

## Des Moines Area Community College Open SPACE @ DMACC

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Banner News

Student Work

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9-30-2009

### Banner News

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# BANNER NEWS

Des Moines Area Community College Boone Campus

Wednesday, September 30, 2009, Vol. 9, No. 2

## Constitution Day recognized on campus

By Candace Daiker  
Copy Editor

Constitution Day, although it is a commonly forgotten holiday, was celebrated at all DMACC campuses Sept. 17, 2009.

"When the Constitution was written, it was done to limit the power of government. It was created under the principle of popular sovereignty—that 'We the People' created the government, and all powers not delegated to it, were retained," said Michael Boldin, founder of the Tenth Amendment Center (press release from prweb.com).

In previous years, Constitution Day was much more of a production at the Boone campus, with an open-mic soapbox for students to express their freedom of speech, as well as t-shirts and a free meal to reward their bravery. This year, without the free t-shirts and meal to persuade students to express their opinions, our librarians kept the day alive by putting out a Banned Books display, as well as the open-mic.

Librarian Michelle Tedrow said, "Any school with federal funding is encouraged to recognize Constitution Day. This year the intention was to have one speaker (at the Ankeny campus, to be broadcast over our ICN)." Tedrow also said they decided to

set up the books display and open-mic in the northwest corner of the Courter Center because the numbers are up so much in enrollment, assuming for easier student flow over the busy lunch hour.

The Banned Books display, set out for its direct relation to the First Amendment of the United States Constitution, as well as Banned Books Week which takes place Sept. 28 through Oct. 3, 2009, is sponsored by the American Library Association. The association presents a new slogan every year, and this year's was "Read. Speak. Know." Books on display were each marked with a note card explaining the reasoning behind why it was challenged or banned.

The viewers eye could be easily drawn to the recognizable children's book "The Lorax" by Dr. Seuss, which had been banned in a logging town because it was marked offensive to their community. Other books on display were "And Tango Makes Three" by Justin Richardson and Peter Parnell, recently challenged in Ankeny schools for "issues of homosexuality;" J.K. Rowling's "Harry Potter and the Prisoner of Azkaban" for "serious tone of death, hate, lack of respect, and sheer evil," as well as other classics students read in high school like, "To Kill a Mockingbird" by Harper Lee.

Back in 1993, the Boone School District challenged S.E. Hinton's "The Outsiders" because the book "glamorizes smoking and drinking, and uses excessive violence and obscenities," according to "Banned Books" by Robert P. Doyle. This guide to banned books around the United States also mentions the removal of "Where's Waldo?" from a school in East Hampton, N.Y., because of a tiny drawing of a woman lying on a beach wearing a bikini bottom but no top. Other stories challenged in schools and libraries were "Snow White," "Hansel and Gretel," and "The Little Mermaid." Students wanting to learn more about banned books or write a paper about one can obtain information from [www.ala.org/bbooks](http://www.ala.org/bbooks).

DMACC students were reluctant to speak on the open-mic in the Courter Center, but after 2nd-year student David Rogers stepped up, a handful of others felt comfortable enough to do so. Rogers expressed his opinion on highly priced books required for DMACC classes and that students should do everything they can to bring down the prices and, "Send a message that doing this (raising prices due to new book editions) cannot be tolerated." Sociology teacher, Tammie Foltz, stated, "If it wasn't for



Photo by Derrick Roffman

### David Rogers, 2nd year student, speaks freely on the open-mic in the Courter Center for Constitution Day.

free speech, we wouldn't be able to speak in a classroom." Third-year student Curtis Myers stepped to the open-mic to verbalize his negative stance on "guys wearing girls' jeans," and stating, "Feminism killed chivalry." Student Matt Henderson replied to Myers's statement with, "If I opened a door for a girl, she would never

go on another date with me."

Constitution Day is often an overlooked celebration, but that is probably because it isn't as commercialized and decorated like America's other national holidays.

"We the People" can keep the Constitution's purpose alive by recognizing it throughout the year and especially on Sept. 17.



Photo by Derrick Roffman

The Banned Books display, set out by the DMACC Boone campus librarians, was sponsored by the American Library Association.

## Shoo the flu

By Shannon Jefferson  
Staff Writer

Flu season is in full swing.

The nursing department at DMACC is having a seasonal flu shot clinic on all campuses.

This shot isn't for the H1N1 virus; however, the same precautions can be taken as with the seasonal flu.

A good website to stay updated on H1N1 is [www.boonehospital.com](http://www.boonehospital.com).

The Boone campus will have the clinic Oct. 6 from 3:30 to 6:30 p.m., Oct. 13 from 1 to 3:45 p.m., Oct. 20 from 3:30 to 6:30 p.m., and Oct. 28 from 8:15 to 11:15 a.m.

Students can call (515)-432-1127 for appointments. The cost for the flu shot will be \$28 for everyone. Insurance will not cover the vaccine on campus.

"Those students with insurance are encouraged to go to their own health care providers, if possible. Vaccines are also available at Home Care Services of Boone County Hospital Office, 105 S. Marshall in Boone," said Connie

Booth, director of the DMACC Boone campus nursing department.

Getting the shot can help with avoiding the seasonal flu, missing school or work and spreading the virus to others.

"The most important thing during the flu season is hand washing, hand washing, hand washing with soap and water!" said Booth. Alcohol-based hand sanitizers are also effective, but they do not take the place of soap and water.

The virus spreads from door-knobs, cell phones, computer keys and many other surfaces. Other flu-preventing habits would be to cover coughs with a sleeve or tissue to avoid contaminating hands, stay hydrated and have a balanced healthy diet. These are some tips to help prevent students from getting the flu but none of them are 100 percent effective.

If students think they are getting the flu, they are recommended to stay home. Do not go to work or school and infect others.

