

3-26-2008

## Banner News

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### Recommended Citation

Smith, Jessi; Lumley, Molly; Hinrichs, Eden; and Meier, Shane, "Banner News" (2008). *Banner News*. 199.  
[https://openspace.dmacc.edu/banner\\_news/199](https://openspace.dmacc.edu/banner_news/199)

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# All-Iowa Academic Team



Photo: Dan Ivins

Ten DMACC students were named to the 44-person 2008 All-Iowa Academic Team, who were honored at a recent recognition banquet held in West Des Moines. The DMACC team includes (back row, left to right): DMACC President Rob Denson, Mary Glenn of Denison from the Carroll Campus, Wendi Detlefsen of Manning from the Carroll Campus, Peter Huffman of Ames from the Boone Campus, Xiabin Zheng of Ankeny from the Ankeny Campus, Randy Sparks of Knoxville from the Ankeny Campus, (front row, left to right) Marcy LaFratte of Winterset from the West Campus, Marie Lane of State Center from the Urban Campus, Cynthia Sari of Boone from the Boone Campus, Jennifer Michael of Newton from the Newton Campus and Deborah Cory of Des Moines from the Urban Campus.

## CyRide expands services to DMACC Ames Hunziker Center



Photo: Eden Hinrichs

The CyRide bus picks up students from the Ames Hunziker Center to shuttle to Iowa State University. The bus system is offering free rides between the two campuses to students with an ISU ID. The service began March 3 and will continue throughout the semester.

**Molly Lumley**  
Managing Editor

Students who have had a difficult time commuting to the DMACC Hunziker Center now have an easier option thanks to the city bus system of Ames, CyRide.

CyRide is now offering rides to the Hunziker Center by changing one of its routes to stop at the career academy. The service began on March 3, and a few students have begun using it. Academic Adviser and Student Liaison Matt Thompson said they already have three or four riders. "We're trying to get the word out for those who have transportation issues."

Student reaction has been positive so far. "I think it's wonderful that they come out here now and that they make attending classes at the Hunziker Center easier," said student Jane Cavanaugh.

Thompson said that students had been approaching him about the idea of having the bus come to the Hunziker Center.

Thompson said he got in touch with CyRide a few months ago. "We began to work things out," Thompson said. "First we had to figure out if the pavement could handle the buses."

From there, CyRide wrote up an agreement, which had to go through DMACC administra-

tion and get approval from the mayor of Ames, Ann Campbell.

Thompson said the city of Ames didn't have to plan a new route to the Hunziker Center. "They just changed the route to accommodate DMACC's needs," Thompson said. "They've been really great to work with."

The service is being offered for free to Iowa State University students who take classes at the Hunziker Center and students participating in the DMACC/ISU Admissions Partnership Program who presents their Iowa State University ID to the bus driver.

Regular fares for a bus ride are \$1, but K-12 students,

those with disabilities, people over 65, and Medicare cardholders can ride for 50 cents.

The route begins with picking students up from the Hunziker around 7:30 a.m. and continues pickups throughout the morning and begins again in the evening. The last pickup from the Hunziker Center is at 4:50 p.m., but if a student has a special request, CyRide tries to accommodate them.

"If a student has a [class starting at] 6 p.m., then they'd get dropped off at 4:50," Thompson said. "At this time we don't have a service to pick up students after 9 p.m. [class ends]. Usually they have family or friends to pick them up after class."

CyRide does try to accommodate those with a slightly later schedule if the student requests it. Thompson said that one student has a 5:36 drop off on Thursday nights.

Thompson said that DMACC will try to make arrangements for later pickups when CyRide plans its new schedule, probably in the summer of 2009.

"It's going to be great for our students," said Thompson. "A lot of students have to park at Jack Trice Stadium and ride with friends."

For further information about the CyRide program, contact Matt Thompson at 515-663-6708 or [mdthompson@dmacc.edu](mailto:mdthompson@dmacc.edu) or the Hunziker Center at 515-663-6700.

## Taylor teaching first year as full time instructor

**Jessi Smith**  
Executive Editor

Sean Taylor is teaching his first year as a full time employee at DMACC.

Taylor taught as an adjunct for about eleven years. Prior to his position on staff at DMACC, Taylor worked as a school psychologist. "At my last job I had to deal with delinquent students and parents and school administrators. Here, if you don't behave you get kicked out," said Taylor. Teachers at DMACC are required to instruct a five class course load to be considered full time.

