

10-11-2006

## Banner News

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## SAC elects Boone officers

**Moses Powell Eckstein**  
*Banner Staff Writer*

Five members of the DMACC Boone Campus Student Activity Council met Tuesday, Oct. 3, to elect members to office and to discuss meeting times and fall and spring events.

Students Deborah DeHoet, Megan Omans, Donise Grygierczyk, Danielle Strole, and McKinsey Lehrkamp attended the meeting. At least three other members were absent.

SAC adviser Steve Krafcisin discussed past and future activities funded by the SAC. He said he wanted to schedule Mad Chad Taylor Nov. 28. Taylor juggles chainsaws as part of his act. He also wanted to fund another drive like last spring's penny drive.

The five members of the SAC elected DeHoet and Omans as co-presidents. They elected Strole as secretary.

SAC funds DMACC Boone

Campus activities and clubs like PBL and Bear Crew. Contact Krafcisin

at krafcisin@dmacc.edu for further information regarding SAC.



SAC elected (left to right) students Megan Omans and Deborah DeHoet as co-presidents and student Danielle Strole as secretary during the Oct. 3 meeting.

*Photo: Moses Eckstein*

## Early warning too soon for instructors, students don't really care

**Moses Powell Eckstein**  
*Banner Staff Writer*

DMACC early warning notices were due Oct. 2 at 7:30 a.m., but many instructors skipped the duty because they saw it as an unfair representation of their students' progress.

Instructor Bruce Kelly said, "I can't submit midterm grades because I have nothing to base them on. He said he wouldn't submit a D grade based on the current progress of his student. "Grades should be submitted at midterm."

Students with a grade of C- or lower or have quit attending a class received a warning letter from DMACC. Because of the early due date, some instructors complained.

Instructor Tammie Foltz said, "We have to have midterm grades in by a certain time. I have to do it far in advance of the due date." She also said that early warnings misrepresent the student's actual progress.

The DMACC Boone Campus semester is approximately 16 weeks long. Early warnings were due at the end of the fifth week.

Some instructors who were unaware of the due date felt rushed to get them in on time.

Instructor Kay Mueller said, "I'd like more notice than getting a memo on Thursday that they are due by Friday. I think that's a little fast."

However some students disagree. Sophomore Jason Thompson believed the due date was just about right. Sophomore Chris Miller said, "I don't know why you'd want them later."

Kelly said that a solution to the problem might include submitting the early warnings no sooner than the seventh week of the semester. "It's absolutely ridiculous," he said.

Many students were oblivious to the due date. Other students just didn't care. Freshman Kylie Reitano said, "I don't care either way."

Still others ignore them. Sophomore Amanda Soukup said, "I just throw them away."

## Conflict Continues Des Moines for Darfur founder speaks at Boone campus

**Tim Larson**  
*Managing Editor*

Since early in 2003 the Darfur region of Sudan has been a battleground. The Sudan Liberation Movement (SLA) and the Justice and Equality Movement (JEM) organized an uprising against the government of President Umar Hassan al-Bashir. President al-Bashir sent the military of the Sudan in to quell the uprising. To further quell the rebellion al-Bashir enlisted the janjaweed militia, led by Musa Hilal. The janjaweed, which means evil horsemen, embarked on a campaign of violence which continues almost four years later.

The United States and United Nations have largely ignored the problem in Sudan until only recently. Officials have ignored the people, choosing instead to listen to President al-Bashir who challenged "anyone to show me a single village that has been bombarded... those allegations are intended to find justification for the United Nations bringing forces into Darfur."

While the government of Sudan claims that villages are not being attacked, people like retired US Marine Captain



A government soldier burns village food supplies in Darfur.

*Photo: Brian Steidle*

Brian Steidle shoot pictures of Russian made attack helicopters strafing villages. One Darfuri said "they shot us in the back; sometimes there were children on our backs. They shot the children while we were running." This is happening throughout the Darfur. In many areas dead bodies are left in the open. Said one

woman, "In our villages the bodies still lie around; no one has been back to bury them."

According to Capt. Steidle the US has incentive to turn a blind eye. Said Steidle, "[the US] has a deep

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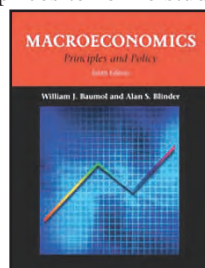
### E. Coli Breakout, p. 2

A deadly bacteria infects Iowa's beef.



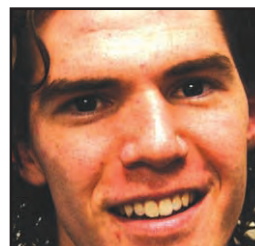
### Textbook Costs, p. 3

Textbook prices terrorize students.



### Australian Student, p. 4

Learn about Mark Lacey's Down Under.



### World of Warcraft, p. 4

WoW continues its worldwide quest.





# DOT selects Boone County highway for national study

AMES—The Iowa Department of Transportation selected the U.S. 30 and T Avenue intersection in Boone County to participate in a national highway safety study. Traffic monitoring equipment, including pole-mounted sensors, power stations and a data acquisition trailer were installed on Sept. 22 and will remain at that location for two months.

The Iowa DOT joined a multi-state funded research project aimed at developing countermeasures that prevent and/or diminish vehicle crashes at rural highway intersections.

Even though they are less frequent than those at urban or suburban intersections, crashes at rural intersections are often more catastrophic than their counterparts because of high vehicle speeds. The National Safety Council estimates that 32 percent of all rural crashes occur at intersections.

