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Banner News

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Denson selected as DMAACC President

Lacey Dierks
Banner Staff

The votes are in and Des Moines Area Community College's new president has been announced.

Robert Denson, current president of Northeast Iowa Community College, was selected as President of DMAACC at a board meeting on Monday, Sept. 15. Board members voted 8-1 in favor of choosing Denson, he will begin his duties on Nov. 1.

At a press conference on Tuesday Denson said that his first day will be spent visiting each DMAACC campus. He wants to meet as many students and staff as possible, and hopes to be a visible and instrumental figure at each of DMAACC's six campuses.

Denson was nominated as a candidate for the presidential position. He is excited with his new appointment because of DMAACC's solid reputation.

He believes that with DMAACC's unique location and the opportunities available to students and staff, the college could very well be a state leader in education.



photo by Lacey Dierks

Robert Denson, left, new DMAACC president, is welcomed by Jim Stick, Dean of Sciences and Humanities.

At the press conference he encouraged staff members to pressure students to

excel. He emphasized a college's success mission is illustrated by the success of its

students.

Denson said, "When I meet students in the hallway, I generally ask them two questions. Number one, are you getting your money's worth? And number two, are your instructors working you hard enough? If the answer to either of those questions is 'No' when the day is through, then we're not doing our job."

In regards to the controversy caused last fall by former president David England, Denson said, "We must move forward."

He plans on working with students and businesses in the area to create better mass partnerships, ultimately benefiting both DMAACC's students and the surrounding communities.

Denson knows he has many challenges ahead of him, but he's willing and excited to step up and accept the responsibility. He encourages students to contact him with any questions or concerns they may have. After all, he said, "I can't represent the college well without knowing as much as possible about what's going on."

Enrollment increases on all campuses

Laura Anderson
Banner Staff

Credit enrollment at the Des Moines Area Community College Boone Campus is up. In fact, credit enrollment is up at all six campuses.

As of Sept. 17, enrollment at the Boone campus was up 1.2% or 167 more credit hours than at that time last year. The largest jump in enrollment for the Boone campus was the week ending Aug. 8, as the percentage change from this year to last year was 15.7%, or 1,588 credits.

Total enrollment for DMAACC ending Sept. 17, is up 4.3% to 123,573 credit hours versus 118,501 credit hours in 2002. The biggest jump for total enrollment was again the week ending Aug. 8, as 10,993 more credit hours than last year were accounted for at any DMAACC campus.

George Silberhorn, Associate Dean at Boone Campus & Ames Center said the high increase in enrollment at DMAACC has to do with the State of Iowa Board of Regents raising tuition costs. Kids are sick of paying high costs for schooling. Paying more isn't always getting more, Silberhorn said.

"Community colleges are offering more [courses, programs, classes] than they used to years ago," Silberhorn said.

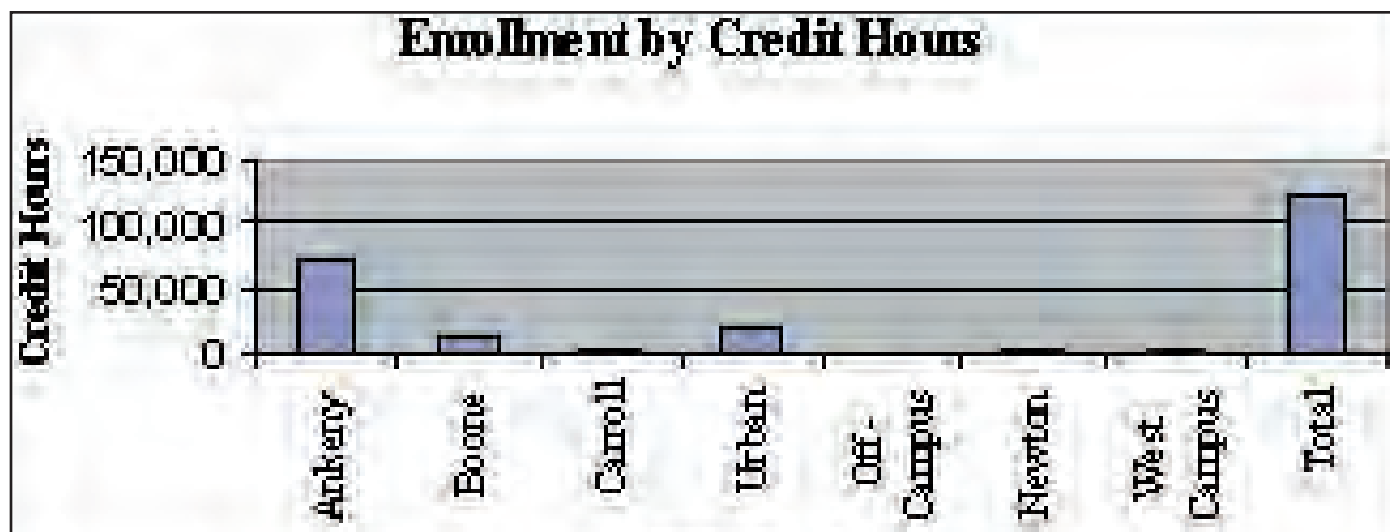
"[Community colleges] are meeting the needs of the public in education. . ."

When asked about the age of all these students, Silberhorn said that the average age of DMAACC students is 26 - 27. He is noticing more 18 and 19 year olds though.

Many students fresh out of high school aren't ready for big universities and may in fact be intimidated by the thought of going to such a large school.

Enrollment will continue to rise in the next few weeks, as kids become increas-

ingly intimidated at the larger schools and decide to come to a community college such as DMAACC, Silberhorn said.



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'Steel Magnolias' to replace 'Wedding'

April Walker
Banner Staff

The play previously announced, "Perfect Wedding," has been changed.

Kay Mueller, head of the Boone drama department, said, "Due to the complete lack of male participants at the tryouts, the play had to be changed."

The new play is "Steel Magnolias," it is a comedy/drama written by Robert Harling. The show is set in a beauty salon in Chinquapin, La.

Truvy is the out-spoken owner of the salon. Annelle is her new assistant. The customers, Clairee, with her sweet tooth; Ouiser, the eccentric millionaire; M'Lynn, the socialite, and her daughter Shelby, come in for gossip, advice and a shampoo.

The show will be performed on Friday, Nov. 7 and Saturday, Nov. 8, at 7:30 p.m. in the Boone campus theatre.

Mueller, director of "Steel Magnolias," has chosen, based on their auditions, the following students to perform in this play: Caley Harvey, Ogden (Truvy); Kami Mushel, Ames (Annelle); Tammy Hartmann, Ames (Clairee); Sarah Witford, Ames (Ouiser); Patty Rockwell, Pilot Mound (M'Lynn) and Liz Bennett, Boone

(Shelby).

The stage crew is Crystal Hansen, Sicily Canny and Jessica Peel.

The show is free to all DMACC students with Student I.D. The ticket price for non-students is \$5.

Cast and Crew

Truvy - Caley Harvey

Annelle - Kami Mushel

Clairee - Tammy Hartmann

Ouisier - Sarah Witford

M'Lynn - Patty Rockwell

Shelby - Liz Bennett

Stage Crew - Crystal Hansen, Sicily Canny, and Jessica Peel

Materials lab to hold open house

Laura Griffin
Banner Staff

The Des Moines Area Community College Materials Lab is holding an open house on Sept. 30 for staff and students, as well as the community of Boone.

