Students display eye popping art

By Alayna Barnett
Staff Writer

Student paintings provide a splash of color in the hallway between the Courter Center and the theater.

A display case houses these works of art, featuring a variety of color schemes and subject matter. It is hard to see an underlying theme in these paintings, which range from clearly identifiable gourds to a formless swirl of blues and yellows.

The assignment, which is the fourth of five for the semester, was to “take two images and merge them together so that they had components of the original image, as well as distorting it to the extent that it’s not identifiable just as that object,” said instructor Melissa Stenstrom.

Stenstrom teaches Painting 143, Introduction to Working with Acrylic Paints.

“As an instructor, we have the option of reserving the display case, and one of the course requirements is that we display their art,” she added. Stenstrom rotates assignments from the class, which has no pre-req, into the display case throughout the semester.

First-year student Samantha Staita, creator of the attention-grabbing “My Eyes Are Up Here” (top right in display case) has always liked art, but sees it as a hobby, not a career. “I realized that when people tell me to make art it’s harder for me to express that when people tell me to make a hobby, not a career. “I realized that when people tell me to make art it’s harder for me to express that,” she said.

The original design was born in 2009 as just goofing around trying to create something creepy, she says, but evolved over this assignment.

Stenstrom admits some staff have mentioned this painting to her, and occasional comment can be heard in the halls, but Associate Provost Brian Green says it hasn’t come to the attention of the administration. “I have not gotten much feedback...no one has commented good or bad to me,” he said.

Although Painting 143 is the only painting class offered at Boone, Stenstrom encourages interested students to follow up with drawing class, or to look into offerings at Ankeny.

When asked, Green explained that there are currently no plans to expand the art program at DMACC Boone, but that if demand were to increase the idea would be revisited.

Students can win cash, scholarships for creative writing

By Gary Meyer
Staff Writer

DMACC students have an opportunity to compete for scholarships and cash prizes in this year’s Creative Writing Contest.

The contest is open to all full- or part-time DMACC credit class students enrolled for the fall 2011 semester, including high school students enrolled for dual-credit. The deadline for submissions is Friday, Dec. 9 at 5 p.m.

Categories for writing are short stories and poetry. Students can win cash, scholarships for creative writing, and may even be published in Expressions, DMACC’s Creative Writing Magazine.

“Allow yourself to be recognized,” encourages Hering for those who may still be reluctant. “You don’t accomplish much by sitting back and not trying it.”

The contest is sponsored by the DMACC Foundation, DMACC Ankeny Campus Student Activities Council and the Department of Sciences and Humanities.

“Think the contest was started in the spirit of bringing the whole DMACC writing community together,” says Lauren Rice, a former coordinator of the contest.

For an application form, visit the DMACC English Department Website or contact creativewritingcontest@dmacc.edu.

“This can be an act of sharing your writing in a safe place,” Hering added. Unless you submit your winning entry for publishing, it will only be seen by the judges.

For questions contact Krystal Hering, DMACC District-Wide Creative Writing Contest Coordinator at 515-433-3212 (office) or 618-262-6362 (mobile) or creativewritingcontest@dmacc.edu or krhering@dmacc.edu.

Rules and Regulations (From district-wide flier)

*Type & title each entry
*Submit 2-3 poems or short stories, less than 20 pages each
*Double-space prose entries
*Author’s name should NOT appear on the draft
*Cover letter with name, address, student ID#, title of each piece, scholarship or cash only* and the signed statement from the website

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Prepare for winter weather

By Stacey Walker
Copy Editor

Weather can take a toll on students when it comes to getting to class.

“Sometimes DMACC makes a decision as a whole to cancel classes if the weather is really bad, but most of the time, the campuses make independent cancellations,” said Brian Green.

Tom Lee, DMACC Boone Campus provost, makes decisions on cancellations at Boone. Dean Hatch, buildings and grounds director, also helps give input.

Morning cancellations are usually decided by 6 a.m. and afternoon classes by 2 p.m.

