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Banner News

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...But it didn't count

Robin Cazavilan
Banner Staff

The turnout was overwhelming. The Boheme in Ames was packed wall to wall on Monday Nov. 8, at 6 p.m.

Dan Sherman, manager of the Boheme, hosted a forum to unite people who are concerned that America returns to a representative democracy.

For days in advance, little yellow flyers were seen around the town on which were printed, "The power of social movements must be realized now!" Like-minded people arrived at the door of the Boheme, ready to listen and to share.

The group that gathered was a display of age,

race and gender diversity. People who could not find an empty chair leaned against the wall or sat on the floor. They soaked in what each person had to say. Like a subtle wave, heads were nodding in agreement.

Besides boosting broken spirits and morale, the group discussed environmental issues, political power concerns and protest strategies.

"We are here to unify, strategize, mobilize and actualize all politically interested groups when necessary," Dan Sherman, Ames, answered when asked to sum up the objectives of the forum.

When Derek, Ames, began to speak, he was received with applause.

"We lost on Nov. 3," he began. "We lost this battle, but the war is just beginning. We have to take power back from the right and into the hands of the people."

Pete Sherman, owner of the Boheme, approached the microphone. "I hate to be the bearer of bad news," he began and the room was silent. "Until this country realizes that this is war - - and it is war...War is not run by whining or by writing letters. War demands a specific plan.

"I propose Ghandi civil disobedience of a serious scale." Sherman smiled slightly. "Imagine if Ghandi had the Internet."

For over an hour, people shared their concerns and their ideas and ended



photos by Robin Cazavilan

Dan Sherman, ISU student who manages the Boheme, explains his plan of action.

with an invitation to meet back at the Boheme on Thursday Nov. 11, 6 p.m. to materialize a core group of people who are willing to take this kind of

Ghandi-like civil action.

Ramsey grabbed the microphone to wrap things up. "This will be unlike any other group. It will be a group to enhance the

other groups. Be proud that you stood up for democracy tonight. This is true democracy. Ames... we can do it."



Photo by Brandon Kleinke

Kevin Buchwald, the groom, and Neil Garvey, the best man, practice their lines. DMACC drama department presents the fall production at 7:30 p.m.

Thespian marriages

Megan Shadle
Banner Staff

You may have heard music, the sound of hammering and of course that distinct smell of fresh paint lingering in the hall by the auditorium. Well that's the sounds and smells of a set being constructed for Friday and Saturday's play, "Perfect Wedding," which stars some DMACC's young actors, who have spent hundreds of hours painting, building a beautiful set, learning and memorizing countless lines, and finding costumes for each of the characters.

"I've spent almost everyday that we had scheduled building the set and learning my lines for the play," said Liz Bennett, 20.

Bennett has participated in many plays since she was in 7th grade. She has acted and been on many set crews throughout the years.

Many other students, like Nathan Edwards, 19,

have put more than the required time into the construction of the set.

"[I have been at set] everyday that we had scheduled," Edwards added.

Edwards has been active in drama since he was in 8th grade and has helped with every since play since then. He has acted, designed "spectacular sets," said Trenton Kerger, Boone High School drama teacher, on more than one occasion, he has also stage managed and made very unique commercials advertising the plays throughout his time in middle school and high school.

Last May, Edwards along with a few other graduates from Boone High School, graduated as Honor Thespians. His favorite accomplishment that he's done while in drama is seeing the outcome of the final product of each performance.

The average crew member of one play spends over ten hours putting together

a play for the public that is shown only on two nights.

The audience doesn't realize going into the auditorium to witness a play, how much time and effort was spent on the construction of the set and the memorizing of lines till after the play has finished. That is when the audience has seen the finished product and appreciates all the time the students have spent putting together a play for them, the public.

One might wonder why these students put so much of there time into a play. It's because this is what they want to pursue later in life, whether it's acting or set construction.

The play, "Perfect Wedding" is on Friday and Saturday nights at 7:30 p.m. in the auditorium, it's free with your DMACC Library card and is \$5 without.

Panelists discuss leadership with students

Josh Hutt
Banner Staff

More people need to step up to become leaders.

A panel discussing leadership in the DMACC Boone Campus auditorium last Friday, included Jill Green, senior vice president of The Meyocks Group, Tom Davis, publisher of Successful Farming, and Steve Clarken, director of beef operations at Pfizer Inc.

The discussion was moderated by John Holcombe, vice president of Insights Marketing Group.

"Take responsibility and put your own agendas aside and look at the bigger picture," Davis said. He also pointed out that there is a crisis in volunteer leadership.

Green explained, "It's hard to be honest and say things that aren't popular."

The panel answered questions from Holcombe; then the panel took questions from the students as construction noise loomed in the background.

Questions ranged from if it were better to have a degree or experience, to what it takes to hire and fire people.

"Never leave your ethics," Clarken explained.



photo by Josh Hutt

Panelist from left to right Steve Clarken, Jill Green, and Tom Davis answer questions from students during the leadership discussion.

The panelists talked about their first challenges of being a leader and being able to tell good leaders from bad leaders.

"You can always tell how good a manager is by the greeting at the door," moderator Holcombe explained.

The discussion concluded with the students and panelists networking in the Courter Center.

Davis closed the discussion with an encouraging message. "Do it. Do something, and get into the deep end."

