



The **CAMPUS**  
**Chronicle**

November 4, 2009

**Twilight  
Titillation**

**DMACC hosts sneak peek  
pg. 6**

**Manicorn**

**“...basically think of a guy with a  
unicorn horn, but more manly.”**

**pg. 12**

**Back In Action**

**DMACC Bears start season**

**pg. 11**

**Where's the bus?**

**Find out, pg. 9**

## The CAMPUS Chronicle

Volume 9, Issue 8 Copyright 2009

### THE PUBLICATION

THE CAMPUS CHRONICLE IS AN INDEPENDENT STUDENT NEWSPAPER SERVING THE DMACC ANKENY CAMPUS. THE CHRONICLE PUBLISHES WEEKLY IN PRINT AND ON-LINE. COPIES ARE LOCATED IN NEWSPAPER BOXES AROUND CAMPUS AND ON-LINE AT WWW.CAMPUSCHRONICLE.NET

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### November 3

Writing Workshop: Commas Are for Pauses, Right?

Building 6, Room 12

11:15-12:10 p.m.

Yes, they are, but the trick is to pause in the right places. Review and practice the most common comma-placement rules. This free workshop is sponsored by the Academic Achievement Center. No registration is required.

### November 3

Nurse Practitioner

Building 24, Room 103

10:00-2:00 p.m.

Nurse Practitioner Ed Piasecki will be in the Student Health Office Seeing currently enrolled DMACC students for FREE regarding their health needs. Call Campus Health to schedule an appointment.

### November 4

All Day

Last day to drop  
regular term classes

### November 4

New Moon Ticket Sales

Building 5

8:00-4:00 p.m.

The Ankeny SAC is sponsoring a Private, Advanced Showing of the Twilight Saga, New Moon on Thursday, November 19th at 7:00 pm, at Springwood 9 in Ankeny. Tickets go on sale for Ankeny students on Wednesday, Nov. 4th at 8:00 am. Student tickets are \$6.00 per ticket, with a limit of 4 per student. Staff/Fac-

ulty tickets will go on sale on Thursday, Nov. 5th at 8:00 am, for \$8.00 per ticket, with a limit of 4 per person - only if tickets are still available. There are 307 tickets available on a first-come, first-served basis. Please call Student Activities at 964-6359 for more information.

### November 4

Writing Workshop: Commas Are for Pauses, Right?

Building 6, Room 12

1:25-2:20 p.m.

Yes, they are, but the trick is to pause in the right places. Review and practice the most common comma-placement rules. This free workshop is sponsored by the Academic Achievement Center. No registration is required.

### November 5

Nurse Practitioner

Building 24, Room 103

10:00-2:00 p.m.

Nurse Practitioner Ed Piasecki will be in the Student Health Office Seeing currently enrolled DMACC students for FREE regarding their health needs. Call Campus Health at X 6352 to schedule an appointment.

### November 7

Discover DMACC Day

10:00-1:00 p.m.

### November 7

Iowa Two-Year Colleges Choral Festival

North Iowa Area Community College (NIACC)

7:00-9:00 p.m.

Iowa Choral Directors Association (ICDA) is the sponsor of the all-

day event that features a 200-plus voice choir made up of singers from six Iowa community colleges. The festival will conclude with a concert by ensembles from the participating community colleges and the combined festival choir. Singing from DMACC is Jim Loos. For more information about the ICDA Iowa Two-year Colleges Choral Festival, contact ICDA Two-year Colleges R & S Chair, Jim Loos at DMACC, or festival host Jayson Ryner at NIACC.

### News in brief

#### U.S. drafts reforms for Afghanistan

WASHINGTON — The Obama administration has been quietly working with U.S. allies and Afghan officials on a package of reforms and anti-corruption measures it hopes will boost popular support for President Hamid Karzai and erase doubts raised by his fraud-marred re-election.

The success of the so-called "Afghanistan Compact" will hinge on Karzai's willingness to take bold actions, such as cracking down on official corruption, replacing ineffective ministers and surrendering some power to local authorities, which in the past he has resisted or failed to undertake.

"As long as the population views its government as weak or predatory, the Taliban's 'alternative' style of delivering security and some form of justice will continue to have traction," says a U.S. government document that outlines part of the proposed Compact and was obtained by McClatchy.

