Des Moines Area Community College Open SPACE @ DMACC

Banner News Student Work

1-29-2003

Banner News

Leah Reevs

Kristen Sampson

Adam Sisson

Holly Losh

Patrick Valdez

See next page for additional authors

Follow this and additional works at: https://openspace.dmacc.edu/banner news

Recommended Citation

Reevs, Leah; Sampson, Kristen; Sisson, Adam; Losh, Holly; Valdez, Patrick; McKenzie, Aline; Griffin, Laura; Barrett, Chris; Hutt, Josh; Maass, Robbie; Carstens, Ben; Longman, Darin; Makovsky, Ryan; and Chinoda, Danai, "Banner News" (2003). *Banner News*. 274.

https://openspace.dmacc.edu/banner_news/274

This Book is brought to you for free and open access by the Student Work at Open SPACE @ DMACC. It has been accepted for inclusion in Banner News by an authorized administrator of Open SPACE @ DMACC. For more information, please contact rsfunke@dmacc.edu.

Authors Leah Reevs, Kristen Sampson, Adam Sisson, Holly Losh, Patrick Valdez, Aline McKenzie, Laura Griffin, Chr Barrett, Josh Hutt, Robbie Maass, Ben Carstens, Darin Longman, Ryan Makovsky, and Danai Chinoda	ris

Inside this issue



DMACC students
prepare for the
call to war.
Page 5



DMACC women break win record Page 10

Volume 2, Issue 8

January 29, 2003

"Voices from the Boone Campus"

DMACC Boone Campus

Band peps up basketball games

Leah Reeves

Banner staff

The expected sounds at a DMACC basketball game are whistles, squeaks, buzzers, and maybe yelling, but not music. All of this is soon to change.

A group of adoring DMACC Bears fans have gone where no others had dared to go, they started a pep band. Headed up by Maggie Stone, head of displaced homemakers, the band is small, but mighty. The idea spawned from the great season both teams had last year. Stone was having lunch in the Courter Center with her associates and they decided that if the teams were playing so well and putting everything they had into the game, it was only fitting that they have a pep band. The pep band is a way to show enthusiasm for a job well done by the ball players.

This lunch started the ball rolling. The next step was recruiting the players. There was little interest last year from students, and many of its founding members hadn't played or read music in years. This didn't stop the band from playing at a couple games to see what the reaction from the players and fans would be. The music was appreciated by all, so the decision was made to keep the band going.

The pep band has played at a few



Photo by Ben Carstens

Pep band plays at some basketball games this year, next year they hope to play at vollyball games also.

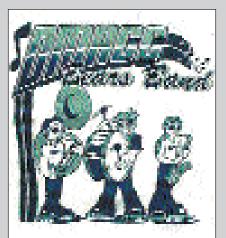
games this year already. The band is only 16 members strong right now, but they hope to expand their numbers. The student interest this year has been better than that of last. Still, more members are needed. Students are not the only ones invited to play in the band. Many of the pep band's current members are DMACC staff, or "Friends of DMACC". That is, people in the community who are interested in

DMACC sports and play an instrument, but don't attend classes. "There is a great need for clarinets and trombones," Stone said.

If you play an instrument and want to join it's not too late! The band still has two or three more games to play at this year and would love to have more musicians. If you are interested in joining contact Maggie Stone. This can be done via email at mastone@dmacc.edu, or by stop-

ping by her office room 124 on Monday, Tuesday, or Wednesday.

Pep and school spirit are what all DMACC sporting events need. With their musical talents the members of the pep band are helping to add both.



Friend of DMACC

designs logo

Brian Wonderly designed the logo for the DMACC pep band. Wonderly is a friend of DMACC, who is not a student, but enjoys playing the trombone in the pep band. The pep band's next appearance will be Wednesday, Feb. 5.

New lab for CET students

Kristen Sampson

Banner Staff

A newly remodeled DMACC Materials Lab opened its door to the civil engineering technology (CET) students this semester. The lab is located in part of the old Hy-vee in Boone.

According to Renee White, the CET group leader, "We've been renting space up until now, so it's great to have a permanent space."

The new space includes classrooms, two computer labs, a commons area, and a large testing lab. Students who have no idea what a materials lab is may want to know a little more about the CET program.

The program basically gets people ready for a high-paying, high tech career

in the transportation construction industry. The forty CET students currently enrolled are involved in courses such as surveying, global positioning systems, construction materials and design, highway design, computer-aided drafting, mathematics, and human relations.

"I chose it because of the flexibility; I can work inside or outside, with lots of variety in the job," said Tracey Kingsley, DMACC CET student.

Students will also get real experience the second year of the program. "It's a unique internship where students will get paid, meet employers, and get exposed to the industry," said White.

Following graduation, job placement for CET students is 100 percent and expected salaries range from \$30,000-\$38,000+



Photo by Kristen Sampson

Photo of new CET lab located in the old Hy-Vee building at 931 8th st.

CAMPUS NEWS

DMACC Boone Campus Banner January 29, 2003

Volume 2, Issue 8

Editor in chief: Ben Carstens bennycarstens@hotmail.com

Boone Banner staff

Adam Sisson

ewokradio@yahoo.com

Chris Barrett

cabarrett@dmacc.edu

Danai Chinoda

lelepelle@hotmail.com

Darin Longman

smooth.macdaddy@hotmail.

com

Holly Losh

hllosh@dmacc.edu

Jennie Yates

giggle_pixie@yahoo.com

Josh Hutt

huttster@netins.net

Kristen Sampson

kksampson@dmacc.edu

Laura Griffin

justalilgriffin@hotmail.com

Leah Reeves

leah@bifirecords.com

Pam Snow

pam82 01@hotmail.com

Patrick Valdez

patmvaldez2@hotmail.com

Robbie Maass

rlma ass@dmacc.edu

Ryan Makovsky

skeetdogg@hotmail.com

Teresa McCane

tamccane@dmacc.edu

Boone Campus Banner is a student news

paper, published bi-weekly at Des Moines Area Community College, 1125 Hancock Dr., Boone, Iowa 50036

(515)433-5092. Boone Banner is distributed free to all DMACC students, staff and alumni. Subscriptions can be purchased at the annual rate of \$10 to the general public. The editorial offices of Boone Banner are located in Room 219, on the second floor of the Boone Campus.

Editorial policy

Boone Banner welcomes all 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.

Banner adviser: Jan LaVille jrlaville@dmacc.

Boone Executive Brandmeyer Printer:

Republican

C a m p u s Dean: Vivian

Boone News

ATM gives back

to students

Holly Losh
Banner Staff



Even though students pay an ATM surcharge on the Boone Campus, some of that money will come back to them in the future.

Students kept pressuring the DMACC administration for three years trying to get an ATM placed on campus, but many banks felt that there was not enough traffic on campus to install one, according to George Silberhorn, associate dean. In October of 2001 Boone Bank & Trust Company finally gave students what they wanted.- Silberhorn said, within a year the bank's expectations for this machine were exceeded.

The bank instituted an ATM surcharge of \$1.50 in August of 2002.- Since there was no previous surcharge, the bank proposed an ATM Agreement with DMACC, said Jeff Putzier, President and Trust Officer Boone Bank & Trust Company.-This agreement states that the school will receive one-third of the surcharge income back, "in the interest of fairness," states Putzier.

The money that is given back to the campus will be placed into an account for the student government or FAC to dispense as seen fit.- Possibilities for placement of the money are: free all student body functions, the food pantry, or equal distribution between different organizations, according to Lori Slight, Student Activities Coordinator.

Church offers food to students

Aam Sisson Banner Staff

On Feb. 9, Grace Community Church will be providing dinner starting 6 p.m. at the Livery for DMACC students. The Livery is located at 806 7th St. in Boone, and dinner is served on the lower level.

Entertainment and fellowship are included along with the meal. Grace Community offers rides from the DMACC apartments to the Livery, but more than the students who live in the apartments are welcome.