One of the proposed countermeasures currently being evaluated is the Intersection Decision Support system. Data collected from the Boone County site will assist with development of this system.

The premise of the IDS system is to help drivers successfully negotiate rural intersections where high-speed, relatively

high-volume roads intersect with low-volume, low-speed roads. The system will use sensing and communication technology to determine the safe gaps on the high-speed roads. Then, based on human factors studies, IDS will develop a method for communicating this information to the driver on the lower-volume road so that he or she can make an informed decision about crossing the intersection or entering the road traffic stream.

During this phase of the project, data will be collected at intersections in multiple states to determine what gaps drivers are accepting, how they are proceeding through an intersection and whether regional differences exist. Results will indicate whether a single IDS system design can be developed.

The data will be analyzed by the Intelligent Vehicles Laboratory, which is affiliated with the Intelligent Transportation Systems Institute of the University of Minnesota's Center for Transportation Studies of Minneapolis. The laboratory focuses on developing and testing innovative, human-centered technologies that improve the operational safety, mobility and productivity of vehicles.

# Study in London

Any student who has taken at least 12 credits of academic credit from a certified college or university and has maintained at least a 2.0 academic grade point may register for classes for the London Semester Abroad Program. In order to enroll in the London Program, students must contact the DMACC program coordinator, Maura Nelson, at [mgnelson@dmacc.edu](mailto:mgnelson@dmacc.edu) or at 515-965-7032. Program enrollment forms are due to Maura Nelson by Mon., Nov. 20, 2006.

Course offerings for Spring 2007 include the following DMACC classes:

- Eng 106: English Composition II
- Lit 101: Introduction to Literature

- Lit 142: Major British Writers
- Hum 116: Encounters in Humanities
- Hum 120: Introduction to Film
- Lit 190: Women Writers

Sharran Slinkard, DMACC English and literature instructor, will be teaching all classes in the London Study Abroad Program, with the exception of the British Life and Culture course.

\*\$10,257 is a conservative estimate for what the students will have to spend for the semester. The \$2500 personal spending money has been suggested by former students.



**Kal Schuller**  
Banner Staff Writer

Jim's Market and Locker Inc. of Harlan, Iowa is recalling over five thousand pounds of ground beef products for suspected strains of E. coli. The ground beef patties and packages were produced Aug. 31 and Sept. 1 and have been sent to distributors in six other states.

The meat is suspected of having

# E. COLI BREAKOUT

the same E. coli strain that has been found in recent contaminated spinach, which has been pulled from shelves. The same E. coli found in the spinach has been responsible for the death of a Nebraska woman.

E. coli lives in the intestines and manure of cattle. The very young, elderly and people with weak immune systems are the most at risk. Customers who bought the products involved in the recall should return them to the place of the purchase.

# Des Moines for Darfur founder visits Boone Campus

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counter terrorism relationship with the government of the Sudan...they were highly involved with al-Qaeda in the early '90s." These same Sudanese officials now cooperate with the US in its intelligence gathering operations. Steidle went on to say that "this is how every western nation deals with this stuff; we just stay out of it."

Since 2002 the African Union has had troops in Sudan. These soldiers have had little effect on the violence. The African Union is severely under funded and the soldiers have no mandate to protect the civilians. The AU is in Sudan only to observe the cease fire and have no real effect on the situation. The majority of the violence is between the Janjaweed militias, who are ethnic Arabs, and the rebel groups, who are ethnic Africans.

Speaking Monday at the DMACC Boone campus, Des Moines for Darfur founder Peggy Harris said, "the Arab League will not help us unless the US changes its policy towards Israel. Unless there is movement on the Palestinian issue there will be no support from the Arabs." The UN presence poses no threat to the sovereignty of Sudan; and that's one of the things they're constantly talking about. "You are violating

our sovereignty' it really isn't their sovereignty they're worried about.

Harris, commenting on the effectiveness of the United Nations in Africa, said that there is "increasingly a problem with the ability of the United Nations to do what it is that we hope the United Nations can do; their mandates significantly limit what they can do because of that business of bringing in an armed force. You only come in with the permission of the government." As a result, any peace keeping force in Sudan is subject to the authority of the government, who have been committing many of the atrocities.

The solutions to this problem are complex; Harris said, "I think John Prendergast with the International Crisis Group has got some pretty good ideas when he says 'follow the money.' If we would all decide to get our acts together and provide some kind of unified stand in terms of saying that what's going on in Darfur is totally unacceptable; that means that an awful lot more voices than just the US and United Kingdom need to be raised in the United Nations Security Council that what's going on is totally unacceptable." She went on to



Photo: Brian Steidle

**Mihad Hamid, a year old girl, whose mother had attempted to escape an attack from helicopter gunships and Janjaweed marauders on their village, Alliet, in October 2004. Mihad had been hit by a bullet, puncturing her lungs.**

say that all nations need to be united in imposing economic sanctions against the government of Sudan. Speaking on the sanctions she said that "it isn't going to stop the killing tomorrow but if we'd done that three years ago we would not have been there today."

The government of Sudan is heavily supplied with weapons and ammunition by China, who has major oil interests in the north of Sudan. This relationship is providing yet another hindrance to the UN involvement in Sudan as the United States and Japan pressure Beijing to intervene in the North Korean nuclear situation. Harris believes that despite all of this the world community can still make a difference in Darfur saying that, "it is never too late to find the will to take the action."