"We would have to see some really concrete actions on the part of Karzai to be able to take this seriously," said Marvin Weinbaum, a former State Department intelligence analyst, now at the Middle East Institute. "It looks great on paper." (MCT)

WEDNESDAY 4

THURSDAY 5

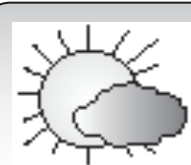
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SATURDAY 7

SUNDAY 8

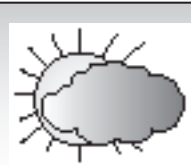
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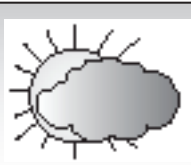
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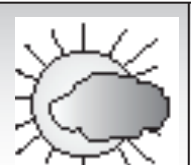
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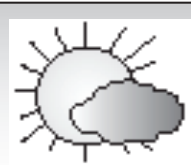
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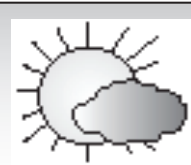
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PARTLY CLOUDY



58°/37°

PARTLY CLOUDY



55°/36°

SHOWERS

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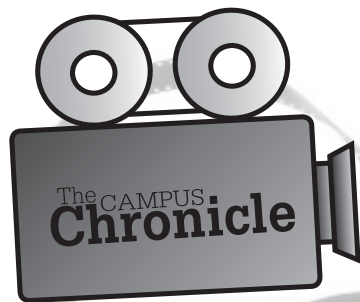
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## Cirque Du Freak "Bites"

By Rene Rodriguez  
The Miami Herald  
(MCT)

A textbook example of how trying to please everyone ends up pleasing no one, *Cirque Du Freak: The Vampire's Assistant* is a Frankenstein's monster of a movie, all stitches and seams and disparate parts. Based on the

### movie review

first three volumes of Darren Shan's 12-book series, the movie was intended to be a franchise launcher -- a cross between *Harry Potter* and *Twilight* with a bit of comic-book pow and a smattering of gore thrown in to lure older teens. You can imagine how the Universal Pictures marketing department must have salivated over that pitch. How can it possibly miss, right?

But the finished film has been tinkered with and tweaked so thoroughly that it borders on the incomprehensible. The little that is good about *The Vampire's Assistant*, directed by the usu-

ally reliable Paul Weitz (*In Good Company*, *About a Boy*), gets lost in an overly crowded cast of supporting characters better suited to a TV series, some surprisingly cheesy CGI work and an uneven tone that feels like the result of constant studio tampering.

Most disappointing is the script, written by Weitz and Brian Helgeland (*L.A. Confidential*, *Mystic River*), which sacrifices clarity and narrative momentum in order to set up the next chapter. With so much backstory to fill in and so many players to squeeze in, the film's protagonist, the gentle, good-natured Darren (Chris Massoglia) is never fully defined. He's just a sweet, ordinary kid who, in order to save the life of his best friend Steve (Josh Hutcherson), agrees to become a "half-vampire" servant for the pacifist bloodsucker Larten Crepsley (John C. Reilly) and join his traveling circus of freaks.

That decision costs Darren his parents and sister, who presume he committed suicide, but

brings him a new family -- a green-skinned snake boy (*Almost Famous*' Patrick Fugit), a bearded psychic (Salma Hayek), a deformed giant (Ken Watanabe) and an assortment of other creatures and monsters, most of whom welcome Darren warmly into their fold. There is also Willem Dafoe as a fellow freak/vampire, whose primary talent appears to be spouting reams of exposition wherever he goes.

The premise is rich with potential, but *The Vampire's Assistant* sacrifices its characters for the sake of dull exposition, including much business about a war between regular vampires who have learned to drink blood from humans without killing them and the more violent "vampaneze," who relish sucking their prey dry.

There's so much stuff to keep track of that the film's editing is unusually choppy, and the actors all seem distracted. The normally-resourceful Reilly does surprisingly little with his paternal vam-

pire, while Massoglia excels only at depicting Darren's blandness. The film practically ignores the darker undertones of Darren's decision to give up his normal life -- let's not forget about that tween demographic! -- which would have given this weightless picture some heft.

All that distracting vampire-war business might have been better served in a separate film -- there's a good reason why it took the books' author three volumes to tell the same tale -- but *The Vampire's Assistant* has been built as a quasi-cliffhanger first, a stand-alone movie second. The crassness ends up sabotaging the entire enterprise. Like *The Golden Compass*, another failed start of a supposed series directed by Weitz's brother Chris, *The Vampire's Assistant* leaves you hanging for a sequel that will never arrive. The only way to find out what happens next, of course, will be to read the books. The movie may be a dud, but Darren Shan is a genius.