Taylor enjoys interacting with people, having fun and watching videos on YouTube. "It's a sweet life if you think about it," said Taylor.

Taylor also teaches educational psychology at Iowa State University. Aside from teaching, Taylor is the proud parent of five children, a husband, and a soldier for the National Guard. His wife, Shannon, is mainly a stay at home mom, but also teaches online courses at DMACC.

"My degree was in early childhood education. I started off teaching preschool," said Taylor. "When I was working on my masters I started teaching here as an adjunct and I really liked it."

Taylor's father worked as a college professor, and though Taylor swore he'd never be like his father, he has found his place in the teaching profession. "I plan on being like, 94 [years old] with a "trache" and being able to push a button on my throat to talk and still be in a classroom," said Taylor.

In his free time, Taylor likes to hang out with his kids and run. "You don't need your brain to run," said Taylor. "I like to run by myself."

Taylor will be the head coach for the women's cross-country team and the faculty advisor for the running club. "Any girl who wants to run cross-country should come talk to me," said Taylor.



Sean Taylor



# Two students represent Tau Phi for PTK



Photo: Molly Lumley

Cynthia Sari and Peter Huffman

**Molly Lumley**  
Managing Editor

On March 12, 2008, one current student and one former student from the DMACC Boone campus

represented the Tau Phi Chapter of Phi Theta Kappa at the 2008 All-Iowa Academic awards ceremony.

Students Cynthia Sari and Peter Huffman were at the ceremony, which took place at the

West Des Moines Marriot Hotel. All members received a metal and a certificate signed by the governor. Also in attendance from the Boone Campus were Iowa Region Phi Theta Kappa Coordinator, Nancy Woods, Provost Tom Lee, Assistant Provost Brian Green, DMACC President Robert Denson and the DMACC Board of Directors.

The All-Iowa Academic Team is made up of 44 members from around the state. Up to two people from each campus can be nominated for the team.

"It doesn't have anything to do with scholarships, but some colleges give scholarships based on membership," said Huffman.

Sari has been a member of PTK since spring of 2007. She will graduate this May, and then transfer to Iowa State University and will major in Accounting. "I'm going to live in Ames," Sari said. "I'm so excited." She works in the Academic Achievement Center as an accounting tutor.

Sari's family is spread around

the globe. Her parents live in her hometown, Yogyakarta, Indonesia. Her older sister lives in Australia with her husband and daughter. Sari also has a younger sister who lives in Seattle who is attending a community college, and a younger brother who lives in Singapore.

"My dream is to travel the world and be with my family," Sari said. She said that every since she started studying abroad 11 years ago, she has experience a variety of cultures.

"Living in Indonesia isn't as nice as living in America. My parents have spent so much money so I could go to college. I want to live here in America and work in a company as their accountant and I want to raise a family."

Although Huffman is no longer a DMACC student this semester, he was able to attend the conference because the team was picked from the fall 2007 members. He is currently a student at Iowa State University and is majoring in Materials Engineering. Huffman was the president of the Tau Phi

Chapter for the past three semesters before he transferred to ISU.

"I was skeptical [about joining PTK], but after I had 3 invitations, I decided to go to one of the informational meetings," Huffman said. "I couldn't let the scholarship opportunities slide. PTK is a very active society, it's not just an honor society."

Huffman dropped out of high school and after working for 8 years decided to come back to school.

"I came to DMACC because I didn't know how well it would go," Huffman said. He said that DMACC has much better academics than some people give it credit for.

Huffman currently works for Power Film Incorporated which is located in the west side of Ames.

"Ultimately I want to stay with the company I'm at and improve solar cell technology and raise a family."

For more information about PTK, contact Nancy Woods at 515-433-5061 or at nawoods@dmacc.edu.

# Vickie Spears wins outstanding PBL student award

**Molly Lumley**  
Managing Editor

DMACC Boone student Vickie Spears won the "Outstanding PBL Student" award at the 62nd Annual Iowa Phi Beta Lambda State Leadership Conference held on March 7-8 at the University of Northern Iowa in Cedar Falls, Iowa.

Spears also took 1st place in the Business Decision Making and Information Management.

Kathy Kinyon took 1st in Human Resource Management and Mikki Winebrenner took



Vickie Spears

1st in Business Decision Making. Phi Beta Lambda is DMACC's professional business organization.

There were chapter, team and individual events held at this Leadership Conference.

Several students attending from the Boone Campus placed in the top five in their events. Students who placed first and second in their events can travel to At-

lanta, Ga., to compete nationally. All students would appreciate any sponsorship that individuals, groups, or businesses would like to give them to help in this effort.

