A bloodmobile will make a stop at the Boone DMACC campus on Sept. 22 to enable students to donate blood. The RV-type vehicle is a service of Life Serve, an organization that gathers blood from central Iowa communities and donates it back to hospitals and clinics within the area. The mobile will be parked on the northeast side of the building.

The event is organized by the Student Activities Council. SAC adviser Steve Krat催生 said he was hopeful that the student turnout would be better this year. The goal is for at least 20 donors. At this time last year there were 16 donors.

To prepare your body for the donation you should make sure you get plenty of sleep the night before. Students need to eat a good meal prior to the donation also. Donors need to be sure they are increasing the amount of fluids they intake before and after the donation to allow the body to better replenish itself after the donation.

To register for a donation time or check your eligibility go online to www.lifeservebloodcenter.org or contact Steve Krat催生 at (515) 433-5078.
DMACC soon to offer honors program

By Alayna Barnett
Staff Writer

Starting fall 2012, DMACC will open an honors program, bringing top students through its doors.

Jan LaVille, program director, says this program will be the first of its kind at an Iowa two-year college.

DMACC’s honors program will offer advanced courses to both new and returning students who maintain a 3.5 GPA or higher, complete an application essay, provide a letter of recommendation, and successfully interview with at least one member of the honors faculty.

The program is well supported in the administration, one factor Kim Linduska, executive vice president of academic affairs, cited as a reason DMACC is a great school to host this ground-breaking program. Faculty enthusiasm and interest among students are also contributing factors.

“As we look at the number of students choosing DMACC as a first choice increasing, it’s a good time to expand our offerings to include these students who may want a really challenging and stimulating academic experience,” she added.

Students who are accepted then embark on a journey toward graduation “with honors,” which indicates they have completed 20 honors credit hours, including four one-credit honors seminars. Introduction to Honors, Leadership and Service Learning 1, Leadership and Service Learning 2, and Internship and Applied Leadership. Honors courses will be offered for “core” classes, but not for electives, and will be offered within the current course structure. One or more professors in each subject area will be selected by the honors Advisory Council to offer honors courses, which entail work above and beyond the current course and not for electives, and will be offered within the current course structure.

“A new experience,” she said.

“For the driven student, the honors program offers an opportunity to try out for a summer job here at DMACC,” said Professor Jenimee McCaffrey.

“[We] thrilled and excited to see our college starting this program. Students who welcome this opportunity will have a leg up when they transfer.”

Campus security continued

“IT was handled extremely well and all happened very fast.”

Rob Denson, DMACC president

On Aug. 26, Paul Richard George Jr., 18, an Urban Campus student, was arrested for a posting he put on Twitter. The posting read, “Who wants to shoot up the Urban campus.”

“IT was handled extremely well and all happened very fast,” Rob Denson, DMACC president for the Ankeny campus. Immediately, DMACC’s emergency response plan was implemented and the Des Moines Police Department was notified. The Ankeny police were also notified and did more patrolling around the Ankeny Campus.

The Des Moines Police were waiting at the Urban campus when George arrived for class and he was immediately taken into custody without incident.

Denson said George would go through the state court system as well as the DMACC judicial system, to see if he will be eligible to come back to DMACC. He faces probation, suspension or expulsion. The disciplinary committee makes that decision. Whatever the decision of the committee, George can always appeal the decision.

“The whole situation was de-briefed and reviewed,” said Denson. “It was handled extremely well and all happened very fast. One thing that we discussed and thought could have been handled better was the communication about the incident. We would have liked the students, faculty and staff hear it from DMACC first instead of finding out about it from the news or Des Moines Register.”

DMACC Café outsourced

By Tasha Rohrer
Staff Writer

Food service at the Boone DMACC campus has undergone a change. The Campus Café has a new owner and a new look this semester.

Provost Tom Lee said the change was the result of budget issues.

“In the past the Café had been operating ‘in the red,’” he said. “So the decision was made to outsource the service, he said.

While opinions on the food quality trended to be mixed, most agree on the quality of the service. “The service here is outstanding,” said South Jacksonville, Illinois, native the Café manager, said the first day was challenging but things smoothed out. The Café has a variety of menu options.

