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Banner News

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BOONE BANNER

Vol. 5 No. 4

Wednesday, November 2, 2005

Des Moines Area Community College

Comedy to open Nov. 11

Emily Cooper
Editor - in - Chief

“Five Women Wearing the Same Dress” will be performed to DMACC students for free on Nov 11-12, 7:30 P.M.

Written by the creator of “Six Feet Under”, Alan Ball, the comedy focuses on five bridesmaids seeking refuge in a bedroom above a dreaded wedding reception.

The cast agrees that students are guaranteed to have a good time, especially with the different dialogue between characters.

“It’s not for children,” says Wendy Pixley with a chuckle, who plays

“We get to do all sorts of naughty things,” Pixley continued.

Many elements come together to provide this light-hearted story with a current of sarcastic wit. Sex, drugs, men, and marriage are just a few of the topics the women confess to each other about.

Described as dealing with ‘what bridesmaids really talk about behind closed doors’ by Patty Rockwell, anyone who has ever been in a situation of obligation to a friend will be able to relate.

Although “Five Women” may seem geared towards only women, men are promised to find it entertaining as well.

Paul Kardell plays the charming bad boy Trip, who offers a whole other angle to the hilarious story line.

In an unforgettable scene including Trip, Patty Rockwell’s character Trish makes a keen observation;

“Sounds suspiciously like going to a motel, doing drugs and having sex just for the hell of it.”

No matter if your having a ladies night out or hanging out with the guys, “Five Women” will provide a good time for all.

DMACC students can attend for free, non-student pay eight dollars.



Contributed Photo

Tammy Hartmann (left to right) of Ames and Patty Rockwell of Pilot Mound rehearse a scene in the upcoming Des Moines Area Community College Boone Campus play “Five Women Wearing the Same Dress.”

Chacko to Present India Year Events

Kari Fogg
Banner Staff Writer

In recognition of the Des Moines Area Community College India year Focus, the Boone Campus has scheduled Thursday, Nov. 10 for events showcasing India, particularly the southwestern region of Kerala.

Local food will be presented for free, and a presentation of Boone Campus coordinator’s experience of the region will be given.

Prior to the presentation, a “Taste of India” will be served in the Boone Campus Courter Center from 11-11:30. Foods from the Kerala region will be highlighted and the menu includes Payaru Thoran (green beans with coconut), Kinju Pullao (shrimp pilaf), Molaghashyam (dal curry), cucumber Raita, lemon rice, Pap-

padam, coconut chutney and lime pickle.

Boone Campus’ Sandra Chacko, Boone Campus coordinator for India Year Focus events, has a personal connection to the Kerala region. Chacko’s spouse was originally from the state of Kerala. Last May the Chackos returned to Kerala for a family wedding and tour of the region. Chacko will present “Kerala – God’s Own Country” discussing impressions from her presence at a Hindu-Christian wedding, her travels to a wildlife preserve and a boat trip excursion into the more remote areas of India.

Chacko notes, “The presentation will definitely have personal touches to it as my husband’s family is from this state in India.” The presentation is scheduled for 11:30-12:30 at the Boone Campus Library – Room 6.

SAC Elects Jamie Coffman President

Moses Powell Eckstein
Banner Staff Writer

The Student Activities Council elected sophomore Jamie Coffman president. “I want to get students involved on campus,” said Coffman after her nomination.

Elected vice president was sophomore Brenda Riesgaard and for secretary sophomore Amanda Meyer. Each student who ran for an office gave a short speech about why she was better for the position.

On Thursday at 7:30 a.m. last week, the SAC held the second meeting this semester.

The Council were informed that Dash for Dollars will be held on Nov. 9 at 11:30 to 12:30 and a hypnotist for has been hired for Mar. 15

Dash for Dollars includes a booth where participants can grab for cash, said Krafcsin.

“I would like to get students involved to get their input,” said Krafcsin about the meeting.

The next SAC meeting will be Thursday Nov. 10, said Krafcsin.



Banner Photo

Student Activities Council recently elected Jamie Coffman president at the Oct. 20 meeting. The next meeting will be Nov. 10 in the Courter Center. Pictured above are (first row left to right) Brenda Riesgaard (vice president), Jessica Colvin, Salina Ulrick, Gennypher Robinson, Brittini Getzler, Moses Eckstein; (second row) Coach Krafcsin, Liz Schreck, Michelle Kumrow, Coffman (president) and Amanda Meyer (secretary).

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Get to know the new girls' basketball coach, Steve Krafcsin

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Eric Echterling - Watching over our campus



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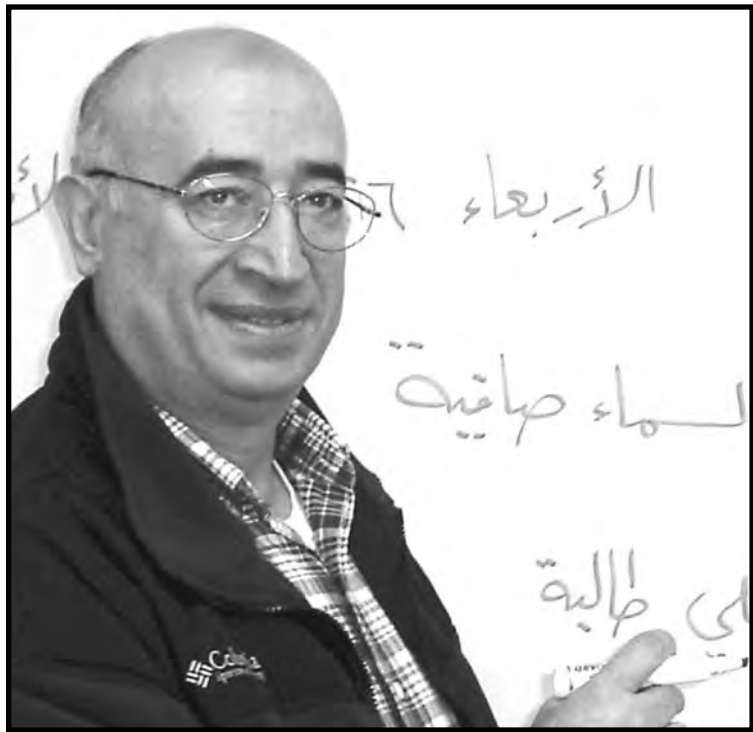
College-aged guys comin' on strong... fun or frightening?

