

12-3-2008

Banner News

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Recommended Citation

VandeVenter, Craig; Roffman, Derrick J.; Kroll, Jenna; Chambers, Emily; Hinrichs, Eden; Marker, Josh; Smith, Amber; and Brockhoff, Noelle, "Banner News" (2008). *Banner News*. 190.
https://openspace.dmaccc.edu/banner_news/190

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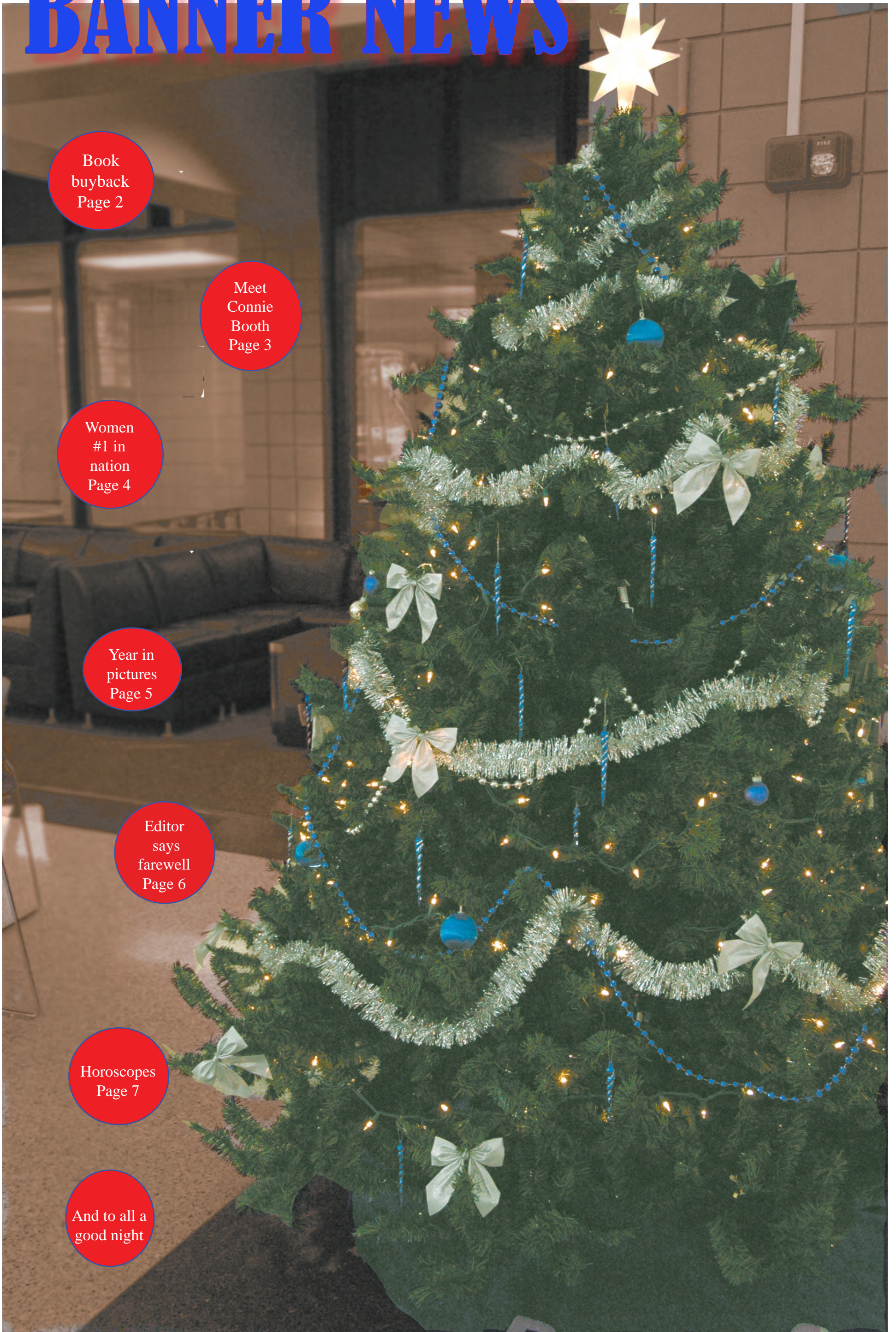
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Book buy back: Are students getting their money's worth?

Craig VandeVenter
Staff Writer

The DMACC Boone Bookstore will be offering more money back to students by buying their textbooks for half their retail price.

This year's book buyback will be beneficial to students because more money is being offered back in return for their used textbooks.

"It is always good to be on the student's side," said bookstore clerk Lisa Savits.

The Boone Bookstore is operated by Bookstore Manager Carol Petersen and Sales Associates Lisa Savits, and Vicki Jones. Petersen said, "This is the first time we've done anything like this so hopefully it will be better for students."

This year's book buyback for students will be conducted differently than it has been in years past.

If a book is on the bookstore list for next semester, they will buy it back at half price - with in-

tent for use - for the next semester. Once the bookstore has enough copies for the next semester, the buyback price goes back to that of the wholesale market.

However, if a book has been replaced by a new edition, or the

"It is always good to be on the student's side."

*-Bookstore clerk
Lisa Savits*

class is not offered in the spring semester, they will not be buying them back.