Further information can be found in the book 'Darfur: A Short History of A Long War'.

## One Book, One Campus

One Book, One Campus activities continues in Boone. Students who would like to participate are encouraged to read 'Night' by Elie Wiesel. Free copies of the book are available in the library.



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# Sex educator to speak at DMACC Boone Campus

**Erick Ude**  
Banner Staff Writer

The highly acclaimed sex educator and speaker Jay Friedman is coming to the DMACC Boone Campus. "J-Spot: A Sex Educator Tells All" will be in the Boone Auditorium on Tuesday, Oct. 17 at 12:30 p.m.

Friedman's show will entertain and inform students about important and timely sexuality issues such as sexual violence, safe sex, homophobia, dating and relationships. Friedman's

presentation is "poignant, powerful, playful, and provocative."

"People call me a *sexual provocateur*," explains Friedman. "My performance is at times personal, philosophical, political and prophetic. The storytelling, the cultural observations, the predictions—they're all relevant to the students' lives, getting them to perk up, laugh a lot, and also learn."

Jay Friedman has been giving speeches at college campuses for over ten years now and has been nominated multiple times for "Lecturer of the Year"

by the National Association for Campus Activities. Friedman is professionally certified as a sex educator by the American Association of Sex Educators, Counselors and Therapists (AASECT).

When asked about working with students, Friedman said, "Sex is as much mental as it is physical. Communication is key. My goal is to break the taboos in talking about sex... getting the students more comfortable in their communication. That helps create a sexually healthy culture. And I'm always thrilled by the positive feedback I get from students

immediately after the lecture performance, and sometimes months or years later in telling me that I helped change their lives for the better."

Audiences can expect to learn:

- The three conditions to meet before you're ready to have sex
- The mysteriously missing sexual organ
- How to make condoms feel oh-so-much better

## Textbook prices shock students

**Moses Powell Eckstein**  
Banner Staff Writer

Many factors determine how much a textbook will cost at the DMACC Boone Campus Knowledge Knook Bookstore.

The price of a textbook depends on which class it is for. Physics and math books tend to go for higher prices while social science books tend to be less expensive.

Carol Petersen, manager of the Knowledge Knook Bookstore, said that other factors that go into determining how much a textbook costs include store mark-up, research for the textbook, comp copies, and additional material that is encased with it. The book store marks up prices 25 percent on new and used books, but this is relatively cheap compared to other campuses, which may mark up prices as much as 35 percent. The comp copies are free copies of textbooks that the publishers send out to encourage instructors to use their books.

Petersen, who has worked at the Knowledge Knook Bookstore for 25 years, said that she keeps seeing prices go up. For instance, when she started working there a math book cost approximately \$13.95, and now a similar copy costs \$112.

When it comes time to sell textbooks, some students are surprised that a textbook that originally came in a package cannot be resold to the bookstore. Also, the Knowledge Nook will not buy back a textbook if they have a surplus or if it will not be used for the next semester.

Petersen said, "Some students try to get by without purchasing a textbook."

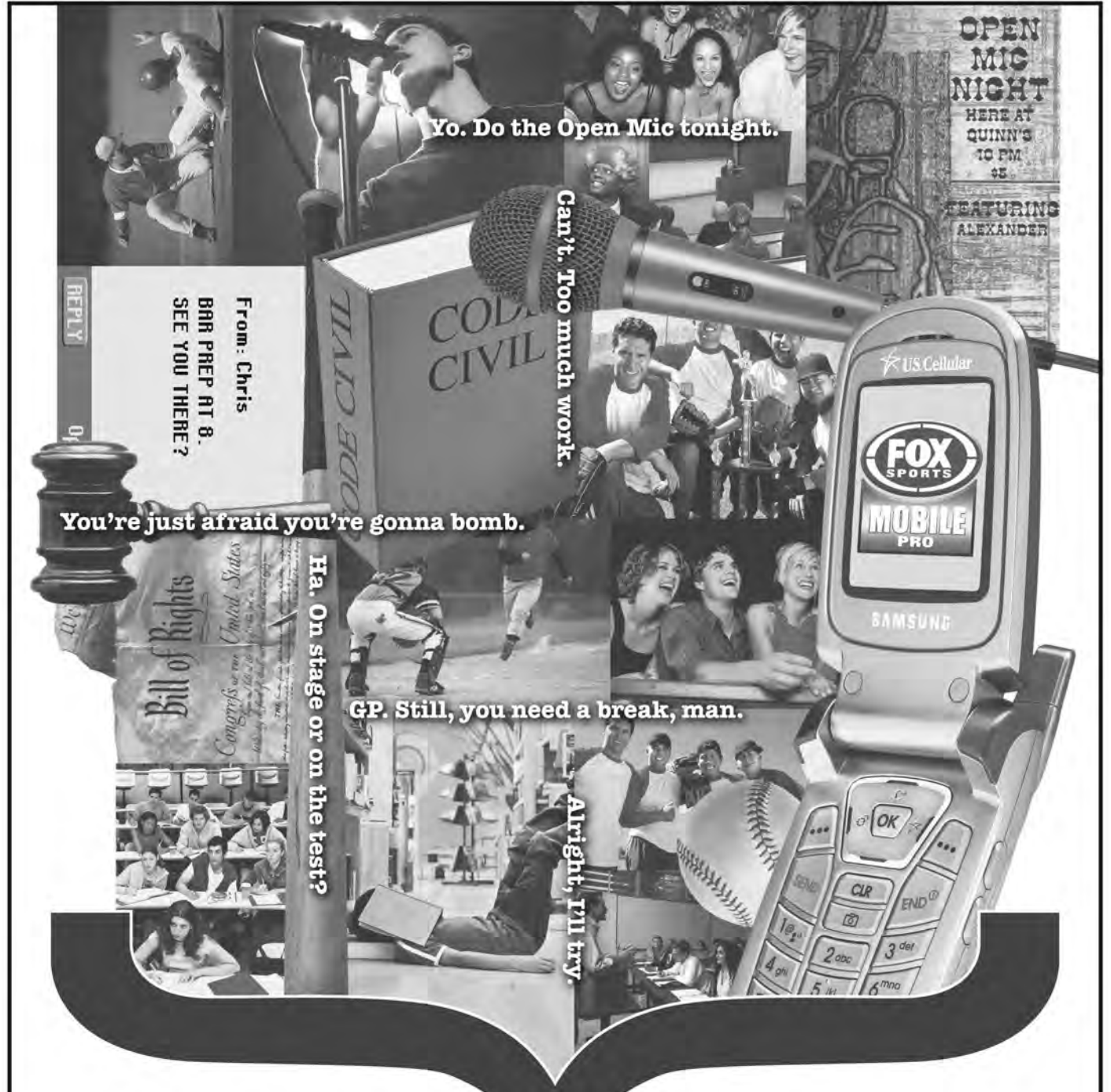
However, other options exist besides purchasing textbooks in the bookstore. These include shopping at online bookstores such as amazon.com or buying from other students.

