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Banner News

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Authors

Laura Griffin, Alisha Benson, Jess Baldus, Laura Soder, Josh Hutt, Gabi Butler, and Jack Simonson

Urban Campus celebrates Black History

Laura Griffin
Banner Staff

The African American Student Alliance on the Urban campus will be sponsoring events to commemorate Black History Month.

Rita Davenport, educational advisor on the Boone campus, said, "It is nice that we take the time to look at different cultures and it is definitely worthwhile. People should recognize all achievements of people from all different groups in American society."

On February 11 and 12 a film festival is being held in Building 3.

A soul food dinner and fashion show will be taking place at noon in the student lounge on February 18.

On February 19 from 1 p.m. to 2 p.m. Judy McClain, with the Iowa Genealogical Society Interest Group, will help people trace their roots in room 126.

To end the month there will be a talent

show at noon on Feb. 25 in the student lounge.

Christy Johnson, a Boone Campus student from Stanhope, has a two year old son who is biracial. She thinks that it is

it. It is just as important, if not more so, for my son to learn about his heritage because we live in a white culture society," Johnson said.

Black History Month started out in 1926 as "Negro History Week." Dr. Carter G. Woodson started the study of black history by writing African Americans into the United States' history in a way that did not reflect them as being inferior.

He established the Association for the Study of Negro Life and History in 1915 and later founded the Journal of Negro History. Woodson originally chose the second week in February to celebrate Frederick Douglass' and Abraham Lincoln's birthdays, since

both had influenced the African American population.

Davenport said, "Since I am African American, every month is Black History Month, especially when you live it."

IMPORTANT DATES BLACK HISTORY MONTH

Feb. 23, 1868- W. E. B. DuBois born, co-founder of NAACP

Feb. 3, 1870- 15th Amendment passed, granting the right to vote to African Americans

Feb. 25, 1870- Hiram Revels became the first African American U.S. Senator

Feb. 12, 1909- National Association for the Advancement of Colored People (NAACP) was founded

Feb. 21, 1965- Malcolm X was assassinated.

important for her son to know both heritages he belongs to.

"Since he is not with his father, I will educate him on both," Johnson said.

"People who are full Norwegians know their background because they are taught

Alisha Benson
Banner Staff

Every year DMACC celebrates a different country for International Year. This year DMACC celebrates Canada. A book club will read and discuss Canadian writers. DMACC staff, faculty, students, and the general public are all invited to read along.

Dr. Jerrine McCaffrey is the coordinator for the book club. She teaches composition, literature, and film at DMACC.

When asked what motivated her to coordinate the book club, she replied, "One of the areas of concentration for my doctorate degree was plains and Canadian literature, so I was happy to hear that

we were celebrating Canada. I've read many Canadian authors and had the opportunity to visit various areas of Canada. I appreciate the untamed land of Canada."

Polly Mumma and Karen Messler, from the DMACC library and Rosann Sanders, from Ericson Public Library can order books through inner library loan for those who are interested in borrowing copies.

The works of Margaret Lawrence, Margaret Atwood, Michael Ondaatje, and Sinclair Ross will be some

of the books read. Other suggestions are welcomed. The first book being read is *The Diviners* by Margaret Lawrence. This book will be discussed on Monday, Feb. 23, at 7 p.m. in the Courter

Center.

McCaffrey said, "People might look at the Canadian display case in the hallway before entering the Courter Center." Canadian t-shirts are on sale for five dollars and pins for two dollars. Associate Dean, George Silberhorn, and Gary Stasko, economics instructor, are planning a Cajun-Canadian dinner for Feb. 27.

According to McCaffrey, students, faculty, and the community have shown a great deal of interest. "I think the turnout will be very good, and the discussion ought to prove invigorating."

Contact McCaffrey in RM 125 for more information or email her at jamccaffrey@dmacc.edu. She can also be reached by office phone at 433-5090.

Carstens, former Banner editor named best Iowa college columnist

Laura Griffin
Banner Staff

Former editor in chief of the Boone campus Banner, Ben Carstens, received first place for best columnist in the Iowa College Media Association's Better Student Newspaper Contest, based on entries submitted by his former staffers.

The awards were presented on Friday, Feb. 6 and the judges were Iowa editors.

Judges said about Carsten's work, "Ben weaves his columns with humor, humility and sense of humanity. His natural style is engaging, his topics universal. His use of language seems effortless."

The contest was held for 2003 and included categories such as best feature story, best sports story, and best photograph.

Carstens told the Banner staff in an e-mail upon hearing of his award, "I am really surprised to win the award. It really is an honor and reflection on the people I had to work with at DMACC and the help and guidance I was given by Jan LaVille. It goes to show, just because you are going to a small school it doesn't mean you can't accomplish big things."

Carstens was in competition with journalists from all over Iowa, including the Iowa State Daily, The Simpsonian, The Lorian, and The Grand Views.

He is currently employed full time by the Chronicle in Cherokee, Iowa.



Ben Carstens

Celebrate Canada

Writing contest offers cash prizes

Laura Griffin
Banner Staff

Writers who would like to receive some extra cash are invited to enter the Boone Campus creative writing contest, according to Judy Hauser and Jerrine McCaffrey, contest coordinators.

The DMACC Boone Foundation will award cash prizes to the winners of the contest. Hauser said, "We want to encourage and reward creativity on the Boone Campus."