“We have new combos, and the punch card is great. I encourage everyone to get one,” Vale said. The punch card is similar to a gift card, earning students $10 worth of credit at the Café. The punch card comes with a 10 percent increase. For example if students buy a card for $20, they would have $22 worth of credit to use at the Café.

Lee encourages students to try the Café. "Change is hard but check out the prices,” he said. "There are great specials and even ‘happy hours.’"

He said thinks the change will be positive for the campus.

Campus Café hours are 7:30 to 6 Mon., Thurs. and 7:30 to 2 on Fri. Menu prices range from about $1 to $6. Punch cards can be purchased for whatever amount you want to put on it.

Campus Café

By Tasha Rohrer
Staff Writer

Chicken strips, french fries and a 20 ounce drink from the Campus Café.

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DMACC Documentaries in the Dark, “Million Spokes”

The auditorium will be host to RAGBRAI documentary, “Million Spokes,” on Fri Sept. 16. Admission is free with the film starting around 7:00 PM and will be followed with a discussion; ending around 9:00 PM.

Intramural Dodge Ball Tournament

A six team, round robin dodge ball tournament will take place in the Boone Campus Gym on Wed Sept. 12. Requirements include teams of four with no subs and each student must bring their student ID with them. Sign up is available by emailing jbrandersen@dmacc.edu. Winner gets bragging rights and a $40 gift card.

London Study Abroad 2012

Students interested in the spring Study Abroad program should know that in informational meeting will be held in the LW Counter Center on Thu Sept. 22 at 12:00 PM. Study abroad flyers can be found around the school and at the help desk.

Blood Drive

For students feeling the holiday spirit early the Student Activities Council is rounding up blood donors. On Thu Sept. 22 the Blood Center of Iowa Blood Drive will be at the LW Counter Center. Students can schedule appointments and learn more online at www.bloodcentersiowa.org or contact Steve Krafcisin at 515-273-9567 or Steve.krafcisin@dmacc.edu. Winner gets bragging rights and a $40 gift card.

Internships Available for Students

Energy Service Corps, Sustainable DMACC, ending unhealthy food subsidies, making textbooks affordable, ending hunger and homelessness; internships are available to any and all students who are looking to make a difference. You may apply online at the Iowa Public Interest Research Group (PIRG) website, iowapirg.org/internships.

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Meet the fall 2011 Banner News staff


**Kodie Ducket**
**Butterfield**
**Age:** 19
**Birthday:** January 10
**Where you from:** Red Oak
**Hobbies:** Walking, watching movies, playing Guitar Hero/Rock Band
**Why did you get involved with the paper:** I enjoy writing
**Describe your ideal vacation:** Spending a month traveling Europe
**Favorite music:** Country & Rock
**What are your plans after DMACC:** Transfer to ISU or UNI for an education degree

**Lori Harvey**
**Age:** 41
**Birthday:** February 17
**Where you from:** LaPorte City
**Hobbies:** Latch hook, counted cross stitch, embroidery, light house fanatic
**Why did you get involved with the paper:** To do freelance writing, will take the journalism classes eventually
**Describe your ideal vacation:** Touring various lighthouses
**Favorite music:** Soft rock and ballads
**What are your plans after DMACC:** Freelance writing, looking for that one article that will make a big difference

**Josie Kramer**
**Age:** 18
**Birthday:** October 18
**Where you from:** Boone
**Hobbies:** Reading, playing with my puppy Riley, going on walks
**Why did you get involved with the paper:** I've worked on a paper since my junior year of high school and it feels right to assist with a student production
**Describe your ideal vacation:** My fiance Josh and I winning an all expense paid trip including site seeing, hotel expenses in a foreign country or tropical oasis
**Favorite music:** I like a variety of music but what Josh writes is the best
**What are your plans after DMACC:** Iowa State University

**Dwight Lykings**
**Age:** 19
**Birthday:** February 20
**Where you from:** Altoona
**Hobbies:** Getting paper, making zines
**Why did you get involved with the paper:** I love to write
**Describe your ideal vacation:** Trip B's (beach, beer, babes)
**Favorite music:** Soft rock and ballads
**What are your plans after DMACC:** Iowa State University

