his numerous inadequacies.

**"OUTSOURCED"** 9:30 p.m., Thursdays, NBC, Sept. 23

A novelty company specializing in such must-have items as fake vomit and foam fingers relocates their call center from the Midwest to India. Todd (Ben Rappaport) is the new manager who moves to India to teach the American culture to his new Indian team.

**If you like ...** "The Office," then NBC's banking on this similarly themed series that's joining the Thursday night comedy block.

**"BODY OF PROOF"** 9 p.m., Fridays, ABC, Sept. 24

A brilliant neurosurgeon (Dana Delaney) who put her career ahead of her personal life loses her surgical abilities after a car accident and goes to work as an obnoxious medical examiner. She solves the mysteries, but can't quite crack the code when it comes to personal relationships.

**If you like ...** "House," this drama covers the exact same ground but this time it's a woman who plays the brilliant but socially challenged doctor.

**"BLUE BLOODS"** 10 p.m., Fridays, CBS, Sept. 24

Tom Selleck heads up this family cop drama as the New York Police Commissioner trying to solve crimes and keep his family in line.

**If you like ...** "Brothers & Sisters," you'll see this is just the same type of rocky multigenerational relationship show.

For more TV news and features, visit [FILM.COM](http://FILM.COM).