Diabetes affects students, professors

Bregt Medley
JNAD 121 Student

November is Diabetes Awareness Month. Diabetes is the sixth leading cause of death in the United States. Researchers have found that there is a 70 percent increase in diabetes of people between the ages of 18 to 29.

Brandon W. Kleinke, a DMACC student, and a sports writer and photographer for the Banner from Altoona, Wisc., has Type I diabetes.

He said, "I am now 22 years old and my diabetic story begins when I was 19. I was a freshman at ISU and I had been sleeping a lot and missing some classes, and I weighed 195 pounds. It was towards finals week that I noticed that my vision was going, and I thought I needed glasses like the rest of my family. My weight

dropped to 165 pound and I looked like I was dead. I was going to the bathroom all the time and found that I was always thirsty. It got worse and I eventually checked myself in on the verge of passing out. I was diagnosed as Type I diabetes and I had to administer my first insulin shot right then and there."

Type 2 Diabetes is the most common form. It is associated with an older age, obesity, family history, previous history of gestational diabetes, physical inactivity, and ethnicity. The symptoms are: blurred vision, tingling or numbness in the legs, feet, or fingers, frequent infections of the skin, recurring skin, gum or urinary tract infections, itching of skin and/or genitals, drowsiness and slow healing of cuts and bruises.

Type 2 diabetes is more aggressive in people between the ages 18 to 44, is 14

times more likely to have a heart attack, and is 30 more times likely to have a stroke than those their age without diabetes.

According to the Centers for Disease Control and Prevention, in 2002 showed an estimated of 18.2 million people in the United States have diabetes, and 5.2 million of those people don't know they have it. College students are more at risk because of alcohol use, weight gain, and physical inactivity which leads to obesity and diabetes.

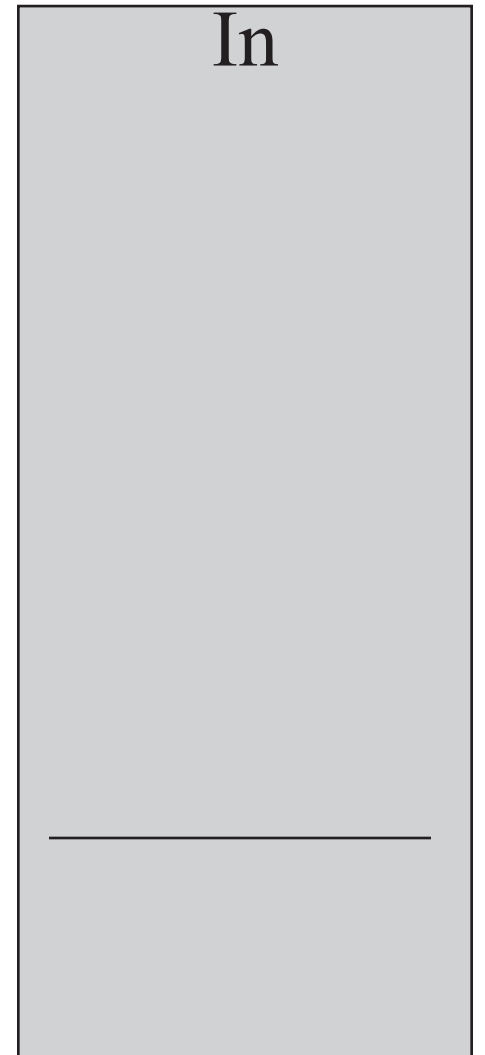
The complications of diabetes are serious, and anyone can contract this disease. The symptoms are: frequent urination (in large quantities), excessive thirst, extreme hunger, rapid weight loss, fatigue (weak and tired), irritability and mood changes, nausea and vomiting, and high amounts of sugar in the blood and/or urine.

Kleinke said, "Currently, it's going great, and I'm maintaining my blood sugar. I am very active and this past May I ran a full marathon (26.2 miles). I've had only a few scary incidents of low blood sugar which includes getting very sweaty, shaky, clammy, and in need of food. I take about six insulin shots daily and check my blood sugar about twice a day. I had great moral support, and I consider myself very lucky compared to other people who have problems much worst."

Dr. Neal Bowers, professor of English at Iowa State University became a diabetic in 1989 at the age of 41. He had the adult-onset of Type II diabetes, and is unfortunate enough to have Type I diabetes that is insulin dependent.

He has a pump attached to his body where he can give himself insulin when needed.

He said, "I took injections for about



Brandon Kleinke - Type 1 diabetic

the first five years but have been using an insulin pump for the past ten years. My worst complication at the moment is something called Charcot Disease, which is characterized by frequent fractures in the bones of the foot. In the past 15 months, I've had four foot fractures, all of them spontaneous. The most recent required surgery and the insertion of a plate to join the broken bone."

He continued, "Like almost all Type I diabetes, my disease is genetic. My maternal grandfather died of a diabetic coma in 1935 because he didn't have enough money to afford insulin which happened during the Depression. Only diabetics and those closest to them know how difficult it is. Each day is a challenge, and the slightest changes in diet or exercise can produce unexpected low or high blood sugar levels.

"The diabetic has no choice but to fit his life into diabetes. It's the singular, overwhelming reality. Like most Type I diabetics, I'm constantly monitoring

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Carp pose potential threat to Iowa's economy, environment

James Bregenzer
JNAD 121 Student

Carp pose a serious threat to commercial and sport fishing in the Midwest and are compromising aquatic ecosystems as they move up major rivers and tributaries connected to the Mississippi, including the Des Moines River.

