‘Buried Life’ guys unearth dreams of DMACC students

By Elizabeth Wallerich

Long before the “Buried Life” phenomenon hit MTV and a book called “What Do You Want To Do Before You Die” became a bestseller, four young men from Canada were feeling buried. They had graduated from high school and were wondering “Where do I go now?” according to the introduction of their book.

Ben Nemtin, Dave Lingwood, Duncan Penn and Jonnie Penn decided to take a road trip to fulfill their top 100 wishes. That trip would lead them on an adventure beyond their wildest dreams.

Fast forward to Tuesday, Oct. 16, the four men were at the DMACC Boone campus to tell their story and to inspire a packed auditorium to live out their own dreams now.

The presentation was part of the One Book One College One Community project, which uses “a single book to foster opportunities for creativity, scholarship, critical thinking, academic dialogue, and fellowships within all DMACC campuses and the local communities they serve,” according to the DMACC website. The book selection this year was the Buried Life’s “What Do You Want To Do Before You Die.”

Ben, Dave, Duncan and Jonnie explained to the crowd how their bucket list became a national phenomenon. In 2006, the guys began to realize they were experiencing their own form of buried lives. So they wrote their “what do you want to do before die?” list and they made a plan to check off their list.

More importantly, “For each item we accomplished, we agreed to help a total stranger do something they had always dreamed about doing,” they said. The title of their project was based on a quote from a poem by Matthew Arnold in 1852.

“Buried, page 4

Cemetery said to be haunted

By Elizabeth Wallerich

Looking for a local haunt this Halloween? Look no further than Boone County’s neighbor to the north, Hamilton County. Vegors Cemetery is located near Stratford, and was established in 1849. It is said to be haunted.

According to strangeuusa.com, what is now the Vegors Cemetery used to be the location of an Indian burial ground. “When the settlers came, they dug the Indians’ graves and placed them in five mounds throughout the hilltop,” the website states. This upset the Indians and they killed Mrs. Henry Lott, and she is buried at Vegors, it said.

The most popular haunting legend at Vegar’s is of the ghost of Armona Jones, a 12-year-old girl, and her brother who died six days apart in 1872. Evidently they were passing through Iowa with family and died. The story goes... you can see her sitting on top of her headstone. She also follows cemetery visitors around during their visit. Stories also include hearing children laughing, according to Supernatural Research Society of Iowa.

Brandi Botkin, DMACC student and paranormal investigator, said, “We got audio of a girl screaming for her ‘Mom.’” Botkin said when the investigators went to leave, they had difficulty starting their cars.

More Halloween coverage, pg 5, 6, 7

Romney stops in Van Meter

Presidential hopeful, Gov. Mitt Romney, talked about the issues facing the nation on the Koch family farm near Van Meter on Tuesday, Oct. 9. Students in DMACC’s News Media and Politics class attended the rally and discussed how it compared to President Obama’s visit to Ames in August.

EARLY VOTING HERE

Cast your ballot for the
November 6, 2012 General Election at
DMACC, Boone Campus - Courter Center

This satellite voting location will be open

*** OCTOBER 23-24-25 ***

* HOURS: 10 AM TO 4 PM *

Any Boone County voter may vote here
Voter registration forms will be available
for new registrations and changes

Questions? Call Boone County Auditor 433-0502

VOTERS—Enter door #8 on
northeast corner of campus.

Obama campaign worker seeks volunteers

Have you ever wanted to get involved in a presidential election? Help decide the future of our country and join us in volunteering for President Obama and other Democrats during the final days of the campaign. Interested volunteers should contact Trip Yang at 515-464-3920.
Loebsack, Archer debate policies at DMACC Newton campus

By Cainon Leeds
Editor-in-Chief

Incumbent Congressman David Loebsack (D) and his challenger, John Archer (R), debated over Iowa’s 2nd congressional district on a wide range of issues from taxes and healthcare to foreign policy at DMACC Newton Campus on Tuesday, Oct. 16.

Loebsack and Archer disagreed on extending wind energy tax credits for wind farms, a thriving Iowaan industry. They disagreed, however, on who was to blame for the bill not passing. Loebsack condemned Republican leadership, and specifically the Speaker of the House, John Boehner, for opposing the wind energy tax credits. Archer blamed Loebsack himself, quoting the Dixie Miners Register as saying that Loebsack was the “most ineffective” of Iowa’s congressmen.

