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## Banner News

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# BANNER NEWS

HAPPY HALLOWEEN!

Des Moines Area Community College Boone Campus

Wednesday, October 28, 2009, Vol. 9, No. 4

## Boylan: I feel like I saved a life

By **Tanner Sandrock**  
News Editor

The Blood Center of Iowa set up and took donations in the Courter Center. Sponsored this time by the Student Activity Council, 15 students sat down and donated during their three-hour stay.

"It was a good turn out," said Shawn Dolon, employee of the Blood Center of Iowa, "We come to this site two times a year and will be back March 25."

Many students decided to donate, most with the intention of helping others. Chris Neagle said he donated because of his son who suffers with autoimmune disease. Neagle, who has donated in the past, also plans on donating again when the Blood Center returns to the Boone campus in March.

Caitlin Axland and Molly Boylan, friends and teammates on the Bears Women's Basketball Team, both decided to donate. Boylan, who had donated before, said, "I feel good about myself. I feel like I saved a life."

Axland, on the other hand

had never donated said, "I'm excited to give blood. I wanted to in high school but never could because I was in sports." After giving blood Axland said, "Yeah it went well, I feel good about myself."

Fellow donator Michael Rand said, "I feel accomplished when I donate. I'm sure that someone's life is saved."

However, not everyone is allowed to donate. Cathy Fox, Blood Center of Iowa employee, said each person wanting to give blood must first fill out a questionnaire and undergo an on-site physical to check vitals. Also the blood is tested to be sure that the red blood cell count is at a certain percentage.

Natalie Derry, one of the students turned away, said, "I finally worked up the guts to give blood but they said I couldn't give because my veins were too small. I was a little mad." Site Coordinator Jane Weed assured Derry that she could later try again to donate.

More information will be given out for the blood drive scheduled for March 25 closer to the event.



Photo by Tanner Sandrock

Caitlin Axland (left) and Molly Boylan (right) smile after donating blood in the Courter Center.

## Build a Resume Workshop available

By **Jamie Stueve**  
Opinion/Feature Editor

A writing workshop is available to students on Nov. 11 in room 222 B for students to build their resume and cover letter. Linda Buxton and Krystal Hering host the hour event and provide help for students to work on or build a resume and cover letter. Students who have scholarships or a job application may bring them in to be revised or commented on.

They will advertise in "The DMACC Daily," on the flat-screens located in the Courter Center and by the main offices in the following weeks, as well as more word of mouth.

A previous similar workshop was available to students in October, with one student attending. The lack of advertisement and student awareness did not work in the favor of the event. "Some

[students] were not aware and it could have been a bad time of the day," said Krystal Hering, who works in the writing center, "They could be wrapped up in their schedules and not be thinking about filling out scholarships."

Helpful reminders when students fill out a resume or cover letter, said Hering, "[Is to] keep track of volunteer experience, activities, clubs and keep a running list if you do something so you can add it."

"Most importantly they should do research on where you're applying to, it's really about how you can contribute to the company," said Hering.

Any application, resume or cover letter a student has started previously can be brought to the workshop but may not be covered in the time presented. The workshop will start at 1:25 p.m. and run approximately until 2:20 p.m.

Continued on page 11

## Raising awareness in the college community

By **Candace Daiker**  
Copy Editor

Folding chairs lined both sides of the hall east of the Courter Center.

The chairs weren't for extra seating, but each represented a death caused by domestic assault in Iowa. Since October is Domestic Violence Awareness Month, ACCESS, Assault Care Center Extending Shelter and Support, set up the chairs and an information table.

The chairs represent the past five years of deaths by domestic assault. There have been 75 in Iowa and the year isn't even over yet," said Alicia Cox, Boone Outreach Coordinator for ACCESS. The program, funded by the United Way of Story and Boone Counties; state and federal

government; as well as other contributors, provides 24-hour confidential outreach and in-shelter help for victims of domestic violence and sexual assault. They are a non-profit organization, so services are free to any individual experiencing these circumstances.

Each chair lined in the hallway displayed a typed account of a more-recent death that occurred in Iowa due to domestic assault. Two Boone Campus students, Shakena Varnell and Michael Odikiro, both killed December of last year in a domestic assault, were among those named. Husbands, wives, individuals in broken relationships, and children each had a different story behind their death; some intentionally hit

by cars, shot, strangled, beaten and stabbed.

This was the first year a pet carrier was set out with the chairs. Its sign read, "...all of the unnamed and uncounted animal deaths within the context of domestic violence. Many times pet murders occur prior to homicides as part of an abuser's tactic to try to maintain power and control."

In addition to the 24-hour crisis phone line, ACCESS provides shelter, youth programs, individual counseling, support groups, advocacy, community education, and crisis response services from SART, Story County Sexual Assault Response Team.

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Photo by Candace Daiker

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# Students encouraged to enter writing contest

*Pritchard: Writing asks you to be more tuned to life. It asks you to get your nose out of your cell phone and into the life around you; yours, your family's and the life of others.*

**By Candace Daiker**  
Copy Editor

Students feeling the need to get some creative expression on paper and possibly published are in luck.

Any full or part-time DMACC students enrolled in the fall 2009 semester, not only creative writing students, have the opportunity to enter in the DMACC District-Wide Creative Writing Contest for the 2009-2010 school year.

The Ankeny Campus Student Activities Council

and the DMACC Ankeny Campus Foundation sponsor the contest.

Those interested in writing and needing encouragement or a boost of inspiration should, "just write," said Sam Pritchard, an English instructor at the DMACC Boone campus, "Usually writer's block is from fear that it's not good enough."

Students can enter any variation of two to three selections of short stories and poems, but no more than three. Each individual

work may be no longer than 20 pages, and specific format requirements must be followed.

Cash prizes and a DMACC scholarship are available to those that have been selected to place.

Award options are listed on the entry form that is to be filled out with each submitted piece, so individuals wishing to compete at the

scholarship level must circle that option. The first-place scholarship writer can win a \$1,000 DMACC scholarship, and the runner-up scholarship writer can win \$500.

Cash prizes for short stories and poems range from \$25 to \$100.

Winning entries will also be considered for publication in DMACC's creative writing magazine, "Expres-

sions."

Three to five instructors involved with DMACC's English departments in Ankeny, Urban, West, Boone, Newton, and Carroll campuses are drawn to judge the contest.

Rules and entry forms can be requested from any DMACC English instructor or by contacting Lauren Rice, Acting DMACC District-Wide Creative Writing Contest Coordinator, at (515) 965-7016 or [lrrice@dmacc.edu](mailto:lrrice@dmacc.edu).

## Opinion:

### Importance of creative writing

**By Candace Daiker**  
Copy Editor

"I have worked in the 'real world.' I have experience. I view every aspect of a situation. I can see the beauty in everything," I thought to myself. The truth is, I am stubborn. I thought, at age 23, I already had life figured out.

When I decided to go back to school, I realized there was a lot I was missing; like knowing where I want to go and how I'm ever going to make my money. Then, when I took creative writing, I realized there are things that will always be missing, but that I will continue to take on a different perspective of the world on a daily basis. It's a perspective I have grown to love and appreciate.

I knew class would be interesting based on the first day, when we were encouraged to lie. Instead of trying to only narrate my own life experiences word for word, I was allowed to use my imagination to create characters and situations. I made the choices and the changes, and I was pushed to be creative. That's the exciting part; as a writer, you are basically the "god" to your written world.

Poetry, a subject that used to make me want to get a root canal instead of writing it, ended up becoming one of my favorite art forms. I discovered that I didn't have to rhyme every other word or make a cute little jingle; I just had to write something I really felt. I wrote "Hooky," a poem about pretending to be sick just to stay at my grandma's house all day. My creative writing instructor decided our class should have a public reading of our work in the library. I read it, I cried, and I was all sorts of embarrassed, but I learned that things inside me, and my emotions were clicking, and it was genuine.

I still don't have life any more figured out, but creative writing has opened doors that I didn't even know were in my blueprint.

**Fall 2009**

## DMACC District-Wide Creative Writing Contest

**From You We Require:**

- \*Type and Title each entry
- \* Double-space Prose Entries
- \* Author's name should not appear on the piece
- \* Submit work with a cover letter including: Name, address, student ID #, title of each piece, scholarship or cash only\*, and this signed statement:

*I certify that the short stories and/or poems that I have entered in this contest are original to me. Also, I grant permission for DMACC to publish my work in Expressions, DMACC's, Creative Writing Magazine. Your name (fill in) Date (fill in)*

\*Scholarship entries are also automatically considered for cash awards.