Within the last several weeks, Minnesota, Wisconsin, Illinois and Missouri, all neighboring states of Iowa, have initiated or approved plans aimed at aggressively preventing carp species from migrating further into lake and river systems of the Midwest.

Several species were brought to the United States from their native Asia by U.S. fish farmers to control unwanted plant growth in fish farms. These farms later flooded, allowing the gluttonous carp to flourish in the Mississippi River.

According to the Great Lakes Fishery Commission, carp are a significant threat to the Midwest because of their size, fecundity, and ability to consume large amounts of food. As stated on its homepage, "Two species of Asian carp—the silver and the bighead carps—escaped into the Mississippi River from southern aquaculture facilities in the early 1990s when the facilities were flooded. Steadily, the carp have made their way northward, becoming the most abundant species in some areas of the Mississippi, out-competing native fish, and causing severe hardship to the people who fish the river."

Scientists suggest that if carp make their way into Lake Michigan, the \$4.5 billion-a-year commercial and sport fishing industry of the Great Lakes will be devastated.

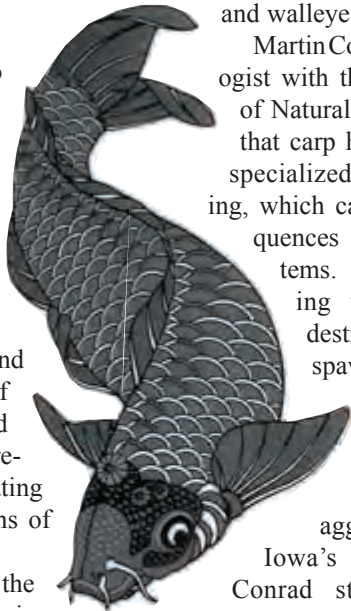
Some carp can grow to over 100 pounds and consume approximately 40 percent of their body weight in tiny aquatic creatures every day. These creatures, zooplankton, phytoplankton and aquatic insects, are the chief dietary component of almost every native fish species in the Midwest, includ-

ing sport and game fish such as bass and walleye.

Martin Conrad, a fisheries biologist with the Iowa Department of Natural Resources, explains that carp have distinct mouths specialized for bottom-feeding, which carries serious consequences for aquatic ecosystems. This type of feeding uproots vegetation, destroys native species' spawning grounds and spoils habitats for game fish. "With a steady migration of these strong, aggressive carp through Iowa's rivers and lakes," Conrad stated, "a dramatic decrease in game fish population is inevitable."

Carp are extremely adaptable; their population introduction to America has followed the characteristic S-shaped growth curve, and has since affected aquatic ecosystems in ways that were never predicted, according to Daniel D. Chiras, author of "Natural Resource Conservation," a text book used in some DMACC biology classes. They not only uproot aquatic vegetation and destroy game fish spawning grounds, but also diminish food supplies, and interfere with photosynthesis of aquatic plants by muddying waters, dissolving oxygen levels in lakes.

Kim Bogenschutz, the aquatic nuisance species program director from the Boone Fish Management Station, reports that both Silverhead and Bighead carp are currently in the Des Moines River, and have invaded almost all of Southern Iowa. "These two species are very prolific reproducers, and grow to large sizes. What we have seen in other states, and what we have predicted in Iowa, is that carp will eventually replace entire native species," said Bogenschutz, "What we have seen in the Mississippi River, is that 100 percent of the species in some areas are carp now...they have the potential to replace native species in Iowa completely."



Bogenschutz reports that new legislation, the Aquatic Invasive Species Law, was recently proposed by the Iowa Department of Natural Resources, and is expected to go into effect this January. This new law will make it illegal to possess and transport live carp; anglers that catch these fish must kill them immediately, or release them back into the same body of water in which they were caught. "The one thing that we really want everyone to do, is to help prevent their spread," said Bogenschutz.

According to the Iowa Department of Natural Resources, introducing foreign species accidentally or intentionally is risky business. Freed from the predators, parasites, pathogens and competitors that have kept their numbers in check in their native habitats, these species, when introduced into new habitats, often overrun their new home and crowd out the previous, native occupants. According to its

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photo by Ashley Crouthamel

Buys bear to support cause: Kathleen Crouse (from left), Lori Johnson and Michelle Ayala, try to interest Amanda Haberer in buying a \$5 bear for a good cause. Phi Beta Lambda is selling patriotic bears to help raise money for the March of Dimes, which was started by President Franklin Roosevelt to help conquer polio. The program improves the health of mothers, infants and children by helping prevent premature birth, birth defects and infant mortality.

In addition, some PBL members attended a leadership conference in Newton and are joining PTK to sponsor a bone marrow drive next week.

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Here's the beef on vegetarianism

Mollie Richert

JNAD 121 Student

The standard turkey and stuffing Americans commonly associate with Thanksgiving will be missing from some homes. National Vegetarian Month, celebrated in November, doesn't change many people's minds on their eating habits, but it does shine some light on a diet that has more benefits than just weight loss.

According to a survey done in 2000 by the American Dietetic Association and Dietitians of Canada, approximately 2.5% of adults in the U.S. follow a standard lacto-ovo-vegetarian diet, meaning they exclude meat, fish and fowl.

Harley Laue, 20, a student at the University of Iowa was previously a vegetarian. I didn't eat meat, poultry (except eggs) or fish," said Laue. "I ate lots of vegetables and breads."

While standard diets are primarily for health reasons or weight loss, many people who follow the vegetarian diet do it for other reasons.

