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Banner News

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Shane Meier, Eden Hinrichs, Jessi Smith, Molly Lumley, Patrick Hamm, and Fiona Flatt

Paxton commemorates Carver

Shane Meier
Staff Writer

William Paxton, a George Washington Carver impersonator, came to the Boone campus theater on Feb. 13, to perform a one man play on the life of Carver.

Paxton introduced himself as George Washington Carver and talked about Carver's early life living in Diamond Grove, Missouri. Paxton (Carver) gave insight into how he was raised and how the various places and people in his life influenced his work. As Carver, Paxton elaborated on how he was taught to read by his aunt.

Carver went to a school in a nearby town called Neosho; this is when he met his adoptive Aunt Mariah and Uncle Landrue, who were very influential in his life.

Carver attended several high schools before finally graduating from Minneapolis High School in Minneapolis, Kansas. After five years of running a laundry business in Olathe, Kansas, he was accepted to Highland College, but was rejected from entering after the school discovered that Carver was an African American. Paxton (Carver) allowed listeners the opportunity to understand what it is like to have to fight for the right to receive a higher education.

Paxton went on to discuss the journey and trials of finding a college. Carver traveled to Iowa where he was accepted to Simpson College and later studied at Iowa State University where he received



Photo: Eden Hinrichs

William Paxton performs as George Washington Carver speaking on the life and accomplishments of Dr. Carver including his discovering many uses for peanuts.

his Bachelor's degree.

Paxton concluded his performance by explaining how it is that he came to preside in Tuskegee, Alabama, where he began his research on peanuts, sweet potatoes, and soy beans.

Paxton performed the play as Carver so that the audience would be more engaged in the play and to bring the character of George Washington Carver to life. "I began [performing] this play in 2000," said Paxton. Paxton was

inspired to research Carver and create the play after an honor seminar.

"Hewasveryknowledgeable," said John Doran, a math instructor at DMACC. The play was well received by attendees.

Insomnia and other sleep disorders can cause serious health issues

Eden Hinrichs
Staff Writer

School, stress and out side factors can all lead to a sleepless night. Over 62 percent of adults experience a sleep problem a few nights a week.

Thirty three percent of adults get approximately six hours of sleep or less per night. Women tend to have more sleepless nights then men by 21 percent. Although people are awake and unaware, there is a lot of damage that is occurring to your body during the day. Sleep is your body's way of repairing the damage that occurs during daily activities.

Essentially, the body goes through five stages of sleep. The stages, much like easing into cold water slowly, make falling asleep a much easier process. The first four stages take roughly 90 minutes to go through. The fifth stage is REM (rapid eye movement). The REM stage is where the mind starts to dream while the body repairs the damages from the previous day.

According to book, Sleep Disorders for Dummies, the more time a person spends in the REM stage of sleep, the more refreshed and energized they feel in the morning. If a person spends less time in the REM stage of sleep, they feel tired and disheveled in the morning. If a person does not get enough REM sleep, they will incur a "sleep debt." Not getting enough sleep has been linked to weakened immune systems, accidents, depression, forgetfulness and an increase the risk of heart disease, obesity, diabetes and death.

For those who do get enough sleep, the mind will stay sharp, energetic and allow the person to maintain a healthy immune system. However products such as caffeine, sugar, and too exercise right before bed can make this transition hard.

A few simple schedule adjustments for insomnia problems can help. Things like keeping a consistent sleep routine, stopping work early in the evening so the body has a chance to relax, a warm shower or bath before bed or even a glass of warm milk can help people fall asleep easier and have a long period of sleep in the REM stage.

Planned Parenthood promotes National Condom Week

Jessi Smith
Executive Editor

Planned Parenthood representative and educator, Anjie Howard and DMACC instructor Cheryl Chppard passed out free condoms and information on safer sex practices in the Courtier Center on Feb. 13, for National Condom Week.

Along with the condoms and pamphlets, candy and magnets were also available for students to take. There were several brochures available with information about different methods of birth control and contracting STIs. There was also a survey given out by Cheryl Chppard for students.