For an application form contact Lauren Rice [lrrice@dmacc.edu](mailto:lrrice@dmacc.edu)

**Every DMACC student is eligible!**

**Deadline: Dec. 4 5:00PM**

**Submit 2 or 3 poems or short stories, less than 20 pages each.**

**Awards and Prizes**

**Scholarships: 1st \$1,000 2nd \$500**

**Cash: Best short story and best poem 1st \$100, 2nd \$50, 3rd \$25, each**

Submit work with cover letter to:  
DMACC Creative Writing Contest Fall 2009  
Lauren Rice, 02-5DX DMACC Ankeny Campus  
2006 S. Ankeny Boulevard, Ankeny, IA 50023

Or email attachments to [lrrice@dmacc.edu](mailto:lrrice@dmacc.edu)  
subject line "Creative Writing Contest Submission."  
No faxes please.

**For More Information Contact Lauren Rice at [lrrice@dmacc.edu](mailto:lrrice@dmacc.edu)**  
**Questions: Call or email Lauren Rice at 515-201-5289 and [lrrice@dmacc.edu](mailto:lrrice@dmacc.edu)**

Sponsored through the generous support of DMACC Ankeny Campus Foundation & DMACC Ankeny Campus Student Activities Council

## NEWS BRIEFS

### Pioneers Holiday Gift Baskets

DMACC Pioneers will be offering Holiday Gift Baskets district-wide for those in need. To nominate a student go to [go.dmacc.edu/pioneers/pages/welcome.aspx](http://go.dmacc.edu/pioneers/pages/welcome.aspx). At the bottom of the page click on the link "Pioneers Student Food Basket Nomination Form." Nominations are due Nov. 2 and need to be returned to the DMACC Foundation Office in Building 22 on the Ankeny Campus. Donations of non-perishable food items, gift cards to use to purchase perishable items, gas cards, small gift items, or cash are also being accepted. Please deliver these items to Melissa Breck in the DMACC Foundation Office in Building 22 on the Ankeny Campus.

### Graduating Students

To receive a degree students must fill out the graduations application at [go.dmacc.edu/handbook/graduation/pages/application.aspx](http://go.dmacc.edu/handbook/graduation/pages/application.aspx). If a student has not completed the last 10 credit hours at DMACC they will need to complete "The Last 10 Hour Waiver Form." This form is embedded within the online graduation application. Students are encouraged to use the online application. All advisers and counselors may submit the application for the student.

### H1N1 Vaccines

An H1N1 vaccine clinic is scheduled on the DMACC Boone Campus for Nov. 5, 1-5 p.m. in room 162. Please reserve your space and get information and a release from by e-mailing Connie Booth at [cjbooth@dmacc.edu](mailto:cjbooth@dmacc.edu)

### Spring 2010 Registration

Returning Arts and Sciences: Oct. 27 through Jan. 16  
New Career Ed: Nov. 4 through Jan. 16  
New Arts and Sciences: Nov. 10 through Jan. 16  
Late registration: Jan. 11 through Jan. 16

### SAC Volleyball Tournament

Thursday Oct. 29 from 9-11 p.m. the Student Activities Council will be hosting a co-ed two-person beach ball tournament in the gym. A \$23 gift card and 2 lunches, up to \$8 dollars each, will be given as prizes.

### Soccer Kick Winners

Victor Lavieri, Dani Lang, Sherry Malin, Brandon Scott. Congratulations to the winners and good job to all who participated in this "Wild Wednesday" event.

### Trouble Writing Research Papers

Students can find help for research papers at [go.dmacc.edu/helpdesk/pages/welcome.aspx](http://go.dmacc.edu/helpdesk/pages/welcome.aspx). Documentation on how to create an MLA or APA style paper can be found here.

### CORRECTION

The DMACC Boone Campus's fall production of "Murder Go Round" will be Nov. 20 and 21 at the Boone Campus Theater.

### Daylight Saving Time begins Sunday

Turn back your clocks on Halloween night before going to bed. Daylight Saving Time officially begins at 2 a.m., Nov. 1.

## Oct. 30 SAC events

By **Tanner Sandrock**  
*News Editor*

Halloween is just around the corner and the Student Activities Council is getting ready. The Friday before Halloween, Oct. 30, the SAC will be hosting a variety of events starting at noon to help students enjoy the holiday.

First and foremost every student is welcome to come dressed up in costumes. At noon there will be a Halloween costume contest in the Courter Center. "I

expect a strong showing. We had around 20 people last year enter in the costume contest," said Steve Krafcisin, SAC adviser.

Students will be judged on the best male and female costume. Winners will be decided by crowd applause and will receive \$25. Staff members who dress up may also participate but will be judged in a separate category. "Unique is always good," said Krafcisin, "No profanity or inappropriate costumes will be allowed."

Along with free pumpkin bars being given out, there will also be a taffy apple-eating contest in the Courter Center at noon. Whoever eats the most taffy apple in 30 seconds will receive \$25.



*Contributed photo*  
One of last years winners, Alex Kirby, poses as Quail Man.

## BETTER BOWLING NAME:

# COBRA or LAZER?

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# Board meeting held on Boone Campus

By **Eric Thiel**  
Sports Editor

Des Moines Area Community College held its Board of Directors meeting Oct. 12, discussing DMACC having to save money by cutting \$2 million.



**Tom Lee**  
Boone Campus Provost

This is the only time the Board meets on the Boone campus this year, and the meeting began with a rainy drive-by of the new baseball field.

Boone Campus Provost, Tom Lee made his presentation to the board on current programs and introduced faculty members to discuss them.

Mark Maggio, social sciences adjunct professor, discussed his program for DMACC students to interview recovering drug addicts in the Fort Dodge Correctional Center, and how it helps students who are going into criminal justice or psychological services.

Mary Ann Koch talked about how the Academic Achievement Center serves students on the Boone Campus.

Sam Pritchard told about the art on the walls and outside the Courter Center.



Photo by Derrick Roffman

Being sworn in at the DMACC Board of Directors' meeting in Boone Oct. 12 are (left to right) Jim Knott (Carroll), Fred Buie (Des Moines), Joe Pugel (Board president) and Kevin Halterman (Board vice-president).

Members of the Board were President/CEO Robert J. Denson, Board Chair Joe Pugel, Board Vice Chair Kevin Halterman, and board members Wayne Rouse, Cheryl Langston, Jeff Hall, Ben Norman, Fred

Buie, Madelyn Tursi, and Jim Knott. Board Secretary Carolyn Farlow.

Four of the board members were sworn to the oath of office for being elected, as well as the election of the board president

and board vice president.

The board heard several reports and the meeting adjourned. The key objective was to conserve as much as money as possible to save \$2 million.

# Breast cancer affects faculty member

By **Shannon Jefferson**  
Staff Writer

McCaffrey has a family history of cancer. Because of this, she began having yearly mammograms at the age of 27.

Diagnosed 11 years ago with breast cancer McCaffrey still remembers like it was yesterday. The mammogram didn't find the cyst. "I found the cyst, and so I am a strong advocate of all people, no matter what age or gender, for doing self exams along with other type of screening," McCaffrey said.

She went to the doctor and had the cyst removed. She left the doctor's office in pain but was lead to believe that everything would be okay. She returned back to the doctor's office to have the stitches removed and the doctor then diagnosed her with breast cancer.

"I really don't think that's my cancer. Perhaps, the lab mixed up my results with someone else's," McCaffrey said, just hoping that she was right. After realizing that she had cancer, she began to tell herself everything would be okay.

An appointment for a surgeon oncologist was made to make arrangements for surgery. Five days later McCaffrey had surgery at a Des Moines hospital where the surgeon also removed 19 lymph nodes and felt quite certain that he had removed all of the cancer.

After surgery a blood clot formed in her breast because of the first surgery that was done in the doctor's office. Treatment could not begin until the blood clot was removed. "It was recommended by a medical oncologist and the radiation doctor that I do chemotherapy and radiation," said McCaffrey.

"Because I couldn't afford to miss so much work, and I would have had to travel for the chemo. I opted to do 38 daily treatments of radiation. I felt good about this cancer not returning. That way I could work. The more treatments

I had, the more tired I became, but I always remained positive, probably because I was in a type of denial and felt that I could not, would not die.

Radiation did scar my lung, a small price to pay for being alive. For five years I saw a medical oncologist and my surgeon every three months. I was supposed to take a drug called Tamoxifen, but I only took this drug for six weeks. After I read the side effects, I opted not to take the drug, even though my aunt swears it's what saved her life. My aunt's breast cancer was stage 4. She took the drug for 10 years," McCaffrey said.