Kary Woolson, a former DMACC student who helps put together the meals, says, "It is not just for the 20-year olds; even adult students are invited, and they can bring their kids."

This is the church's second semester of good eats for students. The first time this service was provided was October 2002 and has continued following winter break. Grace Community is also behind the sacks of snacks handed out in the Courter Center before finals last year. Also, the church has a food pantry and while at the meal, students are encouraged to take home a bag of groceries if needed

Grace Community Church will be 2 years old this February. Its congregation meets at the high school for Sunday service at 10 a.m. "The service is contemporary and the church's focus is preaching God's word. The pastor teaches from the Bible," said Woolson.

Simpsons celebrate 300 shows

Wednesday, Feb. 12, 2003 7:30 p.m. to 9:00 p.m. Oak Room, Bldg. 7

For a family that began life as a quick doodle on a napkin, *The Simpsons* has displayed remarkable durability—blossoming, over fourteen seasons, into a worldwide cultural phenomena while gleefully merging cartoonish hijinks with biting social satire. The Museum will celebrate the 300th episode of the show (airing February 16, 2003) by presenting a panel discussion with creator Matt Groening, executive producer Al Jean, and several of the actors who bring voice to television's original dysfunctional family.



Panelists:

Matt Groening, Creator

Al Jean, Executive Producer
Cast members to be announced.

DISCOVER the NORTHWESTERN Difference

Let Northwestern Health Sciences University Help You Explore Your Future in Natural Health Care

Explore a few of Northwestern Health Sciences University's key strengths:

- Six decades of experience preparing natural health care practitioners for successful careers;
- Pioneering clinical education programs in the University's seven public clinics, which provide 60,000 patient visits per year;
- Limited enrollment of 1,000 students offers easy access to the well-trained faculty from a variety of natural health care disciplines;
- A Career Services Center to assist in job placement following graduation.

Careers in CHIROPRACTIC, ACUPUNCTURE,
ORIENTAL MEDICINE, and MASSAGE THERAPY



NORTHWESTERN Health Sciences University

2501 West 84th Street, Bloomington, MN 55431

(952) 888-4777, ext. 409 www.nwhealth.edu

State assistance for starving students

Patrick Valdez *Banner Staff*

College life is stressful enough without worrying about where your next meal is coming from.

Students who live on their own and have low paying part-time jobs might have to forgo meals in exchange for pur-

chasing school supplies, books or buying fuel for the daily beater in order to get to class. And others might be struggling with a medical problem yet are not covered by their parents medical coverage. Well, fortunately the Iowa Department of Human Services (DHS) extends some benefits to college students to assist them while they are in school.

To help low-income stu-

dents with food needs, the United States Department of Agriculture's (USDA) Food Stamp Program is available. With Food Stamps, a student can buy most food products at grocery stores that participate in the USDA Food Stamp Program, such as Fareway. Depending on your income and resources, the state issues a fixed amount per month, per household.

For students to qualify, they must not have an excess of \$2000, in resources, which include cars, bank accounts, and other assets that can be converted to cash. If the car has no liens on it, the Kelly Blue Book value is used for the resource value. If the car has lien on it and the loan payoff is more than the value of the car, it doesn't count as a resource.

Any income must be reported and will be taken into consideration towards the disbursement amount; the more money you take in, the less Food Stamps you are eligible for. In addition, students must work at least 20 hours part time at a regular job or have a work-study job. However, under the Food Stamp rules, work-study funds cannot be considered



income. Earned income (from a regular job) will not count against the applicant as much as unearned income (money from parents), so, for example, if your parents are helping with the rent, gas, etc, have them pay that money directly if possible, because under the rules, even thought that money goes to pay bills, it's considered unearned income.

At present, the Food Stamp program in Iowa is still issuing paper food coupons, which are mailed. Under Federal USDA mandate, all states must switch to an Electronics Benefits Transfer (EBT)card system in order to reduce theft and fraud. Iowa is still test marketing its version of the EBT card in several counties and is behind in issuing them statewide and

many smaller rural grocery stores are not equipped to handle them.

There is also medical coverage available for students without a health plan who are disabled, injured in an accident, or have an affliction such as diabetes that requires constant medication. While the program is referred to as "State Papers" it's actually a program where a person's medical costs are paid by their county of residence, not the state. The requirements are similar to Food Stamps; however, a perfectly healthy person is not likely to qualify for state papers. The only drawback to state papers is all doctors visits must take place and prescriptions filled at the University of Iowa Medical Center in Iowa City.

Some students might feel that they would be a "drag" on the system if they participated in these programs. "Not so." says Tari Litke, a DHS caseworker in Ames, "If the system didn't want to help students, they wouldn't have made the accommodations for students." However Ms. Litke went on to say that some students dig their own hole by spending loan and scholarship money intended for meals and housing on other things. But others are truly struggling. "If you feel you qualify, please apply but PLEASE show up for your appointment!"

To apply for these programs, visit the DHS office in the county of your residence. In Boone County, the DHS offices are located at 900 W. Mamie Eisenhower Ave. Boone, IA 50036 Phone: 515-433-0593. In Story County, the DHS offices are located at 126 S. Kellogg, Suite 101, Ames 50010 Phone: 515-292-2035. Or visit the DHS online at: www.dhs.state. ia.us/

Ben Carstens

New editor-in chief

Leah Reeves *Banner Staff*

It's a new semester and after a couple of weeks we all start to fall into the routine of school, work, play, and if we're lucky sleep. Ben Carstens has one more thing to worry about this semester, running the bi-weekly publication of the DMACC Banner

Carstens is the new Editor-in chief for the Banner. His duties include assigning stories to the rest of the staff, editing stories, writing stories, and making sure everything gets done in a timely fashion. Which may include kicking some staff members in the butt as a form of motivation. There is no doubt that he can handle all of his new found responsibility.

Lucky for Carstens he loves the paper. In fact, the paper is what brought him to DMACC in the first place. He started his education at ISU where he was a marketing major. He was a student there for three years. Tragedy struck one of his close friends making it impossible for him to focus on schoolwork, so he decided to drop out. After some time off he refocused and realized that he loved to write. "It's (writing) my therapy" Carstens said. With this in mind he signed up for classes at DMACC and started to write for the Banner

Carstens comes to us from Cushing, Iowa. If you haven't heard of it that would come as no surprise to him, the population is only 150. He graduated from River Valley High school in a class of 40. Ben is not the only Carstens boy to grace the halls of the Boone DMACC. His little brother Jim is also enrolled. There is yet another older brother at home who has three kids that Ben enjoys playing with when he makes the long journey home.

Winter-comfort to get more expensive

Patrick Valdez *Banner Staff*

Up until this month, Iowa had been experiencing a rather mild, dry winter. The storm systems seemed to give the state a wide berth, dumping snow and cold weather elsewhere. Temperatures were up and heating bills were down.

Then "Old Man Winter" let everyone know who was boss last Wednesday by slapping Iowa and the rest of the country with an arctic blast that led to well below zero lows. Most of the state was issued a Wind Chill advisory, with the central and northern parts of the state were issued Wind Chill Warnings that were predicted to go as low as negative 40F. The chill spread and engulfed much of the central and eastern part of the US, resulting in subfreezing temperatures as far south as Florida. Then came the news that the price of heating homes is going to jump high as 40 percent compared to last year's prices

NBC Affiliate, WHO TV, reported that the price of heating fuel In Iowa was going to go up on the very same Wednesday as the cold snap hit. According to the Iowa Department of Natural Resources, the harsh winter in other parts of the country coupled with lower fuel reserves led is causing are heating fuel prices to rise all over the country.

Iowa propane users will get the lowest bump in prices, around 20 percent while those that use natural gas will see at least a 34 percent increase, with the hardest hit being those who use home heating oil, who may see a 40 percent increase.