"It's predominately for ethical reasons," said Hoef Osmundson, 21, a student at the University of Northern Iowa who follows veganism, the strictest form of vegetarianism. "I just don't agree with the processes involved in manufacturing flesh foods."

Osmundson's animal welfare concern

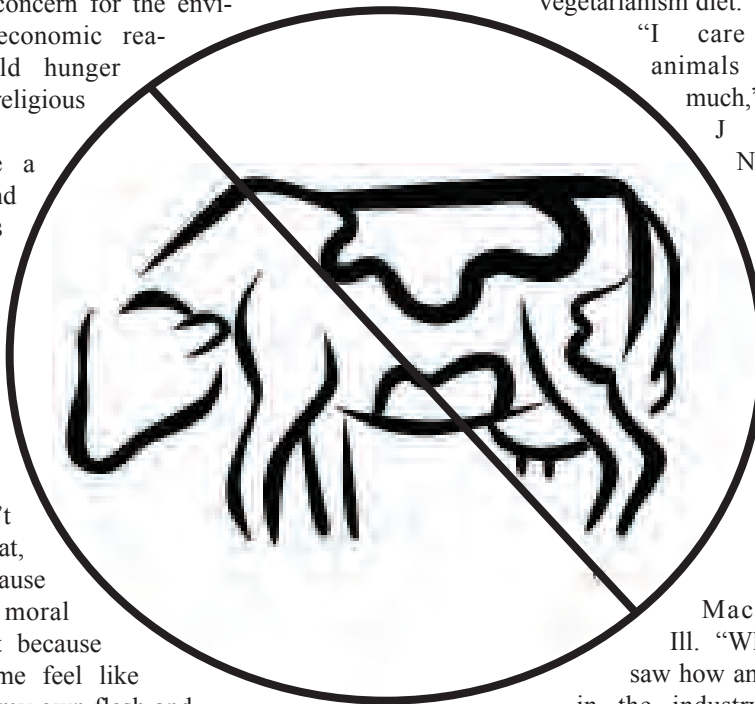
and ethical considerations are fairly common in the vegetarian community, followed by concern for the environment, economic reasons, world hunger issues and religious beliefs.

"I have a Hindu friend who does (not eat meat) because of her religion," said Natalie Dunkin, 18. "I don't eat red meat, but not because of any moral issues, just because it makes me feel like I'm eating my own flesh and I hate the texture."

According to the ADADC, there are three types of vegetarianism. Lacto-ovo-vegetarianism, the standard type, is a diet that simply excludes meat, fish and fowl. A step up from that is lacto-vegetarianism, which, along with the exclusion of meat, fish and fowl, excludes eggs. The third and rarest form is veganism, or total veg-

etarianism, which excludes all dairy and other animal products on top of the lacto-vegetarianism diet.

"I care for animals too much," said Joelle Nydle, 19,



from

Macomb, Ill. "When I saw how animals in the industry are treated, I couldn't eat (animal

products) any more. I started out vegetarian for a year and then moved to vegan."

While a vegetarian or vegan diet may be ideal for some, it is not for everyone.

"I have never considered being a vegetarian," said Erin Kishman, 19, a DMACC student. "Eating meat has always been a part of my life." While Kishman chooses to maintain eating meat, she views vegetarianism as an OK form of diet. "If you choose to be on a vegetarian diet it would be OK because you can find those nutrients in other foods."

Both strict vegan diets and more lax vegetarian diets can be healthy if planned correctly. The ADADC holds that these vegetarian diets, if appropriately planned, are healthful, nutritionally adequate, and

provide health benefits in the prevention and treatment of certain diseases. Like Kishman said, you do have to find a correct balance of nutrients, regardless of where you find it.

Like all diets, veganism and vegetarianism take effort on the dieter's part. Rachel Glasgow, 19, a student at Kirkwood Community College, switched from vegetarianism to veganism for six months before she switched back.

"I saw videos on PETA (People for the Ethical Treatment of Animals)," said Glasgow on why she switched in the first place. "I didn't realize the process that the animals go through."

Glasgow still feels strongly about animal rights, but had to discontinue her veganism because of money and time issues. "Being in school, I didn't have enough time to get the adequate nutrition. Eating a lot more fruits and vegetables is expensive, but I do plan on switching back in the future when I have the available time and funds."

Hy-Vee offers substitutes for meat and dairy products, but as Glasgow said, it will cost you. A half gallon of store brand 2% milk runs \$1.49, where a half gallon of soy milk costs \$2.95. The alternate beef, made out of tofu or soy is sold as "Gardenburgers" and costs \$3.75 for only 10 ounces, where fresh ground beef is only \$2.29/lb.

Regardless of personal choice, many vegetarians/non-vegans are supportive of anyone who chooses the diet that almost becomes a lifestyle.

"I respect vegetarians for having the personal conviction to be able to control an aspect of their lives by that means," said Ben Smith, a non-vegetarian from Cedar Rapids. "It is a life altering thing that unravels a lot of changes, so it is quite

See 'Saw'

Ashley Crouthamel

Banner Staff

Imagine waking up in a room submerged in water in an old bathtub while chained to a pipe. You then hear a voice calling across the pitch black room. Someone else is in there with you, but where exactly are you? The fluorescent lights flip on as your roommate finds the switch. You're stuck in an old, rundown dirty bathroom, with a dead body lying in a pool of blood just 10 feet away.