It is possible for cancer to return, however, Jerrine McCaffrey has been cancer free for 11 years. She is confident that the cancer isn't coming back. Because of her strength and well-trained doctors, McCaffrey is still here today.

Being informed helps; that's what breast cancer awareness month is all about. Educating people about the disease and getting people to participate in the fight is what has been helping researchers.

For the last 25 years, October has been breast cancer awareness month. Breast cancer awareness is to provide awareness, education, and empowerment.

The National Breast Cancer Foundation (NBCF) is committed to spreading knowledge and fostering hope in the fight against breast cancer. This organization helps by funding mammograms for women who can't afford them and supports research programs. The NBCF encourages citizens to become active in the fight against breast cancer.

Many may be wondering what exactly is breast cancer? Breast cancer is a disease in which cancer cells form in the breast tissue. It's considered the heterogeneous disease, meaning that it differs by individual, age group, and even the kinds of cells within in the tumors. Women in the United States get breast

cancer more than any other type of cancer, except skin cancer.

According to NBCF each year in the United States it is estimated that nearly 200,000 women will be diagnosed with breast cancer and more than 40,000 will die. Approximately 1,700 men will also be diagnosed with breast cancer and 450 will die each year. There are 7 different types of breast cancer. They are categorized by whether it begins in the ducts or lobules, the organs that are responsible for breast milk production.

Most people don't think that men can get breast cancer. That is a myth. The percentage is small but men still need to perform self-exams. Many people think that having a family history of breast cancer means that you will get it. However, most women who have breast cancer don't have any family history of it. If a family member of yours has had breast cancer you are at higher risk. If you have women in your family who have breast cancer you should have a mammogram 5 years before the age of their diagnoses.

So what's the best way to prevent the silent killer? According to the Mayo Clinic staff there are lifestyle factors that can help lower the risk for breast cancer:

- **Limit alcohol.** A link exists between alcohol consumption and breast cancer. How strong a link remains to be determined. The type of alcohol consumed — wine, beer or mixed drinks — seems to make no difference. To protect yourself from breast cancer, consider limiting alcohol to less than one drink a day or avoid alcohol completely.

- **Maintain a healthy weight.** There's a clear link between obesity — weighing more than is appropriate for your age and height — and breast cancer. This is especially true if you gain the weight later in life, particularly after menopause.

Experts speculate that estrogen production in fatty tissue may be the link between obesity and breast cancer risk.

- **Stay physically active.** Regular exercise can help you maintain a healthy weight and, as a consequence, may aid in breast cancer prevention. Aim for at least 30 minutes of exercise on most days of the week. If you haven't been particularly active in the past, start your exercise program slowly and gradually work up to a greater intensity. Try to include weight-bearing exercises such as walking, jogging or aerobics. These have the added benefit of keeping your bones strong.

- **Consider limiting fat in your diet.** Results from the most definitive study of dietary fat and breast cancer risk to date suggest a slight decrease in risk of invasive breast cancer for women who eat a low-fat diet. But the effect is modest at best. However,

by reducing the amount of fat in your diet, you may decrease your risk of other diseases, such as diabetes, cardiovascular disease and stroke. And a low-fat diet may protect against breast cancer in another way if it helps you maintain a healthy weight — another factor in breast cancer risk. For a protective benefit, limit fat intake to less than 35 percent of your daily calories and restrict foods high in saturated fat.

A healthy diet and exercise will not guarantee anything, however it will give you a start toward breast cancer prevention. Understand you cannot control your genetic makeup or your age.

Hearing the word "cancer" doesn't always mean that there is no hope. There is a breast cancer survivor on DMACC Boone Campus. Jerrine McCaffrey is an English professor on the campus.



## It's okay ... Feel 'em!

**Ladies — take a couple minutes every month to get up close and personal with yourself and feel your breasts.**

Learn about breast self-exams at [www.ppheartland.org/feelEm](http://www.ppheartland.org/feelEm).

Remind your friends about doing their monthly breast exam. Get a badge for Facebook or MySpace to remind your friends to feel theirs too!

Tell Us how you celebrate October as National Breast Cancer Awareness Month. Upload photos/videos/comments to [www.Facebook.com/PPHeartland](http://www.Facebook.com/PPHeartland).

Planned Parenthood® of the Heartland  
2530 Chamberlain St., Ames

**Stay "safe and sexy" this year.**

Call 1.877.811.PLAN (7526)	Visit <a href="http://www.ppheartland.org">www.ppheartland.org</a>	Text "banana" to 72466 for weekly Text Appeal trivia.
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# French student returns to his Iowa ties

**By Chelsea Magee**  
Staff Writer

People can sometimes ask the most ridiculous questions. "Hey French kid, what's up? Are you really French?" "Do they have electricity where you're from?" or "Are the girls in France really hairy?" Hadrien Meyer could probably write a book on all the questions he gets asked on a daily basis.

Meyer was born on Sept. 19, 1990 to the parents of Alain and Anne-Catherine Meyer. Meyer's hometown is in Lorraine, France, which is three hours away from Paris and two hours away from Amsterdam.

In Meyer's free time, he enjoys jamming out on his guitar or drum set, listening to music (he prefers alternative rock), playing soccer, football, and snowboarding with friends.

Meyer chose to transfer to America for his senior year and graduate. He then transferred to Jefferson-Scranton High School in the state of Iowa to earn his high school diploma. There he participated in football and track. "I was extremely surprised on how warmly the people welcomed me when I first arrived in the states,



Photo By Chelsea Magee

**Hadrien Meyer plays his guitar to pass time in his apartment.**

even though they did not know me at all," said Meyer.

Transferring to Jefferson was a big change for him because his high school back in France consisted of 1,300 students, while Jefferson-Scranton High School only had 450 students.

Meyer found that the American way of life was much easier than the French way of life. He feels America provides so many more opportunities in education, freedom, and career choices for the people here. He also

loves the parties. He said, "Every time I go out with friends I end up meeting the most random and craziest people. At the parties in France I would know every single person there."

Meyer doesn't like all the things in America. "There are too much fatty foods here," said Meyer. In France, most of the food is extremely healthy, so having fast food restaurants all over being the 'American' way, was something that Meyer had to get used to. He was also upset to find

out that the drinking age in Iowa is 21. In France, a person can buy beer at 16 and purchase liquor at 18.

Meyer has gone through some hardships living in the states. He often thinks about his family and friends back in France, missing them and wanting to see them. Meyer is only an international student in the U.S. so he does not have a social security number. This means that he can not apply for financial aid or any jobs.

After high school, Meyer moved back to France to take a year off of college. He chose to come back to the states because of how much he liked it. Meyer wanted to come back to Iowa to attend the DMACC Boone campus. It is close to Jefferson, where all his friends are from, and is the

one of the cheapest community colleges in Iowa.

Meyer is majoring in international business. After two years of DMACC, he plans on transferring to ISU for an additional four years. When he is all done with college, Meyer plans on staying in the states and living in the West Coast.

Meyer wants to give advice to other international students. He said, "Be open minded about everything, expect anything. Also, don't think America is what you see in the movies."

It's sometimes hard to move away from family and friends to go to college or even high school. Meyer found this to be difficult, yet had some of the best times of his life when he came to a small town in Iowa.

## Keeping your pet through hard times

**By William Hageman**  
*Chicago Tribune (MCT)*

The trend of pets being shooed out the front door or abandoned in forest preserves has put animal welfare officials on notice that cash-strapped pet owners are in critical need of help.

"Obviously the goal is to keep these pets in the homes and out of shelters," said PAWS Chicago founder Paula Fasseas, whose organization has deployed staff members to the Animal Care and Control lobby on week-ends to counsel people who are coming in to surrender their dogs and cats.

Here are some ways to keep your pet and still be able to pay the rent.

**Foster Care:** Having a friend, relative or neighbor take over the care of your pet is better than relinquishing the animal. Not just for the animal, but also for you and your family.

If you can't find someone to foster your pet, contact your local shelter or a breed-specific rescue and ask about its foster program.

**Low Cost Medical Care:** Don't neglect your pet's health needs because of an inability to pay. Veterinarians are often open to compromise.

If you and your vet can't make some financial arrangement, numerous organizations offer low-cost pet care. "People need to shop around for veterinary service," said Charles Craft, supervising animal-care clerk at Chicago's Animal Care and Control facility. "If you're just

looking for shots, PetSmart and Petco and others have low-cost offers."

Also nationally, the American Animal Hospital Association has its Helping Pets Fund (aahahelpingpets.org), which provides financial assistance at AAHA-accredited veterinarians for emergency and non-elective care for those in financial distress.