**Tasha Rohrer**
**Age:** 19
**Birthday:** September 30
**Where you from:** Lamoni
**Hobbies:** Photography
**Why did you get involved with the paper:** Whatever is trending on Pitchfork.com's best new music
**Describe your ideal vacation:** Plane crash in South Pacific onto mysterious time/space traveling island, populated by fertility doctors, columns of carnivorous black smoke and strange relics from the 70's
**Favorite music:** Anything on pitchfork.com's best new music
**What are your plans after DMACC:** Accepted to join AmeriCorps next September after graduation

**Kevin Langel**
**Age:** 19
**Birthday:** March 19
**Where you from:** Waterloo
**Hobbies:** Sports, photography
**Why did you get involved with the paper:** To help me gain experience into a possible future job
**Favorite music:** Whatever my mood is
**What are your plans after DMACC:** Transfer to a 4 year college

**Jessie Kinnetz**
**Age:** 18
**Birthday:** March 19
**Where you from:** Waterloo
**Hobbies:** Sports, photography
**Why did you get involved with the paper:** To help me gain experience into a possible future job
**Favorite music:** Whatever my mood is
**What are your plans after DMACC:** Transfer to a 4 year college

**Alayna Barnett**
**Age:** 20
**Birthday:** October 13
**Where you from:** Alleman
**Hobbies:** I love to read, watch movies, go to concerts and hang with my friends
**Why did you get involved with the paper:** To develop my writing skills
**Describe your ideal vacation:** Tour of Irish country side
**Favorite music:** Mostly country, but open to all kinds
**What are your plans after DMACC:** Transfer to ISU to complete a BA in psych

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**What are your plans after DMACC:** Iowa State University

**Stacey Walker**
**Age:** 18
**Birthday:** June 24
**Where you from:** Norwalk
**Hobbies:** Photography, blogging, hand embroidery
**Why did you get involved with the paper:** To develop my writing skills
**Describe your ideal vacation:** Tour of Irish country side
**Favorite music:** Mostly country, but open to all kinds
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**Butterfield**
**Age:** 19
**Birthday:** January 10
**Where you from:** Red Oak
**Hobbies:** Walking, watching movies, playing Guitar Hero/Rock Band
**Why did you get involved with the paper:** I enjoy writing
**Describe your ideal vacation:** Spending a month traveling Europe
**Favorite music:** Country & Rock
**What are your plans after DMACC:** Transfer to ISU or UNI for an education degree

**Kodie Arndt**
**Age:** 20
**Birthday:** June 18
**Where you from:** Norwalk
**Hobbies:** Whatever is trending on Twitter
**Why did you get involved with the paper:** Student involvement and learning experience
**Describe your ideal vacation:** Plane crash in South Pacific onto mysterious time/space traveling island, populated by fertility doctors, columns of carnivorous black smoke and strange relics from the 70's
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This could be you! If you’re interested in working for the Banner News, contact Kevin Langel at kclangel@dmacc.edu today.
The head softball coach at DMACC says the team is excited to be welcomed to campus.

“Our girls are both academically and athletically motivated,” said head coach Bob Ligouri. The softball team is the school’s latest athletic addition with a fall roster consisting of 21 women with a shared determination to start the season off strong.

The DMACC softball team holds a commendable grade point average of 3.68, as well as having seven who earned all state honors in their final high school season. Each student athlete is required to spend at least five hours working in the on campus Academic Achievement Center weekly.

The year begins with fall ball, which consists of scrimmages, before the official softball season begins this spring.

The women practice and play their home games at the Boone Little League Complex because there are no facilities on campus. The Bears opened with a scrimmage against William Penn University in Okoboji on Thursday, Sept. 8, and on Sunday, Sept. 11, they went head to head against Iowa State University. Their first home scrimmage is scheduled for Wednesday, Sept. 14, against Southwest Iowa Community College at 3:30.

“We’re all pretty excited to make our mark as the DMACC Bears softball team. We’re looked at as the underdogs right now, because we’re new. But we’re going to work hard to prove them wrong,” said freshman, Ashley Madsen.

Not only have the athletes been working together to strengthen the bonds of their team, they have also been reaching out to the youth of the community.

Over the summer each team member connected with a “Lil’ Buddy” between the ages of 8 and 12 in the community. The Bears can meet with their buddies once or twice a month to participate in fun team-building activities. For example, on Sept. 7, the softball team hosted an ice cream social with the children. The team has also invited their buddies to practices and games, where they are announced before the scrimmages.