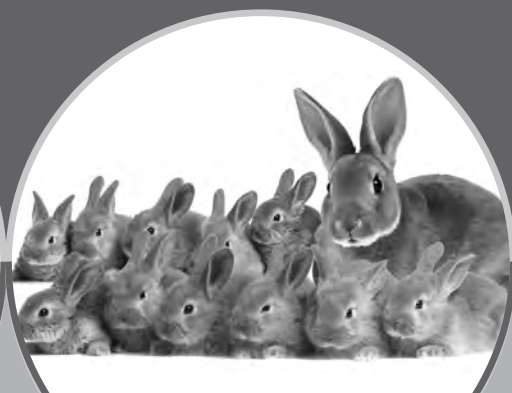
The 12 colleges that participated in the conference included: Ashford University, Buena Vista University, DMACC-Ankeny, DMACC-Boone, DMACC-Des Moines, Grand View College, Iowa State University, Iowa Virtual chapter, Kaplan University, University of Iowa, University of Northern Iowa, and Upper Iowa University.



Photo: Contributed

Local PBL students win multiple awards at leadership conference. First Row: Joni Rentschler, Karen Elliott, Kathy Kinyon Second Row: Linda Plueger, Advisor, Sue Barkema, Sheila Bergman (former Boone Campus student, attending ISU).

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# 2007-08 All-Region Basketball Teams

**MEN**

**1<sup>st</sup> Team**  
 Ali Farokmanesh-Kirkwood  
**Grant Burns- DMACC**  
 Cornelius Vines- Iowa Lakes  
 Tony Lewis- Ellsworth  
**Rodney Grace- DMACC**  
 Anthony Davis- Southwestern  
 Greg Schultz- Iowa Central  
 Keith Kuentzling- Iowa Central

**2<sup>nd</sup> Team**  
 Edin Suljic- Ellsworth  
 D'Rell Crittendon- Kirkwood  
 Corey Veit- Kirkwood  
 Jimmie Marshall- Iowa Lakes  
**Brent Jackman- DMACC**  
 Laurice Ellison- Southwestern  
 Mitch Bain- Iowa Lakes  
 Elijah Wilson- Clinton

**Honorable Mention**  
 Clay Weber- Clinton  
**Avery Tyler- DMACC**  
**Willi Estrella- DMACC**  
 Mike Candelaria- Ellsworth  
 Leterious Thomas- Iowa Central  
 Jackson Parr- Iowa Lakes  
 Matt Banzhaf- Kirkwood  
 Bryant Kucera- Kirkwood  
 Jermain Davis- Kirkwood  
 Greg Smalls- NIACC  
 Royce Phillips- Southwestern  
 Tyler Raach- Southwestern

**WOMEN**

**1<sup>st</sup> Team**  
 Lauren Thomas-Johnson - Kirkwood  
 Breann Hill - Kirkwood  
 Jessica Hunecke - Iowa Central  
**Jamie Sickles - DMACC**  
 Catalina De La Qunitana - Marshalltown  
 Samantha Boje - Iowa Lakes  
 Lene Lox - Southeastern  
 Kylie Dilla - Iowa Central  
**Ellie Ritscher - DMACC**  
 Allie Lindemann - Kirkwood

**2<sup>nd</sup> Team**  
 Rachele Monroe - Kirkwood  
**Ciera McGaughy - DMACC**  
 Madelyn Houser - NIACC  
 Danni Huss - Sophomore  
 Kristin Rasmussen - Ellsworth  
 Shanda Novak - Iowa Lakes  
**Kim Thissen - DMACC**  
 Danielle Ballard - Ellsworth  
 Tonya Davis - Marshalltown  
 El Sara Greer - Kirkwood

**3<sup>rd</sup> Team**  
 Karissa Kramer - Iowa Lakes  
 McKensy Long - Kirkwood  
 Morgan Brown - Iowa Central  
 Ashley Gorsh - Kirkwood  
 Angela Brinkmeyer - Iowa Central  
**Megan Homa - DMACC**  
**Stephany Schuering - DMACC**  
 Abby Brend - Iowa Central  
 Janay Jennings - Southwestern  
 Katie Monson - NIACC



## DII Women's Basketball Athlete of the Week February 20-February 26

**Ciera McGaughy**



The Team.....DMACC BEARS  
 Hometown.....DETROIT, MICHIGAN  
 On the Court.....GUARD  
 In the Classroom.....FRESHMAN

**Ciera's Got Game**

DMACC-97 vs. AIB-29	Points	8
	Rebounds	1
	Assists	9
	Steals	3
	Blocks	1
DMACC-107 vs. Marshalltown-51	Points	12
	Rebounds	6
	Assists	2
	Steals	4
	Blocks	1
DMACC-57 vs. Kirkwood-60	Points	24
	Rebounds	8
	Assists	1
	Steals	4

**This Week...**

...This week Ciera McGaughy scored a total of 44 points in three games and made 20 of her 32 field goal attempts. This freshman guard contributed to her teams wins in points, assists and rebounds.