“Students should keep in mind that if we cancel classes at Boone, the Hunziker Center in Ames will automatically be closed for evening classes,” said Green.

If classes are canceled in Carroll, the Boone campus typically follows suit.

“Living outside of town made it hard to get to class, especially when I live on a gravel road,” said Carlye Grander, a student athlete here on campus.

“Things might be different now that I live in the apartments, but I imagine other people are in the same situation.”

Students are usually alerted about cancellations by e-mail or by the Rave Alert System. It will also be posted on the DMACC website.

Students can also look for closings on all local news stations, (i.e., 5, 8, 13).

KWBG, Boone’s local radio station, 1590 am, will also alert listeners of cancellations.

“It’s important for students to check their e-mail, sometimes instructors choose to cancel classes while DMACC does not.”

“We never want instructors or students to put their lives at risk. If that means missing a class, we hope that instructors are willing to work something out with the student,” said Green.

He said while instructors are asked to be understanding, “we also want to avoid people taking advantage of the leniency by just not coming to class.”

“This is my first winter here at DMACC,” said freshman, Andrew Russell, “But when they cancel classes in high school and still held basketball practice, it made it hard to be where I needed to be.”

By Dwight Lykins
Staff Writer

Winter is coming, and that means winter coats, gloves, stocking caps and a laundry list of things you have to do to winterize your life.

Here are some suggestions to stay ahead of Old Man Winter.

One of the biggest items you need to prepare for winter weather is your car. Here are a few tips from Rod Walker of Arnold Motor Supply to help keep your car running when the flakes begin to fly.

First, make sure you check those windshield blades. Specific blades are designed especially for winter and can make a world of difference when you’re driving home from that Christmas party in the worst blizzard since the Nixon administration.

Even if you don’t buy specialized blades make sure to double check your current wipers to make sure they are in perfect working order.

Don’t be afraid to take your car into a shop either. Get an expert to look at your belts, hoses and anything else under the hood you don’t want to be trying to fix on the side of the road in sub zero weather.

Tires are another part of the car you need to check. Make sure air pressure is just right. This can not only help you on ice, but can also save you a little bit on gas mileage. Also check the tread of the tire. If it’s worn with little traction, it’s time to get those puppies replaced.

The DOT, and everyone’s mother suggests you have a “Cold Weather Car Kit” in your car in case of emergencies. Your kit should include a coat, blankets, flashlights, first aid kit, a cell phone or cellphone charger and a few high calorie snacks to munch on while you wait to be rescued.

The next step in winterizing your life is getting your home ready. These tips from Mid-American Energy work for an apartment or a home. They can not only keep you warm, but can also keep you nice and toasty too.

Setting the thermostat lower can help make sure you’re not wasting energy when you’re not at home.

Mid-American suggests that you keep heat in your home from around 60 degrees or cooler. Your furnace is a vital part of keeping you warm in the winter. You don’t want anything going wrong, so make sure to check on the furnace itself and the fuses.

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Do a walk through of your home, making sure nothing is covering your air vents. Covered air vents can make that furnace work harder than it should. Wrap those windows up. Sure it may be something your grandmother did, but wrapping windows can keep out unwanted drafts and can keep that heat in as well. Wrap kits are available at most home improvement stores and are fairly cheap.

How to get yo’ winter on

—things you can do to winterize your life

By Stacey Walker
Copy Editor

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Thanksgiving Holiday

It’s not the break you had in high school but at least it’s something. The Boone Campus DMACC will be closed from Nov. 24 until Nov. 27.

DMACC Can Drive

Please join Boone Campus COM 203 students in Doing More About Community Crisis in hunger. The COM students are organized a canned food and personal hygiene drive event on Nov. 19 but are still accepting donations until Nov. 28. All donations should be dropped off outside room 142.

Granulated Candle Art

The Student Activities Council sponsored event allows students, staff and faculty to create their own candles in the Courter Center on Dec. 7 from 10 a.m. until 2 p.m. Five candles, perfect holiday gift to that special someone from a certain broke college student.