**Play Time:** So now your pet is healthy and well fed. Let's make sure he's happy, too, with some toys. A dog's best friend is a tennis ball. It's as simple as they come and provides hours of entertainment. And you don't even have to buy one. "You can go to any of the tennis courts," Dale said. "Go right after the courts close at 6, 7, 8 at night, and I guarantee you will find tennis balls."

Another idea, assuming your dog doesn't ingest plastic: Take a gallon milk jug (cleaned out, of course), remove the top and drop some small treats in it. The dog will bat it around, noisy but entertaining, to get to the goodies.

You can also make your own cat toy. Something as simple as a tightly wadded piece of 8-by-10 paper can be knocked around the floor by a cat. Make a cat fishing rod; tie a feather to a piece of string, then attach it to a thin stick and flick it in front of your cat.

**General Tips:** If you absolutely must give up your pet, don't turn it loose. Call a shelter or call a breed rescue. "They're coming into a shelter and they're treated with compassion, no matter what their outcome," Vinkler said. "But leaving an animal to fend for itself, be abandoned after it's been a domesticated animal, is completely unfair to the animal."

For those on solid financial footing, be proactive. Put aside a little money out of each paycheck, as you would for a college fund for a kid, to have just in case the bad economy jumps up and bites you and your pet.

## Learn better dorm cooking

**By Jackie Burrell**  
*Contra Costa Times (MCT)*

There's more to the college experience than fascinating lectures, frat parties and pricey textbooks. There's all that ramen, for one thing.

Many students find themselves on the wrong side of campus, or still in class, when the cafeteria closes. Late night study sessions require refueling. And a pizza-based diet gets old and fattening quickly.

Start, says Belmont, Calif., chef Gigi Gaggero, by identifying what's available and developing a repertoire of easy to prepare dishes.

A well-stocked closet allows students to turn their produce finds into Caprese salads, bruschetta and similar simple fare without so much as a microwave oven. (Tip: don't store the laundry detergent near the cooking supplies or your Caprese salad will taste like Tide.)

Basic cookware, such as measuring spoons, mixing bowls and a cutting board, make gourmet pursuits easy, even in a dorm setting. But the biggest challenges for would-be dorm chefs

are aromas and appliance restrictions, says Gaggero, who teaches college cooking classes at her Kids Culinary Adventures school in Belmont.

Be kind to your roommates, she says. Don't cook fish or burn the popcorn in the microwave.

"Cook a week's worth of spaghetti, penne or rigatoni," she says. "Drain it and toss it in a little bit of olive oil, then portion control it into baggies." Reheat it in the microwave and add store-bought sauce; toss it with butter, garlic and fresh herbs; or top it with cooked, shredded chicken. That pasta can also be served cold, garnished with fresh veggies and tossed with an Asian peanut or sesame dressing.

Baked potatoes are also a reliable standby; try splitting and stuffing them with cheese and broccoli before zapping them in the microwave. Many vegetables can be cooked in their entirety in the microwave.

Make sure your mini-fridge is cold enough to keep milk and meat safely chilled. Don't use a chicken-spattered cutting board to dice your vegetables and avoid setting the building on fire.



STOCKING THE PANTRY

Whether it's a tiny first kitchen, a dorm room or just restocking time, these basics make cooking easier and more flavorful:

**In the cupboard:** Good quality olive oil and balsamic vinegar, sea salt and black pepper, garlic, dried pasta, marinara sauce, lemons, peanut butter, and chicken or vegetable broth.

**In the Mini-Fridge:** Milk, butter, yogurt, eggs and cheese.

**On the Window Sill:** Fresh herbs, such as basil or parsley.

**Don't Forget:** A microwaveable bowl and mug, a small cutting board, utensils and a small, sharp knife.

### NEW CHINA

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ote  
**Travis STEVENSON**

For Boone City Council At-Large on Nov. 3rd

Your voice at city hall.  
A positive vision for Boone.

# Men's basketball team ready to start 2009-2010 season

**Coty Mallicoat**

*Staff Writer*

The DMACC men's basketball season kicks off on Nov. 2 at home against the J.V. squad of William Penn. First year head coach BJ McGinn says the team is off to a good start.

"The practices are off to a solid start so far; we are definitely making progress. We've been getting better especially on the defensive end of the floor," said McGinn.

With seven returning players from last year and nine new players coming into the program, the Bears are looking at a solid roster for the upcoming season.

"The guys are really

working well together. The new players are adapting well to the program for sure. They are learning each others tendencies and styles of play," said McGinn.

Although McGinn is a rookie head coach, he is no stranger to the Bears' program. He had previously coached under Orv Salmon and helped the Bears to a record of 75-22 over three seasons.

He is leading the team along with new assistant coach, Matt Murken, and previous assistant coach, Spencer Esslinger.

During the 2008-2009 season, the Bears finished out with a final team record of 20-11. They also finished

with a .500 average in the conference by ending up with a record of 6-6. "We just have to keep improving and getting better and better as the year goes on," said McGinn.

The men have 19 home games this year and are rated 12 in the pre-season polls.



Left: Coach McGinn talks to players at a home game during the 2008-2009 season.



## Men's Basketball Home Schedule

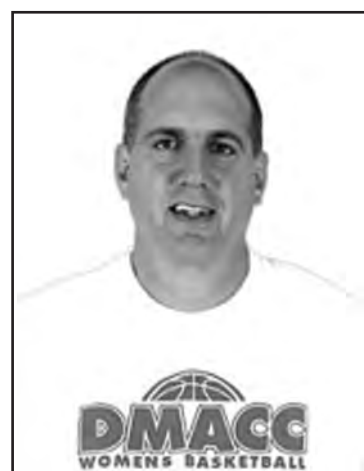
Date	Day	Opponent	Time
11/2/09	Monday	William Penn J.V.	7:00
11/7/09	Saturday	Black Hawk East	4:00
11/10/09	Tuesday	Morningside J.V.	7:00
11/17/09	Tuesday	Loras J.V.	7:00
11/20/09	Friday	Grand View J.V.	7:30
11/21/09	Saturday	Illinois Central	4:00
11/24/09	Tuesday	Wartburg J.V.	7:30
12/1/09	Tuesday	Simpson J.V.	7:00
12/5/09	Saturday	Marshalltown	4:00
12/7/09	Monday	Central J.V.	7:00
12/12/09	Saturday	Clinton	4:00
1/2/10	Saturday	Dreambuilders	3:00
1/9/10	Saturday	NIACC	4:00
1/16/10	Saturday	Iowa Lakes	4:00
1/23/10	Saturday	Ellsworth	4:00
2/3/10	Wednesday	Southwestern	7:30
2/10/10	Wednesday	Kirkwood	7:30
2/17/10	Wednesday	Iowa Central	7:30
3/1/10	Monday	Bellvue J.V.	7:30

\*all times listed are p.m.

## Women's Basketball Home Schedule

Date	Day	Opponent	Time
11/7/09	Saturday	Black Hawk East	2:00
11/8/09	Sunday	Grand View J.V.	2:00
11/24/09	Tuesday	AIB	5:30
11/28/09	Saturday	South Australia	4:00
11/30/09	Monday	William Penn J.V.	7:00
12/6/09	Sunday	Southeastern	1:00
12/10/09	Thursday	Marshalltown	5:30
1/9/09	Saturday	NIACC	2:00
1/16/09	Saturday	Iowa Lakes	2:00
1/23/09	Saturday	Ellsworth	2:00
2/3/09	Wednesday	Southwestern	5:30
2/10/09	Wednesday	Kirkwood	5:30
2/17/09	Wednesday	Iowa Central	5:30

\*all times listed are p.m.



Left to Right: Sophomore guard Marni Jacobsen, Coach Steve Krafcsin, and sophomore guard Kayla Koeppen.

## Women's basketball to kick off new season

**Brad Burton**

*Staff Writer*

With basketball season right around the corner, Coach Krafcsin and the women's basketball team are looking forward to another year on the court.

"Our basketball ladies are working hard on and off the court in preparation for the upcoming season," said Krafcsin.

The Bears bring back five players from last year's season, including Cassie Nauholtz from Cedar Rapids, Marni Jacobsen from Spencer, Kayla Koeppen from Des Moines, Dani Lang from Ankeny, and Danielle Daniels from St. Paul, MN.

Daniels, who sat out the

last half of the season with a knee injury, is looking forward to return to action in her final year in a Bears uniform.

The Bears are coming off a strong finish last year with a 24-6 overall record and finishing 13-5 in conference play. "We have high expectations this year," said Koeppen. "We are all excited for this season. We have a lot of talent and we hope to go far," she said.

