Roxanne Grundmeier

“|I didn’t have a date on Valentine’s Day until I was 16.”

Andy Fichter

“I’ve actually never gotten anything on Valentine’s Day.”

Lisa Savits

“Valentine’s Day is just another day to my husband. I never get acknowledged.”

Sean Hanlin

“Not getting a card from my crush one year.”

Melissa Howe

“I got my now ex-boyfriend a gift on Valentine’s Day and I didn’t receive anything from him.”

What is your worst Valentine’s Day experience?

Financial aid refunds available on Feb. 2

By Stacey Walker
Editor-in-Chief

Financial aid refunds are scheduled to come out February 2.

Student’s that did not qualify for financial aid will not be receiving refunds.

Financial aid money comes from scholarships, loans and grants.

All financial aid is applied to class expenses and books before a refund is given out.

“Refunds are calculated every Wednesday through the Ankeny Campus,” said Vicki Lauzon, Boone DMACC’s Bookkeeper.

If students do not receive their refund on the first round, they should look for notices on their DMACC e-mails.

“Students should also keep in mind that if they aren’t attending class, there is a good chance their refunds might be withheld,” said Lauzon.

The financial aid department works with instructors to make sure that students are attending classes.

Fair warning is given to any student that might be at risk for losing their financial aid.

DMACC policy states that it is up to students to work with their instructors if they are struggling to make it to their classes.

“I plan on putting my refund money towards paying off my handcycle, and possibly buying some new video games,” said Nick Bassett.

Students typically used their refund money to help purchase supplies for their classes, or help pay for other expenses.

“I’ll probably go and buy a new phone with my refund money. I’ve been needing one for a while now,” said Amanda Baker.

Members of the DMACC pep band at one of the recent home games. Photo by Jessica Kinnet.

Home-grown band peps up game crowd

By Lacy Stevenson
Staff Writer

At one o’clock on a Saturday afternoon, Mary Beth Hanlin takes her seat behind the four-piece snare drum set.

DMACC’s well-known science professor is preparing for her “inner rock star” to come out.

She adds while chuckling “it is a learning process, it is much harder then it looks.” Hanlin is currently the fill in drummer, as this is her first encounter with this instrument.

Hanlin is one of 15 to 20 musicians that make up the DMACC pep band this semester.

They are all volunteers, and they all love to perform.

This is the 11th year the pep band has played at various DMACC home women’s and men’s basketball games.

The band was formed when a couple of faculty member were having lunch and it was brought up that the basketball teams were doing well. They thought it would be neat if they could contribute some spirit, and a few of them had played an instrument in their younger years.

The main leader of the “pack” is Maggie Stone.

She is the Coordinator of Iowa New Choices here at DMACC.

She is still using her Alto sax that she used back in fifth grade and all through high school.

Continued on page 5

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Quirmbach helps returning soldiers attend college and help build Iowa economy

(Des Moines) - The Iowa Senate voted on Wednesday, January 18, to prevent state tuition help for Iowa's returning soldiers from being cut almost in half.

State Senator Herman Quirmbach of Ames voted for a bipartisan measure to keep the promises made to Iowans returning from Iraq and Afghanistan.

"Last month, the Iowa National Guard told us the dollars budgeted available for its tuition assistance program would fall short of the increased demand,” Quirmbach said. “Many returning soldiers are entering Iowa's colleges and universities.

In fact, the average grant could have fallen from 90 percent to 50 percent of tuition. I'm glad we worked together to fix this situation quickly."

By passing Senate File 2007, the Senate approved the investment of an additional $1.3 million in the Iowa National Guard's tuition assistance effort.

"I was able to meet one of the young people helped by this program, Dan Tallon, a native of Davenport and a current student at the University of Iowa," Quirmbach said. "Dan was in the Senate galleries, along with many other Iowa veterans who were at the State Capitol for the annual 'Veterans Day on the Hill.'"