Initially the bookstore must decide on whether or not the books being bought back are in good to perfect condition.

This means that the textbook have next to no wear and tear on them (coffee or water stains, missing pages) and must include the original software.

If the bookstore buys back student's textbooks that were purchased from the Boone Bookstore in the fall, they will have two options to decide how they can receive their money.

This money can either be received on a gift card for their next semester's textbooks, or it can be received on the spot in cash.

The refund will remain the same regardless of the type of refund.

Students will benefit from the new system of textbook buy back because it allows for students to receive more money from their used textbooks.

Besides the chance for more money, students will also have the ease of knowing that the costs for future textbooks will not be as high if they choose to put it toward other text books.

The bookstore's hours for the buyback are Monday-Thursday 8 a.m.- 6 p.m., Friday 8 a.m.-4 p.m., and Saturday-Sunday closed.



Photo by Eden Hinrichs

Students may be surprised by some of the rules of the new book buy back. The difference could mean your hard earned dollars.

Jeff Doran: Math instructor by day, Nami Ryu Aiki Heiho student instructor by night

Derrick Roffman
Contributing Writer

Jeff Doran is a mathematics teacher here at DMACC, but few people would guess he also teaches a Japanese sword art called Nami Ryu Aiki Heiho. "I blame Robin Hood, Lord of the Rings, and one or two Kurosawa movies," Doran said.

This form of martial arts is a fairly new style that began when sensei James Williams opened his own dojo in Encinitas, CA in 1992. "Ever since I was a kid, I have been fascinated by medieval weaponry and combat, in particular with sword arts," Doran said.

Doran explained that the movements of Nami Ryu Aiki Heiho come from the Japanese sword. "I wasn't satisfied with

a sword hanging on my wall. I wanted to know how to use it safely and most effectively."

Every movement whether you have a weapon or not comes from the exact same movement you would use with a sword.

Like all martial arts, students try to make these movements with their sword second nature. "I really enjoy the discovery process," Doran said. "New things reveal themselves every time I train."

"I wasn't satisfied with a sword hanging on my wall. I wanted to know how to use it safely and most effectively."

*-Jeff Doran
Adjunct math instructor*

Nami Ryu has three main principals which are: don't contest for space with force vectors (force vectors being anything that can

do you harm for example a knife) and gain a tactical advantage. Then achieve both tasks without leaving yourself vulnerable.

Doran said students should never use more energy than what it takes to keep them safe.

While these three principals sound easy, making them second nature is not. "Ultimately, Nami

Ryu is based in principals that extend beyond martial arts and are universally applicable."

Doran believes that his critical thinking helps not only in teaching math but martial arts. "My scientific and philosophical background has allowed me to approach this martial art in an analytical way."

Doran believes that physics and human psychology is rooted in not only the functional combat but in the basics of movement, "Nami Ryu allows a more scientific approach in which we can

strip away all the mystification that permeates many martial arts and get to the heart of how things work." Doran said, "We have sports science, but why not martial science?"

Doran teaches in Ames on Sundays, Tuesdays and Thursdays evenings. He encourages people to ask questions.

The first class is free and he always welcomes visitors. To find out more information on how to join these classes visit www.makatsudojo.com



Photo by Eden Hinrichs

Adjunct math instructor Jeff Doran (right) shows an example of sword work with student Derrick Roffman. Doran works very hard to emphasize safety and prevention of violence. Editor's note: these photos are staged and used as an example of sword play.

Booth: Nursing is not easy

Jenna Kroll
Contributing Writer

Connie Booth, the Nursing Program Chair at DMACC in Boone, said nursing is not easy. Booth has a M.A. in medical surgery nursing and is in charge of admissions, clinical sites and schedules for the nursing program.

"Nursing today is a lot different than it was when I went to school," Booth said. "With new technology, students use clickers and have web interactive activities in class. We have come a long way since colored overheads."

The DMACC nursing program is different from nursing programs at most other schools because DMACC was the first credited two-year program in Iowa.

Booth's office is covered in Nebraska colors and memorabilia. She was born in Harlan, Iowa and went to Creighton University in Omaha, Neb. for her undergraduate degree. From there she went on to get her M.A. at the University of Nebraska and worked in nursing for a few years.

After receiving both her degrees, Booth moved back to Iowa where she decided to get her teaching certificate and a minor in administration. These new skills led her to a position at DMACC.

When asked about how she came across this job, she replied, "I kind of fell upon it. A friend of mine told me about the position, and I looked into it. I liked the convenience of living and working in the same town while also being able to connect with the community."

Booth said that there has been a lot of interest in the nursing program even though she believes that some students get scared by the entrance exam. The exam includes reading, writing and math.

"I learn something new everyday."

Connie Booth
Boone Campus Nursing Chair

In order to pass the Nurse Entrance Test, students have to get a standardized score of 50 in all three categories. While it is a difficult exam, DMACC recognizes that some students may not pass the test on the first try. Students are given the chance to take the NET once every 90 days until they get into the program.