## Movie picks

★ Outstanding

■ Worthy effort

▼ So-so

● A bomb

▲ New review

		Local critic	Chicago Tribune	Miami Herald	Newsday	Philadelphia Inquirer	Minneapolis Star Tribune	Seattle Times
Amelia	PG	-	▼	-	■	■	●	-
Astro Boy	PG	-	▼	-	▼	▼	-	-
Cirque Du Freak	PG 13	-	-	▼	■	-	▼	-
Couples Retreat	PG 13	-	▼	●	▼	▼	▼	●
Law Abiding Citizen	R	-	●	▼	●	▼	●	-
Where the Wild Things Are	PG	-	★	▼	▼	■	★	■
Whip It	PG 13	-	■	■	■	■	★	■
Zombieland	PG 13	-	★	■	■	■	★	-

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## Popping the pop-culture myth

By CHRISTINA HANEY  
CONTRIBUTING WRITER

The up-and-coming movie based on the second installment of Stephanie Meyers' "Twilight" series has injected an air of excitement in an otherwise drab autumn. Many of my friends who follow the books are excitedly preparing for the arrival of "New Moon," prompting me to ask what is this phenomenon? What makes people passionate about certain forms of entertainment?

The answer lies within the meaning of the phrase pop culture.

Obsession, fascination and fantasy are the foundations of pop culture, yet it's a concept that is

difficult to explain. The foundation of pop culture is so massive that it can hardly be summarized in micro or macro form. It plays so many important roles in our everyday lives that we fail to even realize it's there.

One role is economics. All of the entertainment industry strives to attain a cultural dependence on a particular "brand" or identity for profit. Many businesses even focus on certain manifestations of pop culture: conventions; videogame, movie and collectable stores; even your local Wal-Mart feeds your latest addiction to entertainment.

What makes people so infatuated with it that they behave in strange ways at times? These connoisseurs are so persistent in their

quest to feed their habits that they fall deep into the daydream by dressing, acting, and even ignoring actual life to be a part of the fantasy world. Most of their waking moments are spent dedicated to it. They will even forego basic utilities to spend large amounts of cash on collectables ranging from toys, movies, knickknacks, costumes, and conventions. Sometimes they relinquish sleep, family, friends, and their own health, no longer a hobby but a harmful addiction. Of course pop culture isn't just hordes of people who don't have limitations. Who hasn't repeated a famous movie quote like, "It's just a flesh wound," or "Run Forest! Run!"

Our devotion to pop culture even extends to video games, which is my personal brand of

heroin. Videogames are wonderful for that occasional great escape from reality. The games enable us to physically become part of a story -- like a race car driver or a world-saving hero or even a villain.

A lot of times people identify with the popular characters or stories because there is a comfort in knowing that, even though they are fictional, we have something to relate to. Many times pop culture, besides making us feel there is more to ourselves, helps us discover who we may be. Our loves, our fantasies, and our fears. It can even inspire us to create.

After World War II, America saw a huge advance in pop culture due to newfound opportunities to own luxuries previously denied during the war.

Many of the icons and obsessions change drastically over time but some tend to make their way back into the mainstream; pin-up models, various types of fashions, Coke, even old horror movies are among some. With technology advancing so rapidly we see an even bigger boom in the trend. Following pop culture provides an opportunity to develop new friendships in far-off lands, educating and breaking down cultural barriers by bringing people of common interests together.

The fabric of human social life is connected so much by our own personal lives. I believe we would cease to exist without this obscure concept we call pop culture because everyone needs an escape from the world around to truly be a part of it.

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# Flu clinic draws fifty-one

By ANGELA STOELK  
CONTRIBUTING WRITER

Fifty-one people attended a two-hour seasonal flu shot clinic on Oct. 28 in Building 24.

The clinic was put on by Campus Health and offered nasal mists to students, staff and faculty. They used mostly mist because it still met the health requirement, said Sandra Foster, the DMACC health specialist who put on the

annual clinic. The clinic was from 11:30 a.m. to 1:30 p.m. The shot, if available, cost \$15 for students and \$20 for staff and faculty. The mist cost \$20 for students and \$25 for staff and faculty.

"Seasonal shots are one of the best things to prevent flu," said Foster.

The clinics started when Foster became the DMACC health specialist in 2008. This is the second clinic this fall. The first

seasonal flu shot clinic was Sept. 30 and drew 114 people.

A couple of clinics are planned each season so people who can't go to the first clinic have another chance to get vaccinated. Nurses from Visiting Nurse Services helped give the vaccinations.