Intramural Free Throw Contest

The Intramural is throwing their last sponsored event this year in the gym on Dec. 7 from 10:30 a.m. until noon. Students who participate in 4 events will receive a free t-shirt.

DMACC Santa Bear

Pictures will be taken with Santa Bear on Dec. 7 from 12:30 p.m. until 1:30 p.m. and again on Dec. 8 from noon until 1 p.m. Pictures will be taken in the Courter Center and posted on the website for students to obtain or you can feel free to bring your own camera.

Holiday Karaoke

Karaoke is back. Sing a song and receive a $3 coupon to the Boone Campus Cafe. Karaoke is available in the Courter Center on Dec. 8 from 11 a.m. until 1 p.m.

Creative Writing Contest Deadline

Win cash prizes, scholarships and your work published in Expositions! Winners will also receive a one-on-one workshop with a professional writer and present your work at a reading. Winners will be found for the top 3 stories and poems.

Massage Chair Therapy

The holiday season brings friends and family together, gifts to everyone and stress from everything. Get unstressed and receive a free massage in the Courter Center on Dec. 14 from 9 a.m. until 3 p.m.

Last Day of Regular Term Classes

Dec. 15, just about there. Classes are finished and all that’s left are those pesky finals. Schedules testing times can be found on the DMACC website.

Pizza Special

The Boone Campus Cafe has made a one topping 16” pizza available Monday-Thursday from 11 a.m. until 3:30 p.m. for just $8. Orders can be made by calling (515) 433-5054.

Dance Team/Buffalo Wild Wings Fundraiser

The dance team is holding a fundraiser at Buffalo Wild Wings in Ames on Nov 23 beginning at 11 a.m. Go to dmacc.edu/buffalowildwings.pdf to print out ticket to give to your sever. Thanks for supporting the Dance Team.

Schedule Change

Every time you make a change to your class schedule an email will be sent to your DMACC and personal email accounts. Check your DMACC email regularly.

Satisfactory Academic Progress Standards

Policy ES 4560 has been revised, which means DMACC has begun checking standards after students attempt at least one credit hour. Students must maintain a 2.0 GPA and also complete 67% of their attempted credits. More information on Academic Progress Standards is available with a visit to your Academic Advisor/Counselor.

Improve Your Writing Skills

We Order
New Books!!
Greetings Cards
Calendars
Postcards & more
30,000 +
New & Used Books

Library Closed for Thanksgiving

A reminder that Thanksgiving is on Nov. 23 and the library will be closed that day, reopening on Nov. 27 with regular hours, 2 p.m. until 8 p.m.

S. Carey w/ The River Monks

Sean Carey of independent music act Bon Iver will play the Maintenance Shop in Ames on Dec. 3 at 9 p.m. Accompanying Carey is local music act The River Monks. Tickets are on sale for $10 if you are an ISU student, public admission is $16 and an extra $2 the day of the show.

The Banner News is currently accepting applications for the Editor-in-Chief position for the Spring 2012 semester.

Applicants must be a current DMACC student in good standing.
Deadline Dec. 9 at 3 pm

For more information and an application, contact Julie Roosa, faculty adviser, at jkroosa@dmacc.edu

The DMACC Writing Center is open Monday - Friday from 9 a.m. until 4 p.m. in Room 170. For more information or to schedule an appointment, contact Kristal Hering at khering@dmacc.edu or at (515)433-3212.

Need a place to blow off some steam? Maybe make a shout out or two?

The Banner News MHO is a place that’s dedicated to you. Place your opinions and shout-outs in locker 32 by the East entrance of the school, or drop them off in room 115, and we’ll do our best to get your word out in this space.

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

You’re my boy Joe Pa!

Anonymous

It’s stupid that we have different breaks than everyone else in college. It makes it so we can’t see our friends on break and makes me feel like I’m still in high school.