Civil Engineering Technology students now have their own separate classrooms at the Materials Lab.

Renee White, head of the CET program at DMACC, said, "We get very busy out there around this time of year."

The lab is located in the old Hy-Vee building on 8th Street. Made up of 10,000

square feet, the building contains the aggregate, concrete, soils and asphalt labs. The lab also has three classrooms and two computer labs.

The CET students have not always had their own classrooms. The lab moved in January of 2003 and also is used by the Continued Education of the Department of Transportation from October to April.

White is also the head of the Land Surveying program and said, "The students in the surveying program mainly stay out here because of all the land around."

New SAC committee formed

Ryan Makovsky
Banner Staff

The 2003-2004 SAC committee was assembled as the six applicants filled the six vacancies.

The four newcomers to this year's committee, all freshmen, are Blair Humphries, Treymone Thomas, Nathan Lahner, and A.J. Lewis. The two returnees from last year's committee are Betsy Dunphy and Este Huston.

Along with the four newcomers, the SAC committee also has a new advisor in Lisa Mathes. Mathes, also the volleyball coach for the Bears, takes over for the departed Lori Slight, who took over as head volleyball coach at Northwest Missouri State University in Maryville, Mo.

According to Mathes, the first meeting will be held on Oct. 2 at 4 p.m.

"It just depended on when I could get all the kid's schedules to fit together," said Mathes. Future meetings will be held at Mathes' discretion. "I'll hold meetings whenever I feel necessary," she said. "I'll have a meeting once or twice a month," she went on to explain.

Although the SAC already has topics

to discuss, the first meeting likely will just scrape the surface of what to expect this year.

"Basically the first meeting is going to be just what I have scheduled for the rest of the year and what I'll be expecting of them," said Mathes.

Along with the scheduled first meeting, the SAC will be holding a "create a funny t-shirt/photo button day" in the Courter Center on Oct. 6. The opportunity to get your picture on a button or t-shirt will run from 10 a.m. until 4 p.m.

Bears Crew members wanted

The Bears Crew is a drill/dance team open to women and men. Shelby Hildreth, the director for the team, said "We are still looking for members." Approximately ten people have joined the Bears Crew. Their first meeting is Thursday, Sept. 25, at 4 p.m. in room 129. Practices will begin in October; performances will begin in January. The Bears Crew will have three performances and will host a day camp for community children in February.

In DMACC News Get Acquainted with Rezoomers

Have you been out of school for two or more years, and are now resuming your education?

Have you been looking for some new ideas on how to juggle school with work, family and the rest of your life?

Then the Rezoomers Club may be for you.

The Rezoomers Club offers support and encouragement during informal meetings that are held twice a month. Meetings are on the first Wednesday and the third Tuesday from 11:30 a.m.-1 p.m. in the Lloyd Courter Center. Bring a lunch, join the meetings and get acquainted.

For more information contact Maggie Stone in Room 124.

Mothers of Preschoolers

MOPS (Mothers of Preschoolers) is designed to meet the needs of every mom with children from birth through kindergarten.

MOPS is about celebrating motherhood, meeting needs, making connections and experiencing God's love.

Programs include teaching by mentors and other speakers, discussion, community, and opportunities to develop creativity.

MOPS meets second and fourth Monday of every month at Marion Street Methodist Church, 717 W 5th Street, Boone at 6:30 p.m. For more information call 432-0984.

CET Open House

Des Moines Area Community College Civil Engineering Technology Materials Lab is holding an open house on Sept. 30 from 4 p.m. to 5 p.m. It is open for DMACC staff, students, as well as the community of Boone. 5 p.m. to 7 p.m. is open to Boone Chamber and Staff After Five.

Materials Lab is located at 931 8th Street in Boone.

Community Connections


Friday, Sept. 26, Rae Van Holdt, Director of Iowa Arboretum, will give a brief history and description of the arboretum.

Lunch will be held from 11 to 11:30 a.m. in the Courter Center followed by Van Holdt's presentation until 12:30 p.m. Presentation will take place in Room C109.

Workshop is open to people age 55 and over.

Registration is required by calling Nancy Moeller at 515-432-7203 by noon on Thursday, Sept. 25.

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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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Over 400 turn out despite downpour

*photo by Holly Losh*

Walkers trudged through torrents of rain Sunday Sept. 21, for the Walk-As-One event around Gray's Lake in Des Moines.

Holly Losh
Banner Staff

Despite rain and a chilly temperature, more than 400 dedicated individuals participated in the National Conference for Community Justice's Walk for One Against Discrimination on Sept. 21.

Participants in the walk collected pledges for walking around Grays Lake in Des Moines. The money collected from pledges and donations will go to youth leadership training.

The NCCJ raised \$54,000 before the walk even started from corporate sponsors and donations. Their goal is to collect \$75,000 from the walk.

Karen Heege, walk coordinator, said, "The mission of the NCCJ is to fight bias, racism and bigotry. Proceeds go to empowering youths and a more just society."

The walk is made possible by volunteers. When asked why she helps, Frances Campos-Anderson, a participant last year and volunteer this year, said, "It's for my

children, and for me. It's our kids who will be running this after we're gone. Instead of having to be fighting against each other, we're all one."

Maddy and David Maxwell participated in the walk for Drake University. They said, "It's the right thing to do. It was fun. It's important to make a public statement."

The NCCJ was expecting around 2,000 people to attend originally. But, they were pleased with the number that turned out in the downpour.

A few things changed because of the rain though. Performers, a formal walk ceremony and most speakers had to be cancelled due to the weather.

This is the fourth year the walk has been in Des Moines. The NCCJ also hosts a charity dinner every year. Last year's dinner had 700 in attendance.

DMACC was a sponsor of the walk. Chef Robert Anderson, head of the hospitality program, provided food for DMACC students that registered for the walk.

Fall '04 scholarship applications available

Pam Snow
Banner Staff

Scholarship applications for the fall '04 semester are due by June 1.

Students apply only by applications which can be found in the hanging files outside the admissions office. Students can choose from endowment scholarships which are found in the hanging files. Money for these particular scholarships comes from interest money that was donated to DMACC.

The DMACC Foundation Scholarship Program requirements for full-time students must have completed 12 credit hours

at DMACC prior to applying. Students must be enrolled for a minimum of 12 credits and have a 3.25 GPA.

DMACC Foundation scholarship awards are based on both financial need and academic achievement.

Other scholarships offered to students are from specific clubs in Boone. Students must send a letter of application to the club of their choice. For the names of clubs contact George Silberhorn.

Students can find scholarships and information on the DMACC webpage.

More funding available

Iowa New Choices provide assistance

April Walker
Banner Staff

Assistance is available to displaced homemakers, single parents and low-income full-time homemakers.

Iowa New Choices is a free program designed to assist people to gain the skills needed to enter the workforce. The program can help with academic and career assessment, career planning and vocational training opportunities.

There is also help with financial aid.

Iowa New Choices can also help determine what a client's job interests and skills are, and teach job search skills. Throughout the year, The Displaced Homemakers will sponsor a variety of personal and career development workshops.