The clinics are usually in November but Foster said she moved them up at the request of hospitals and doctors offices. Many in the medical field

are requesting people protect themselves against the regular flu in light of the concern over H1N1. "We always advise that people meet with their doctors," said Foster. Foster said that she feels the demand for the seasonal flu shot has not gone up since last year. She also added that the price of the shot is the same as last year.

"I'm getting the shot because it's required for job shadowing survey of health careers," said

Leah Johnson. Johnson also added that she might get the flu shot under normal conditions, but she wasn't sure.

Student Health Services are communicating with the Polk County Health Department about the H1N1 vaccine, according to the DMACC home page. When information is available it will be shared with the DMACC community.

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# “Feature This”

# Twilight titillation



(Kimberley French/Handout/MCT)

Kristen Stewart, left, and Robert Pattinson star in “The Twilight Saga: New Moon.” The series is set around Forks, Washington, which has boosted tourism in the small town.

BY BRANDY McDONNELL  
THE OKLAHOMAN  
MCT

SummitEntertainment announced today that it plans to rerelease the vampire-romance movie “Twilight” in more than 2,000 theaters for one day only on Nov. 19, according to The Hollywood Reporter. That’s the day before the sequel “The Twilight

Saga: New Moon” opens in even wider release.

“Despite the first film already being on DVD, fans across the nation have been calling out to see the film once again on the big screen, and the studio is honoring their request,” Summit said.

According to the trade publication, “Twilight,” the first film based on Stephenie Meyer’s super-popular four-book series, has made \$191.5 million to date

domestically and \$383.7 million worldwide. When it opened Nov. 21, 2008, it topped the domestic weekend box office with \$69.6 million.

The buzz is even bigger for “New Moon,” so don’t be surprised to see the sequel take an even bigger bite of the box office on Nov. 20.

Summit said “Twilight” tickets would be sold at a discount at select sites.

The Ankeny SAC is sponsoring a private, advanced showing of the Twilight Saga, New Moon on Thursday, November 19th at 7 p.m. at Springwood 9 in Ankeny. Tickets go on sale for DMACC Ankeny students on Wednesday, Nov. 4 at 8:00 a.m. in Bldg. 5. Student tickets are \$6 per ticket, with a limit of 4 per student. Staff/Faculty tickets will go on sale on Thursday, Nov. 5 at 8 a.m., for \$8.00 per ticket, with a limit of 4 per person - only if tickets are still available. There are 307 tickets available on a first-come, first-served basis. Please call Student Activities at 964-6359 for more information

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# Personal Trainer

## Find your running form

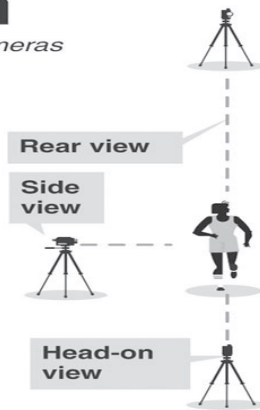
Olympic and collegiate track coaches use video cameras to help their athletes improve their running form.

### You can do it too

Videotape yourself running at slow, medium and fast paces on a solid, level surface



**Essential equipment** Always use a tripod; it lets you put the camera exactly where you need it



© 2009 MCT

### What to look for

There's no single, perfect way to run, but examine your running for each of these points:

**Everyone has a distinctive way of running; yours is a combination of personal preferences and quirks in the way your body works**

Source: "The Complete Idiot's Guide to Jogging and Running" by Bill Rodgers  
Graphic: Paul Trap