Students have until March 12 to submit from one to five entries, which can be either poems or fictional short stories. Entries that have been submitted to other contests may be entered in the contest if unpublished.

The cash awards of \$100, awarded to best short story and best poem and \$50 to second place and \$25 to third place, will be awarded at the Celebrating Literary Arts presentation on April 12 at 11:15 a.m. in the Boone Campus Theatre.

Hauser said, "I think it is appropriate

to announce the winners there because we are focusing on literary arts."

The contest is being held for students enrolled in at least one class on the Boone Campus this semester.

The deadline for entries is March 12 and should be submitted to Hauser in Room 132, or McCaffrey in Room 125. For further information students can contact Hauser at ext.5093 or McCaffrey at ext.5090.



photo by Alisha Benson

Judy Hauser and Jerrine McCaffrey are the coordinators of the creative writing contest for the Boone campus this semester.

Community Connections Offered for those over 55

DMACC—The Boone Campus will again be offering free lunch and learn programs for people 55 years and older called "DMACC Boone Campus Community Connections."

Four programs are scheduled for the spring semester. The programs start with a free lunch from 11 to 11:30 a.m. in the L.W. Courter Center, followed by the presentation from 11:30 a.m. to 12:30 p.m.

The first program will be "Bacteria: Good, Bad and Ugly" to be held on March 2. DMACC Boone Campus Biology Instructor Mary Beth Hamlin will give a brief introduction to the field of microbiology. She will explain the differences between bacteria and viruses, the benefits and risks of vaccinations and current research in the field, including genetic engineering of bacteria.

DMACC Boone Campus adjunct Spanish instructor Kendall Natvig will give a presentation on "Film Poster Art" on Mar. 30. This presentation looks at film poster art over the last 60-years through the film posters of Elizabeth Taylor. They are viewed and discussed as part of the history of film poster art,

the history of the Hollywood studio and a look at one celebrity's career.

Retired DMACC Ankeny Campus political science instructor Tom Beck will speak on "Politics, Ethics and Religion" on April 6. The presentation will be based on three questions: What are the interconnections between politics, ethics and religion? What have various philosophers and religious writers said about their interconnections? And what are the current issues going on today regarding these connections?

On April 15, DMACC Ankeny Campus history/geography instructor Dick Wagner, who has traveled to Peru several times recently, will share his photos of the city of Cuzco, the oldest continuously inhabited city on the South American continent; Machu Picchu, the lost city of the Incas and the Sacred Valley, while giving insights into the multiple layers of Peruvian culture.

Registration is required. Contact Nancy Moeller at 515-433-5027 to register.

In DMACC News Dean's List from Issue #1

The following names were inadvertently left off the fall semester Dean's List that ran in the last issue of the Banner. The Banner regrets the error.

Cale Smith, Arts & Sciences, Ames
Julie Smith, Arts & Sciences, Dayton

Steven Smith, Arts & Sciences, Boone

Joseph Sneath, Land Surveying, Boone

Matthew Sprecher, Arts & Sciences, Ogden

Shannon Srigley, Criminal Justice, Boone

Miranda Stark, Land Surveying, Ames

Joseph Stearns, Practical Nursing, Stanhope

Andrea Steele, Arts & Sciences, Ames

Sheila Stoneburner, Legal Assistant, Boone

Sarah Suchan, Arts & Sciences, Ames

Michael Thiel, Civil Engineering Technology, Boone

Jennifer Thorne, Pre-Nursing, Boone

Janell Tiarks, Arts & Sciences, Ames

Jenny Tucker, Arts & Sciences, Boone

Abbie Udelhoven, Arts & Sciences, Ogden

Matthew Vais, Civil Engineering Technology, Exira

Vaughn Vinchattle, Associate Degree Nursing, Boone

Shanae Waddy, Arts & Sciences, Boone

April Walker, Arts & Sciences, Boone

Joan Warren, Arts & Sciences, Ames

Alexander Watts, Arts & Sciences, Ames

Diana Wels, Arts & Sciences, Ames
Jason Westvold, Arts & Sciences, Johnston

Angela Wilhite, Arts & Sciences, Boone

Katherine Windheuser, Arts & Sciences, Ames

Bryan Wright, Arts & Sciences, Story City

Dawn Wright, Accounting Paraprofessional, Ames

Ok-Joo Yoon, Practical Nursing, Ames

Sean Zaborowski, Arts & Sciences, Boone

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Editorial policy

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

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Boone Campus Exec. Dean: Vivian Brandmeyer
Printer: Boone News Republican



BVU is Iowa's wireless campus

Alisha Benson
Banner Staff

Still trying to decide which college to attend? Why not Buena Vista University?

It is a campus of 1,300 students with a lakeside view in the town of Storm Lake. It is approximately a two-hour drive from the DMACC Boone campus.

According to Jim Nurse, transfer coordinator at BVU, you should attend BVU for four reasons. "The professors really care, it is a very friendly campus, it has the best facilities in the state of Iowa, and everyone gets their own laptop computer."

BVU offers over 40 majors with its

focus in business. There is a 16:1 student-to-faculty ratio. BVU has students from 15 states and 5 foreign countries.

Opportunities for involvement include more than 50 student organizations. Internships and study-travel are highly recommended. BVU's new \$27 million Estelle Sibens Science Center will open in the fall of 2004.

BVU is the only wireless campus in the state of Iowa, and the college gives every student a wireless laptop computer.