PBL is giving away dinner for two at the Broiler

look for details in the next issue





FEATURE

Workout junkies

Compulsive regimens pose a serious threat to health

Aline McKenzie

The Dallas Morning News (KRT)

Imagine that you're in a gym. When you arrive, there's a good-looking woman vigorously working out. When you're done with your own workout, she's still there, plugging away.

You might admire her discipline or envy her figure.

But she might have a secret _ the exercise is compulsive, part of an eating disorder that may, literally, be killing her.

Sometimes called "exercise bulimia," compulsive exercise can happen in women with either bulimia or anorexia. But because bulimics usually have normal weight, the disorder isn't as obvious as it would be in a stick-thin anorectic.

In fact, they may even be praised for it. "When you're sticking your head in the toilet, you don't get much kudos from society," says Dr. Jim Harris, a psychologist in the eating disorder program at Presbyterian Hospital of Dallas. "When you're exercising, boy, everybody gives you kudos."

One of the cornerstones of the syndrome is the excessive, punishing nature of the workouts.

"I've had patients who may get up at three in the morning, work out for three hours, go to work, and then come home and do another three-hour workout," he says. "Even Olympic athletes don't train like that."

Eventually, the workouts can interfere with social life, leading the patient to keep a veil of secrecy.

Some people even belong to more than one health club, so that the staff can't tell how much they're working out.

"Paradoxically, they say they can spot each other at the gym," Harris says. "There's a dead look in the eyes. Exercise should be fun."

Harris says he had one patient who restricted all fat and meat from her diet, used laxatives and worked out for four hours a day. Her heart had a leaky valve, and there was fluid around her heart.

"It was killing her, and she couldn't stop the exercise," he says. She was an intelligent woman, but the compulsion was too strong, he says.

Dr. Urszula Kelley, clinical director of Presbyterian Hospital's eating disorders program, says victims can become very creative in hiding their exercise.

"We've had some people who set the alarm for 1:30 a.m., sneak out of the house when everyone is asleep, run for 15 miles, then sneak back in, shower, put their night-clothes on and go back to bed," she says.

Others exercise in the bathroom with the shower running, so the noise of the water will hide what they're doing.

About 4.5 percent of adolescent and young women have bulimia, Harris says.

"It's really epidemic proportions.

"They've overused everything, even their heart, beyond all reason," Harris says.

Bulimia usually involves a variety of symptoms _ eating excessive amounts of food in a binge, then getting rid of the calories by vomiting, misuse of laxatives, excessive exercise or other methods.

Like an alcoholic, a bulimic can literally be addicted to the behaviors, Harris says.

"These are often bright young women," he says. "They know what the cardiologist has told them, and they believe her, but they just can't stop it. ... You may hate yourself for it, but you just can't stop."

There's some evidence that serotonin, a brain chemical that's involved in addiction and depression, may play a role in bulimia, he says.

Treatment usually involves a combination of psychotherapy, family therapy, nutritional treatment and antidepressants.

"It's a gradual process, but it's possible," Kelley says.

During therapy, patients generally learn how to identify their feelings and learn new behaviors to cope with them, says Dr. Stephanie Setliff, medical director of the intensive outpatient program for eating disorders at Children's Medical Center of Dallas

For instance, when a teenage girl with bulimia has a fight with her mother, her impulse may be to go on a 5,000- to 10,000-calorie binge, followed by a purge.

Instead, through therapy, she can learn to identify that she's feeling upset and angry, and learn new behaviors _ finding someone to talk to, for instance.

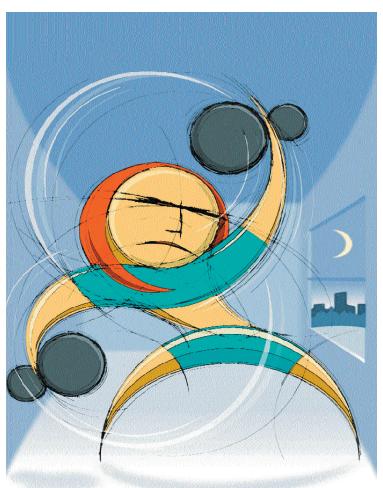
"It's real directed," Setliff says of the therapy. "It's not someone sitting around pondering the meaning of life or their childhood."

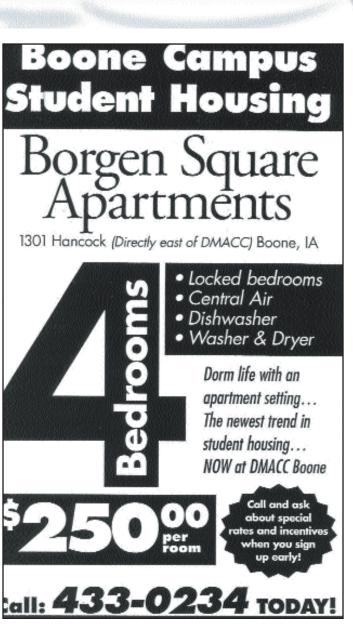
There can also be family therapy, because very often there are stresses in the family that aren't being talked about. There may be another child with an illness, or marital stress between the parents, for instance.

Dr. Nicole Caldwell, a pediatric psychologist at Children's, says she saw one family that had such bad communication that "no one really talked about what was going on with each other. It was 'Hi, how was your day?' 'Fine.' Even when something bad happened, no one would talk about it, even though they all knew about it. It's not going to go away just because you decide not to discuss it."

The most important change in the family is to talk about feelings, Caldwell says, and not have the parents be the ones to keep track of how much the child is eating or exercising.

"We're the professionals, so if the patient gets mad at us, that's OK," she says. "But we don't want this antagonistic power struggle going on about the eating





DMACC students prepare to get call

Laura Griffin
Banner Staff

September 11 affected many people in different ways, but for the Iowa National Guard's Company D of the 109th Aviation unit out of Boone, it was their time to serve their country.

This unit was activated November 2001 through September 2002. They were sent to Fort Campbell, Ky. where they supported the 160th Special Operations airborne unit (A). That unit is referred to as 'Night Stalker,' and for a reference, was the unit that was the focus in the movie "Black Hawk Down."

Company D did about \$12 million in repairs for the 160th SOAR (A), abbreviation for the above mentioned unit. Two Guard members are attending DMACC this semester that went to Fort Campbell. Most soldiers went through classes called Green Platoon. This was a 5-week class in training hand-to-hand combat with special forces commandos, learning navigation, and other skills that if called overseas they could be prepared to fight.

Richard Montanaro is a 92A, an automated logistics specialist. This means he is the secretary of the motor pool. He went to Fort Campbell in November with the rest of his unit. A typical day for him

would be getting up at 0600 (military time) and do PT, physical training. At around 0900 he would have work call, their he would do general maintenance on helicopters. He would work till about 1800.

He lived on base, but got to leave

at night and on the weekends, when he didn't have to work. Montanaro also went through Green Platoon. One of the things he missed was being with his friends and going to college, but he made many new friends while he was on duty. When the unit came home, it went out to the Boone armory and did inventory so that everything was accounted for.

There was a cominghome ceremony for the soldiers to honor their time of service. When Montanaro came home, he hung out with his

friends and enrolled in classes.

When asked if he is worried about being activated again, he said, "I guess our

dedication went a little further than one weekend a month and two weeks a year."

Jonathan Moeller is a 67U, a Chinook helicopter mechanic. His job is to take apart, inspect, and fix helicopters that login 300 flight hours. While it is being fixed and inspected, it is in a phase. The

repair job took about a month out at Fort Campbell, which is quicker than normal. Moeller was activated at the same time as the rest of his unit, but didn't get to go to Kentucky until February because he was still in training. A typical day for him was getting up at 0630 for PT. At 0900 he would get his work call and would be there till 1800 or so. Some nights he would be there until 2200 in order to get the helicopter done quicker,

and sometimes had to work half the week-

Moeller volunteered to go through Green Platoon so that he could go overseas to join the fight. He ended up going to Afghanistan for a month and a half. He worked on damaged helicopters and says that it was an experience he will never forget. He came home at the end of September 2002 and spent two weeks out at the Boone armory doing inventory. When asked about future deployment he said, "I am currently going to school and trying to get back into civilian life, but just wondering when we will get deployed again."