The new movie "Saw," out Oct. 29, started out just that way. It's a new semi-horror, but mainly just plain freaky and psychotic, movie by director James Wan. The "serial killer", who really isn't a killer at all, is a man nicknamed Jigsaw because of the puzzle pieces carved into his victims' skin after they complete their deaths. In reality, Jigsaw is no killer—he finds ways for the victims to kill themselves.

The story revolves around the two beginning characters, Adam and Lawrence, chained in the room together, while finding clues about why they are there. Cassette tapes found in their pockets tell the two that Lawrence must kill Adam in order to save his wife and child. Other items in the room give clues to where weapons are hidden. About a half hour into the movie, Lawrence realizes that he knows who has locked the two men in the room, and tells the story of Jigsaw. He explains how he managed to know who their captor was, and flashbacks gave more of a background behind the story. Lawrence explained that

Jigsaw takes his victims and puts them in situations where they have to complete a task before time runs out in order to save their lives—but only one of his victims so far had survived.


The main characters' acting wasn't great, it was more like watching soap opera "acting" than big screen movie fright. The main characters weren't too convincing of their worry and fright on why they were being help captive. On the other hand, Danny Glover did a good job playing a detective turned obsessive trying to track down Jigsaw. Still, Lawrence (Cary Elwes, remember the corny boyfriend in Liar Liar?) and Adam (Leigh Whannell who played Axel in the Matrix movies) weren't too great in some scenes. Bad acting aside, it was an ingenious plot and kept my interest the entire movie.

This movie is rated "R" because of the language and some of the content, but the gore is kept to a minimum. As for the killer, you may think you know who it is, but when he's revealed you'll be left completely shocked in your seat. It was just too bad the ending felt like there's a sequel to come. All in all, I feel "Saw" deserves three and a half stars.

*** 1/2 out of five

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Boone, Story split ticket

Matt Christensen
Banner Staff

Boone and Story counties split the ticket on Election Day, voting in support of Democrat John Kerry and Republicans U.S. Sen. Chuck Grassley and U.S. Rep. Tom Latham.

Boone campus voters mirrored the bipartisan-ballot trend, for a variety of reasons.

"I voted for Kerry but Republicans on the rest of the ballot, said Chris Kohlhaas, student in mathematics. "I'm normally a Republican, but I like Kerry's attitude." Kohlhaas said a Frontline program on PBS convinced him to jump fences in the presidential race.

Jayleen Gunn, student in psychology, said she didn't decide to vote until the morning of Election Day when she considered how the next president might impact her future. "I thought about abortion, stem cells and DHS (Department of Human Services) cuts," Gunn said.

Gunn said she sees changes coming that could have major effects on her life. "It makes me worried about the future."

Kohlhaas isn't as concerned. "I'm confident in Bush," he said. "Bush is a motivator. He can bring the country together despite the divided election."

Living with diabetes

Continued from page 2

myself. I check blood sugar levels four or five times a day, and the rest of the time I'm acutely aware of how I feel. If I become light-headed and disoriented, I know I need sugar. If I feel sluggish and tired, I know I need insulin."

Gestational Diabetes is a condition in which a high level of blood sugar is developed during pregnancy in women who weren't previously diagnosed with diabetes at 24 to 28 weeks gestation. Levels usually return to normal after delivery but, 50 percent of mothers with gestational diabetes develop Type II diabetes.

Since 1969, Judy Trumpy has been a Registered Dietician and Licensed Dietician for 35 years, and 13 of those years have been at Iowa State University. She works with a couple of students with diabetes each week.

Trumpy said, "People should eat balanced meals every day, and no can foods. There should be 30 minutes of activity every day. Always monitor weight and health habits. Blood sugar can be controlled by maintaining your weight. Don't wait until you're 30 or 40 pounds overweight because it is harder to remove."

Diabetes kills over 215,000 people each year.



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Drinking at \$450 per shot

Josh Hutt
Banner Staff



It has been 10 months since my run-in with the law.

After five months of waiting, a sentence of two days at a DMACC weekend DUI program, my driver's license revoked, \$650 fine and one year of probation was passed down by the judge through my lawyer.

I wasn't lucky enough to stand before judge and plea my case in front of meth heads and multiple DUI offenders. Most of which wore NASCAR t-shirts and torn blue jeans, I felt over dressed with my black slacks, dress shirt and tie.

My driver's license was taken away for a total of one month, after which I applied for a work and school permit. As a condition to the permit I had to have a breathalyzer installed for the last five months of your suspension. This is to make sure you don't drink and drive while you have your permit.

It started fine enough. You blow into this machine until it beeps. If you pass, a green light flashes on the machine and you can start your car. After a certain time of driving, the machine would start beeping in which have blow into it again while your driving. This meant you could be driving in rush hour traffic and it could go off. If you didn't blow into it, the car horn would go off and the moment you stopped your car, the engine would stall.

At first it was fun. I would blow into the machine and I would ace the test. It was a good feeling to be getting an "A". My reward was I could drive my car. After about ten tests it got old.

A few months later I was attending a wedding reception, which I didn't drive to. I had drank my share of champaign and beer. The next morning I had to go to work. After 11 hours of not drinking, I tried to start my car and I failed my first test. As a result I had to take the car to Des Moines to have the machine recalibrated.