While nursing jobs are in high demand now, Booth said they have been getting more and more applicants, including individuals with four year degrees. Currently, there are approximately 85-90 students in the nursing

program. Despite the majority of students who are in the program between the ages of 23-27 years old, there are a few students who are right out of high school. Interest has increased in this program, but DMACC has still managed to keep the classes smaller. Each class has 24 students in each class and seven full-time faculty members, said Booth.

After seven weeks in the program, students get the chance to start their clinicals in locations such as Boone County Hospital, Mary Greeley Mental Health and in community jobs. Students are required to do clinicals, but they also have other nursing oriented opportunities on campus. In fact, on Nov. 11 and 12 the nursing students gave flu shots to other students for \$10.

As Booth said, nursing is a difficult program. Students have class seven hours a week, 15 hours of clinical and 22 contact hours with instructors. The nursing program also requires a lot of time outside of class including multiple homework assignments. Even though the nursing program is difficult, it prepares students for their LPN and RN exams. Booth stated that approximately 92 percent of DMACC students pass their LPN's each year and about 80 percent of students pass their RN exam the first time.

While nursing requires a lot



Connie Booth

of work, many students believe it to be worth the time and money. DMACC has one of the least expensive and most credible two-year nursing programs in Iowa, said Booth.

The tuition for the nursing program is \$12,000 for two years, which includes tuition and books. However, last year the starting salary for a nurse was \$40,000, which Booth said makes tuition very affordable.

Nursing is not for everyone. Booth said that nursing fills a niche with students who have families because of the flexibility of hours. Nurses can choose how many hours and days per week they want to work, making it easier to raise a family. Nursing also gives individuals the chance to change careers within their career.

Booth said that the best part of her job is that she learns something new every day.

A hero walks our halls: The Jason Jones story

Emily Chambers
Contributing Writer

We know them as IEDs; he knows them as a day job. Jason Jones, 22, of Council Bluffs spent 15 months in Iraq looking for IEDs (improvised explosive device).

Getting blown up and being shot at were a daily part of his life. You'd never know what he saw, just by staring at his bright blue eyes



Jason Jones

Jones's story began just two weeks after his graduation from Council Bluffs Thomas Jefferson in 2004. Shortly after his graduation Jones went to Kentucky for Army training. From there, he went to Maryland for 18 weeks of training to become a tank mechanic. After leaving Maryland, Jones was put on active duty and deployed to Iraq.

The orders were either cancelled or changed at the last minute, leaving Jones very apprehensive about his would-be tour in Iraq. His deployment orders came, via a text message from his friend John.

According to Jones, the hardest thing about going to Iraq would be leaving his family and friends for an entire year. Being in Iraq hadn't really sunk in until he got off the plane and heard live rounds being fired at American soldiers.

While Jones was riding through the streets of Mosul, his truck hit an IED. According to Jones, "It was weird because I was just supposed to work on trucks, but there weren't any there, so I helped find bombs instead."

Jones couldn't stay awake on the trip back to base after being hit. Later, he learned, he had received a severe concussion from the explosion, earning him a combat action badge.

Continued on Page 4

Beer for the season

Derrick J. Roffman
Contributing writer

Christmas is a very special time in Belgium. Brewers get to brew something a little special, not just the usual stuff.

It's the time of the Christmas beers, or Bière de Noël. These beers are made with candy sugar and darker grains to bring out spicier, sweeter flavors that come alive with warmth.

These beers don't come from only Belgium. These are the wine-like sippers of the beer world.

Some people wait all year to use their chalices and tulips, glassware that they rarely get to use with more common beers. These are beers with dark fruit flavors in the nose, clove and spice on the back of your tongue and a warm feeling in your belly. Only a few of these beers make it to our part of Iowa. Not many people try these different beers.

So, why not try something new? Something that costs more per ounce than the regular stuff you're happy with is worth the time to try it out.

If you're an explorer who likes to find new and different fla-



vors in food and wine, I'd suggest trying these seasonal beers. They often cost as much or less than a bottle of wine of the same size.

You can use your wider mouth wine glasses for these beers. Be on the lookout for the words, "bottle conditioning" as this means you should decant just like you would do with an older wine.

"Bottle conditioning" means that the yeast is on the bottom of the bottle, conditioning the beer as time goes by. This means the beer will not spoil within six months if kept in prime condition. Also watch out for the champagne-like action when opening the cork or bottle cap.

You can also enjoy these fine Belgian Christmas beers with good food. Here is a small list of entrees to pair your beer with from "The Brewmaster's Table" by Garrett Oliver: Braised Short Ribs, Calf's Liver, Roasted Duck, Goose, Roasted Lamb, Oxtail, Partridge, pâté, Pheasant, Terrines, Truffles, Venison, and Wild boar.

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National signing day for DMACC baseball

Eight sophomores sign with NCAA programs



(1st Row L-R - Cole Nelson – Auburn, Eric Holmes – Bradley, Mark Schroeder – NDSU, Nic Obey – NDSU, Mitch Mormann – LSU, Tyler Robbins – Dallas Baptist, Patrick Cooper – Bradley, Jake Astor – Southern Arkansas. 2nd Row L-R – Head Coach Dan Fitzgerald, Assistant Brandon Scott

DMACC--On Wednesday, Nov. 12, the DMACC Baseball program announced the signing of eight of their 2008 sophomores to National Letters of Intent at NCAA schools.

