

2-24-2010

Banner News

Tanner Sandrock

Katie Cervantes

Josie Kramer

Austin Leeds

Kevin Langel

See next page for additional authors

Follow this and additional works at: https://openspace.dmacc.edu/banner_news

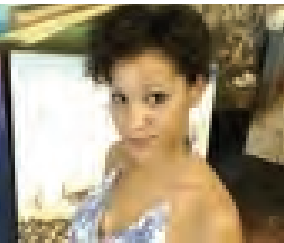
Recommended Citation

Sandrock, Tanner; Cervantes, Katie; Kramer, Josie; Leeds, Austin; Langel, Kevin; Ackerman, Jill; Well, Jill; and Roffman, Derrick J., "Banner News" (2010). *Banner News*. 62.
https://openspace.dmacc.edu/banner_news/62

This Book is brought to you for free and open access by the Student Work at Open SPACE @ DMACC. It has been accepted for inclusion in Banner News by an authorized administrator of Open SPACE @ DMACC. For more information, please contact rsfunke@dmacc.edu.

Authors

Tanner Sandrock, Katie Cervantes, Josie Kramer, Austin Leeds, Kevin Langel, Jill Ackerman, Jill Well, and Derrick J. Roffman



Banner News

Des Moines Area Community College Boone Campus

Wednesday, February 24, 2010, Vol. 9, No. 10

Snow days: May be affecting academics

Will the cancellations affect the rest of the spring semester?

By Tanner Sandrock
Copy Editor

This winter Iowa has experienced near record-breaking snowfall, over 50 inches of snow and more to come. The snowfall has contributed to 2 days of cancellation and 5 shortened days at the DMACC Boone Campus already, but what does this mean for the rest of the Spring 2010 semester?

DMACC Boone Campus Provost Tom Lee says it will not affect the length of the term like it does in the K-12. Much of this he says, is because the college has set deadlines that are hard to change and most adults have set schedules that are equally hard to change.

The biggest impact, Lee says, comes with trying to get all sixteen weeks of the course into the shortened time frame. This falls on instructors who may have to hustle or spend less time on certain areas of the subject. However, when asked if this affects the quality of the education Lee affirms that, no it

does not. He says that students may have to spend more time out of class doing homework but the overall quality remains intact.

When it comes down to which areas of study and which programs are most affected by these cancellations and shortened days Lee feels that all of them are affected equally besides night classes. Some night classes that only meet once or twice a week for a few hours end up losing a week comparatively to that of regular daytime class when canceled.

When it comes down to who makes the call whether or not to close the campus, well that duty falls on Lee also. He says he remains in contact with a number of people to determine the closing status; Boone County for the road conditions, the building manager who is usually on the roads by 4 or 4:30 a.m., and himself.

"I drive the streets and roads to see how they are," says Lee. He also keeps in contact with Steve Schulz, DMACC Carroll Campus Provost. He says that the weather mostly moves northwest and whatever Carroll

gets will probably be working its way to the Boone Campus. Lee says he tries to have the closure announcements to students and staff no later than 6 a.m. and early closing out no later than 2 p.m.

Sometimes even with the campus doors open students may still find it difficult to make it to class on time or at all. DMACC Boone Campus has a lot of commuting students driving in from all over Boone and the surrounding counties. Many of these students have a harder time than most trying to make their way from home to class.

DMACC student Curtis Myers is one of many to feel the effects of the snow. Living out in Pilot Mount Myers has to drive about 15 miles everyday on country roads. Because of the all the snow drifting with the high winds this winter these roads are often covered in snow says Myers and unlike Highway 30 it takes longer to get these roads plowed.

"I've probably missed seven days of school just because I haven't been able to make it into



Photo by Derrick Roffman

The SAC snowman is enjoying the winter weather.

Boone," he says, this is on top of the classes missed due to closings. As far as this affecting his classes he says that most of his professors are lenient with him "if they know where Pilot Mound is." Most of the issue for Myers comes with missing tests or quizzes and having to spend extra time outside of class making these up.

He also says a lot of his blame goes towards Boone County, saying they do not do a very good job clearing roads.

As Iowa seems to be coming

out of the end of this winter and headed towards a long awaited spring students are going to start feeling the crunch of a shortened term. But without the possibility of extensions the task of completing all the course competencies falls on the students and professors.

In the coming months the true affects of this shortened time-frame may rear their heads but as of right now students and staff are busy trying to get caught back up.

Baseball "Field of Dreams" under the weather

By Katie Cervantes
Staff Writer

Is DMACC's "Field of Dreams" going to become reality this spring?

With the constant weather problems, how soon, or if at all, are the DMACC Bears going to be able to compete on the field? With almost \$300,000 worth of donations, are players going to be willing to wait?

The baseball team is set to play its first home game on March 27. In the past, games were held at Memorial Park baseball field west of down town Boone. DMACC

Bears had to share the field with other teams and organizations. This caused scheduling problems and head aches.

Games this season could be postponed due to weather, but there are positives for the new field. With an easy-find location, total control over the field, and walking distances for players and dorm residences, the DMACC ball field is on its way to reality.

DMACC head baseball coach, Dan Fitzgerald, said, "It's nice that we do have control now, instead of having to deal with the city. We had to share with the high school, and other teams."

As far as the weather is going, many wonder if the snow will be melted in time for the first home game.

Fitzgerald said, "It has been a goofy year, but the field does have a pretty good draining system. We are not concerned about our home opener. We live in present day mentality. Our daily focus is what we have to do that day."

Fitzgerald and the team, stay positive for the spring 2010 season. DMACC students are invited to cheer the Bears on to victory.

All are part of making the "Field of Dreams" a reality.



Photo by Derrick Roffman

The new DMACC baseball field lay under snow.

Inside this issue

Spring Play Cast.....	2
Banner News Award.....	3
Pep Band.....	4
Odd Shoes.....	6
Editorial.....	6
'The Wolfman' review.....	7

'This Must Be the Place' cast as spring drama

Josie Kramer
Editor-in-Chief

Casting for the Boone Campus spring production, "This Must Be the Place," a farce, was Monday, Feb. 1.

A farce, also known as an absurd situation, is basically a comic drama that is hoped to have the audience rolling in their seats from the laughter.