Common symptoms for the flu are fever 100 degrees and above, headache, extreme fatigue,



cough, sore throat, runny or stuffy nose, muscle or body aches, nausea, vomiting and diarrhea. Students experiencing any of these symptoms should stay home and rest.

Students can call the campus health line ext. 6352 for any questions or concerns. The staff will help to direct students to local physicians if they can't go to their own.

Remember to stay healthy and help promote healthy habits this flu season.

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# Room to move: Fitness Center available

**By Chelsea Magee**  
*Staff Writer*

DMACC in Boone, provides students with a fitness center for all of the staff, students, and faculty members.

"It's free to current students, staff, and faculty members to use. It's a great resource on the DMACC Boone campus," said athletic director, Jenni Spry-Knutson, "We hope that they all take advantage of this opportunity."

The hours that the fitness center is open are: Monday through Thursday, from 8 a.m. to 6 p.m., and on Friday from 8 a.m. to 4 p.m. The doors are always open at these times, no key needed.

Every piece of equipment

that the fitness center provides students with has been maintained and kept in efficient quality for the users' convenience. Last year DMACC ordered a brand new elliptical that is used for working the lower body.

The fitness center is soon expecting new weights to replace the old or broken ones. The gravity training system is not the newest, but the most affective. This certain piece of equipment can work many of the body muscles. Another work out system that the center provides is the phisio balls. They give an intense workout to the abdominals.

Even though the fitness center seems to be extremely small, it still provides students with all the different types of equipment they

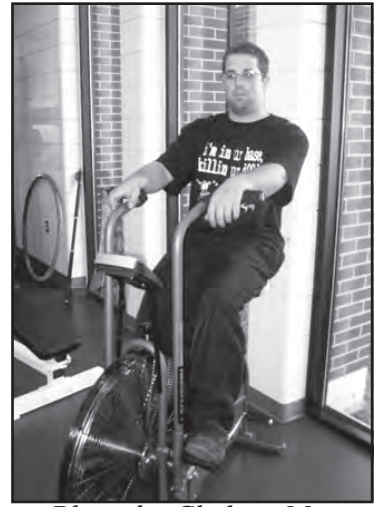
will need to obtain a full workout. DMACC in Boone is filled with athletes, but that does not mean that the fitness center is always full of them.

The athletes have a weight room that is found by the gym, so the fitness center is never crowded. It is all about how motivated one is to get there to try out all the equipment. Coda Skeffington-Vos, a DMACC student, who uses the fitness center three times a week, said, "I recommend the Gravity Training System, it provides a good all-around workout for beginners and fitness enthusiasts."

In the winter months, the fitness center provides workout programs for anyone to sign up for with no charge. They pro-

vide programs such as yoga and circuit training. The faculty working in this area, will design each of these practices to fit your needs. Programs are advertised through signs being posted all over the school and will also be aired on the TV message board or in the Court Center.

Everyone attending the DMACC Boone Campus can get in shape and take advantage of this fitness center. There are staff members that will always be around to help out, and answer any questions that students may have about the equipment, or what workout would best suite them.



*Photo by Chelsea Magee*  
**Coda Skeffington-Vos, DMACC student works out in the Fitness Center.**

# SAC sponsors Wild Wednesday

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

Wild Wednesdays get students together for an out of the ordinary activity that the Student Activities Council puts on around lunchtime one Wednesday of every month. The SAC gets together once a week to plan events for students and faculty to participate in. They come up with an event for that Wednesday to coordinate with the theme; Wild Wednesday.

The recent event on Sept. 16 in the front lawn was Blongo Ball. Some know this game from tailgating or other outside events

that are popular. The object of the game is to toss the two Blongo Balls, two-piece golf balls attached to a rope on to one of the bars. These are three bars and each is worth a certain amount of points. A student is allowed to throw the "Blongo Balls" 12 times to collect the highest points possible, "It was my first time every playing," said Guiseppe Rodriguez, a student at DMACC.

If students participate in four Wild Wednesdays they are eligible to receive a T-shirt. If a student receives the highest point in that particular game, they win an intramural championship T-shirt.

If students and their friends

have extra time between class or want to cure some boredom, try a Wild Wednesday activity that provides free entertainment to the student body, brought to you by the SAC. Attend the next Wild Wednesday on Oct. 14 and join in on a game of Frisbee Golf in the front lawn.

Winners: Male- Derrick Roffman (15 Points)  
Female- Molly Raylan (11 points)  
Faculty- Sean Taylor (13 points)

**The next SAC meeting will be Oct. 1 at 9:30 a.m. in room 203. They will select president and secretary at the upcoming meeting. All students are welcome to attend the meeting.**



*Photo by Jamie Stueve*  
**Student Giuseppe Rodriguez attempts to toss the ball to beat his competitor in Blongo Ball.**



*Photo by Jamie Stueve*  
**Steve Krafcisin holds up the DMACC Intramural Champion T-shirt for the winners of this month's Wild Wednesday.**

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# Students pose to create their own funny T-shirts

**By Tanner Sandrock**  
*News Editor*

Funny faces, celebrity bodies and wacky shirts. What does it all mean? Well, its just another Student Activity Council event here on the Boone DMACC Campus. The SAC hired The Smith Agency to come in and give out free "Funny Photo" T-shirts on Wednesday Sept. 23. Students were allowed to get their pictures taken, have them cropped into a picture of their choosing, and then have them printed onto a T-shirt.

"This is uber rad-tastic," said Curtis Myers, DMACC student. Curtis along with other students were lined up all around the west end of the Courter Center where The Smith Agency had set up to look through books for their own funny images to use.

"It's cool that DMACC brought in some entertainment for us. I used to go to Grand View and they did stuff like this but this is probably the coolest

one I've seen," said Kyle Mathes, DMACC student.