“This is a big day for DMACC Baseball,” said Head DMACC Baseball Coach Dan Fitzgerald. “Southern Arkansas, LSU, North Dakota State, Auburn, Dallas Baptist, and Bradley are nationally recognized programs and to have our players associated with them is a testament to how hard our players have worked to become their best. I am very proud of all of our sophomores – they have helped build DMACC into what it is today.”

Mitch Mormann signed with Louisiana State University. A 17th round pick of the Cleveland Indians in the 2008 MLB First Year Player Draft, Mormann posted a 3.76 era with 59 strikeouts in 52 innings pitched. Mormann was also an All-Region selection and was among the national leaders in saves with 12.

Louisiana State University Associate Head Coach David Grewe on Mitch Mormann:

“The future of LSU baseball is in good hands with the signing of Mitch Mormann. I am a firm believer that his development under Coach Fitzgerald and Coach Scott will enable Mitch to have great success at both DMACC this year and LSU next year and ultimately in the professional ranks after that. Mitch is power arm pitcher that is going to have a great future and specifically a great future here at LSU. I am extremely excited about the opportunities he will have during his junior year in preparation for his next step. He will be counted on in many ways. Mitch is a special young man that comes from a great family. I am thrilled that he chosen to join the LSU Baseball Family. He is next to join in the long storied tradition and lead our team back to Omaha.”

Bradley University signed two DMACC players in Patrick Cooper and Eric Holmes. Cooper transferred to DMACC from Eastern Kentucky University after being named the top prospect in the Jayhawk League by Baseball America during the summer of 2008. Holmes started 11 games for the Bear’s in 2008 and was 8-2 with a 3.10 era which garnered him 1st Team All-Region honors.

Elvis Dominguez on Eric Holmes and Patrick Cooper:

“Eric has displayed a mid- to upper-80’s, sinking fastball (up to 90 in recent outings) with a quality curveball and changeup. He is a proven winner and a big-game pitcher, evident by the way he pitched in the Junior College World Series last spring. Patrick is a great competitor and a very gifted pitcher that we will depend on greatly during his first year as a Bradley Brave. Patrick undoubtedly will be recognized immediately as one of the top pitchers in the Missouri Valley Conference in the spring of 2010. These guys are a part of an excellent program at DMACC where winning, discipline, accountability, and character are of the utmost importance. Coach Scott, Coach Goliber, and Coach Fitzgerald have done an outstanding job developing both Eric and Patrick, and we are really excited to get them on our campus.”

Cole Nelson signed with Auburn University after posting a 5-0 record in 2008 with a 3.05 era in 10 appearances for the Bears.

Auburn Assistant Matt Heath on Cole Nelson:

“We are very excited that Cole chose Auburn. He has a chance to be a very good pitcher in the SEC, and there is no telling how good Cole will be before he gets on campus due to his tremendous work ethic and the job the staff does at DMACC. Cole’s upside is through the roof, and I think his best days are ahead of him.”

Nic Obey and Mark Schroeder signed with North Dakota State University. Obey hit .344 with 6 HRs and 25 RBI in 42 games played. Schroeder started 12 games for the Bears and posted a 4.08 era with 81 strikeouts in 68.1 innings pitched.

North Dakota State Head Coach Tod Brown on Mark Schroeder and Nic Obey:

“Nic and Mark are two guys that we are really excited about getting. They both come from an extremely competitive program at DMACC where they are leaders on and off the field. Nic is very athletic - can run, throw, defend, hit, and has all the intangible character qualities we want our program to be about. Mark is a true four pitch guy. He has outstanding command and strikes out a ton of hitters. Most importantly, he’s a bigtime competitor and a great kid. Both Mark and Nic are going to be looked upon to contribute immediately for NDSU.”

Dallas Baptist University signed their second DMACC Bear in as many years with the addition of Tyler Robbins. Robbins was named the 2008 ICCAC Player of the Year while also receiving 1st Team All-American Honors after hitting .394 with a DMACC school record 20 HRs. Robbins was also 18-22 on stolen bases with 97 hits and 24 doubles.

Dallas Baptist Head Coach Dan Heefner on Tyler Robbins:

“We are really excited about signing Tyler. He is a true offensive second baseman who brings speed, power, and consistency to the park every day. Tyler comes from an outstanding JUCO baseball program at DMACC, and he knows what it takes to win. He’s had both individual and team success, and he’s been looked upon as a leader. Most importantly, he’s a character guy and will be a great fit at DBU.”

Jake Astor signed with Southern Arkansas University. Astor hit .442 with 96 hits, 21 doubles, 9 HRs, and 72 RBI while being named a 1st Team All-American in 2008. Astor was also a 1st Team All-Region performer and fielded .987 in 476 chances as the Bear’s first baseman.

Southern Arkansas Head Coach Allen Gum on Jake Astor:

“Jake has the rare balance of being able to hit for average while still being able to hit for power. He is coming from one of the top JUCO baseball programs in the country – a program that plays very much like we play. Jake is tough, disciplined, can defend, and can really hit. He’s also a great student and an outstanding human being. Jake is going to be a great addition to Southern Arkansas University.”