Kay Mueller, speech communications professor, will direct the production. Her assistant is Lissy Harrison, DMACC student. Lights and sound will be handled by Chris Shannon, DMACC student.

The production is very hard to summarize said Mueller. Imagine a chaotic riot of who's who, what's what, missing diamonds and proposals with presumptuous mothers.

"The mystery I was looking at didn't have a big cast. Farces



Kay Mueller

have a lot of timing. This group has the talent to be very successful doing it," Mueller explained.

The male characters in the cast are Bob Zachary, a world famous portrait artist (Brent Sobolik, DMACC student); Roger Clark, a plumber and Bob's best friend (Matt Henderson, DMACC student); Julian Glester, a towering hunk of romance (Reginald Stuhldryer, DMACC student); and Wendell Zolotnik, a private investigator (Joe Brioch, DMACC student).

Female characters are April March, lovely young psychologist (Linda Mui, DMACC student); Pomona Beaumont, a high fashion designer (Ashley Heun, DMACC student); Gloria Desmond, a debutante (Nicole Young, DMACC student); Minerva Desmond, Gloria's wealthy mother (Rachel Davis, DMACC student); and Candy Cluster, a Vegas chorus girl (Ashlei Pritchard, DMACC student).

"It's got some fun costumes," Mueller said. They include a show girl outfit and suits with paint splatters.

The production will be on April 2 and April 3 at 7:30 p.m. in the Boone Campus Auditorium. DMACC students get in free with their Higher One cards. Everyone else pays \$5.

"Everyone should come!" Mueller said.



Photo by Derrick Roffman

Ashlei Pritchard, DMACC student and Rachel Davis, DMACC student, paint for the set of "This Must Be the Place" showing on DMACC Boone Campus April 2 and 3 at 7:30 p.m. in the Auditorium.

Macs become popular on Boone Campus

By Austin Leeds
Columnist

All DMACC computer users received an unusual valentine on Sunday, Feb. 14.

An e-mail was dispatched to all DMACC faculty, staff, and students, sounding the alarm on a virus that had made it through DMACC's less-than-impregnable Sophos antivirus software.

"We may experience slowness on the network until we have this virus eliminated," the e-mail concluded.

Those using DMACC's many Windows XP Professional desktops probably noticed the speed change. Those using the few Macintosh computers on DMACC campuses saw little difference—

their computers were unaffected.

DMACC employs roughly 300 Macintosh computers in 13 labs college-wide. DMACC Boone features a single Mac lab in Room 115/116 with 14 iMac desktops and a Mac Pro desktop at the instructor's desk. These computers are used for the production of the DMACC Banner News newspaper, as well as for the night-time digital photography classes.

All Mac computers are connected to DMACC's main network, as well as to the Internet, via either their built-in AirPort Extreme wireless (Wi-Fi) cards or a standard Ethernet cable.

In total, these computers cost approximately \$20,000 and will likely remain at DMACC for

many years before being cycled out, as opposed to Windows PCs which are cycled out every three to five years, at most. In fact, two DMACC Macintoshes, a pair of PowerMac G4 "Digital Audio" desktops from Room 116, are now nine years old. One of them is being used with the Yamaha Clavinova electric piano for music classes.

What do DMACC students think about the campus Macs?

DMACC student and Banner staff member Kevin Langel has used Macs since he was in kindergarten. "I think that Mac is just easier to use," says Langel. He has been using the Room 115 iMacs almost exclusively during his time at DMACC.

More than a few DMACC

students and instructors are also using Macs as their personal computers, contributing to the growing number of MacBook and MacBook Pro laptops on campus.

Pulling her white MacBook out of a pink slipcase, Sarah Watson, DMACC student, said she'd been using Macs for "about a year." Her reply to switching: "Because Windows kept getting viruses and ticking me off."

"All I've had is Macs," says instructor Ellen Malven. Malven has been using Macs for eight years, and her black MacBook is a constant companion around DMACC; she prefers using her MacBook over the DMACC PCs, as she's "not very familiar with Windows."

As the body of Mac users

at DMACC continues to grow, administrators will have to account for both compatibility and familiarity in their choices with hardware and software. Unlike Windows laptops, Mac laptops can connect with DMACC's fleet of HP LaserJet printers without needing additional drivers, share music and photos over the network, and are immune to viruses.

All new Mac laptops come with a built-in iSight camera and microphone, which could, given the opportunity, be used to help expand the personal, real-time learning area from a small classroom to the entire world.

While not everyone is ready to switch to Macs, Macs are ready for those who make the switch. Is DMACC?

SPRING BREAK 2010 And we'll have fun...fun...fun

By Katie Cervantes
Staff Writer

Bahamas, Panama City Beach, Mexico, and South Padre Island, are the ideal hot spots for students in recent years.

Each location has its variety of fun activities to participate in. If it is from the relaxation of the beach, or the party scene with MTV, these hot spots are a chance for DMACC students to take a break from March 15 through 20.

MTV will be holding its annual Spring Break bash in Panama City, Florida, and continue to be one of the best spring break destinations for partying.

South Padre, Texas has become quite a party spot like Pana-

ma City, but in recent years, it has suffered from Hurricane damage. Will it continue to be a top Spring Break getaway?

Cancun or Puerto Vallarta has some of the most beautiful beaches in the world. Great vacation if you want a break from college life. These locations in Mexico, offer authentic food and culture.

The Bahamas are reasonably priced, and a tropical alternative. Bahamas also offers all-inclusive trips and cruises.

What are DMACC students plans for Spring Break? DMACC student, Chelsea Cervantes said, "I've been working more to save aside some extra money, just so I can go to Panama City.

"My friends and I recently booked our hotel and have taken care of the driving situation. Over all the price of my spring break will be less than \$500, so I won't complain" said Cervantes.

Others like Cervantes have already booked their hotels and accommodations.

Some students are paying for spring break with extra loan money, others picked up a second job.

Another DMACC student, Tessa Matibag said, "I did not have to get another job, but I am using some loan money left over just incase. We are set to leave the fifteenth to the nineteenth for Cancun, Mexico.

"I have been there before and loved it. Though I wish the price

was more reasonable," Matibag said.

For DMACC students who aren't attending these hot spots, some may be heading home and spending time with family.

