Constitution Day recognized on campus

By Candace Daiker
Copy Editor

Constitution Day, although it is a commonly forgotten holiday, was celebrated at all DMACC campuses Sept. 17, 2009.

“When the Constitution was written, it was done to limit the power of government. It was created under the principle of popular sovereignty—that ‘We the People’ created the government, and all powers not delegated to it, were retained,” said Michael Boldin, founder of the Truth Amendment Center (press release from prweb.com).

In previous years, Constitution Day was much more of a production at the Boone campus, with an open-mic soapbox for students to express their freedom of speech, as well as t-shirts and a free meal to reward their bravery. This year, without the free t-shirts and meal to persuade students to express their opinions, our librarians kept the day alive by putting out a Banned Books display, as well as the open-mic.

Librarian Michelle Tedrow said, “Any school with federal funding is encouraged to recognize Constitution Day. This year the intention was to have one speaker (at the Ankeny campus, the Courter Center) because of a tiny drawing of a woman lying on a beach wearing a bikini bottom but no top. Other stories challenged in schools and libraries were ‘Snow White,’ ‘Hansel and Gretel,’ and ‘The Little Mermaid.’ Students wanting to learn more about banned books or write a paper about it one can obtain information from www.ala.org/bbooks.

DMACC students were reluctant to speak on the open-mic in the Courter Center, but after 2nd-year student David Rogers stepped up, a handful of others felt comfortable enough to do so. Rogers expressed his opinion on commercialized and decorated like other books on display were ‘The Lorax’ by Dr. Seuss, which had been banned in a logging town because it was marked offensive to their community. Other books on display were ‘And Tango Makes Three’ by Justin Richardson and Peter Parnell, ‘And Tango Makes Three’ by Justin Richardson and Peter Parnell, ‘The Prisoner of Azkaban’ for ‘serious tone of death, hate, lack of respect, and sheer evil,’ as well as other classics students read in high school like, ‘To Kill a Mockingbird’ by Harper Lee.

Back in 1993, the Boone School District challenged S.E. Hinton’s “The Outsiders” because the book “glamorizes smoking and drinking, and uses excessive violence and obscenities,” according to “Banned Books” by Robert P. Doyle. This guide to banned books around the United States also mentions the removal of “Where’s Waldo?” from a school in East Hampton, N.Y. because of a tiny drawing of a woman lying on a beach wearing a bikini bottom but no top. Other stories challenged in schools and libraries were ‘Snow White,’ ‘Hansel and Gretel,’ and ‘The Little Mermaid.’

The viewers eye could be easily drawn to the recognizable children’s book “The Lorax” by Dr. Seuss, which had been banned in a logging town because it was marked offensive to their community. Other books on display were ‘And Tango Makes Three’ by Justin Richardson and Peter Parnell, frequently challenged in Ankeny schools for ‘issues of homosexuality,’ ‘J.K. Rowling’s “Harry Potter and the Prisoner of Azkaban’ for ‘serious tone of death, hate, lack of respect, and sheer evil,’ as well as other classics students read in high school like, ‘To Kill a Mockingbird’ by Harper Lee.

Students can call the campuses June 332-1127 for appointments. The cost for the flu shot will be $20 for everyone. Insurance will not cover the vaccine on campus.

These students with insurance are encouraged to go to their own health care providers, if possible. Vaccines are also available at Home Care Services of Boone County Hospital Office, 105 S. Marshall in Boone, said Connie Booth, director of the DMACC Boone campus nursing department.

Shoo the flu

By Shannon Jefferson
Staff Writer

Flu season is in full swing.

The nursing department at DMACC is having a seasonal flu shot clinic on all campuses.

This shot isn’t for the H1N1 virus, however, the same precautions can be taken as with the seasonal flu.

A good website to stay updated on H1N1 is www.boonehospital.com.

The Boone campus will have the clinic Oct. 6 from 3:30 to 6:30 p.m., Oct. 13 from 1 to 3:45 p.m., Oct. 20 from 3:30 to 6:30 p.m., and Oct. 28 from 8:15 to 11:15 a.m.

Students can call (515)-432-1127 for appointments. The cost for the flu shot will be $20 for everyone. Insurance will not cover the vaccine on campus.

These students with insurance are encouraged to go to their own health care providers, if possible. Vaccines are also available at Home Care Services of Boone County Hospital Office, 105 S. Marshall in Boone, said Connie Booth, director of the DMACC Boone campus nursing department.

Getting the shot can help with avoiding the seasonal flu, missing school or work and spreading the virus to others.

“The most important thing during the flu season is hand washing, hand washing, hand washing with soap and water!” said Booth. Alcohol-based hand sanitizers are also effective, but they do not take the place of soap and water.