For the 2002-03 year tuition, room, and board was \$23,968. The average financial aid package was \$18,194. A total 98% of students receive financial aid.

For more information about Buena Vista University go to www.bvu.edu or

Valentine Contest



a
kissing
in Ames,
members

Phi Beta Lambda would like to invite DMACC students to participate in a free Valentine's Day contest in the Courter Center on Wednesday, February 11, from 10:30 a.m. - 12:30 p.m. The person with the guess closest to the correct number of Hershey Kisses in jar will receive Valentine's Day bears, dinner for two at Dublin Bay and the jar of candy. PBL hope to see everyone there.

Blue Crew debuts February 21

Jess Baldus
Banner Staff

The Blue Crew was supposed to make their first performance at the Jan. 26 basketball game against Buena Vista, which was cancelled due to weather.

The Blue Crew is DMACC's first ever drill team and is open to both men and women. The crew is currently made up of six females with Desiree Pritchard serving as the club president. This club began last year but never performed, however, they did participate in other activities, including a fall toy drive.

The crew practices on Tuesdays and Thursdays in the gym, Courter Center or

in the auditorium. "We practice wherever there is room," says Blue Crew instructor and educational advisor Shelby Hildreth. The club also choreographs all of their own material.

T-shirts are now on sale for \$8 to support DMACC Bears and the Blue Crew. The blue t-shirts can be bought from any Blue Crew club member or by contacting Hildreth. "We would like to create a 'Blue' crowd for the Kirkwood game on Feb. 21," says Hildreth.

Catch the Blue Crew's first and only performance on Feb. 21, during the competitive game against Kirkwood.

Rotaract active on Boone campus

Laura Griffin
Banner Staff

Rotaract will be holding a chili feed on Saturday, Feb. 21 from 4:30 p.m. to 6:30 p.m in the Courter Center.

The cost is \$1 a bowl and the chili will be served during the basketball game against Kirkwood.

Jane Martino, advisor for Rotaract, said, "We want to encourage everyone to come out and support the Bears."

Rotaract has an international project each year, and this semester the goal is to send books to elementary school libraries in Mexico and Venezuela. Martino said that donations are welcomed.

Martino said that any student who works for a project involved with Rotaract is eligible to put their name in a hat for a \$50 scholarship at the Boone campus bookstore.

Later in the semester Rotaract will host a hot dog feed at the baseball park during a DMACC baseball game.

For more information on any projects Rotaract will be participating in, students can contact Martino at jhmartino@dmacc.edu or ext. 5068.

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DMACC offers Mortuary Science Only program of its kind in Iowa

DMACC—Approximately 30 Iowans leave the state each year to pursue a degree in mortuary science. Most do not return to the state. Beginning in the Fall 2004 semester, Des Moines Area Community College (DMACC) will begin offering a new Mortuary Science diploma program, the only program of its kind in Iowa. The program will be offered on the DMACC Ankeny Campus.

The Iowa Department of Education approved the one-year program on January 21. DMACC is currently applying for candidacy status with the American Board of Funeral Services Education. Students must graduate from an accredited mortuary science program to be eligible to take the National Board Examination. Iowa licensure also is required to practice as a funeral director in the state.

DMACC Instructor Jack Dodds will serve as program chair.

Program admission requirements are stringent, Dodds says, but that is to prepare students to meet all the requirements for Iowa licensure. To enter the program students must already have earned an associate's or bachelor's degree with coursework in health sciences, anatomy, microbiology and chemistry.

Mortuary science courses will include bereavement counseling, pathology, embalming, restorative arts and mortuary management. A one-year practicum is required for Iowa and national licensure. After completion of the program and obtaining the appropriate licensure, students will be prepared to enter the funeral service profession as a funeral director and embalmer.

State Medical Examiner Dr. Julia Goodin has agreed to serve on DMACC's mortuary science program advisory committee. The medical examiner's new facility is scheduled to open next year on DMACC's Ankeny Campus.

The Iowa Funeral Directors Association (IFDA) was instrumental in developing the Mortuary Science Advanced Standing diploma program and in getting program requirements approved through the Iowa Department of Education. IFDA offers several scholarships each year—over \$9,000 last year—to Iowans pursuing a career in funeral service.

For more information or to apply for admission, please contact DMACC advisor [Amy Wood](#) or counselor Arlen Twedt at 515-964-6200.

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Student from Indonesia enjoys snow and security

Jess Baldus
Banner Staff

Trying to live independently is one of Shinta Jauhari's favorite things about coming to college.

Like many students, Shinta is away from her home for the first time, however, she maybe a little farther away than most.

Shinta is a 20-year-old DMACC student working toward her accounting degree. The transition from Indonesia to Iowa wasn't that hard for her because she has family here. Her two older brothers have graduated from Iowa State University, and her uncle owns the Bali Satay in Ames.

Shinta is the youngest of three in her family. Since her brothers came here roughly five years before she did, she was able to experience what it felt like to be an only child.

"My parents got used to me making all of the noise and now that I am gone, they are home alone. They miss me," Shinta explained.

To keep in touch with her friends Shinta uses the internet.

"That is basically what I do in my free time; I talk with people back home." Her mother prefers to call



Shinta Jauhari

instead.

Her grandparents were very pleased that Shinta was able to leave her country and come to America.