"We are handing out information for National Condom Week," said Howard. "Valentine's Day is actually National Condom Day."

Howard's objective was to inform and educate those students

who were sexual active or who will become sexually active in the future. "[I want] people to be safe. If they are making the choice to have sex, [this information] will show them how to use condoms properly," said Howard.

Some students were not as receptive as the organization might have hoped. "I don't trust free condoms," said student Fiona Flatt.

Trusting condoms can be dangerous even in an institution of higher learning. Currently, the condoms for sale in the bathroom dispensers at the school expired in 1999. Since these expired nine years ago, they are susceptible to breaking easily and are no longer safe for use, yet still they are available for purchase to anyone who walks into the bathroom with a dollar. To avoid hazards like this, users should always check the expiration date on a condom before use.



Photo: Jason Munday

Anjie Howard, educator and representative of Planned Parenthood offers free condoms and Valentine's Day candy.

Organizations like Planned Parenthood help to educate people on safer sex practices. They also provide information on birth control and other

contraceptives that are available. Promoting National Condom Day at DMACC, according to Planned Parenthood, is a positive service.

Ioway, the almost forgotten nation

Eden Hinrichs
Staff Writer

On Tuesday February 12th DMACC Boone campus had its first showing of the film "The Lost Nation: The Ioway" a brain child of independent film makers Kelly and Tammy Rundle. Classes sat in and enjoyed the information about the "Lost Nation" and afterward enjoyed punch, cookies and a drawing for free t-shirts.

As they were filming their award winning piece called "Villisca: Living with a Mystery," Kelly and Tammy Rundle spoke with the now deceased director, Montgomery county history center in Villisca, Iowa, Bettie McKenzie. She told the film makers about the Ioway tribe that had once a long time ago had inhabited the area. As they spent more time in Villisca they came across more information about the Ioway. "We realized that this is a great story" said Tammy Rundle.

One of their first concerns when they started to make the film was mainly money but

McKenzie gave them the idea to apply for some historical grants. "We applied for seven grants and we received six," said Kelly Rundle. Once money had been settled Kelly and Tammy sat down together and made plans for "Lost Nation". They decided to take an approach much different from the Villisca project and not rely on a solid script, but rather an outline carefully doled out on note cards.

The film dodges between modern Ioways and the tribe's greatest struggle throughout history during the years 1676 to 1812. The film focuses on two key tribal leaders, White Cloud and Great Walker, who wanted to find some sort of peaceful agreement with the newly settled Europeans but in doing so their history and way of life was slowly twiddled away as the government pushed them out of Iowa. The film shows the never ending struggle for the Ioway people to recapture a culture that is nearly lost even to them. "The Ioway want to have a place in Iowa to exist. (They) long to recapture the essence of home,"



Kelly and Tammy Rundle

said Kelly Rundle.

As they take the film touring all over Iowa, they are content with the positive reaction

they have gotten. "We didn't (originally) anticipate touring the film" said the couple as they tour numerous campuses, museums and other theaters with the film. "I am just really happy that interest is growing. We are really proud."

Women's Christian Bible study started on campus

Molly Lumley
Managing Editor

For students who are interested in learning about the Bible or connecting with other Christian women on campus, Liberal Arts student Jacquelynn Higgins has started a women's Christian Bible study.

The study has already begun with a few members who meet in front of the gym. The official time for the study is 1 p.m. Tuesday afternoons in the auditorium. There is no set curriculum for the study; Higgins said she wanted to simply read passages from the Bible and then discuss them.

Higgins was inspired to start the study because she felt God was leading her to do it. "There was a need. I knew there was one [Bible study] going on when I looked into DMACC five years ago, but by the time I started school it had fizzled out."

Before becoming a Christian, Higgins was heavily involved with drugs, such as marijuana and methamphetamines. At the

age of 10, she read an article in Reader's Digest about a doctor's commentary on a young girl's experiences with marijuana. Higgins was enamored with how the girl described what being high was like. "I ignored what the doctor said about drug use and made a vow that I would try weed when I was 16." Higgins kept her vow and began smoking marijuana with her friends in high school.