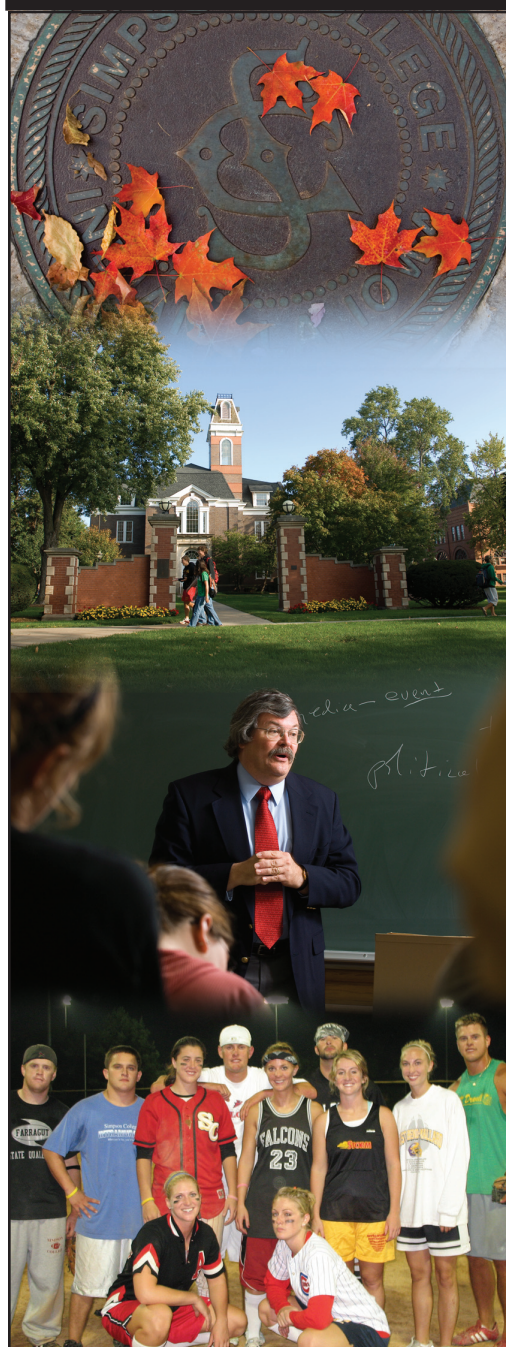
Upright posture, looking forward with head, neck, back and hips aligned

Arms moving with legs, driving forward, not outward or inward

Feet land directly under your center of gravity

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Hands relaxed and cupped slightly, passing your body close to waist level



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## El Bait Shop: hip joint, cold pint, free tunes

BY SHANTYL BACH  
CONTRIBUTING WRITER

El Bait Shop, arguably one of downtown Des Moines' hippest hangouts, offers free live music every Wednesday and Sunday night to be enjoyed alongside a pint of beer.



Free music with a pint of beer, could life be more fulfilling? Yes. If the pint was free too. But, I'll

take what I can get in these tough, student loan times.

An even sweeter deal is available on Sunday, when \$2 beer specials are offered.

The bands featured are local musicians from around Iowa. The calendar of events includes acts like Brother Trucker, Omega Dog, and Refferseed and the High Rollers. The music ranges from folk to psychedelic to reggae to bluesy covers of the sounds of the 60s and 70s. Bands perform from 8 to 11 p.m.

El Bait Shop offers 105 beers on tap and they also offer more than 100 varieties of the frothy, nectar of the gods in bottles. The wide ranging and flavorful ales are from various microbrews throughout the United States.

Now that fall is in full force, a large selection of Oktoberfest beers are available. Many of the seasonal beverages were on special the night I was there. The \$2 pints make for a great, inexpensive way to try something new on tap.

So with all of that variety, when it comes to ordering your beer choice, for God's sake, be a tad original, a little adventurous, and think outside of your comfort-

zone: please, don't order anything from the Anheuser-Busch family.

If you do order something within this family tree, the bartender may not outwardly laugh at you but they will be inwardly calling you names.

I, on the other hand, will be mocking you outwardly. There are more than 200 beers to choose from, don't make one of your choices something you can get anywhere, at anyplace, at any-time. Think outside the red bow tie label and the Rocky Mountains. By choosing something a little different, or simply ordering a beer with a fun sounding name, you may just find yourself a new favorite beverage.

If you should find yourself alone, bored, or in a conversation lull while inside the bar, no worries, the 70s inspired décor will keep your mind and eyes busy and entertained. Everything from a stuffed deer head, beer signage, vintage pin-ups, a working shower stall (wonder what goes on in there after hours), and a mural of the much beloved "Where the Wild Things Are" are all there for your viewing enjoyment.

El Bait Shop is the former haunt of the original Hairy Mary's; as such, I appreciate that some of the items decorating the walls and ceiling have been there for many a year at this point. Being inside the eclectically-filled space takes me back to my grungy and angst-filled youth where I spent my weekends listening to the up-and-coming bands of the early 90s. Because of this, the El Bait Shop location will always have a special place in my fading memory bank.

Perhaps these memories add to my love and enjoyment of the Bait. Perhaps El Bait Shop is just a really cool place on its own. Either way, I highly recommend

heading down there for the free tunes offered twice a week. If you cannot make it on either Sunday or Wednesday, I highly recommend making it down there on some random night of the week where a good time is guaranteed.