Rioting broke out in Indonesia five to six years ago making it very unsafe for people especially at night.

"It feels safe here. It is nice to be able to go out at night and not have to worry about being raped." Shinta continues to explain the chaos that is ongoing today.

Two of the biggest

shocks Shinta experienced after arriving here last fall were the Iowa weather and how organized everything is.

In Indonesia there are mainly two seasons, the rainy season and summer. When she arrived here last winter the coldness was a bit of a shock. She also noticed the way the United States is very organized when it comes to transportation. "In my country we have four different kinds of transportation and it is not very organized. It's a mess there."

Being this far away from home, Shinta is a little lonely. Still living with family and the events put on by the international student organization helps fill her time. She is able to adapt to the new society and says, "I can handle it."

Numerous dieting options available in United States

Laura Soder
Banner Staff

There have always been diets, but America's growing obesity problem has started a whole new weight loss craze.

Today's diets include the Special K plan, Weightwatchers, the Atkin's diet, the South Beach diet, the Slim Fast plan and many more.

The Special K plan involves replacing

two meals a day with a bowl of Special K cereal. The dieter is supposed to loose up to six pounds.

Weightwatchers is based on a point system where every food the dieter eats has a certain point value. They cannot exceed a fixed amount in a day.

The Slim Fast plan relies on calorie restriction by requiring a person to live off a slim fast shake or bar for breakfast and lunch and then eating a sensible dinner.

The Atkin's and South Beach diet's fall into today's most popular weight loss category with their focus on eliminating carbohydrate intake. In fact, many restaurants are

now offering low-carbohydrate choices on their menus. For more information, each of these diets has their own website which can be found by typing the name of the diet and then .com.

"I've tried a few diets, right now I'm on the Special K one. It's not easy to stick with eating cereal all the time though," said Alyssa Miller, a DMACC student.

In the Midwest alone, nearly 20 percent of people are overweight. To combat this problem, a program called "Lighten Up Iowa" has been started that encourages better nutrition and more activity for Iowans. More information on this program can be found at lightenupiowa.org.

There are many benefits to weight loss. It can lower cholesterol, the risk of heart

disease and cancer, and increase energy and self esteem to name a few. However, dieting can also be unhealthy.

A pre-nursing student at DMACC, Nicole Bushore, says that many diets don't pay attention to what is healthy. She thinks people simply need to pay more attention to getting proper nutrition and activity.

The many weight loss options available today make the choice on how to loose weight easier. It is important to keep in mind that each diet will affect everyone in different ways and there is a good choice for each individual.

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DMACC students learn



Banner Photo
Students from Boone who visited the Law Library were in total agreement with the tour director that it was a beautiful place in the Iowa Capitol.



Banner Photo
Dave Palmer, DMACC sr. vice-president of governmental affairs, stands with the group from the Boone Campus who spent Wednesday evening (Jan. 28) eating dinner at the Hotel Savery and listening to a panel of legislators talk about community college education. Shown above are (from left to right) Nathan Lahner, Boone, Perry Carlson, Stanhope, and Bruce Kelly, political science instructor.



Sen. Doug Shull (R) Indianola

On January 28-29, students, faculty, and staff from at least three DMACC campuses traveled to Des Moines for the annual Iowa Association of Community College Trustees Student/Alumni Legislative Seminar.

Boone students, accompanied by Lisa Mathes, Student Activities Council adviser, and Jan LaVille, Banner newspaper adviser, toured the Iowa Capitol, ate lunch surrounded by lawmakers, lobbyists, and the media, and some went on to learn how to “call out” their Senators and Representatives after an early-morning return to the Capitol Friday to lobby for community college issues.

The trip was encouraged in part by Dave Palmer, who met with the students during an SAC meeting in the Courter Center shortly after the semester began.

about legislative process

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Banner Photo

Boone Campus students began their hands-on government lesson with a quick tour of the Capitol in Des Moines. Participating in the tour during the Iowa Community College Trustees Legislative Days were (front row--left to right) Betsy Dunphy, Treymone Thomas, Lisa Mathes (SAC adviser); (second row) Este Huston, Nathan Lahner, Perry Carlson, and Brandon Kleinke. Students pose outside the Iowa House of Representatives.



Banner Photo

Several Ankeny Campus students and advisers traveled to Des Moines for the conference, including Bradley Dyke, political science instructor and one of his students, Donita Snook, Des Moines.



Banner Photo

The Carroll Campus delegation to Iowa Community College Trustees Legislative Days were (left to right) Kimi Peterson, Sac City; Nikki Snyder, Halbur; Cathy Anthofer, Carroll, and Catti Willenborg, Coon Rapids.

Upcoming area events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 by			11	12	13 Heiruspees People's Bar and Grill 21 and over	14 Bel Airs Blues on Grand 9:30 p.m. \$7
15 The Impossible Shapes Vaudeville Mews 8 p.m. \$5	16 Okkervil River Vaudeville Mews 8 p.m. \$5	17 Frankie J 7 Flags Event Center 8 p.m. \$15	18 Santaland Diaries Vaudeville Mews 8 p.m. \$12	19 Type O Negative Val Air Ballroom 8 p.m. \$26	20 Pyrocracker Bali Satay House 10 p.m. \$5	21 <i>Kenny Neal</i> <i>Blues on Grand</i> 9:30 p.m.
22 Drag the River Vaudeville Mews 8 p.m. \$5	23	24				

Trump meets reality

Josh Hutt
Banner Staff

"It's nothing personal, just business."
This quote is used by multi-billionaire, Donald Trump at the beginning of NBC's reality show "The Apprentice". I have never been a big fan of reality shows but when I saw the commercial for a show that the person who wins will run one of Donald Trump's companies; I had to see what it was like. I even thought maybe I would get a few pointers on how to make money fast.