“We have a really good time working with the younger girls. Last weekend we had our pictures taken, and we’re planning on making photo buttons for everyone,” said Madsen. The team also had matching shirts made that say “Big Buddy” and “Lil’ Buddy.”

The team also participates in other outreach programs within the city. On Friday the players worked together to build a float for Saturday’s Pufferbilly Days Parade.

The team plans to help with local Habitat for Humanity projects throughout the fall semester.

The DMACC softball team opened its fall ball season with a scrimmage against William Penn on Sept. 8 in Okoboji. Karli Wells, Liana Mcalister and Kylie Perkins aim to make a play at first.

Seaboch said he would continue to serve Veenker as the head professional, and continue to work with the men’s and women’s golf teams at DMACC. “We’ve very fortunate to have him,” DMACC golf coach Larry Briley said. “Chris is the head PGA pro at Veenker and runs the Iowa Masters, one of the top amateur golf tournaments in the state. He teaches golf, so we can’t ask for any more than he can give us. We’re really looking forward to what he can do to help our teams improve.”

Seaboch’s duties will include organizing practice sessions, instructing players and monitor players during tournament play.

“I really enjoy working with younger golfers, particularly those who are trying to become better,” Seaboch said. “Being so close to DMACC, I feel like this is a good opportunity for me.”

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“WOMEN’S GOLF SECOND AT DMACC INVITATIONAL

DMACC- Freshman Kelsie Berke of Algona shot an 85 and sophomore Staci Hillgus of Marshalltown carded an 89 to lead the Des Moines Area Community College (DMACC) women’s golf team to a second-place finish in the DMACC Fall Invitational Sept. 8 at Cedar Pointe Golf Course in Boone.

The Bears finished play with a team score of 396, one stroke higher than last year. DMACC, ranked 22nd in the most recent National Junior College Athletic Association (NJCAA) Division I poll, was one of three community college teams competing in the 10-team event. North Iowa Area Community College (NIACC) finished eighth with 210 points and Southwestern Community College (SWCC) was 10th with 245 points.

St. Olaf’s Emma Lee was the individual winner with a time of 22:28. Other DMACC results included a 53rd by freshman Kirstin Angus of West Des Moines, a 54th by sophomore Christine Allen of Knoxville and a 55th by freshman Anna-Kate Bruns of Cedar Rapids. Angus ran the course in 27:17, Allen was timed in 27:18 and Bruns ran a 28:49. Freshman Brooder Schwind of Ames also ran for DMACC. She placed 62nd in 29:37.

SEABOCH NAMED DMACC ASSISTANT GOLF COACH

DMACC- Chris Seaboch, the PGA professional at Veneker Memorial Golf Course in Ames, has joined the Des Moines Area Community College (DMACC) staff as assistant golf coach. Seaboch will work with the men’s and women’s golf teams at DMACC.

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“WILL YOU HAVE SUFFICIENT HABITAT FOR YOUNG GROWTH?”

DMACC - The DMACC women’s softball team opened their fall season at the Boone High School softball field on Saturday, Sept. 8. The Bears scored 212 points. Clark’s time was 1:13 better than the time she ran in the 2010 Les Duke Invitational.

DMACC, ranked 22nd in the most recent National Junior College Athletic Association (NJCAA) Division I poll, was one of three community college teams competing in the 10-team event. North Iowa Area Community College (NIACC) finished eighth with 210 points and Southwestern Community College (SWCC) was 10th with 245 points. St. Olaf College took the team championship with 20 points. St. Olaf’s Emma Lee was the individual winner with a time of 22:28.

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DMACC women’s softball team holds a scrimmage against William Penn on Sept. 8 in Okoboji. Karli Wells, Liana Mcalister and Kylie Perkins aim to make a play at first.

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Student activities fill fall calendar

By Cody Arndt
Staff Writer

The Student Activities Council (SAC) has planned a busy five months of activities and nourishment for the students and faculty at the Boone Campus of Des Moines Area Community College.

“It’s your money, might as well find something to do,” said Steve Krafcisin, faculty advisor of the SAC, in regards to student attendance at the SAC events.

When students pay tuition at DMACC, they’re not only paying for classes and online tools, they’re also paying for the different activities that happen on campus—special guests, lunch & learns, competitions, etc.

Tuition runs at $131 per credit course. Of that amount, $1.25 is contributed to the SAC.