Her conversion was sudden. She was at a friend's house one night and after smoking when she started hallucinating. She saw different ways that her life could turn out. She saw herself committing suicide. She saw herself homeless and washed out by the drugs or quitting the drugs but living a dull and pointless life. The fourth thing she saw was a new life; a life where she had quit the drugs and completely surrendered her life to Christ.

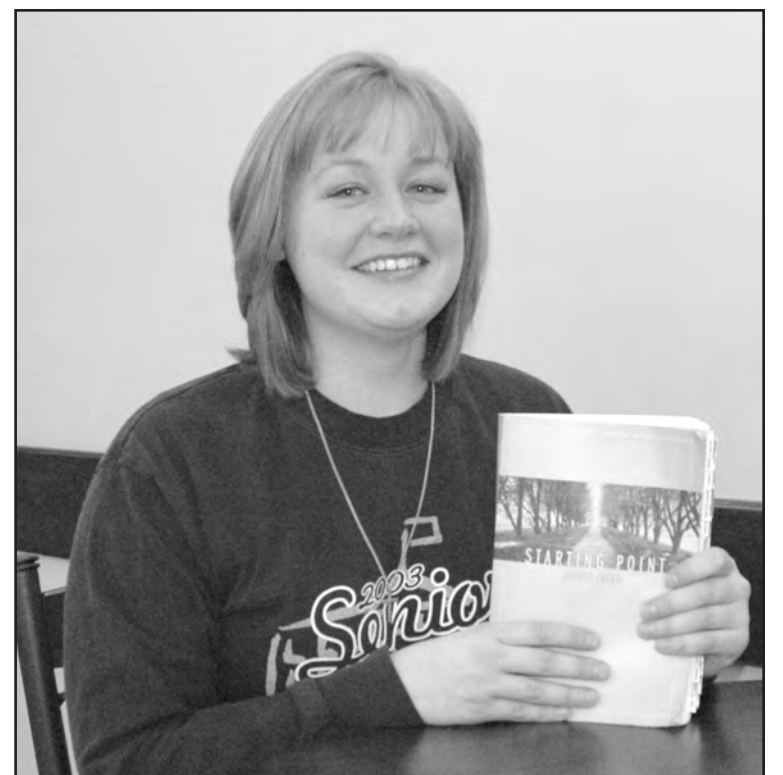
"I wasn't a Christian then. I woke up and knew that I had to change, now, or something bad was going to happen," she said.

"I was just sitting there and I realized that God was real. After 18 years of not believing, I didn't understand how in an instant, I just knew. I just knew that God was real."

Two days after her visions, she told all of her friends that she wasn't going to be doing drugs anymore. "I quit every drug I was one at the same time and it caused horrible withdrawals," she said. "I couldn't sleep because of withdrawals from the meth. Satan was trying to get me back to the drugs."

A few months later, she started smoking marijuana again. "I was depressed. I had stopped talking to all of my friends. I thought if I started smoking weed again they would be my friends again." She spent the next two years wandering and smoking marijuana. She quit for good when her son, Tyler, was born. "I didn't want him to know that kind of a life. I didn't want him to know what marijuana was," she said.

One of Higgins' favorite songs includes the lyrics, "He who began a good work in you will be faithful to complete it." She believes God has started a good work in her and wants to spread the hope she has in Christ



Jacquelynn Higgins

to others around her.

"5 years ago is when this all started, and now God is leading me to start a Bible study," Higgins said.

Higgins hopes to get other Christian women on campus interested in the study. She has

been completely drug free since the birth of her son, and said that without God, she could not have gotten off of them on her own.

For more information about the study, contact Jacquelynn Higgins at jmhiggins@dmacc.edu.

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'Snakes Alive' returns to Boone

Jessi Smith
Executive Editor

Snakes Alive with Tom Kessenich will be returning to the Boone Campus on Feb. 26, with his reptiles and amphibians that will be available for campus patrons to view, touch and learn about.