The show began with the recap of the celebration of the last person who was "fired" from the last show. The contestants were obviously happy about the last member being fired by Trump. The expensive green and burgundy labeled beer flowed.

The next day showed the future businessmen and women lying in bed while the phone rang to wake them up. When they finally got around and getting up leave their suites to go down to street level, they saw a jet black limo pull up and out came the sour lipped Donald Trump, with his strange toupee hair and suite, he gave the next challenge to the male team (Versacorp) and female team (Protégé Corporation)

Each team was to run the restaurant, Planet Hollywood on Time Square for one night and whoever makes more money then that day a year ago, will go on to golf at Trump National. The loser would go to the board room, and somebody was fired from that group by Donald Trump himself.

The Protégé Corporation was scheduled to work the first day. "Sex does sell" said one Protégé member. To market

Planet Hollywood, the whole group put on tight tee-shirts and used their good looks and positive attitude to get customers to come into the restaurant. Once in Planet Hollywood, they would talk customers into buying merchandise and taking \$6.00 shots of multi-color liquors. The customers even get the chance of meeting the shooters girls, which is closer look at the Protégé Corporation. They marketed outside the store and commented if they could do a shot you can. One man actually bought a whole tray of shots of god knows what kind of liquor.

Meanwhile, in an upper suite in New York City, the men or Versacorp are working out and shooting hoops, boasting, saying things like "The women are falling apart" or "Can't stand the heat get out of the Kitchen". The next thing you they bust out "Donald Trump the board game" and complain about handshakes while drinking bottled water with a Donald Trump label.

It was the guys' turn the next day. They seemed over confident. They went out on the streets handing out \$5.00 discount

cards to anybody who would take one. Sales were slow and customers were at a minimum. To try to get more sales, they actually marketed one guy out of Versacorp to sign autographs and merchandise, but it was obvious they were going to lose.

Meanwhile the Protégé Corporation ate sushi and drank white wine at a high priced New York restaurant.

Then next day came and Donald Trump announced in a round about way, the boys lost and the girls won.

The next scene showed the girls golfing at a beautiful golf course, caring less if they

were there or not, while the guys worried who was next.

The boardroom scene show the characters, which featured three of the Versacorp team, accountant looking goon and Donald Trump himself, highlight by a spotlight above their heads highlighting their features and the sourness of Trump's lips as they listen to how these people screwed up. The next thing you know Trump is in a conference behind close doors deciding who is going to be axed and not live the posh lifestyle of New York's elite.

When Trump said "You're fired", it sent a shiver down my spine. I have never heard that in my life time and to hear that from one of the biggest businessmen in the world, it would knock you down a peg or two.

This show might be the worst show I spent an hour of my life on. I am watching people my age or a few years older complaining about the rigors of work while eating sushi, drinking multi color label beer and wine. The amount they spend on a single meal might equal or even double my pay check. I don't feel sorry for those who get voted off or fired. (I got confused for a second) They spend a few weeks living in New York all expenses paid, meeting attractive people, and are given a chance to make money for a multi-billionaire. What more can you ask for. I could spend a week there, get fired and walk back to Woodward, IA with a grin on my face.

What is the appeal of this show? Watching Donald Trump fire people? Seeing the fortunate eat or sell high priced food? Hearing attractive women and men complain about a night's work? Or is it the fact that watching this show in some way may give you a hint on running a business of your own someday. But for the sake of wasting an hour of your life as I did doesn't help better your own life.

It actually helps Donald Trump. This selfless promotion is hard to watch, from the constant mentions of Trump Tower to board games and even Trump National Golf Course. To put things in perspective, his average income, on an average 24 hour is at least \$20,000 an hour. I would rather work as an honest Hy-Vee Bakery clerk, then spend the rest of my life as a stooge of Donald Trump.



Night at the Circus

Gabi Butler
Banner Staff

Whoever thought circus acts were a thing of the past has apparently never experienced a performance by Cirque Eloize, straight out of Montreal, Canada and a cousin to the world known act Cirque du Soleil. They make a circus act look easy. The act was filled with contortionists, comedians, aerialists, trapezes, jugglers, and singers making not one moment of the act boring whatsoever. They held to amazing shows February 3rd and 4th that were undeniably unforgettable.

The show began with two clowns explaining vaguely the plot of the story while interrupting each other in comedic ways. Shortly thereafter a group of people came onstage behind a sheer curtain where

off the left side a man began to climb a pole as if he was climbing stairs and did some incredible balancing acts. He held on with one hand, with no hands, slid down fast enough to break his neck if he happened to mess up, but never failed to amaze throughout the act. The contortionist bent in so many ways that couldn't be humanly possible, all while washing her body with a sponge while six observers sat on a log in the background and a man sang to her movements.