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Last day to drop a class, **Nov. 7**

Wednesday, November 2, 2005
Des Moines Area Community College

New Arabic Class Offered



Dr. Walid Hawana, Arabic instructor

Kelly Ingstad
Banner Staff Writer

There is a brand new class at Boone DMACC offering great opportunities for students. Arabic 141, taught by Dr. Walid Hawana, provides a chance to broaden knowledge of a language that is growing in our nation.

Dr. Hawana is originally from Beirut, Lebanon. He came to the United States in 1975 to attend Iowa State University and graduated from there with a PHD in Education in 1980.

For the next nineteen years he traveled back and forth from the United States, Saudi Arabia, and Kuwait. In Saudi Arabia he spent time teaching English, General Education, and Public Administration. He then went to Kuwait and worked with the Kuwait Public Authority for Applied Education and Training, in which he was

the Chairman of the Department of Education for five years.

In 1999 he returned to the United States and in 2000 began teaching Education at DMACC. During the next three years, Dr. Hawana taught Arabic at ISU through the Organization of Arabic Students.

Although students may not think of Arabic as a common language, its importance is growing fast in our nation. There are more than eight million people of Arabic origin in the U.S. Arabic has been offered for years at major Universities across the Nation.

Arabic started spreading fast after the oil embargo of 1973. Since then the Middle East has become an important main source for future jobs and more business.

Because the Middle East is on the frontline of our news and politics, there is a large need for translators and American Advisors. These jobs pay \$100,000 to \$150,000 to start off.

"If you understand a lan-

guage, you understand the minds of the people who speak it," said Dr. Hawana. This is why it is important to learn Arabic.

Peter Cerny, a 33 year old DMACC sophomore, is taking the class this semester.

"I really enjoy it and I've learned a lot," he says "I've already learned to read and write it and even learned some vocab."

Cerny has been in the Army for 15 years and has been in over 30 countries in the Middle East, and is going back again. He hopes this will help him communicate effectively and to know what signs say while he is there.

Dr. Hawana is teaching Arabic 141, 142, 241, and 242 over the next years. 141 consists of basics, 142 teaches statements, grammar, writing, and conversation. 241 and 242 are more complex forms of conversation and writing. If you are interested in taking these classes contact your advisor to sign up.

'Share What You Wear', Donate

Emily Cooper
Editor-in-Chief

Phi Theta Kappa is set to sponsor a clothing/food drive starting Nov 7.

Starting Nov 7, students and faculty can donate all kinds of clothing, including shoes. The items will be compiled and set out for "Share What You Wear".

The "Share What You Wear" will be a pick-up day at Boone

DMACC on Nov 19, currently scheduled from 9 A. M. until 12 P. M. Anyone in the community can come in and take what they need.

Nancy Woods, Boone DMACC instructor and PTK Regional Coordinator, is hoping to make a real difference.

"It's a great idea and opportunity to clean out our closets of things we don't need anymore," she says.

Along with the clothing drive, PTK will be accepting donations of food as well.

"Salvation Army has told us that their food supply is completely depleted," Woods continued, "obviously our community is in great need."

Woods is hoping to get other campuses involved with donating goods for the winter season.

Food and clothes can be do-

nated in boxes that will be located around the building starting Nov 7.

Also, Woods is asking anyone planning on coming to the "Share What You Wear" pick-up day to bring a can of food for admission.

"It's a pretty cool event," she continues, "to share what you don't need with someone who needs it."

Grab your old clothes and extra food look for the designated boxes on campus to donate to a good cause.

For more information on the "Share What You Wear" event, contact Nancy Woods or Rebecca Funke on campus.

Closest Salvation Army locations to donate throughout the year:

-708 Arden St., Boone

515-432-7884

-411 Kellogg Ave, Ames

515-232-3449

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The Boone Banner welcomes letters in an attempt to provide a forum for the many diverse views of the campus. The views expressed in the Boone Banner are not necessarily the views or endorsements of Des Moines Area Community College or the Boone Banner editorial board. Letters to the editor should be no longer than 250 words, signed and brought to the editorial offices of the Boone Banner, mailed in care of the college, or can be e-mailed to ercooper@dmacc.edu. The Boone Banner reserves the right to edit as necessary for libelous content, profanity, copy fitting, grammatical and spelling errors or clarity. Member of ICMA, ICCMA and the ACP

Let Us Hear YOUR Voice!

The Banner is starting a new column, one that you have control over.

What are we looking for? Stories about your life. "Your Voice" is meant to be a personal story page.

You can talk about anything. What drives you? What troubles have you faced? Is there someone you want to thank for touching your life?

With such a diverse group of people attending DMACC, we know there are stories just waiting to be told!

Interested in sharing with us?

Email us your story to ercooper@dmacc.edu along with your name and phone number. (Also, we will set up a time for you to come in and get your photograph taken.)

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ARTS & ENTERTAINMENT

Wednesday, November 2, 2005
Des Moines Area Community College

Realistic Reviews

Mary Elizabeth Drahos
Banner Staff Writer

I like watching all of those scary movies on AMC that come around this time of year.

I am not talking the slasher flicks that are extremely popular; I am talking about a classic horror movie. The one with really terrible special effects, because it is so old.

For me, this movie is Seven Doors of Death (1982).

With an all Italian crew it has the worst special effects you can imagine.