Kessenich will be in Courter Center from 11 a.m. to 1 p.m. with a hands-on reptile and amphibian

exhibit. This SAC sponsored event was held last Valentine's Day and was received well enough by the Boone campus that Kessenich has been brought back again this year.

"They are really friendly animals," Kessenich said on his last visit. A wide variety of animals were brought by Kessenich last year. Boa constrictors, lizards and alligators were a few of the creatures that were shown.

Comedian Preacher Moss stops by campus to talk about racism and lecture with a smile



Preacher Moss

Molly Lumley
Managing Editor

Comedian Preacher Moss made an appearance at the Boone campus on Feb. 18, as a part of his "End of Racism" comedy and lecture tour. He has appeared on CBS, Fox News, Comedy Central and other shows.

Between cracking jokes from everything about the weather to his experiences with discrimination, Moss wove more serious topics into his lecture, such as how racism is perceived

by different ethnic groups, and how the concept of racism is evolving over time.

KKK stupidity

Moss started by stating that his favorite hate group is the Klu Klux Klan. "I went to a KKK website one time and was shocked because it was organized," Moss said. He discussed how after Hurricane Katrina hit New Orleans that the KKK could not do business there anymore because all the people they hated had moved due to the hurricane.

Moss said that hate groups like the KKK are limited in their perceptions of people because they can not see the limitations they have themselves.

"The KKK isn't the brightest group in the world," he said. "God bless the racists. They have to stay committed to stay stupid for that long."

Being the little old lady

Moss used an example from his life to demonstrate how racism has changed over the years. He was sitting in a Subway restaurant one afternoon and the person making his sandwich had a disfigured hand and was from Africa.

The man behind the counter was teasing Moss about his height, and Moss gave the man a bad time about his hand. Both were being sarcastic and rude to each other, but it was in fun.

One older woman stood up and told them to stop. Eventually every customer left the restaurant because of their bantering. The man behind the counter explained that nobody there saw them as just two guys having fun, they would see them as two rowdy, loud, rude, black people.

"At some point in time, we've all been like the little old

lady in the back of the Subway," Moss said. "I know I've been."

Racism affects everyone

Moss went on to explain that racism affects everyone, including white people. "Racism is the reason that you never see a black person in a tanning commercial. Racism is the reason they don't use a Middle Eastern person for your OnStar service. Racism is the reason that white people don't have their own month, like blacks and Latinos do," said Moss.

The are no social norms

Moss said that he's been told to go back to Africa a few times when he was doing a tour in the south. "It's not that easy, you just can't go back and act like you know someone," he said. "There is no social or moral construction for white or black people; we're just forced to follow agendas other than our own."

According to Moss, there are no real white people. "White is about the check on your loan application at a bank." He once was applying for a bank loan and checked "white" on his application just to see what the bankers would do.

At the end of his lecture, Moss had a handful of people state their ethnic background. Not one person stood up and said that they were white or black. Each person had their own unique ethnic background, despite the color of their skin. "You have to think outside of the box," Moss said.

Moss' visit was sponsored by the Student Activities Council. The SAC also provided a free lunch of "soul food," which consisted of chicken breast, dirty rice, baked beans, and corn bread.

'Lipstick Jungle' the new Sex in the City with more life and less lust



Brooke Shields

Eden Hinrichs
Staff Writer

There is a new rival to the once popular television show, "Sex in the City," that adheres to those PG-13ers who would rather see more plots and less nudity.

The cast of "Lipstick Jungle" has been narrowed down to three major characters whose lusty ways lead to harsh sexual frustration.

Instead of the oh-so-typical little women in the big city trying to claw their way to the top scenario, "Lipstick Jungle" follows three very successful women in various states of watching their lives come undone.

This production demonstrates a more realistic form of feminism. Seemingly modern women try to juggle the matters of work, love, family, and the never ending battle

to hang on to one's success.

"Suddenly Susan" star, Brooke Shields, plays the part of movie executive, Wendy Healy, whose career tends to distract her from her role as a mother and wife.

Kim Rayer plays Nico Reilly, an editor and chief of the hottest magazine in town. Soap opera frequenter, Lindsey Price, plays the sweet, yet tragic fashion

designer, Victory Ford.