The jugglers did amazing combinations ranging from two to six people. Some standing on other people, or standing

behind each other and making every possible combination, while never missing a beat. A girl, who spun from a rope hung from the ceiling, was spinning so fast at one point she could've easily flown into the audience at any second. Same went to the trapezes, who calmly joked with the audience as she did all sorts of flips and hung upside



down and right side up throughout her act. She even went as far as telling the audience each trick she would be doing right before she executed them. The whole cast

did a sort of dance-off as they challenged each other to see who could perform the best tricks off of a springboard and with each other. At the end of their own competition, everyone was a winner.

The show in a nutshell was excitement, sensuality and passion put together. What was really great about the whole show is that the performers looked like they were having fun and didn't seem like they were just doing a job. Their faces shone as they saw the pleasure within the entire crowd. It was entertainment for the entire family, nothing vulgar to worry about. No inappropriate language, considering everything but the clown's speeches was in either French or Italian. The Cirque Eloize also provided its own live music, every song especially fit for every act and giving it that much more authenticity. The Cirque

Decisions/decisions

What I want to be when I grow up

Gabi Butler
Banner Staff

For the longest time I was sure I knew exactly what I wanted to have as a career—a writer.

Nowadays I'm not so sure. Maybe this whole college thing, taking all sorts of different classes that let me explore my potential and dig out new abilities, is what is making me doubt myself.

I've always been an art freak myself too, which I would love to take that into architecture, but I'm horrible at math. Strike one.

I would love to be a dancer or a dance instructor since I've been in the activity for the past 13 years, but frankly I don't have enough experience behind me. I've never taught a dance class, and I've had my own teachers tell me I don't have the temper to deal with people. Strike two.

I've always been interested in forensic

science, just because I like to solve mystery problems and capture the bad guy, but I don't deal with dead bodies so well, and I'm horrible at science much to my father's disappointment. Strike three.

So maybe I should just keep writing and see where it takes me. All the competition out there is somewhat intimidating though.

I'm sure all college students go through this phase at least once or twice during their college career. You think you want one thing and then another. I'll probably end up being one of those people who changes her major about 50 times. I mean, how do you go from journalism to forensic science? That's two different sides of the spectrum we're talking about here.

The average student is said to change her major five to six times. I can't imagine taking that many classes.

What I've discovered, though, is that

the more you get yourself involved in activities relating to your major, the more inspiration you get to pursue it.

Recently I attended the Iowa Newspaper Association conference in Des Moines, where I was able to meet real editors and publishers from small to large newspapers.

Just hearing about how much they enjoy their job and how much fun it is, the more I want to keep pursuing journalism. Speakers promised that although the pay may not be all that fantastic to begin with and the hours may seem long and odd, in the end all your time and effort is worth it.

I believe the lesson learned here is that one needs to follow her heart, do whatever is calling my name the loudest. Even if it doesn't pay \$80,000 a year, it's worth the time if I enjoy my job. Don't be afraid to change your mind.

Valentine's Day dating guide

Jess Baldus
Banner Staff

All men, you must read this. The following will help you get a date.

Valentine's Day is fast approaching and some of you may not have dates. If that is the case, I am going to give you some tips to fix that situation. To avoid the Valentines Day gift, keep the advice for a later date.

Tip #1 The Approach. When you are approaching a woman I highly suggest not using the "Baby, how you doin'?" with the raised eyebrow as you look her up and down. If you are lucky you will get a smile as she walks quickly past you. I have seen this done on numerous occasions and very rarely does it work. Now, if you say, "Hi, how are you doing?" you might be a little better off. One of the biggest mistakes most men make is not looking directly into the female's eyes as he first speaks. When a guy is looking her up and down it is obvious that he is only interested in her looks and us women are more than eye candy.

Tip #2 Small Talk. This is also a must. Try and get to know the woman a little at least before you ask her out. You could ask her about anything, where she is from, what classes she is taking, what her major is. Then you can get into something you have in common and expand on that.

Tip #3 Ask for her phone number. If the conversation has gone well and you see the signs of her being interested, it is safe to ask for her number. I am sure you are wondering what the signs are but I will get into that in a minute. You can start with, "I had a great time talking with you, and we should really hang out and talk sometime. Is it all right if I call you?" What happens next is completely up to the woman. She will either give you her number, a lame excuse or the rejection hotline number.

There are some signs that the conversation went well. First look at her posture. The way she stands, moves, and holds her hands will give you enough signs to ask her out or walk away. Does she make eye contact? If she does it shows that she is interested and things could be going well.

Next, does she smile during the conversation? This shows that she welcomes the conversation and is enjoying herself. Are her arms crossed in front of her? This, in most cases, represents disinterest or that she is unwilling to open up. Not a good sign. One true sign that the woman is interested is that she will give you the "look." The "look" cannot be described but you will know if you have really received the "look."

Now if you must use lines, at least try and be sincere. Here are a few examples on some that just may work.

"I noticed your smile and laugh from across the room and couldn't help but notice how much fun you are having, my name is 'Joe'"

"You are so beautiful, you give the sun a reason to shine."

Getting a date is easy, especially if you follow these three tips. Just be careful how you use them, you don't want to over book yourself. Make sure to take time with tip number one. The first impression is a lasting impression.

Behind the Desk

Tolerance

Jess Baldus

My roommates and I had recently had a small get together at our apartment. I invited some of my friends and was very disappointed with the way things turned out.

I know many different types of people and I get along with all of them. I forgot that not everyone is as open minded as I am as I invited my many different types of friends. When everyone showed up, there were clusters of people all around. In one corner were the people that were considered the "preps," off to the side were the wrangler wearing, farm working group, and in another corner were my Latino friends.