Congratulations Ciera!

February 27, 2008 - www.icccac.org

## Sportswriters' & Photographers' Workshop

Thursday, April 3  
 9:30 a.m. to 3:30 p.m.  
 Hy-Vee Hall, Iowa Events Center  
 730 Third St., Des Moines

Contact Jan LaVille at [jrlaville@dmacc.edu](mailto:jrlaville@dmacc.edu) if you are interested in being a sports writer next fall for Banner News and attend this workshop for free. Transportation provided.

**Baseball Today**  
**DMACC vs. Rochester**  
 2 p.m.  
**Home Field**

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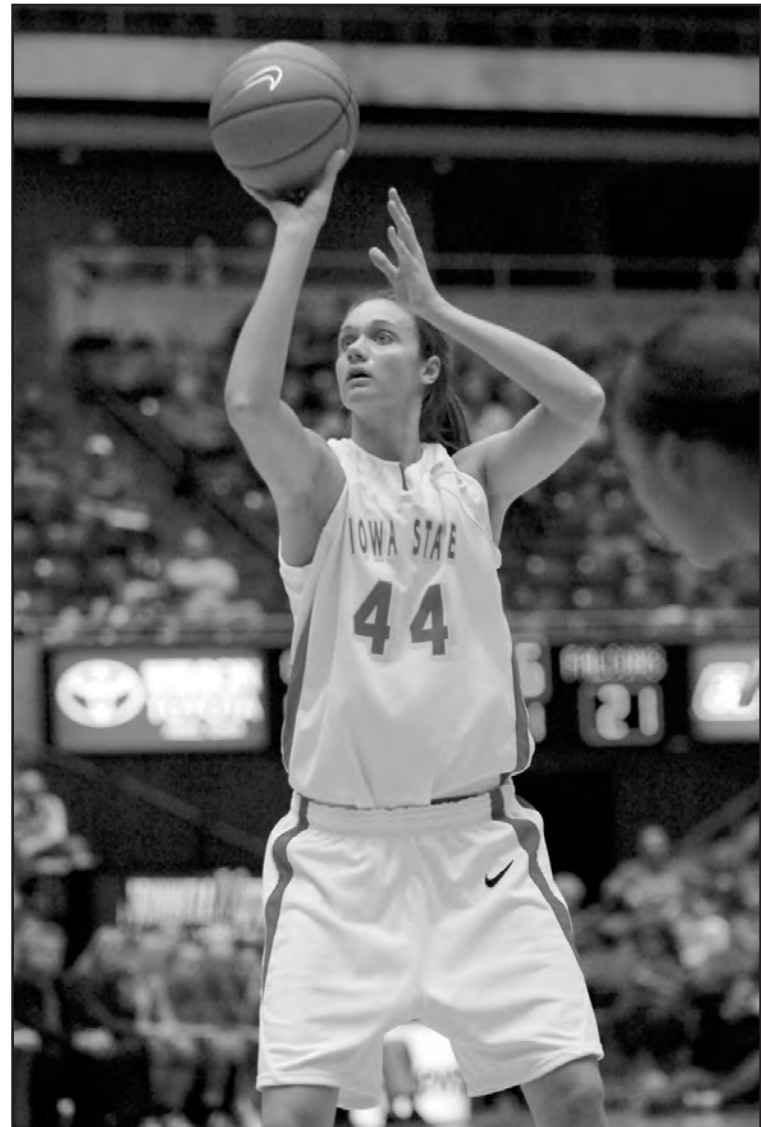


Photo: Eric Ver Helst

Jocelyn Anderson, first DMACC women's basketball player to go on to play at ISU, hit the game tying shot vs. #1 seed Kansas State to send the game into overtime in the quarterfinals of the Big 12 Tournament, a game which the Cyclones won 66-65. Anderson broke the single season and junior class record vs. Kansas in blocked shots with 68 blocks going into the Semifinals of the Big 12 Tournament. Anderson ranks 9<sup>th</sup> overall in blocked shots at Iowa State. Anderson, a NJCAA All-American while playing for DMACC, was named to the division 2 All-American second team both seasons that she played on the Boone Campus. Anderson, currently a finance major at Iowa State, played high school ball in Gowrie, Iowa.