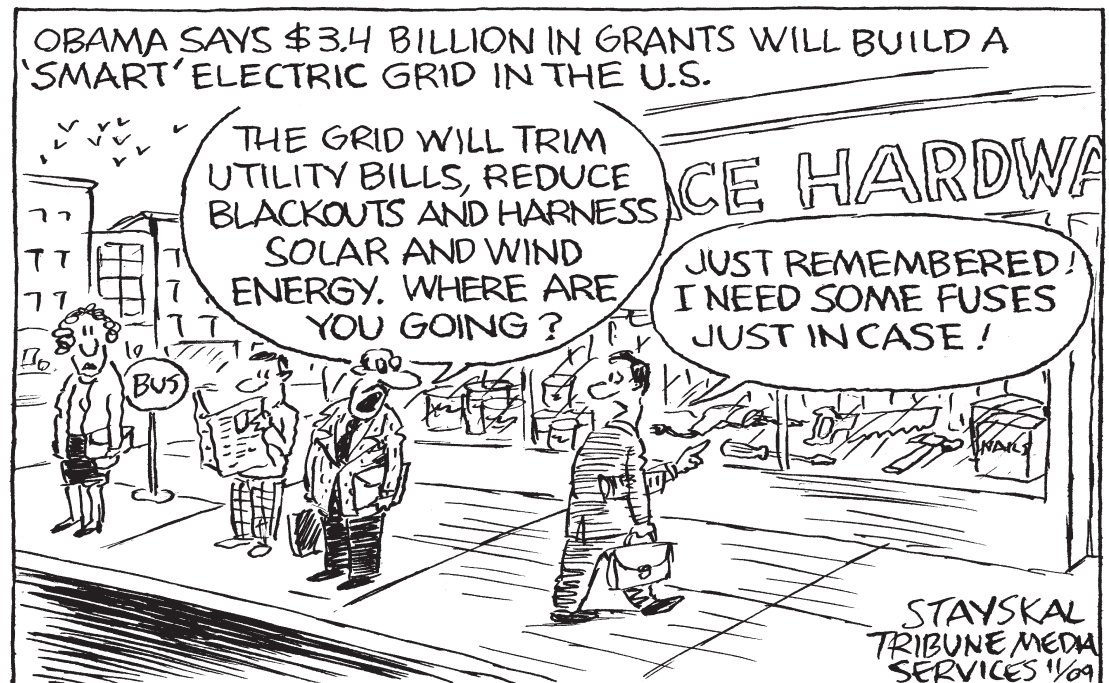
Location: 200 SW 2nd Street Des Moines, IA  
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Hours of operation: Every day: 11 am to 2 am  
For a full beer and food menu:

<http://www.elbaitshop.com/menu.html>

Calendar of events:

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## Scorpio

(Oct. 24-Nov. 22)

Friendships recently complicated by minor romantic jealousies may soon become emotionally manageable. After several weeks of strained public relations, friends and colleagues will now opt for greater intimacy, trust and acceptance. A positive response is important. Don't avoid minor confrontations or delicate discussions. Thursday through Sunday many Scorpios will experience a compelling wave of career ambition and creativity. Stay alert: new income sources are available.



**ARIES** (March 21-April 20) Business or financial ideas postponed approximately four weeks ago may now reappear. Listen closely to the suggestions of loved ones. For many Aries natives revised career goals will soon be a top priority.

**TAURUS** (April 21-May 20) Avoid complex romantic or financial discussions this week. At present loved ones may feel mildly possessive of your time, attention and continued support.

**GEMINI** (May 21-June 21) Several weeks of lost social and romantic ambition are now ending. Before Wednesday expect potential lovers or close friends to actively seek your attention. Remain open to unique invitations.

**CANCER** (June 22-July 22) Complicated home or romantic relationships will now allow greater freedom. Early this week loved ones may resolve ongoing power struggles or disappointments.

**LEO** (July 23-Aug. 22) News from close relatives will this week involve creative financial schemes and rare business proposals. Carefully study all paperwork and documents. Several weeks of disjointed money plans or fast home reversals will soon fade.

**VIRGO** (Aug. 23-Sept. 22) Family alliances may subtly change over the next few days. Late Tuesday expect a close relative to abandon recent financial or social plans. Group participation and misinformation may be a key influence. Remain detached. Your judgement has been accurate.

**Libra** (Sept. 23-Oct. 23) Previously denied workplace or social permissions may arrive over the next three days. Some Librans will now begin serious business or romantic partnerships. Long-term agreements will soon bring the desired results.

**SAGITTARIUS** (Nov. 23-Dec. 21) Social timing and continuing privacy are now vital in Delayed workplace advancement may soon be within reach. This week improved business negotiations or career permissions will, for many Sagittarians, provide a clear path to success.