The virus spreads from door knobs, cell phones, computer keys and many other surfaces. Other flu-preventing habits would be to cover coughs with a sleeve or tissue to avoid contaminating hands, stay hydrated and have a balanced healthy diet. These are some tips to help prevent students from getting the flu but none of them are 100 percent effective.

If students think they are getting the flu, they are recommended to stay home. Do not go to work or school and infect others.

Common symptoms for the flu are fever 100 degrees and above, headache, extreme fatigue, cough, sore throat, runny or stuffy nose, muscle or body aches, nausea, vomiting and diarrhea. Students experiencing any of these symptoms should stay home and rest.

Students can call the campus health line ext. 6352 for any questions or concerns. The staff will help to direct students to local physicians if they can’t go to their own.

Remember to stay healthy and help promote healthy habits this flu season.
Room to move: Fitness Center available

By Chelsea Magee
Staff Writer

DMACC in Boone, provides students with a fitness center for all of the staff, students, and faculty members.

"It’s free to current students, staff, and faculty members to use. It’s a great resource on the DMACC Boone campus," said athletic director, Jenni Bary-Kasznicki. "We hope that they all take advantage of this opportunity."

The hours that the fitness center is open are: Monday through Thursday, from 8 a.m. to 4 p.m., and on Friday from 8 a.m. to 4 p.m. The doors are always open at these times, no key needed. Every piece of equipment that the fitness center provides students with has been maintained and kept in efficient quality for the users’ convenience. Last year DMACC ordered a brand new elliptical that is used for working the lower body.

The fitness center is soon expecting new weights to replace the old or broken ones. The gravity training system is not the newest, but the most affective. This certain piece of equipment can work many of the body muscles. Another work out system that the center provides is the pilates balls. They give an intense workout to the abdominals.

Even though the fitness center seems to be extremely small, it still provides students with all the different types of equipment they will need to obtain a full workout. DMACC in Boone is filled with athletes, but that does not mean that the fitness center is always full of them.

The athletes have a weight room that is found by the gym, so the fitness center is never crowded. It is all about how motivated one is to get there to try out all the equipment. Coda Skeffington-Vos, a DMACC student, who uses the fitness center three times a week, said, "I recommend the Gravity Training System, it provides a good all-around workout for beginners and fitness enthusiasts."

In the winter months, the fitness center provides workout programs for anyone to sign up with no charge. They provide programs such as yoga and circuit training. The faculty working in this area, will design each of these practices to fit your needs. Programs are advertised through signs being posted all over the school and will also be aired on the TV message board or in the Court Center.

Everyone attending the DMACC Boone Campus can get in shape and take advantage of this fitness center. There are staff members that will always be around to help out, and answer any questions that students may have about the equipment, or what workout would best suite them.

SAFE IS SEXY!

Are you?

Planned Parenthood is having a t-shirt contest! Spread the word that safe is sexy.

Create a t-shirt design showing how safe is sexy, contest begins Sept. 1 and ends Sept. 30.

Visit www.ppmhheartland.org/tshirt for details and how to submit your design.

Stay “safe and sexy” this year.

Campus Cafe

Missing your favorite home-cooked meals? We are always open to accepting recipes! Feel free to bring them to the cafe for us to give them a try. They could become a “regular” on our menu! Do you have a holiday favorite or a new recipe that you would like to share? Give us a try.

Plan your next order.

Photo by Jamie Stueve

Coda Skeffington-Vos, DMACC student works out in the Fitness Center.

Photo by Chelsea Magee

Student Giuseppe Rodriguez attempts to toss the ball to beat his competitor in Blongo Ball.

Photo by Jamie Stueve

Steve Krafcisin holds up the DMACC Intramural Champion T-shirt for the winners of this month’s Wild Wednesday.
**Students pose to create their own funny T-shirts**

**By Tanner Sandrock**

News Editor

Funny faces, celebrity bodies and wacky shirts. What does it all mean? Well, it's just another Student Activity Council event here on the Boone DMACC Campus. The SAC hired The Smith Agency to come in and give our free "Funny Photo" T-shirts on Wednesday Sept. 23. Students were allowed to get their pictures taken, have them cropped into a picture of their choosing, and then have them printed onto a T-shirt.

"This is sheer rad-tastic," said Curtis Myers, DMACC student. Curtis along with other students were lined up all around the west end of the Courter Center where The Smith Agency had set up to look through books for their own funny images to use.

"It's cool that DMACC brought in some entertainment for us. I used to go to Grand View and they did stuff like this but this is probably the coolest one I've seen," said Kyle Mathes, DMACC student.

"It's pretty sweet. I think my dad will enjoy his YoYo shirt with my face on it," DMACC student Natalie Derry said.