"It's pretty sweet. I think my dad will enjoy his Yoda shirt with my face on it," DMACC student Natalie Derry said.

"It's a fun job. I go around and hang out with people," Dan Czar, Smith Agency employee. "I've been to 26 of the 50 states and I'll be adding 27 and 28 here soon. I came here the other night from Michigan and will be heading to North Dakota right after I get done with this show."

Wacky T-shirts aren't the only things The Smith Agency does. They can be hired to put on other shows such as wax hand molds, temporary airbrush tattoos, as well as laser tag.

Upcoming SAC events include Frisbee-Golf Oct. 14, a soccer kick Oct. 21, and a two-person co-ed volleyball tournament Oct. 22. Students can keep posted on SAC activities by checking their e-mail or by watching the TV's around campus.



*Photo By Derrick Roffman*  
Curtis Myers, third year student and Aaron Bazis, second year student, pose with their new "Funny Foto" T-shirts.

# Phi Beta Lambda hosts bake sale: Fund raising for conferences

**By Josie Kramer**  
*Editor-in-Chief*

PBL, or Phi Beta Lambda, is the college division of FBLA, Future Business Leaders of America; the high school division. The organization had a fund-raising bake sale Thursday Sept. 17. They raised \$65.25. Their goal with fund-raisers is to help send members to out of town conferences.

The money will be used to help send students to the national PBL conference in June, held in Nashville, TN.

As a student-lead organization, they can compete and win plaques or medals in accounting, marketing, speaking, networking, word processing and many more.

Members that helped with the fund-raiser included: Felicia Albaugh, Darla Wise, Joni Rentshler, Treasurer Jill Syders, President Mikki Winbrenner and Advisor Linda Plueger. The members are looking forward to helping out with a Halloween Trick-or-Treat event as well as an Easter egg hunt. In regards to the hunt, Plueger said, "That is a



*Photo by Derrick Roffman*

## Hungry costumers look over what the bake sale has to offer

lot of fun. Students really enjoy that."

They will also host more bake sales, Campus Clean Up, collecting food for the needy at Thanksgiving, chapter Christmas party, chapter graduation luncheon and other community activities and service projects.


In October the members plan

to attend a conference in Fayette at the Upper Iowa University. They will participate in workshops and listen to speakers. They will also have the opportunity to converse with other future business leaders of America. Plueger said, "The PBL state conferences are a great way for our DMACC

Boone students to meet other PBL members from across the state, listen to outstanding speakers, and enjoy social activities."

To those students interested in joining, Syders is encouraging. She said, "We have fun." Rentshler said, "Any student can

join," and Plueger adds, "[there is] no cost to join." Any student interested, will need contact Linda Plueger at [ljplueger@dmacc.edu](mailto:ljplueger@dmacc.edu) or visit her office, room 201, on the second floor of the Boone campus next to the elevators.



## DECEMBER 2009 Graduates

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# Sandi Johnson serves Boone for 41 years



Photo by Chelsea Magee

Sandi Johnson, student services specialist, sits outside Boone DMACC campus.

## Twins population increases

By Josie Kramer

Editor-in-Chief

Twins are becoming more and more common with the increased use of fertility drugs and couples choosing to use artificial insemination.

Speech teacher, Jinny Silberhorn, has a set of twins and two other students that have a twin in her Speech class on Tuesday and Thursday mornings. Silberhorn says, "I think it's kind of unique [having the twins in class]. It'd be different if I had full sets but it's still unusual." Psychology and Education instructor, Sean Taylor, also has a separate set of twins in his Tuesday and Thursday Marriage and Family class.

"Human Development," the textbook for DMACC's Developmental Psychology class, states, "...multiple births in the United States has grown rapidly. Between 1980 and 2005, the twin birthrate increased by 70 percent, from 10 to 32.2 twins per 1,000 births."

Jenny and Sarah Evans are the twin girls in Silberhorn's class. Jordan Young and Ben Keller are the other students with twins. Young has a twin sister, Justine Young, who also attends Boone DMACC, and Keller has a twin sister.

## New fashion comes for fall season

By Lisa Gutierrez

McClatchy Newspapers(MCT)

Ceremonially somber fall clothing, meet 2009.

Something is beckoning us to break out of our recessionista funk, to kick our hunkered-down mentality, at least sartorially, to the curb. There's whimsy in the air, a playfulness that inspired Dolce & Gabbana to send models down the fall runway wearing gloves as hats and scarves.

As summer slips away, we slide our sun-kissed arms into long sleeves, tuck colorful pedicures inside boots and wrap up in sweaters and scarves, awaiting winter's chill.

Expect lots of twists this autumn. Leggings of black lace.



Photo by Josie Kramer

Sarah and Jenny Evans take speech together in Boone.

The Evans twins agree that it isn't weird to be in a class together. They bought one book and share. They also have the opportunity to study together. Sarah said, "We have had classes together before. It's just like having a friend in class."

They do however find it a little weird that they aren't the only twins in a college class together. Sarah said, "We had another set of twins in our high school class. It's not really a big deal though."

Jordan said he and his sister came to college together because, "My sister always thought it would be fun to attend the same

place and because we're pretty much inseparable. We've always been besties. We stay close all the time because it's always been our way. It will feel weird when she attends Texas Tech University next year because it will be the first time we're separated."

The Evans twins feel differently. Jenny said, "[We] keep separate but stay close." Jenny colored her hair to represent a separate identity but they will still be found together.

It isn't that the students and faculty have double vision but there are many twins around DMACC and more appearing in the United States.

Shoes of vampy velvet. Oversized wraps that are more cocoon than outerwear. Studs on everything, from jackets to purses. You'll find fur, too.

The fashion gods want us to play, so they've brought back the most Day-Glo decade of all: the '80s.