**CAPRICORN** (Dec. 22-Jan. 20) A recently annoying power struggle between colleagues will this week demand active resolution. After almost five weeks of avoidance, authority figures are now willing to provide their leadership. Listen closely for valuable clues and hints. Revised roles or duties may soon be an ongoing theme.

**AQUARIUS** (Jan. 21-Feb. 19) Public comments will be carefully scrutinized this week. Before mid-week expect loved ones and long-term friends to be sensitive to minor social changes or new ideas.

**PISCES** (Feb. 20-March 20) Stay positive. After Wednesday some Pisceans will encounter a rare and passionate romantic proposal. Unexpected flirtations and unusual questions from friends or potential lovers are accented. Trust your first impressions.

Source: MCT

# News Catch DART bus at Bldgs. 3W, 9, 13

BY JAKE FLATNESS  
STAFF WRITER

The areas where DART buses pick-up and drop-off students have been relocated to the front of buildings 9, 13, and 3W.

The changes to the bus stop locations took effect Oct. 26.

Dean of Students Laurie Wolf said the overall reason for the changes to the bus stops is due to safety.

Buses going north through campus will stop at the crosswalk by Building 9. Students can wait inside Building 9 for the bus to arrive. According to a press

release on the DMACC website, "bus drivers have been informed that they are to wait a sufficient amount of time to determine if any riders are coming out of Building 9."

Buses going south through campus will stop at the crosswalk by Building 13. Mark Baethke, director of the DMACC Physical Plant, said a shelter is being built by Building 13 and should be done by Nov. 4.

For the bus stop at 3W, students may wait inside the building or under the awning. "When they see the bus enter Parking Lot L they should move to the sidewalk in front of Building 3W,"

according to the press release. The bus previously stopped on the side of Parking Lot L and Ankeny Boulevard.

Students are advised not to flag down buses as they have done in the past, said Wolf. "It slows down buses and could cause potential problems," she said. Buses will only pick-up and drop-off students at the designated areas.

"We want students to know where the bus stops are," said Wolf. The DART bus schedules are available on the DMACC website at <http://www.dmacc.edu/mta.asp> and in Building 5.



Construction workers work on the bus stop shelter in front of building 13 Nov. 2. The shelter is due to be finished by Nov. 4.

## DART bus morning schedule:

Route #98 • Ankeny Express • Afternoon							
Leave DSM				Arrive Ankeny			Arrive DSM
Penn & Grand	E. 13th & Walnut	W. 7th & Walnut	8th & Pleasant	Mercy North	Hawkeye Park	Hy-Vee Drugstore	W. 7th & Walnut
3:33	3:35	D 3:45	3:51	4:13	4:19	4:24	4:57
3:52	3:55	4:05	4:10	4:33	4:39	4:44	----
4:13	4:16	D 4:25	4:30	4:52	4:58	5:03	5:35
4:27	4:30	4:40	4:45	5:07	5:13	5:18	5:42
4:43	4:46	4:55	5:00	5:22	5:28	5:33	5:57
5:04	5:07	5:15	5:20	5:42	5:48	5:53	6:17

D - Highlighted trips serve the DMACC Campus. All other trips load/drop on Ankeny Blvd. (Hwy 69) at DMACC Blvd.

♿ - All Trips Accessible.

## DART bus afternoon schedule:

Route #98 • Ankeny Express • Afternoon							
Leave DSM				Arrive Ankeny			Arrive DSM
Penn & Grand	E. 13th & Walnut	W. 7th & Walnut	8th & Pleasant	Mercy North	Hawkeye Park	Hy-Vee Drugstore	W. 7th & Walnut
3:33	3:35	D 3:45	3:51	4:13	4:19	4:24	4:57
3:52	3:55	4:05	4:10	4:33	4:39	4:44	----
4:13	4:16	D 4:25	4:30	4:52	4:58	5:03	5:35
4:27	4:30	4:40	4:45	5:07	5:13	5:18	5:42
4:43	4:46	4:55	5:00	5:22	5:28	5:33	5:57
5:04	5:07	5:15	5:20	5:42	5:48	5:53	6:17

D - Highlighted trips serve the DMACC Campus. All other trips load/drop on Ankeny Blvd. (Hwy 69) at DMACC Blvd.

♿ - All Trips Accessible.