DMACC student Ronald Wright, will be heading to Council Bluffs, Iowa, to visit family. "I plan on hanging out at my brother's house for most of break. I enjoy spending time with my 9 month old niece and seeing the rest of the family."

Whether the DMACC students are planing to hit the beaches, or spending time with family, it will be a time for individuals to rest, regroup, and come back to class to end the semester strong.


Campus Cafe

Welcome to the Spring Term at DMACC

Cafe Hours

**Mon-Thurs:
7:30-6:00**

**Friday:
7:30-2:00**



BEAR BRIEFS

Fighting Famine

Phi Theta Kappa (PTK) Honor Society at DMACC has teamed up with Outreach International to help Haiti. They have been collecting money to send meals to the needy in Haiti and Feb. 25 at 8:30 p.m. they will be packing those meals. Come to the Courter Center to volunteer your time and help pack meals.

Blood drive

Feb. 25 starting at 9 a.m. there will be a blood drive and Marrow Donor Registration set up on the DMACC Boone Campus. Would-be donors are asked to pre-register for the drive by visiting www.givebloodgivelife.com.

Enrollment records

For the tenth straight year DMACC set spring enrollment records in both head count and credit hours. From this time last year DMACC has enrolled 3,300 new students, up 17 percent from last year. A total of 23,208 students and 195,807 credit hours.

Phi Theta Kappa convention

Feb. 25 and Feb. 26 DMACC Boone Campus will be holding Phi Theta Kappa's Regional Convention. Registration will be following the blood drive that starts at 9 a.m.

Free income tax help

Free income tax help is being offered each Friday from 9 a.m. to 4 p.m. at DMACC Boone Campus from Feb. 5 through April 9.

2010-2011 scholarships

Students looking for a little help with their tuition and have a GPA of 2.0 or higher and plan on taking six or more credits next fall or spring are encouraged to send an application to the DMACC Foundation at www.dmacc.edu/foundation.

Alumni Association sponsors racing trip

The DMACC Alumni Association is sponsoring a bus trip to the Indianapolis 500, May 29-31.

The trip includes two nights lodging, two breakfasts, a reserved \$70 race ticket and transportation aboard a 49-passenger Windstar motor coach. The cost is \$426 per person for double occupancy.

FASFA help

DMACC is offering free FASFA assistance to prospective and current students. Financial aid counselors will be on the DMACC Boone Campus Feb. 24 10 a.m. to 2 p.m. and at the Hunziker Center in Ames March 4, 5 to 6 p.m.

No class friday

Friday Feb. 26 all DMACC campuses will be closed for Presidents Day.

Student journalists win ICMA awards



Candace Daiker

**First Place
Iowa College Journalist**

The Boone Banner News and The Campus Chronicle (Ankeny) earned awards as part of the 2009 Better Student Newspaper Contest sponsored by the Iowa College Media Association.

The winners were announced during the Iowa Newspaper Association/ICMA Convention Feb. 4 at the downtown Des Moines Marriott.

Media students from colleges and universities across the state compete each year in the Better Student Newspaper Contest.

Congratulations to these hard-working DMACC students:

Kelsey Edwards, Chronicle staff member, First Place, Best Explanatory News Story. Edwards is currently the editor-in-chief for the Chronicle.

Kelsey Edwards, Chronicle staff member, Third Place, Best News Story

Kelsey Edwards and Jeremy Harmsen, Third Place, Best Original Content, for their Chronicle marketing video. Harmsen is now a student at Full Sail University in

Florida, a top media arts school.

Lisa Verhey-Budding, former Chronicle staff member, First Place, Best News Story. Verhey-Budding is currently the assistant editor for the Urban Vibe.

Mitch Holland, former Chronicle staff member, First Place, Best Profile.

Candace Daiker, former Boone News copy editor, First Place, Best First Amendment Coverage. Daiker graduated in December from the Boone Campus.

BETTER BOWLING NAME:

COBRA or LAZER?

Discuss as long as you want.
Only U.S. Cellular® has Free Incoming Calls,
Texts and Pix from anyone at any time.
So nearly half the time on the phone is free.

getusc.com

 **U.S. Cellular**
believe in something better™

Free Incoming claim based on combined voice, Text and Pix usage by typical U.S. Cellular customers. Other restrictions apply. See store for details. ©2009 U.S. Cellular.

Bear Band encourages school spirit

By Kevin Langel
Staff Writer

DMACC basketball games were a lot different back in 2001 than they are now. That is because there wasn't a pep band to help promote team spirit.

One day Maggie Stone, coordinator of the single parent, displaced homemakers program, and a few others were having lunch in the Courter Center.

Someone mentioned that the school didn't have a pep band to play for basketball games. Everyone started to mention different instruments that he or she had played in high school and college. As a result, the DMACC Bears Band was born.

"I think the pep band is one of the neatest things that has ever happened to this college," said Orv Salmon, DMACC athletic director.

The band is made up of DMACC faculty, staff, students

and community members. They rehearse before and during the regular basketball season every Tuesday night for a little over an hour.

The band plays a variety of different pep band songs, with an occasional jazz piece here and there. They play for many home game and begun playing for the GED graduation in June.

Joanne Temple, an original member of the DMACC Bears Band said, "It's a fun way to support the team and play music at the same time."

If interested in playing for the DMACC Bears Band, contact Maggie Stone at (515) 433-5037, Room 124 or Joanne Temple in the Business Financial Office at (515) 433-5023.

The band's last game was Feb. 17. They plan to play for the GED graduation in June.

"We do it to support the teams and to just have fun," said Stone.



Photo by Derrick Roffman

Members of the Bear Band, Connie Booth (piano), Dan Cross (drums), Tim Bergin (bass) and Maggie Stone (alto sax) play for the Pink Out men's and women's basketball games on Feb. 17.

Getting fit on campus



Neil Christians rides the exercise bike.

By Jill Ackerman
Staff Writer

The freshman fifteen seems to be a given in the college years, but what many don't know is that it can lead to serious consequences if more than just those extra pounds creep on.

If a student is looking to get in better shape and become healthier to reduce the risk of the negative affects that being overweight can have on the body, a fitness club on the DMACC Boone Campus might be able to help.