If the Iowa House also approves the legislation and Governor Branstad signs it, the benefit to soldiers at Iowa's universities would be up to $1,300 per semester in additional aid.

"Helping Iowa's returning soldiers attend Iowa colleges and improve their skills makes a lot of sense," Quirmbach said. "We should do all we can to support these young men and women so they can get good jobs at good wages and help build a stronger Iowa economy."
Bear Briefs

4 On 4 Basketball League Continues

The Student Activities Council’s basketball tournament continues until it’s final date on Feb. 9. The tournament will meet at 9 p.m. in the gym on Feb. 2, Feb. 6 and conclude on Feb. 9.

4 Ball Pool Contest

The intramural committee is hosting a pool contest in the Courter Center from 11 a.m. on Feb. 1 until 12:30 p.m.

Snakes Alive

Get a chance to hold and look at a variety of snake species. Students are welcome to visit the auditorium on Feb. 8. Time is to be announced.

Jabali Afrika

Experience the cultural fusion of Jabali Afrika, the afro-rock band native to Kenya, Africa. The band will perform a set in the auditorium on Feb. 14 in the Courter Center on Feb. 14 from 10 a.m. until 1 p.m.

Traveling Photo Booth

Available in the Courter Center on Feb. 14 from 10 a.m. until 1 p.m. will be a free photo booth for you and friends to use. Courtesy of the SAC.

Karaoke

The SAC starts the new term with another bout of karaoke in the Courter Center on Feb. 9 from 11 a.m. until 1 p.m. Participants will receive a $3 card to use at the Boone Campus Cafe.

7 Oaks Recreation DMACC Day

The SAC is sponsoring this event held at 7 Oaks on Feb. 10 from 4 p.m. until 9 p.m. The SAC will buy each student a lift ticket or a ticket to use the tube hill. Families are invited, so bring spouses and kids and their tickets are free too. The SAC however will not cover rental fees ($35 for both ski and snowboard). Student IDs or current class schedules are required for free tickets. Located just west of Boone at 1086 22nd Drive.

The Party Is Free

Free party in the Courter Center on Feb. 11. Students and families attending receive free admission to the Basketball Doubleheader in the DMACC Gym at 1 p.m. and 3 p.m.

Documentaries In The Dark

Free admission Feb. 13 to documentary, “Sunshine,” at DMACC Boise Theatre. “Sunshine” offers a refreshingly rare glimpse on the current day transformations taking place within the American family. Filmmaker Karen Skloss explores her own unplanned pregnancy and decision to keep the child as a single mother. Twenty-three years prior, Skloss’ biological mother faces a similar dilemma, choosing to give birth secretly in a Catholic home for unwed mothers through a closed adoption.

DMACC Sports Blurs

DMACC women’s basketball players Walker and Hagedorn honored by ICCAC

The Iowa Community College Athletic Conference (ICCAC), has honored DMACC women’s basketball players Ann Walker and Ashley Hagedorn. Walker, a sophomore guard from Exira, has been named Scholar-Athlete of the Week for the week of January 11. Hagedorn, a sophomore guard from Irwin, has been named Athlete of the Week for the week of January 11. Walker scored seven points and added three assists and five steals in 10 minutes of play off the court and carries a grade point average of 3.9. After completing her sophomore season at DMACC, Walker plans to continue her education and athletic career at a four-year college or university. Hagedorn had 12 points, five assists and five steals in the Bears’ win over ILCC. She is majoring in physical therapy and carries a 3.8 GPA. She also plans to continue her education and athletic career at a four-year college or university.

DMACC Sports Blurs

DMACC men’s basketball team upsets third-ranked ICCAC, 80-65

Sophomore Ashley Hagedorn of Irwin scored 22 points and grabbed 11 rebounds to lead the Des Moines Area Community College (DMACC) men’s basketball team to an 80-65 win over Iowa Central Community College (ICCAC) January 28 at the DMACC gymnasium.