For more information, contact Maggie Stone in the Displaced Homemakers Center, room 124. Her office hours are Monday-Wednesday, 8 a.m.-4:30 p.m. Call her at 515-433-5037, or 1-800-362-2127 ext. 5037.

Hauser receives community service award

Laura Anderson
Banner Staff



Judy Hauser

Judy Hauser was presented the 2003 Community Service Award from the Des Moines Area Community College Foundation on Aug. 21. The award was given by DMACC Board President Lloyd Hill.

The Community Service Award is given each year to any DMACC faculty or staff member in "recognition of volunteer service to the community through local organizations, agencies, and/or involvement in community projects." Hauser received her award this year because of her leadership and involvement with Community Connections.

"It was a total surprise, I knew nothing of it," Hauser explained. "I appreciate the recognition for the program and share that

with the people who make it possible."

The people who make it possible are Hauser, who is co-chair of DMACC Boone Campus Community Connections, with Nancy Moeller and Vivian Brandmeyer, Dean at DMACC Boone Campus.

"It has been a wonderful opportunity to open up parts of Boone Campus to the local community in keeping with the goals and missions of DMACC," said co-chair Moeller.

That's just what Hauser had in mind when she came up with the idea last year. She wanted to keep DMACC closely associated with its community and "provide opportunities for life-long learning".

With lots of help from staff and faculty members, and great input from the Boone Campus Advisory Board, Hauser organized and planned six workshops last year for a test run. These workshops were designed for seniors in the community, age 55 and older. Lunch was provided before the presentations. Faculty members that gave their time included Pete Conis, Ann Watts, Jane Martino, Tim Bergin and Gary Stasko. Charles Erwin, who is not affili-

ated with DMACC, gave a presentation on the history of the town of Boone.

This year, Hauser has planned to expand the program by offering the presentations to anyone. There will even be a few afternoon workshops with no lunch served. There are more presentations from volunteers outside of Campus as well. Rae Van Holdt, Director of Iowa Arboretum, and Scott Theiben, owner of Brushy Creek Gems and Minerals, have offered their time.

Anyone can take part in any of the programs and workshops. Registration is required, by calling Nancy Moeller at 515-432-7203 by noon the day before the workshop or presentation.

Get rid of pain in the neck

By Michael Klepper
Knight Ridder Newspapers
(KRT)

Some things in life are inevitable, like taxes. I would like to add something else _ spinal trauma in the form of a bad back or a pain in the neck.

Cervical injuries are among the most debilitating and restrictive injuries you can have, so it's important to take care of the supporting muscles to ensure a healthy and strong back.

Poor posture can complicate and even accelerate neck pain. As you exercise, make sure your posture is perfect _ abdominals tight, chest out and shoulders back _ so that the muscles are trained to hold that posture. If you sit for long hours bent over a desk at work, some simple neck-strengthening exercises are all you need to alleviate some of the stress on the neck.

Neck exercises basically consist of forward and back movements and side to side movements.

Begin by sitting on a bench in your best posture. Relax your head, letting it tilt down until you're resting your chin on your chest. Still keeping your best posture, place the palms of your hands on the back of your head. Slowly raise your head off your chest and use your hands to apply a slight resistance. Continue rolling your head back as far as you can. Then remove your hands from the back of your head and place them on your forehead. Again using slight resistance move your head forward until your chin is back to your chest. Continue in this fashion until you have completed 10 repetitions in both directions.

After this allow your head to relax toward one shoulder. Take the palms of your hands and place them against the sides of your head. Again applying a slight

resistance, push against your hand until your head has rolled over to the other shoulder. Then reverse the movement and push against the other hand until you have reached the shoulder again. Do this until you have completed 10 reps in both directions.

These exercises can be performed at your desk in the middle of the day to loosen up the neck and possibly avoid headaches.

Working at a desk all day pulls the shoulders forward, so stretching the chest may also help you sit in a better posture.

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Visit The Miami Herald Web edition on the World Wide Web at <http://www.herald.com/>

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Hatch encourages a clean campus

Lacey Dierks
Banner Staff

The custodial staff at the Boone Campus of Des Moines Area Community College has welcomed a new boss this year.



Dean Hatch

Dean Hatch, new supervisor of buildings and grounds, replaces Gary Johnson, who retired in February due to health reasons. Johnson has since died in July of Lou Gehrig's disease.

Hatch took over on May 12 of last year, the day after the campus commence-

ment ceremonies.

Hatch oversees the facility and grounds. He makes sure that everything operates correctly, and that scheduled events run smoothly. He has three full-time and six part-time staff on his crew, as well as several work-study students.

Prior to taking on the position here at Boone DMACC, Hatch worked for the Polk County and for Urbandale schools.

Hatch lives in Urbandale. His wife teaches second grade for Urbandale Schools. The couple has two daughters: one is a sophomore at Iowa State University, and the other is a senior at the University of Northern Iowa.

Hatch is impressed with the pride and school spirit that Boone DMACC staff and students possess. He was pleasantly surprised to observe how well students and staff take care of the building.

"I think a clean atmosphere really adds to the educational experience," said Hatch.

He encourages DMACC students and staff to keep up the good work. Hatch can be found just about everywhere on campus. His office is off the Courter Center, next to the wireless computers.

Survival Tip #1: Manage Time effectively

You hear your pillow calling your name, sleep or study? Respond by identifying what you want to achieve. Make a list of short-term

and long-term goals. Break the goals into steps you'll need to take in order to accomplish or reach each goal. A goal may be to earn an "A" in LITR 120. The steps will include studying and reading both the text and additional sug-

gested sources. Know your resources, which include time and friends. Managing your time well allows plenty of time for classes, a part-time job and social life.

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Pep band makes a comeback

Wendy Goering
Banner Staff

Last year a few of the faculty members got together and decided how great it would be to support our athletes with a "pep band".

One of those members was Maggie Stone – "Several members had previously played musical instruments so we decided to give it a try!"

The invitation went out to the students, faculty and the members of the community, also known as "Friends of DMACC." They had a great response and it was a

hit.

Maggie is anxious to get started again this year. "If everyone comes who showed interest we will have 20 to 25 people."

The first rehearsal is tentatively scheduled for October 2nd at 5:30 p.m. in the Music Room. Regular rehearsals will be Tuesdays from 5:30 p.m. to 6:30 p.m. in the Music Room. Anyone interested can contact Maggie Stone @ ext. 5037 or visit her office at Room #124.

The Banner will check back soon to see how our peppy members are doing.

Book urges proper posture for health, fitness

By Bill Radford
The Gazette
(KRT)

COLORADO SPRINGS, Colo. _ Your mother was right when she told you to sit up straight.

But good posture involves more than not slouching. There's a whole science to it, as Dr. Paul D'Arezzo details in his new book, "Posture Alignment: The Missing Link in Health and Fitness."

D'Arezzo, 51, became interested in the subject after seeing countless patients with muscle and joint complaints during his years as an emergency physician in Colorado Springs and elsewhere. After retiring from the active practice of medicine in 1995, he studied all he could find about the effects of posture.

Proper posture makes a person look younger and more confident. But it's more than a matter of appearance, D'Arezzo says.

"Posture affects what we are able to do and what we are not able to do," he says.

Just as machinery is designed to work within a certain alignment, so is the human body, D'Arezzo says. But our alignment can get thrown out of whack as part of a downward spiral that often occurs as we grow older.