People from HealthDay: News for Healthy Living say that, "some who are overweight have severe liver damage caused by too much body fat, and a handful have needed liver transplants." With the party scene being another big part of the college life, students' bodies are taking a beating.

Students were warned about how bad smoking was for their health, but now experts are saying, "Being obese at age 18 increases the risk of premature death in adulthood as much as smoking more than 10 cigarettes a day."

The Boone Campus has a fitness center, which includes machines for cardio, weight lifting

machines and free weights.

Professor Jennifer Spry-Knutson supervises the Fitness and Sports Management Club.

The club is involved with activities on and off campus. Spry-Knutson says that the club can do a variety of different activities; it is mostly student run.

This is also a great activity to get involved in, for students who are pursuing a degree in fitness and sports management. The major is designed to equip students with skills who want to pursue a career in the health, sports, fitness or recreation fields.

With the fitness center and the Fitness and Sports Management Club being free, students might want to take advantage of these opportunities to make for a healthier lifestyle, hopefully preventing these shocking statistics from rising.

If someone is interested in the Fitness and Sports Management Club contact Jennifer Spry-Knutson by phone at (515) 433-5205 or by email at jspry-knutson@dmacc.edu.

2009-2010 Bear Band

Director

Maggie Stone

Flute

Jan LaVille*

Aubry Hall

Clarinet

Jesse Laumer
Andrew Hanft

Alto Saxophone

Sue Pratt
Maggie Stone*

* original member

Trumpet

Sam Nelson
Nicole Young
Rebecca Russell
Kevin Langel

Cornet

Joanne Temple*

Trombone

Brian Wonderly
Gina Ryan
Danny Ginger

Baritone

Skip Winey
Matt Muessigmann

Drums

Josh LaVille
Dan Cross
Marshall Newman

Keyboard

Cindy Martin
Connie Booth*

Rhythm Section

Mary Beth Hanlin

Bass Guitar

Tim Bergin*

Guitar

Eric Doran



Kevin Langel, DMACC student, took advantage of the free ski trip to Seven Oaks Recreation, located west of Boone, sponsored by the Student Activities Council. Under 10 students participated in the opportunity on Feb. 19.

"Don't be afraid of history."

Jill Wells presents Black history



Photo by Derrick Roffman

Jill Wells poses with Rita Davenport, Chair of DMACC's Diversity Commission, outside the auditorium after Wells's presentation.

By Josie Kramer
Editor-in-Chief

Artist, Jill Wells, presented a visual story of Black History Month through her own art Feb. 12 in the DMACC Boone Campus Auditorium as well as from Feb. 9 through Feb. 23 at each of the DMACC campuses. The DMACC Diversity Commission sponsored the presentation.

Rita Davenport, Chair of DMACC's Diversity Commission and counselor on the Boone Campus, scheduled the presentations and she said, everybody on each campus was lucky to have the presentations.

In her presentation Wells discussed Black History Month and how it is often forgotten. She included a visual slide show, visual painting demonstration as well as art history and a painting lecture.

DMACC student, Rachel Ross, said, "I thought [the presentation] was awesome. I think it's cool how she did so much research and how she had the old history picture and she showed hers in a new light."

From Well's online profile at jjwellsart.multiply.com/ profile she said, "Working on the historical and narrative side of the painting spectrum, my works offer a story for the viewer to follow. By painting from historical photographs of plantation slavery we get to see African American genre that plays on the political factors of slavery."

Wells grew up in Indianola, Iowa, a predominately all white community. She was one of the few in the town with a "colorful" family tree. Her mother was Native American and German while her father was African American. In school, there was never much of an acknowledgment for Black History Month said Wells. In her childhood and teen years she said she was considered light skinned and one of her friends told her she talked white. What did that mean? She wanted to learn more about her own history.

To get that personal list she studied on her own and throughout college. She received her Bachelor's Degree in painting from Drake University in Des Moines. At the age of 19, she painted her first mural of Frederic Douglas, Malcom X, Marcus Garvy and Martin L. King Jr. Under their faces there are African-American males running to represent time passing. "Running Out of Time," the mural, is at the Creative Visions Human Development Center in Des Moines.

Wells is currently back at Drake studying graphic design and teaches an after-school art program for third through fifth graders.

Her last bit of advice was, "Don't be afraid of history. Don't be afraid to study in your own way. Try to find it interesting for you."



Photo courtesy of The National Archives

The original caption on this 1863 photograph of a slave read: "Overseer Aarayou Carrier whipped me. I was two months in bed sore from the whipping. My master come after I was whipped," he discharged the overseer. The very words of poor Peter, taken as he sat for his picture.

Be the Change You Want to See

By Jill Well

Be the change you want to see
In the world... a favorite quote
of mine that brings to mind
many things through black and white eyes
as they look at me.

Look at me they say
Look at my body
Look at my back... look at my back
Look at this moment in my life
Look at me for hours while you
See what changes you want to make...
Changes to this moment in time,
their time which allows your time...
this time to see, see what changes I now see.

As I dip from dirty water in a tin can
I wonder how my ancestors drank
Dirty water from a tin can

I can drink it too—I can drink it too
So in this moment in time I paint
to find change in stacks and rows
in history pages I roam
I picture fields of gold that my
Ancestors will inherit as long
As I paint.

I will make it for them
As they made it for me.
That change I want to see in the world.



Photo courtesy of jjwellsart.multiply.com

Jill Wells's "Running Out of Time" mural at the Creative Visions Human Development Center in Des Moines was painted in 1999 at the age of 19.

Who do you think of during Black History Month?

Photos & Reporting by Elliott L. Davis



Joni Rentschler
"Martin Luther King, Jr. and Iowa's Simon Estes"



Jordan Young
"Martin Luther King, Jr."



Laura Jackman
"Rosa Parks - She was a feisty lady."



Sarah Rubin
"Oprah & Martin Luther King, Jr."



Tyler Edgington
"Martin Luther King, Jr."

Vibram Five Finger Shoes Good for the sole

Derrick Roffman
Contributing Writer

Many of you may have seen my red Five-Finger shoes from Vibram that have individual toes and is very close to being barefoot.

The shoes' design is based on the shoe that yachters use to protect their feet, but still allows them the sensitivity they need to keep their balance while on the water.

I have seen many heads turning as I walk through the school.