Brad Burton



Cody Pearson



Mike Shindel



Scott Windom



Tavaryus Gray



Jordan Young



Demarco Dawson

## Bears back in action

BY MITCH HOLLAND  
STAFF WRITER

First-year Head Coach B.J. McGinn has been teaching his expectations for months and it was time to put them to the test on the court as the Bears began regular season play Monday night.

"They have done a good job getting to work, they are all from

good programs, and they are doing a good job dealing with my expectations," said McGinn.

The Bears have finished their team scrimmages and are getting the real play started Nov. 2 in their home opener verses William Penn. Results from this game are not available due to the Chronicle going to print Monday night.

"I feel we have a chance to compete with any team, the kids

are putting forth a strong effort. We have been competing with all the teams we scrimmaged," said McGinn.

The Bears are set to build on a 20-11 record. The upcoming freshman will be looked upon to help a team trying to find an identity. Conference play is always competitive and the bears will look to improve on their 6-6 record from a year ago. "We have a chance to compete in our conference, if the guys continue to put forth the effort they have been, we will be just fine," said McGinn.

It is always important that every team build a strong trust and come together. "The team has come together quite well," McGinn said he is pleased with the way the team is handling basketball and classroom demands.

McGinn stressed the fact that the players need to do well not only on the court but with the academic side of college. "The teams who put forth effort on school and basketball are usually the best teams out there," said McGinn.

"It's the little things that make a difference in February," said McGinn.

Tournament play is scheduled for March 3.

The Bears will be back in action Saturday, Nov. 7, when they are set to take on Black Hawk East at 4 p.m. in Boone.

## Bears scrimmage Blackhawk

BY CHRISTA SMITH  
CONTRIBUTING WRITER

The Des Moines Area Community College men's basketball team fought hard for every point, diving into the hardwood to keep possession of the game, but came up short in a scrimmage against the Southeastern Black Hawks Oct. 28 at Southeast Polk High School.

The Bears lost by seven points the first game, and four the second.

"We know how to win," said Steve Baker, a second year student for the Southeastern Black Hawks.

About 100 spectators watched the scrimmage, which started at 6 p.m., with about half appearing to be Bears fans.

Player Jordan Young, a second year student at DMACC, said he enjoyed his time on the court.

Young has learned a lot from the coaches. "I enjoy the coaching staff. They're real encouraging. And they know what they're doing," he said. "I learn so much from them."

Assistant Coach Matt Murken said his favorite part about coaching is "getting a chance to

be involved in young people's lives." Though he has been coaching for nine years, this is his first year at DMACC. Murken attended Concordia University.

B.J. McGinn, originally from Cedar Falls, is new to the head coaching position for the Bears this season. He served as an associate head coach for the 2008-2009 season and as an assistant coach in previous seasons at DMACC. He earned his bachelor's degree in secondary education from the University of Northern Iowa in 2001 and his master's degree in athletic administration from Wayne State College in 2003.

The Bears have a 75-22 record over three seasons with the 2006-07 team earning a school best record of 31-5, and winning the Region II Championship. That team advanced to the Elite Eight for their division, and finished the season ranked fifth in the country. The 2007-08 Bears finished with a record of 24-6, ranking seventh nationally. The '08-'09 team finished with a record of 20-11, and advanced to the regional semi-finals.

## Health Tip of the Week

### Healthy Living

### A creamy key to longer life

Research suggests that eating fermented dairy products, such as yogurt, may help you live longer.

#### The benefit's in the bacteria

- Yogurt is made by adding "good" bacterial cultures to milk, which change the milk's lactose (sugar) into lactic acid and give yogurt its tart taste and pudding-like texture
- The body's digestive tract needs good bacteria to check the growth of harmful bacteria, support the immune system, ward off imbalances in yeast levels and enhance digestive health
- A study of very elderly people found a lower incidence of death among those who ate yogurt at least three times a week
- To get the benefits, buy yogurt that has "live active cultures"



## SCARY HALLOWEEN COSTUME IDEAS.....

WITCH.



FRANKENSTEIN.



FINANCIAL ADVISER.



## “What was the best Halloween costume you saw this year?”



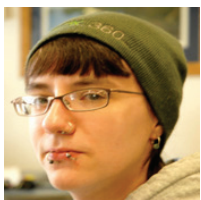
“Facebook Face”

-Jon Boss, 20, Stuart



“Billy Mays”

-Matt Kessler, 24,  
West Des Moines



“Michael Jackson”

-Kristina Willis, 20, Ames



“Waldo”

-Brian Drake, 18

“Manicorn, basically think of a guy with a unicorn horn, but more manly.”



-Kyle Muchow, 24,  
Luana