When asked about whether or not they would extend the Bush-era tax credits, Archer answered that he would extend the Bush tax cuts while Loebsack said, “I believe reports have come out indicating that our ambassador did in fact request additional security, and that security was not provided, so that’s the number one question that we have to ask,” he said.

Concerning Afghanistan, Loebsack said, “I think it’s now time to disengage. We’ve still got 66,000 troops there. I think it’s time we bring them home. We’ve obviously brought Bin Laden to justice. The Afghan National Security Forces have been stood up. And so clearly it’s time to bring those troops home.”

Archer struck at Loebsack’s stance on pulling troops out of Afghanistan in 2013, saying, “I think he has an artificial time frame on withdrawing our troops. He’s on the front of the President in this. The President has said that by 2014 we will start a withdrawal of our troops.”

However, when asked when he thought a proper time for a withdrawal would be, Archer replied that, as a citizen, he was not informed enough at the moment to make that kind of decision.

Both Loebsack and Archer agreed that Iran should not be allowed to obtain nuclear weapons capabilities.
Boone campus digs ‘Buried Life’

Continued from page 1

DMACC student Sam Titus said he was motivated by the book.
“I’m not just a list...it’s finding joy and purpose in everyday life,” he said.
The guys explained how some of their items were checked off the list. Ben was a knight for a day and knighted a little boy. Duncan rode a bull and Dave got on stage with Snoop Dog and then made out with a Playboy bunny. Eventually, they had their own show on MTV. All along the way, they had been contacting others, asking what they want to do before they died.

“It becomes our job to show people anything is possible,” said Jonnie.
The four speakers gave the audience three instructions: 1. Make a list. 2. Go after it. 3. Help others.

‘Buried Life’ visit: One student’s view

By Yesica Mena
DMACC Student

Before anything else, I just want to say that I had a great time at the presentation of The Buried Life. Those guys are awesome, and they definitely know how to get the audience’s attention. They shared with us their stories and how it all started. Dave, Ben, Jonnie, and Duncan, all four of them, felt like they weren’t getting anywhere in life. Therefore, they decided to come up with the list of the things they wanted to do before they died. Providing pictures and short videos, they gave us an insight of what they had already accomplished already such as play basketball with the president and riding a bull. They were also very positive about life. One thing that they mentioned was to always be ourselves and never be afraid to speak up. They also said to never let someone else decide for ourselves. Life is too short to waste it; we need to live it to the fullest no matter what. But I got to admit that my favorite part was when Ben smashed the guitar on stage, accomplishing one more item in their list. I think it was amazing that we got to witness one of their items come true. It happened here, in Iowa, DMACC’s Boone Campus! I think The Buried Life will be one of my favorite experiences at DMACC. Overall, the presentation was a success. I don’t think there was anyone at the auditorium who didn’t laugh or smile during the entire presentation.

Editor’s Note: Students in Professor Jerome McAffrey’s contemporary literature class were asked to write a personal essay about the “Buried Life” presentation on campus on Oct. 16. We have reprinted one of the essays here with permission.

DMACC student Sam Titus organized a flash mob in the Courter Center in honor of The Buried Life presentation on campus on Oct. 16. The mob participants were instructed to hold up a sign telling one thing they wanted to do before they die. In the photo at left, Professor Jan LaVille, director of the DMACC Honors Program, holds up her sign, which says “I want to live in another country for 6 months.” In the middle photo, Titus is holding his sign with two of the things he would like to do before he dies: “Run across the U.S.” and “Have a flash mob,” which he checked off. In the photo at right, DMACC Psychology Professor Sean Taylor says he knows one thing she wants to do before she dies. “I want to get my Ph.D.” Her son, Cody, said he “wants to change the audience members to share what they wanted to do before they died.

“I want to walk one last time,” said Nick Rassett, who was diagnosed with scoliosis. Sam Titus, who said he was borderline autistic, wants to help others with autism. Rachel Sheirbon, who was adopted, said “I would like to meet my biological parents.” A.J. Woolson, a DMACC student, brought a guitar to smash on stage to help the guys cross off #69 on their list. They smashed the guitar, signed it, and gave it to Woolson.

DMACC Psychology Professor Sean Taylor says he knows one thing she wants to do before she dies. “I want to get my Ph.D.” Her son, Cody, said he “wants to change a child’s life, for the better.” At the end of the show, the guys asked the audience members to share what they wanted to do before they died.