The downsides to buying online are that the student might not be able to return the textbook, must pay shipping and handling, and might not get the proper textbook.

Freshman Linnay Gibson, referring to the Bookstore prices, said, "They're expensive. I bought four books, and it came to \$600."

Gibson said that some kids can't even afford textbooks.

Freshman Ryan Hull said, "I paid \$450 for five books for three classes. We should get some sort of discount."



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# World of Warcraft fan base continues to grow

**Jason Munday**  
Banner Staff Writer

World of Warcraft is a massive multi player online role-playing game (MMORPG) on PC that has become one of the most popular games on the market since its release almost two years ago.

Commonly abbreviated Wow, the game hosts over five million players worldwide. Wow has created an enormous online world in which players can fight monsters as well as other players, complete quests to move up from level one to level 60, learning new abilities and skills along the way.

The game contains thousands of hours worth of material, which has proven to be a problem for some players. Since its release in November 2004, more aspects have been improved and many additions have been made to accommodate players who had neared the end of what was

available. These additions make it almost an endless pursuit, and many players have become addicted to all the World of Warcraft has to offer.

DMACC alumni Luke Conard has played Wow off and on since its release. "I heard that there was a guy who actually died playing the game. He didn't go to school or work, and he sat at his computer for so long and neglected his health that his body just stopped working."

Wow is not only a game that males enjoy, but also many females play. "A lot of people think anyone who plays the game is some balding nerd or whatever, but there are actually a lot of girls that play the game also. I even talked my girlfriend into playing the game," Conard continued.

On Oct. 4, Wow was the theme of an episode of South Park on Comedy Central. With the help of Blizzard

Entertainment, the episode accurately portrayed what it means to be addicted to online gaming.

World of Warcraft: The Burning Crusade, its first expansion, will be

coming out soon. The exact release date has not yet been revealed but has been expected to be sometime during the fall or winter of 2006.



Screenshot from World of Warcraft.

Photo: www.worldofwarcraft.com

## Mate from Down Under attends Boone DMACC

**Jesse Blackwell**  
Banner Staff Writer

He comes from a land down under, where marsupials roam the lands freely. His name is Mark Lacey, and, yes, kangaroos do jump around just about anywhere Down Under. "They're just like deer here," Lacey said jokingly when asked about the 'roos.

Lacey is from the capital of Australia, which is Canberra. Canberra has a population of about 350 thousand. Canberra is home of Florida, which is a yearly event held in the spring, that showcases a festival of flowers.

Lacey first came to the United States in 2004. He came to Ames and attended Ames High School, from which he graduated. He enjoys playing tennis in his free time and watching movies. Lacey also enjoys playing basketball and will be a member of the men's basketball team this fall.

"DMACC is a nice place, and the people are very friendly," he commented when asked why he chose DMACC to further his education. Among those reasons, Lacey also wanted a good education and an opportunity to test the waters in collegiate basketball.

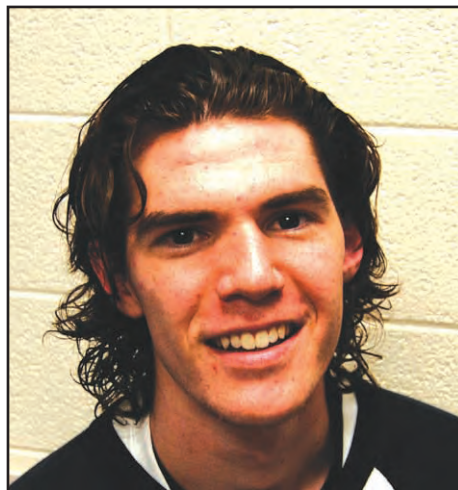


Photo: Jesse Blackwell

**Mark Lacey**

"The biggest difference about the U.S. is that, people around here are a lot nicer," Lacey said in response to being asked what he likes about the U.S.