Lisa (Katherine MacColl), acquires a hotel. This hotel contains a secret: it has one of the seven gateways to Hell.

Many people die in really gruesome ways. One guy gets eaten by tarantulas, another melts because someone throws acid on him, and another has his eyes gouged out.

Even though the death scenes sound terrible, you can't help but laugh at the terrible special effects while these people are dying.

In the death of the man by the tarantulas, there are one or two real ones, but in the background you see fake spiders that are moved from one side to the other by sticks. The dummies used in the death scenes look fake as well.

Scary at one time, but now just looks comical

Rated: R, 80 Minutes Scary Meter: 2 out of 5, Laugh Meter: 3.5 out of 5 stars

'The Zone'

When Science Meets Diet

Chan Soo Park
Banner Staff Writer

It seems diet programs come in two extremes: good ones and bad ones.

The one I find most credible is the Zone Diet developed by Dr. Sears for its balanced and scientific view.

The Zone Diet, in Dr. Sears' words, is not a weight loss program but a path to optimal health. Reaching optimal health, balanced weight just follows.

The Zone first appealed to me with success stories of people who followed the Zone Diet. Such stories are common in cheesy diet programs, too, of course. However, the Zone Diet differs in two ways.

One, Zone stories don't talk about losing 30 pounds a months. Instead people mention permanent changes such as improved health, better athletic performance, and loss of fat.

Two, people mentioned in Zone stories include big names such as former NFL athletes, Stanford swimmers including Olympic medalists, and a former head of European marketing for IBM. Not that stories of average people

are necessarily all fraudulent, but it seems to me it'd be harder to make dishonest claims involving famous people.

What kept my attention after the initial appeal were assertions backed by scientific proof. Written in 1995, Dr. Sears makes bold claims. He challenges the food pyramid, explains the cause of U.S. fattening and recommends taking grains and starches out of the diet and balancing the ratio of carbohydrate, protein and fat

close to 4:3:3.

I would have laughed at such claims but reasoning and evidence presented in the book are so compelling. Unless there is a fallacy in data, arguments in the book seem very credible.

Here is an example: the one that I found most radical. Dr. Sears claims that we should take carbohydrates from fruits and vegetables instead of grains and that the calorie ratio of carbohydrates to protein to fat should be 4:3:3.

This is because of insulin, hormone released with the intake of carbohydrates. Simply put, too many carbohydrates increase insulin, resulting in reduced blood-sugar level and the storage of carbohydrates by converting them to fat while limiting access to fat. Brain, unable to get sugar due to reduced blood-sugar level, makes you crave sweet foods: carbohydrate craving. Once you appease your brain with carbohydrate-rich foods, they again increase the in-

sulin level, starting a vicious cycle. This is a much shortened version of Dr. Sears' explanation, but key ideas are there.

I'm sure eating too much fat can make one fat, but that doesn't explain why the United States keeps getting fatter while its consumption of low-fat or fat free foods and carbohydrates increases. Dr. Sears can explain this phenomena, though, and whatever gives the best explanation, it's worth noting.

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Wednesday, November 2, 2005
Des Moines Area Community College

Krafcisin -- No Stranger to Sports

Andrew Penner
Sports Editor

The newly hired Steve Krafcisin the women's basketball is no stranger to the sport.

For the past eight years Krafcisin has been the basketball coach for NIACC. So Krafcisin already has some concept of what DMACC has done in the past.

Krafcisin began coaching as an assistant for Loras College in Dubuque from 1984-87.

He was also under Johnny Orr at ISU from 1987- 1994. Then he was an assistant at the U of North Dakota for two years.

He returned to ISU in 1996, under the direction of Tim Floyd. ISU finished at 22 wins, 9 losses, and made it to the "Sweet 16" that year.

From records set in the past or present, Krafcisin still holds the unique distinction as the only player in NCAA history to play and score in two Final Fours for two different teams, the North Carolina Tar Heels and the University of Iowa Hawkeyes.

Q: Tell me about your self and your family?

A: Well, I've been married to my wife Joanne for 13 years. I have three children. Jake will be nine in December and is in third grade. The twins Gabriel and Grace are six and in first grade.

I'm originally from the Chi-



Coach Steve Krafcisin

Photo by Andrew Penner

cago area. My wife is from the Dennison and Audubon, IA area. I have a bachelor's degree in Recreation from University of Iowa.

Q: How many different positions do you hold at DMACC?

A: I am doing, one is basketball and Student Activities Council. I guess the broad term is Activities Coordinator, or whatever that means. I found out last week that the pool table maintenance falls under me.

Q: Talk a little bit about your former playing days.

A: I wanted to go where basketball was big. And the ACC was where basketball was very big. I knew North Carolina was on a professional level, a little bit as far as basketball wise because of Dean Smith.

First in my mind would be playing for North Carolina under Dean Smith during his freshman year in the 1976-1977 season. Another thing was beating Notre Dame on Saint Patrick's Day in the regional semi finals.

After a year I transferred to Iowa, so I could be closer to home, and my family. My first one with Iowa was beating Northwestern in Iowa City to be tri-champs. Later

we beat Georgetown to get Iowa to the final four.

Q: What is the hardest thing about coaching?

A: I think the team concept. You can recruit your players, and so you really work at getting the winning program.

You try to get kids that are used to winning, the whole is bigger than the individual. But that is the toughest thing, you know, getting them.

Everyone is here for a reason. This is not a final destination. Usually, unless they are going on to a career program, go into nursing or something like that. This is a vehicle, a means to get there.

Q: So do you think there is way too much emphasis, especially when you get towards the high school and college ranks on wins instead of educating the kids?

A: At that level winning shouldn't be emphasized. It is way too much. I am very reserved about my kids. You can still win and get the commitment without being a jerk, without squashing somebody's life.

I mean it bothered me because I still think about it and I am 47, but it is mad when you go to fifth grade AAU events, coaches are yelling at these kids, bologna. I think that is, at that level, yes.