As I sat back and watched for a moment, I was very disappointed to see that the groups were not mixing. They had their backs to each other and barely noticed anyone else in the room. I wandered from group to group; talking with everyone and tried to make sure they all had a good time.

The "preppy" group was made up of mainly students from Iowa State and the Latino group was made up of DMACC students. The two groups did not know each other before entering my apartment.

As I introduced my Latino friends, the Iowa State students barely even noticed what I was doing. They didn't even respond with a "hi."

The atmosphere was a little tense, but nothing bad happened. No fights broke out and the cops never came. I learned with heavy disappointment that you can't have everyone in one big group and expect everyone to get along. Some people out there are not as open minded and some prejudice still exists.

I think we all need to look past the clothes, the jobs, and the colors of our skin, and really see the people underneath. Our world, our communities, and our lives will be much better once we see past the surface and see people for who they are.

Bears off to best start in school history

Jack Simonson
Banner Staff

If No. 14 DMACC is going to bring home their first ever conference title, it appears they may need to run the tables.

The Bears are currently 20-4 overall and 7-1 in conference play, and sit one loss behind undefeated Kirkwood, who has demolished every conference opponent they have played so far.

"We can't afford to get beat," stated Head Coach Ben Conrad, who has the Bears off to their best start in school history.

With a crack at conference powerhouse Kirkwood looming on Feb. 21, and perhaps the only shot of winning the conference coming down to that game, it might be easy for the Bears to overlook conference foe Southwestern on Feb. 18.

Coach Conrad maintains he and his Bears will remain focused on the tasks at hand, stating that every conference game remaining is important to his team.

DMACC moved to 7-1 in conference with a blowout over Ellsworth (62-29), and two hard fought victories over Iowa Central (65-59) and NIACC (72-64).

Against Iowa Central, the Bears were led with a balanced attack by Michelle Smith leading the way with 14, Jenny Harle scoring 13 and Tracie Harris and Caroline Strait chipping in 10 a piece. Smith also hit the glass hard for 11 rebounds.

The Bears led throughout the game, but

could never really pull away. ICCU cut the lead to within five points on several occasions, but each time it was a different Bear stepping up and hitting a key shot.

NIACC gave the Bears every bit as much of a battle, taking a tie into the locker room. Unfortunately for the Trojans, the second 20 minutes of play went DMACC's way, as the Bears pulled away late and came away with the win.

This time it was Strait leading all scorers with 22, followed by 13 from Smith and 11 from Harle. One might say that sophomore Ashley Austin truly controlled the game though. Austin scored just four points but dished out a whopping 14 assists and had just one turnover, controlling the pace of the game of running the Bears offense with near perfection.

"The freshmen on this team are pretty talented, but our sophomores are going to be critical for us down the stretch," said Coach Conrad whose team's scoring column has been dominated by freshmen all season.

You can catch the Bears at home on Feb. 12 against Buena Vista's JV, and on Feb. 21 for their showdown against Kirkwood. Tip-off for the Kirkwood game is set for 4 p.m., as the guys game will follow.

Coach Conrad would like to have as many DMACC fans at the game as possible to support his Bears in what will be one of the biggest home games in the history of DMACC women's basketball.



photo by Brandon Kleinke

Take it to the hole- Freshman Caroline Strait goes to the hoop against Ellsworth in a 62-29 victory.

Coaching theory offered over spring break

Brandon Kleinke
Banner Staff

The first class to be offered at DMACC over spring break will be Theory of Coaching.

This will be an experiment for DMACC to see how well students respond to a class over spring break. The class will be taught by Jenny Spry-Knutson the Coordinator of Recreational and Intramural Services.

"This class is offered for those who don't fly to Cancun over break," Knutson said. Although her office is located at the Ankeny campus, the class will be offered at the Boone campus.

"There are already quite a few people signed up, and many of them are Iowa State students. This is going to be a test run for future classes offered over break," Knutson added when asked about the class.

Theory of Coaching is required for coaching certification in Iowa and is a one-credit class. It will start at 8 a.m. and run until noon from March 15 to the 18. The course number is 21907, and there is still room for people to sign up.

Commentary

Eller makes Hall of Fame, Marshall doesn't

Josh Hutt
Banner Staff

Almost 25 years after his retirement, Carl Eller has finally received the recognition he deserved. Eller, former defensive end for the Minnesota Vikings, was inducted into the pro football Hall of Fame. It took 13 tries. Why did it take so long?

In the 1970s, the Minnesota Vikings were a force to be dealt with. The defense was anchored by a dominating defensive line and the offense set the blue prints for the West Coast Offense.

The Vikings made it to the Super Bowl four times between 1969-1977. The Vikings also won 10 NFC Central Championships in 11 years. Why is it there are only five players from this team in the Hall of Fame?

The answer is simple. Although the Vikings made it to the Super Bowl four times, they never came out as the victor.

Jim Marshall, Eller's teammate, played over 280 consecutive games at defensive end and has an all-time NFL record of fumbles recovered. But the Hall of Fame

selection committee deemed him unworthy to be inducted. It is a shame that four of his over 280 games decided the mortality of his football career.