-Dwight Lykins

Turkey actually has as much tryptophan as all other meat products; beef, chicken, pork. Sunflowers have tryptophan.

-Turkey Day Know-it-All

Was the front page in Spanish in the last issue?

-Doesn’t Speak Spanish

Since there are editors credited on The Banner, why not use them?

-Grammar Nazi

*Submissions may be public or anonymous
*All entries should be tasteful
*All items are printed at the discretion of the Banner Staff

MHO

(My Humble Opinion)

“I see, uh, the lack of hum- por that’s been displayed here, uh, stag- ries me.”

-Jeff Goldblum

If NBC cancels Community they will forever be in my “not okay” book, especially after the Coco flask.

-Community College Student

No, it isn’t too early to play Christmas music/movies. The holiday season is a sea- son. You don’t get to watch Christmas Vacation and Elf after Dec. 25... or listen to the Muppets sing the 12 Days of Christmas with John Denver.

-Bob Cratchet

Iowa State football...

-POS (Person on Street)

For more information on the transfer of credits, visit www.simpson.edu/dmacc or contact Gwen Schroder, Director of Transfer Enrollment at gwen.schroder@simpson.edu or 800-362-2454, ext. 1695.

www.simpson.edu/dmacc

INDIANOLA, IOWA

Come to the DMACC website.

DMACC Can Drive

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Holiday Karaoke

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It didn’t take long for the Senator’s morals to slip when his wife Lois, played by Kodie But- terfield, leaves for a business trip in Chicago. Jeff Woody bulldozed the goal line from 4 yards out and bulldozed second-ranked Oklahoma State’s hopes as Iowa State shocked the nation with a 24-7 win over the Cowboys at Jack Trice Stad- ium one liners, as well as the great portrayal of characters, as for the lady that sat behind me, I’m pretty sure she got a good kick out of it, too, her laughs were one of the best parts. The humor was in good taste for the most part, a little adults for some of the younger audience members. It was nonetheless a riot. While there were a few close calls with wardrobe malfunctions, I think that maybe costuming

By Jim Nelson
Waterloo Cedar Falls Courier, Iowa (MCT)
Nov. 19--AMES, Iowa --
A field goal was not an option for Iowa State head coach Paul Rhoads.

Rhoads had said his team needed to perfect the nation in turnover margin. ISU got 37 passing yards from freshman Jared Barnett, who also added another 84 with his feet. ISU held the ball for 11 more minutes than OSU. And it stopped the nation’s second-best offense dead cold in the second half.

The Cowboys led 17-7 at the half, but it was a misleading score. Zach Gayer missed a 34-yard field goal midway through the first quarter that would’ve given the Cowboys the early lead.

And with ISU snuffing another scoring chance, OSU line- backers Shaun Lewis made a perfect read on a quick out, picking it off and racing 70 yards for the game-winning touchdown.

“They played really well,” OSU coach Mike Gundy said of Iowa State. “You have to give them credit. They made plays in the end, and we didn’t, so as I told the team, you have to take every- thing for what it’s worth and give them credit for making plays.

“Obviously it’s a real tough loss for our team, and I hated it for the guys. If it’s a turnover battle in such a big fashion, that’s definitely difficult to win games, especially on the road. We had five turnovers, and with five turnovers it’s quite difficult to over- come.”

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The DMACC men's basketball team came out with a strong win of 96-41 versus Clarke JV on Nov. 14.

The Bears started off dominating with a 12-0 lead before the Crusaders managed a score. It was a good team win," said sophomore Nate Mason. "From the starters, to the bench, to the walk-ons."

The crowd was loud with chatter at the end of the first half when the score was 44-13.

In the second half Clarke's top scorer Tre Wagner started to come back for the Crusaders. "We need to play a complete game of basketball," said Mason. "Play a good 40 minute game and step on the opponents throats and don't let them get back into the game."