So many coaches that I have

known have gotten out of coaching because of parents who think that their child is going to be the next Michelle Wie or (Labron) James and screw every other little kid.

I mean, I don't want anybody yelling at my kid who is going into third grade. It should be fun. It should be a thing of hey if you pick this up great, if you don't, man go try something else.

Q: What is your outlook for this year?

A: I think extremely positive. I am a very positive guy. I have never coached women, but it has worked so far. I have really high expectations. I really think we have got a chance. We have very good players.

Q: How many do you have right now?

A: We had ten. One is doing volleyball and one is hurt for at least probably a month, so we are working with eight right now. But you only need five. It will test my coaching a little bit there.

It is so different, because I mean, guys, you have to beat them off with a stick. You could have 30 guys or 40 guys out here trying and with girls, it seems like that is a little different. But I like the girls. I think we will be ok. At least I am hoping we will.

2005-2006 NJCAA Division II Men's Basketball Pre-Season Poll

NJCAA Service Bureau
October 13, 2005

TOP TEN

Place	College	Location	Record
1	Cecil Community College	North East, MD	31-3
2	Mott Community College	Flint, MI	30-3
3	Brown Mackie College	Salina, KS	35-1
4	Des Moines Area Community College	Boone, IA	27-6
5	Rose State College	Midwest City, OK	22-10
6	Erie Community College	Buffalo, NY	20-10
7	Lincoln College	Lincoln, IL	28-8
8	Lackawanna College	Scranton, PA	29-4
9	St. Louis Community College-Meramec	St. Louis, MO	28-8
10	Owens Community College	Toledo, OH	27-6

Scholarships Still Available

Andrew Penner
Sports Editor

Steve Krafcisin, head women's basketball coach, wasn't hired until July 7 of this year, so he hasn't been able to do much recruiting. He is looking for players from all of the DMACC campuses

Seven players from last year transferred to Upper Iowa with

Coach Ben Conrad. Although some left, Coach K still managed to sign three players, but one went back home and another one had a knee injury.

Right now the numbers look slim for the Women's Basketball team, with only eight players at the moment.

Women who want to play with the Bears, must be taking a minimum of 12 semester

hours for both this semester and next. Previous experience is o.k. Women must be able to commit for practices between 2:30 p.m. to 6:30 p.m.

Scholarships are still available. For questions contact Steve Krafcisin by phone at 515-433-5033 or e-mail sjkrafcisin@dmacc.edu.

Blackhawks Down

Andrew Penner
Sports Editor

The Bears Volleyball team bolted out of the starting gates wasting no time to take an early lead with a 9-0 run against the

Blackhawks from Southeastern Community College last Monday night in Boone.

It was obvious who was the dominating force on the court that night. The Blackhawks tried in desper-

ate attempts to put points on the board but they weren't successful. The final score was 30-12, 30-27, 30-18.

The Bears made it look as if they could be beaten in game two, as the Blackhawks soon found out that they had bitten off more than what they could chew.

Game three was much like the first one with the Bears showing their presence at the net. The Blackhawks just lacked the physical mentality of the Bears.

The Bears had Ashley Bayer as their killer with 13 kills. Rachel Vander Schel lead the Bears with 7 aces; Amanda Meyer had 13 digs.

It was Rylee Olsen controlling the net with 9 blocks and 8 were solos.

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One-on-One with Eric Echterling

Mary Elizabeth Drahos
Banner Staff Writer

This week I had the opportunity to talk to Eric Echterling, the buildings and grounds supervisor. Echterling grew up on a farm in Prole, Iowa. He attended school at Martensdale St. Marys, and then went on to Lincoln Tech in West Des Moines for auto mechanics. He then became a mechanic for several years. Echterling has always enjoyed motor sports and has even been on TNN as a mud racer on the Truck and Tractor Power show. He and his wife of 11 years (Mary) are finishing up their dream house in Dallas Center. Echterling used to work for DMACC in Ankeny as a carpenter and painter, and just recently joined the Boone campus. One interesting fact about Echterling is he used to have a huge monster truck that received a lot of attention. He was on channel 8 with Steve Carson for having the largest truck in Iowa. He eventually sold the truck to Big Earl. For those who don't know who Big Earl is, all I will say is he owns a gold mine.

MED: I always see you around here doing many different things. What is everything you do for DMACC?

EE: I am the buildings and grounds supervisor. I also super-

vised the custodial department and order supplies. I keep track of the maintenance on the school vehicles. I am also in charge of the outside grounds like the grass and snow removal. I coordinate with Brian (Green) and Tom (Lee) for meeting or conference preparations. I am also on the safety committee. And I just try to keep this place clean, it's filthy!

MED: What do you do in your spare time, if you have any?

EE: Well I like to travel with my wife; we have been to 40 different states. I also like to fish. I have been to Canada, Alaska, and the Florida Keys to go fishing. I like bow hunting. I also like to buy, fix-up, and resell four-wheel drive vehicles. And right now, I am working on my dream home. My wife says it will be a Better Homes and Gardens house, but I say it is going to put me in the poor house (laughs).

MED: What is one of the oddest things you were asked to do for DMACC?

EE: Well, there are so many things...oh, yesterday I was asked to do something a little different. Kay from the theatre department asked me to change a light bulb above the theatre. I really wasn't sure how to get up there, so I asked her. It turns out I had to climb up a ladder then lay down on a belly trolley. I had to pull myself

around above the theatre on this trolley to change the bulb.

MED: How about the most disgusting thing you had to deal with?

EE: (Laughs) It was actually right here in Boone; the sub basement. Well, either that or the men's locker room. I swear if there isn't a cause for disease in there, there should be a cure for one.

MED: How do you like working here in comparison to everywhere else?

EE: It is more stressful here. There are so many things that I need to do here. In Ankeny, I would get your job list when I called in for the day. Here, I have a list of things to do, but I am also approached by people during the day to do extra work.