D'Arezzo says the chief culprit is not aging, however, but our sedentary society. "We don't move as much as we used to," he says.

We're sitting at desks and in cars and in front of the television. Muscles become stiff and weak from lack of use, which

makes it tougher to maintain proper posture. The resulting loss of postural alignment can lead to pain, increased risk of injury and furthering of the downward spiral.

"We've become a nation of walking wounded," D'Arezzo writes. "We slouch, we waddle, we sag."

The answer? Get moving. But just hitting the gym or running around the track won't necessarily solve the problem and could even worsen it, he says. He suggests exercises that increase flexibility, strengthen specific muscle groups and restore correct alignment. Nearly half his book serves as a guide to such exercises.

Change is gradual, D'Arezzo cautions. But the eventual payoff can include improvements in function and appearance. His book offers a detailed guide to how the body should look with "optimal alignment."

D'Arezzo also touts the benefits of yoga, which he took up a few years ago and practices daily. Yoga, he says, promotes flexibility and teaches people to listen to their bodies.

"A lot of us have gotten out of touch with our bodies," he says.

(c) 2003, The Gazette (Colorado Springs, Colo.).

Visit GT Online, the World Wide Web site of The Gazette, at <http://www.gazette.com>

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Study in London next semester

Laura Griffin
Banner Staff

If students are looking for a change in scenery next semester, the London Study Abroad Program may be worth taking a look at.

The program, part of the American Institute for Foreign Study (AIFS), begins Feb. 13. Students are given the opportunity to attend classes at the University of London. Classes are four days a week, which leaves a three day weekend open for travel around Europe. The University is located in Bloomsbury and has a vast array of free museums, theatres and other London attractions.

Students will stay with families, called home stays, along with another student enrolled in the program. Students are provided breakfast during the week and have kitchen access. A travel card is provided that allows students to use the subway and bus system. Each student also receives two theatre tickets.

The ten-week program provides students with the opportunity to mix with university students, but not in a classroom setting. All students in the AIFS program attend separate classes that fill Humanity and English requirements for DMACC degrees. They have access to food, clubs and sports facilities, which London students also attend.

The classes are lectures mixed with field trips of the London area. The British Life and Culture class is mandatory and involves four field trips. Students see the reconstructed Globe Theatre and take a trip to Parliament.

Students have the opportunity to fly all over Europe while in the program, but if money doesn't allow, the program offers weekend day trips. Students can travel to Brighton, Cambridge, Salisbury and Stonehenge on these day trips.

DMACC Communications Chair Dr. Alan Hutchison will be the instructor for the 2004 semester and has been to London before.

Financial aid is available, the same as for a regular semester at DMACC in the U.S. Students pay the regular DMACC tuition, but also have to pay for other expenses such as food, transportation to and from London and housing.

For more information contact Maura Nelson at mgnelson@dmacc.edu or call 515-965-7032 to reach her office. A website offering more information is located at studentinfo@aifs.co.uk.

REMINDER

The south parking lot between the Courter Center and Hancock Drive is for staff and visitor parking only. Student vehicles parked in the south lot will receive parking violation tickets.

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Upcoming area concerts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			24	25 Pyrocraacker @ Bali Satay 10:00 pm \$3 over 21 \$5 under 21	26	27 House of Large Sizes @ The Maintenance Shop 8:00pm \$11
			28	29	30 Centro-Matic, A Is Jump, Frankenixon @ The Vaudeville Mews 8:00pm \$5	1 Juliana Hatfield w/ Some Girls @ The Vaudeville Mews 8:30pm \$12
5 CJC Jazz @ Java Joes 2:00pm Free Show	6	7 The Bastard Sons of Johnny Cash @ The Maintenance Shop 8:00pm \$8				

Horoscopes by Pam

Aquarius (Jan. 20-Feb. 18) Make use of every moment that comes your way. Don't be afraid to get out and meet new people. Finance: Good | Romance: Poor | Lucky Numbers: 2,16,27

Pisces (February 19 – March 20) Your finical issues will be solved before you know it. Just look around for the deal before you buy. Finance: Good | Romance: Fair | Lucky Numbers: 5,13,20

Aries (March 21-April 19) Time is on your side right now. Use it to catch up on some loose ends. Finance: Poor | Romance: Poor | Lucky Numbers: 4,12,22

Taurus (April 20-May 20) An outgoing attitude will help improve your reputation. Make an effort to meet new people. Finance: Good | Romance: Fair | Lucky Numbers: 3,12,18

Gemini (May 21-June 20) Rethink your decision to loan someone money. You may never see it again. Finance: Poor | Romance: Fair | Lucky Numbers: 3,19,20

Cancer (June 21-July 22) You may encounter some minor obstacles while trying to complete a task. They will work themselves out. Finance: Poor | Romance: Poor | Lucky Numbers: 2,14,17

Leo (July 23-Aug. 22) You will find out some very important information that will help future decisions easier. Finance: Good | Romance: Good | Lucky Numbers: 6,24,27

Virgo (Aug. 23-Sept. 22) Everyone knows you are keeping a secret. Just remember why it's called a secret. Finance: Good | Romance: Fair | Lucky Numbers: 5,11,23

Libra (Sept. 23-Oct. 22) Try doing something spontaneous with your closest friends. You will have a great time. Finance: Fair | Romance: Fair | Lucky Numbers: 7,12,17

Scorpio (Oct. 23-Nov. 21) A phone call you have been waiting for will arrive sooner than think. Remember you can't always direct how things are going to go. Finance: Good | Romance: Good | Lucky Numbers: 2,11,19

Sagittarius (Nov. 22-Dec. 21) Your life feels like a drama. Most of that comes from your work place. Just ignore it and move on. Finance: Good | Romance: Fair | Lucky Numbers: 5,8,20

Capricorn (Dec. 22-Jan. 19) All the small efforts you are making now will help out in the long run. Try to stay on track. Finance: Good | Romance: Fair | Lucky Numbers: 10,15,19

September 25 Pyrocraacker

Pyrocraacker is an Ames band known for rocking in their dorm. This is your chance to hear them. They are a fun band that loves their punk/ska background. Check out their cover of "Escape," by Enrique Iglesias. This show is at Bali Satay located at 2702 Lincoln Way Ames.

September 27 House of Large Sizes

House of Large Sizes is a home grown Iowa favorite. They had a stint with a major label in the early 1990s. Although that didn't work out for them, they keep pounding out the tunes in a way that is all their own. Some define their sound as punk or rock. I think it sounds like a cross between AC/DC and the Pixies. If you live in Iowa and you haven't seen HOLS yet don't miss this show! It is at the Maintenance Shop located in the ISU Memorial Union on the ISU campus. This venue is all ages.

September 30 Centro-Matic, A is Jump, and Frankenixon

Centro-Matic is from an indie pop band from Texas. I don't know a lot about them, but their web site assures that they have a "kick-ass," live show. Also appearing is A is Jump. This band comes to us from Cedar Falls. They indeed do have an amazing live show. The band is tight and the music is beautiful. I would compare them to Mathew Sweet meets Willco. The third band on this show is Frankenixon. They are a progressive rock band from the Ames area. The lead singer is female. She has a powerful and haunting voice. All these bands are worth hearing for yourself. The venue is the Vaudeville Mews located at 212 Fourth St. in Des Moines. This show is all ages.