DMACC women’s basketball team defeats MCC, 70-60

Sophomore Ashley Saldana of New York City, N.Y., scored 19 points and sophomore Rico Saldivar of Cincinnati, Ohio, scored 19 points to lead the Des Moines Area Community College (DMACC) women’s basketball team to a 70-60 win over Marshalltown Community College (MCC), January 25 at the DMACC gymnasium.

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Sophomore Ashley Saldana, a guard from New York City, N.Y., added 15 points and eight rebounds to lead the Des Moines Area Community College (DMACC) men’s basketball team to a 73-65 win over North Iowa Area Community College (NIACC), January 21 at Mason City.

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DMACC Sports Blurs

DMACC men’s basketball team slips by ICCAC, 64-62

Sophomore Nate Mason of Cincinnati, Ohio, led a balanced scoring attack with 13 points as the Des Moines Area Community College (DMACC) men’s basketball team defeated Iowa Central Community College (ICCAC) 64-62 January 28 at the DMACC gymnasium.

Upcoming Events

Men’s Basketball

Feb. 1 vs Ellsworth

Feb. 15 vs Clinton CC

Feb. 5 vs Iowa Lakes

Feb. 19 vs Iowa Lakes

Feb. 11 vs Western

Women’s Basketball

Feb. 1 vs Ellsworth

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Feb. 4 vs Marshalltown

Meet up with your friends & family & take a break from cooking! Check out your favorite sports team on our big screen TVs!

Go to our facebook page to see what’s up at the Pig

Bar briefs

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No fines issued for tobacco violations

By Lori Harvey
Health Writer

In the two years since the ban on tobacco on campus, no students have received $30 fines for violating the policy.

“When students are given a warning, they usually cooperate,” Provost Tom Lee said. “During the two years that this policy has been in place, no changes have been made. Previously students were allowed to smoke outside the building. This was mainly done outside door 16.”

Page 61 in the handbook explains the campus policy of tobacco. Tobacco use includes any lit cigarettes, pipe and close cigarettes. This policy also includes smokeless tobacco like chew, snuff and snus.

This policy affects all parts of campus including the main building, athletic areas and the DMACC apartments. Students are not allowed to smoke in their cars while parked on DMACC campus as the parking lot is considered part of the campus grounds.

“I respect the decision of the campus faculty to make the campus Tobacco Free but I wish they would provide a shelter for us and provide a can to put our cigarette butts in,” said Mary, a DMACC student who didn’t provide her last name.

When a student observes another student breaking this policy they may report them anonymously.

A first violation of this policy results in a letter by the Executive Dean of Student Services. The second violation requires students to meet with the provost, associate provost or the judicial officer for a disciplinary conference to discuss any alleged violations of the Tobacco Free Campus policy.

Any third and additional violations require the student to pay a $50 fine.

Violations of the Tobacco Free policy may also result in violations of the Student Conduct code. The Judicial Officer may choose to impose additional changes.

Sanctions will only be imposed after the student has accepted responsibility for their actions against the Tobacco Free Campus. The student has been responsible by the Judicial Board for the College or the student is unavailable to respond to the alleged violations.

If students have any questions they may ask Provost Tom Lee, Associate Provost Brian Green or Executive Dean Laurie Wolf.

Students must go off campus to use tobacco products.

Photos by Lacy Stevenson

Smoking and other tobacco products are not allowed on campus.

To join our Banner staff
contact Julie Roosa, Adviser
jkroosa@dmacc.edu

Get your simple federal tax return done for the low, low price of FREE.
(Federal Form 1040EZ)

H&R BLOCK
NEVER BETTER FOR LESS

Interested in joining the band?
Contact Maggie Stone at (515) 433-5037 or stop by her office, room 124, in the southwest corner of the building by the stairs.

DMACC student Rachel Davis attempts to catch pancakes during the pancake lunch back on Jan. 11. Students were served numerous pancakes, mini sausages, coffee and orange juice. This event was sponsored by the Students Activities Council (SAC) of the Boone Campus. Check the DMACC homepage and the message boards around campus for upcoming events that are sponsored by the SAC.