"The beach is the main place for people to hang out and chill, because the coast is so close. You can't really get that out here," added Lacey about the difference between Iowa and Canberra.

Coming from a land down under, Lacey brings more international flavor to the Boone Campus. So when you see him walking in the halls give him a "Good day, mate."

*Thanks* so much for celebrating the 50th Anniversary of the Boone Campus student paper with us last week. For those of you wanting to continue to use the archive, it can be accessed through the Boone Campus site at [www.dmacc.edu/boone/bannersearch/default.aspx](http://www.dmacc.edu/boone/bannersearch/default.aspx).



Photo: Eden Hinrichs

**Tim Larson, Boone Banner staff, (far right) demonstrating how to access the archives for the Boone newspaper for Jinny Silberhorn, director of the Academic Achievement Center, and Kriss Philips, former dean of Boone campus**

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# Serial Brain Killers: The loss you can't afford!

**Julianne Hamil**  
Banner Staff Writer

Love isn't the only thing money can't buy! No amount of money can buy back your brain cells. Our brain is the most complex structure we know, yet it withstands the most daily damage of all organs.

According to the Mad Science Library, most estimates say we have about one hundred billion brain cells or (neurons), and about one trillion support cells or (glia) that help protect the neurons. All day, everyday, our brain cells are dwindling! On a regular day a physically fit person with a very balanced diet loses about 9,000 brain cells a day.

Ina Pour-el, DMACC instructor said, "Excess kills brain cells." It is imperative we all realize anything done in moderation is okay. If you can catch a buzz off one or two, quit while your brain and your license are still ahead.

LSD or Huffing Gases: 300,000 per time  
(Acid, Ketamine, nitrous oxide, paint etc.)

Boxing/ aggressive sports: 100,000 per day  
(Any trauma to head)

Too much testosterone: 50,000 per day  
(Steroid use)

Regular alcohol use: 20,000-30,000  
depending on alcohol

Binge drinking: 100,000 or more depending  
on amount  
Lack of nutrition: 15,000-20,000

In case anyone cares, marijuana does not kill your brain cells! Why is alcohol legal and marijuana not when one is clearly more dangerous? I couldn't find that answer anywhere on the Internet or in the library!

The majority of us have nothing to worry about. If you don't fight, huff toxic chemicals, drop acid, use steroids or binge drink, then you could sustain a normal life with the 9,000 cells lost per day. But what if we could change that?

Research has shown that brain cells are damaged or destroyed by oxidized compounds called free radicals. Free radical production is actually a normal part of life, part of the equation of simply breathing in oxygen. Usually, the body's natural defense systems neutralize free radicals that develop, rendering them harmless.

However, assaults on the body from the list above plus UV-radiation and pollutants all can overpower the body's ability to neutralize free radicals, allowing them to cause damage to cells. There is good evidence that this damage contributes to aging and leads to a host of illnesses, including cancer, heart disease and Alzheimer's.

Antioxidants work by neutralizing highly reactive, destructive compounds called free radicals. Each antioxidant has an electron that it releases when it meets a free radical to neutralize it. This makes the antioxidant no longer active, so we must continue to consume foods and beverages high in antioxidants. Then these little troopers can "live to fight another day."

This same process of eliminating free radicals occurs throughout your body, not just the brain. Your brain cells are just one thing antioxidants save!

If you make brain healthy lifestyle changes, you could realize a future without the affects from many diseases and cancers. Here are some suggestions:

**Stay mentally active:** mental stimulation activates and strengthens brain cells and may even create new nerve cells.

**Remain socially involved:** social activities reduce stress levels.

**Stay physically active:** exercise maintains good blood flow to the brain.

**Adopt a brain-healthy diet:** Eat dark vegetable and fruits which contain antioxidants.

The highest ranking fruits and vegetables are pomegranate, cranberries, prunes, raisins, berries, oranges, pink grapefruit, grapes, kiwi, spinach, kale, Brussels sprouts, broccoli, beets, red peppers, carrots and tomatoes. Tomato paste is a concentrated form of tomatoes and holds 100 times more antioxidants than one tomato!

## Free yoga class offered

**Erick Ude**  
Banner Staff Writer

A free yoga class is offered Monday and Wednesday mornings from 7-7:30, in Room 173 at the DMACC Boone Campus. All skill levels are welcomed and there is no experience necessary to participate.

The class is taught by Jenny Spry-Knutson, the instructor for Fitness and Sports Management. The class consists of 25 minutes of active yoga and five minutes of cool down.

Gail Miller, DMACC student said, "It's a good class for beginners. This is the first yoga class I've taken and it's been really easy."

According to healthandyoga.com, yoga is effective in increasing flexibility, increasing lubrication of the joints, ligaments and tendons and it massages all the internal glands and organs of the body.

To join the class, stop by on Monday or Wednesday mornings or for more information contact Spry-Knutson at [jspry-knutson@dmacc.edu](mailto:jspry-knutson@dmacc.edu).



Photo: Dan Ivis

Linda Evans (right), a member of Pin Points Theatre of Washington, D.C., visits with DMACC Boone Campus student Misty Ryman (left) of Boone and DMACC Boone Campus Counselor Rita Davenport following the performance of "1,001 Black Inventions" in the DMACC Boone Campus Auditorium. The four professional actors performed a play highlighting the inventions of Africans and African Americans, as well as a skit on an American family attempting to survive in a world without inventions created by Africans or African Americans. Some of the inventions created by African Americans include: bow and arrow, castor oil, school bus airbrakes, traffic lights, fire extinguishers, mops, ironing boards and portable scales.