October 1 Some Girls

Some Girls is fronted by Juliana Hatfield. Hatfield has had commercial success with

her music in the past. Best known for her song "Spin the Bottle," on the Reality Bites sound track. If you want to see girls that rock this is the band. The show is at the Vaudeville Mews 212 Fourth St. Des Moines. This is an all ages venue.

October 3 Ultimate Fakebook

Ultimate Fakebook is a power pop band from Lawrence, Kansas. They come to the Maintenance Shop every year, and every year it sells out! They are fun to watch and listen to. If you like the sounds of Weezer you will like UFB. This show is free and is on the terrace of the ISU Memorial Union. It takes place in the afternoon, so skip your classes and don't miss it!

October 4 Troubled Hubble, Pookey Bleum

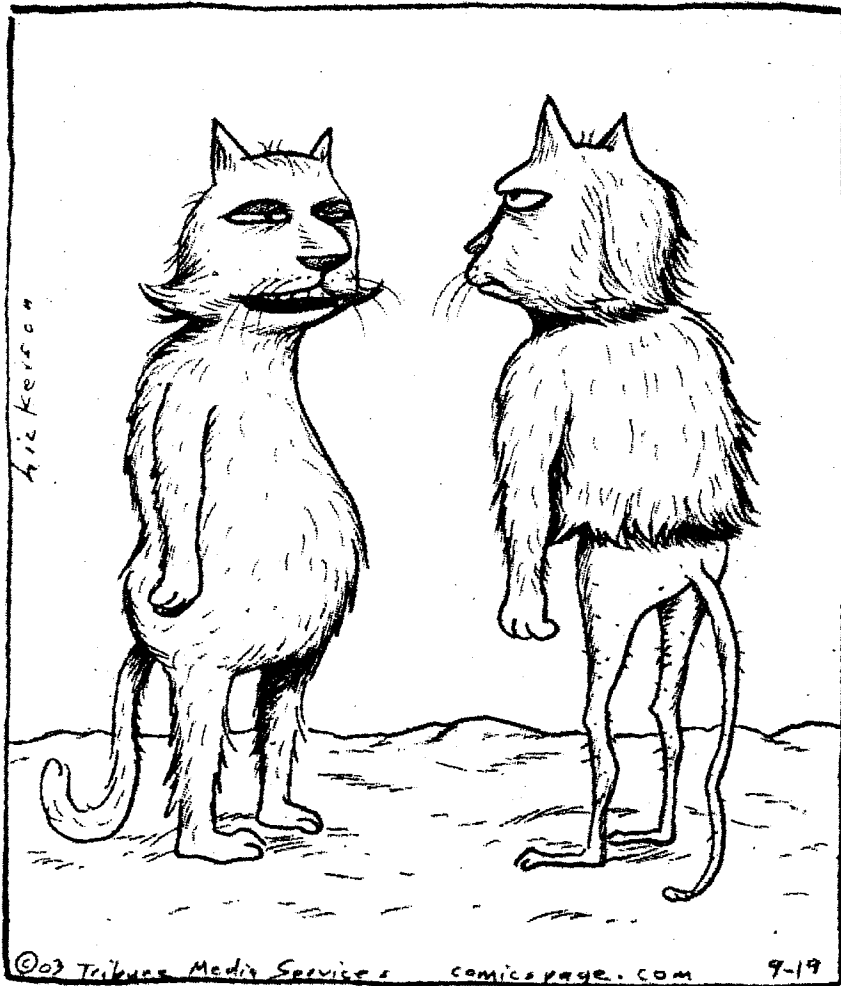
Although Troubled Hubble hails from Illinois, they are no stranger to Iowa. Their music is laid back indie rock reminiscent of Modest Mouse. They are playing with Pookey Bleum an Ames band that has a quirky brand of power pop that is fun to sing along with. This show is at the Vaudeville Mews 212 Fourth St. Des Moines. This is an all ages show.

October 5 CJC Jazz

CJC Jazz is a community jazz band. If you are in the mood for a big band sound this is the concert for you! Come on over to Java Joes at 214 Fourth St in Des Moines. This concert is all ages and free!

October 7 The Bastard Sons of Johnny Cash

They come to us from sunny San Francisco which is the last place you would expect to find a country band. The Bastard Sons are just that. They have played with Dale Watson and Joe Ely and now they are here. The show is in The Maintenance Shop located in the ISU Memorial Union. This show is all ages.



"Nice waxing, Steve."

Cartoon courtesy of KRT Campus

The cat's meow

Laura Griffin
Banner Staff

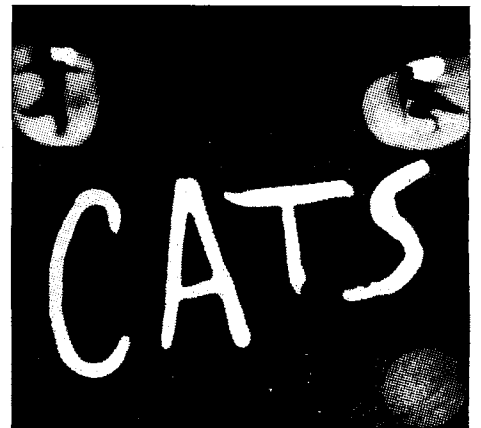
People dressed up like cats singing and dancing around a junkyard under a full moon may sound like a bizarre ritual, but on Sept. 21 and 22 people paid money to see the performance of Cats.

The amazing musical took place at Stephens Auditorium in Ames.

The costumes were phenomenally done and by looking at the performers you could quite possibly think you were looking at an actual cat. Each performer had a distinct coloring and fur texture. The way the cat looked helped to display the cat's personality. The makeup of the performers was intricately done and was as unique as the costumes for each cat were.

The set was made up to be a big junkyard with various holes by which the cats entered and exited the stage. The artwork was very lifelike with lighting and smoke, making the audience feel like they were actually sitting in a junkyard.

The dancing was awe-inspiring. Many of the performers moved in ways that, most people would think, were not humanly possible. The dance numbers were upbeat and the performers were all



over the stage, while still singing.

The cast was highly skilled and trained by various dance and theatre schools. A majority of the cast had performed in at least three other musical or theatre productions.

The music was performed by an orchestra and at times covered some of the voices of the singers. The music really set the mood throughout the dance numbers, when there was no singing.

I would recommend this musical to anyone who is a cat lover, musical buff or a theatre goer.

Rancid's formula remains "Indestructible"

Darin Longman
Banner Staff

It is apparent to anyone who is knowledgeable of the early '90's revival of the punk scene that along with Green Day and The Offspring, Rancid is certainly one of the bands that helped it to its peak.

Tim Armstrong, Lars Frederickson, Matt Freeman, and Brett Reed formed the band in 1991 after Armstrong's original band Operation Ivy had split up in 1989.

Since then The East Bay foursome has

released its sixth album entitled "Indestructible."

The album is true to the punk rock/ska/dancehall roots of the band. The first song "Indestructible" is a tribute to the Ramones "Too Tough to Die." It is an excellent song, and a good way to kick off the album.

The second song on the record is the radio favorite "Fall Back Down." The song is downright awesome from start to finish, and the lyrics somewhat introspective into the life of lead singer Tim Armstrong.