Photos by Kevin Langel

It’s a bird... It’s a plane... It’s a flapjack!
Basketball coaches optimistic on season

By Jessica Kinnetz
Staff Writer

Both DMACC head basketball coaches are proud of the way their teams are performing so far.

“I think the season is going great,” said head coach of the women’s basketball team Steve Krafcisin.

As of Jan. 29, the Bears have won nine of their last ten games and are 16-4 overall and 3-2 in the Iowa Community College Athletic Conference (ICCAC).

“They are energetic, enthusiastic and want to play hard,” Krafcisin said.

After replacing two key players from last year (Kaytlin Wood, Carli Running), Krafcisin had to start with all new forwards and a center.

“It was seeing how we adapted and responded with a new line up,” Krafcisin said.

The players have developed, he said, “but there is still a lot of room to improve.”

“The journey has been a success so far. Plus we have been injury free.”

The DMACC men’s team improved to 19-3 overall, and are ranked fourth in the National Junior College Athletic Association (NJCAA) Division II poll.

“I think the season is going in the right direction and is on the path to achieving their goal,” he said.

“We haven’t plateaued yet.”

ICCAC names DMACC’s Coleman student-athlete of the week

DMACC women’s basketball team falls to Kirkwood in overtime

DMACC - The Des Moines Area Community College women’s basketball team let a 13-point lead in the second half slip away and eventually dropped a 64-58 overtime decision to Kirkwood Community College (KCC) Jan. 18 in Cedar Rapids.

The Bears enjoyed a 35-24 advantage at halftime and pushed their lead to 15 points early in the second half. KCC chipped away at that advantage. The Eagles managed a 54-54 tie at the end of regulation and came away with the win in overtime.

With the loss, DMACC fell to 13-4 overall and 2-2 in the Iowa Community College Athletic Conference (ICCAC). KCC improved to 15-2 and 5-0.

The Eagles are ranked 14th in the National Junior College Athletic Association (NJCAA) Division II poll.

Sophomore Joscelyn Coleman of Shenandoah, Scholar-Athlete of the Week for the week of January 25.

On January 21, Coleman, a forward, led the Bears to a 73-57 win over North Iowa Area Community College (NIACC) with 18 points and 11 rebounds.

Coleman is averaging 12 points and eight rebounds a game in helping DMACC to a 14-4 record overall and a 4-2 mark in the ICCAC.

Coleman also excels in the classroom. She is majoring in liberal arts and carries a 3.6 grade point average. Coleman plans to continue her academic and athletic career at a four-year college or university.

With 18 points and 11 rebounds, Coleman was named Des Moines Area Community College Athletic Association (NJCAA) Division II student-athlete of the week for the week of January 25.

Kirkwood ends DMACC men’s basketball win streak at ten

DMACC - Kirkwood Community College (KCC) handed the DMACC men’s basketball team a 64-58 loss Jan. 18 at Cedar Rapids, ending the Bears’ 10-game winning streak.

The Eagles, ranked third in the National Junior College Athletic Association (NJCAA) Division II poll, trailed 20-23 at the half, but came away with the win by outscoring DMACC 41-32 in the second half. The Bears are ranked fifth in NJCAA Division II.

With the loss, DMACC fell to 16-3 overall and 3-1 in the Iowa Community College Athletic Conference (ICCAC). KCC stayed unbeaten in league play at 6-0.

Sophomore Kurtis Phillips of Shenandoah and Sam Thrapp of Shenandoah, Scholar-Athletes of the Week for the week of January 25.

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Phillips and Thrapp got 10 rebounds each for the Bears.

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“I think the season is going in the right direction and is on the path to achieving their goal.”

McGinn agreed.

“If we continue staying focused in practices, we’ll make it to our goal,” he said. “We haven’t plateaued yet.”

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On January 21, Coleman, a forward, led the Bears to a 73-57 win over North Iowa Area Community College (NIACC) with 18 points and 11 rebounds.