“Buried Life” spoke on campus on Oct. 16, as part of the One Book One College One Community project. After the presentation, the men signed autographs and posed for pictures in Room 115. Students and staff lined up for the opportunity to meet the four stars: Duncan Penn, Ben Nemtin, Dave Lingwood and Jonnie Penn.

DMACC Psychology Professor Sean Taylor says he knows one thing she wants to do before she dies. “I want to get my Ph.D.” Her son, Cody, said he “wants to change a child’s life, for the better.” At the end of the show, the guys asked the audience members to share what they wanted to do before they died.

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Photos by: Cainon Leeds

More Boone DMACC campus news and photos are online at bannernews.weebly.com
Steam punk is the most popular costume of choice this year according to Lindsey, one of the store clerks at Halloween Boutique in Ames. Halloween Boutique is located at 2300 Lincoln Way, Ames.

Steam punk has a victorian-like fashion sense and is fantasy of the 19th century. It’s supposed to be like “another world.” A good website to find this style is www.etsy.com.

The gypsy costume has also been one of their top sellers, Lindsey said.

“Super hero’s are big this year and cop costumes are always popular,” she said.

Prices in Halloween Boutique ranged from $20 to $70

For those who can’t afford the prices of a costume shop, the answer is DIY Halloween costumes, which means do it yourself.

Ideas for women include life size bath loofahs, duct tape skittle dresses, or rock-paper-scissors outfits. Some ideas for men would be the Old Spiced man, Edward Cullen look-a-like, or Jack-in-the-box. These are all simple do it yourself projects that can also save you money.

Other places to go if one would want to save money are places such as the Dollar Tree, Goodwill, and Walmart. All of these places have costume pieces such as masks, face paints, or wigs that one could use to better their costume.

Jacob Elser, a DMACC student, said “He has high hopes to be the DMACC bear mascot for Halloween this year.”

Cara Jamison said she was trying to save her money, so she is going to make her own costume. “I don’t know what I want to be yet.”

Melissa Otis said she wants to be a fire fighter.

By Regan Heinrichs
Staff Writer

SPOOKTACULAR

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By Regan Heinrichs
Staff Writer

DMACC volleyball win streak reaches 11

DMACC – The DMACC volleyball team ran its winning streak to 11 straight after sweeping four matches at the Kishwaukee Tournament Oct. 19 and 20 in Rockford, Ill.

The Bears, ranked tenth in the National Junior College Athletic Association (NJCAA) Division II poll, defeated Oswego Community College (OCC), South Suburban College (SSC), Lake County Community College (LCCC) and Rock Valley College (RVC) to improve to 26-6 for the season.

Sophomore Hallie Mueth of Sheffield had 14 kills and sophomore Mia Pierson of Ames and freshman Sheila Menezes of Guarulhos, Brazil, added nine kills apiece as DMACC opened the tournament on Oct. 19 with a 25-23, 25-22, 14-25, 25-19 win over OCC. Freshman Breonnhia Bailey of Pleasant Hill and sophomore Amanda Lampman of Lake Mills contributed six and five kills respectively as the Bears hit .264 in the match. Sophomore Jordan Leehy of Nela led the way in assists with 24 and freshman Sara Jesse of LaPorte City had 20. Menezes and sophomore Taylor Salisbury of Chatfield, Minn., finished with 22 digs apiece and Pierson had 10 block assists.

DMACC returns to Iowa Community College Athletic Conference play Oct. 24 when the Bears travel to Mason City to face North Iowa Area Community College. DMACC is 4-1 in the ICCAC.
Movie review

The House on the End of the Street

By Elizabeth Wallerich
Staff Writer

The movie “The House on the End of the Street” centers on Elissa (Jennifer Lawrence) and her mother Sarah (Elizabeth Shue). They move to a small town for a fresh start. Before they are even finished unpacking, Elissa and her mother learn the terrifying secret behind the house next door. Years earlier, a daughter killed both her parents in the night and disappeared, leaving only her brother Ryan (Max Thieriot) as the sole survivor. Against Sarah’s wishes, Elissa begins developing a friendship with Ryan, who seems to be keeping secrets of his own.

The movie has one decent twist and the first 45 minutes or so are fairly interesting. Even though the actors share some good moments, they become stupid and the narrative becomes hopeless. The characters are stupid you might be whispered, “Don’t open that door!” or “Don’t turn around.” Or “You’re gonna die.” This movie was long on dialogue and short on scares.