"It's a fun job. I go around and hang out with people," Dan Czar, Smith Agency employee.

"I've been to 26 of the 50 states and I'll be adding 27 and 28 here soon. I came here the other night from Michigan and will be heading to North Dakota right after I get done with this show."

Wacky T-shirts aren't the only things The Smith Agency does. They can be hired to put on other shows such as wax hand molds, temporary airbrush tattoos, as well as laser tag.

Upcoming SAC events include Frisbee Golf Oct. 14, a soccer kick Oct. 21, and a two-person co-ed volleyball tournament Oct. 22. Students can keep posted on SAC activities by checking their e-mail or by watching the TV's around campus.

**Phie Beta Lambda hosts bake sale: Fund raising for conferences**

**By Josie Kramer**

Editor-in-Chief

PBL, or Phi Beta Lambda, is the college division of FBLA, Future Business Leaders of America, the high school division. The organization had a fund-raising bake sale Thursday Sept. 17. They raised $63.25. Their goal with fundraisers is to help send members to out of town conferences.

The money will be used to help send students to the national PBL conference in June, held in Nashville, TN.

As a student-lead organization, they can compete and win plaques or medals in accounting, marketing, speaking, networking, word processing and many more.

Members that helped with the fund-raiser included: Felicia Allbaugh, Ducla Wise, Jori Reastahler, Treasurer Jill Syders, President Mikki Winbrenner and Advisor Linda Plueger. The members are looking forward to helping out with a Halloween Trick-or-Treat event as well as an Easter egg hunt. In regards to the hunt, Plueger said, "That's a great way for our DMACC members to meet other PBL members from across the state, listen to outstanding speakers, and enjoy social activities."

To those students interested in joining, Syders is encouraging. She said, "We have fun." Reastahler said, "Any student can join," and Plueger adds, "[there is] no cost to join.” Any student interested, will need contact Linda Plueger at ljplueger@dmacc.edu or visit her office, room 201, on the second floor of the Boone campus next to the elevators.
**New fashion comes for fall season**

**By Josie Kramer**
**Editor-in-Chief**

Twin girls in Silberhorn’s class.

**Jenny and Sarah Evans are the twin girls in Silberhorn’s class. Jordan Young and Ben Keller are the other students with twins. Young has a twin sister, Justine Young, who also attends Boone DMACC, and Keller has a twin sister.**

New fashion comes for fall season.

Shoes of vammy velvet. Oversized wraps that are more cocoon than outerwear. Studs on everything, from jackets to purses. You'll find it, too.

*The fashion gods want us to play, so they've brought back the most Day-Glo decade of all: the 90s.*

*Jackets and dresses have strong, exaggerated shoulders, just as they did when Joan Collins ruled “Dynasty.” Leggings and busters are sequined. Minidresses have poofy skirts.*

*The season’s diverse colors; warm olive, soft purple, honey yellow, soft pink, earthy orange, wearable red, plus neutrals, neon and metallics, signal that versatility and originality trump tradition.*

*Those feeling fitty can run a sexy, one-shoulderered dress or slip into a blouse that's slit, slashed or cut to show off the shoulders. In fact, there's plenty of sleeve action in shapes like capes, cocoon and oversized batwings.*

*into a blouse that's slit, slashed or sexy, one-shouldered dress or slip.*

*The stripes of summer have been set aside for more seasonal-appropriate patterns: animal prints, schoolgirl plaid (an autumnal staple) and feminine paisleys.*

*And how much more womanly can you get than a jacket with skirted detail? It's called peplum, and its effect is promising.*

*Yes, autumn has arrived. And from the look of things, it's a great year to fall in love with fashion all over again.*

---

**Motivational speaker to address mental health**

**By Derrick Roffman**

**Staff Writer**

Sean Campbell, a young motivational speaker and mental health advocate, will present a program on Oct. 7 at 10:10 a.m. in the Boone campus theater.

Currently a 20-year-old student, Campbell was published at age 17. Campbell’s book, “The Lincoln of Dumas, Leary,” addresses the positive effects of a 1970s sitcom writer in American television and culture. Campbell’s book was published worldwide and used in college level courses.

“I think this will be good for the whole community,” DMACC said Rita Davenport, the counselor on the Boone campus. “I hope this helps break down some stigmas towards mental illness.”

It has taken Davenport almost a year to book Campbell to speak at DMACC campuses. “Sean is a peer to students. That is why I wanted him to come speak,” said Davenport.

Sean Campbell, motivational speaker.
Volleyball team suffers first conference loss

By Tanner Sandrock
News Editor

After coming off of last season’s conference championship with a 13-0 conference record and 41-9 overall, DMACC’s Women’s Volleyball team was hoping to continue their success.