The DMACC Bears open their season on Feb. 27 when they travel to Fort Scott, Kansas, for a four-game series with Fort Scott Community College.



Photo by Eric Ver Helst

DMACC player Cassie Nauholtz, Cedar Rapids, eyes the basket for an outside shot.

Women’s ranking makes history

DMACC-- DMACC’s Women’s Basketball team is ranked the number one team in the nation according to the latest National Junior College Athletic Association (NJCAA) Division II poll.

The Bears are 6-0 under Coach Steve Krafcsin. The Bears are followed by conference foe Kirkwood Community College, which is second in the nation.

DMACC has defeated Iowa Western (68-55) North Platte (82-78), Northeast (77-71) and Marshalltown (82-60) this season.

The DMACC Bears return three players from last year’s squad which went 25-7. This is believed to be the first time in DMACC women’s basketball history that the Bears have been ranked the top team in the nation.

Jason Jones

From Page 3

They would happen so often.

After a three month extension, countless nights falling asleep to gunfire, and many fine steak and potato meals later; everyone in his battalion was coming home alive.

Jones claims to have some symptoms of post traumatic stress disorder, it’s just less of an influence in present day. When he first got back home, he checked every pot hole he saw and was

always on guard in public places.

Jones can now be found roaming the hallways of DMACC Boone campus. He is still in the Army but he is on reserve so he can finish his schooling. He claims that not working, going to school and spending time with his girlfriend of three years, Melanie Bevirt is what he enjoys doing now that he’s back in Iowa.

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Contributed photo

Phi Theta Kappa inducted many new members this year and look forward to gathering more. While trying to take on the world, inducées will have their work cut out for them.



Photo by Eden Hinrich

Open mic day allowed for students and faculty alike to express their creative side. Tiara Mays, Brittany Ward, Dani Lang, Ellie Ritcher, and Danielle Daniels took the stage doing a lip-synched version of "My Girl" by the Temptations, to a cheering crowd in the Courter Center.



Photo by Eden Hinrichs

Nurses worked hard all semester toward their degrees. These are a few of the projects, which enabled students to view the hard work of our future nurses. In this picture are nursing students from the top, Megan Howard, Rhondi Leedam, Jill Hendrick, Maggie Stevens; middle photo: Lori Vandepol, Laura Rich, Amy Birdsong, Jodee Amundson, finally the bottom contains Amy Huston (far right) and three other nursing students.



Photo by Shane Meier

Executive Editor, Eden Hinrichs and photographer Amber Smith had way too much fun in the newsroom.

B **o** **o** **n** **e**

C **a** **m** **p** **u** **s**

Y **e** **a** **r** **b** **o** **o** **k**



Photo by Eden Hinrichs

Nancy Woods, adviser for Phi Theta Kappa, works hard toward the go green attitude recently adopted on all DMACC campuses. While constantly working to keep cans and paper separated, she can be seen being a mentor to students.



Photo by Eden Hinrichs

Student wrote down things they needed to work on in commemoration of One Book, One Campus, One Community's book choice "The Kite Runner"



Photo by Eden Hinrichs

Halloween on the Boone campus had many people decked out in their finery to win the costume contest. The winners as pictured above are Mary Beth Hanlin, Alex Kirby, Heather Basset and Cathy Kinyon.



Photo by Eden Hinrich

Jodi Rantschler writes down what things she wants to change. These kites were written to commemorate the theme of "The Kite Runner," "There is a way to be good again."



Contributed photo

The death of former DMACC student, Marissa Hagen left daughter Autumn, family and many beloved friends behind. Yet the community gathered together to help support Autumn in her time of need.



Josh's two cents

Intelligence vs. Charisma

Josh Marker
Staff writer

One day, I was sitting in class thinking out loud when my editor stopped me on one of my thoughts. Our conversation has stirred a debate that has gone on for about roughly a month.

The question is what kind of men do women prefer? My research asks what does a woman prefer a man who is very intelligent or a man who is charismatic? Although my research is non-scientific, I had to find out for myself.

This debate should have stopped within minutes but I am stubborn, and I believe that I am right. According to Webster's dictionary website the definition is:

Charismatic - the ability to lead and influence large numbers of people.

The free online journal says; **charismatic** - possessing an extraordinary ability to attract; "a charismatic leader"; "a magnetic personality."

Therefore, I went to a few parties, and posed this question to approximately ten women. You know what their response was? Without even thinking, they all said "charismatic." Their response, of course, came as no shock to me because this is exactly what I had argued.

When DMACC student Emily McCaffery said, "I am totally into charismatic men," this came as no surprise to me.

I realize there are skeptics out there who might be screaming in your head right now "This is not true! I've got a girlfriend, and I am super smart," or "my boyfriend is a genius, and I liked him right away."

I just don't care because I

realize there is an exception to every rule. As a whole, the ladies do in fact prefer a man who can keep them entertained.

As far as wooing a woman whether it is a long term relationship or a one-night stand, the man must always be able to hold a conversation.

He must be able to confidently charm a woman. Let's face it, the majority of smart men, though very nice and worthy of the ladies attention, are in fact too shy and quiet to be able to charm their way into that special someone's heart.

Ladies want a man to be able to take control and show them they are special.