Scary movies now playing at a theater near you

By Regan Heinrichs
Staff Writer

Movies 12 is located at 1317 Buckeye Avenue, Ames. “Sinister” is about a guy who finds footage to help a true-crime novelist realize how and why a family was murdered in his new home, though his discoveries put his entire family in the path of a supernatural entity.

Now playing at Movies 12 at 2:20 p.m., 5 p.m., 7:40 p.m. and 10:25 p.m. The price to get in is $7.50 and the run time is 1:45.

“Paranormal Activity 4” is about a family who moves in to the neighborhood and strange things start to happen. This movie is 84 minutes, and costs $10 to get in. Show times are 2:20 p.m., 4:40 p.m., 7 p.m., 9:20 p.m.

Movies 5 is showing old classics such as Halloween and Frankenstein. Movies 5 is located at North Grand Mall, Ames.

“Frankenstein” is part of a double feature along with “Paranormal Activity 4.” This comes out Oct. 24. The length of this movie is 2:05 and the cost is $10.50 to get in.

From the Editor

Calling for content, skipping endorsements

By Caison Leeds
Staff Writer

We’re halfway through the semester. I hope that brings some relief to students, faculty and staff alike.

With midterm also comes election season whether we like it or not. While I would personally encourage all students to vote on or even before Nov. 6, the Banner will not be endorsing any candidates. I believe it is the media’s job to analyze the facts and report them, not tell people who to vote for. However, this is the students’ newspaper, so if anyone disagrees with my stance on political endorsements, please visit me in room 115 or send me an email at bannernews@dmacc.edu.

Exercising your right to vote

Exercising your right to vote is a part time before the election, and an element of state law that cannot be voided by voting. Such messages are designed to confuse and discourage eligible voters from doing their duty. Answer them.

Voting isn’t always a fairly, fair and accessible to everyone when it is, voter enthusiasm goes up because people are participants in the process.

But to ensure that people are a part of the process, they need to know their rights - what is required of them when they go to vote. And they need to know where they can quickly find the right information.

Organizations such as the League of Women Voters have traveled to many states, including Wisconsin, to pass out flyers with the latest information and get people registered. They will have volunteers at some polling places.

The American political process works best when people get to the polls and make their voices heard. Make sure you do that on Nov. 6.

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* Freelance opportunities (flexible schedule)

For more information, contact Julie Roosa, faculty adviser, jkroosa@dmacc.edu, 433-5215, Rm 115

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ANKENY • INDIANOLA • WEST DES MOINES
Cross country runner uses healthy foods, not pills to fight flu

By Caison Leeds
Editor in Chief

Everybody gets sick. Students get sick. Teachers get sick. I got sick a couple of weeks ago. And even DMACC student and cross country runner Anna-Kate Bruns gets sick now and then, like last week when she caught a flu virus.

We all deal with sickness differently. Some stock up on Ny-Quil, Advil, and cough drops, others brew concoctions of hot sauce, ginger, ginger root, garlic, and other homemade remedies, and still others turn to rest or exercise and fresh air.

I discovered where Bruns stood on this issue.

“I don’t really believe in medicine,” she said. She viewed clinical medicine with skepticism, but wasn’t able to explain exactly why she was skeptical.

“I don’t think a pill is going to fix all your problems,” she continued.

She spoke about how she eats healthy. Preventive foods like pernickel bread, carrots, organic cheese, grapes, yogurt, and green tea to fight off diseases. She also recommended exercise, drinking large amounts of liquids, and getting as much vitamin C as possible.

Although Michael Pollan doesn’t directly address medicine or sickness in his book “In Defense of Food,” I felt compelled to cover the issue of what to do when we get sick. I’m sure that a few professional studies, a little common sense, and a DMACC athlete had to say. Bruns would agree that the medical industry has turned from natural foods, vegetables, and herbs to medicine and satisfy cravings.

By Emily Rinehart
Contributing Writer

Beating stressed with all the homework that comes with classes and extracurricular activities can become an unaware of the food they eat. In fact, it is very common in the college atmosphere to just grab and go. My daily routine during the semester often consists of breakfast, classes, lunch, homework, dinner, homework, sleep, Oh, and not to mention, work and sports practice twice a week. However, one recipe I love to make is a homemade protein bar that contains ingredients that give energy and satisfies cravings.