Recently Governor Tom Vilsack spoke to some of the soldiers saying, "It's always a very humbling experience to stand before heroes. Look at your children...you've made a better life for them. And for that, we give our everlasting thanks."

About 850 National Guard and Army Reserve troops from Iowa out of about 4000 Iowa reserve-unit members are still on active duty.



Company D of the 109th aviation unit wears this insignia patch on their uniforms.

Davenport starts second semester



Photo by Pam Snow
Rita Davenport

Laura Griffin
Banner Staff

A new addition to the DMACC advising staff is definitely not new to the advising position. Rita Davenport has been at the Boone DMACC campus since August.

In July she was recently married and has one son who attends the Boone school district. She also has three stepsons but they do not attend Boone. Her goal while here is to get to know as many students as possible and to make the student's lives a little easier

Davenport wants to try to change the orientation for freshman students. She works with Shelby Hildreth, an educa-

tional advisor, and also works as an advisor for the night classes in Ames.

Davenport is originally from Des Moines and graduated from Central College with a major in linguistics and a minor in sociology. She then moved to Dubuque for 15 years. She worked at the University of Wisconsin in Platteville in the student services department. While working there, she earned her Masters degree in counseling education. After that she went to work at Southwest Wisconsin Technical College as a counselor until she moved to Boone.

Davenport was a music major in college and played the viola but doesn't anymore. She was happy to move back to this area because most of her family is in Des Moines. Her cousin is the mayor of Des Moines.

A genealogy tree was done, and her family was traced back to moving to Iowa in 1882. Every year since then there has been a family reunion. January of this year marked 121 years of family reunions, and not one year was missed. She said there were about 60 family members who attended.

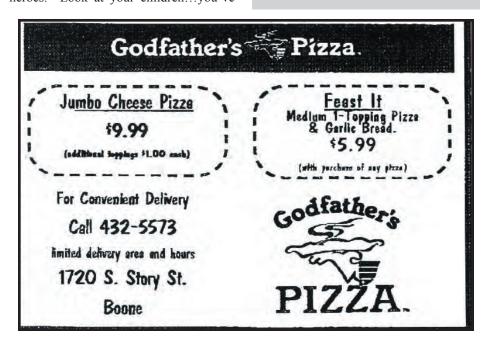
Davenport feels very fortunate that she has had the experience of either working or attending a private school, university, technical school, and a community college because she has seen all aspects of college

Procedures for unexpected deployment

Students who have received a deployment call and have been approved for financial aid may want to take a look at the DMACC webpage (www.dmacc.edu). It provides the procedures necessary to make the transition a little easier.

A copy of the deployment orders must be either handed into the registration staff personally or by mail. When the orders are received, the registration staff will make out a drop/withdrawal form and add it to the orders and give a complete refund. Refunds will be given to the students as with normal refund procedures. Money that was used to pay for books, supplies, and other school related items will also be refunded if the objects can be returned.

If the student has completed a greater portion of the course, the instructor may assign a grade and attach a note stating that the grade was assigned to an activated reservist. If the instructor chooses to let the student complete the course at a later time, a "W" will be the grade and the same note will be attached. A student will not receive both a refund and a grade. For further information go to http://www.dmacc.org/veterans/deployment.asp



Entertainment

The Sims: strangely addictive

Chris Barrett

Banner Staff

I'm in a mansion with a strange girl and she wants me to get into the hot tub with her. I get naked, hop in, and that's when I wake up.

I awaken to mom yelling at me to cook some dinner and repair the television. The only problem is I can't cook and I've never repaired anything in my life. So after awhile of studying how-to books on cooking and mechanical skills I attempt to repair the television. My attempt failed; getting electrocuted sucks.

Time to study more, after learning a little more I attempt to repair the television again. I am successful. Mom is happy with me, so I borrow some money from her. But mom is still hungry; I must serve her dinner. Cooking goes smoother than the television repair.

So the television is working and mom had dinner. So why is she still yelling at me?

I'm unemployed, that's why. I go get the newspaper and see what there is to offer. There is an opening for an extreme sports athlete, golf caddy, or a waiter. Choices are limited; I guess I will be a waiter. Work starts at 8 in the morning.

Welcome to a day in the life of a Sim. This is the kind of thing you go through on a daily basis in The Sims for Playstation 2. Keeping your mom off your back is only one of many daunting tasks you have each day. Making new friends, getting promo-

over 500 bucks. You work for everything you get and making 275 dollars a day isn't much.

Your Sims social life is important as well. Take my friend Bob for instance. Bob used to be a family friend but I went a few weeks without calling or inviting him over. Now he's pissed at me, he yells every time I call.

The

tions and buying stuff for your home are all necessities.

How is this game fun? I ask myself that constantly. The Sims is strangely addictive. Anything you want can happen. Want a flat screen Sony television? That's 2,000 dollars. Want a strip poker table? Fork

Throwing parties is a good way to keep socially active. Invite the neighborhood over for burgers on the new grill and a romp in the hot tub. Maybe get a little game of b-ball going, or perhaps billiards is more your style?

Getting promoted rocks! Making more

money means more stuff. Don't like to clean the house? Hire a maid to do it. Need light bulbs replaced? Hire a mechanic. Watering the plants? Gardeners are great. How about a new hi-fi home theater system? You can get it all. My Sim seems to be very materialistic, expensive stuff makes him happy.

Eventually you will fall in love. Moving in with your loved one is nice. You can hug, kiss, dance, give gifts and even make each other dinner. Eventually the phone starts ringing off the hook, they want you to adopt a baby. I haven't had a baby yet and I am not sure if I will, my Sim fears children.

If you have a lot of free time on your hands The Sims is for you. I don't have much free time, and I never get anything done thanks to The Sims. The Graphics are nice and the gameplay is addictive so if you're in for something different give The Sims a try.

Graphics: 8 Gameplay: 9 Sound: 7 Overall: 8.5

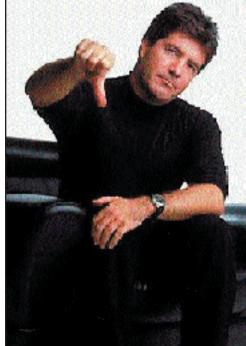
American Idol back on Fox

Adam Sisson Banner Staff

70,000 of America's youth showed up to audition for the second season of

the ultra popular "American Idol" on Fox. This season opened up with back-toback 90-minute episodes Jan. 21 and 22. Perhaps the real American Idol is the show itself, gathering enough viewers to push it to the top of the Nielson charts.

Americans tuned in to see Paula Abdul, Randy Jackson, and the infamous Simon Cowell return as judges who are not afraid to tell contestants exactly what they feel about their so-called "singing."



feel about their so-called "sing-ing."

Photo Courtesy of Idolonfox.com Famous for his rude comments to wannabe idols, judge Simon Cowell practices for the next round, taking place in Hollywood.

The judges spent a few days in each major American city wading through hours of off-key crooning to separate the potential pop stars from those who just couldn't cut it. For an hour and a half

last Tuesday, viewers were treated to some of the most horrible singing ever to resonate toward our unfortunate eardrums. At the same time, the few standout performances validated us watching and proved undiscovered talent did exist among the thousands of hopefuls.

One of the best performances was an unusual one. A pair of twins auditioned together and sung in beautiful harmony. The judges were amazed but added that only one of them could be the new "Idol." It took some work, but the girls finally persuaded Simon and crew to let both of them make the trip to

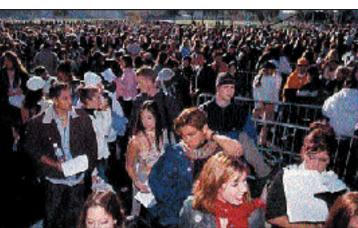
Hollywood.