In the social scene, a charismatic guy is the center of the party. He is the guy with the most interesting stories to tell, the one who can hold everybody's attention, the one who makes the party.

He will get the ladies. This in male terms is called the Alpha-male. He has the best chance of going home with whatever woman he chooses. Most smart men see that guy and want to be him it usually isn't the other way around.

Charisma is what makes or breaks it with the ladies. I would never consider myself an Alpha-male; however, I do know how to initiate a conversation and keep it going with a group of people.

I'm not saying being smart is bad, I am simply saying that being charismatic will get you where you want to go, in this case into the ladies' lives.

The ultimate male would be one with charisma and intelligence. If you have that combination, you are going to be in like flint.

Goodbye

Eden Hinrichs
Executive Editor

This is good bye, dear friends. After taking my final swing at the paper I leave at the top of my game and with hopes that I have done justice to your stories.

All I have ever cared about is you, the readers. Even if nothing I have ever said during my time here has made you think, let only one phrase ring true to you all; if you believe in yourself all things are possible.

It's so easy to believe all the bad things that people say to you because it's a hell of a lot harder to push back and say "enough." It's even harder to prove your critics wrong by succeeding.

I can't even begin to tell you how often I literally posted people's criticisms on my wall and tried to improve everything. I felt that I only failed in my almost successes.

Many people say that getting

your education isn't the easiest path but what they don't tell you is that "life happens." Things will always come up that you'll never expect and the problem is that all of a sudden you have to become an adult.

Then what? Suddenly you become engrossed in your own labyrinth and can't seem to see the light of day and even worse you get stuck in the sludge of your own ego.

When I first started on this paper I never thought I'd end up where I am.

I tend to keep thinking back to others and the mistakes they made and somehow they seem so minuscule to mine. I spent most of my time as editor reflecting on mistakes I was making rather than progressing forward.

I will be the first to admit that I have made many errors in judgment and gotten into many fights with people which now

seem frivolous.

I never believed in myself in the first place but to have people look to me for leadership, I realized that there are bigger things out there than my issues with ego.

The world is changing; you can either fight against or adapt. However it is the fighters in history who determine the path of civilization. There is a leader in all of us, waiting for the right guidance. Are you ready to stand up?

This is goodbye my dearest of friends, and I leave you with the knowledge that anything is possible.

Even though I may have never met you, a piece of me is always with you. Always let your stories be your own and even when no one else in world believes in you, always know that I do.

Fight to believe in yourself and if you believe in yourself all things are possible.

Amber's 2 Cents: Intelligence? I think so

Amber Smith
Staff Writer

A few weeks ago, I was asked if I preferred men with intelligence or charisma.

I was at first perplexed at having to answer, as I'm sure some of you are now.

I recognize that intelligence and charisma are not exclusive traits. I answered as best I could and simply said I prefer men with intelligence.

I was a little surprised to

hear that Josh found most other women's answers to have been the opposite.

Believe me, I understand that most people have a combination of intelligence *and* charisma, but for the sake of argument, I've been asked to poll each trait exclusively.

I went ahead and asked forty-four female students and faculty around the Boone campus which trait they preferred.

The results are as follows

(drum-roll please):

Charisma: 10

Intelligence: 34

The results speak for themselves. I know that as previously stated men have many traits aside from charisma and intelligence.

Kay Mueller so eloquently said the day I took this poll, "Charisma is good for a short-term liaison but it wears off eventually. For something more long-term, look for intelligence."

Turbo jamming the pounds off

Eden Hinrichs
Executive Editor

After many late nights vegging out on the couch, I began to watch infomercials to see what new toys washed-up soap-stars were hocking and I came across Turbo Jam.

I watched bouncy blond Chalene Johnson jump around like a bunny on coffee making the workout seem really fun.

Maybe it was the fact I had just ate well over a pint of ice cream, or the fact that it was 3 am but I was slowly being convinced to buy this program.

Days passed and I still wanted to buy the product. After weeks of research, I bought it and it was totally worth the money. The only complaints were from the primary company that sells the DVD's and not the workout itself. How could I resist?

I always love new workout challenges and this was a lot of fun but a full workout nonetheless.

Turbo jam is a high paced workout that combines cardio with kickboxing and dance moves. This workout is definitely the best workout I have had in a long time.

I love kickboxing and you can burn over 700 calories in one hour. Not only does Chalene help you with form but helps melt off the calories.

The package also offers online support to help you track and shed off those pounds.

I bought the entire package. In this package there is a 20 minute quickie workout and the moment I got it I started working out.

Well, needless to say I sweated my butt off. I was a little sore but this an awesome workout and totally worth the money.

FALL 2008 BANNER NEWS STAFF

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The BANNER NEWS is a student newspaper published bi-weekly at
Des Moines Area Community College
1125 Hancock Drive
Boone, Iowa 50036

Letters to the Editor should be no longer than 250 words and may be submitted to
bannernews@dmacc.edu.

Not enough Banner News for you?

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would be in the paper?*

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Horoscopes

By Steve Tennant

Aries: Be careful and keep your head down. What you think is happening is not and the elves are playing games with you.

Taurus: If you don't keep on track, your horns are going to get caught in the mistletoe.