Searching through a magazine with photos of “Blue,” the Wellmark Blue Cross Blue Shield of Iowa Association, I found on appealing recipe for “Power Bars.” However, I have tweaked this recipe to fit my appetite best so

Recipe for Gingerpuff Cookies from Paula'sBreads.com

Ingredients:
- 2 1/4 cups whole wheat pastry flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 cup honey or agave
- 1 1/2 stick of melted butter
- 2/3 cup dried cranberries
- 1 cup natural peanut butter (JIF creamy peanut butter)
- 1 cup honey (Pure raw honey)
- 1 cup dark chocolate (Sometimes I will put 1/2 cup dark morsels and 1/2 cup white chocolate morsels to add a little sweeter chocolate flavor)
- 1 cup dried cranberries (Raisins or other desired dried fruit can be substituted)
- 1 cup ground flax (A couple scoops of Chia seed®)
- 1 cup vanilla whey protein powder

Instructions based on the “Blue” magazine: (Make sure to modify the instructions to fit personal needs) Mix all ingredients together and stir until blended. Spread mixture into a 13x10-inch pan (Depending on how thick or thin one wants the bar, the pan may either be larger or smaller.) Refrigerate until ready to serve. Store in the refrigerator for 1 to 2 weeks or freeze for later use. (If one wants more of a baked warm taste, bake in the oven at, 350°F until brown on the edges.)

Based on the “Blue” magazine recipe, the nutritional value per serving is: 170 calories, 8 g fat, 2 mg cholesterol, 22 g carbohydrate, 3 g fiber, 5 g protein, 35 mg sodium. (The quantity of each ingredient fluctuates the nutritional value.)

Cross country runner uses healthy foods, not pills to fight flu

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Today's Birthday (10/24/12) Scorpio. The coins keep flowing in this year — to pay down debts and stash into savings. Adapt to new opportunities that arise. Reassess habits and practices for a healthier lifestyle; a subtle tweak can make a big difference.

To get the advantage, check the day's rating: 10 is the easiest day of the month. Today is a 10 — There is no time for gossip; it's too much to handle. It's not a good time to travel for the next few days. Postpone expansion. Acknowledge successes, even if tiny.

Today is a 20 — Today is an 8 — Don't stop learning as you go along. Consider all possibilities before giving up. If you're still stuck, listen to friends for advice and comfort. Make fun a priority.

Gemini (May 21-June 20) — Today is an 8 — Take on new responsibilities today and tomorrow. There's room for misunderstandings. Don't despair if you're not getting a response just yet. Replies come in later.

Cancer (June 21-July 22) — Today is an 8 — This week is good for travel, but there could be delays or errors. Difficulties will get resolved later. Make long-range plans. Invest in your future.

Leo (July 23-Aug. 22) — Today is a 6 — Tackle detailed tasks and negotiations for the next few days. Define objectives. Stick to the budget without giving up. It may require digging into savings for a career investment.

Virgo (Aug. 23-Sept. 22) — Today is an 8 — It's never too late to learn a new trade or language, or how to play an instrument. Let others help you. Choose something fun and immerse yourself. Get started.

Libra (Sept. 23-Oct. 22) — Today is a 7 — A breakdown in communication could happen, but you can deal with that. The more intricate the work is, the more rewarding; especially for the next two days.

Scorpio (Oct. 23-Nov. 21) — Today is a 9 — Things fall together, with expert help. Stir things up, even if it's just in your imagination. Consider opening new channels of communication.

Sagittarius (Nov. 22-Dec. 21) — Today is a 9 — Don't need to worry; just get busy. It's easy to overlook an important detail, so take notes and double-check your calendar. Discover your own truth.

Capricorn (Dec. 22-Jan. 19) — Today is an 8 — Don't waste words or money. And don't dwell into the past either. Your intelligence is easily accessible now, so use it to your advantage. Accept a sweet deal.

Aquarius (Jan. 20-Feb. 18) — Today is a 7 — You don't have to go out of your way to dream, as fantasies abound. Improve your living conditions, but wait until later to do the deal. Toss the ball to a teammate.

Pisces (Feb. 19-March 20) — Today is a 9 — You have extra confidence today and tomorrow; which helps you put together the best team possible. You all do the seemingly impossible. Make magic.

MCT

**Pet Feature**

Nellie

Laila

Meet Laila, one of our many great adult cats. Laila came to RAHS with severe burn injuries and at first we weren't sure if she would make it. After treatment, she made a full recovery and we discovered she was a very friendly girl! She will probably have some scarring from her burns forever, but consider giving Laila a chance. She needs a good home.

For more information, call the shelter at 432-6112.

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