Armstrong sings, "If I fall back down/you're going to help me back up again/You're going to be my friend." The song is apparent therapy from his recent divorce from Distiller's singer Brodie Armstrong.

Some of the songs on the album deviate from the full-on punk-rock formula but still retain the distinct rancid passion and song style.

"Red Hot Moon" is a nice ska number with its own charm and the unique "Arrested in Shanghai" with its different sound has a very positive message to those

who stood up when they were told to sit down. All and all the CD is good, but not great. To those that have loved Rancid for years, it will be welcome into their CD collections, hearts, and minds, but I don't recommend that the punk novice go out and buy it.

Older Rancid records like, "Let's Go," "And Out Come the Wolves" or even "Life Won't Wait," would be a lot better, and dare I say it, would destroy the current one.

DVD release dates for Sept. and Oct.

Sept. 23

The Chateau
Daddy Day Care
Holes
A Mighty Wind
The Shape of Things

Sept. 30

Dreamcatcher

2 Fast 2 Furious
Better Luck Tomorrow
Bend It Like Beckham
Boat Trip

Oct. 7

Down With Love
Hard Word
Hollywood Homicide
The In-Laws

The Italian Job
Man Without a Past
Sweet Sixteen
Willard

Oct. 14

The Matrix Reloaded
Owning Mahowny
The Safety of Objects
Wrong Turn

The World According To D



Darin Longman
Banner Staff

Numbers are one of the first things we learn when we are in the earlier stages in life.

At birth we receive a birth date, and a social security number, and during pre-school and kindergarten we are learning about numbers. Nobody really thinks about the significance of numbers but they are all around us and used numerous amounts of times. Numbers are taken for granted on a daily basis.

This, my friends, can cause a disaster of epic proportions. Especially when dealing with the numbers 0 and 6. Let me explain.

It all began during the enormous and painstaking task of filling out all of the

various forms, thingies, dealies and who-sitwhats that FAFSA requires in order for this guy to get his financial aid.

Keep in mind that I would rather battle a dozen bloodthirsty, honor less ninjas and about five giant cannibalistic mutants with nothing more than a popsicle stick and a shoelace that even complete the first page of any annoying stack of paperwork.

Somewhere in the middle of page flipping and scribbling information in boxes things took a turn for the worse. It unknowingly became a nightmare how my zeroes ended up looking like sixes, and vice versa.

In the time that followed I was asked for all kinds of additional information. I was told that I hadn't registered for selective service so I had to prove to the powers-that-be that I had officially done this chore when I turned 18, so as to not incur the wraith that is a jail sentence.

I was also told that I needed to show proof that I was an American citizen. This to me had reached the point of absurd. Since my birth in the land of the free, I have loved it here so much that I have never even left, well that and a severe lack of financial backing. I don't really have the dough to go trekking around the globe

sightseeing and what not.

Point being, never in the wildest imagination would I ever believe that I would have to prove my citizenship in the U.S. over a couple of zeroes that look like sixes.

Upon returning to DMACC I think I received the honor of being the guy with the most paperwork to get aid for school. Fortunately, the processing period is long and drawn out ordeal, which means that I might not see any of this money until the end of time.

I am constantly checking with the financial aid office, and they are constantly telling me that it will be about two weeks. I have a feeling they draw straws to see who has to break the news to me everyday. I see them getting tired of me and eventually having to shoo me away with the cold water from a garden hose, much like an old man barking orders at kids to get off his lawn.

The moral of the tale (as if there is ever a point to my ramblings) is that a six is a six and a zero is a zero. When these two numbers are mixed up it can only spell disaster.

Behind the Desk

Pam Snow
Advertising Manager

Financial Aid. Two words that every college student knows, and over half, has to use.

Just before classes were over last spring, all who needed financial help, including me, for this semester had to fill out that wonderful FAFSA form. I made sure it was in by the earliest date to assure a fast response. I even renewed it online.

It is now just over four weeks into the school year, and I just received my financial aid check in the mail. But I had to buy my books the first week of classes.

Someone please tell me why I had to figure in book prices when I filled out my FAFSA but didn't have that money in hand when I purchased them. This is the fifth semester I have dealt with this, and I haven't seen any improvement.

I guess this is just something every college students who needs that extra help has to deal with. It's just too bad that it's such a pain.

Letters To The Editor

I am Andrew's Complete Lack of Interest

Sitting here, the only reason I'm thinking about Iraq is because I'm wondering if gas prices are going to go up again. I'm wondering if next week I'll have to pay two dollars more because there could be a coup d'etat in Saudi Arabia. Sitting here, I'm only caring about Alaska because of the oil. Canada can have the caribou, the elk and the moose.

Me, I'm only thinking about China because my shirt was made there. This computer I'm writing on, it's the only reason I'm thinking about Japan. Me, I only care about the Philippines because I like these pants.

Sitting here, I'm not thinking about war, or al-Qaeda. The only reason I'm thinking about prescription drugs is because I'm making an order for Codeine. You can buy anything online.

I'm waiting for my orders of Xanax. Me, I can't wait for my Foirinal. My Vicoprofen, Hydrocodone, Norco. Me, I'm going to complain that my Vicoden isn't here yet. I'm still waiting for my Lorazepam and Valium cocktail. Shaken,

not stirred.

Sitting here, I'm not caring about the world. I'm not caring about tomorrow or my future. Sitting here, my life is passing me by one day at a time.

Andrew Ryan Austin
DMACC Student

The Banner has been read

I love to read the Banner!!! I am probably one of the first to pick up a paper when they are put out. I am sure I am not the only one. You are not alone!!! The beginning of school has been tough. Your readers are reading, just not writing.

Nice pics of the parade. Why weren't there any pics of the DMACC group that walked? Everyone likes to see his/her picture in the paper.

The Banner lost a lot of its staff. Are you going to introduce us to the new staff? You know, who are they and what are they going to school for? Are these new staffers new to the school?

A loyal reader,
Karen Shepard
DMACC student

Wesley Clark jumps into election with strings attached

James Joy
Banner Staff

Wesley Clark announced his intentions to run for the Democratic nomination in the 2004 election this week.

How does a man, who had no mainstream recognition whatsoever, now hold the party's fate in his hands? This shows the current state of the Democratic Party and how, like I said before, the Clintons would never let Howard Dean lead them into a tremendous defeat next year.

Clark's candidacy is a puppet with strings, which are attached to the power-hungry hands of Bill and Hillary. The only purpose of this man entering the race at this point is to stop the "Dean-express" and maintain control of the party by the Clintons.

The entire staff around this guy is all Clinton-picked, and with their money and endorsements, he is already leading a field of lackluster candidates who have no

ideas, except hate and dismay for a popular president.

It is obvious that this man is there to pave the way for Hillary in the future, either as a blocker of Dean or maybe a run by Hillary herself. Hillary would not endorse Al Gore before he earned the nomination in 2000, but I guess Hillary forgot she had that ideology and backed Clark for the nomination after being in the race a day.

Dean will lose the nomination to a guy who was quoted this week as saying he would have been a Republican, but the current administration did not ask him to join them so he decided to run as a Democrat for the presidential nomination. His ability to change ideology in the matter of a few months shows a person with no deep convictions or beliefs and can not be trusted to lead our country.

Why don't more college students study abroad?