The last two years the Boone campus has had more money for student activities then they have ever had before.

In the past more money went to athletics and the SAC would receive a small fraction of the current $1.25.

With the arrival of current DMACC Provost, Tom Lee, the athletics budget has gradually pulled away from student’s tuition as the athletics department has finally gotten it’s feet off of the ground.

This year the SAC has a budget of $60,000 for the 2011/2012 year. That’s a little less than $30,000 for each semester. With this kind of money, the DMACC Boone Campus can now support local and perhaps national acts, sporting trips and competitions.

Students this semester will also witness the rise of dollar theater night. With the first showing on Aug. 14 only bringing 40 people, the SAC plans to rope in more with a plus one, two, and three invitations.

The next theatre night will be held on Sept. 29. Until then there is plenty to do for students to distract themselves with like karaoke, lunch & learns, photo booths and intramurals.

On Wed Sept. 7, students participate in the Blong Ball tournament on the front lawn with the number one player, Juliette Heun, scoring 14 points.

“Blong ball was great, but I’m looking forward to dominating at lawn darts,” said student Riley Childs. “And free food, it’s important to have free food, let’s keep doing that.”

Students in the giving spirit early can sign up for the blood drive on Sept. 22. Questions on how to join the SAC and offer services or suggestions should be directed towards Krafcisin at sjkrafcisin@dmacc.edu.

Taylor returns to teaching

By Dwight Lykins
Staff Writer

Now that he’s back at DMACC, Sean Taylor doesn’t know what to do with his weekends.

Taylor, an associate professor, returned from active duty in Afghanistan this summer. He is back to teaching fulltime on campus this semester.

The change of pace is dramatic.

“We worked seven days a week. We had no such thing as time off... and a very high stress level. You’re always putting out fires and you’re just always wired to say, ‘I have to be solving this.’ And then to go from that to nothing is hard.”

Taylor enlisted into the military a year after 9/11.

“I was 36 years old when I joined. It took me a year to finalize it. I just didn’t like what happened. I didn’t like not having a purpose if the world went to pot... I felt I needed some sort of skill my community would need.”

In August 2010, Taylor’s battalion was deployed to Afghanistan.

Taylor spent three months in Mississippi at Camp Shelby, followed by a month at the National Training Center in California and in the middle of November was stationed at Bagram Air Force Base in Afghanistan.

Taylor, a medical planner, was tasked with providing medical support to the entire brigade.

“It was my job to plan with the brigade staff how our medical assets would be used on the battlefield... ‘Where within our area of operation did we need the bigger concentrations of medical and doctors?’”

He was also the public affairs officer, meaning he had to write stories and take pictures.

In April Taylor had to be medically evacuated because of a blood clot in his leg. After a month in Germany and a summer spent at Fort Riley in Kansas recovering, he returned to Boone ready to teach.

He is starting his 15th year here.

“I didn’t know if I would like teaching at first because it was just something I did for fun,” he said. “But this is a pretty awesome job.”

And as for those weekends, Taylor can spend time with his family—a wife and two kids.

During the week, he shuttles his kids back and forth to school, meets with students, teaches his classes and grades papers.

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By Lori Harvey

Health Writer

Rape - this word strikes fear in the heart of many women. I'm writing about this difficult topic not to scare you but to inform.

The reality is that the statistics are quite scary. One in six women will be raped in their lifetime. One in three will be sexually assaulted. The reason for the difference is that the term sexual assault carries a broader definition. "Usually a sexual assault occurs when someone touches any part of another person's body in a sexual way, even through clothes, without that person's consent," according to the National Center for Victims of Crime.

Rape is the most violent form of crime that occurs on college campuses today. It is estimated 25 percent of college students will be raped before college graduation.

When many female students go to college, it is their first time away from home. They set their own curfews, go to parties that go late or all night. Many students have classes that go well after sunset.

There are some ways to protect yourself at night & at parties to help you to avoid becoming a victim of a rape or sexual assault.

1. Use a buddy system. Don't go out alone at night. Whether you are leaving a class after dark, walk out with a classmate or have your professor walk out with you if you are the last one to leave the classroom.

2. Use your car keys as a weapon. Put your car key between your index finger & middle finger. If you are attacked, you can use this key to poke, scratch or gouge at your attacker to inflict enough injury to get away to a safe location.