Coming into the second conference game of the season, they experienced a small bump in the road. The Kirkwood Eagles dealt DMACC their first conference loss of the season.

“We’ve never lost to Kirkwood outside of nationals and we don’t plan to plan to again,” Patty Harrison, head coach, said after the game, “We could have played better.”

A win just wasn’t in the cards for the Bears that night. It was obvious in the first game that Kirkwood came to win and DMACC struggled to match their intensity.

After losing the first game, 21-25, DMACC tried to gain control but continued to trade the lead until eventually losing the second game, 21-25.

Coming into the third game, DMACC possessed an early lead but was unable to put distance between themselves and Kirkwood. Kirkwood soon overcame DMACC and won the third game, 18-25.

“Tonight’s game was just a stopping stone, not a big deal.” Coach Harrison responded, “Tomorrow’s a new day and the sun’s going to shine.”

DMACC traveled to Marshalltown Sept. 18 for the Marshalltown Tournament, where they won. All Tournament Team members from DMACC included Justine Young and Natalie Wris.

DMACC will host the DMACC Tournament Oct. 9 and 10.

Bears Volleyball Scoreboard

<table>
<thead>
<tr>
<th>Parkland Tournament 9/25-9/26</th>
<th>Ellsworth 9/21</th>
</tr>
</thead>
<tbody>
<tr>
<td>vs. Kalamazoo Valley</td>
<td>25-14</td>
</tr>
<tr>
<td>20-25</td>
<td>25-15</td>
</tr>
<tr>
<td>25-22</td>
<td>25-14</td>
</tr>
<tr>
<td>18-25</td>
<td>WIN!</td>
</tr>
<tr>
<td>25-20</td>
<td></td>
</tr>
<tr>
<td>15-6</td>
<td></td>
</tr>
<tr>
<td>WIN!</td>
<td></td>
</tr>
<tr>
<td>vs. Vincennes University</td>
<td></td>
</tr>
<tr>
<td>19-25</td>
<td></td>
</tr>
<tr>
<td>22-25</td>
<td></td>
</tr>
<tr>
<td>25-20</td>
<td></td>
</tr>
<tr>
<td>25-19</td>
<td></td>
</tr>
<tr>
<td>6-15</td>
<td></td>
</tr>
<tr>
<td>Loss</td>
<td></td>
</tr>
<tr>
<td>vs. Owens</td>
<td></td>
</tr>
<tr>
<td>25-16</td>
<td></td>
</tr>
<tr>
<td>22-25</td>
<td></td>
</tr>
<tr>
<td>25-18</td>
<td>WIN!</td>
</tr>
<tr>
<td>25-16</td>
<td>WIN!</td>
</tr>
<tr>
<td>WIN!</td>
<td></td>
</tr>
<tr>
<td>vs. Southwestern Illinois</td>
<td></td>
</tr>
<tr>
<td>25-18</td>
<td></td>
</tr>
<tr>
<td>25-21</td>
<td></td>
</tr>
<tr>
<td>25-23</td>
<td>WIN!</td>
</tr>
<tr>
<td>25-17</td>
<td>WIN!</td>
</tr>
<tr>
<td>vs. Lincoln Land CC</td>
<td></td>
</tr>
<tr>
<td>25-14</td>
<td></td>
</tr>
<tr>
<td>25-13</td>
<td></td>
</tr>
<tr>
<td>25-20</td>
<td>WIN!</td>
</tr>
<tr>
<td>vs. McHenry County</td>
<td></td>
</tr>
<tr>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>25-20</td>
<td></td>
</tr>
<tr>
<td>21-25</td>
<td></td>
</tr>
<tr>
<td>17-25</td>
<td></td>
</tr>
<tr>
<td>Loss</td>
<td></td>
</tr>
<tr>
<td>vs. Graceland JV</td>
<td></td>
</tr>
<tr>
<td>25-15</td>
<td></td>
</tr>
<tr>
<td>23-25</td>
<td></td>
</tr>
<tr>
<td>25-11</td>
<td></td>
</tr>
<tr>
<td>25-16</td>
<td>WIN!</td>
</tr>
<tr>
<td>Clinton*</td>
<td></td>
</tr>
<tr>
<td>9/23</td>
<td></td>
</tr>
<tr>
<td>25-12</td>
<td></td>
</tr>
<tr>
<td>25-6</td>
<td></td>
</tr>
<tr>
<td>25-10</td>
<td>WIN!</td>
</tr>
</tbody>
</table>

* Indicates conference match

Discuss as long as you want.
Only U.S. Cellular® has Free Incoming Calls.
Texts and Pix from anyone at any time.
So nearly half the time on the phone is free.

getusc.com

Free incoming calls based on combined voice, Text and Pix usage by typical U.S. Cellular customers. Other restrictions apply. See store for details. ©2009 U.S. Cellular.
**Baseball team scrimmages Marshalltown**

By Eric Thiel

Wednesday Sept. 16, at memorial field fans were enjoying America's favorite past time, baseball. DMACC played Marshalltown. There were about 20 spectators in attendance. Marshalltown won the first game and DMACC won the second, but it wasn't recorded. No one keeps score during fall baseball, it's similar to practice; a scrimmage. It could be a good time for teams to play each other and make improvements. The players take it seriously but they enjoy it due to the lack of pressure.