## Review Pin Points theatre gets to the point

**Jesse Blackwell**  
Banner Staff Writer

Dancing their way onto the stage, the Pin Points opened their performance of "1001 Black Inventions" with great energy. This energy was carried on throughout the whole performance. The show was not only entertaining, it was also very educational.

The Pin Points is an organization that is based out of Washington, D.C, and they have in existences for twenty years. The focus of their show is not only to entertain the viewers, but also to inform and teach students that people can have success no matter what their heritage is.

"People who have troubled backgrounds can still do amazing things and have an impact on the world," Ersy Freeman, president and founder of the Pin

Points, commented about the message he wants people to get from the show.

Four of the Pin Points who came to DMACC were Ersy Freeman, Linda Evans a member for twenty years, Mark Anderson and Kacey Williams. The four combined together to put on a singing and dancing show about the history of African American innovations.

Cy Wynn, a DMACC student, didn't know much about the show but he learned something that he never knew, "I didn't know a black person invented the iron. If it wasn't for them I wouldn't look as good as I do right now."

The Pin Points didn't disappoint on stage. With a combination of singing and dancing, and a touch of comedy, the Pin Points were able to educate the students.



Photo: Erick Ude

Instructor Jenny Spry-Knutson and students Gail Miller and Marina Pessoa participate in the morning yoga class.



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Boone, Iowa



# Women defeat sixth ranked team in nation

Andrew Penner  
Banner Staff Writer

According to Greek mythology Triton was the offspring of Poseidon, god of the sea, who resembled a merman.

On Thursday, Oct. 5, the oceans were thrashing as the son of the sea god emerged from the sea and entered the den as the sixth ranked team in the nation to take on the nationally ranked Bears, climbing the charts to number 10.

The Bears would send the Iowa Central Tritons scrambling back to the sea they crawled out of, winning 3-1 (30-23, 22-30, 30-23, 30-26).

The Bears made it 9-1 after three kills delivered by Ashley Bayer, Kelley Stitz and Courtney Casper. The Bears finally took game one after a Triton hit the ball into the net, with the score of 30-23.

The Bears started out neck in neck with the Tritons until the Tritons

got the best of them. The Bears couldn't get anything going but did manage to get some points with kills coming from Bayer and Danni Richardson, but it was too little too late as the Bears fell in game two 22-30.

The Bears trailed at the beginning of game three as they went 0-4 before Bayer managed to put the Bears on the board with a kill. The Bears got caught at 7-7, and again at 15 when the Bears started to pull away, and took the third with a score of 30-23.

The Bears took a big lead with a 9-2 score off of several Triton errors. However, it looked as if the Tritons were going to push it to a fifth game when they tied it up at 25, but the Bears had other plans. The Bears finally won when a Triton spiked the ball straight into the net, and with that the Bears had captured a victory over the Tritons 30-26.

# DMACC volleyball team engages in home games

The DMACC women's volleyball team, ranked #11 in the nation according to the latest National Junior College Athletic Association Division II poll, hosts two upcoming matches.

The Lady Bears, coached by Patty Harrison, put their 22-6 record on the line against Iowa Central Community

College, which is ranked fifth in the nation. The contest started at 6:30 p.m. Thursday Oct. 5 in the DMACC Boone Campus gym.

DMACC also hosted North Iowa Area Community College at 6:30 p.m. Monday Oct. 9 in the Boone Campus gym.

# Dodgeball league plays intramurals matches

Andrew Penner  
Banner Staff Writer

Not long after the volleyball game on Tuesday, Oct 2, the dodge ball league took to the court. According to Steve Krafcsin, the league Commissioner, "There are about five or six teams with five people on each team. There will be three weeks of league play before the tournament starts."

The first match up was between team Tie-dye and a team composed of DMACC basketball players. It was team Tie-dye who swept the basketball players

two games to none.

In the second match was between team Boys in the Hood and the Guys in Red. These two teams struggled to win. However, the Boys in the Hood proved to be just too much for the Guys in Red. Boys in the Hood won two games to one.

The third match up was an unnamed team comprised of second year DMACC women's basketball players against the White Boys. The White Boys were a force to be reckoned with as they dominated the women's basketball team two games to zero.



Photo: Eric Ver Helst

Dave Conrad pitching in the game against Grand View on Oct. 4.

# DMACC Bears conquer Spartans

Andrew Penner  
Banner Staff Writer

The Bears entered their den on Tuesday, Oct. 2, playing host to Southwestern Spartans. The Bears were ranked 11th in the nation going into the game. The Bears proved to be too much for the Spartans to handle as the Bears went on to win 3-1 with scores of 30-28, 18-30, 30-15, 30-26.

The Bears got out to an early lead with back to back aces coming from Rachel Wenzel. The Spartans rallied back to tie it up at eight then began to take the lead. After being down for a while the Bears battled back to tie it up at 17; they took off with kills coming from Liz Schreck and Ashley Bayer. The Bears pulled a narrow victory in game one by the score of 30-28.

In game two, the beginning was in a deadlock with neither team allowing

the other to get any kind of a lead. It all changed with the Bears committing several consecutive errors which the Spartans capitalized on and took game two by a score of 18-30.