3. If you go a party, keep your drink in your sight at all times. Ninety percent of all rapes occur while a person is under the influence of alcohol. Rohypnol can be slipped into a drink & you won't even know it's there. It is tasteless, odorless & doesn't cloud your vision. These are the signs that you have been drugged with Rohypnol:

- A sleepy, relaxed, and drunk feeling that lasts two to eight hours.

- Blackouts, with a complete loss of memory, diziness and disorientation, nausea, difficulty with motor movements and speaking.

If you've been the victim of a sexual assault then you need to seek medical treatment as soon as possible. Rohypnol can be detected in a urine test up to 60 hours after being ingested by a victim. If you take a shower, all of the evidence will be washed away. It's best to get a rape kit done sooner rather than later.

A rape kit will be done to check for fluids on the skin and in or around the vaginal area, to look for skin under the fingernails, pubic hair from your attacker and any other injuries that might have been inflicted during the attack.

Rape kits for minors are mandatory for some states but optional in other states.

You will then give a statement to the police. As embarrassing as it might be, it is necessary to be done as soon as possible after the attack since the memory of the attack will be fresh in your mind. Remember, you were the victim of a crime; you did nothing wrong so you have nothing to be ashamed of. Some departments have female officers that work with rape victims, ask if there is one available.

After giving your statement, the county attorney will decide if there is enough evidence to proceed to a trial or if there is insufficient evidence. Sometimes, if your assailant says he did nothing wrong and there is very little evidence to go on, the case will be closed.

The anniversary date of your assault may bring up memories. If your attacker dies, this can bring up powerful memories, sometimes of relief that you didn't have to worry about that person anymore if they weren't convicted. It can also bring about feelings of anger if the evidence collected wasn't enough to go to trial.

There are resources to help a victim cope with their attack and move on. THERE IS life after a rape or sexual assault. In the Boone/Story County area, ACесс in Ames is available to give counseling. Their crisis hotline number is 1-800-203-3418. They will help you work through your emotions whether it's right after the assault, weeks, months or even years later.

Let's stay aware and safe this semester.

My next article will be about acquaintance rape & how to protect yourself.

By Bill Tammeus

McClatchy Newspapers (MCT)

The days leading up to the 9/11 terrorist attacks 10 years ago today were, for me, the end of a career.

I went to a friend's birthday party on Sept. 5. Our pool party met at a house on the 9th. Karl Rove's City Star editorial page showed a headline that appeared on Monday the 10th was a silly piece about how the trend toward bigger family vehicles was getting so ridiculous that eventually we'd all drive semis. The morning of the 11th I caught my usual bus and was at work by 7:15 preparing to write another "Starbeat" column of satirical squibs.

As was my habit, I turned on the 11:35 TV on my desk and tuned it to CNN to see how the stock market might open. Just before 8 a.m. I noticed lots of activity on the screen, so I flipped between CNN and CNN to see why. Some incompetent pilot had clipped a skyscraper in New York, it appeared.

But then the cosmos unspooled. Some rough beast that was dashing toward Bethlehem, as poet William Butler Yeats once put it, had finally arrived. What was clear was that the United States was under attack, editors decided to publish the first extra edition in more than 30 years and asked me to write the commentary for the price of a column.

Knowing I had less than two hours to produce about 800 words, I forwarded my phone calls to our editorial page secretary, asking Trudy to interrupt members of our Sunday columns.

I began writing: "What we felt most acutely was fear, the uncontrolled fire that twisted religion murdered Karleton and nearly catastrophe in a larger context, including the dreadful wars that came after 9/11. We understand that twisted religion murdered Karleton and nearly..."

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Today's Birthday (09/14/11) This year is marked by both financial growth and change. Though it could be unsettling, the trend is positive. Look for new opportunities. Beauty and art especially call to you now, with an appreciation for the finer things in life. Share them with the ones you love. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is an 8 -- Take it slow today to get things done quickly. Go ahead and hide out, if you want. Take time to manage finances, and reward yourself with relaxation.

Taurus (April 20-May 20) -- Today is a 7 -- Lean on your posse. If you can't get what you need close to home, look further away. A loved one understands you with- out words.