MED: I am going to do a little experiment I haven't done with anyone else before. I am going to do a little bit of word-association. When I say a word or phrase, just say the first thing that pops into your head. First word, DMACC.

EE: Community College.

MED: What the hell was I thinking?

EE: Superman.

MED: College student.

EE: What the hell were their parents thinking?

MED: Movie.

EE: National Lampoons Christ-



Eric Echterling

mas Vacation...the movie my family models their Christmas after.

MED: The Banner.

EE: My name is ERIC. Not DEREK. (Laughs)

MED: Brian Green.

EE: Funny guy.

MED: I had to stick Brian Green in there because I heard him giving you crap when I asked to interview you for the paper. Did he harass you any more after I left?

EE: (Laughs) He always does. Once he says one line he has always got another. I have always

wanted to ask him, does his mom dress him? He always looks so nice when he comes here. He looks like those young kids who go to school dressed up all the time.

MED: Is there anything you want to rant about or anyone you want to give a shout-out to?

EE: I would just like to thank some people for their help and support...I am not going to say who, but they know who they are.

Planning a Successful Recovery

Cindy Wisecup
Banner Staff Writer

The first step in recovery is to stop using drugs and alcohol. It's not easy. Some days are good. Others are bad.

The addict can feel good and be excited about the new possibilities, and sometimes they will miss old friends and habits left behind. They will also begin to doubt themselves and what they know, want and need. To recover is to begin a new life, which takes time as does any major change.

The goal is recovery. To reach that goal the addict must understand what triggers their relapse. Managing those triggers is the key to understanding their recovery.

An addiction problem causes problems at home, work and with the law. Their recovery really depends on them, and their willingness to try this new way of life which involves making a new life, new friends, finding a new way of thinking, avoiding old friends and avoiding relapse. They also need to develop new ways of dealing with stress.

June McDonald has been with the Center For Addictions Recovery Inc. for 15 years as of last June, and serves as the treatment coordinator and advanced certified alcohol/drug counselor.

She received her associate's degree at the Ankeny campus, went to Mercy Alcohol and Drug Recovery Program for an intern-

ship for six months, and now has a certificate in socialization and chemical dependency.

"After they get acceptance, they focus on relapse prevention. They need to be working on coping skills to interrupt the relapse process," McDonald said.

When people set goals for themselves, they are in control. This is why addicts need to set goals for themselves.

They not only need to have long-term goals but also short-term goals.

Short-term goals are goals the addict should make a habit of meeting on a daily basis like waking up and getting out of bed at the same time every morning, taking a shower, doing your daily housework and maybe even taking a walk.

These goals are just as important as the long-term goals because it's very important to have a routine everyday.

Physical and emotional health, relationships, jobs, recreation and relaxation are all major life areas that are necessary to achieve these goals.

Having goals is one way dealing with situations that may disrupt recovery.

"Relapse is a process that goes on in a person's mind which is triggered by thoughts/feelings around and within their environment. So they need to learn coping skills.



June McDonald

They also have to be able to identify their own risks and what some risky behaviors for them would be," McDonald said.

Things that can lead to relapse include:

*Thinking they have the prob-

lem under control; it's okay to just do it occasionally.

*Not working out stresses and problems right when they occur, letting them build up until crisis happens.

*Not being able to handle negative feelings such as boredom, loneliness or anger.

*Giving in to cravings to use when unable to find any other ways to cope with stress.

*Not working on a recovery plan or letting it slide, not going to self-help meetings.

"Risks to relapse could be emotional, environmental and spiritual," McDonald said.

"What the program talks a lot about the way to prevent relapse is to work a spiritual program such as focusing on a higher power. That is where their strength is going to come from to turn away from drugs and alcohol," McDonald said.

It's simple to take the easy way out of dealing with uncomfortable feelings in the beginning instead of resisting which takes much effort. Ways to help while waiting it out is talking with someone about it, getting plenty of sleep, eating the right foods, exercising and actively reducing the stress.

To manage your stress, and this is very important, is take care of you.

You could try exercising, eating well, using the mind to help cope with stress more effectively, trying new things, becoming open-

minded to changes, trying new approaches, take a class or two, spending more time alone, enjoying music, volunteering, hanging with a friend, settling conflicts, setting aside time for home as well as work commitments, using family and friends for support, organizing and last but not least, relaxing at least 20 minutes each day. You have the power to deal with stress. The easiest way is one new habit at a time.

Craving is a normal part of recovery, and they will reduce over time, but it gets stronger in high-risk situations.

One way to minimize these temptations is to think of things to do in dealing with them. Finding a sponsor is pretty important, but that can take some time.

In the meantime talk to someone who understands the situation and also carry a list of phone numbers.

Journaling thoughts may help also. Going for a walk, doing a fitness work-out or even cleaning the house can be helpful distractions.

Relaxation techniques, keeping track of how they have coped in the past, thinking of what the consequences of using are and reasons why not to use can also be very helpful.

About two-thirds of all relapses for any kind of addiction occur within the first 90 days. The reasons for relapse are the same with any addiction.

During the first 90 days after quitting, a person may experience

Wednesday, November 2, 2005
Des Moines Area Community College

Letter From the Editor



Emily Cooper
Editor-in-Chief

Last Wednesday morning I was making my usual route from Madrid to Boone campus to deliver The Banner for all of you faithful readers. And like any Wednesday, or any day ending in "y" really, I was speeding.

I don't know what it is. Maybe its because my previous POS car only had one functioning cylinder (that fact came to my attention only after it blew through the side of my motor causing me to hurl of the interstate at an alarming its top-out speed of 80), or maybe its the comfy couch-like surroundings of my geriatric La Sabre, but I can NOT stop speeding.

So there I am, calmly gliding along when a tan colored car comes into my view.