Jackets and dresses have strong, exaggerated shoulders, just as they did when Joan Collins ruled "Dynasty." Leggings and bustiers are sequined. Minidresses have pouffy skirts.

The season's diverse colors; warm olive, soft purple, honey yellow, soft pink, earthy orange, wearable red, plus neutrals, neons and metallics, signal that versatility and originality trump tradition.

Those feeling flirty can don a sexy, one-shouldered dress or slip into a blouse that's slit, slashed or cut to show off the shoulders.

In fact, there's plenty of sleeve action in shapely leg-of-muttons and oversized batwings.

The stripes of summer have been set aside for more seasonal-appropriate patterns: animal prints, schoolgirl plaids (an autumnal staple) and feminine paisleys.

And how much more womanly can you get than a jacket with skirted detail? It's called peplum, and its effect is promising.

Yes, autumn has arrived.

And from the look of things, it's a great year to fall in love with fashion all over again.

By Chelsea Magee

Staff Writer

Walking into the Boone DMACC campus, students are always greeted with a smile from the ladies in the front offices Sandi Johnson, student services specialist, is always there working hard to meet the needs of every student that asks for her assistance.

Sandi Johnson has been an employee at DMACC in Boone for forty-one years. She recently received the Forty Year Award. Johnson only received the Forty Year Award this year because her first year working the college was known as Boone Junior College.

Johnson became interested in this job from being asked by the dean and assistant dean if she was interested in working for the college. After going through interview after interview and test after test, Johnson was hired. Johnson started out as the dean secretary until the mid 1980s. In this position, she was in charge of taking the tuition and rental of books which, in that time, only cost a \$15 fee. Later, she was moved to the student services position, in which she was in charge of the Veterans students' certifications, helped with scholarships, and helped with the registration and admissions for all other students.

Johnson feels, that over the years DMACC has changed in many ways. The student, staff, and faculty population has grown. DMACC provides more accommodations for students who have special needs. The technology in this college has gotten more complex in which students are more dependent on computers.

Johnson would recommend going to DMACC to any student. "The proximity of our college to Iowa State. I feel there is a lot of personal help for students. We're

## Motivational speaker to address mental health

By Derrick Roffman

Staff Writer

Sean Campbell, a young motivational speaker and mental health advocate, will present a program on Oct. 7 at 10:10 a.m. in the Boone campus theatre.

Currently a 20 year-old student, Campbell was published at age of 17. Campbell's book, "The Sitcoms of Norman Lear," addresses the positive effects of a 1970s sitcom writer in American television and culture. Campbell's book was published worldwide and used in college level courses.

"I think this will be good for the whole community at DMACC," said Rita Davenport, the counselor on the Boone campus. "I hope this helps break down some stigmas towards mental illness."

It has taken Davenport almost a year to book Campbell to speak at DMACC campuses. "Sean is a peer to students. That is why I wanted him to come speak," said Davenport.

all in one building which is a big convenience to students. I think there are a lot of faculty and staff accommodating students to help them be successful," she said. When Johnson is working with students, she feels it is right by treating them the way she would like to be treated.

Not only has she been a hard worker for DMACC over the years, she has also been a very active citizen for the Boone community. Some of the things that Johnson has been involved with are: president of Boone Soroptimist (women helping women organization), president of Genealogy (family research on family history), chair of Boone county fair scholarship pageant, chair of Boone County Junior Miss Scholarship Pageant, started Boone Community Concert in 1980s, grand marshal for Boone County Fair, assistant coach for senior league softball for 3 years, and she taught Sunday School for over 25 years.

At home, Johnson is a full-time wife, mother, and grandmother. Her husband, Herald Johnson, of 38 years, served DMACC as a biology teacher for 30 years and is now retired. Before she met Herald, she was a single parent of her son, Chad Johnson, 39. Sandi and Herald have a daughter, Angi Johnson, 37. Angi graduated out of the nursing program at DMACC.

Johnson's advice to people is, "Get all the education you can get, there is always someone to listen and give you motivation along the way. Always apply for scholarships if you qualify. Main thing do it for yourself, if you have your own goals then meet those goals. If you have a relationship with someone else, set your own priorities. Always try to encourage and respect others."

On the same day there will be booths set up in the Courter Center from mental health resources such as The National Alliance on Mental Illness (NAMI), Community and Family Resources, and Boone County Prevention and Community Service.

Campbell's presentation is free and open to the public, paid for in part by the campus SAC.



Sean Campbell, motivational speaker



Photo by Eric Thiel

Volleyball team plays Kirkwood Sept. 16

## Volleyball team suffers first conference loss

By **Tanner Sandrock**  
News Editor

After coming off of last season's conference championship with a 13-0 conference record and 41-9 overall, DMACC's Women's Volleyball team was hoping to continue their success.

Coming into the second conference game of the season, they experienced a small bump in the road. The Kirkwood Eagles dealt DMACC their first conference loss of the season.

"We've never lost to Kirkwood

outside of nationals and we don't plan to again," Patty Harrison, head coach, said after the game, "We could have played better."

A win just wasn't in the cards for the Bears that night. It was obvious in the first game that Kirkwood came to win and DMACC struggled to match their intensity.

After losing the first game, 21-25, DMACC tried to gain control but continued to trade the lead until eventually losing the second game, 21-25.

Coming into the third game, DMACC possessed an early lead but was unable to put distance between themselves and Kirkwood. Kirkwood soon overcame DMACC and won the third game, 18-25.

"Tonight's game was just a stepping stone, not a big deal." Coach Harrison responded, "Tomorrow's a new day and the sun's going to shine."

DMACC traveled to Marshalltown Sept. 18 for the Marshalltown Tournament, where they won. All-Tournament Team members from DMACC included Justine Young and Natalie Weis.

DMACC will host the DMACC Tournament Oct. 9 and 10.