# Eden's Easy Bake Cheesecake

Eden Hinrichs  
Staff Writer

## Cheesecake Recipe

### Filling ingredients:

1 can cherry pie filling  
4 pkgs. cream cheese  
1 cup and 2 tablespoons sugar  
2 tablespoons flour  
A pinch of salt  
1 teaspoon of vanilla  
4 egg yolks, beaten  
1 cup sour cream  
4 beaten egg whites

### Crust ingredients:

18 graham crackers  
2 tablespoons butter  
2 tablespoons sugar  
9" pie pan

### What to do:

The first step in the cheese cake process is to let the cream cheese soften to room temperature. If you are not certain if the cream cheese is at the right temperature, you can use a thermometer to check.

Next thing you need to do is make your crust. Finely crush the graham crackers. After the graham crackers are crushed, mix two tablespoons each of butter and sugar. Press the mixture evenly into the pie pan, making sure that the mixture reaches the top of the pan all the way around. While you are doing this, preheat the oven to 350 degrees



Photo: Eden Hinrichs

Fahrenheit.

After the cream cheese is softened, mix together with 1 cup and 2 tablespoons of sugar. After those are mixed together, add your level tablespoons of flour, the pinch of salt, and the teaspoon of vanilla. Tip: if you

are not using vanilla extract and are using an imitation vanilla instead, be sure to double the amount needed to obtain the proper flavoring.

After the mix is stirred, add in 4 beaten egg yolks and combine 1 cup of sour cream into

the mix. Carefully fold in 4 stiffly beaten egg whites and pour into the graham cracker crumb-lined pan.

Put the mixture into the oven and bake at 350 degrees for about one hour. Remove the cheesecake from the oven and allow it to

cool. Whether you are serving the cheese cake very shortly after cooking, or the next day, put it in the fridge to cool. Wait until you are about to serve it before you add the cherry filling on top. Add the cherries to each piece to provide an esthetic look.

## Vidimos rehearses

Eden Hinrichs  
Staff Writer

The Boone campus production of "The Odd Couple" is set to hit the stage on April 11 and 12 at 7 p.m. The play's popularity on Broadway attracted such stars as Sally Struthers, Tony Shalhoub, Craig Ferguson and Walter Matthau.

Kay Mueller's enthusiasm for this project is contagious amongst the already eager cast.

"They are very excited and enthusiastic about being in this show which makes my job easier. I have many good returning actors plus a couple of very talented new-to-the-DMACC-stage faces." This play marks Mueller's 46 production at DMACC. She warns that the language in this play is much more explicit than other plays that have come to the Boone campus. Mueller had to sign an agreement not to change any of the language in the play. "I'd never had to do that before."

Mueller's enthusiasm stems

for the quality of the comedic script "The Odd Couple was Neil Simon's second play and one of his most successful.

Simon, one of contemporary theater's funniest playwrights, based this comedy loosely on his own life. The dialogue is



Photo: Eden Hinrichs

sharp and snappy" Lauren Vidimos, who plays the slovenly Florence Unger, also shares Mueller's point of view "I love this script, it's hilarious."

One of the other things that Mueller finds appealing about this production along with the colorful script is the cast. "The camaraderie they share off stage transfers well [onto the] stage. The Odd Couple requires strong bonds among the women so even through their bickering we see their friendships remain strong."



Photo: Eden Hinrichs

## Madame Guillotine visits Boone Campus

Shane Meier  
Staff Writer

The Boone campus was flooded with questions at the sight of a guillotine in the Courter Center.

It was brought by Boone campus student Wendy Sunburg. She was inspired to bring it after hearing a lecture on the French Revolution from instructor Bruce Kelly in Western Civilization.

"Just [wanted] to show what it looked like," said Sunburg. The guillotine was built for a friend by Sunburg's husband. Travis Walter is the owner of the guillotine.

Student response to the guillotine was varied, some couldn't wait to stick their head in it and get their picture taken. Others complained about it. "Eye sore, it was an ancient way of killing some innocent people according to their superstitious beliefs," said nursing student Danielle Thurmond.

Part-time English teacher Krystal Herring jokingly said that this wooden version couldn't do the job that the original mechanism was intended for.