Another pop hopeful brought in a picture of her and Maria Carey, stating that the famous vocalist was her inspiration. After her ill-tuned performance, it seems the only thing her and Maria had in common was their hairstyles.

One of the reasons so many Americans deviated from their normal viewing half

normal viewing habits is just to watch the humiliation suffered by contestants at the hand of the nasty Simon Cowell. Not only does he tell poor performers they are terrible, he usually follows it by saying they are the worst singer in whatever city he happens to be at. Once, Cowell even challenged a singer to find someone who was worse and to report back at the same time the next night. Simon won the bet.

America's fascination with "Idol" doesn't come as a surprise. To see regular people pushed up into the limelight and made famous has a certain allure. It lets us all know that we might have a chance to live out our rock and roll dreams and



Picture Courtesy of Idolonfox.com

reasons so many Thousands stretch out with high hopes of making it to Hollywood Americans devi- and becoming the next American Idol.

step out into the spotlight.



Entertainment

WWE keeps stranglehold on fans

Josh Hutt Banner Staff

Over the past sixteen plus years of my life, I have enjoyed watching professional wrestling, but it has changed over the past six months and not for the better.

In my early years I actually believed it was real. When I watched The World Wrestling Federation (WWF) Superstars on Saturdays, I would find a pillow and elbow drop it during commercial breaks. As I got older I realized it was all set up and they were ultimately very physical actors. A wrestler named Mick Foley once said "Professional Wrestling is a soap opera for men who don't watch soap operas." At the end of each WWF Raw there was always some sort of cliffhanger that would make you tune in the next Monday.

For the past six months I have missed RAW due to having night classes and work. This was also around the time that the WWF changed to World Wrestling Entertainment (WWE). Just like any soap opera, if miss an episode, you will not know what's going the next show. So when I finally had chance to watch Raw I wasn't expecting to understand many of the story lines right off. By the end, I realized it was nothing but a two-hour com-

mercial advertising the next pay per view. In one match the announcers mentioned "Royal Rumble" nine times.

The night after Raw, they were going to have a celebration of RAW being on the air for the past ten years. It would in clude highlights

and former



Photo courtesy of wwe.com

Hulk Hogans passion for wrestling becomes evident when he returns to ring on World Wrestling Entertainment.

superstars of Raw right? That's what you would think. It ended up promoting the pay per view and giving an award to an 80-year-old woman, who gave birth to a rubber hand. The one highlight of the night was the nice tribute for wrestlers, such as Andre the Giant, Ravishing Rick Rude, Owen Hart and other wrestlers who passed away in the last ten years.

This tribute was flushed down the toilet thanks to Smackdown, the other big cable wrestling show. It had a segment that made me realize wrestling has reached an all time low. It involved a 60 year old man who died during a rigorous honeymoon with his new 20 something wife. To make a

long story short, the wife and the daughter got into a fight at the funeral home. T h e y ended up knocking the open casket to ground and continued fight as

the Royal

family.

The two

are aided

by Chon's

sister Lin

(Fann

Wong),

whose

fighting

techniques

compare to

Crouching

Tiger

Zhang

Ziyi. Roy

you hear people crying in the background. The fight ended with the wife smashing a lamp over the daughter head.

Wresting has experienced many up and downs though out the years. Wresting was at an all time high when they began to swear, use finger jesters, and schedule evening gown matches. I believe today it is at an all time low. What will happen next? Will it ever be back to the way it was or will continue to push the envelope to the point of no return? This is what will keep me watching Raw. I want to know

what is going to happen next. I have faith that professional wrestling will return to it's past glory.





Photo courtesy of wwe.com

Top photo: a staged wedding takes place Below: WWE owner Vince McMahn reacts to the wedding.

"Knights" outdoes original film

Robbie Maass Banner Staff

*** (out of possible 5)

It seems to me that more and more sequels are released every year, all with the same goal of not out doing, but out selling their predecessor. This year audiences get to look forward to big budget sequels to 'The Matrix', 'X Men', and 'Charlie's Angels' to name a few. It's not even February and what has been called "the year of sequels" has begun.

'Shanghai Knights' is the sequel to the 2000 hit 'Shanghai Noon' reuniting 19th century train robber Roy O'Bannon (Owen Wilson) and once imperial guard

turned t o w n Sheriff C h o n W a n g(Jackie Chan). This time the two head to London to revenge the death of Chon's father and to murder



Photo courtesy of yahoomovies a ctress

stop a plot in the new "Knights."

Jackie Chan and Owen Wilson head to Jolly Ol' England in the new "Knights."

also falls for Lin, which only adds to the quirky relationship he and Chon share.

When watching a film like this I wonder how the story and screenplay came about. In my mind, I figured the elaborate fight scenes were written and choreographed first and then the writers thought to themselves, "now how could we write these scenes into a story?" I could be wrong but watching Jackie Chan fight a battle on the Thymes River with fireworks going off in the background does seem a bit coincidental. Nevertheless, Jackie Chan is a joy to watch on screen, especially knowing he is

doing all his own stunts.

What really made this movie work is the chemistry Owen and Jackie create. Unlike the first film, which I felt got a bit tiring, Wilson's wit and comedic charisma keep this film entertaining, which was nice to see after recently watching Wilson's last film, the dreadful 'I Spy' with Eddie Murphy. Owen and Jackie are also well supported by a good cast including a sneaking orphan named Charlie Chaplin (Aaron Johnson) and a detective (Tom Fisher) whose crime solving efforts resemble Sherlock Holmes.

I was a bit reluctant to see the film considering I really didn't care for the first one, but I left the theater pleasantly surprised. The film contains a lot of Hong Kong action and comedy, so it's a type of film that I would call "leave your brain at the door" because you won't be using it. I find its Feb. 7 release date a bit odd because this movie has all the makings of a summer blockbuster. But seeing that comic book adaptation 'Daredevil' is being released a week later on the fourteenth, maybe productions companies have a new marketing scheme in mind.



OPINION

The Way I See It



Promote peace always, not only in times of war or crisis.- And don't call for President Bush's head on a platter, when you probably didn't even take the time to vote.

* * * *

Ben Carstens
Banner Staff

Hanging in the halls here at DMACC was a piece of paper.- On it was a paragraph either written by a student here or pulled from an email, the latter of which I lean to.- It poses the question: "Is the Pentagon censoring the news?

It states that almost all of the war coverage by the mass media contains only what the Pentagon wants you to know.- The U.S. government has signed a contract giving it exclusive control over all satellite imaging of the war in Afghanistan.- So the question I have to ask is: Is that surprising to anyone at all?

It's widely known that our government conceals information from us all the time.- The Vietnam war is an example of that.- And does anyone know what the status is on Bin Laden?- I have to believe that is another thing that they keep us in the dark on. Honestly, I really don't want to know everything our government and military is doing.- They have very hard jobs, and put their lives on the line for us daily.- And we owe them the courtesy and respect to not breath down their necks and second-guess them at every given opportunity.

I know it's the "in" thing to oppose the war these days, and to attend rallies in its opposition promoting peace.—And that's great, voice your opinion; it's your God-given right as a citizen of the United States.-However, don't oppose the war when you are uninformed.- Don't march for peace when you're only jumping on the bandwagon, and it's the cool thing to do.-

Apparently DMACC is at a time of heightened security.- I say this because I recently found out how hard it is to get some simple information from the front desk.

Driving home from class last week from class, I heard a strange noise come from my car.- I looked in the rear view window and saw things bouncing off the highway, and smoke started to roll out from the hood.- I pulled over and assessed the situation; yeah my car was messed up.- So I sat there and waited for my brother to drive by on his way home for school, which would be in two hours.

After a while of waiting, a state trooper stopped by and asked me if I needed a ride.- I asked him to take me back to Boone and he did.- When we got there, I ran inside and went to the front desk.- I told them my situation and asked them to tell me what room my brother was in.- Then I was told that they couldn't tell me where he was.