The Bears struggled for a bit but they didn't let that faze them. They continued the light and shut down Clarke. "In the second half we really rely on our sophomores to keep focus," said Assistant Coach Ben Walker. "Sometimes it just happens in basketball, where the other team is better in the first half than the second, but we sustained them pretty well."

"It was a great experience for some of the other guys to get out there, we got the chance to work on some things," said Walker. "There was positive energy from the crowd to the bench and we had a great student section this game."

The next home game for the Bears is Nov. 26 at 2 p.m.

Bears send Clarke JV home empty handed

*By Jessica Kinnetz*

*Staff Writer*

DMACC volleyball players named to Region XI - A All - Tournament team

DMACC - DMACC volleyball players Olivia Fisher of Janesville and Hallie Peterson of Sheffield have been named to the National Junior College Athletic Association Region XI - A All - Tournament team announced recently by the Iowa Community College Athletic Conference (ICCAC).

Both Fisher and Peterson are freshmen at DMACC.

Fisher finished the 2011 season with 393 kills, 20 assists, 517 digs and 31 blocks. Peterson had 268 kills, 24 assists, 99 digs and 66 blocks.

"We are also proud of the fact that our region produced the national champions [Iowa Central Community College (ICC) of Fort Dodge] won the team championship with 84 points. The Tritons and DMACC were two of four NJCAA Region XI teams to place 19th or better in the meet, North Iowa Area Community College (NIACC) finshed 15th with 461 points and Southwestern Community College (SWCC) was 19th with 507 points."

"We are also proud of the fact that our region produced the national champions [Iowa Central] and three other teams, along with us, that finished in the top 25," Doe said.

Natoya Goule of South Plains College in Loveland, Texas, was the individual winner. Her time was 18:45.

"In the second half we really rely on our sophomores to keep focus," said Assistant Coach Ben Walker. "Sometimes it just happens in basketball, where the other team is better in the first half than the second, but we sustained them pretty well."

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DMACC volleyball players named to Region XI - A All - Tournament team

DMACC Cross Country team finishes 14th at NJCAA Division National Championships

DMACC - The DMACC cross country team scored 419 points and finished 14th at the National Junior College Athletic Association (NJCAA) Division I National Championships Nov. 12 at Hobbs, N.M.

"I couldn't be more pleased with the performance of our team on Saturday," DMACC cross country coach Jim Dose said. "The conditions were difficult which kept them from posting their best times, but they competed hard. For us to finish #14 in the country is absolutely outstanding. This group steadily improved as the season went along, they were great teammates to each other, and a pure joy to coach."

Freshman Allana Laux of Algona and sophomore Katie Clark paced the Bears with 27th- and 29th-place finishes respectively in the team scoring. Overall, Laux was 30th and Clark was 40th. Both ran the 5K (3.1-mile) course in 20 minutes, 44 seconds.

"Allana and Katie again set the pace for us and had remarkable finishes," Doe said. "Last year Katie finished 113th in the nation and this year she finished 40th and Allana 38th. Those are great accomplishments."


"We need to play a complete game of basketball," said Mason. "Play a good 40 minute game and step on the opponents throats and don't let them get back into the game."

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Black Friday shopping to start earlier than ever

By Georgea Kovanis
Detroit Free Press

(MCT) Attention Black Friday shoppers: You’d better eat your turkey and fixings in a hurry this year because the holiday shopping rush is set to start earlier than ever. For some stores, Black Friday sales will start on Thurs-

day.

Black Friday _ the day after Thanksgiving _ is traditionally the start of the holiday shopping season. It is one of the busiest shopping days of the year, and the most anticipated.

This year, Macy’s, Kohl’s, Target and Best Buy will open at midnight to capture the most shoppers possible. So instead of shoppers rushing into stores at 4 a.m., they will likely be heading home at that time.

Some stores in outlet malls and some entire outlet centers will start Black Friday sales on Thanksgiving night.

What does this mean?

“I think what’s going on is everybody’s worried about Christmas,” said Britt Berner, chairman of America’s Research Group, a firm that tracks shopper trends. “I think these midnight openings are just a reflection of retailers saying they can’t take any chances.”