### Bears Volleyball Scoreboard

| Parkland Tournament<br>9/25-9/26   | Ellsworth<br>9/21  |
|--|--|
| vs. Kalamazoo Valley<br>20-25<br>25-22<br>18-25<br>25-20<br>15-6<br>WIN! | 25-14<br>25-15<br>25-14<br>WIN!  |
| vs. Vincennes University<br>19-25<br>22-25<br>25-20<br>6-15<br>Loss      | <b>Marshalltown Tournament<br/>9/18-9/19</b><br>vs. NIACC<br>25-17<br>25-15<br>25-21<br>WIN! |
| vs. Owens<br>25-16<br>22-25<br>25-18<br>25-16<br>WIN!                    | vs. Neosho County<br>25-22<br>25-22<br>25-17<br>WIN!   |
| vs. Southwestern Illinois<br>25-18<br>25-21<br>25-23<br>WIN!             | vs. Marshalltown<br>25-11<br>25-14<br>25-12<br>WIN!  |
| vs. McHenry County<br>20-25<br>25-20<br>21-25<br>17-25<br>Loss           | vs. Lincoln Land CC<br>25-14<br>25-13<br>25-20<br>WIN!                                       |
| <b>Clinton*</b><br>9/23  | vs. Graceland JV<br>25-15<br>23-25<br>25-11<br>25-16<br>WIN!                                 |
| 25-12<br>25-6<br>25-10<br>WIN!   | * Indicates conference match   |

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# Baseball team scrimmages Marshalltown

By Eric Thiel  
Staff Writer

Wednesday Sept. 16, at memorial field fans were enjoying America's favorite past time, baseball. DMACC played Marshalltown. There were about 20 spectators in attendance.

Marshalltown won the first game and DMACC won the second, but it wasn't recorded. No one keeps score during fall baseball; it's similar to practice; a scrimmage. It could be a good time for teams to play each other and make improvements. The players take it seriously but they enjoy it due to the lack of pressure.

These games are one way to begin the season; playing with other schools allows the new

players to get use to college games, and take the time to see where their strengths and weaknesses are.

Coach Dan Fitzgerald is proud of his players, appreciates their talent and cares about them. Each player is out for the best they can achieve. Fitzgerald ensures that each one of his players is going to class and keeping up with schoolwork.

"It's important to see how they play at this level, everyone can play at a high school level," Fitzgerald said. "And it's a major jump to this level, so it's important to see who is ready for this jump." Some of the players may feel uncertain about how they are performing, but it is too early to tell. Fitzgerald said, "DMACC has one of the best teams in the country." Thanks to the fall season, players can train better on their weakness, so when spring comes they will be more prepared.

The team has lost a few players due to graduation. The team now has about 20 new players, which brings the line up to 35 players.

DMACC usually has lower turnouts with its fall baseball. Last year, DMACC won 55 games, this year remains uncertain so far. Fitzgerald is proud of his team; he knows that his team wants to perform to the best of their ability. Talent is not the issue. Fitzgerald knows his players are talented and wants to see how they compete and what their reactions are towards striking out or making an error, which is an important factor.

Like all sports, Fitzgerald wants to see team improvements in all areas but so far he feels the team is right where they should be. "We still need to make improvements," said Fitzgerald, "We need to hit better, defend better, pitch better, we've got to run the bases better."

One thing for sure is the team has high hopes for what is to come this season, and with the new field on the way, many DMACC baseball fans are excited.



Photo by Eric Thiel

Baseball player, Hector Ponce (#14), hits a fast ball.

## 'MILITARY-FRIENDLY COLLEGE'

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

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

"We like to think we make this comforting to any veteran who comes to this school. We do our best to provide the services and resources soldiers and veterans need to be successful in the academic setting," said Pat Butin, DMACC's Coordinator of Veterans Affairs and Scholarships.



Photo by Eric Thiel

Pitcher, Aaron Chez - Shaw (#15), pitches towards a Marshalltown player up to bat.

## Matt Murken becomes new assistant men's basketball coach

By Brad Burton  
Staff Writer

Matt Murken, the new assistant men's basketball coach enters his first year here at DMACC. Murken is an experienced coach who has been coaching for nine years.

Typically, coach Murken works from 8:00 a.m. to 5:00 p.m., plus additional hours for games, practices, and recruiting.

"Yes, the hours can vary a lot depending on day to day schedules," says Murken.

Before DMACC, Murken was an assistant coach at Mount Mercy College for two years, then went to Wayne State College where he spent the next six seasons.

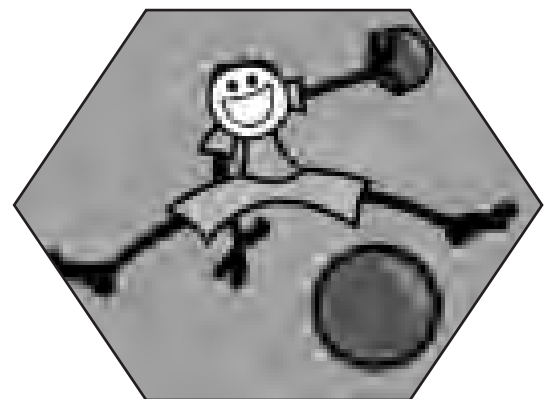
About getting the job at DMACC, Coach Murken said there was a lot of competition. Anyone has to work hard to be a

successful coach.

Coach Murken said he came to DMACC because, "It's a chance to coach and guide players in a very successful program."



Assistant Basketball Coach, Matt Murken



## Students participate in dodgeball tournament

On Sept. 17, DMACC held its' annual dodgeball tournament in the gym. Ten teams went on a head-to-head battle, in hopes of calling themselves the kings of dodgeball.

Each team has four players that try to get their opponents out by hitting them with the ball. "It was real fun and it was some-

thing to do," says Scott Windom, a sophomore at Boone DMACC who was a member of "Team Bloodbath."