Humm, I think, that sure looks like an offical-like car.

Sure enough, as soon as the words "Sheriff" become visible, he pulls a U-turn and the tricky

inside cop lights start flashing.

After a string of explicatives, I tun down my stereo, whip out my license, and roll down my window

"In a hurry today?" he growls at me with stale coffee breath.

"Yup, delivering the paper as you can see in my backseat."

"You were going 85 in a 55 and you're not wearing a seat belt"

"Looks like it, huh."

Completely caught-off guard that my charming smart-ass attitude didn't receive a chuckle, I was promptly served with two tickets.

Pulling away 170 bucks poorer, I sped all the way to campus.

Who knew my quest to bring you all the news would cost me so much? Such is the life of a journalist.

On the way home I was a bit more cautious, setting my cruise control at 65 and watching with a jealous rage at all the cars flying past me.

I should have known something awful was going to happen the next morning when I slept through my two alarms.

With 10 minutes to get to class, I whipped onto Hwy 30 and floored it.

Okay, lets clarify something here. I was in the slow lane. That's right, the slow lane.

Which means vehicles in front of me and passing me were going faster.

So I've got The Who on, the sun is shining, and besides my

growing panic of not making to class in time, life is good.

Off in the horizon, I see a car. A familiar car. A tan car. It's the sheriff.

I know I'm speeding, but I figure I'm safe. There are literally four people passing me at well over 90mph. He's in the East bound slow lane, I'm in the West bound. I'm totally in the clear, right?

WRONG. Now in my rear-view mirror (mind you I've just slowed down), I see him pull the dumbest stunt.

He completely cuts over a lane of traffic, bulldozes into the unpaved ditch and swerves up behind me.

After following me for five minutes he turns on his lights. I have to laugh at this point. I feel like I'm inside of *Super Troopers*. It's completely obvious to me that I'm being singled out.

I regain my composer and hand him my license, seriously restraining myself from saying "Meow what?"

"No papers today, huh?" he says, taunting me and thoroughly pissing me off.

"Nope, just bad timing" I reply.

So, another 130 dollar ticket later, I'm poor as hell and it's all my fault. If I get another ticket in a year, my license will be gone.

So long live cruise control. If you pass me (which I'm sure you will) on the highway give me a wave. And if you'd rather not live on Ramen for a year, you might

How Much Help Is Too Much?

Mary Elizabeth Drahos

Banner Staff Writer

"Mom, dad, can you send me some money?" Those are words that have been spoken to parents from college students for years. Most parents are happy to oblige. They try to do anything they can to help their child out while adjusting to a new lifestyle. However, some parents take it a little far. There are instances when parents pay for everything for a college student. This includes tuition, rent, any utilities, groceries, car, and a little extra each month for personal use. Some may even go as far as calling around to find a job for their "young adults."

Most parents don't realize that by helping their college-aged children, they are not letting them be independent. Therefore, students may not know how to handle real problems when they set out for the real world. The Des Moines Register recently printed an article about this problem, referring to these overly-helpful parents as "helicopter parents." This term is used by colleges about over-zealous parents being too involved.

The Register also stated that some parents are becoming so troublesome that colleges are hiring extra staff specifically to deal with them. The Register has solutions for parents who are in these

sort of situations with their children. However, students can be responsible in telling their parents that they are too involved.

They should let their parents know that even though they are still going to school, they should learn to be responsible for themselves. If parents try to resist or disagree, the student should tell them that if there is financial difficulties or any other problem they can't handle, they will call. Then the parents can step in and lend a hand. If parents still try to step in and help more than necessary, students should tell their parents that if they keep doing everything for them, the real world will be an even bigger culture shock than usual. They will not know how to do anything themselves, therefore turning to their parents for even more help. It is an ongoing cycle that will continue for years to come.

One thing students need to realize is parents have a hard time letting their children grow up. When parents are stepping in and helping too much, the student should tell their parents that they appreciate the help, but it is time to start letting go. If a student is old enough to fight for our country and vote, they should also be old enough to learn how to balance a checkbook and pay their bills.

What You Thought... Do guys come on too strong?



I don't like the more confident and cocky guys who think they are smooth. They are annoying.

-Alyssa Bergman



It depends after they have a few. They get more fun.

-Chasity Taylor



Most guys come on strong. I generally am a shy person. I usually try to be courteous.

-Adam Uhl



I catch myself coming on strong a lot. But once I get past all of the 'enhanced refreshments' I realize I need to back off before I freak the girl out.

-Mike Ruby

Impress Me...I Dare You

Mary Elizabeth Drahos

Banner Staff Writer

Do you know what really irritates me? College aged men. Not all of them, but the cocky self-absorbed ones that think they are God's gift to women.

It really blows my mind when I see these guys in action. They have no tact whatsoever when addressing women, especially at the bar scenes. They seem to be after one thing: getting some play. I do not know what has happened to the gentlemen of yesteryears, but did a formal greeting go from "Hello, how are you?" to "Hey baby, you got a nice butt. Let me buy you a shot." Nothing says true love more than a shot of tequila followed by some truly unimpressive dance moves.

Call me old-fashioned, but I want to be swept off of my feet by a man who not only has charm, but tact and a sense of discipline. I didn't realize how bad things really were until after I got divorced. While I was married, I turned off all of my senses to receive hit-ons. After my divorce, I started going out more (obviously) to check out the dating scene. One of my first times going out with my old roommates, I was offered shots by a guy. We sat at the bar and chatted for the rest of the night. When the bar closed, the guy followed me outside and started following me home. When I asked him why he was following me, he said he was going home with me. After I basically said 'fraid not, he

called me a tease and asked why I was with him all night if I didn't want him. I'm sorry, but when I have a conversation with a guy, it does not mean I want to jump his bones. It means I am interested in what he is saying.