The women have had two scrimmages so far. "They have been very helpful in seeing our strengths and things we need to work on," said Krafcsin. Freshman Skylar Johnson, said, "I think we need to communicate more on the floor and

let the games come to us, be positive and we should be fine."

This year's team has ten first year players who look to fill in the talent that was here the year before. "We have focused our practices on more learning and breaking high school habits in the past years, but I expect us to compete in every game and represent DMACC and their families in a positive light," said Coach K.

The Bears will open their season up Saturday, Nov. 7 at DMACC Boone Campus, against Black Hawk-East at 2 p.m. Coach Krafcsin expects his ladies to play hard, play together and play smart.

**KEEP UP WITH DMACC BEARS BASKETBALL IN THE 2009-2010 SEASON!**

**VISIT**

**[www.dmacc.edu/athletics](http://www.dmacc.edu/athletics)**



# Bears prepare for Regional Finals

## Season begins to wind down: Final chapter of '09 Bears Volleyball



Contributed Photo

Paige McKenzie #6 and Justine Young #9 are up and ready to smack the ball back into the other side of the court during the Kirkwood game last week on Kirkwood's home court.

By Eric Thiel and Chelsea Magee  
Staff Writers

The DMACC Bears played in a Triangular with Ellsworth and Grand View on Oct. 12. The Bears came out playing with a lot of confidence. After shutting out Grand View 25-13 and 25-14, they then turned around to play Ellsworth, beating them with 25-13 and 25-18.

DMACC lost to Kirkwood at Kirkwood on Oct. 21. Even though they lost, the players didn't let it bring them down. Coach Patty Harrison said, "It's hard to beat the same team three times in a row."

Kirkwood won the first match with 17-25, but DMACC came ahead with the next two matches with 25-22 and an identical score of 25-22. The fourth match consisted of another loss for the Bears at a score of 20-25. In the end it all came down to the final match. However, Kirkwood took the victory in the final match ending the game with a 11-15. DMACC suffered the loss.

Coach Harrison said that DMACC was 2<sup>nd</sup> in the nation, but after the loss it will be 6<sup>th</sup> or 7<sup>th</sup>. The Bears have one more game at the Regional Finals and that's what really counts, said Harrison.

Many Bears fans came to support the women in Cedar Rapids. Coach Harrison encourages everyone to come out to support the Bears for the Breast Cancer Awareness game on Nov. 3 and future home games.

### Wild Wednesday: Soccer Kickoff

The Soccer Kickoff for the Wild Wednesday was held on Oct. 21.

Students enjoyed it very much. Victor Lavieri said, "I like it because volleyball and basketball are boring."

Mohamad Rabah said, "I love soccer, I've been playing since I was three years old." Rabah is from Dubai and was disappointed that DMACC didn't have a soccer team.

"Soccer is a great game for Wild Wednesdays. It helps burn stress as well as make players more athletic," said Ralph Hurley.

The winners were Victor Lavieri, Dani Lang, and Sherry Malin all with equal points of 12. Following was Brandon Scott with 10 points.



Photo by Derrick Roffman

Assistant Coach Danye Guinn with student



Contributed Photo

Paige McKenzie #6, is getting ready to set the ball during the match with Kirkwood.



Contributed Photo

Tiffany Bormann #8, prepares to block the ball at the Kirkwood game.



Feeling chilly and tired in the gloomy mornings already?

Come see us and warm up with a latte, chai tea, hot chocolate & more!

Only \$1.50 each or \$1 for any drink with your refillable DMACC mug.



**PAWS for CLAUS**

Bring in your pet and have his or her photo taken with Santa!

This years theme: the North Pole

Photos available @ Ensley Photography Studio  
723 Story St. Boone

Nov. 7 10a.m.-1 p.m.  
Nov. 14 11 a.m.-1 p.m.  
Nov. 21 11 a.m.-1 p.m.



# Flu season: Prevent lagging behind

Staff Editorial

Missing a day of classes or work can be a real drag. The makeup can be even worse.

We miss days for a lot of reasons, the economy, flu, and sometimes for our family. We need to realize when this is getting too excessive or when we start to use them as excuses. Why put that stress of getting the makeup work done when we can avoid getting behind in the first place?

The best way to catch up when you get behind is to learn your lesson and not become behind again. This puts a big toll on your grade and your body. Life is stressful enough without having to add more to the endless list.

Don't procrastinate. If your teachers give you a few days or more to get your makeup work done, do it immediately. The faster you get makeup done, the faster you'll be to your usual self. You won't have to worry about all the work piling up. Makeup plus the regular work when you get back will drain your mind and body fast and you'll have to start the process over again.

To help keep caught up, get to know your classmates and instructors. Feeling comfortable around your peers will help encourage you to ask for help and guidance. Swapping numbers with a classmate will enable you call someone if you do miss class or if you want further instructions on assignments and due dates.

Use the buddy system. We learned it in elementary school, why not use it now?

Sometimes we can't help but miss a week of work and classes. If you're sick, stay home. Just because you miss a week doesn't mean you have to get far behind. E-mail instructors and classmates to have them help you stay caught up. You can do your work from home and bring it back with you when you return.

WebCT even gives us

easy access to "All Section Instructors," "All Section Designers," "All Teaching Assistants," "All Students," and "All Auditors." We access this through our WebCT mail. With all those recipients, someone is likely to reply and help with your questions.

When you fall behind, remember to work hard and not give up. Talking to instructors can help them to know where you're at and what your situations are. In most cases, they are willing

to work with you. You just have to ask.

Make a visit to the Academic Achievement Center. At the ACC they can help and tutor you. You can get assistance on writing papers or essays. If you miss a test, this is the place for makeup.

Remember when you're sick to stay away and when you return to catch up fast. The AAC is open Monday through Thursday 8 a.m. to 8 p.m. and Friday 8 a.m. to 3 p.m.

## PCs not the only choice

By Austin Leeds  
Contributing Writer

Microsoft Windows XP and Vista are current mainstays in the computer industry. But just because most people use them, doesn't mean they're the only choice for the college student.

While DMACC and other college campuses are filled with Windows computers, teach Windows classes, and are generally less friendly with other operating systems, there are some ways of making your computer a personal item rather than a corporate one,

while still staying compatible with DMACC's web systems and classroom requirements.

1. Check out other operating systems (OSes): Mac and Ubuntu (a free Linux OS) are the two most common alternatives and are very user friendly. Microsoft Office is available for Mac in the DMACC Bookstore for \$10, and Open Office, a free MS Office look-a-like, is included free with Ubuntu.

2. Experiment with different web browsers: Since the death of Netscape Navigator, new, powerful browsers have come to seriously challenge Internet Explorer's supremacy. Two of the best are Mozilla Firefox 3 and Google Chrome. Firefox is highly customizable and much more secure than Internet Explorer.

3. E-mail with style: Mozil-

la Thunderbird is a free e-mail client that can handle any e-mail service, even G-mail. Plus, who doesn't love graphic emoticons?

4. Break free from stereotypes: Be a dual or triple-booter! Modern computers can handle more than one OS, so why not try something new? With Wubi, a Ubuntu installer for Windows, you can try out Ubuntu on your Windows partition (section of your hard drive), then take it off if you don't like it or install it alongside Windows if you do. Windows and Ubuntu will both run alongside Mac OS X, thanks to Mac's Boot Camp feature.

Want to learn more? Visit these web sites for more info:  
www.ubuntu.com  
www.Apple.com  
www.mozilla.com  
www.google.com/chrome



### LETTER TO THE EDITOR

#### Improve Sally Mae: Remove federal and private loans

Dear Editor,

Sallie Mae's anti-student practices are overwhelming! They are destroying American students everyday through federal, and private financial aid loans.

Students are therefore forever grateful to the president and the congress for their recent action and appeals to them for more. They have finally brought some "change and hope" to American students. They have removed banks from lending federal financial aid.

This is an enormous step to bringing sanity to American education. Direct Loan, a government arm, will now be completely in charge of lending federal loans (Stafford etc) to students. This will of course save financial aid, lots of money, to use in enhancing Pell grant for students.