Gemini (May 21-June 21) -- Today is a 7 -- Lean on your friends, offer an arm when needed. There may be less cash around, but you've got your posse. You're not in it for the money. Remember your intention.

Cancer (June 22-July 22) -- Today is a 6 -- Do it yourself to save money ... every penny counts. The expensive way's not the best. Conserve resources and energy, and relax with a good book later.

Leo (July 23-Aug. 22) -- Today is a 6 -- In today's obstacle course, make sure to follow the rules and avoid dangerous shortcuts (especially where money's concerned). Thank a nag for the reminder. You might have missed the turn.

Virgo (Aug. 23-Sept. 22) -- Today is a 6 -- You don't have to try to understand everything. Let your emotions take you where you want to go. Contradictions make the world interesting. Abandon figuring it out.

Libra (Sept. 23-Oct. 22) -- Today is a 7 -- There may be a tendency to be too harsh on yourself now. Don't go down that tunnel. Listen to a friend's good advice, and get plenty of rest. Things will look different tomorrow.

Scorpio (Oct. 23-Nov. 21) -- Today is a 9 -- Your career could take a leap forward now, but don't race at the expense of your health. Consider all the options, and be responsible. Delegate for a sustainable partnership.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 6 -- Finances may be tight now, but don't worry. Money can't buy you love. The more love you give, the more you receive. Keep in action to pay the bills, but take time for hugs.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Home is where it's easiest now, so stay close by to keep the blood pumping. Encourage criticism to discover a project's weaknesses. Put in the correction.

Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- All of a sudden, everything starts making sense. Don't you wish you could capture special moments in a bottle to sav- or later? Just drink them in. Take photos, maybe.

Pisces (Feb. 19-March 20) -- Today is a 9 -- Work on what you love and the money will follow. If you make a mess, just clean it up and move forward. No time for complaining. No romance yet, ei- ther. Stay focused.

Banner News MHO (My Humble Opinion) is a place that's dedicated to you. Place your opinions and shout-outs in the mailbox outside room 115, and we'll do our best to get your words out in this space. To get you started, here are some pointers and examples.

Note that the title of this feature is temporary - submit your ideas to the mailbox. After all, this section is all about you.

Iowa State may have won this time, but I guarantee they won't stand a chance next year...

Aye yoo, gimme my money-

Someone should try and get a Redbox on campus. I'm tired of spending money at Fam-

ily Video just to get scratched DVDs.

Last week I paid over three bucks for a side of fries at the DMACC café. Does that seem a little ex-

pensive to anyone else...? 

More people should read The Banner.

Happy Birthday Derek...

Summer is over, turn off the air conditioning. I shouldn't have to wear a sweater in all of my classes...

I hate that the Student Activity Council plans all its events for popular class times. I can never attend anything...

They make headphones for a reason, please don't smush our ears with your garbage...

Gas Prices Suck...

How exactly does someone "Move like Jagger" ? sounds a little complicated to me...

Don't you wish you could capture an action thriller starring old-hand Jean-Claude Van Damme and hot ris-

ing star Scott Adkins as rival assassins who become partners to take down the head of a drug cartel (rated


"Hanna" stars Saoirse Ronan in the title role, as a 16-year-old girl raised in the frozen fields of Finland by her ex-CIA agent father (Eric Bana) and trained by him as an assassin (rated PG-13; $29.98 DVD, $39.99 for Blu-ray disc).

"Everything Must Go" stars Will Ferrell as a guy who loses his job and his wife in the same day, find-

ing himself locked out of the house, with his belongings dumped on the front lawn (rated R; $27.98 for

Blu-ray disc).

"Airwolf: The Movie" is only sort-of the film that launched the popular TV series. This is the stand-

alone film that was released theatrically in the United Kingdom, with scenes that were cut before it was

televised in this country (not rated, $19.95).

The pickings are slim among major theatrical releases coming to home video this week, but they are good choices.

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"X Men: First Class," starring James McAvoy and Michael Fassbender, will be released Friday (rated


"Scarface" is being released Tuesday in a first-time limited-edition Blu-ray version. Al Pacino stars in the influential gangster film directed by Brian De Palma (rated R; $34.94).

"Assassination Gamez," an action thriller starring old-hand Jean-Claude Van Damme and hot ris-

ing star Scott Adkins as rival assassins who become partners to take down the head of a drug cartel (rated

R; $26.99).

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