After reading the book, "Born to Run," by Christopher McDougal, I was inspired to make some changes in my lifestyle to improve my health.

One of these changes had to do with posture; it was these shoes that allowed me to become more relaxed while walking and standing for long periods.

These shoes simulate being barefoot and have helped me realize how I move around on my own feet.

For years different shoe companies have put more and more cushion into shoes to help alleviate pain. The pain came in the first place from dystrophy and deformation of the body and how it works. These padded shoes actually allow for more dystrophy, making the pain relief only temporary and causing more problems in the long run.

In the book "Born to Run" there's a reference to a survey



asking runners about the price they paid for their shoes and how many injuries they've had.

What the survey found was that the more money people spent on their shoes, the more likely they were to get injured. Statistically, if you are a runner, even if you run a lot, you have a greater chance of injury in your life than you do of not getting injured.

These realizations lead me to explore my own shoes and how they affected my feet.

Therefore, I took the time to buy the thinnest soled shoes I could possibly find, only to find that many shoe companies still try to sell me a certain shape that cause deformities in my own body. After taking some time looking at how shoes are made, I discovered there are two basic parts of the shoes I was looking at: the insole and the rest of the shoe.

So, I immediately found better results by taking out the insoles in all of my shoes. This helped me get a more barefoot feel that would allow me to be more sensitive to my relationship to the

ground and how it affected my posture.

There are still minor things that play a part. The sole itself shapes how the shoe affects my posture, so I eventually went back to the Vibram Five Fingers whenever I wanted to brave the cold and ice.

When I first looked into these shoes almost a year ago, I didn't pay much attention to them, because they were online and I had no way of judging if they were going to be what I wanted or not.

Then when I was shoe shopping at JAX Outdoor Gear in Ames and saw them, I gave them a try and loved how they felt. Vibram has a few different designs that start at \$75.95 plus tax. I got the Sprint design for \$79.95 plus tax and didn't have to pay shipping and handling like I would have online.

My results from wearing these shoes have been priceless in my journey to find better posture.

They increase efficiency in my movement and help me to find a greater comfort and more energy in moving around in my world.

So the next time you see me wearing these "slippers" in the hallways, you can see for yourself how they affect my movement and allow me to feel more relaxed and open.

Perhaps you may see the way shoes are changing, going into the next generation. I sure hope so.



Photo by Derrick Roffman

Derrick Roffman wears Vibram Five Finger shoes.

iMac The picture says it all

By Austin Leeds
Columnist



Apple's iMac made some serious waves when it first debuted in 1998. It was one of the first all-in-ones targeted



at consumers; it came in all the "colors of the wind," and it sold like wildfire.

Take a trip to the Goodwill store in Ames, and you may find several of them sitting on the shelves, but not gathering dust. Plug one in and press the power button, and the Mac startup sound rings just as full and crisp as the day it was made.

Mac OS X appears moments later, and you are faced with a still-working seven- to twelve-year-old computer. Unsurprisingly, if you come back a few weeks later, the iMacs you were looking at are gone, replaced by another set of psychedelic little desktops.

A word to the cash-strapped: these computers usually go for \$45-60 and many of them are fast enough to run Microsoft Office 2008 for Mac. Just make sure to get one that runs Mac OS X 10.4 Tiger.

Mommy, it's staring at me!

The iMac G4 continued the tradition of small size with big functionality for the average user.



Apple's commercial for the iMac G4 was that of a man staring at one in a window, as the iMac mimicked all his actions with its swiveling neck, even imitating his raspberry by ejecting its optical drive.

While this iMac came with a built-in speaker, just like the original iMac, the iMac G4 also supports Apple Pro speakers, which are quite possibly the best speakers, for their size, ever made for any computer. Turn this thing on, and you'll get a sonic boom version of the Mac startup sound.

These computers aren't as cheap as the original iMac, also known as the iMac G3, but still go for around \$300 on eBay. These iMacs can run Mac OS X 10.5 Leopard.

My neck is so stiff!

Unlike the swivel-necked G4, the iMac G5 and Intel-based iMacs are fairly simplistic, featuring only a thin LCD monitor and a heavy one-piece base. However, the base is still easy to rotate in place, keeping the "Here, let me show you!" aspect of the iMac alive.



The latest 27-inch Intel-based iMac is capable of running Windows alongside Mac OS X 10.6 Snow Leopard and is available at Apple Stores for \$1,699. The latest Intel iMacs could last for decades because of their solid, aluminum case and relatively small number of moving parts.

What to do with that 'F'

Staff Editorial

DMACC has an early warning midterm notice that goes to students carrying a C- grade or lower. The point of this notice is for students to bring up any low grades they might have before the last day to drop—March 30.

Don't make excuses. Going to class will help. Professors are here to help. All full-time instructors have office hours that should be listed by their office or in the syllabus.

If you are simply finding it hard to understand the instructor and have consistently tried, ask to see them at a time outside of class.

The expectations for the instructors are clearly typed in the course syllabus, all of which can be found on the N-drive. Academic advisers and counselors can lend students a hand when they find it hard to connect with an instructor.

Another idea might be to keep parties on weekends. Staying out late makes for a rough

morning. Students may decide to sleep in and skip a few classes. If you're tired you can't be remotely close to enjoying class. The extra few hours spent at home in bed will help.

For those freshly out of high school, it can be hard making the change from high school academic expectations to college expectations. It has been about nine months since many college freshmen have been in high school.

If all else fails, drop the class by March 30. It's better to do that than take the F.

Dear Editor,

Phi Theta Kappa, the honor society for two-year colleges, held an induction ceremony in the Boone Campus auditorium on Feb. 16. I am proud to be a member of an organization that contains the values the current world business climate does not appreciate or value. I'm referring to the values of power, greed and corruption.

Many believe that the pursuit of money and material things is the real goal in life. However, PTK is an example of where wisdom, aspiration and purity of thought actually matters.

The ceremony was short and full of symbolism that was well represented and understood by all cultures and educational backgrounds. To overcome fear of the unknown is to acquire understanding through the scientific method.

Too often we tend to stay in our own little world and play it safe and do not expand our horizons with regard to our county, our state or our world. There are many factors in the world now that emphasize hopelessness as a dominant force in the world. This society offers the world a place to cultivate wisdom and understanding though its use of truth and purity of thought.