I once met Jim Marshall at a Hy-Vee a few years ago. He was surrounded by balloons and Vikings memorabilia. The line consisted of two middle-aged football fans and three kids who just wanted autographs of this guy behind the table. I had heard of the lore of Viking football, playing in blizzards with jerseys so brown with mud, you could not tell the home team from the visiting team. Games would come to a defensive stand, and a crowd of 60,000 fans would huddle in sub zero degree weather just to cheer on their favorite team.

Now Marshall sat behind a table with balloons, as if he was some circus attraction. Marshall gladly signed autographs for kids, who never saw him play, but you could tell in his eyes that all those years in the NFL, playing through injuries and cold weather meant nothing if not remembered. If only he had won one of those four games, maybe he could be an NFL legend other than a mere Viking legend.

The Other Side of the Courter Pictures and text by Brandon Kleinke and Jack Simonson

What's the worst Valentine you've ever recieved?



Samantha Denbow
Ames

"I got an engagement ring from a guy I was about to break up with."



Julie Lang
Melbourne, Florida

"We had eaten exotic food the night before, but then I got chocolate covered ants and grasshoppers."



Nick Vandersluis

"I got flowers."



Terry Turner

"Went on a boring train ride."

New intramurals approaching

Jack Simonson
Banner Staff

With intramural basketball coming to an end on the Boone campus, new sports are coming that many DMACC students are unaware of.

Intramural coordinator Lisa Mathes is planning on offering a pool tournament, volleyball, and possibly flag football if enough people sign up in the near future.

Although a lot of people participated in intramural basketball, Mathes stresses that attendance is very important, because many teams were forced to forfeit some of their game since they didn't have enough players show up.

The first sport to be offered will be pool, as a tournament will take place sometime this month. Volleyball will follow closely in March, and flag football will be at the end of the year when the weather warms up if enough people are signed up.

To sign up for intramural athletics, all you have to do is fill out a sheet located outside of Mathes' office, which is located right by the locker rooms to the gym.

So get out there and sign up, because the more people that are involved, the more competition.

The sweet smell of success

Jack Simonson
Banner Staff

Home sweet home. That was the story for No. 10 DMACC, as the Bears ended a two game losing skid and reeled off three victories in a row in the friendly confines of The Den, followed by a big road win at Iowa Lakes.

After breezing by Ellsworth 90-50, the Bears got a chance to avenge their conference opening loss to Iowa Central, and they did so in grand fashion.

After Iowa Central's Nick Ford calmly sank two free throws with 8 seconds remaining to tie the game, point guard Euvon Turner took the ball the length of the court, penetrated into the lane, and dished it out to an open Frashon McGee, who's three pointer splashed through the net as time expired, giving the Bears a 58-55 win, and keeping them in contention for a conference title.

"It always comes down to something like that against Iowa Central," said Head Coach Orv Salmon, "I'm just glad he (Frashon) made the shot."

After the close call over the Tritons, the Bears hosted another team that had beaten them in their previous meeting in NIACC, who edged the Bears 77-74 in their last battle.

After NIACC's win over the Bears, an emotional Head Coach Steve Krafcisin asked the scorekeeper to keep the score on the scoreboard.

But when the Trojans came to The Den, the Bears left them no chance of even sniffing an upset, as DMACC followed the red hot shooting of Euvon Turner to an 87-60 victory.

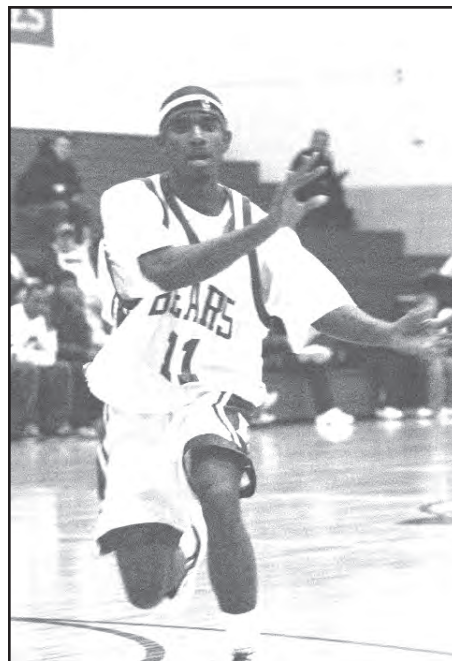


photo by Brandon Kleinke

Freshman point guard Euvon Turner dishes the ball to a teammate against Ellsworth.

In the game, Turner hit seven of his ten three point attempts, and led the Bears with 25 points to go along with seven assists. Three other Bears finished in

double figures, as Naim Benjamin dropping in 17, McGee had 15, and Steve Clayton had 10. McGee also pulled down nine rebounds for the Bears.

After the home-stand DMACC took their show onto the road where they had previously struggled, losing their last two games on opposing team's courts. No problem this time though, as the Bears beat up on Iowa Lakes 96-73.

The win over the Iowa Lakes pushed the Bears record to 20-4 overall and 6-3 in conference play. Kirkwood currently sits atop the conference with only one loss, but Coach Salmon still believes the Bears are in contention.

"The league is a lot more balanced this year than other years, so I think we have a shot," said Salmon, "but most importantly we want to make sure that we're playing good going into regionals."

The Bears certainly appear to be hitting stride at a good time, as just five conference games await them before regionals.

You can catch DMACC at home on Feb 13 against Graceland's JV, and on Feb 21 against Kirkwood, which should be a game that goes a long way in determining a conference champ.

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