The sex scenes are few, leaving ample room for a plot and a refreshing openness that is sometimes lost in day-to-day life. This show gives viewers a closeness that reality television robs from the tried and true concepts found in sitcoms.

Catch this show on Thursday evenings on NBC at 9 p.m. Central.

Rambo's latest movie lacks dialogue but upholds action



Patrick Hamm
Contributing Writer

One thing can be said about the newest installment to the Rambo movies, and that is that no one can play Rambo better than Sylvester Stallone.

The role was obviously made for him. Stallone co-wrote the film with Art Monterastelli. The Rambo fan can rest assured that there is plenty of Rambo-esque material imbedded as well as a

story line loosely based on real events, the on going Thailand-Burma conflict. This adds a slight touch of realism, and excitement, to the excitingly unrealistic action sequences prevalent in this film. There is something in how Rambo always manages to take out an entire infantry company armed only with his knife, rifle, and fists that has kept Rambo fans coming back for over twenty years.

Despite the thrilling action scenes, there is a great void in

the area of dialogue in this film. One comes out wishing more had been said on the very real conflict that the film takes place in. The action fan, however, would feel that the action sequences more than compensate for the lack of historical depth.

This emphasis on heart-pounding action and violence is what keeps the action movie industry in business. Few would come to see this particular film for a lesson in south-east Asian

history. They come to see the good guy win, and the bad guy get pummeled. Of course, action movie junkies do want a little movie with their action, and Sylvester Stallone delivers this without hesitation.

This film is not for those looking for anything meaningful. Faithful Rambo fans will not be left disappointed. The film is action packed and fits in well with it's original Rambo brethren.

Local Bands provide entertainment for college students

Fiona Flatt
Staff Writer

DMACC students who live in Boone may notice that there isn't a great deal of local entertainment. Many students who desire something to hold their attention for more than five minutes will head to Ames.

Unfortunately for some students, many places in Ames are 21 and up. The music scene, however, does not discriminate.

Lately the local Iowa music

scene has been exploding with all sorts of different bands. With a wide range of genres, there's a little something for every college student out there. What ever your taste, there's a flavor out there that is sure to make your mouth water. Knowing where to find such entertainment is the key. For those who can't wait to get out of the house, make sure to save these dates on your calendar. These shows are sure to please.

Feb. 21, at the Bali Satay House located on Lincoln Way

in Campus town, Ames, there will be a pop rock show featuring three bands. Starting at 9 p.m. you can see Venom Electric, Make Like Trees, and Gabe Cordova. The show will be available for all patrons 18 and up.

For those who find acoustic blues and folk to be more their style, then DG's Tap House has two shows guaranteed to adhere to that taste. On Feb. 22, the Bob Pace Band will be playing.

Mr. Baber's Neighbors will be playing on the second night.

It's sure to be a refreshing change of pace from the harder sounding bands that seem to be domination the scene these days.

Bali will hold two more shows to wrap up the end of the month. Starting at 9 p.m. on Feb. 28, punk rock bands Vandon Arms, Fightin' Side, Look Out Loretta, and Deals Gone Bad will be taking the stage. Last up for the month will be Four Word Cause, Thru the Static, and Pride on Feb. 29. With this line up, it's sure to be an energetic end to this snowy,

blustery month.

There is no excuse for sitting around with nothing to do, go out to a show and support local artists.

Every date mentioned here features a local band, which means these are people from around the area. Supporting local music not only bring publicity for the bands; it's a night out on the town with friends instead of sitting at home watching a re-run of CSI.

Dash for cash



Photo: Dan Ivis

Trista Hall was chosen to be a participant in the Dash for Cash.

DMACC- Four people had their names drawn to take part in the Dash for Cash at halftime of the men's basketball game against Northern Iowa Area Community College on Feb. 9.

People who attended the game had the opportunity to sign up for the contest at a table located in the lobby area out side of the gym.

A total of one-thousand one-dollar bills were scattered around the gym floor.