Now I don't blame the secretaries, I'm sure they were just following the policies here, but I found this to be a little ridiculous.- Besides proving to them I was his brother, they know I am a student here from my many trips to the front desk, and not a terrorists looking to reek havoc in the life of Mr. James Carstens.-

Instead of telling me where he was so I could sit outside the class and wait for him, they decided to go up to the room, disrupt the class, pull him out, and bring him down to the front desk. I find it hard to believe this is better for all involved.

Last semester my grandparents were driving through Boone and decided to stop and invite me and my brother to dinner that night.- My grandfather tried to get the same information about our whereabouts.- They didn't even grant him the courtesy of going to get one of us. Apparently I'm blind to the fact that my grandfather is a menacing, terrorist-looking character.- I'm sure DMACC successfully protected me from the endless amounts of hugs and cheek pinches I was sure to receive.

* * * * * * *

I have a hatred growing inside of me.- It's been building and building for a while now.- It's something that almost everyone has taken part in at one time or another.- That hatred is, cellular phones.

I know cell phones serve a very important purpose in the business world.-They are also very important for emergency situations.- But if I see one more cell phone, no matter what color, size, shape, make or model, I'm going to blow.

Every time I sit down to play a game of cards with my friends, without fail those damn things start going off, and every one with a more annoying ring/jingle than the phone that rang a minute before it. One of my biggest pet peeves is when my friends come over, and they spend the whole night calling people and taking calls on their phone.- you could have stayed home and done that.- Besides annoying, it's just rude. Those things should also come with a warning printed on it like a pack of cigarettes.- "Don't-Drink and Dial."-

Cell phones initiate this more than anything.- And everybody's received drunken messages from some idiot with a phone at the bar. So you have this great phone with call waiting, two lines, voice mail and games included; it's the cat's-meow.- But, there is one problem; you never have the damn thing on you when I try to call!- But then, you got the caller I.D. too, damn.

Cold weather and cars don't mix

Patrick Valdez *Banner Staff*

My car wouldn't start last Thursday. Being a diesel, I let the glow plug lamp go on, which is required for a cold start, cranked the engine and listened to the starter slowly grind to a halt.

I know I'm not the only one. I mean, it was -8F when I got up that morning with -30 wind chills and extreme cold weather can negatively affect batteries. Couple in the age of my battery, 4 years, and that can spell disaster on an arctic-like day.

It was bad enough that my car wouldn't start, but at 7:15 AM, there is not a lot of people out that early to give a jump start. To make matters worse, I park on the street in front of my apartment and that street goes East/West, which seemed to funnel the wind and increase it's velocity. I think I'm still thawing out from that. This is my second winter in Iowa and I'm still not quite used to it.

As luck would have it, a gentleman driving an small Isuzu cab-over diesel truck pulled up and asked if I needed a jump start. We connected my "DOA" battery to his ample dual HD battery set up, let it charge, crossed our fingers and eventually got my engine to roar to life, thankfully quashing our worries that my fuel had gelled, despite the fact that it was "winterized" diesel.

I used up quite a bit of fuel zipping around Ames looking for a new battery; I didn't want to risk it not

starting again so I left it running. It took me a while before I found a suitable battery at the Interstate dealer on Duff Ave, next to the Jiffy Lube. Since my car is diesel and it requires a battery with a high cold cranking amp rating than its gasoline fueled counterparts.. Factory it comes with a 620 CCA battery. I finally found a 700 CCA battery for \$94 and with installation it came to \$113.

Then I come to find out that my battery was cracked, leaking acid and had eaten up the positive battery terminal clamp to the point where it couldn't get a grip. It's on there, just loose. More good news; nobody in Ames had ever seen a battery cable like mine. As it turns out, it's a dealer-supplied part only (thanks for nothing Volkswagon)

So, I had already missed my morning class by now and was working on missing my second. I drove to Des Moines and went to the VW dealer. The parts guy informed that it had to be ordered and would cost \$70. I politely declined and left.

I came back to Jefferson where a local shop was able to get the damaged terminal clamp to tighten. All it needed was a few washers and a good cleaning. As it turns out, they are an Interstate Battery dealer. I should have gone to them in the first place. Finally, I was able to reset my clock and key in my radio's security code to unlock it.

And to top it off, I missed all my classes that day.



As the opinion editor, I am pleased to announce that the Banner will continue to run our advice column, Ask Ms. T.

This column is based on the anonymous e-mails sent to Ms. T, from you the readers. Teresa also known as Ms. T, will answer your questions promptly and appropriately, with advice from her experiences in life. E-mails may include: questions about family, love, friends and many other problems.

If you have question for Ms. T, please e-mail her at tamccane@dmacc.edu. E-mails will remain anonymous.

Here is a quick example from last year's edition of Ask Ms. T:

Dear Ms.T,

My best friend slept with my boyfriend! What should I do?

Signed, Betrayed

Dear Betrayed,

Dry your eyes and move on! Men are like buses; one comes around every fifteen minutes! As for you girl, what goes around comes around!

P.S. Next time, pretend your man don't have it goin' on!

-Ms. T.

The World According to D

Darin Longman *Banner Staff*

In life there are many trials and tribulations that one must face. There are challenges around every turn, some significant, others basically meaningless. But there is a certain challenge lurking in the shadows for every boy who is becoming a man. It is a darker side to puberty that is quite disturbing. It is the ritual known as shaving.

For most college males, shaving is nothing new. It simply was something one would have to do after the age of fourteen or fifteen to ensure that their face was not covered in hair. It is something that even I have learned to do but obviously not well.

The first two times I shaved I felt like the coolest guy that ever lived. I imagine that I shouted out something along the lines of "Wow shaving is wicked," in a slightly cracking voice.

I know what one must be thinking. I am nearly 21, I have been in college several years, heck I can even vote, and I have been shaving for years so what's the problem?

The problem is this, in all my years I have never been able to find a device that is able to give me the close shave that I need without looking like I was just attacked



by Freddy Krueger. Razor rash and lots of bleeding make me fearful to pick up my little Mach 3 and began the process of taking the layers of skin off my face. I have also tried the ever-popular electric. This is all fine and good when it comes to keeping

skin on my face, but it also leave a five o'clock shadow on my face that is never welcome. I have desperately tried many things. I have gone on an odyssey for the perfect razor blades to ensure that my face will not have to tremble in fear.

I thought about not shaving at all. I pondered it for along time. Then I thought of the bearded people, and how it affected their social lives. I decided I couldn't. Shaving is essential in our societies rituals for courtship and mating. I don't think any of the bearded giants of our time would stand a chance. Only the member of ZZ Top that is lacking his chin pubes would stand a chance of scoring digits at a house party. And what of the case of Grizzly Adams? Living in the woods full bearded and alone. He was probably a remarkable woodsman, but certainly not a ladies man. Red Green? Ask any girl you know if they want him buying them a drink at Big Shots. The list goes on and on.

These cases show the truth. Full beards may as well be synonymous with a decline in the interaction between those of the female persuasion. I never wish to become a statistic. So will continue shaving once a week. Sometimes I might have big side burns sometimes a goatee, because they might actual aid in grand scheme of dating, but never a full beard. I will forever inflict needless pain upon my face as a pilgrimage to the courtship

Respect customer service workers

Josh Hutt Banner Staff

I believe that everybody should have worked at some sort of customer service job, whether it's a cashier, clerk or even a shelf stocker sometime in their life.

If you work at that sort job, you might think twice about being rude to any body who serves you. I have worked at the Hy-Vee bakery for the past four years and I would say about 30 percent of the people I served or helped were rude and demanding. This may not seem much, but one customer can ruin your day.