The most interesting thing about this experience was the DMACC Weekend camp. I was in a hotel with 30 DUI offenders. We swapped stories about how we got pulled over and the horrors of our breathalyzers. The camp was more like an AA meeting. We woke at 6:00 am for a breath test and then we had breakfast. The most depressing activity was when we figured the total drinks we had when we the night we got pulled over and divide it by the total amount of money spent to cover the cost of our DUI. My total amounted to \$450 per drink.

This event in my life was officially over when I got my license back and the breathalyzer out of my car last week. I had been with it long enough, but I will always remember it, mainly because I don't want to see another one for the rest of my life.

Did I learn from my mistake? You figure it out.

Behind The Desk

What's more important: school or work?

Josh Hutt
Banner Staff

College is a wake up call for students.

It may be the first time away from home, or you may be a new student for the first time. One thing that a lot of students have to do is get a job. Some students had to get a job in high school. But going to college is the first step to becoming a grown up and more of us have to get a job.

Some students are lucky to have rich parents or a full-ride scholarship to pay for everything. Most students have to pay bills via a part-time job.

Despite the fact I have been working the same job as I did when I since was 16, I am making enough money to pay for school and save enough so I can make it on my own. But what is the true cost?

Students like me are tied down to jobs, and the ultimate effect is the lack of concentration or rest. In the long

run, the ability of giving it your all to school work may be lacking.

Working a 35-40 hour work week and balancing out a full schedule of classes is hard for anybody.

Call it a conflict of interest or getting your priorities straight students are overloaded. I faced a hard decision last Sunday.

After working without a break for eight hours with snotty customers and back-straining labor, I had decide either to watch the "Dallas" reunion special or type homework. I decided to take a rest and watch the special. I then typed the homework. By the time it was all said and done that meager hour break left me working until 2 a.m. for a class assignment due at 8 a.m.

The ultimate question that in this situation is, what is more important school or work?

We all need money now, but we need education for the future. This is a hard question for anybody.

Editorial

What ISU students are thankful for this year

We are fast approaching one of the warmest seasons in the year. Not outdoors, but with our families. It is a time to wake up to the unmistakable aroma of a turkey baking away in perfect union with the smells of pumpkin and pecan pies cooling on the stove top. It is a time to relax and remember why we should be so grateful. It is a day full of football and second helpings and not worrying about school.

This is the way that Thanksgiving feels to an Iowa State University student who will be given the entire week off to enjoy their families and their leftovers. Not so for DMACC students. Our break begins the day before thanksgiving at 3 p.m. on Wednesday Nov. 24 not leaving much time for out-of-state students to get home and back in time for school the following Monday.

Paula Goldsworth, DMACC Boone Campus administrative secretary, sheds light on the calendar schedule reasoning. "There is a committee on the Ankeny Campus who sets the calender years in advance. They probably could give us a full week, but there are a certain number of contact hours needed for each credit hour. Longer Thanksgiving break means shorter Christmas break," Goldsworth explains.

Lori Purdy, Nevada, thinks shaving a few days off of Christmas break is not such a bad idea. "It won't effect me, really, but it would make more sense for the students who have to travel."

Students who do not have to travel will still be affected by the length of our fall semester break. Kevin Buchwald is one of these students. "It would be really nice to have a week off like ISU. I'm not traveling very far, but I have extended family coming in for the week and it would be nice spending time with them."

Others don't pay much attention to the calender planning committee. Andrew Penney asked which days we have off and laughed out loud saying, "Doesn't bother me any because I'm skipping the whole week anyways, and I will be drunk for all of it."

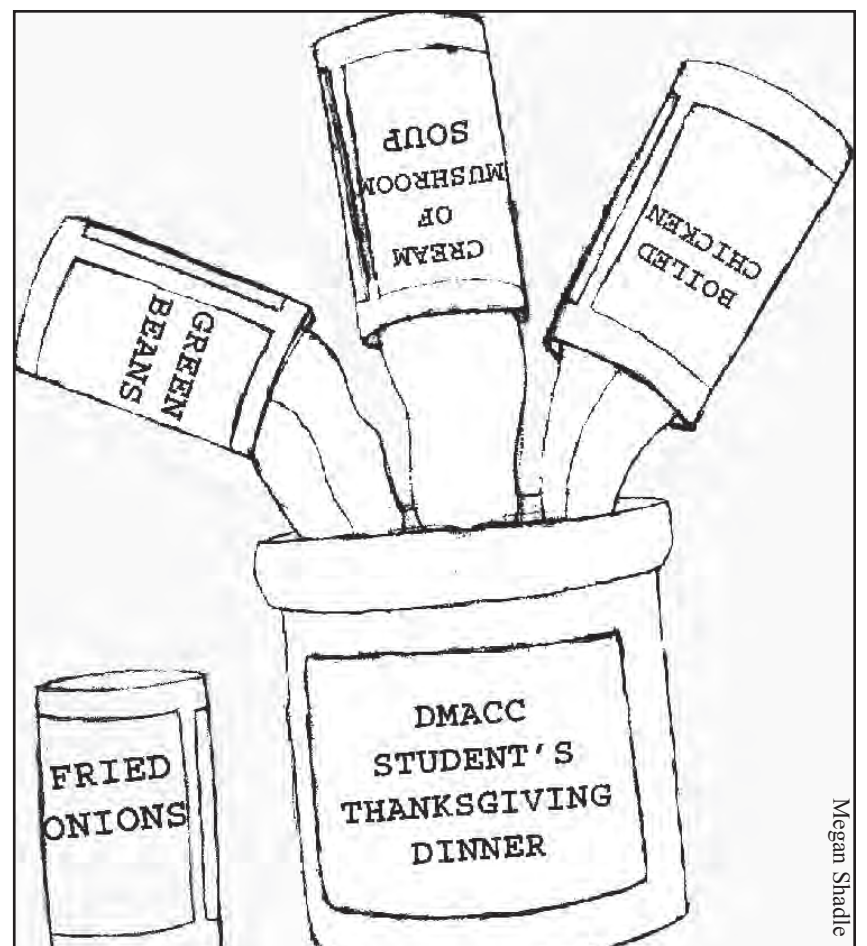
But eight percent of our student body comes from outside of the Iowa borders and that does not account for the students who have claimed Iowa residency and whose families still live out of state.