Gemini: Your evil twin is going to steal Santa's cookies. Keep your other half in check or you may get a lump of coal.

Leo: Your roar will scare off a potential love; keep your tail between your legs.

Virgo: your kindness is a virtue; be nice to the pink bunnies after partying; they will steal your keys.

Libra: your mind will wander. Go ahead and skip through the tulips in your id. Don't get lost. You may never get back.

Scorpio: Your stinger is sharp but not as sharp as your tongue; save face and keep your mouth shut.

Sagittarius: Think level headed. The wuba-guba beast will eat your homework if you don't stay on task.

Capricorn: Stretch yourself. Reach out and greet someone. You will get bit, but you're going to like it.

Aquarius: Water is your friend, but not snow and ice. Keep off the slopes and roads because your ego will get bruised.

Pisces: Your first instinct is a good one. Show compassion, and you will get a present that was not expected.

Cancer: Partying and group events are in your future, but keep in control. You don't look good in a lamp shade, and dancing on the table will lead to all things hanging loose.

An experience in dating: do's and don'ts for ladies and gentlemen

Amber Smith
Staff Writer

I was asked out on a date on the 21 of Nov. It started well. I had been talking to a guy I had met on Halloween, when he asked for my number. I called him back after a few days and eventually I was calling him to chat. He seemed pretty easygoing and funny, asking me out after we had been talking for the equivalent of perhaps three days. This is my advice to you all:

- Ladies tip # 1: Don't call the guys, have them call you. If they aren't interested enough to call you themselves, don't bother with them. The decent ones will show their interest by *calling*. If they leave a message, then go ahead and call them back.
- Men's tip #1: If you are interested in a woman, *call her*. Don't sit around waiting for her to approach. We like it when a man is confident enough to take some initiative. What have you got to lose? Nothing. If a woman isn't interested then you should have the self-respect to find someone who is.
- Ladies tip # 2: Be aware of where you are going and watch your drink at all times. Try to get some of your friends to join so you don't feel alone in the crowd of strange people. Or let him know that you would rather spend time with him: just him. The point of a date, especially the first date, is to get to know the other person. Inviting your friends is a major breach of social etiquette outside of a pre-arranged group date.
- Men's tip # 2: The first date is generally used to get to know the other person, as stated above. This applies to guys too. Show her you are interested by taking this time away from your buddies and devoting it to getting to know

her, letting her get to know you. Would you really want the buddies at the bar to get in the way of that?

- Ladies tip # 3: My date ignored me in favor of a friend, didn't even introduce me. Don't let your date be this rude to you. Stand up for yourself. You are not some bit of luggage to be set aside and ignored until he thinks it prudent to pay attention to you again!
- Men's tip # 3: Introduce your date to friends you stop to talk to and/or run into! It is about respect. Ladies Tip # 4: When dancing, watch your partner's eyes. Eyes do indeed tell you a lot about a person. Usual gauges for whether or not they are stoned. I thought he had either too much to drink at this point or had the cold empty gaze of a serial killer. A friend of mine pointed out that he might have been stoned. I did overhear his friend saying something about opium while we were outside and hadn't put two and two together at that point. Maybe some people like that, but I don't.
- Men's tip # 4: If you're with someone and feel the need to get stoned to feel comfortable, see a therapist. You shouldn't need some substance to make yourself feel better and it is a sign of a deeper problem. At the very least, find out if your date is okay with it. If not, you should evaluate whether or not you really want to continue the date. If you keep a secret like that, it will always end badly.
- Ladies tip # 5: If someone is disrespecting you, *stop them immediately*. If you don't stand up for yourself the first time someone pulls something like that, they will continue disrespecting you. Let your date know immediately when he crosses a boundary.

- Men's tip # 5: Listen to your date if she tells you not to do something. It is a matter of establishing respect and trust. It is greatly endearing and sweet to ask permission to take a step further, if you aren't sure if she would be alright with it. Points to that guy.
- Ladies tip # 6: If your date is lying to you about something so simple as playing a game, what else are you being lied to about? Call them on it right away. Watch their body language when they talk to you. When in doubt believe in body language no matter what is said. Trust your instincts.
- Men's tip # 6: Don't lie! Ever! About anything! What starts out as a little white lie may be what breaks off all deals, so stop and think, "Is this really worth it?" Don't allow her to lie to you either. As previously stated, call her on it immediately and trust your observation.
- Final tips for ladies: listen to your instincts. I wish I had ended that date as soon as he disappeared again, lied to me, and tried to grab my ass on the dance floor. Be nice when it suits the purpose. But don't ever let anyone walk over you for the sake of being nice. Always ask around about a guy you are thinking of going out with, in addition to doing a background check. If you tell the guy and he freaks out, that isn't a good sign. A guy with nothing to hide will be alright with it.
- Final tip for men: Be gentlemen. They are a dying breed these days and more appreciated than ever. Treat your date, and all women, with respect. Be honest, even about the little things. Be yourself. Don't drink heavily on the first date. Be respectful and receive the same in kind.