"I thought it was great," said student Jessi Smith. "It was crazy to walk through the Courter Center and be like 'whoa!' is that really there?"



# DMACC offers May term accelerated classes

**Shane Meier**  
Staff Writer

Spring is here and many students have only one thing on their mind, summer. Summer may bring warm weather and a break from school, but it is also a great time to take accelerated classes.

The Boone campus offers a few May term classes that run for about 10 days that can be in class or web blended classes.

The Boone campus is offering nine classes this summer, most of which are basic introduction classes. The nine that are being offered are Intro to Computers, Music Appreciation, Intro to Ethics, Intro to Psychology, two classes of Intro to Sociology, Fundamentals of Oral Communications, Interpersonal & Small Group Communication, and Intro to Criminal Justice.

Tom Lee, Boone campus provost, said that taking summer

classes can be beneficial for students who want to get a specific class out of the way. Because the classes are accelerated, there is a lot of information packed into a very small amount of time; this requires extreme commitment from the students taking the courses.

Though these classes offer the chance to get credit hours and classes finished quickly, students should realize that there will be a great deal of reading and a lot of class time involved. When taking

a 10 day accelerated class there isn't time for much else to be going on aside from class work.

For students who are capable of buckling down and devoting the kind of time and effort that is required to pass an accelerated class, this is great option. However, for those who prefer to take their time and do not like to spend a lot of time reading over several chapters a night, this option could prove to be a waste of money and time.

## News Briefs

### Blood drive Thursday

Boone Campus will have a Blood Drive on Thursday, March 27, from 9:30 a.m. to 1 p.m. in the Lloyd Courter Center.

### Association offers trip to Indy 500

The DMACC Alumni Association is sponsoring a bus trip to the Indianapolis 500, May 24-26.

The trip includes two nights lodging, a reserved \$70 seat and transportation aboard a 49-passenger *Windstar* motor coach.

The cost is \$325 per person for double occupancy. The trip is open to the public.

The deadline to sign up is Apr. 21. Space is limited. Information is available at [www.dmacc.edu/alumni/activities.asp](http://www.dmacc.edu/alumni/activities.asp). For more information, contact Breck Breitsprecher at (515) 965-7331 or toll free at 1-800-362-2127 extension 7331.

### Boone campus to host 10th career day

DMACC-The Des Moines Area Community College Boone Campus is hosting an Accounting/Business Career Day from 8:30 a.m. to 1:30 p.m., April 16 at the Boone Campus.

The Career Day will feature keynote presentations from Anderson Erickson Dairy CEO Miriam Erickson Brown and Dice.com CMA Chris Miller.

In addition, there will be break-out sessions on accounting careers, skills for success, DMACC 2 + 2 programs, and exciting opportunities available in accounting and business with key Iowa organizations.

For 10 years DMACC has hosted this event that has included presentations from Iowa business leaders such as Bill Reichardt, Robert Ray, "Speed" Herzig, William Krause and others.

The event is free and open to the public and includes a free lunch. To register, call Cynthia McCall at (515) 248-7247 or email her at [cmccall@dmacc.edu](mailto:cmccall@dmacc.edu). The deadline to sign up is April 7.

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# 'Horton Hears a Who' makes the transition from book to film



Photo: hortonhearsawho.com

**Eden Hinrich**  
Staff Writer

In our busy lives there are things that are easily forgotten; things that we think should be common sense yet we traipse through our lives with out giving those things much thought.

My favorite Dr. Seuss story "Green Eggs and Ham" inspired the cornball and semi innocent sense

of humor I have today. It had been years since I read "Horton Hears a Who." In fact, it had been so long that all I could remember was an elephant walking around guarding a clover for what ever reason I couldn't remember, but as soon as I reopened the book I quickly remembered, "a person's a person no matter how small." There's a lot an adult

can learn by picking up a children's book and for the most part they are things we take for granted.

Like all children's books, "Horton Hears a Who" has a simple beginning, middle and end. Horton, a simple but sweet elephant, discovers a small world called "Who-ville" on a speck of dust that lands on a clover. Horton attempts to

give it a safe place where the inhabitants of Who-ville can live in harmony.

The other jungle creatures think that Horton is one can short of a six pack and try to eliminate the source (a.k.a the speck). That is until the Whos of Who-ville make themselves known and the animals rejoice and all is well.

There is nothing like an uncomplicated happy ending to go with your morning dose of Fruit-loops.