Too often we only value the group that makes the most noise or trouble.

Sincerely,

Myron Schaeffer, DMACC Student

Banner News Staff

Editor-in-Chief

Josie Kramer

Copy Editor

Tanner Sandrock

News Editor

Katie Cervantes

Columnist

Austin Leeds

Sports

Shannon Jefferson

Feature/Entertainment

Jill Ackerman

Staff Writers

Elliott Davis

Kevin Langel

Derrick Roffman

Cartoonists

Josh Schmidt

Jessie Vrba

Adviser

Jan LaVille

Printer

Wilcox Printing

Madrid Iowa

'The Wolfman'

With a sense of "Been there, seen that" the story isn't new and neither is the werewolf

By Tanner Sandrock
Copy Editor

In a world filled with glittering vampires, over emotional wolf beasts, and pubescent monsters who are more interested in attending your local prom than carnage and mayhem, I've been dying for someone to take these beasts of yesteryear back in a direction for blood letting and havoc reeking.

I was let down with "Day-breakers" when it became more of an economical struggle and an underlying message on consumerism than a real story of vampires and survival. I swallowed my disappointment and reset my hopes for "The Wolfman" to kick-start the mind-blowing monster movement, but unfortunately I walked away a little upset and even more frustrated.

My mouth was set to water when I heard the cast list. Oscar winners Benicio Del Toro and Sir Anthony Hopkins were cast to play the leads. Golden Globe winner Emily Blunt would be playing the Wolfman's love interest. As well as Hugo Weaving, agent Smith from the matrix trilogy was cast to play as the lead investigator from Scotland Yard. It was quite the impressive cast list for a remake of a B list monster movie from the 40's if I do say so myself.

I understand what universal was trying to do with a remake of a classic and they nailed the old feel of the gothic monster movies but there is a reason that the audience of today is drawn to the sparkling "emo-boy" vampires and not the old school Bela Lugosi vampires, as awesome as he may be, it's all about innovation.

Sure I grew up loving the black and white monster movies from the 20's, 30's and 40's but those stories are old hat, it's the same reason that you stopped listening to grandpa's stories when you turned twelve, sure you loved them once but come on gramps throw in a new twist now and again.

Just because it's a remake doesn't mean you can't innovate, right? There are a few story changes, here and there, from the original story and a major change with the role of the father but these changes really don't affect

the overall feel of the story. The one thing that I would have liked to see more of with this film is some delving into of the lore of lycanthrope, something to make it new, to reinvent the werewolf... again.

The movie follows Lawrence Talbot (Benicio Del Toro) an English native turned American actor. Lawrence is back in London performing "Hamlet" when he receives a letter from his estranged brother's fiancé informing him of his brother's recent passing. Apparently no one had informed other brother Talbot not to roam the countryside on a full moon, something everyone else is well aware of. Hell bent on finding his brother's killer, Lawrence heads into the woods to the local gypsy camp when a furry wolf man attacks.

Go figure, Lawrence is bitten and struggles with his new affliction, which just piles on top of all his other issues. After this point it's really nothing new as far as werewolves go; full moon, silver bullets and a need to kill your loved ones but the film really fails to explain any of it.

The villagers run around not knowing if it's an insane person on a manhunt or a crazed grizzly but they all know silver bullets will bring it down. How do they know this? Is it some handbooks somewhere? "Superstitious Backwards Townsfolk for Idiots?" Please explain.

Its questions like this that really brings me out from the dark and dank woods and back to the dark and dank movie theater.

By the end of this movie I left wondering why I had paid to see the same movie I had seen a dozen times? I could have saved a few bucks, rented the 1941 release and spent the night with a friend enjoying my childhood. Instead I spent it watching my childhood be revamped and eventually fall on its face.

"The Wolfman" just goes to show impressive casts don't always make impressive movies. With a weak story and an overall sense of "been there, seen that" this film will get no more than two out of five stars for me.



Have a voice!

Submit letters to the editor. Please keep letters under 350 words. Article submissions are welcome. Send to bannernews@dmacc.edu.