These games are one way to begin the season; playing with other schools allows the new players to get use to college games, and take the time to see where their strengths and weaknesses are.

Coach Dan Fitzgerald is proud of his players, appreciates their talent and cares about them. Each player is out for the best they can achieve. Fitzgerald ensures that each one of his players is going to class and keeping up with schoolwork. “It’s important to see how they play at this level, everyone can play at a high school level,” Fitzgerald said. “And it’s a major jump to this level, so it’s important to see who is ready for this jump.” Some of the players may feel uncertain about how they are performing, but it is too early to tell. Fitzgerald said, “DMACC has one of the best teams in the country.” Thanks to the fall season, players can train better on their weaknesses, so when spring comes they will be more prepared.

The team has lost a few players due to graduation. The team now has about 20 new players, which brings the line up to 25 players.

DMACC usually has lower turnouts with its fall baseball. Last year, DMACC won 55 games, this year remains uncertain so far. Fitzgerald is proud of his team; he knows that his team wants to perform to the best of their abilities. Talent is not the issue. Fitzgerald knows his players are talented and wants to see how they compete and what their reactions are towards striking out or making an error, which is an important factor.

Like all sports, Fitzgerald wants to see team improvements in all areas but so far he feels the team is right where they should be. “We still need to make improvements,” said Fitzgerald. “We need to hit better, defend better, pitch better, we’ve got to run the bases better.”

One thing for sure is the team has high hopes for what is to come this season, and with the new field on the way, many DMACC baseball fans are excited.

**Students participate in dodgeball tournament**

On Sept. 17, DMACC held its annual dodgeball tournament in the gym. Ten teams went on a head-to-head battle, in hopes of calling themselves the kings of dodgeball.

Each team has four players that try to get their opponents out by hitting them with the ball. “It was real fun and it was something to do,” says Scott Windom, a sophomore at Boone DMACC who was a member of “Team Bloodbath.”

“Team Bloodbath” was the team to become champions of this years dodgeball tournament. Other members of the team were Demarco Dawson, Tyler McGolough, and Brad Burton.

---

**‘MILITARY-FRIENDLY COLLEGE’**

DMACC—Des Moines Area Community College has earned the honor of being named a “military friendly college” according to G.I. Jobs Magazine. DMACC earned this distinction through this organization that names institutions of higher education to its list every year based on certain criteria.

DMACC’s Veterans Services office is available to assist students in applying for benefits, serving as a liaison between the student and the Department of Veterans Affairs. The office is available to all active and veteran military personnel, their spouses and dependents.

“We like to think we make this comforting to any veteran who comes to this school. We do our best to provide the services and resources soldiers and veterans need to be successful in the academic setting,” said Pat Butin, DMACC’s Coordinator of Veterans Affairs and Scholarships.

---

**THE MURKEN PROFILE**

Favorite food: Mom’s lasagna
Favorite color: DMACC blue
Favorite movie: “Hoosiers”
Favorite CD: Jack Johnson

If you could be a superhero, who would you be and why? ‘Batman. He doesn’t have super powers but accomplishes great things by being at peak mental and physical condition.”

---

**Matt Murken becomes new assistant men’s basketball coach**

By Brad Burton

Matt Murken, the new assistant men’s basketball coach enters his first year here at DMACC. Murken is an experienced coach who has been coaching for nine years.

Typically, coach Murken works from 8:00 a.m. to 5:00 p.m., plus additional hours for games, practices, and recruiting.

---
The possibility that we could be friends

By Jamie Stueve
Opinion/Feature Editor

When a relationship ends, you find yourself at a halt, contemplating what seems like the impossible; should I try and be friends with you? Then you start to reminisce the great times you shared together, like when he publicly humiliated you, the time you took her out to dinner and she kept pulling out her phone to text another guy, or what about the time they forget about a really important day?

Oh, those days, they were something special that's for sure. That's when you find yourself literally chock-full at the fact that you even considered the friend factor. Personally, I feel as though you are left with two options. You can drop your excess baggage you've been gripping over so tightly from underneath you and accept that it's definitely over, or just “Hope They Serve Beer in Hell,” and become the next Tucker Max.