"Team Bloodbath" was the team to become champions of this years dodgeball tournament. Other members of the team were Demarco Dawson, Tyler McCollough, and Brad Burton.

### THE MURKEN PROFILE

Favorite food: Mom's lasagna  
Favorite color: DMACC blue  
Favorite movie: "Hooisers"  
Favorite CD: Jack Johnson

If you could be a superhero, who would you be and why?  
"Batman. He doesn't have super powers but accomplishes great things by being at peak mental and physical condition."



# The possibility that we could be friends

By **Jamie Stueve**  
Opinion/Feature Editor



When a relationship ends, you find yourself at a halt, contemplating what seems like the impossible; should I try and be friends with you? Then you start to reminisce the great times you shared together, like when he publicly humiliated you, the time you took her out to dinner and she kept pulling out her phone to text another guy, or what about the time they forgot about a really

important day?

Oh, those days, they were something special that's for sure. That's when you find yourself literally chuckling at the fact that you even considered the friend factor. Personally, I feel as though you are left with two options. You can drop your excess baggage you've been gripping ever so tightly from underneath you and accept that it's definitely over, or just "Hope They Serve Beer in Hell," and become the next Tucker Max.

I would like to believe that being capable of maintaining a friendship with an ex is a state-of-mind. It's really just a choice, and that choice is up to you, not your friends or parents, but solely you.

Initially there is a getting-over someone process that is different for everyone, but after a period of time, it's time to stop having your panties in a bunch so to speak

over past issues.

Everyone is allowed to make mistakes and unfortunately, everyone will get the bitter end from time to time. I will admit, that bitter end sure tastes like those Warhead candies I used to eat as a kid, sour at first, but then once you get to the middle it starts to taste sweet. The end is my favorite. It just tastes so sweet to achieve victory in not having chagrin over it anymore.

I took a survey from 38 students about their opinion on this factor and found myself surprised at some of the results. Ninety-two percent of the people who took the survey think that the reason why a friendship with an ex may not work is due to maturity, feelings still existing in one person or the other and the issues that rest within the coexisting couple.

Not all friendships are going to be kept with every single ex, and

quite frankly, there are some that you won't even want to waste your precious time on trying. I have been there as well as most others. Mama Stueve always liked to tell me, "Time heals all." I realize that may just be the main ingredient to obtaining a future friendship with that certain someone who presently makes you cringe at the very sound of their name being mentioned or when you literally run the other way when you see them in a public place.

## Experiencing college

By **Chelsea Magee**  
Staff Writer



Going to college is one of the biggest steps that people can take in their lives. College is the start of a new adventure. Students are on their own with no one telling them what to do with no limitations on what they can or cannot pursue.

College is a place to make mistakes to grow and learn from. The college experience can bring the best of times and the worst of times, which helps people become who they want to be in the future.

College can be a place to meet new people and learn different ways of living from various groups. It is sometimes difficult to adapt to all the different ways people live and the new place to live in. The best way to go about this is to keep an open mind about everything.

Many disagreements can transpire in these living situations, but if you think about it, there are so many ways to avoid arguments that can take place. The people

that you live with during your college days can turn out to be some of your lifetime friends. So be smart, and think things through before starting anything you may regret in the long run.

College is not the cheapest product, so most people are flat broke starting off. It's an absolute reality check, and shows you how to live off the cheapest food you can come across, such as mac and cheese, canned goods, or my all time favorite, crackers and cheese.

Everyone should get to experience college. This is the time in your life that you live and grow the most from: A place where people find out who they are, and figure out what they want to do with their lives.

## Wrestling program will bring more students to DMACC

By **Coty Mallicoat**  
Staff Writer



At the Boone Campus, we are known for our substantially above average athletic programs. In the state of Iowa, we are known for our outstanding plethora of high school and collegiate wrestling programs. Why not mix these two?

Iowa breeds some of the best wrestlers in the world, while DMACC has some of the best facilities in the state for a community college. Many kids start out at a four-year college and end up going to DMACC to at least finish a two-year degree. Many people who wrestled in high school may want to attend DMACC or a smaller school but don't have the opportunity to continue their career as a collegiate athlete. Other athletes such as baseball players, basketball players, volleyball players, and cross country runners have the opportunity to continue athletic careers in college through DMACC at the Boone campus. It is pretty obvious that we have good athletes in other sports here, so why not add to our impressive resume by starting a wrestling team?

In 2008, North Iowa Area Community College in Mason City brought back wrestling after winning a title in 1973. In their first year back, NIACC had become a nationally ranked wrestling program with a very solid roster of men from around Iowa and surrounding states. With the right staff and roster, we could do the same thing out of the gate like NIACC did.

Iowa Central Community College in Fort Dodge is home to the four-time National Junior College Athletic Association, or the NJCAA, national championship wrestling team. This includes winning 2006, 2007, and 2008 titles. At the

end of 2008, nine of the starting squad went on to further their education and collegiate careers on scholarship. The way I see it, everyone needs a rival school and we may as well start with the best.

Iowa Lakes Community College in Estherville and Ellsworth Community College in Iowa Falls also has solid wrestling programs. DMACC is the biggest community college in the state and we could do some damage in this area. It would also give students who may not want to attend a four-year college after DMACC a chance to move on if they would get an athletic scholarship.

Granted, it would take time and money for recruiting, equipment, and staff but I believe that if we tried hard enough, we could find boosters and sponsors in order to make this happen. I have had friends start other programs at their schools, for instance former Boone High School student, Emily Greiner, had the dance program started at Kirkwood Community College in 2005.

There are many athletes with talent to wrestle at a collegiate level that aren't able to and I believe if we started a program we could be one of the best in a short period of time. There are many people I would believe that would like to see DMACC excel in another sport. Especially when Iowa is home to the best wrestlers in the nation. The way I see it; it's a no-brainer.