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Tuesday, December 9, 2008 Tuesday/Thursday courses	
<i>Class Time</i>	<i>Exam Time</i>
8:05 a.m. - 9:30 a.m.	8:00 a.m. - 10:15 a.m.
11:15 a.m. - 12:40 p.m.	10:30 a.m. - 12:45 p.m.
2:25 p.m. - 3:50 p.m.	1:00 p.m. - 3:15 p.m.
4:00 p.m. - 5:25 p.m.	3:30 p.m. - 5:45 p.m.
Wednesday, December 10, 2008 Monday/Wednesday/Friday or more courses	
<i>Class Time</i>	<i>Exam Time</i>
8:00 a.m. - 8:55 a.m.	8:00 a.m. - 10:15 a.m.
10:10 a.m. - 11:05 a.m.	10:30 a.m. - 12:45 p.m.
12:20 p.m. - 1:15 p.m.	1:00 p.m. - 3:15 p.m.
2:30 p.m. - 3:25 p.m.	3:30 p.m. - 5:45 p.m.
Thursday, December 11, 2008 Tuesday/Thursday courses	
<i>Class Time</i>	<i>Exam Time</i>
6:30 a.m. - 7:55 a.m.	6:30 a.m. - 8:45 a.m.
9:40 a.m. - 11:05 a.m.	9:00 a.m. - 11:15 a.m.
12:50 p.m. - 2:15 p.m.	11:30 a.m. - 1:45 p.m.
Friday, December 12, 2008 Monday/Wednesday/Friday or more courses	
<i>Class Time</i>	<i>Exam Time</i>
6:55 a.m. - 7:50 a.m.	7:00 a.m. - 9:15 a.m.
9:05 a.m. - 10:00 a.m.	9:30 a.m. - 11:45 a.m.
11:15 a.m. - 12:10 p.m.	12:00 p.m. - 2:15 p.m.
1:25 p.m. - 2:20 p.m.	2:30 p.m. - 4:45 p.m.
3:35 p.m. - 4:30 p.m.	3:30 p.m. - 5:45 p.m.

Eden vs. Noelle: 'Twilight'

EDEN'S VIEW

Eden Hinrichs
Executive editor

When I first picked up this book, I was hooked. The opening was enough to get anyone curious about what was going to happen.

Unfortunately, over 400 pages of Bella's inner monologue bogged the plot down and created a superficial view of the characters.

NOELLE'S VIEW

Noelle Brockhoff
Staff writer

Let me just get this on the table: I have read the Twilight Series. I enjoyed the Twilight Series. I am not blindly loyal or blind to the faults of the series of books.

Since that issue has been addressed, let us begin.

For the most part, the book was much better than the movie. The characters were less stiff and cliché. The book painted the vampires as being pale - the movie had the vampires looking like they had just escaped an explosion at the flour mill.

The cast looked like they hadn't eaten anything (human or otherwise) for weeks, but I suppose that is the norm in Hollywood. As requisite in pretty much every movie marketed to teenage girls (and lonely forty somethings who want to relive their youth with softer edges and plastic vampire teeth) the movie was full of shots of the chilly hero.

That having been said, one scene was much better orchestrated in the film. The book is written from Bella's perspective, so the reader only gets to see or hear what she gets to see or hear. There is a very important action sequence in the movie that is not in the book because the main character is unconscious.

In the book, she is told of the battle secondhand, which is not the most engaging way to get adrenaline pumping through the veins. In this respect, the film had a definite upper hand.

In the future of these movies, I am curious to see if the cast will be the same for each movie. The actors that were supposed to be the ages of high school students already look well into their college years.

It is stated that Edward will forever be 17. Robert Pattinson is already 22. The next movie is rumored to be released in winter of 2010, with filming being the year before. If the movies continue at this rate, the fourth movie will have the eternally 17 year old being played by a 27 year old Pattinson.

My hopes are higher for the next movie, knowing that studios can never resist not only a huge fan-girl base, but extremely successful series that are completed by said fan-girl. The books following Twilight were much improved, and I can only hope that pattern is repeated.

I felt bad because I had bought into the hype and purchased the entire series.

I cursed at myself because it wasn't the best purchase. Months later, I ran through all the books I had bought over the last few months and only had three left that I hadn't read.

I picked them up because I just didn't have time to buy anything else. Once again I was hooked, only this time I wasn't disappointed. The other books were fantastic!

With this in mind I decided to go see the movie and much to my surprise I loved the movie. Although, it wasn't entirely true to the book I thought it was the best way to summarize the story and see the tension between the characters.

I was also really happy with the casting with the exception of Carlisle Cullen. I feel that he wasn't the handsome, charming and whimsical character that I had imagined.

The author chose to sell the

rights to the rest of her novels in the series to Summit studios. I can look forward to seeing the rest of the books hit the silver screen.

I wasn't very happy with Bella at times because she seemed very stiff in the beginning of the movie.

Almost as if she was a twitchy rabbit afraid of the big bad wolf but I suppose that's the idea.

Rob Pattinson despite his small acting list did incredibly well.

I can see a very good future

in the film world for him. As for his counterpart, Kristen Stewart, I know that her acting can go further than what it did.

I think that maybe in the beginning she wasn't comfortable in the role and eventually got a little more comfortable as she became the character.

Overall, I would say the Twilight series is really good but as for the first book I would beeline for the movie and save yourself the inner dialog.



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