But more importantly, removing banks, from federal loans, will protect American students from the 'million' devastating, anti-student practices that these banks, most especially Sallie Mae, have practiced on students, for years. No wonder American students lag behind the rest of the

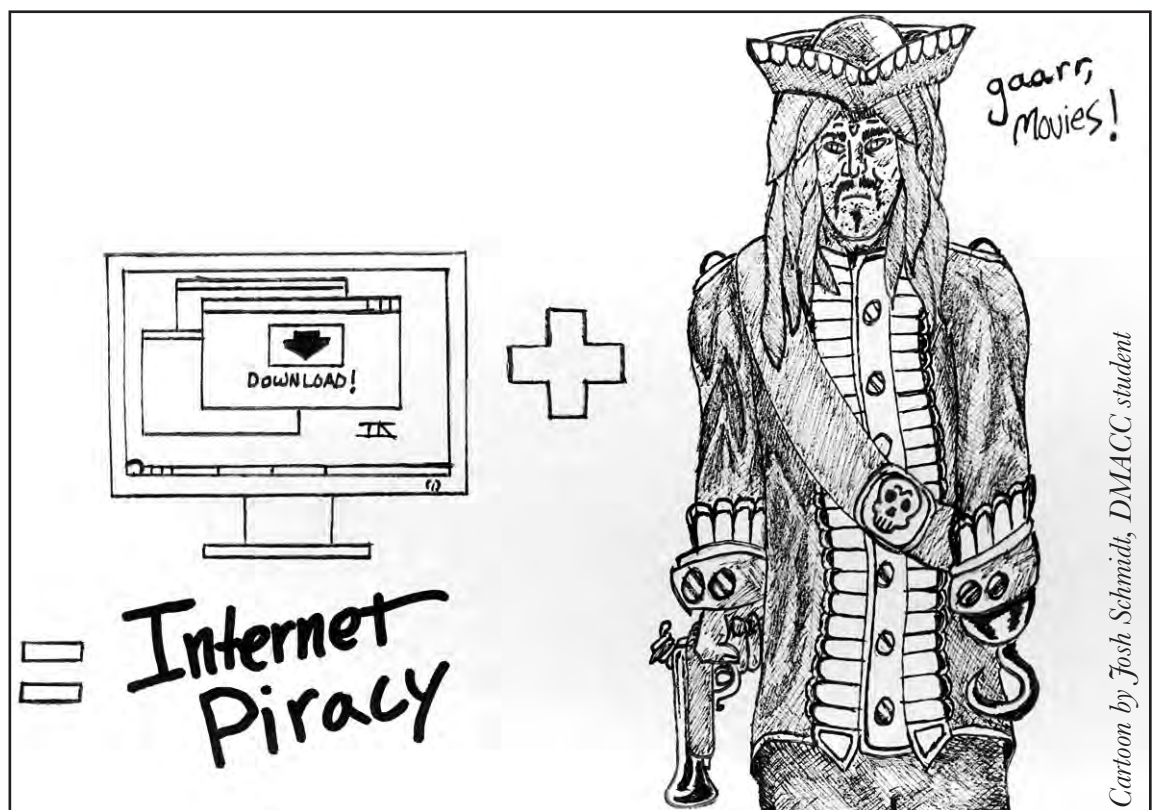
world in college education.

When a major company that is supposed to be helping students, decides to bleed, harass, twist and do all other devastating hidden things on them, and gets them out of school, with thousands of never ending private loans on their backs and the backs of their parents, who co-signed these loans for them, one should not expect such a situation to produce great results.

The president and the congress should complete the good job they just started and remove Sallie Mae and its friends, from private loans and mandate Direct loan to take that over as well.

The president and the congress should be American students guardian angels and not only (1) remove banks from participating in federal loans, but also (2) remove them from participating in private loans and from (3) lending, servicing and consolidating these loans (federal and private).

**Chinyelunwanne Ughanze**  
Boone Campus Student



## Have a voice!

Submit letters to the editor. This is the fourth issue of the year and we have currently one letter submitted. (See above article for details.)



### What do you care about?

(Fred Matamoros/Tacoma News Tribune/MCT)

# Participate in X-treme sports: Crank up your RPM



**By Jamie Stueve**  
*Opinion/Feature Editor*

When my heart races, I am usually in an uncomfortable situation worrying about the outcome of the particular event or how awkward and coincidental my life is, once again. My adrenaline rushes through my body at skyrocket levels when I am in an intense situation. I always wonder why I search for and am eager to thrive off of this feeling.

I have come to the conclusion

that I am an adrenaline junkie. It started out when I was just knee-high and wanted to jump off of cliffs, rollerblade down my street at a 90-degree angle and jump off the diving board. When I reached the fourth grade, I then graduated to my first rollercoaster experience and wave jumping experience in the same year. I could not get enough of these non-daily experiences.

Throughout the years, these experiences seemed to progress among the degree of extreme. Pretty soon rollercoaster's, haunted houses or plane rides just wouldn't grab my attention and raise my heart rate the way it used to, and the way I wanted it to.

I then went on an escape for the more extreme aspects of life. I knew there had to be something better, faster and scarier out there for me to do.

Extreme sports seem to be the way to go for me when I am on the look to raise my RPM and grasp the outrageousness not many get to experience as a tangible substance. I encourage everybody to try something adventurous that would be in the category of an extreme sport at least once in their life.

The list for extreme sports is quite abundant and will give you a memory you won't forget. They range from sand and dirt to snow and water or even just the fresh air gravitating you in a downward direction.

Two of my extreme sport experiences have got me aching for more. I got the first chance to snowboard two winters ago in Steamboat, Colorado. I literally smashed my body to no end trying to learn how to maneuver my way on sheets of snow. The

acceleration and possibilities you can encounter make every bump, bruise and strained muscle more than worth it. The fresh powder and spraying snow under your board make you feel invincible and in a whole different world.

If you can imagine putting your life in the hands of pure oxygen, would you take that leap? I had known a few people to do exactly that and live with no regrets. When I immediately heard of this being a possible experience to gain, I automatically added it to my "list of things to do before

I die" and kept an eye out for the opportunity. In August, I found myself attached to the stomach of a stranger and plunging out of a plane at 10,000 feet and 130 miles per hour. Skydiving is definitely the number one opportunity of my life I will link adrenaline with. I could not have asked for anything more invigorating and hair raising to experience in one's lifetime. If given the opportunity to do it again, or everyday for that matter, I would not hesitate to plow myself off a step to free-fall against my better judgment.



My friend, Tony Knotek and I in our diving gear ready to take flight off an official sky-diving, rickety, five person plane. We were left with nothing but our tandem and the pilot to intrust our lives with.

## Plan ahead to save money on road trips



**By Chelsea Magee**  
*Staff Writer*

The joys of planning a trip with a few of your friends can be fun, as long as you know how to do it, and everyone's budget.

People think that they have to save up a lot of money just to get out and explore. This is not always true. Road trips should not be all about staying in the nicest places or eating out every chance

one gets. They are merely to go and try something new and different.

Planning ahead is a vital part of taking a trip. People think that this is the most obvious thing to do, but usually put it off until the last minute and don't get the best savings. A ton of money can be saved by deciding where to go, what to pack, and what places to stay at. Instead of doing it right then and there and having to spend more money than we really should, plan ahead.

Packing light is one of the important keys to saving money. According to Reader's Digest, "Every 100 pounds in the trunk of the vehicle decreases the fuel economy by 1 to 2%; having a loaded roof rack can drag it down as much as 5%."

Another important thing

to do is tune your car up before your trip. Breaking down half way there wouldn't be the best way to start the trip.

Camping is a big ticket to saving a ton of money. Live a little by enjoying the great outdoors. Where else can someone enjoy sitting around a campfire roasting marshmallows and singing "Kumbaya?" If peeing by a tree or bathing in the lake or public is just not for you, priceline.com and hotwire.com can be helpful resources to finding hotels and lodging that will fit your budget.

Saving a dollar or two may not seem like much to most people, but it eventually starts to add up; so using coupons is another good way to save money. Try to find as many coupons you can for the intended stops. A good Web site to find coupons is anycou-

pons.com.

Even though Perkins or Applebee's may sound delicious early in the morning or late at night, they do not help to save money.

A good thing to do is bring a cooler and stock up on food at grocery stores. Some items that can be purchased are lunch meat, peanut butter and jelly, bread, and lots of snack food. Bring drinks from home. Having reusable bottles can provide drinks for everyone in the car. Even though people may not think about this in the beginning of the trip, it will save in the end.

Go, plan, and save on a fun adventure with some friends. If you plan to save, you can get to do all the things that everyone wants to do by going about it in the cheapest ways possible.



Richard Sheppard, his sister, Becca Sheppard and myself traveled with their family to Steamboat, Colorado on our snowboarding journey for a five day trip over winter break.



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HAPPY HALLOWEEN FROM BANNER NEWS

# 'Where the Wild Things Are': Wildly entertaining

By **Tanner Sandrock**  
News Editor

"Where the Wild Things Are" allows us to take a step into the world of a child. A world that we can't control, a world of things we can't seem to understand.