The Bears started game three with a kill from Bayer followed by an ace by Jade Ruehlow followed by another kill from Bayer. The Spartans tied it up at nine but after that they couldn't do much due to the many kills, some of them from Danni Richardson and Courtney Casper. The Bears also had several key blocks from Ruehlow and Richardson. But in the end, the Bears won game three after a kill from Casper with the score of 30-15.

The Bears started out slow in game four, they wouldn't be able to tie it up until the score was 17. From there the Bears never looked back after an ace from Kelley Stitz. In the end, the Bears had their game winning point scored off of an error by the Spartans by the score of 30-26.

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# Underachiever

Ambling around the campus, like sheep in a herd, are the inexcusable and completely overrated underachievers.

Two-year colleges like DMACC are notorious breeding grounds for these unmotivated individuals. The profile is ubiquitous. They skip classes because they are too hung over to see, explain their absences with fairytales, and ridicule all the hard-working students.

Drunkenness is the most pronounced characteristic of the underachievers. When other students are pouring over their homework, the underachievers are pouring another round. When other students worry about making grades, the underachievers worry about making bail.

Underachievers are chronically absent. Forged doctor's notes, a mile-long list of excuses, and frequent "family emergencies" keep the underachievers supplied with an abundance of free time to engage in their "extra curricular activities."

Underachievers stumble through the halls, thronged by adoring spectators. They amaze students with their apparent ability to pass classes without learning the material.

They think that the purpose of college is to have fun. They say "go to college, but don't forget to go to class" as if to say that the atmosphere is what they spend their parent's hard earned money for. Their grades reflect this lackadaisical attitude toward education. F is for fun.

What is the fate of the hardworking students? They graduate from college and move on to universities and eventually into high-paying careers.

What happens to the underachievers, then? Years later they are still with society, cleaning houses, wrapping hamburgers and mowing the grass of the hard-working students.

Moses Powell Eckstein



*Hello again,  
my porcelain  
friend*

## College living = Drinking Lots of drinking = Date with toilet

Mary Elizabeth Drahos  
Columnist

Does that analogy sound normal to anyone? I know one person who hasn't bonded with the porcelain palace: me.

I don't understand how anyone can drink so much that they vomit. I know that some have huge things to celebrate; therefore they drink shot after shot until they get sick. There are some that puke basically every time they drink.

Maybe it is different for everyone else, but when I drink, I know my limit. I will drink enough to feel giddy, but if for some reason I start to feel just even a little ill, I stop. I drink water. Sometimes I will eat something to absorb the alcohol.

But I don't keep drinking.

Is that the difference between puking and not puking? Stopping drinking? Did I find the missing solution?

Someone nominate me for the Nobel Peace Prize.

I'm trying to spread my knowledge to my friends. Their responses

have been mixed. Usually they just laugh and punch me in the arm. A good select few take my advice with some salt and lime and then inevitably spend the rest of the night with me holding their hair back while they get rid of their dinner.

However, I did lecture them while holding their hair back. I think it is a vision of Hell for them.

Do the people who vomit like doing that? Is that part of their fun time during the weekend? Why do people do this?

Or maybe I am not the normal one.

Fun time to me includes drinking a beer before I go to the bar, having a few pitchers at the bar, and then, maybe, one more at home. Every once in awhile I do go to a party. Shots are present as well but not in extreme excess.

Maybe I am not drinking enough. Maybe I should drink so much that I puke.

Then again, no thanks. I would rather keep my dignity with my toilet.

# Poets Corner One Million Worlds

By Edén Hinrichs

There are one million worlds  
All merging and interacting with each other  
Taking the subways and going on power lunches  
Fighting to the death in a Coliseum  
Eating popcorn bubbles and watching the world  
Trying to answer the age old question of why?

Ice skating or swimming  
Dancing or in a trance  
Transpiring around other on a reality series  
With out ever knowing it  
Together they make a community  
One against another  
Waging war or waging life

One million worlds die each day  
One million worlds  
In a single drop of blood

## Reduce freshman 15

Kal Schuller  
Banner Staff Writer

The dreaded college weight gain, a.k.a. the Freshman 15, affects new students across the country every year. When your parents are no longer cooking a healthy meal for you every night, things can get out of control. Here are some tips to consider that may help your diet and keep you from packing on the pounds.

- Avoid eating out as much as possible. There are many places to go and try, but not only is it a bad diet, it's expensive.
- Having pizza delivered regularly is not a good idea.
- When shopping for groceries consider what your parents would get, not the easy microwavable dinners. Get things you can make yourself, and ask Mom for some recipes.
- Although drinking and partying may not be avoidable, the late night food crave should definitely be avoided. This would include a 1 a.m. pizza order or a gyro from a street vendor.
- Try to exercise when you can. School and work are more important, but if you have free time it is something to get in a habit of doing.



Richie Monk was proclaimed informally missing as of the last Banner issue. If you or any of your friends have any information regarding his whereabouts, please contact the Banner staff immediately.

## Mary Elizabeth's Tips

*For driving like a dummy*

- Drive at least 15 miles over the speed limit, especially in residential areas.
- Make sure to cut off almost everyone when trying to pass them.
- When someone is tailing you, drive about 10 miles under the speed limit. That will teach them!
- Peel out of parking lots, driveways, etc. It will show everyone how cool you are.
- Do not hesitate to lay on the horn and holler when you see a cute girl or guy walking on the sidewalk.
- Talk on the cell phone while driving through heavy-trafficked areas.
- Run through as many red lights and stop signs as possible.
- Weave in and out of traffic like you are in the bloody Indy 500.
- When passing people, either give them the finger or expose a body part. It lets them know how much of a rebel you are, and, therefore, means you are better than they are.