The four contestants were given 30 seconds to pick up as many dollar bills as they could.

After the horn sounded indicating that

the time had expired, DMACC Foundation Executive Director, Ganesh Ganpat, saw too many dollar bills remaining on the gym floor. Ganpat then asked that another 30 seconds be put on the clock, allowing the four contestants more time to scramble for more bills.

DMACC women's basketball player, Trista Hall (left), was one of the four participants to "dash for cash" at the NIACC game.

Each of the contestants was able to grab and keep roughly 150 to 180 dollars each.

Pep band performs at home games



Photo: Dan Ivis

Maggie Stone leads the DMACC pep band during a home basketball game.

DMACC- Boone campus Iowa New Choices Coordinator, Maggie Stone (right), leads the pep band in a song during a time out at the DMACC women's basketball game against Northern Iowa Area Community College.

Musicians are wanted for the Boone campus pep band. The pep band is made up of students, faculty and staff and performs at many DMACC men's and women's home basketball games.

Members of the Boone campus pep band get into basketball games for free and also receive family season passes. Members receive a free T-shirt.

Anyone interested in joining the pep band can contact Maggie Stone at Mastone@dmacc.edu or by phone at 515-433-5037.

Red Cross to host blood drive on Boone campus Feb. 21



Molly Lumley
Managing Editor

Kappa Beth Barrick said they are looking for people to donate blood, or to run the registration and snack tables.

"It really is a good thing for people [to volunteer]. This will be my first year to donate," Barrick said. "I'm really nervous." People can register at the drive, or they can register online at givebloodgivelife.org.

According to a Red Cross brochure, one unit of blood can be used to save three lives. If the Boone campus can reach its goal of 45 donations, then a potential 135 lives will benefit from it. Nearly every two seconds, someone in the United States needs blood.

Anyone from age 16 on can donate in the state of Iowa. Minors need parental consent, and all volunteers need to be in good health and weigh at least 110 pounds.

Barrick encourages everyone to come and be a part of the drive. "It's amazing the difference one person can make," Barrick said.

Anyone who wants to help save a life should stop by the Courter Center on Thursday, Feb. 21, from 9:30 a.m. to 2:30 p.m. to donate blood. An average donation only takes about 45 minutes.

The drive is being sponsored by the Red Cross and Phi Theta Kappa. This year's goal is 45 donations. Northwest District Vice President of Iowa Phi Theta

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What kind of message do you think DMACC is giving by promoting Condom Week?



"It's a good message. We are old enough to hear it so I don't see a problem with it."

-Kali Venteicher



"I believe that their intentions are good, but there are people that are taking it out of context. I don't think a lot of people are taking it seriously."

-Cory Behrendt



"Use protection. It's a good message to send to students."

-Jinny Venteicher



"Have safe sex. It's a good message."

-Eric Anderson

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DMACC defeats NIACC



Photos: Dan Ivis

Mark Lacey, Canberra, Australia, heads in for a basket during the 75-51 win over North Iowa Area Community College from Mason City.



Jamie Sickles, Readlyn, goes on the defensive in a 60 - 46 victory over North Iowa Area Community College.

Players of the week



First year women's basketball player **Ellie Ritscher** of Keystone has been named the Iowa Community College Athletic Conference Scholar Athlete of the Week for Jan. 30 through Feb. 5.

Ritscher averaged 9.7 points and 6.3 rebounds per game last week for the DMACC Bears. She also recorded seven assists, eight steals and five blocks. Ritscher also excels in the classroom, where she maintains a 3.66 grade point average.

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



DMACC Boone Campus second year men's basketball player **Rodney Grace**, Omaha, has been chosen as the Iowa Community College Athletic Conference men's division II basketball Athlete of the Week for the week of Feb. 6 through 12.

Grace scored 60 points in three games for the #13 nationally ranked DMACC Bears. Grace had 15 points, eight rebounds and three assists against Iowa Lakes Community College; 21 points, ten rebounds and two steals against North Iowa Area Community College and 24 points, four blocks, two assists and a steal against Simpson J.V.