Spike Jonze's adaptation of Maurice Sendak's 10-sentence 1963 children's book delivers au-

diences directly to those confusing childhood years.

Max Records, a newcomer to the Hollywood world of film, plays an imaginative little boy who lives with his single mother and older sister. One night after acting out and biting his mother on the arm he runs away from home out into the streets where he finds a sail boat, which takes

him across the oceans to a far off island. This strange island is covered in expansive forests, wide desserts, and is inhabited with giant creatures. Upon arrival, Max is crowned the new king and must take care of his new friends by keeping this ragtag family of hairy, large toothed, claw bearing creatures together.

Expanding on Sendak's work, Jonze and fellow screenwriter, Dave Eggers, gave names and personalities to each of the creatures. It's interesting to view each of these furry creatures and how they represent the strange world a child lives in. They are large and strange to Max, often at a distance and unapproachable much like the adults that he deals with in his normal life. However, at the same time they hold some childlike familiarity, having some of the same fears that Max has. One of these fears the Wild Things portray is Max's own fear of change. You see Max's fear of this in the scene in which he first leaves home, when he calls to his mother to come play with him but she instead remains downstairs with her date.

Carol, voiced by James Gandolfini, acts in a way like the leader of the Wild Things. Much like Max, he fears that his family is changing. When KW, one of the Wild Things, begins to have outside friends, Carol fears that his world is falling apart. Carol crowns Max king and places the burden of holding this family together on his small shoulders. Eventually even a boy king finds

that change is an unstoppable force.

This film is visually stunning. Instead of overshadowing Sendak's original work, Jonze and company were able to expand upon the classic children's book. As easy as it would have been to build Sendak's world on computer screen, Jonze decided to add a realistic touch only using computer animation for the creatures' facial expressions. Brilliantly displaying the make-believe land and bringing the Wild Things to life, Jonze traveled to Australia. He employed the Jim Henson Creature Shop, the company that created "The Muppet Show" and the characters from "Sesame Street." The real-life aspect gave what digital animation could not have. Instead of giving the film the feeling of the over-produced and over-done children's story, it gave it a real sense of sincerity and a feeling of intimacy. It was easy get lost in the world they had created.

Word of warning: "Where the Wild Things Are" is not entirely what one would expect. A movie based on a children's book, about children, that you may not want to take your youngest child to. I would recommend not taking children younger than 7 or 8. Many parts of the film would scare them. The creatures that Jonze creates are not cuddly, adorable puppets; instead they are exactly what they claim to be, "wild things." Unpredictable and sometimes irrational, they often act out and could frighten young-

er children.

In the end however, Jonze may have succeeded too well in delivering audiences to that confusing world of childhood. To the average moviegoer, it may seem a bit off and a little out there. You may wonder to yourself, "What's going on here?" And who knows, that could be the exact intent of the director, but unfortunately the average viewer doesn't like to leave a movie confused and with a lack of resolve.

This film will be viewed as a creative masterpiece, and if you have stumbled across any major reviewers comments, Peter Travers, Roger Ebert, you're going to hear a lot of good things. I'm telling you right now, yes, this is an amazing film but extremely different from what you may be expecting. I will admit after first viewing this film I wasn't that crazy about it but going back over it in my head and really thinking about everything that happens and all the meaning wrapped in this film I can firmly say, "Go see this movie!" Just remember that this movie is about emotions not some overall story.

While watching it, be open minded while paying attention to what emotions Jonze is trying to convey, and if you do this, I believe that this movie will speak volumes to you and be much more enjoyable. I give "Where the Wild Things Are" four and a half stars out of five.



## REVIEW: 'I Hope They Serve Beer in Hell'

By **Coty Mallicoat**  
Staff Writer

In 2005, Tucker Max, a former law student published a book called, "I Hope They Serve Beer in Hell." This book eventually hit the best sellers list and had fallen into my hands as a freshman in college in 2006. Based on true stories about a group of friends in college, Max gets belligerently drunk, treats people terribly, talks about sex, drinking, going to strip clubs, and takes narcissism to a whole new level. I loved it.

Max, along with producer

Nils Parker, decided to write a screenplay based on the book. I had to go see it. Let's just say that the opening scene of the movie lets you know what you are getting into right away. This definitely is a movie where you may want to put the women and children to bed before seeing.

With crude language, sexual content, a scene that has Max, who is played by Matt Czuchry, doing 'number two' while running down a hallway, and falling in love with a midget stripper; it parallels the book in many ways and it should. However, after reading the book, I was expecting

the movie to be more based on the book with the character's names and places he actually visited in the book. The opening credits say, "Based on a true story: Unfortunately." I think it should say "Loosely based on a true story."

You still get to see Max's narcissistic attitude and it may even portray it better in the movie than it does in the book. The movie is loosely based off of a story in the book called "The Austin Road Trip" mixed with the "Midget Story" and a few others. If you have read the book, you will notice it kind of strays away from the book a little but still has the same

concept.

There are many great things about this movie. They had a cast that was recognizable but not so much that you would connect them with personas in other movies that would take away from their characters. They also make up for some slower parts of the movie with the quick-witted one-liners. The movie steps it up with one of the funniest scenes containing human feces I think I have ever seen; it was pretty epic.

I would definitely recommend reading the book over seeing the movie if you had to make a choice. If you liked the movie

"The Hangover" then this is also along those lines, but not quite "Hangover" material. Although this is yet another film with an overconfident leader of the pack who gets his friends into trouble and some of the adventures may seem a little far fetched at times, the characters in this movie work well together and make watching it worth your time.

If I had to rate this movie, I would give it three and a half stars out of five. Although this is one of my favorites as of recently, the book set the bar high for me and it didn't quite get there.

## Paranormal punch out: Review of 'Paranormal Activity'

By **Tanner Sandrock**  
News Editor  
& **Jamie Stueve**  
Opinion/Feature Editor

**Tanner:** Wonder what goes on when you close your eyes at night? Ever think that you may be followed by something from beyond this world? Ever think to catch these things on camera? Well, Oren Peli felt the urge and turned his "real life" footage into box office gold.

If you are up-to-date on your horror movies then you may have heard the claims that this is one of the "scariest movies of all

time." I hate to burst your horrified bubble, but it's not. Sure it may be one of the better "home movie" horror movies blowing "The Blair Witch Project" out of the water, but the only thing that would make this film scary is if it were real. Again, sorry to play the bearer of bad news, guess what? It's not.

Oren Peli, an up and coming director and quite possibly one of the smartest, or luckiest, filmmakers of our time, went out and bought a camera, got a few actor friends and filmed the entire movie in his house. Eleven thousand dollars and almost three years later, "Paranormal Activity" has

found its way to the big screen, but after seeing it at one of the now infamous midnight showings, I couldn't figure out what everyone was screaming about.

**Jamie:** Well Tanner, coming from a petrified perspective, I am going to have to beg to differ on my experience dealing with "Paranormal Activity." Due to the hype of the movie, I sat down in my seat before the previews with my goosebumps and clammy hands. I was ready to be delivered the scare of my life! I tend to not be scared frequently with scary movies. The masks, gore and blood don't tend to raise paranoia of my life being in threat.

The opening of the movie starts with a "thank you" to LA police and the family for the providing the footage, giving it a realistic feel. The fact that you relate to the characters' average, everyday lives, the footage is being filmed from the perspective encompassed in their home life. The activity is demon based and not ghost based to reel you in to make the hair on the back of your neck stand all the way through.

The anticipation for the lights to go off every night, knowing that it gradually gets more intense and heavy, gives the suspenseful feel that keeps you aching for more. I don't want to give the

ending away but I will say it is one of those endings that makes you want to wet yourself and leave you not wanting to be alone when you go to bed.

I then awaited the credits to ease my fear of knowing that there had to be a "crew" meaning the proof of falsity in the movie. The color then flushed from my face when I realized they failed to put them in, making me rethink my beliefs of the paranormal world. Talk about a traumatizing experience that kept me awake, alone and swimming in thoughts of the paranormal world.

**Continued on page 11**

# What would you do if you saw a ghost?

By Eric Theil



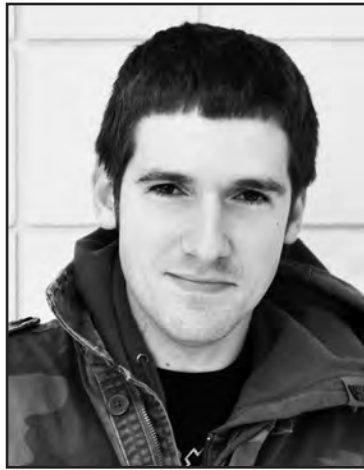
Chelsea Truckenmiller

"I'd sh-- my pants!"