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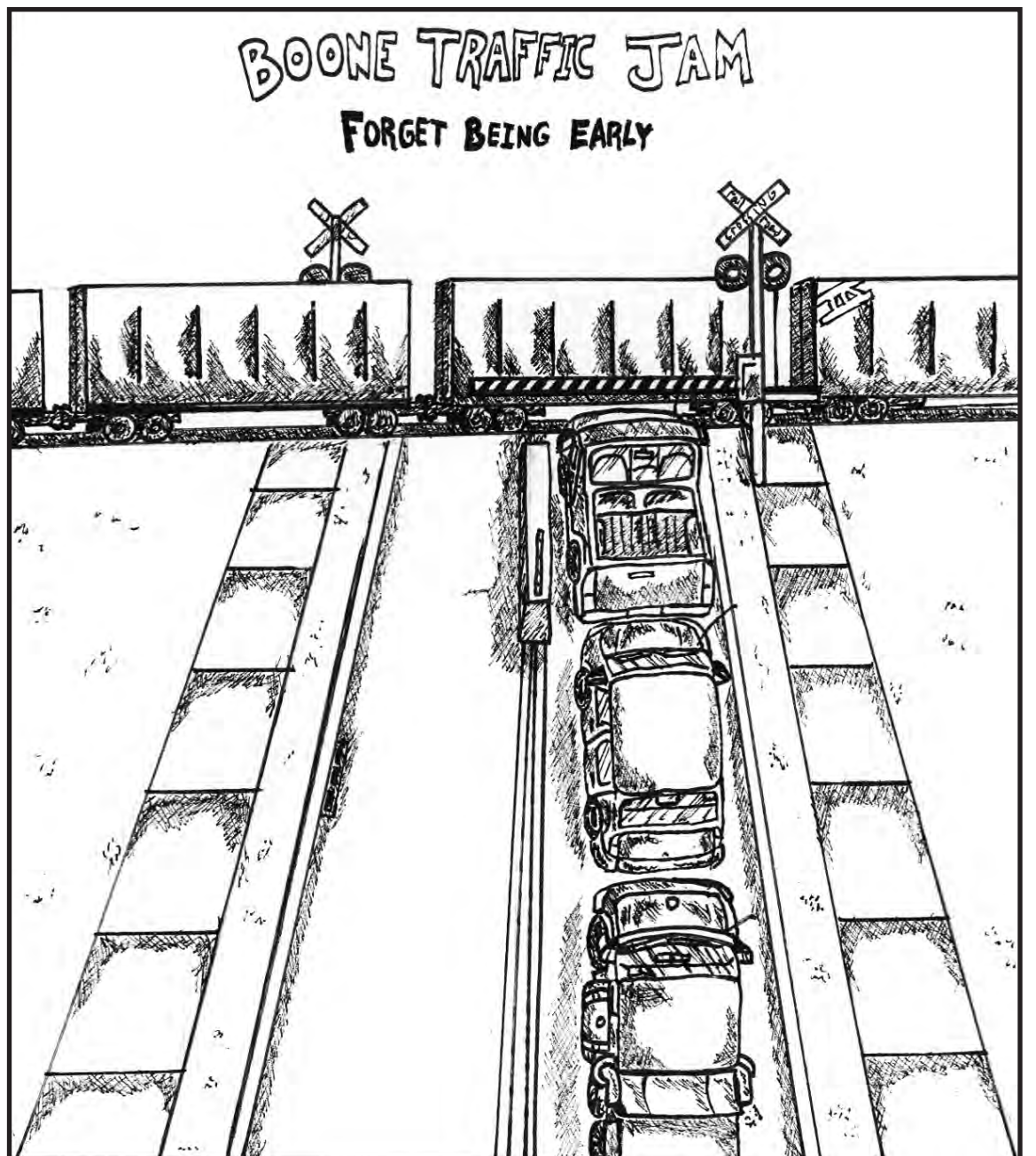
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Cartoon By Josh Schmidt, DMACC student

# If you could be anywhere in the world now, where would it be?



**Blake Anderson**  
 "Boston, because the Red Sox are going to make the playoffs!"



**Justin VerHuel**  
 "The Canadian Rockies... I have always wanted to go backpacking there."



**Joel Bushore**  
 "Lowes Motor Speedway Dirt Track in Charlotte, NC running a late model. I've always wanted to race on TV."



**Nick Davidson**  
 "In the Bahamas on the beach relaxing because it's far from here"



**Carli Bunning**  
 "I wish I could be laying in a pile of money right now, in a big mansion."

## Fall Horoscopes

By Candace Daiker

### Libra (Sept. 23-Oct.22) Symbol: The Scales

You have been questioning your future a lot lately; wondering if you're in the right major or not. Just take it day by day and know you're not alone. If you work hard, your specific major won't necessarily define what career you will end up in.

**Happy first week of fall:**  
 You're a red leaf. This week you'll be the center of attention right when you want to be.

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

If all your time is being put into school and work, put it on hold for one night and have some fun. If you're not much of a partier, invite some friends over for a scary movie night or get some backyard football going outside. But remember, the first rule is to not think about homework or your job.

**Happy first week of fall:**  
 You're a hooded sweatshirt. You're making people feel warm just by looking at you!

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

Watch your temper this week.

You will have a much better payoff from keeping your cool than freaking out about something that isn't a big deal. Just look at the big picture. Take deep breaths and tell yourself you're better than that.

**Happy first week of fall:**  
 You're a cornstalk. You're standing taller than ever at the peak of the season.

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

Make it a point to follow the news and stay updated on current events. Someone is going to challenge your intellect soon and you'll be able to conquer if you stay in the know.