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TAX REBATE NOT AS FAIR AS IT SOUNDS



Molly Lumley
Managing Editor

On Feb. 13, 2008, President Bush signed a tax rebate stimulus package into effect to help the economy.

Basically, the government is trying to boost the economy by giving Americans free handouts so they can go out and put the money back into the economy. Sounds OK, right? I'm going to be getting my money after I file my tax return, but I can't help but think about the small group of people who will be getting a rebate, but may not know about it.

It's hard to believe, but the government is once again trying

to keep quiet about helping the small group of people who need it the most; those on Social Security. After hours of research and digging, I finally found a document that confirmed that people on Social Security are eligible for the rebate, but it was almost impossible to find. It seems like the government is trying to hide the fact that the people who need the money the most are eligible to get it.

I find it disgusting that when Congress first came up with the idea of sending out a tax rebate to people, they tried to keep those on SS off of the bill. What kind of a message did this send out to the American people? That those on SS who are not able to pay taxes are not as important to the government as those who are able to pay taxes?

Some may say that since those people don't pay taxes, they shouldn't be getting a rebate. When a person is on SS who isn't a senior, it usually means that the person had some kind of accident at a job where they once paid

taxes to the government. Those people have been paying taxes just like every one else, but due to circumstances out of their control, they can no longer work. Why are they not being treated as equals? The government is putting out the message that these people are not worth as much as working people. They deserve the money just as much as anyone else.

The problem with a rebate

The problem lies much deeper than just blowing off the unfortunate and not trying to help them out financially. The government is giving out this money in the hopes that people will spend it right away and boost the economy. There have been numerous articles written about lawmaker's concerns that people will use the money to pay their bills, or be thrifty and just save it.

The government doesn't want people to save the money, or use it to pay bills. They are relying on people's materialism; they want people to buy stuff. And since the people who make less than 24,000

dollars per year would more than likely use the money to pay off debt or pay their electric or water bill, they aren't being openly told that they can get a rebate because they probably won't be using it for the intended purpose of "a booster shot for our economy."

Bottom line, the government doesn't care. They don't care about those who depend on them for their money, those who struggle each month just to scrape up enough money to eat. Government officials are two faced, giving money with one hand and withholding it with the other. They do their best to keep the protest of the destitute at a minimum.

The impoverished can't get ahead in this country because the government doesn't want them to, and not being open about the fact that those who need their fair share of the tax stimulus package the most is just another step in completely crushing the lower class. We wouldn't want other countries to think that America has a weakness, or that this

country has people living off of the streets, or that don't know where their next meal is coming from. It might make us look weak; might ruin our image of being the most powerful country in the world. It might, heaven forbid, bruise the government's inflated ego.

Protecting our poor

If nobody stands up for the poor, what will happen to them? They are considered a weakness by the government, as they prove over and over again through their actions. This country should not be considered the most powerful nation in the world if they openly refuse to take care of those who need it the most.

I am thrilled that this time around, somebody in Congress pushed to have those on SS added to the stimulus package. But what will happen next time something like this comes around? Will the voice of the poor still be heard?

THE RISE OF INDIFFERENCE



Eden Hinrichs
Staff Writer

"It's our job to keep business as usual" I was told by my superior but secretly I wondered at what cost? A little girl at the side of the road has fallen off of her bike and badly hurt her knee. People walk by paying no attention to her, even though her cries echo. She is crying her little head off, but this little girl might never forget

this and this little girl might make the choice not to help someone (maybe you) in the future because she was never helped.

A lot of people these days seem too scared to help someone, either worried about how this might make them look or who might see rather than helping someone. When I see this, it becomes a future that scares me.

I saw a friend on the floor, her skin gray as she lay passed out and paramedics attempting to get her to come back to planet earth. As I tried to make it through a crowd of gawkers I was told in less than wonderful wording "It's our job to keep business as usual" and sent to another area. I sat waiting for any tidbit of information that could maybe tell me if she was alright but I wasn't allowed even that. Instead I sat behind

a counter jockeying a register keeping the phrase "It's our job to keep business as usual" bouncing around in my head. How much would it cost you to help one person for 15 minutes?