I would like to believe that being capable of maintaining a friendship with an ex is a state-of-mind. Especially when it comes to friends who may not want to attend a school and collegiate wrestling programs. Why not mix these two?

DMACC brings some of the best wrestlers in the world, while DMACC has some of the best facilities in the state for community college. Many kids start out at a four-year college and end up going to DMACC and at least finish a two-year degree. Many people who wrestled in high school may want to attend DMACC or a smaller school but don't have the opportunity to continue their career as a collegiate athlete. Other athletes such as baseball players, basketball players, volleyball players, and cross country runners have the opportunity to continue their careers in college through DMACC at the Boone campus. It is pretty obvious that we have good athletes in other sports here, so why not add to our impressive resume by starting a wrestling team?

In 2008, North Iowa Area Community College in Mason City brought back wrestling after winning a title in 1973. To their first year back, NIACC had become a nationally ranked wrestling program with a solid roster of men from around Iowa and surrounding states. With the right staff and roster, we could do the same thing out of the gate like NIACC did.

Iowa Central Community College in Fort Dodge is home to the four-time National Junior College Athletic Association, or the NJCAA, national championship wrestling team. This includes winning 2006, 2007, and 2008 titles. At the end of 2008, nine of the starting squad went on to further their education and collegiate careers on scholarship. The way I see it, everyone needs a rival school and we may as well start with the best. Iowa Lakes Community College in Estherville and Ellsworth Community College in Iowa Falls also has solid wrestling programs. DMACC is the biggest community college in the state and we could do some damage in this area. It would also give students who may not want to attend a four-year college another option. DMACC could have the opportunity to be kept with every single ex, and you won’t even want to waste your precious time on trying. I have been there as well as most others. Mama Stueve always liked to tell me, “Time heals all.” I realize that may just be the main ingredient to obtaining a future friendship with that certain someone who presently makes you cringe at the very sound of their name being mentioned or when you literally run the other way when you see them in a public place.

Wrestling program will bring more students to DMACC

By Coty Mallicoat
Staff Writer

At the Boone Campus, we are known for our substantially above average athletic programs. In the state of Iowa, we are known for our community college plethora of high school and collegiate wrestling programs. Why not mix these two?

Iowa breeds some of the best wrestlers in the world, while DMACC has some of the best facilities in the state for collegiate athletes. Many kids start out at a four-year college and end up going to DMACC and at least finish a two-year degree. Many people who wrestled in high school may want to attend DMACC or a smaller school but don't have the opportunity to continue their career as a collegiate athlete. Other athletes such as baseball players, basketball players, volleyball players, and cross country runners have the opportunity to continue their careers in college through DMACC at the Boone campus. It is pretty obvious that we have good athletes in other sports here, so why not add to our impressive resume by starting a wrestling team?

In 2008, North Iowa Area Community College in Mason City brought back wrestling after winning a title in 1973. To their first year back, NIACC had become a nationally ranked wrestling program with a solid roster of men from around Iowa and surrounding states. With the right staff and roster, we could do the same thing out of the gate like NIACC did.

Iowa Central Community College in Fort Dodge is home to the four-time National Junior College Athletic Association, or the NJCAA, national championship wrestling team. This includes winning 2006, 2007, and 2008 titles. At the end of 2008, nine of the starting squad went on to further their education and collegiate careers on scholarship. The way I see it, everyone needs a rival school and we may as well start with the best. Iowa Lakes Community College in Estherville and Ellsworth Community College in Iowa Falls also has solid wrestling programs. DMACC is the biggest community college in the state and we could do some damage in this area. It would also give students who may not want to attend a four-year college another option. DMACC could have the opportunity to be kept with every single ex, and you won’t even want to waste your precious time on trying. I have been there as well as most others. Mama Stueve always liked to tell me, “Time heals all.” I realize that may just be the main ingredient to obtaining a future friendship with that certain someone who presently makes you cringe at the very sound of their name being mentioned or when you literally run the other way when you see them in a public place.

I took a survey from 39 students about their opinion on this factor and found myself surprised at some of the results. Ninety-two percent of the people who took the survey think that the reason why a friendship with an ex may not work is due to maturity, feelings still existing in one person or the other and the issues that rest within the coexisting couple.

Not all friendships are going to be kept with every single ex, and that you live with during your college days can turn out to be some of your lifetime friends. So be smart, and think things through before starting anything you may regret in the long run.

College is not the cheapest product, so most people are flat broke starting off. It’s an absolute reality check, and shows you how to live off the cheapest food you can come across, such as mac and cheese, canned goods, or my all-time favorite, crackers and cheese.