For those who were born while communism was still a threat, one of the key villains of the books is a rather kindly but Loki like vulture named Vlad Vald-i-koff. A 1954 like nod to the Russian element of communism.

Horton is an elephant, which is a symbol of the Republican Party, which in 1954 was in the white house via Eisenhower. I had to wonder if this was Dr. Seuss's rebellion or view of the Cold war.

Horton is trying to save this little world and its way of life (Socialism vs. Capitalism) from the other jungle creatures. The eas-

ily led monkeys give this little world over to the communist symbol of Vlad and through the determination of Horton the little world was saved and all the creatures saw the error of their ways.

Yet it took every Who working together to save their lives and be heard. Maybe I am reading too far in between the lines, or maybe not.

When I went to the theater, I had mixed feelings about what I was about to see. After what I saw from "The Grinch Who Stole Christmas" I wasn't all too thrilled to see Jim Carrey in another Seuss film.

I found that movie campy, even for my tastes (I love corny monster films from the '50s, '60s, '70s and sometimes '80s). I also wasn't all too thrilled at yet another story to be led to the slaughter house, but I kept my mind open.

In this film there are big comedy names such as Carol Burnett, Jim Carrey, Steve Carell, Seth Rogen, Jamie Pressly, and Amy Poehler, these names left me scared yet excited to see what the best names

in comedy had to offer.

Even though, I was eager to see what would happen (and thankfully for once my dread was unnecessary) I was worried that the overacting of Jim Carrey would ruin the film.

I think that Carrey's acting in "The Grinch Who Stole Christmas" was atrocious and I still can't watch even the cartoon without cringing.

"Horton Hears a Who" was fantastic. Although supposedly geared toward children, it has adult overtones that made it even more hilarious. Like all book-to-film adaptations, there were some things that were severely changed; however, they weren't the kind of changes that would forever tarnish the movie. The changes made to the story were to give it sub text and back story but the main story line stayed the same.

I absolutely loved this movie! Its innocence and cute humor won me over.

Now in my so-called adulthood I will carry with me the sweet and almost common sense "A person's a person. No matter how small."



Photo: Contributed

DMACC's Dance Team performed to "Thriller" at a recent home basketball game. From left to right are members of the team, Nicole Bloomquist, Caitlyn Mills, Brooke Person, and Kenzie Lehrkamp.

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# LOVING YOUR BODY THE RIGHT WAY



**Eden Hinrichs**  
Staff Writer

I admit it! I haven't gone to the gym like a good girl to reap those numerous amounts of benefits. Actually to be slightly more accurate it's been since Jan. 18, 2007.

I had to reinstate my membership at the YMCA to start working on a stronger, healthier me.

This journey initially began as a desperate attempt to lose those extra pounds.

I had originally thought that if I would just give that extra effort I would have this hot body and I would have no bad self confidence, the sky would open up and all the mysteries of the universe would be revealed! Okay, everything other than the whole secrets of the universe thing, I had some not very accurate concepts of what would happen to me and my body through this transformation but after much hard work I began to realize that working out and having the so called "perfect body" wasn't as easy as dieting and going to the gym, like so many fitness moguls preach.

Sure it elevates the mood, helps the heart and makes your body more enduring to the pun-

ishment that we put ourselves through on a daily basis. However, unless I only eat 500 calories a day, run 50 miles a day and stand on my head while whistling Dixie tunes through a kazoo while blowing bubbles through my nose the weight won't just fall off. First off, my favorite food is Pizza. I love cheese, tomatoes and loads of carbohydrates. I am the carb queen. I like to drink the occasional soda with (gasp dare I say it?!) ice cream.

I love food, but I don't overdo it, yet according to a lot of magazines this isn't enough. They post these recipes assuming that people like me actually have the extra time to devote to preparing these dishes. And to top it off, what if I don't like artichokes, humus or tofu? Then what do I substitute it with? Will that change the "low"

calorie count? I end up spending more time on reading and preparing the recipes then I would for a simple bowl of cereal. So for the most part, dieting to lose any extra pounds is out of the question.

I think that we spend way too much time obsessing over what we are eating. We don't have as much time as we used to and we settle for something simple from a drive-thru. After we suffer the "Mcwrath" of the expanding pant size, we are told magic cures such as eating nothing but grape fruit or some pills is the way to loose weight. Crash dieting isn't the answer to losing weight, nor are diet pills or using some bizarre system that someone says will work for you because it has worked for everyone else. Let's face it, we are not all the same nor do we have the same body.