For those students, not all hope is lost. If you have a microwave and the sense of smell, you can bring thanksgiving into your dorm.

You will need:

- 2 days off of school (check)
- 1 can of cream of mushroom soup
- 2 cans of green beans (French or whole)
- 1 can of boiled chicken
- 1 can of fried onions

In a large microwave-safe dish, combine the soup, beans and boiled chicken and mix well. Place in the microwave on medium heat for 6 minutes checking and stirring after each minute. Top the dish with fried onions and place in microwave for an additional minute. Salt and pepper to taste. Eat quickly and go get ready for school.



Megan Shadle

Women ranked 9th in nation

Bears score 101 points in home opener coming off a 27-6 record last season

Brandon Kleinke
Banner Staff

The DMACC women's basketball team has a target on their back. Coming off of a 27-6 record in the 2003-2004 season, the Bears start this season ranked 9th in the nation, four spots behind Kirkwood Community College at 5th in the nation.

Coach Conrad is confident that his team will meet the challenge head on. "Everybody is working really hard," Conrad said. "We've got a few that are coming along and are a little ahead of everyone else because of their experience."

One of the reasons the Bears will be looking to repeat their success from last season is due to their experienced sophomores. "All of our sophomores are very good," Conrad added. He also revealed DMACC's formula for racking up so many wins. "Our formula for success is to rebound and defend. Make sure we take care of the ball."

The women started the season 1-0 after a 101-47 trouncing of William Penn JV. This weekend proved rough for the team as they lost two in a row to two very good teams in Pratt and Barton County, leaving them at 1-2. This won't slow down the Bear's run at their goal of making it to Nationals. Katie Reihmann, a 5'8" sophomore guard, wants to match and then go beyond last season's success. "We hope to continue the same success as last season and take it even further this year by getting past regionals and going to nationals."

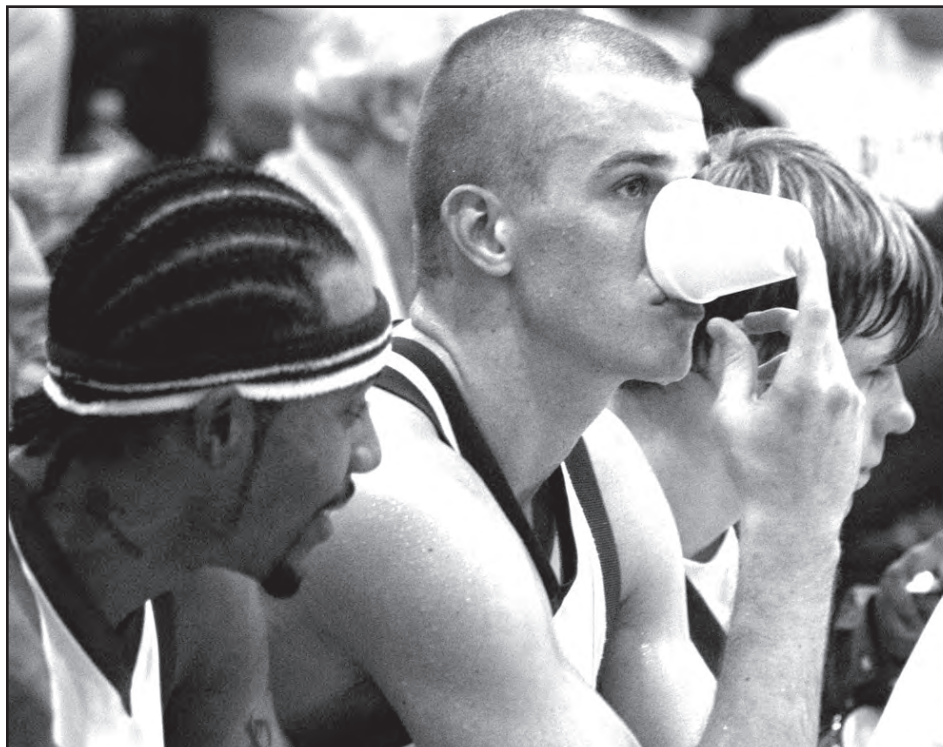


photo by Brandon Kleinke

Thirsty?- Naim Benjamin, Marcin Konarzewski, and Adam Weig look on in a 102-40 win.

Brandon Kleinke
Banner Staff

George Pruitt stamped and sealed the home-opener for the DMACC men's basketball team with an air-mail delivery of a fast-break dunk with 4:00 minutes remaining in the fourth quarter.

The men's basketball team opened their season with a 102-40 thrashing of the William Penn JV squad last Wednesday here in the den. The Bears start their sea-

son ranked 12th in the nation, coming off of a 27-6 2003-2004 season.