Photo: www.movieweb.com

A WWI, red German tri-wing plane trails a French bi-wing in "Flyboys."

## Movie Guy Reviews 'Flyboys'

Moses Powell Eckstein  
Banner Staff Writer

In "Flyboys," directed by Tony Bill ("Must Love Dogs"), a rag-tag group of American men volunteer to fly extremely dangerous missions during World War I with the Lafayette Escadrille in France.

After only a month of training, the novice pilots dive into their first mission, attempting a bombing raid on a German facility. Ace, Reed Cassidy (Martin Henderson from "Bride and Prejudice"), leads the fray, which becomes a massacre, and several new pilots lose their lives.

Blaine Rawlings (James Franco from "Annapolis") is one of the first American pilots to attain a kill, and he soon leads the other pilots with his extraordinary courage.

He meets a pretty French maiden, Lucienne (Jennifer Decker), between his missions and develops little more than a close relationship with her. When the Germans arrive at her cottage, Rawlings rescues her and the children.

A feud arises between Rawlings and the German fighter called the Black Falcon after he shoots down Cassidy and several of Rawling's other friends. He must either back out of the pursuit or blow the German Ace out of the sky.

"Flyboys" captures the spirit of the fighter pilot, although one must question the realism of the dogfights. Each scene in the air is meticulously animated with computer graphics, and some are awe-inspiring.

However, as the movie wears on, the spiraling dogfights become less original and more filler. Also, the love story between Rawlings and Lucienne leaves the audience in the dark, as to whether they get back together or never see each other again.

Despite its flaws, "Flyboys" soars above the competition and brings a sense of adventure and romance in a historical setting. It is rated PG-13 for war action violence and some sexual content and is two hours and 19 minutes long.

7 out of 10 Dive-bombs

## Evanescence "The Open Door" stays shut

Tim Larson  
Managing Editor

Evanescence fell considerably short with their sophomore release "The Open Door." Stylistically it is almost identical to the band's 2003 release "Fallen," however, lyrically, "Open Door" falls flat.

The sweeping, nearly epic Wagnerian rock is still band's musical modus operandi. Amy Lee's vocals drip with angst but lack conviction. After the band's highly publicized split from manager Dennis Rider with Lee accusing him of sexual misconduct and the departure of Evanescence co-founder and guitar player Ben Moody in Oct. 2003 over "creative differences" one would expect the vocals to be heartfelt and pained. Unfortunately, Lee is just going through the motions.

After winning two Grammy Awards in 2004 for Best Rock Performance and Best New Band



expectations were high for "The Open Door." With the influence of producer Dave Fortman, who has worked with Pantera's Phil Anselmo, the album had the appropriate pedigree.

Where there freshman album was unique, original and passionate The Open Door is derivative, uninteresting and lackluster; it sounds more like rejected b-sides than an original album. "The Open Door" is only barely worth listening too, and certainly not worth buying.

To play Sudoku, enter the digits 1-9 in each cell of the 9x9 grid until every region (3x3 grid), row, and column contains only one appearance of each digit.

Difficulty: Easy

Answers:

5	3	4	8	6	9	7	1	2
6	2	1	5	7	3	8	6	4
9	8	7	2	4	1	5	3	6
4	9	5	1	3	2	6	8	7
8	3	2	7	9	5	6	4	1
3	1	6	4	8	7	2	9	5
1	6	8	3	2	5	4	7	9
7	4	7	3	6	9	8	5	2
2	5	7	6	1	4	3	8	9

SUDOKU

	9			1	7			
1	5			6		3		7
		4	5			8	9	
	2	6			4		1	3
				9	6			
7	8		2			5	6	
	3	5			2	7		
4		8		7			2	9
			6	9			3	

Courtesy of www.sudoku-puzzles.net

## Horoscopes

- Libra (Sept. 23-Oct. 22)** - Every step you take and every move you make someone is watching you, so smile and buy new clothes for your birthday!
- Scorpio (Oct. 23-Nov. 22)** - Remember slow and steady wins the race, emphasize steady instead of slow and you really could win.
- Sagittarius (Nov. 23-Dec. 21)** - Earthly activities lower stress! Take a walk through the garden, nature has a way of calming your senses.
- Capricorn (Dec. 22-Jan. 19)** - You are stubborn; this is a problem not a useful trait! Find a way to meet in the middle and you will get further.
- Aquarius (Jan. 20-Feb. 18)** - Lately you feel like a prize in the tug and war contest, tug back and they will fall instead of you.
- Pisces (Feb. 19-March 20)** - There is a way to find the common ground on almost every issue
- Aries (March 21-April 19)** - Always rushing? Never have time to finish what you start? This is because you wait until the last minute to start; the solution is obvious!
- Taurus (April 20-May 20)** - Structure is missing in your life; it's time to get organized! The DMACC daily planner works wonders when you fill it in!
- Gemini (May 21- June 21)** - Your Wednesdays could be wild if you made it to the courter center around eleven.
- Cancer (June 22-July 22)** - The smooth talker needs to start walking, believe nothing he says!
- Leo (July 23-Aug. 22)** - Relationships become a hassle when your possessiveness takes over, give up some time and you will receive more!
- Virgo (Aug. 23-Sept. 22)** - Boys only want what they can't have, give them what they want and they'll be on there way! Was that your plan?

### Fall 2006 Banner Staff

October 11, 2006

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