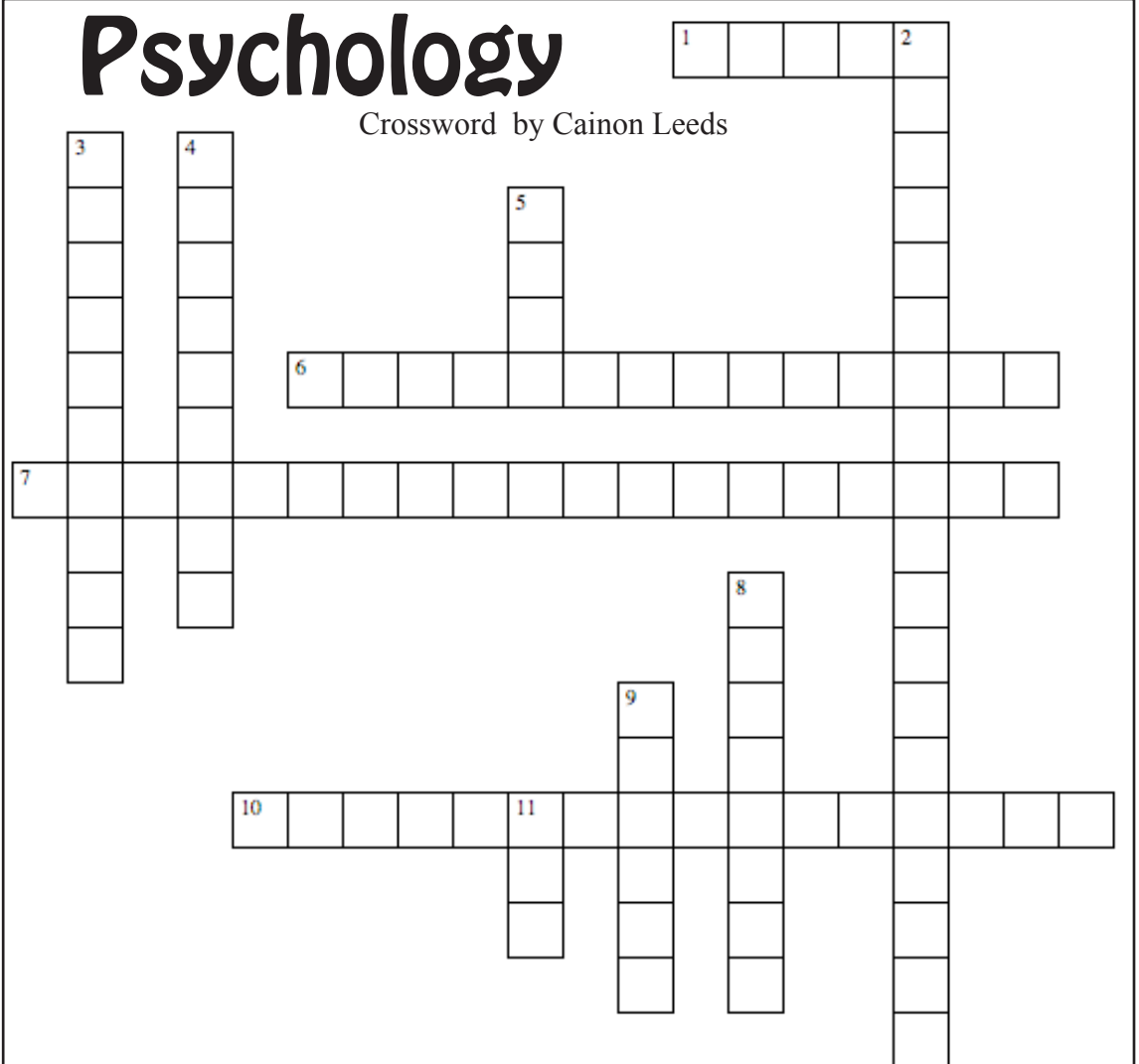


What do you care about?

(Fred Matamoros/Tacoma News Tribune/MCT)

Psychology

Crossword by Cainon Leeds

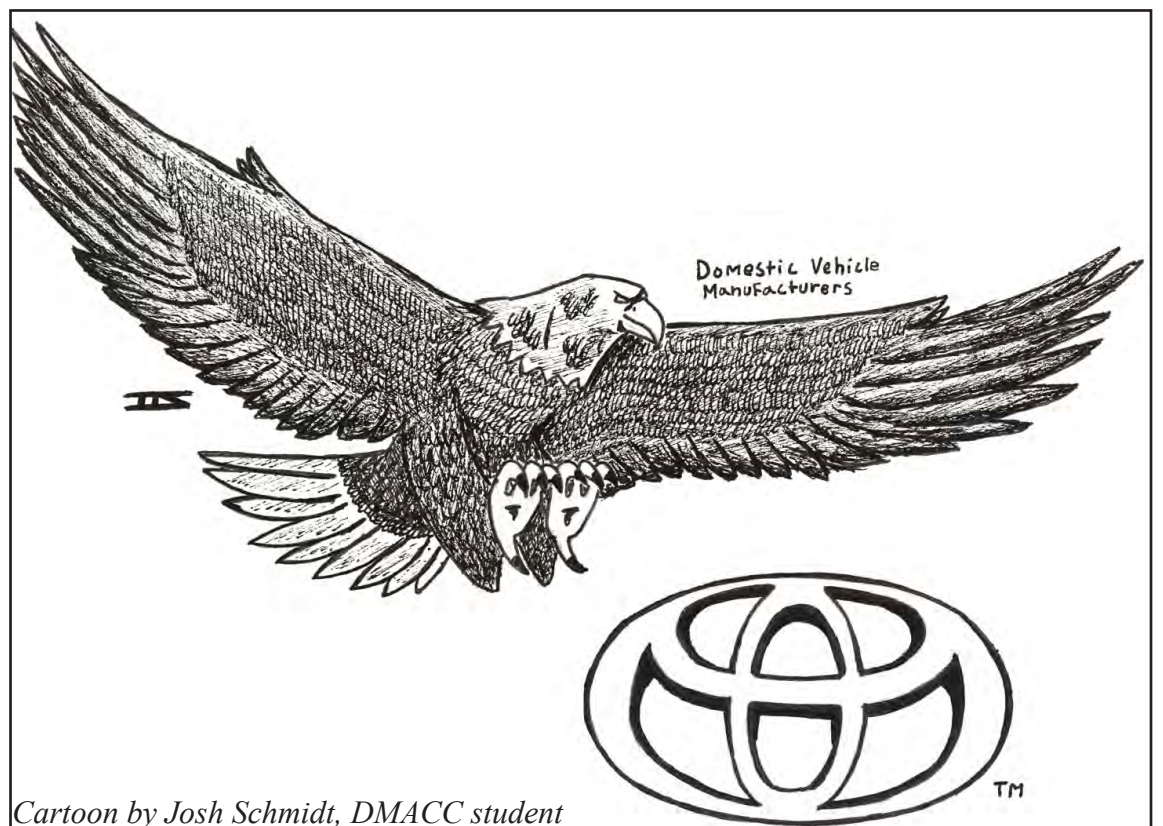


ACROSS

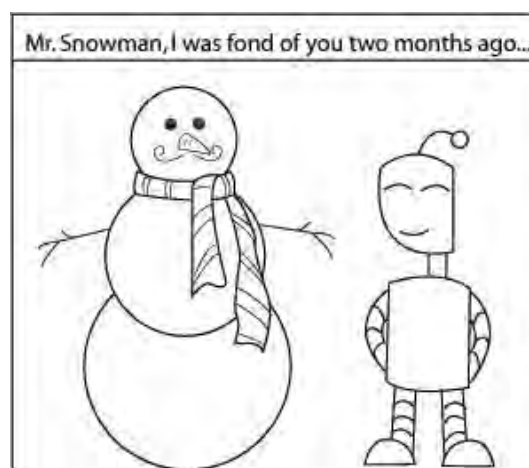
- 1 The stereotypical piece of furniture in which one reclines in a psychologist's office.
- 6 The way in which one quickly processes information.
- 7 The use of psychology to make sense of the subconscious mind.
- 10 A synonym for one or more alter ego.