Coleman is averaging 12 points and eight rebounds a game in helping DMACC to a 14-4 record overall and a 4-2 mark in the ICCAC.

Coleman also excels in the classroom. She is majoring in liberal arts and carries a 3.6 grade point average. Coleman plans to continue her academic and athletic career at a four-year college or university.

With 18 points and 11 rebounds, Coleman was named Des Moines Area Community College Athletic Association (NJCAA) Division II student-athlete of the week for the week of January 25.
By Jessica Kinnett

Staff Writer

Q: What is different here compared to China?
A: “It’s cold and the population is small. It’s safer than in China, so many people are crazy. People are nicer here. Lots of space. The apartments are bigger and smaller than what we have. They are also really high up. We don’t have restaurants like Applebee’s, Perkins, Red Lobster but we have KFC, Burger King, and McDonald’s.”

Q: What is your family like?
A: “I’m an only child. My dad is business man. My mother is not working but she loves dogs. We have 7 of them. We live in a house on the outskirts of town.”

Q: Out of all the places to go to college in the US, why did you choose Iowa?
A: “My father told me that there were too many Chinese people in places like California or Florida and that I wouldn’t learn anything new. So he suggested Iowa to focus on school and it was also cheaper.”

Q: Did you know any English before you came here?
A: “No, I just started learning when I got here. I go to Church by my apartment and they help a few times a week.”

Q: What do you do in your free time?
A: “I like to play basketball. I play every day. I play soccer and watch NBA. I like to road trip with friends to other colleges.”

Q: What social networking sites do you use the most?
A: “I use Chinese websites. I don’t have a Facebook because where I’m from no one has it.”
The Struggling Student

By Derrick J. Roffman

I’ve been attending DMACC’s Boone campus since 2008, until last summer when I started going to Iowa State. In the fall I got a rude awakening. My approach to classes at DMACC was not very confident. I did what I could, procrastinated very well, but wishing and doing things my way were not enough. When I attended ISU, it became obvious that my strategy had broken down and that I was helpless. Many of us may feel like college is overwhelming. We may wonder whether we can complete what we hope to accomplish. Maybe high school didn’t prepare us to work hard, maybe we didn’t take classes seriously because nobody told us seriously. We may feel like we can muddle through and do OK. Maybe you think that’s all you could hope for. We might want to believe that learning skills will be successful. But you can only do so much. And that’s when you need to do something. You can learn the skills. In fact, there is a requirement before anything. You have to understand it, or you will not do it well in college is attainable. You can learn the skills. In fact, there is a requirement before anything. You have to understand it, or you will not do it well in college. You can learn the skills. In fact, there is a requirement before anything. You have to understand it, or you will not do it well in college.

You can quit smoking but it takes willpower and it times a little help. A few incentives to quitting smoking are that within 20 min. after quitting smoking you can notice a difference in your lungs begin to function and your lung function increases. Within 12 hours the carbon monoxide levels in your blood drop down to normal. Within two weeks to three months your circulation improves and your lung function increases. One to nine months after quitting your coughing and shortness of breath decreases, the cilia in your lungs begin to function normally again. After one year, your risk of coronary heart disease is cut in half compared to that of a smoker. After five years, your risk of cancer is cut in half.

Here are some more of the perks of quitting – your food will taste better. Your sense of smell returns to normal. Your breath, hair and clothes will smell better. Your teeth and fingernails will stop yellowing. And ordinary activities are easier to do.

Letter from the Editor

Dear Readers,

I hope you’re all getting settled into your spring semester classes. I know it can be difficult getting back into the swing of things, but just remember that we’re all in this together.

If you didn’t know, I’m the new Editor-in-Chief of the Banner News. I’m looking forward to working with some of our new staff members, as well as our returning writers as well.

Last fall was my first semester writing for the Banner, and I hope that I can make some positive changes with the help of my staff.