When I look back at the complaints over the past four years I have to laugh. Most are about prices, burning product and screwing up an order. Although it wasn't my fault most of the time, they tend to shift the blame my way because I am the only one there. By far the funniest complaint was by a person who pointed out our cupcakes had gone bad. It seems that they threw up 12 hours after they ate it. As if that wasn't bad enough she described color and texture of her vomit to prove it was our cupcake that made her sick. The next thing I know she hands me a application and say she wants a job back here. How I kept a strait face is beyond me.

If a customer is polite to me I tend to remember, the

same goes with people who are rude. I treat the polite customer with a smile and the best product I have in the case. A rude customer tends to get the smallest product out of the case. They are lucky that they can see me handle they're product or I would slip something special in there roll. Now think of a restaurant that you have gone to and you were just a little rude with your waiter or waitress and think of the wonderful surprises they might have slipped you.

Now I have given you all something to think about. Maybe the next time you decide to raise heck without reason, just think of the special treats that you may receive in you salad or soup.



BEAR FACTS SPORTS

DeJongh-Slight accepts offer from NWMSU Bearcats

Ryan Makovsky Banner Staff

Lori DeJongh-Slight has accepted an offer to be the volleyball coach at Northwest Missouri State University in Maryville, Missouri.

Slight acknowledged the difficulty of the decision, but the opportunity was

too appealing to pass up, "Where a coach at a Junior College usually gets an assistant coach offer at the division two level, this was a head coach offer in the division two ranks," Slight said.

In attempt to get acquainted with her new team and the new area, Slight hopes to be settled in Maryville by late February. "Hopefully by the March 3rd start date, I can get down there and do some things with those kids," she said.

As was the case at DMACC, she also hopes to establish relationships with the players on her team, "I think the kids are a little nervous" she said, and also cited

the unfamiliarity she will experience with her team when she arrives at Maryville, "who's this coach coming in, what's she bringing in, and where's our positions,"

Though very excited, Slight knows there's much work to be done to improve her new team, as they have been near the bottom of the conference over the last several years. "We have four or five girls

from here (DMACC) who could come in and contribute right away," said Slight.

With key players returning to next year's team, DMACC hopes to hire a coach as soon as possible to keep the chemistry running smoothly. "We should know within the next month who will be the new coach," stated

Slight.
With Coach Slight off to Maryville, she leaves behind a program on the way to powerhouse status.



Lori DeJongh-Slight

a little nervous," she said, and also cited Shaq vs Yao

Chris Barrett
Banner Staff

Shaquille O'Neal a racist? Probably not, but that's what many are calling him after his questionable comment to Yao Ming the rookie starting center for the Houston Rockets. In a recent phone interview O'Neal Said "Tell Yao I said Chingchong-yang-wah-ah-soh."

This quote has caused uproar in the Asian community even though Ming took the comment as a joke replying with "Chinese is hard to learn." To understand why O'Neal would say such a thing one must understand his logic or lack thereof.

Due to O'Neal's arrogance he thinks he can say anything he wants and get away with it. Comments he thinks are funny are considered racists in our overly politically correct country people are just too sensitive. So shouldn't he realize this? You would think so, but you can bet "Chingchong-yang-wah-ah-soh" will not be the last dumb thing he utters.

O'Neal feels threatened by Ming. Ming stands a towering 7'5" tall and is only 22 years old. O'Neal is 4" shorter than Ming at 7'1" and he is 8 years older at 30. With Yao's popularity rapidly growing the spotlight is slowly moving away from

O'Neal

Ming's stats are comparable to O'Neal's as well. Both big men shoot around 55 percent from the floor but Ming is a far superior free throw shooter with 76 percent compared to O'Neal's measly 59 percent. The only glaring difference is the weight; O'Neal weighs a hefty 335 pounds. Ming is only 295 pounds.

Ming and O'Neal met on the court for the first time on Friday Jan. 21 with the controversy still stirring. The excitement leading up to this game was high; many people were wondering how much O'Neal's comments bothered Ming and if the weight advantage was going to be a factor.

Houston won the game 108 – 104 in an exciting overtime thriller. O'Neal's stats were better than Ming's but the weight difference did not factor in. Seeing Ming fearlessly take on O'Neal was a real treat.

Even though O'Neal seems socially inept a lot of the time, he seems to bring back something basketball has been missing. Stirring up rivalries with the Kings and Rockets is a great boost for the NBA. Not since the glory days of Lakers vs. Celtics has basketball been this exciting. Trash talking is part of the game; if you can't take it, then maybe you should take



Photo by Ben Carstens

Trista Kolder dribbles around a srceen set by Kristen Meyer

DMACC women set new wins record

Ben Carstens *Banner Staff*

On Jan 13, 2002, the DMACC women's basketball team broke the wins record of ten by handing Graceland a 93-33 loss. The win came in the middle of a six game win streak for the Bears. They have also won seven of the last eight.

Standing at 15-5, the Bears seem poised to continue to shatter their record game after game. "Ten wins wasn't much, but anytime you do something new, it's always exciting." Conrad said.

The Bears have been bringing something new to the court all this year. The average margin of victory has been 17.5 points a game. In the five losses: one was to an outstanding Kirkwood squad, and three of the losses were later redeemed with victories over Mt. St. Clare, Marshalltown, and NIACC. The only other team to get the best of the squad was a decent Iowa Central team.

When Orv Salmon hired Ben Conrad as head women's basketball coach on April 22, 2002, he couldn't of had any idea of the things to come. Conrad took office on May 1, and got straight to recruiting.

For eight weeks Conrad put together a last minute team, full of new recruits and one returnee from last year in Trista Kolder. Salmon has to be happy with his decision, seeing what Conrad has been able to do in his first season.

Conrad has been hitting the recruitment trail this year in between games and practices. So far the prospects look good. Commitments from 6'3" Alyssa O'Brien, a 4-A all stater from Fort Dodge, 5'10" Caroline Straight from North, and 5'9" Katie Rielmann from Iowa Valley who averaged 18 ppg as a junior, hope to ensure continued success next year.

The Bears hope to keep adding to the record as they take to the court again tonight playing Ellsworth.

Women's Bball games

1/29 @ Ellsworth
2/1 @ Iowa Central
2/5 Southwestern @home
2/8 @ Waldorf
2/11 Clinton @ home
2/13 Upper Iowa @ home
2/19 @ Southwestern
2/22 @ Kirkwood
2/26 @ Iowa Lakes

Men's Bball games

1/29 @ Ellsworth
2/1 @ Iowa Central
2/5 Southwestern @ home
2/8 @ Waldorf
2/10 Southeast Nebraska @home
2/19 @ Southwestern
2/22 @ Kirkwood
2/26 @ Iowa Lakes

DMACC handed a loss from Kirkwood

Danai Chinoda

Banner Staff

The DMACC men's basketball team suffered an unexpected loss to one of the year's most anticipated rivalries. The final score was 62-51 in a losing effort against Kirkwood Community College.

The game was under control at the end of the half as DMACC had Kirkwood

trailing by half a dozen 26-20 at the half.

Coach Orv Salmon responded by saying it was a "disappointing loss and we played hard enough" not enough to withhold the opposing veteran team.

He continued by saying "They are a veteran team; they made

shots. In the second half, we fell apart on both ends of the flour."

loss to Kirkwood.

DMACC has played 19 games, and has an overall record of 15-4. Coach Salmon's key to the rest of the season.

he said, is "needing balanced scoring. The loss came to the pattern of the outside game. In my opinion that's what we have to correct." Salmon went on to say, "The biggest thing is we have to be aware of is where our shots are coming

A good percentage of shots came from Josh McKinney who scored 20 points shooting 6 for 12, 50% from the

3-point line. McKinney said the good shooting came from "practicing and working on my shot I was given the opportunity to step up, and I took advantage of it."

However, due to the loss, McKinney added, "Defense is the key!" We hope to get better everyday, keep practicing and hopefully things will get better for our team.

Dominique Leake was the second highest scorer. photo by Ben Carstens He added 8 points. He said, "Shots weren't falling, and we weren't on top of our defensive game. The screens

were killing us on offense. We need to balance our scoring and play together" Leake added, "I'm a post player. I need to get to the basket more.'