Midnight deals on Black Fri-
day an attempt to draw in shop-

ners.

Stores are opening earlier than ever for Black Friday, and that’s good news for bargain hunter DuSha Montgomery.

“It’s going to be a great thing,” said Montgomery, 37, who plans to spend part of her Thanksgiving with her mother and sister, waiting outside stores for midnight openings.

“If I figure we can get in there and then get some rest,” she said.

So far, Best Buy, Target, Kohl’s and Macy’s have announced that they will open at midnight on Black Friday, but some stores may open on Thanksgiving, such as the store in Auburn Hills, Mich., which plans to open at 9 p.m. on Thanksgiving.

The 9 p.m. opening just re-

ally seemed right based on how early people were getting in line last year” when the mall opened at midnight, said Melissa Mor-

rang, marketing and sponsorship director for Great Lakes Crossing Outlets.

Experts suggest the early openings could be a way for stores to capture a bigger share of Black Friday shoppers during a holi-

day shopping season that is not expected to be as robust as last year’s.

According to the National Retail Federation, a Washington, D.C.-based trade association, holiday retail sales are expected to rise 2.8 percent over last year. That growth is lower than the 5.2 percent increase retailers saw last year, the NRF said.

“I think there’s a lot of con-

sumers that would much rather

stay up until midnight and shop, than get up at 3 o’clock in the morning, and shop at 4,” said Brit Berner, chairman of America’s Research Group, a Charles-
ton, S.C.-based company that monitors consumer behavior.

There’s no doubt in my mind, between midnight and 6 in the morning, at least half of the households are going to shop on Black Friday,” Berner said.

Said Mark Davidoff, Michi-

gian’s managing partner for the Deloitte consulting firm: “The Lions are going to beat the Green Bay Packers, then we’re going to eat _ we’re going to eat and eat and eat _ and we’re going to clean up _ and before long, it’s going to be midnight. As long as we’re already still up, why don’t we go shopping?”

“There’s a segment of the population that would never get up in the middle of the night and stand in line and wait for the door to open at 4 a.m.,” Davidoff add-

ed. “However, they might say, ‘I don’t want to go to bed right now, I’m going to go shopping.’”

Montgomery is already work-

ing on a shopping strategy. “Years past, we didn’t go until 5 o’clock in the morning,” she said. “Last year, we went at about 8 o’clock at night _ right after Thanksgiving dinner.”

This year, she said, she’ll leave even earlier: “I’m thinking about 6 o’clock” on Thanksgiving evening.
How the Grinch-fees stole Christmas

By Alayna Barnett

With the holidays approaching, complete with shopping and travel “opportunities,” this seemed like a good time for another look at those sneaky fees. First, though, I have to extend my apologies to Mr. Derek Ginder, whom I incorrectly identified in the article “Are ‘snaky’ fees stealing your fun?” on Oct. 26.

Now, forward.

Many students are planning their home for the holidays. Travel sites boast they can find the best deals, but that may not be the whole story. While a given price may appear to be a good deal, the airline also seems to have its own policies about cancellations. The best thing to do is read up before hitting “buy.”

Once upon a time, overpacking for a trip was a laughable dilemma, but no longer. With fees of up to $25 for the first bag, and up to $50 for the second, almost no one travels with a suitcase anymore. If they can avoid it. Southwest Airlines remains fee free, but their smaller, more crowded planes and limited service area can be problematic.

If checking a suitcase is necessary, pack with care. An overweight bag, which can be anywhere from 51-100 pounds, will cost up to $200 over the base bag fee.

Even assuming a homestick passenger makes it to the airport when they are supposed to be there and with all their stuff, it can be crammed into a backpack, the airlines are not done with their attempts to get an extra few dollars out of their passengers.

Most of us remember when the free snack offerings were representatives of plentiful, in size and quality. No, a trainer is faced with a paltry few peanuts and half a can of soda or juice. Adding insult to injury, the flight attendants are now serving sand which is not “gourmet” for “just” $3 to $10.