I had heard everything that evening from people nervously laughing at the situation to people stuffing a "How horrible! I am sorry" down my throat. I stewed for a long four hours until I came to a single and very clear thought. "Indifference is the worst crime against man and in the essence of indifference man will most defiantly find his destruction."

I tried to think about the last time I saw someone cry, shout or even laughing loudly in public. The scariest thing is that it has been a long time, so long that I believe that I was in high school. People then may have paid more

attention or less to emotional situations but what I do remember is when someone was crying there was always a faceless or nameless person giving them a hug or tissue. But now when I see people crying they are alone, trying to hide their emotion. Would it be so hard for someone to get a measly piece of tissue to hand to them and say "Don't worry, you're not alone?"

Emotion has become something that no one wants to show or experience but everyone wants to watch. Reality television is more popular than ever! People sit on their sofas neglecting to experience any emotion at all but viewing it and coldly remarking "Scandalous." Get out of the house people! Enjoy life for all the beautiful breath it has to offer. Don't be afraid to say what is on your mind 'cause baby, that's

what makes America great.

I write this to you, dear reader, because I hope that someone (maybe you) will pick this up and say "Yeah! That right!" I'll even settle for a "What the hell is a matter with this woman!?" As long as you take time to help someone who truly needs it or at the very least think about what I have written. Forget how people might see you, in the long run it is you and you alone who you will have to live with. Not Joe Smith down the road but your own mind. How long would it take to see if that little girl is okay? Are we too busy to give someone a small nod of recognition? Or are we just caught in the rise of indifference?

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So we've all got the cold
Eden Hinrichs

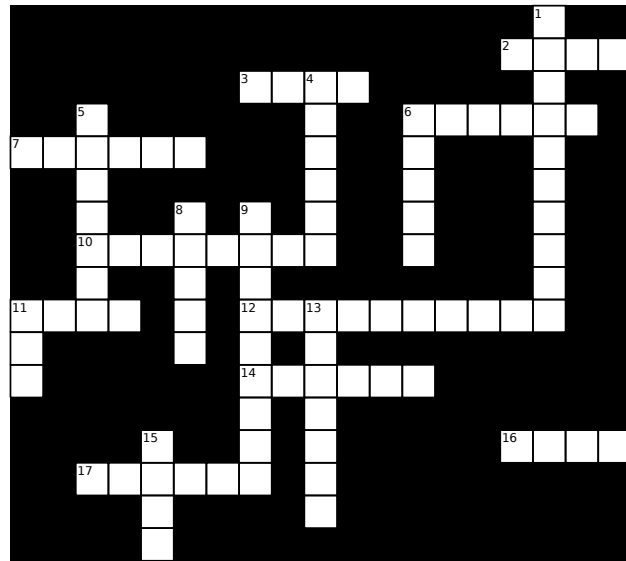
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vitamins

buckles
congestion
doctors
food
ibuprofen
noodle
pills
snot
sweats
tired
water

music
Eden Hinrichs



Across

- 2 a music artist and colour
- 3 the last name of a rap star and opposite of east
- 6 lived a rock star life and died young leaving "Requiem " behind
- 7 the last name of both music and hotel mogal
- 10 the device that allows an instrtument to project sound through the king
- 11 music that has made it debut through the king
- 12 last name of a mal pop star who left his synced band mates
- 14 A slang term used to define music from the 50's 60's & 70's
- 16 a term used to define a genre of music and type of person
- 17 a corperation that signs artists

Down

- 1 an tool that allows a voice to project through a speaker in order to be heard louder
- 4 the last name of a fallen pop princess who taking a turn for the worse
- 5 a term used to define something old but cherished
- 6 music that involves heavy distortion
- 8 a reaction to good music or jerky movements to a beat
- 9 an almost deaf composer who composed an ode to joy to his immortal beloved
- 11 inner city music using synthized beats
- 13 discovered in a strip joint this detroit pop star now lives in england writing childrens stories
- 15 an instrtument that keeps time and is the beat

Bling.



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