By Daniel L. Ritchie
Global Beat Syndicate
(KRT)

DENVER, Colo. _ Just before our country went to war against Iraq, the National Geographic Society surveyed American college students and found that 87 percent could not locate Iraq on a map.

What a sad state of affairs. To many of us in education, however, it is not a surprise. Ignorance of the world beyond our borders has a long history in American culture. Most Americans have never traveled abroad _ even to Canada or Mexico. Geography has been de-emphasized in many schools. Only 6 percent of American college students study a language other than English.

For a nation fighting a global war on terrorism, we know frightening little about the parts of our globe that are not connected by U.S. interstate highways.

This is not a time for Americans to turn inward. We must learn as much as we can about our fellow inhabitants on this planet if we are to co-exist peacefully and prosperously with them in the 21st

century. We do not have to agree with or like everyone who is not an American. We do have to know what motivates them. And in the process of understanding other people we will likely find areas of agreement with them.

The late Arkansas Sen. William Fulbright understood this many years ago when he spearheaded the federal program for student and faculty exchanges with foreign countries. Despite that well-known initiative, however, the Institute for International Education reports that fewer than 1 percent of American college students study abroad.

This is unacceptable. To be competitive in any field, students need global perspective and experience.

Virtually every four-year college and university in the country has an office devoted to facilitating study abroad opportunities for its students. So how can it be that 99 of 100 college students never cross the border? Clearly what is lacking is an institutional commitment that students study abroad.

A couple years ago we found that about 20 percent of our students at the

University of Denver were taking courses in foreign lands. That is 20 times better than the national average, but it still meant that 80 percent of our students stayed in Colorado the whole time.

We now have a goal that at least 60 percent of our undergraduates will study abroad. To make it happen we have put in place a policy that allows eligible students to study abroad for the same fees they would have to pay to study on campus. We also pay their transportation costs to and from the study abroad site. The program goes into effect for our juniors beginning next fall.

A few small liberal arts colleges have similar programs. But for the most part, larger comprehensive and research universities have allowed study abroad programs to languish. The option is available for the self-selected few who seek it out, but typically it is not an institutional priority. If it were, more than 1 percent of American students would be studying abroad.

To be fair, there are small and encouraging signs that U.S. colleges and universities are improving in this area. A

total of 154,168 American college students studied abroad in the 2001-2002 school year, the Institute for International Education reports, marking the fourth consecutive year of significant growth.

But it is still a drop in the bucket. To put it in perspective, the total number of U.S. students learning firsthand about other nations and cultures could fit comfortably in just about any two of the football stadiums used by teams in the Big 12 or Pac 10 athletic conferences.

Colleges and universities need to make studying abroad a priority. Our future national security and prosperity depend on it.

ABOUT THE WRITER

Daniel L. Ritchie is chancellor of the University of Denver. This article was written for Global Beat Syndicate, 418 Lafayette Street, Suite 554, New York, N.Y. 10003; Web site: www.nyu.edu/globalbeat/syndicate.

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Cartoon courtesy of KRT

America's favorite pastime having banner year

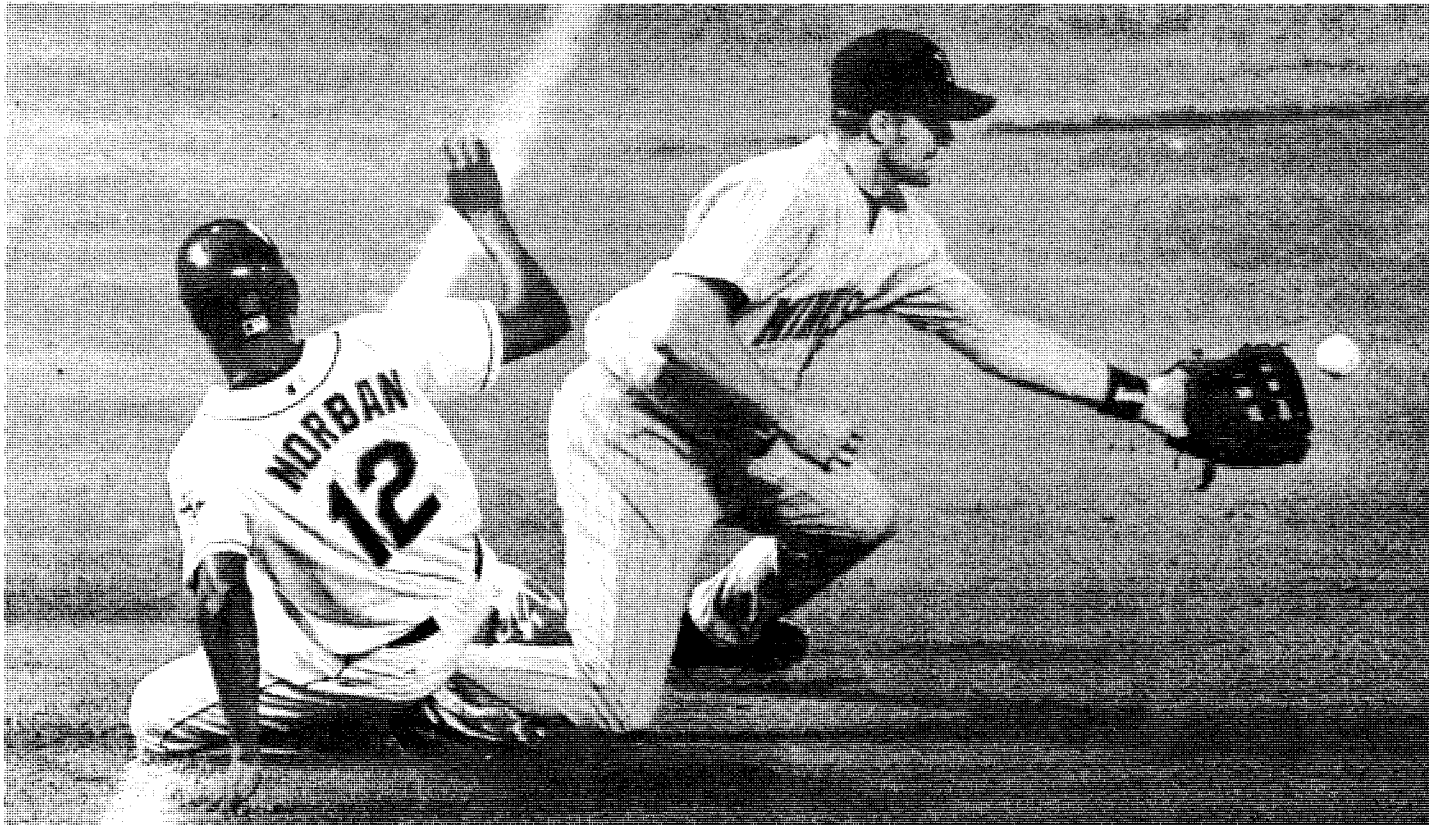


Photo courtesy of KRT

Corey Koskie, DMACC alumnus, is a part of heated pennant race.

Jack Simonson
Banner Staff

And down the stretch they come! The one hundred-sixty two game major league season is nearly over and what a season it's been for our area teams, and for the game of baseball. Excitement appears to be at an all time high since the strike nearly a decade ago.