In the loss the team has learned to

select better shots, and the balancing will come together.

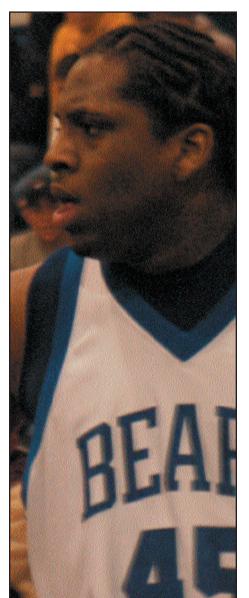


photo by Ben Carstens Dominique Leake (45) gets in position on the offensive end.

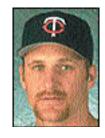
Miss Piggy's did you know?



Did you know that Corey Koskie, third baseman for the Minnesota Twins, attended DMACC and played baseball?

Koskie originally is from Anola, Manitoba, Canada. He was called up to the Twins in September of 1998.

He hit .267 in 2002 with 15 homeruns and 69 RBI's.



Twins third baseman **Corey Koskie**

QUALM COLUMN Ryan Makovsky **Banner Staff**



The Right To Be Exploited

Is LeBron James that damn good?

In a society where entertainment icon's can be called by just their first name, LeBron's day is quickly nearing. Despite his prep athlete status, he has been transformed into a sports icon before ever making it to "the big time."

Although there is no definition of "the big time," there are examples that point in LeBron's favor.

Games aired on T.V.

Check

Sporting an extravagant vehicle to show that "you've made it."

Check

Being categorized as "NBA News" on SportsCenter.

Check.

Yes, LeBron James must be that damn good.

Or is he?

Moses Malone was the first to ever make the jump from high school to the pros in 1974. Shawn Kemp was the next to do it some 15 years later. With Kevin Garnett the third to do it, he seemingly opened the floodgates to thirteen more players making the jump successfully since 1996, not to mention the handful of players who were never drafted or failed to stick with their team

Weren't Garnett, Kobe, and McGrady that damn good?

LeBron James may be basking in an ever more glorified high school basketball system. One in which prep athletes are being tracked even before college enters into their minds. If Kevin Garnett or Moses Malone were playing their high school basketball today, who's to say they wouldn't be getting the same amount of accolades James is currently recieving?

The unlimited potential of James is inevitable, but if it weren't for the success of the other players who have made the jump, the media's adoration towards James would perhaps be of a more sour nature.

The media has broken the very shield it created for prep athletes. James flourished in both of his televised games, elevating his stature, and expectations. It's no longer can or if, but when he will be bigger than Micheal. Although he has not played a minute of professional ball, he is being hailed like a player who has won six championship rings, four NBA MVP's, and a slew of scoring titles, All-Star game appearnaces, and other awards that are synonomous to a laundry list.

It will take James more than two years of high school stardom to be his airness.



Coach Salmon paces the sideline in the

Simply doing it right!

MAIN OFFICE 1704 South Marshall Street Boone, Iowa 50036 Рн 515•433•4499

DOWNTOWN OFFICE 504 Story St. Boone, IA 50036 PH 515433-7051

MEMBER FDIC

www.communitybankonline.com



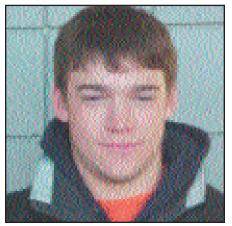
12

FLIP SIDE

The Other Side of the Courter

Pictures and text by Holly Losh

What was your New Year's resolution?



Phillip Van Bocker Sophomore To go to class--



Jessica Daugherty
Freshman
To exercise more--I've kept up with it too.



Accalia Martinez
Sophomore
To pray more--and I've done it.



Josh Schwitters

Freshman

To be a better person to individuals.

Horoscopes by Pam

Aquarius (Jan. 21 -Feb. 19) Communication is stunted in your relationships. All sorts of activity inhibits you from telling it like it is. Patience will resolve things by tomorrow. Romance: Fair | Finance: Poor | Lucky Numbers: 5,16,18

Pisces (Feb. 20-Mar. 20) A partnership could be challenged, as a struggle for power becomes a full-blown conflict. Strive to see what the limits of your patience and stubbornness are. Romance: Good | Finance: Good | Lucky Numbers: 11,21,24

Aries (Mar. 21- April 20) Your hobbies may be taking too much time away from some social relationships. You might want to drive toward creative expression. Romance: Poor | Finance: Good | Lucky Numbers: 6,7,9

Taurus (Apr. 21- may 21) Too many commitments and attempts to please everyone is leaving you feeling prolonged. Nobody will be pleased with any of your results. Romance: Fair | Finance: Good | Lucky Numbers: 3,11,30

Gemini (May 22-June 21) Money might suddenly be in short supply at this time. Focus on specific details in order to lessen the effects of this problem. Romance: Fair | Finance: Good | Lucky Numbers: 7,19,21

Cancer (June 22-July 22) Your preferences could cause a loss of status. A simple thing such as taste in music may come between you and some friends. Romance: Good | Finance: Good | Lucky Numbers: 2,14,45

Leo (July 23-Aug 22) Your commit-

ment to get out in the world and get some work done promoting bigger goals will pull you away from more immediate needs at home. Romance: Poor | Finance: Poor | Lucky Numbers: 5,16,20

Virgo (Aug. 23 -Sept. 23) A friend will tell you everything you want to hear, but it may not fit in with what you need at this time. Romance: Fair | Finance: Poor | Lucky Numbers: 7,12,28

Libra (Sept. 24 -Oct. 23) A relationship issue is too serious to avoid. An unusual partnering may be in order, as your ways are threatening the foundation of your relationship. Romance: Fair | Finance: Good | Lucky Numbers: 9,16,48

Scorpio (Oct. 24 - Nov. 22) Your genuineness regarding a subject will run opposed to that of your friends. Try investing a little time into seeing the humor in what you are doing. Romance: Good | Finance: Poor | Lucky Numbers: 27,31,39

Sagittarius (Nov. 23 -Dec. 21) Your awareness with simple fashion tips puts you in the running to get noticed by a possible soul mate, even one connected to wealth and power. Romance: Good | Finance: Fair | Lucky Numbers: 8,15,29

Capricorn (Dec 22. - Jan. 20) Looking your best will attract the attention of a new crowd. You assumed things would change when you adopted an altered appearance. Only time will tell. Romance: Fair | Finance: Good | Lucky Numbers: 13,14,19

fit's snowing

If weather conditions in the early morning hours warrant the decision to cancel classes due to inclement weather, the decision will most generally be made around 6 a.m. As soon as a decision has been made to cancel Boone Campus classes, the radio stations listed below will be contacted.

KWBG AM 1590 BOONE KLRX FM 96.1 AMES Lite104 FM 104.1 AMES KCCQ FM 105.1 AMES KASI AM 1430 AMES KKRL FM 93.7 CARROLL KCIM AM 1380 CARROLL KDLS FM 105.5 PERRY/ JEFFERSON KDLS AM 1310 PERRY/ JEFFERSON KGRA FM 98.9 JEFFERSON



Cancellation announcements will also be recorded on the Boone Campus telephone system. The direct number for Boone Campus is 432-7203. Students and/or staff can also call toll free number 1-800-362-2127 and pressing 3 for Boone Campus to hear announcements of weather cancellations. Weather cancellations will also be announced on DMACC's web site www.dmacc.org.

When weather conditions in the early morning delays the start of school (i.e. 10 a.m.), offices will be open for business at the designated time. Classes will begin with the first full class period beginning on or after the designated time. If the weather conditions during the school day warrants an early dismissal,

Student Lunch Special

Large One-Topping Pizza & Can of Coke

\$6.99

Delivery or Carryout



432-3030

1328 S. Marshall

Open 11-Midnight Sun - Thur....1 a.m. Fri - Sat