I know a few of you may call me a prude, but I am a risk-taker. I drink expired milk...from the carton no less. I know how to live. But to risk my health and my dignity just so I can help a guy get some action, no thanks. I'll leave that up to someone else.

After that one night, I have had tons of these players try to hit on my and ask for my number (and more). What I don't understand is why do they get extremely irate when I reject them? Show a little pride when I say no. I have been called a lot of names for not going home with a guy. One called me a lesbian. Just because I don't want you does not mean I am swearing off all men. Another called me a slut. Wait a second; because I'm NOT sleeping with you, I am now a slut? I don't get that.

The other day I was at a gas station, pumping gas, when I dropped a coin. I bent to pick it up when I heard a voice next to

me saying "hey baby." I turned around and just said a polite "hi" then went inside to pay. I stayed inside longer than usual hoping he would just leave. He came in and paid, then left. Imagine my surprise when I went outside and he was

"...when I have a conversation with a guy, it does not mean I want to jump his bones. It means I am interested in what he is saying."

waiting next to my car! Creepy. He asked if he could have my number because he didn't want a butt like mine to go to waste. A little side note: he did not say butt. He said it a very different way which can't be printed in this paper. After I told him no, he didn't let it stop there. Being the pathetic person he was he whined "why not?" If you really want to know what I said, e-mail me and I will tell you. Again, it can't be put into print.

The message from my rant is I am not stupid. I am not easy. I am interested in the long haul, but I will not fall in love with anyone on the night I meet them. If I reject you, it is not because I am a lesbian or a prude. And if anyone asks why, I will surly let you know why. But don't get mad at me, you are the one who asked.

TAKE A BREAK

Wednesday, November 2, 2005
Des Moines Area Community College

HOROSCOPES

Linda C. Black
Tribune Media Services

Today's Birthday (11-02-05)
You're so powerful this year, you may think you can do everything all by yourself. You are strong, but be forewarned. Not only is the competition fierce, but pride goeth before a fall. Make good use of your talents.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19)
Today is a 6. You're good at financial planning now, and setting long-term goals. Resist the temptation to spend it all now. That would not be wise.

Taurus (April 20-May 20)
Today is a 7. OK, you can defend yourself, if you think that's necessary. Don't waste a bunch of energy, though, shouting at someone who's not listening.

Gemini (May 21-June 21)
Today is a 4. Again, you're

overloaded. The end should be almost in sight. Set up a date to be whisked away on an adventure this weekend.

Cancer (June 22-July 22)
Today is a 10. It's quite possible that a person you care very much about wants every minute of your time. It'll be rather pointless to argue. Acquiesce.

Leo (July 23-Aug. 22)
Today is a 6. Stability may be what you want, but interestingly, you're more likely to get controversy. Never a dull moment.

Virgo (Aug. 23-Sept. 22)
Today is a 7. Gather information from afar, but don't go over there. Figure out a way to get them to send it to you.

Libra (Sept. 23-Oct. 22)
Today is a 5. Abundance is yours, but as you well know, you can turn plethora into dearth. Don't goof around; be frugal, even if you're feeling flush.

Scorpio (Oct. 23-Nov. 21)
Today is an 8. You can afford to



be compassionate. You can afford to be nice. Besides, both those qualities look very good on you.

Sagittarius (Nov. 22-Dec. 21)
Today is a 6. You're under pressure to act quickly, but don't be impetuous. If you don't approve of what's being done, stall.

Capricorn (Dec. 22-Jan. 19)
Today is an 8. It may be difficult to hear a small voice, with all the

applause. Be listening for it. That's where your attention should be directed.

Aquarius (Jan. 20-Feb. 18)
Today is a 5. One person insists upon compliance. Another person rebels. You can be the referee. Help them to fight fair.

Pisces (Feb. 19-March 20)
Today is an 8. Don't fall for a deal that's too good to be true.

Read the fine print, and check the infrastructure.

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Crossword

- ACROSS
1 Landing area
6 "Paper Lion" star
10 Urgent memo letters
14 Cake cut
15 Forest denizen
16 Perform a task again
17 __, Porthos and Aramis
18 Lisa's first name?
19 Blackthorn
20 Not give a rap about
23 Prepared
24 Speck
25 Make law
28 Current events at old movies
31 Armed conflict
32 Preminger and Kruger
35 Movie on a PC
36 Tortoise rival
37 Orderless
40 Fertility goddess
42 Gull relative
43 Shad delicacy
45 Convex moldings
46 Period
47 Carolina team
50 Principle of faith
52 Patriot Nathan
53 Circle part
56 Green arrow, e.g.
60 Part of speech
62 Good fortune
63 Skater Kerrigan
64 Leather punches
65 Preacher Roberts
66 Attempted
67 Dog tired
68 Noah of "E.R."
69 Way too heavy

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10/31/05

Solutions

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- DOWN
1 Rhubarbs
2 Church contribution
3 Punch again
4 Desktop image
5 Most annoying
6 Owns up to
7 Workout wear
8 Fender damage
9 Inland sea of Asia
10 Fiery crime
11 Conscientious
12 Bother
13 "The Gold Bug" penner
21 First gear
22 Snakelike fish
26 Blanche's first name?
27 Elm and oak
28 Lunch time
29 Actress Gabor
30 McBain and McMahon
32 Two quartets combined
33 At that place
34 Hairy spider
36 Cronos
38 Author Levin
39 Pro's opposite
41 Ripped open
44 Moral
47 School org.
48 Type of artificial fly
49 Golfer Ernie
51 Dada artist Max
53 Leibovitz or Lennox
54 Tries to outrun
55 Glasgow's river
57 Run smoothly
58 Intense anger
59 Clothing
60 Collar
61 Have debts

ODDS & ENDS

Wednesday, November 2, 2005
Des Moines Area Community College

THE LIMELIGHT

your guide to events happening near and far!

Every event is not listed in The Limelight. For updates on concerts, theatre productions, and sporting events visit www.pollstar.com or www.ticketmaster.com. Prices and times of events may be subject to change.