"We just came out here to play," Assistant Coach Vincent Hicks said on racking up such high numbers. "Naim Benjamin made some really good plays and our freshman really stepped it up."

Head Coach Orv Salmon is in his fifth year with the Bears where he has accumulated an astonishing overall record of 113-23. "This game was good because it gave our younger guys a chance to play in front

Men ranked 12th in nation

Bears score 102 points in home opener coming off a 27-6 record last season

of a crowd," he said. "We're going to play tougher teams and we'll need to get better, but it's a good way to start the season."

Benjamin, a 6'2" sophomore guard, led the Bears with 24 points and 6 steals against a team that played mainly zone defense. He was followed by George Pruitt scoring 17 and pulling in 10 boards. "It was good for our guys to be able to see the zone defense and put up points on it," Salmon said. "Typically you don't see many teams this early playing a zone defense."

The Bears next home game is Nov. 17 against Graceland J.V. at 7:30 p.m.

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"I realized that Northwestern would truly allow me to develop into the best leader and doctor that I can be. Here I have the opportunity to learn how to truly care for the entire patient."

— Brad Woodle, chiropractic student

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— Alan Xu, chiropractic student



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The Other Side of the Courter by Jason Moore

What would be your first act as president?



Jarrett Walker, Ames
“Buy lollipops for everyone in the world.”



Lilly Clampitt, Maxwell
“Reinstate school prayer.”



Megan Runge, Boone
“Ban asbestos!”



John Doss, Madrid
“Party with all the interns.”

Carp’s impact could affect economy

Continued from page 3

web site, “When the new habitat provides a favorable environment and enough food, the populations of the exotics explode. Once established, these species can rarely be eliminated.”

“Their impact on the environment is directly proportional to their biomass,” said Duane Chapman, a fisheries biologist for the U.S. Geological Survey in Columbia, Missouri. “Under the right kind of circumstances, they can reach enormous biomasses.” Chapman said that it is difficult to measure the extent of the ecological impact that they have on Missouri’s ecosystem, but the ability of carp to reproduce in such large quantities and their large sizes definitely poses problems.

Illinois will soon begin construction of a \$9.1 million electrical deterrent system, which involves building a powerful electrical fence along the bottom of the Illinois

River, combined with bursts of air bubbles and piercing sound waves to coerce the unwanted fish to turn away, hopefully keeping carp out of the Great Lakes, the largest freshwater ecosystem

in the world.

“We’re talking about millions of Silver and Bighead carp in the lower half of the Illinois River alone,” said Dr. Mike Pegg, who organizes the Illinois Department of Natural Resources’ Natural History Survey office. “They’re moving up toward the Great Lakes.”

“The immediate construction of an effective barrier ... is imperative if we want to protect the Great Lakes from Asian carp,” said former Chicago Alderman Bernard J. Hansen, Chairman of the Great Lakes Fisheries Commission’s U.S. section. “These Asian carp are swimming toward the Great Lakes as we speak; we must have a way to stop them. Although the carp are still several miles downstream ... construction cannot happen fast enough.”

Jay Rendell, head of the Minnesota Department of Natural Resources’ exotic species program, has been concerned with carp’s northern migration for years. Not only will carp adversely affect Minnesota’s commercial and game fishing industry but also their recreational use of lakes. Rendell has said that carp’s impact on recreational industries in Minnesota could be dramatic, and southern states

SAC makes no formal decisions at last meeting

The Student Activities Council discussed tentative plans for activities scheduled throughout the semester Nov. 3 at the group’s monthly meeting.

On the agenda were plans for a game show featuring students, Valentine’s Day activities, a Phi Beta Lambda Easter-egg hunt, a free Thanksgiving dinner for students and a secret Santa program.

The Council has yet to determine specifics for most of the activities planned. “We still have to work out the details for some of these (activities),” SAC President Nate Lahner said in an interview after the meeting. In fact, the meeting ended with no activities being formalized.

The 10-minute meeting led by Lahner began with a re-hash of Fun Flicks, an SAC video activity held last month.

Lahner reminded the Council of several activities scheduled in November. Dash for Dollars, a game-show format activity, is scheduled for Nov. 17. No specific information about the type of game was discussed, but students will have a chance to win cash prizes said SAC faculty adviser Lisa Mathes.

The Council also has plans for a Thanksgiving dinner on Nov. 22 that will be free for students. “We’re going to do it on Tuesday before break because so many people have already left by Wednesday,” Mathes explained to the Council.

Lahner also mentioned that an Easter-egg hunt in partnership with Phi Beta Lambda is planned for sometime next semester. Students will have a chance to gather plastic eggs and redeem them for prizes.

The Council tentatively scheduled a secret Santa program for the first week in December. Mathes encouraged Council members to generate ideas for how to implement the plan.

Mathes also asked for ideas for the Valentine’s Day activity.

Before the meeting ended, Lahner reminded members about an upcoming luncheon with the SACs from all the campuses on Nov. 11 in Ankeny.

The Council’s next meeting is Dec. 2 at 8:30 in the Courter Center.

Kristen Runyan Fund Raiser

Kristen Runyan, a Boone DMACC nursing student, was re-diagnosed with cancer. DMACC faculty, staff and students are contributing money to help buy her family a Toys ‘R Us gift certificate for the upcoming holiday season. Please leave your donation in the main office if you wish to contribute.

Help raise money for Kristen, her husband Scott and their children Rylee, 5, and Cooper, 2.

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