Some travelers have decided to go green by avoiding and actually doing something about this outrageous treatment.

In days past, bringing food on board was used to be the province of the beyond-broke and the traveling family. Now even impeccably-dressed businessmen are not above tucking a sandwich or protein bar into a pocket or briefcase. The big area where travelers are fighting back, however, is baggage. With the prices men- tioned above, it’s not surprising that many folks are looking for lower cost ways to get their belongings from point A to point B. A one solution is shipping ahead. A quick Google of “baggage shipping price comparison chart” will give up-to-date information.

Regardless of the dimensions of your item, as well as the weight, since both are factors in shipping prices.

So what are some ways to avoid those extra pounds this holiday season? Here are eight ways to avoid putting on those extra holiday pounds as said by besthealthmagazine.

First, keep a regular fitness routine. While juggling parties, shopping & cooking, your fitness routine may get bumped to the bottom of the list for daily things to get done. But keeping a regu- lar exercise routine will leave you energized. Exercise will also help you manage holiday stress by tak- ing you stress out on the exercise equipment.

Second, don’t skip meals. Skipping meals because you have a big dinner party that evening is setting yourself up to binge. Have a small bite like nuts or string cheese or a meal early in the day will keep you from being overly hungry that evening. Ide- ally this would include proteins and carbs.

Third, eat breakfast. We’ve all heard that breakfast is the most important meal of the day. It jump starts our metabolism for the day and it better equips us for the pitfalls of our diet later.

Fourth, check out the food before diving in. This way you can decide what you are going to eat. Be aware of the foods you are going to eat, dine in and enjoy. Don’t take food every time the tray is passed. This will make the food extra special.

Fifth, all holiday food is not created equal. If your will pow- er can do it, stick to calorie goodies. Raw veggies are a great snack but watch the dipping. Make sure you dip and not scoop. Having a small bite like nuts. Count not only your calories you have to chew but that liquid caloric - free alcohol, in beverages with water. That glass of eggnog is going to have way more calories than a glass of water.

Seven, take your time eating. You will actually enjoy your food more and you will eat less. It takes 20 minutes from the time you are full until the signal reaches your brain that your stomach is full. It’s recommended each bite you manage to eat should be savor ed. Make sure the driver has a designated driver. Make sure every car has a designated driver. Make sure the driver has allowed enough time to pass in order to sober up.

Let make this holiday season a healthy and safe one.

Do you have a question, comment or concern? Submit letters to the editor at bannernews@dmac.edu or in our locker #32. Remember letters must be signed.
Microwave Zucchini Pasta in Creamy Gouda Sauce

**Ingredients:**
- 1 c. egg noodles, cooked
- 2 c. diced zucchini
- 1/4 c. water
- 2 tbsp butter
- 3/4 c. chopped mushrooms
- 1/4 c. chopped onion
- 1/2-1 clove garlic, minced
- 3/4 c. milk
- 3/4 c. shredded gouda cheese
- 1/3-1/2 tsp salt
- 1/2-1 closet clove garlic, minced
- 1/4 c. chopped onion
- 1/4 c. sliced mushrooms
- 4 tbsp butter
- 1/3-1/2 tsp salt
- 1/3-1/2 tsp dry basil
- 2 c. diced zucchini
- 1/3-1/2 c. dried cranberries

**Directions:**
1. Preheat oven to 400°F
2. Mix butter, brown sugar, dry stuffing, chicken broth, and fruit. Place one squash half on large piece of foil, scoop half of mix into hollow. Wrap tightly in foil. Repeat process with other half. Bake 60 minutes, then check for tenderness. Allow to sit in foil packet 5-10 minutes before serving.

This pleasant aroma of the gouda had adult taste-tester "S" haunting the kitchen before this was even done, and his double-thumbs up rating confirms that it tastes as good as it smells! (Teen tester "SB" was unavailable for this recipe)