We’re also looking to bring new members to our staff here at the Banner. Keep in mind that students don’t have to have to be enrolled in the course to write for us. We welcome any students with an interest in writing or taking pictures for the paper to stop by the journalism room (115). We’re also looking for students interested in work-study opportunities.

Here at the Banner we try to keep our readers both informed and entertained. We encourage our readers to let us know what they want to see within the pages of this paper.

If you’d like to write a response to anything that is published, feel free to write a letter to the editor and we’ll publish it with a response as soon as possible.

Hope you all have a great semester!

-Stacey Walker, Editor-in-Chief

Is Tobacco Really Worth it?

By Lori Harvey

Cigarettes, pipes, rolled cigarettes, snuff, snus & chew are examples of tobacco that are prohibited on the DMACC campus. But we see some students who use these products maybe not on campus but in their personal lives at some point. What are the health effects of using tobacco products?

According to the CDC, smoking harms every organ in the body in one form or another. 443,000 people die from smoking related illnesses every year. This is one death for every five people annually.

The chances of getting lung cancer increase by 90% for men and 80% for women because of smoking. Smoking increases your risks of coronary heart disease, stroke and dying from obstructive lung disease. Smoking also has a dev- astating affect on a woman’s reproductive organs. It can cause infertility, pre-term delivery, still birth, low birth weight and SIDS. In post-menopausal women, it can lower bone density and increase their chances of getting a hip fracture. The American Cancer Society has said that hand rolled cigarettes aren’t any healthier than the machine made cigarettes. Life long smokers of rolled cigarettes have a higher cancer risk of the larynx, esophagus, mouth and throat.

There are cigarettes on the market that boast that they are all natural, there is no proof that allow this, but safer than the other cigarettes that are sold. Menthol's aren’t safer than regular cigarettes as the user holds this smoke in longer than regular cigarettes.

The nicotine in cigarettes is addicting as cocaine or heroin. The nicotine gives the person an adrenaline rush that increases their heart rate and blood pressure but not enough that they would die. As they use cigarettes more, they smoke more often to continue to feel the calmness they want when they smoke.

The chemicals that are found in cigarette smoke are cyanide, benzene, formaldehyde, metha- nol, acrylonitrile and ammonia. Even if you don’t inhale, you are still at risk from certain types of cancers by the method of second hand smoke. Cigarette smoking increases your risk of heart disease, the number one cause of death in the U.S. When a smoker has a heart attack they are more likely to die in the first hour than a non-smoker. Many people think that chewing tobacco is a safer alternative to smoking but this type of tobacco use has its own dangers.

According to the American Cancer Society more nicotine is native to smoking but this type of smoker. After one year, your risk of coronary heart disease is cut in half compared to that of a smoker. After five years, your risk of cancer is cut in half.

Here are some more of the perks of quitting – your food will taste better. Your sense of smell returns to normal. Your breath, hair and clothes will smell better. Your teeth and fingernails will stop yellowing. And ordinary activities are easier to do.

Readers interested in writing to the paper can either drop submissions off in room 115, place them in the Banner News locker #32, or email us at bannernews@dmacc.edu

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Hope you all have a great semester!
Pet Feature
Shy Ginger

She is a sweet girl, however just like her name this girl is a bit shy at first. Shy was surrendered to us by her owner when she was unable to care for her animals anymore. She warms up quickly but she would prefer a home without young kids since she is a little scared. We would love to see her go to a nice quiet home where she can have the right environment to gain some confidence and come out of her shell. Shy is 6 years old and an Australian Shepherd and Terrier mix.

If you haven't met Ginger, your life isn't filled with enough love and joy! She is a very well-adjusted and loving cat with impeccable manners. Some of Ginger's favorite activities include curling up in your lap or next to you in bed to take long naps, giving you kitty kisses, kneading blankets and reveling in catnip. She isn't declawed, but because she is such a mild mannered cat, nail trimming is an easy task and she usually keeps them retracted (whether or not she holds your hand so she can lick it better).

More information, contact the shelter at 432-6112.

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