For these reasons I decided to go back to the gym. I am very happy with the body I have. So what if I am not twig thin like the magazine models! I think we need more body role models like Marilyn Monroe, Kate Winslet and even Scarlett Johansen. Even the insanely skinny have problems like wanting bigger breasts. The point is that everyone has issues with their bodies, but it doesn't mean we have to take these insane steps to become something we are not.

I went back to the gym and I was walking around like Quasimodo for three days afterwards, but at least I am trying to better myself. I figure, how am I supposed to love my body if I don't start spending more time with it?

## Editorial Spring break blues over homework and no down time

So we've all had a nice long week to get ourselves refreshed from the horrible effects of what we at the Banner News like to call "brain rot." This academic disease is caused by having too many assignments to do and no time to do them.

Its symptoms include not wanting to come to class or do homework and a general feeling of being overwhelmed. We all get it, especially around spring break.

Spring break is a time to recollect our sanity and hopefully, come back to classes refreshed

and ready to face to rest of the semester. But some people are not afforded that luxury because some instructors like to assign projects over break, thinking that their students will have plenty of time to get them done. We find this practice to be unfair; the whole concept of spring break is to give students time away from school. Instead of being able to get away and maybe take a relaxing vacation, some students are forced to do their assignments or fail.

Unfortunately, instructors may not be looking at the downside

of assigning their students work over break. Many students come back even more worn out than before and they end up doing poorly for the rest of the semester because they were not given time to relax.

Because many students feel rushed to get things done, they sometimes resort to cheating or plagiarism to get an assignment turned in on time.

A word to the wise, no matter how tempting it may be to copy someone else's work on your own assignment; don't. Cheating and plagiarism come with serious con-

sequences, and even though it may not have been fair to have to do assignments over break, it doesn't justify not doing honest work.

A recent example of the consequences of plagiarism is one of President Bush's aides, Tim Goeglein. According to an article in the Washington Post, Goeglein admitted using plagiarism in 20 of his 38 columns between 2000 and 2008. Goeglein resigned over the matter and will not be allowed to publish anything in his hometown newspapers.

For those of you who feel so

overwhelmed that you want to quit, don't give up! There is only about a month and a half left of classes and after that, summer break.

Do your best to remember that even though your workload may seem overwhelming, cheating and plagiarizing are not the easy answers. It may seem like an easy out at the time, but it can and will damage your academic integrity and will cheat you out of getting the grade you deserve for doing honest work.

## Slackers win even on the best/worst spring break ever

**Jessi Smith**  
Executive Editor

I've gotten myself into the habit of counting down the days until this semester meets its end. While the people that drive me crazy in my classes screw around and play the roles of village idiots, I tell myself that it will only be a little longer and then I'll be through with them.

One might not think that this

countdown poses a problem of any sort. For me, however, it's getting to be quite depressing. I thought that spring break would grant me some sort of unforeseen serenity that would cleanse my tar covered soul and leave me feeling invigorated and jovial. I was dead wrong. I was given a group project, a research paper, and a take home test to keep me occupied over the break. Not that this was a lot to do, it could have

easily been finished in a day or two, but I was sick all week long.

I guess I had some ridiculous notion that escaping annoying classmates and school would make me feel better, but with the pathetic excuse for a spring that followed, it turns out that I'd have rather been in class.

Sunday night I laid in my bed staring at the ceiling praying to whatever deity that would hear me to stop time for a moment and give me a breather. I worked all

week, was sick, had a cousin's wedding, two good friends birthdays, visited my parents, and made it to my grandmother's for Easter Sunday. Did I really need three assignments on top of that? I don't think so. I'll get them finished, and they will be turned in on time, but seriously, homework?

Apparently, I cannot win for losing. As dreadful as this all was, I got to be there for two friends as they celebrated their birthdays, hang out with my par-

ents, wrestle around with my little brother, eat until I was ready to burst, and get my husband to do all the house work because I felt like crap. Perhaps it wasn't as bad of a week as I thought.

Despite the fact that having homework on spring break is an appalling concept, slacking off on spring break and getting things done at the last minute is kind of exciting when you think about it. In that case... I win.

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If you're interested in writing/contributing to the Banner, please visit us in Rm. 115 or send an email to [jksmith10@dmacc.edu](mailto:jksmith10@dmacc.edu).

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

Letters to the Editor should be no longer than 250 words and may be submitted to:  
[bannernews@dmacc.edu](mailto:bannernews@dmacc.edu).



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by Eden Hinrichs



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