Small market teams like the Royals have come from nowhere to contending for a division pennant. The Cubs and the White Sox have both put together good seasons for the first time in who knows when. The Minnesota Twins are going to

win their second consecutive AL Central title and advance to the playoffs, and the St. Louis Cardinals battled in a three-way race with the Cubs and the Astros for the NL Central crown all the way to the end.

Old rivalries have reemerged as tempers recently boiled after an intense, play-off like atmosphere in a grueling eight games between the Cubs and the Cardinals that won't soon be forgotten when the two meet up again next year, and the Twins and White Sox also established themselves as an up and coming rivalry.

So what does October hold in store for us? Nobody knows. The only mid-west team that we know is in the playoffs is the Twins, and they have a first round

series with the Yankees, who have absolutely dominated the Twins as of late, looking them straight in the eyes. But who knows...maybe the Homer Hankies in the Metrodome will apply such a home-field advantage that even the Yankees can't overcome.

One thing is for sure, whether your team makes it into the playoffs or not, it is impossible to deny what a year it has been. With all of the exciting pennant races, Roger Clemens winning his three hundredth game, and Barry Bonds coming within the century mark of passing Hank Aaron on the all-time home run list. Who knows what next year holds in store for us.

Intramural athletes wanted

Jack Simonson
Banner Staff

Any kids who like sports when they're growing up believe they are the next Michael Jordan, or the next John Elway, or etc. Not too many people end up standing at 6'6" with a forty-inch vertical.

That's a major part of the reason why intramurals exist, to keep those of you

who aren't headed towards the NBA involved and in shape with activities you enjoy.

DMACC offers you the opportunity to get involved in intramurals.

Lisa Mathes, head volleyball coach, runs the intramural program at DMACC. The program offers tennis, volleyball, basketball, and possibly a slow pitch softball game during the spring if enough peo-

ple sign up.

Winners of the intramural tournaments will receive a free t-shirt, or possibly a gift certificate of some sort if there are a large number of people there.

"Unless you live on campus, it's hard to meet people," pointed out Mathes.

Intramurals offer an opportunity for you to meet people who have interests in common with you, and possibly even develop new relationships. Intramurals also comes in handy if you are a former high school athlete who didn't get the opportunity to play college athletics, and still wants to stay involved.

You can enter intramurals for free. Information is posted around the school along with the events that will be taking place, when, and where to sign up at. If you have any questions or ideas, Mathes stated she will take requests for particular sports people want to play.

QUALM COLUMN

Ryan Makovsky
Banner Staff



I stand corrected.

One day after my last column, every Hawkeye fan who read it made sure I knew it was five straight Cyclone victories, not six.

Well, the streak, seemingly light years ago, is over. The Hawks recaptured the magic that helped them win something like 100 straight games against the 'Clones before 1998.

I'm still unsure of what's more embarrassing, getting shellacked like Iowa State did at home by their archrival, or getting hit by bird dumplings while conversing with a pack of attractive girls from Iowa City.

Either way, I feel ten years older after the game.

Nevertheless, this column needs optimism. Thank heavens for this past weekend of college football.

Yes, Rashaun Woods had seven touchdown receptions; Antonio Perkins had three punt returns for touchdowns, and a slew of upsets that really makes college football the great game it is.

But these just underscore the story of the week.

Neil Parry deserves this honor.

After sustaining an injury that resulted in his leg being amputated, Parry returned to the field last Thursday against Nevada.

It's been said that his return was based solely on making a feel good story.

His abilities clearly diminished, his true value to helping the team win is indeed minimal.

That's beside the point, however.

Not only did Parry work his body in shape to take the field for a division I-A program, he retained 80 percent of his athletic ability by the time he suited up last Thursday.

That's an extra 30 percent on one leg, or 30 percent on a leg that's not even real. Either way it's looked at, it's an amazing accomplishment.

The desire and will to get back on the football field supercede any limitation that still, and always hold him back.

As the saying goes, an athlete needs to go 110 percent to be successful.

Neil Parry went 160.

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Bears spike Panthers



Photo by James Joy

Players join together to face The Ellsworth Panthers

Josh Hutt
Banner Staff

Hard work and emotion played a huge role in the Bears 3-0 sweep of the Ellsworth Panthers.

Game 1

The first game was a back and fourth struggle. DMACC showed their determination with hard nosed spikes and emotional serves. Ellsworth tried to answer with some tuff defense and accurate serves of their own. But with the dominance of Este Huston and Allison Hyland under the net proved to be the difference as DMACC prevailed 30-22.

Game 2

The game started as another back and forth battle. Ellsworth took the early advantage with a 7-10 lead but thanks to dominating spikes by Courtney Thomas, Allison Hyland and Krista Jungling DMACC climbed back and retrieved the lead with a 13-11 score. Ellsworth tied it up with a 14-14 score, but DMACC's will to win was too much as Hyland was the dominating force down low. DMACC took the tough second game 30-28

Game 3

DMACC took the early lead and never looked back as the Bears used its good defense and ability to keep the ball alive to take an early 8-2 lead. This was a game in which DMACC wanted it just a little bit more. Flashes from cameras couldn't even stop the Bears dominate game three. Este Huston sealed the deal with an intimidat-



Allison Hyland prepares to spike the ball on her opponents

ing spike that ended the game in a 30-17 DMACC victory, capping off the 3-0 sweep.

Coach Lisa Mathes commented with a new rotation in the lineup, the team finished well. Mathes pointed the Bears service on the ball was the difference. "We

can't run an offense without good passes." Mathes remarked.

Where are the Bear Fans

James Joy
Banner Staff

The 2003 season of Bears volleyball is shaping up to be a great one. The Bears defeated ECC at home on Sept. 19 to raise their record to 20-7.

However, despite the early season success, fan attendance could be better. Support from students and staff of this team should be expected.

With second year players Callie Jo Blood, Betsy Dunphy, Este Huston, Courtney Thomas, Krista Jungling and Allison Hyland, the base is there for a great team. But when you add the talents of first year players Mollie Richert, A.J. Lewis and Alexis Gustafson, then it is apparent why they are having a great season.

I challenge all students, faculty and staff to attend the Bears home games for the rest of the season and support them on a run for a national championship.

Bears Remaining Schedule

- Sept. 24- Marshalltown
- Sept. 26- at Johnson County Tourney
- Sept. 27- at Johnson County Tourney
- Sept. 29- at Kirkwood
- Oct. 1- at Clinton
- Oct. 7- Southwestern
- Oct. 8- at Iowa Western
- Oct. 10- at Iowa Central
- Oct. 11- at NIACC
- Oct. 12- at Iowa Lakes
- Oct. 17- at Iowa Central Tourney
- Oct. 18- at Iowa Central Tourney
- Oct. 20- at Southeastern
- Oct. 22- Kirkwood
- Oct. 31- Regionals @ Ft. Dodge
- Nov. 1- Regionals @ Ft. Dodge
- Nov. 4- Regional Finals

Results of Staff Predictions

Congratulations to Wendy, Laura A., Josh and James for picking Iowa Over Iowa State. Iowa defeated ISU 40- 21 ending ISU's five game winning streak.

FREE PIZZA

With Phi Beta Lambda
DMACC's Student Run Business Organization

Wednesday, Sept. 24, 2003
11:30 a.m. - 12:30 p.m.

L.W. Courter Center

Join us for pizza and learn about Phi Beta Lambda