Everyone should get to experience college. This is the time in your life that you live and grow the most from. A place where people find out who they are, and figure out what they want to do with their lives.

Experiencing college

By Chelsea Magee
Staff Writer

Going to college is one of the biggest steps that people can take in their lives. College is the start of a new adventure. Students are on their own with no one telling them what to do with no limitations on what they can or cannot pursue.

College is a place to make mistakes to grow and learn from. The college experience can bring the best of times and the worst of times, which helps people become who they want to be in the future. College can be a place to meet new people and learn different ways of living from various groups. It is sometimes difficult to adapt to all the different ways people live and the new place to live in. The best way to go about this is to keep an open mind about everything.

Many disagreements can transpire in these living situations, but if you think about it, there are so many ways to avoid arguments that can take place. The people
If you could be anywhere in the world now, where would it be?

Libra (Sept. 23-Oct. 22) Symbol: The Scales
You have been questioning your future a lot lately; wondering if you’re in the right major or not. Just take it day by day and know you’re not alone. If you work hard, your specific major won’t necessarily define what career you will end up in.

Happy first week of fall: You’re a red leaf. This week you’ll be the center of attention right when you want to be.

Scorpio (Oct. 23-Nov. 21) Symbol: The Scorpion
If all your time is being put into school and work, put it on hold for one night and have some fun. If you’re not much of a partier, invite some friends over for a night and have some fun. If you’re not much of a partier, invite some friends over for a night and have some fun.

Happy first week of fall: You’re in the right major or not.

Sagittarius (Nov. 22-Dec. 21) Symbol: The Archer
Watch your temper this week. You will have a much better pay-off from keeping your cool than freaking out about something that isn’t a big deal. Just look at the big picture. Take deep breaths and tell yourself you’re better than that.

Happy first week of fall: You’re an orange leaf. You’re making people feel warm just by looking at you.

Capricorn (Dec. 22-Jan. 19) Symbol: The Goat
Make it a point to follow the news and stay updated on current events. Someone is going to challenge your intellect soon and you’ll be able to compare if you stay in the know.

Happy first week of fall: You’re a scarecrow. You won’t be frightening people away but your presence are going to feel warmer than ever at the peak of the season.

Aquarius (Jan. 20-Feb. 18) Symbol: The Water Bearer
Get artsy and carve some pumpkins. It may still be early and maybe you think it’s childish, but gutting out a pumpkin could be pretty satisfying this week. Baking and salting the seeds will just add to the fun.

Happy first week of fall: You’re a harvest moon. Your actions and words will come across as bright and bold this week.

Pisces (Feb. 19-Mar. 20) Symbol: The Fish
You made a big life decision recently, and it’s just the beginning. It’s best to keep in tune with your heart and your instincts right now, because they are clearer than ever. Don’t get discouraged if you hit a few minor road blocks; positive energy will be driving you to exactly where you want to be.

Happy first week of fall: You’re a popcorn ball. You’re fun and sweet attitude.

Aries (Mar. 21-Apr. 19) Symbol: The Ram
That thing you’ve been putting off for a while now... Just get it done. It’s making you more stressed than you realize and you’ll feel like you have a new lease on life once you take care of it.

Happy first week of fall: You’re an acorn. If you feel like you’re loosening up from your branch, enjoy the fall. You might like where you end up.

Taurus (Apr. 20-May 20) Symbol: The Bull
Be cautious about your spending for the next few days. Categorize your “needs” and “wants” and realize there is a big difference between the two. It’s a good idea to relate it to what you make at your job. For example, “Is this pair of shoes worth the five hours it took me to make that money?”

You’ll find yourself with extra cash if something else comes up.

Happy first week of fall: You’re hot apple cider. People in your presence are going to feel comfortable and refreshed.

Gemini (May 21-Jun. 20) Symbol: The Twins
Take a step back and figure out who you can trust. You might realize you’re being too open with the wrong people and your words could get twisted. Don’t let it come back to bite you.

Happy first week of fall: You’re a hayride. You’ll be able to carry fun and entertainment to everyone around you.

Cancer (Jun. 21-Jul. 22) Symbol: The Crab
You’ve been counting down the days until an exciting event or change. Whether it be a week, a month, or a year away—be patient. “A watched pot never boils,” so try to make the best out of it.

Happy first week of fall: You’re a Jack-o’-lantern. Try not to scare little kids.

Leo (Jul. 23-Aug. 22) Symbol: The Lion
Today is a good day for nostalgia. Go through your old yearbooks, pictures, letters, birthday cards, etc. and you’ll be sure to get a good laugh or spark a few other emotions. Reminiscing old memories can add some light to your day.