AROUND CAMPUS:

Nov 7: Wellness Annual Holiday Food Drive/ PTK clothing and food drive begins.

Nov 7: Last day to drop regular Fall term classes.

Nov 8: City Election in hallway near Gym

Nov 10: Home game, Men's Basketball vs. William Penn JV, 7 P.M.

Nov 11: Leadership Panel Seminar, Boone Campus Gym 11:15 A.M. - 12:15 P.M.

Nov 11-12: "Five Women Wearing The Same Dress", Rm 112 Auditorium, 7:30 P.M.

Nov 16: Go Wild Intramurals 11:15 A.M. - 1:15 P.M.

Nov 16: Home game, Women's Basketball vs. Southeastern CC, Boone Campus Gym, 6 P.M.

Nov 18: Home game, Women's Basketball vs. Central JV College, Boone Campus Gym, 7 P.M.

Nov 19: Phi Theta Kappa sponsors "Share What You Wear" Clothing exchange.

NEAR BY EVENTS:

Ames

Nov 4: Blue October Peoples, 9 P.M. \$20 ADV/\$25 day of show

Nov 5: Channel Q Welcomes: O. A. R. - CY Steph, 8 P.M. \$27.50

Nov 5: Only, Parallax, The Sound and the Fury Bali Satay, 9 P.M.

Nov 5: Local H M-Shop \$10 Students/\$12 Public

Nov. 18: Pomeroy Peoples, 9 P.M. \$TBA

Nov. 18: Sweet Afton Showcase Bali Satay, 9 P.M. \$5

Des Moines

Nov 4: The Goodyear Pimps, Odium, Kiriko The House of Bricks, 9:30 P.M.

Nov 5: Facecage, A.D.D., Reality's Flaw, C.D.S. The House of Bricks, 4 P.M. \$6

Nov 6: Leap Year Vaudeville Mews, 9:30 P.M. \$5

Nov 10: Senses Fail / Saves the Day w/ The Early November and Say Anything

Skate South, 6 P.M. \$16.50 / \$20

Nov 10: Relient K / MxPx Val Air Ballroom

Nov 17: The Rachel's Vaudeville Mews, 9 P.M. \$8 in advance / \$10 say of show

Nov 18: "Masters of Horror" showcase: 10 years, BobaFlex, Mudvayne, and Sevendust Val Air Ballroom

Recovery

...Continued from Page 5

some periods of poor memory, concentration or overreacting to stress which may lead to relapse. The longer a person stays clean and sober, the better things will get as long as that person deals with the stress as it comes up. Stress is a major cause of relapse. If an addict/alcoholic should relapse it's very important for them not to give up, because there are other choices. There are ways to gain control and prevent a full blown relapse. If a relapse happens, they should speak with a counselor, a friend or even a sponsor about it. Then, they can learn from the situation and find different ways of handling the pressures that led up to the relapse. Instead of seeing the relapse as a failure, look at it as a learning experience so you can prevent it from happening again. Don't let a relapse be an excuse to continue drinking or doing drugs.

Learning Cats Cradle, Meeting a Scot

Mary Elizabeth Drahos
Banner Staff Writer

These past two weeks have brought some of the best thrills of my life.

I had so much excitement in my life recently, that I need to share it or I will burst!

First off, last week all of the Banner people were sitting around the table discussing what to do for the next issue. Since I have the shortest attention span you can ever imagine, I started looking around the table for something to play with.

My eyes spied a piece of string. After fiddling around with this string for a few minutes, someone commented that I really looked like I was working hard sitting there playing Cats Cradle.

Here's the thing though, I have never played Cats Cradle. I have never even seen it done in real life, just on television a few times.

After I revealed this information about my deprived child-

hood, everyone decided it was time for me to learn.

It was a little confusing at first, but after five minutes or so, I finally caught on.

I became so excited I started clapping my hands and giggling like I was a little kid learning this for the first time. Everyone seemed to catch the same tone and clapped for me when I finally did it right.

Who says that the simplest pleasures can be the best ones?

Another thrill that I recently had was meeting a genuine Scottish person, and hearing him say a favorite phrase of mine: Bloody

Hell.

I have been obsessed with Scotland for quite some time.

I am planning a two week backpacking trip there after I graduate (and possibly even move there), so I wanted to find someone from Scotland to tell me anything they could to help my plight.

Believe me, finding a Scot in Iowa is a lot harder than it seems.

How I actually located him was a funny story.

I went on a terrible blind date about a month ago. This guy was a med student, so I figured he would be civilized and intelligent.

Needless to say, the most

Although there are many things that would make my life wonderful right now, all it really takes is a childhood game and a cursing Scot.

IT'S NOT TOO LATE TO JOIN THE DMACC BEARS PEP BAND

Students, faculty and staff can still join the DMACC Bears Pep Band. Rehearsals are held on most Tuesday nights from 6 to 7:15 p.m. in room 116, Boone Campus. People who can play the trombone, saxophone or clarinet are needed the most. If interested, contact Maggie Stone at x5037.

The DMACC Bear Crew Drill Team is selling T-Shirts

for \$12 to help raise money for uniforms. If interested come see Christina at the registration window.



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intelligent conversation he could muster was why Star Wars was the best thing on this planet. However, I started discussing my plans for my trip when he said one of his professors was from Scotland.

When saying our good byes (forever) I made sure to find out what school he went to. I then e-mailed the school asking about a Scottish professor, telling them about my trip.

He replied back, and set up a meeting. During the meeting, we were talking (actually, he was

talking with his cool Scottish accent while I was trying not to drool and propose) when he said "bloody Hell."

Those two words spoken in the sexiest accent in the world made me so happy that I am trying to use it as much as I can.

Although there are many things that would make my life wonderful right now, all it really takes is a childhood game and a cursing Scot. I am definitely low maintenance.