**Happy first week of fall:**  
 You're a scarecrow. You won't be frightening people away but your new outlook on what's going on in the world will be intimidating, to your benefit.

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

Get artsy and carve some pumpkins. It may still be early and maybe you think it's childish, but gutting out a pumpkin could be pretty satisfying this week. Baking and salting the seeds will just add to the fun.

**Happy first week of fall:**  
 You're a harvest moon. Your actions and words will come across as bright and bold this week.

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

You made a big life decision recently, and it's just the beginning. It's best to keep in tune with your heart and your instincts right now, because they are clearer than ever. Don't get discouraged if you hit a few minor road blocks; positive energy will be driving you to exactly where you want to be.

**Happy first week of fall:**  
 You're a popcorn ball. You're handling situations with a fresh and sweet attitude.

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

That thing you've been putting off for a while now... Just get it done. It's making you more stressed than you realize and you'll feel like you have a new lease on life once you take care of it.

**Happy first week of fall:**  
 You're an acorn. If you feel like you're loosening up from your branch, enjoy the fall. You might like where you end up.

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

Be cautious about your spending for the next few days. Categorize your "needs" and "wants" and realize there is a big difference between the two. It's a good idea to relate it to what you make at your job. For example, "Is this pair of shoes worth the five hours it took me to make that money?" You'll find yourself with extra cash if something else comes up.

**Happy first week of fall:**  
 You're hot apple cider. People in your presence are going to feel comfortable and refreshed.

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

Take a step back and figure out who you can trust. You might realize you're being too open with the wrong people and your words could get twisted. Don't let it come back to bite you.

**Happy first week of fall:**  
 You're a hayride. You'll be able to carry fun and entertainment to everyone around you.

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

You've been counting down the days until an exciting event or change. Whether it be a week, a month, or a year away—be

patient. "A watched pot never boils," so try to make the best out of your situation now and time will fly a lot faster.

**Happy first week of fall:**  
 You're a Jack-o'-lantern. Try not to scare little kids.

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

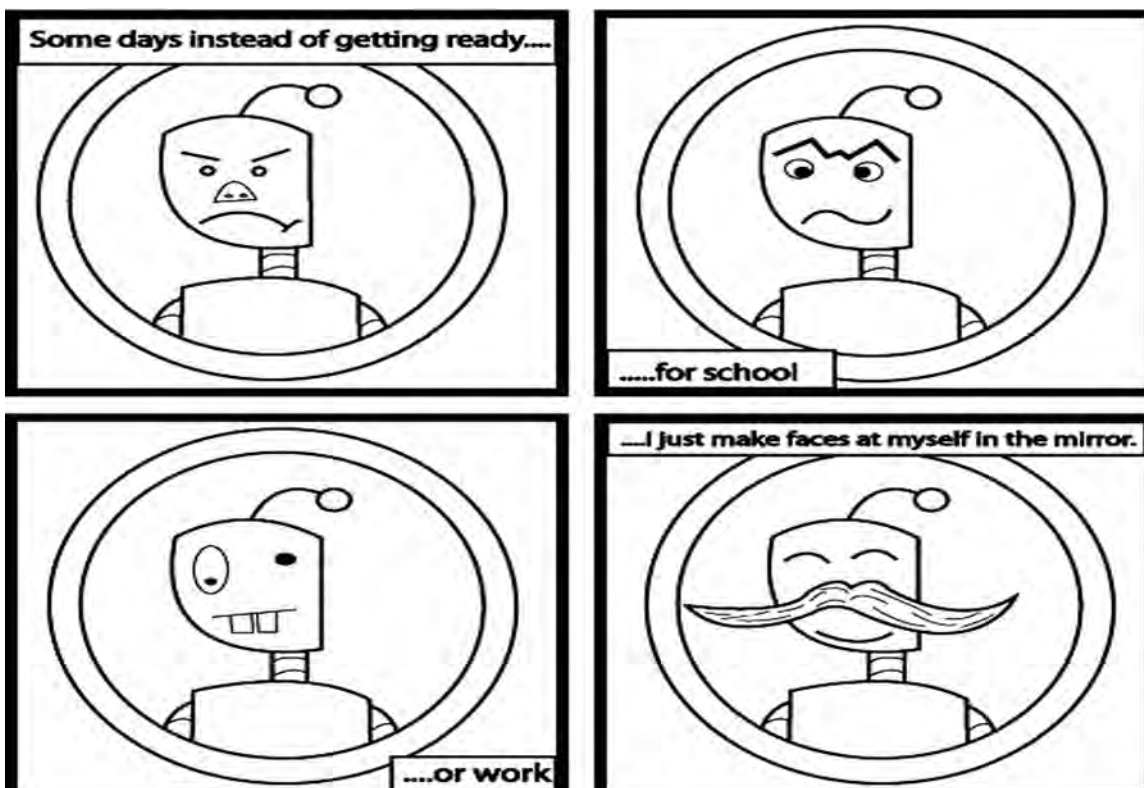
Today is a good day for nostalgia. Go through your old yearbooks, pictures, letters, birthday cards, etc. and you'll be sure to get a good laugh or spark a few other emotions. Reminiscing old memories can add some light to your day.

**Happy first week of fall:**  
 You're a cool breeze. You'll be calm and collected in an otherwise rocky situation this week.

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

Be a hippie for the day and pay close attention to all of your surroundings...especially outside. You will begin to notice things you might have ignored or taken for granted in the past, and it will give you a much greater appreciation for the world you live in.

**Happy first week of fall:**  
 You're an orange leaf. You usually like sticking out in a crowd, but blending in might be at your best interest this week.



Cartoon by Jessie Vrba, DMACC student



WITH BRILLIANT DETECTIVE WORK LIEUTENANT JACKSON CAUGHT THE FUGITIVE BY CHECKING HIS TWITTER STATUS.