DOWN

- 2 The study of personality through how one composes manuscripts
- 3 The effects of family placement on personality.
- 4 A two word phrase for a mental facility.
- 5 The four letter synonym for the brain
- 8 The use of psychological techniques in order to persuade or manipulate the mind.
- 9 A six letter word for a psychologist.
- 11 The abbreviation of the college degree of most psychologists



Cartoon by Josh Schmidt, DMACC student



Cartoon by Jessie Vrba, DMACC student



Photo by Derrick Roffman

Tavarius Grey drives down the lane against Kirkwood.

Bears defeat Eagles, 58-56

The DMACC Bears defeated their rivals of Kirkwood on Feb. 10, with a final score of 58-56.

"It was a big win for us," said B.J. McGinn, men's head basketball coach.

"We played hard and showed a lot of heart. We defended well and were able to get the win."

Mike Schindel, #12 for the Bears, fouled out of the game.

Bears miss 'golden opportunity'

By Kevin Langel
Staff Writer

The DMACC Bears were defeated by the Eagles of Kirkwood Community College (Cedar Rapids), with a score of 51-57, Feb. 10. This is the women's second loss against Kirkwood this season.

It was a tough back and forth game. The Bears held Kirkwood at 57 points. The Bears had difficulty scoring.

At half time, the score was 26-30 with the Eagles in the lead. The Bears had 13 for 37 two pointers, 3 for 16 three pointers and 6 for 11 free throws.

"We all played well together," said Marni Jacobsen. "We had a couple let ups and gave them an opportunity to score."

Throughout this season, Tia Mays, Katlyn Wood and Jacobsen have been the top three scorers. Mays has been averaging 12.9 per game, Wood, 11.8 per game and

Jacobsen, 11.9 per game. During the Kirkwood game, Mays scored 5 points, Wood scored 9, and Jacobsen scored 16 points for the bears.

"I thought we played well defensively," said Steve Krafcisin, women's head basketball coach for the Bears.

"It was a missed golden opportunity. That has to be one of Kirkwood's lowest offense games ever. They had 27 turnovers. Every time we had a chance to keep the lead, we weren't able to do it. If you are going to be a good team, everyone has to do their part," said Krafcisin.

After loosing the Kirkwood the Bears went on to beat Iowa Lakes 80-47.

As of Feb. 17 their overall record is 17-9 with a conference record of 11-5.

The Bears are not ranked in the top ten for the Division II Conference.

Iowa Central hands men a loss

By Banner Staff Writers

The men's basketball team competed against Iowa Central Community College (Fort Dodge) on Feb. 10. The Bears had their fifth loss of the season handed to them by the Tritons, 77-69. The Bears had their second chance at revenge against the Tritons.

Kannon Burrage led the team with 24 points and Hal Bateman contributed 21 points to the bears final score.

In the first half the Tritons had 35 to the Bears 37.

The Bears went back and

forth with the Tritons. In the second half the Bears began to lose their lead. The Bears needed to play consistent defense throughout the game in order to hold there lead. Point guard, Kurt Alexander contributed 19 to the Tritons win over the DMACC Bears.

After the game against Ellsworth community college the Bears are now ranked 8-6 in their conference and 22-6 overall.

They are set to play March 3, in the Region XI Quarterfinals at 7 p.m. with the opponent and location are yet to be named.

Dose named new cross-country coach

Former coach Sean Taylor steps down after announcing his future deployment to Afghanistan

By Kevin Langel
Staff Writer

Jim Dose, Academic Achievement Center instructor at DMACC Boone Campus, has been named the new cross-country coach. Dose will be replacing former coach, Sean Taylor, who is being deployed to Afghanistan.

Taylor was the women's cross-country coach for two years and has had a lot on his plate. He didn't want to add coaching to it, he said. When he comes back in two years, he might volunteer as the assistant coach.

Tom Lee, DMACC Boone Campus Provost, wanted him to be more involved in his job, family and in committees, said Taylor. The coaching was taking up that extra time. He really enjoyed coaching for the two years, and it was something that fell onto his plate when he came to DMACC.

"My female students will probably be relieved that I won't be bugging them to join the



Jim Dose

team," said Taylor, instructor of sociology and psychology. "I love coaching. It keeps me in shape and I get to meet some really good athletes."

Orv Salmon, DMACC athletic director said, "We are excited that Jim is going to be our women's cross-country coach. He is an experienced coach and is even more importantly, someone who is great at working with young people."

Dose is familiar with the coaching profession. He has coached football, basketball and track at various times at the high school level, for a total of 31 years, the last 14 years in Boone. Dose has coached at Hampton-Dumont and West Marshall. He has coached many state qualifiers, state place winners and a handful of state champions in various events during his track career.

"I'm excited to take on a new challenge," said Dose. "I hope to help DMACC Boone Campus women's cross-country improve to the point of being on par with the other great athletic programs we have here."

Cross-country is one of the newest athletic programs to be added to the Boone Campus. DMACC will begin its fourth season of women's cross-country in the fall of 2010.

Other athletic programs include volleyball, men's and women's basketball and men's and women's golf.

Women served a loss from Iowa Central

By Banner Staff Writers

The women's basketball team competed with Iowa Central Community College (Fort Dodge) on Feb. 17. The women lost their final home game of the regular season, 65-59. The Bears leading scorers were Tia Mays with 12 points and Caitlin Axland contributed 12 points also, to the Bears game against ICC.

ICCC is a conference game. The women beat ICC last time they played them. The Bears just could not get the shots to fall. They were struggling with scoring in the first half. In the second half it seemed that they just couldn't hold on.



Photo by Derrick Roffman

Marni Jacobsen fights for control of the ball against Iowa Central.

This was the last home game of the regular season for the women's basketball team. They will be

hosting the region XI Quarterfinals game on March 2 at 7 p.m.



Photo by Derrick Roffman

Hal Bateman fights for two points against Iowa Central.

Wood named athlete of the week



DMACC - First year Des Moines Area Community College (DMACC) women's basketball player Katlyn Wood of Monroe has been named the Iowa Community College Athletic Conference (ICAC) Scholar Athlete of the Week. Woods right now maintains 3.45 GPA.

Wood helped DMACC Bears win two conference games against Southwestern Community College and North Iowa Area Community College.

Wood scored a total of 36 points with 19 rebounds, five assists, two steals and a block in the two games.

Wood said she plans to graduate from DMACC and then continue her education and basketball career at a four-year school.