Happy first week of fall: You’re a cool breeze. You’ll be calm and collected in an otherwise rocky situation this week.

Virgo (Aug. 23-Sep. 22) Symbol: The Virgin
Be a hippie for the day and pay close attention to all of your surroundings...especially outside.

You will begin to notice things you might have ignored or taken for granted in the past, and it will give you a much greater appreciation for the world you live in.

Happy first week of fall: You’re a Jack-o’-lantern. Try not to scare little kids.

Libra (Sept. 23-Oct. 22) Symbol: The Scales
You have been questioning your future a lot lately; wondering if you’re in the right major or not. Just take it day by day and know you’re not alone. If you work hard, your specific major won’t necessarily define what career you will end up in.

Happy first week of fall: You’re a red leaf. This week you’ll be the center of attention right when you want to be.

Scorpio (Oct. 23-Nov. 21) Symbol: The Scorpion
If all your time is being put into school and work, put it on hold for one night and have some fun. If you’re not much of a partier, invite some friends over for a scary movie night or get some backyard football going outside.

Remember, the first rule is to not think about homework or your job.

Happy first week of fall: You’re in the right major or not.

Sagittarius (Nov. 22-Dec. 21) Symbol: The Archer
Watch your temper this week. You will have a much better pay-off from keeping your cool than freaking out about something that isn’t a big deal. Just look at the big picture. Take deep breaths and tell yourself you’re better than that.

Happy first week of fall: You’re an orange leaf. You’re making people feel warm just by looking at you.

Capricorn (Dec. 22-Jan. 19) Symbol: The Goat
Make it a point to follow the news and stay updated on current events. Someone is going to challenge your intellect soon and you’ll be able to compare if you stay in the know.

Happy first week of fall: You’re a scarecrow. You won’t be frightening people away but your presence are going to feel warmer than ever at the peak of the season.

Aquarius (Jan. 20-Feb. 18) Symbol: The Water Bearer
Get artsy and carve some pumpkins. It may still be early and maybe you think it’s childish, but gutting out a pumpkin could be pretty satisfying this week. Baking and salting the seeds will just add to the fun.

Happy first week of fall: You’re a harvest moon. Your actions and words will come across as bright and bold this week.

Pisces (Feb. 19-Mar. 20) Symbol: The Fish
You made a big life decision recently, and it’s just the beginning. It’s best to keep in tune with your heart and your instincts right now, because they are clearer than ever. Don’t get discouraged if you hit a few minor road blocks; positive energy will be driving you to exactly where you want to be.

Happy first week of fall: You’re a popcorn ball. You’re fun and sweet attitude.

Aries (Mar. 21-Apr. 19) Symbol: The Ram
That thing you’ve been putting off for a while now... Just get it done. It’s making you more stressed than you realize and you’ll feel like you have a new lease on life once you take care of it.

Happy first week of fall: You’re an acorn. If you feel like you’re loosening up from your branch, enjoy the fall. You might like where you end up.

Taurus (Apr. 20-May 20) Symbol: The Bull
Be cautious about your spending for the next few days. Categorize your “needs” and “wants” and realize there is a big difference between the two. It’s a good idea to relate it to what you make at your job. For example, “Is this pair of shoes worth the five hours it took me to make that money?”

You’ll find yourself with extra cash if something else comes up.

Happy first week of fall: You’re hot apple cider. People in your presence are going to feel comfortable and refreshed.

Gemini (May 21-Jun. 20) Symbol: The Twins
Take a step back and figure out who you can trust. You might realize you’re being too open with the wrong people and your words could get twisted. Don’t let it come back to bite you.

Happy first week of fall: You’re a hayride. You’ll be able to carry fun and entertainment to everyone around you.

Cancer (Jun. 21-Jul. 22) Symbol: The Crab
You’ve been counting down the days until an exciting event or change. Whether it be a week, a month, or a year away—be patient. “A watched pot never boils,” so try to make the best out of it.

Happy first week of fall: You’re a Jack-o’-lantern. Try not to scare little kids.

Leo (Jul. 23-Aug. 22) Symbol: The Lion
Today is a good day for nostalgia. Go through your old yearbooks, pictures, letters, birthday cards, etc. and you’ll be sure to get a good laugh or spark a few other emotions. Reminiscing old memories can add some light to your day.

Happy first week of fall: You’re a cool breeze. You’ll be calm and collected in an otherwise rocky situation this week.

Virgo (Aug. 23-Sep. 22) Symbol: The Virgin
Be a hippie for the day and pay close attention to all of your surroundings...especially outside.

You will begin to notice things you might have ignored or taken for granted in the past, and it will give you a much greater appreciation for the world you live in.

Happy first week of fall: You’re a Jack-o’-lantern. Try not to scare little kids.