Derrick Franklin

"I'd take off running."



Josh Schmidt

"I would shoot it with rock salt."



Ed Boyert

"Haul a\$\$!"



Rebecca Briggs

"I'd get in the fetal position and cry."

## Need for Afghan surge

An increase of troops in Afghanistan will benefit the US and the Afghan people



By Eric Thiel  
Sports Editor

It has been eight years since the war in Afghanistan that began with the mission to remove al-Qaeda and other terrorist organizations, but over the last few years insurgents such as the Taliban have been retaliating even harder and the war continues to escalate.

While the Bush administration defeated the Taliban in Afghanistan within weeks, Osama Bin Laden and other members of al-Qaeda escaped to the mountains of Pakistan. Instead of the U.S. trying to rebuild the nation at an appropriate time it turned its attention to Iraq. With a focused war in Iraq for several years, it brought about long term tension and build up of opposition in Afghanistan.

When the newly elected President Obama focused on

Afghanistan; he has sent 21,000 more troops at the beginning of the year to bring protection during the Afghan elections.

Yet, Mr. President is faced with another tough decision that could make or break his presidential career in this war. The newly appointed commander of Afghanistan, Stanley A. McChrystal requested for 30,000 to 40,000 more troops in Afghanistan. A surge is needed or the war may be lost, McChrystal says, "While the situation is serious, success is still achievable."

Some Democrat politicians say the war should be downscaled to a more counter terrorism focus, yet security over the people of Afghanistan could be lost. With opposing Democrats to the troop increase, Obama finds it hard to gain support. President Obama states that Afghanistan needs a clear mission and military means cannot win it alone.

The United States believes its top priority is to win the hearts of the Afghan people, and defeat the Taliban second. Securing the support of the people of Afghanistan rather than killing militants would bring a more progressive counter insurgency strategy. As of now, jobs are being created for the Afghans. Remote villages are now provided with wells for drinking water. Schools are being built allowing females a chance at educational freedoms.

The U.S. continues to train

Afghan security forces to protect and take care of their own nation so an exit strategy will be possible for the U.S. and its allies. When Afghanistan becomes developed enough to sustain itself and remain secure, the mission objectives are achieved. A surge would stabilize dangerous areas in the nation and allow progress for the objectives.

Counter terrorism attacks will continue with air strikes on focused al-Qaeda targets, and NATO forces will focus on keeping terrorist organizations out of Afghanistan to prevent al-Qaeda or the Taliban from building havens in the nation. Stability in Afghanistan will create security through out the world.

The International Security Assistance Force (ISAF) established by the United Nations Security Council, that is comprised of more than 40 nations who support and aid the involvement in Afghanistan in working towards security and development, with its commitments has helped unity the world to help a less fortunate nation strive to survive and fight for a just cause.

Mr. President will take the time to look at all options on the touchy subject, but hopefully he will make a responsible decision for the future. With the modern world becoming involved, it has opened the way for a world working towards prosperity, opportunity and peace for all.

## Resume writing from Page 1

Buxton and Hering will hand out example cover letters and resumes for students at the workshop. "I encourage students to bring their started resumes, scholarships or job applications but we can not cover everything

in the amount of time given," said Hering.

"If we run out of time [at the workshop] students can bring them it to the writing center to get additional help."

## Domestic violence from Page 1

Their informational brochures list facts about domestic violence and sexual assault, explain their mission and goals, give their program's history and ways volunteers and community members can help contribute to their cause.

Victims or individuals wishing to help can contact the Boone center at (515) 432-3606, or the crisis line at (515) 29-ALERT.

They can also be reached on the Web at [access@assaultcarecenter.org](mailto:access@assaultcarecenter.org) or [assaultcarecenter.org](http://assaultcarecenter.org).

"Our goal is to bring awareness. A lot of people don't think it happens in Iowa. When they see it (the reported deaths) on the news, it doesn't always get connected to domestic violence," said Cox.

## 'Paranormal Activity' review from Page 10

**Tanner:** Okay I will admit that the demonic aspect does give me the creeps, but again, knowing that it's all scripted makes it a little bit of a downer, along with making me a little upset that I didn't have the idea first.

I guess my biggest argument against this film would have to be its plot, or lack there of. Terribly thin and with obvious holes in logic you spend the whole movie, if you're not screaming, wondering, "What is wrong with these people? And, why the hell is this going on?" Trust me they do a poor job answering either of these questions.

This movie is basically a terror junkie's dream. It has a

bad story and relies completely on just making you scream, if moving doors and flickering lights scare you, but if that's all you're looking for you may have found it with this one.

For me, "Paranormal Activity" was a weak attempt at a shock fright horror movie and if you are a big horror movie buff prepare to be disappointed when this one doesn't match the hype.

**Jamie:** Well for me, "Paranormal Activity" initially scared the living sh-- out of me, and if you're not skeptical like Tanner you'll probably be equally as freaked out.



Cartoon by Jessie Vrba, DMACC student

# HALLOWEEN HORROR-SCOPES

By Candace Daiker

**Scorpio (Oct. 23-Nov. 21) Symbol: The Scorpion**

This week could be a double-bladed ax for you. You're making good progress on current endeavors, but watch your backswing; you may cut someone's head off.

Costume: Al Bundy from "Married, With Children"

**Sagittarius (Nov. 22-Dec. 21) Symbol: The Archer**

If you hear a noise late at night, don't go check it out. You might want to be the brave one, but next thing you know, you could be face-to-face with a masked creeper holding a large kitchen utensil!

Costume: Michael Myers from "Halloween"

**Capricorn (Dec. 22-Jan 19) Symbol: The Goat**

The lights came on by themselves. The door is open when you shut it. The curtains are blowing but the window is closed. You felt someone behind you when you're home alone. There's a scientific explanation for everything...right?

Costume: Jason Voorhees from "Friday the 13th"

**Aquarius (Jan. 20-Feb. 18) Symbol: The Water Bearer**

You're not "too scared" to go to a haunted house; you just feel claustrophobic and don't want to risk punching everyone that tries to jump out at you. I believe you.

Costume: Max from "Where the Wild Things Are"

**Pisces (Feb. 19-Mar. 20) Symbol: The Fish**

Now would be a good time to think happy thoughts before bed. If you're thinking negative thoughts and have a nightmare, it's bound to feel more real. Sweet dreams.

Costume: Freddy Krueger from "Nightmare on Elm Street"

**Aries (Mar. 21-Apr. 19) Symbol: The Ram**

Maybe it's because of Halloween coming up, but you've been feeling more paranoid than usual. The next time you feel like you have a creepy-crawly spider inching up your arm, calmly take a look instead of freaking out. If you really do find a spider, at least scare your friend with it.

Costume: Chucky from "Child's Play"

**Taurus (Apr. 20-May 20) Symbol: The Bull**

Keep your cell phone fully charged at all times, and if that's not realistic, keep an extra charger close by. If you get stuck in a scary-movie-situation, be the smart character. The last thing you'll want to see is "low battery."

Costume: An Oompa Loompa from "Willy Wonka and the Chocolate Factory"

**Gemini (May 21-Jun 20) Symbol: The Twins**

With all the crazy makeup, wigs, and fake blood caplets in stores right now, it would be the prime time to play a prank on a friend. Something as simple as showing up at their door in a stupid mask or covering their room with toilet paper should get the Halloween prank war started.

Costume: Jigsaw puppet from "Saw"

**Cancer (Jun. 21-Jul. 22) Symbol: The Crab**

Have you been waking up at 3:33 a.m.? Studies have shown that unusual and, sometimes, paranormal events take place at this time. If you find yourself looking at the clock at 3:33 a.m., you should probably just force yourself to go

back to sleep!

Costume: Papa Smurf or Smurfette

**Leo (Jul. 23-Aug. 22) Symbol: The Lion**

If you hear a rustling in the bushes, it's best not to check it out. Haven't you ever seen a scary movie? Maybe a person won't be jumping out at you, but even so, why would you want to risk getting jumped by a raccoon?

Costume: The Joker from "The Dark Knight"

**Virgo (Aug. 23-Sep. 22) Symbol: The Virgin**

Watch what you say and how you treat others. No one wants enemies. If you're a friendly person and follow the golden rule, good karma will be coming your way sooner than you think.

Costume: Teenage Mutant Ninja Turtle

**Libra (Sep. 23-Oct. 22) Symbol: The Scales**

Throw away the pains from your past. You don't need to wait to make a new year's resolution to spark some positive changes in your life. Harvest season can symbolize the end of one chapter and beginning of a new one.

Costume: Transformer

