

The CAMPUS Chronicle

FINAL ISSUE OF THE SEMESTER!

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Grab your stethoscope: Health Science is moving across the way

By MITCH HOLLAND
STAFF WRITER

Health Science students will not only need to get to use new schedules and books but a whole new building when classes start for the spring semester.

The new Health Sciences building, the 60,000 square-foot Building 24 across from Building 5, will open its doors to students after the holiday break.

A ribbon cutting ceremony is planned for Dec. 8 at 1:30 p.m. Attendance is by invitation only.

The building cost \$14 million "...just for the bricks and mortar," said Sally Schroeder, dean of DMACC's Health and Public Services Department. DMACC funded \$9 million of the building, and the difference comes from donations.

"Iowa Health gave a half a million dollars," Schroeder said. "That's why their name is on the building."

DMACC will fill five new positions. "And we anticipate more," said Schroeder. The

building is expected to give DMACC's Health Science program 30 percent more space and is also expected to accommodate an eventual 30 percent increase in enrollment. "Most of our classes have a waiting list or are full," said Schroeder.

The nursing program enrolls 200 students at Ankeny, and 400 districtwide. "DMACC has graduated 6,000 nurses in the past 40 years," said Schroeder.

The new building will also house five new programs.

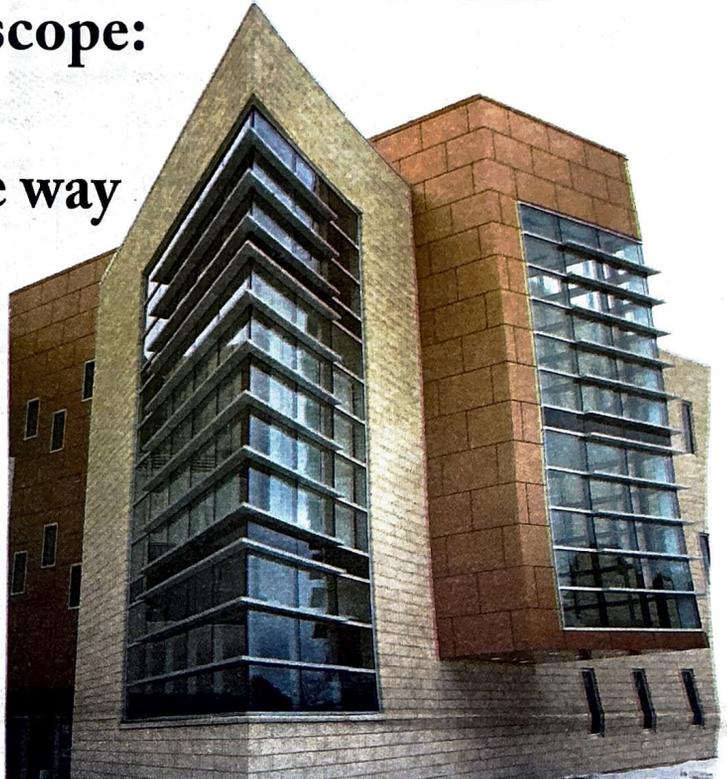
Besides supplying the students with better classrooms, the building will also provide a Student Health Center.

The center will offer physicals and shots, and there will be a lab for blood work, finger sticks and urine samples. "We are trying to figure out a fee," Schroeder said. "It won't be free."

They also hope to hire a Mental Health Specialist.

The Student Health Center will accept insurance at some point.

"It's been 15 years since the Ankeny campus has had a new academic building," Schroeder said. "We are just very pleased."



Campus Chronicle photo/Nic Dayton

The new Health Science building, located across from Building 5, will house five new programs including: Pharmacy Technology, Health Information Technology, Optometric Technician, Physical Therapy Assistant, Certified Occupational Therapy Assistant. The building will be open for spring semester.

Remembering Carol Nights in lockdown part 2

Psych prof dies of cancer, legacy lives on

By ALEX MURPHY
CONTRIBUTING WRITER

Cancer has found its way onto the DMACC campus, as it does in every corner of the world. When choosing its victims, it does not discriminate.

This is a story of one of those victims.

Carol Mulling, a professor of psychology at DMACC, died Nov. 1 of complications from colon cancer. She was 50 years old.

Carol had agreed to be interviewed in mid-October for a story about professors dealing with cancer. Right now, that story doesn't seem as relevant as telling Carol's story.

Cancer may have taken her life, but it could not touch the impact she had on others' lives—especially those in the classroom.

Carol was teaching just days before she passed away, despite extreme back pain and overwhelming fatigue.

How you ask?

"You just do [push on], it's my profession—it's what I do. I believe in following through as much as you can with things," Carol said.

Carol was diagnosed with Stage 4 colon cancer on Oct. 9, 2007.

"Stage 4 is the worst and final stage of colon cancer," said Rachel Johnson, director of oncology at Mercy Medical Center in Des Moines. Colon cancer is the fourth most common cancer for men and women.

For Carol, it all started when she thought she had the flu that kept getting worse. It finally got so bad that she couldn't go to the bathroom anymore. She went to

Continued to page 4

By MITCH HOLLAND
STAFF WRITER

After jail, a person has to follow up and set up court dates and find a lawyer if one has not been appointed. A person also takes a class called a self-evaluation, where they meet with substance abuse counselor.

Brian Bentley, an SAC in Des Moines, said, "70 percent of the people I see are people with OWI's or possessions."

"Even though this is a serious problem, 97 percent of people still drink and over half of those of people drink and drive again," said Bentley. "Getting rid of alcohol problems is a difficult first part of the process," he said. They are dealing with what is known as "sobriety precontemplation." They are mad, upset, and in denial because they were forced by law to take an evaluation, he said.

The next stage is found in people who are repeat offenders and are taken through different steps. Contemplation, is where they're thinking about quitting because they know it is causing problems, but they are not sure they want to give it up. "This is because it is their way of being social and without

it they are not able to function in public venues," said Bentley.

Preparation is the third step where they have made a decision to change but have yet to take the steps to change. "This is where the person doesn't really have a choice; it is causing too many problems in their life and something has to be done," said Bentley. Action is where the person is taking the steps and is quitting the habit.

If a person simply has gone too far and cannot stop but they have to, they are at what is known as Point X. "This is the point where your body physically changes, physiologically as well." There is an interesting way to treat this. Studies have shown where a person is given an MRI and images are flashed in front of them. Images of crashing a car while drunk, being arrested, all the stuff that takes place when drinking goes wrong. These images are so fast you can't see them but your brain takes these images in and it releases a chemical and it triggers a change.

Bentley said drinking and getting into a car is serious business. "It is a serious problem," he said. "There are not only legal problems, you can seriously hurt yourself or someone else."

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Editor's Note—This is the conclusion of a two part story on OWI's. If you missed the first part or would like to read the story in its entirety please log on to www.campuschronicle.net for the complete story.



THE CAMPUS Chronicle

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Final Exam Schedule

Tuesday, December 9

Tue. and Thu. courses

Time range	Exam time
8:05 a.m. - 9:30 a.m.	8 a.m. - 10:15 a.m.
11:15 a.m. - 12:40 p.m.	10:30 a.m. - 12:45 a.m.
2:25 p.m. - 3:50 p.m.	1 p.m. - 3:15 p.m.
4 p.m. - 5:25 p.m.	3:30 p.m. - 5:45 p.m.

Wednesday, December 10

Mon./Wed./Fri. or more course

Time range	Exam time
8 a.m. - 8:55 a.m.	8 a.m. - 10:15 a.m.
10:10 a.m. - 11:05 a.m.	10:30 a.m. - 12:45 p.m.
12:20 p.m. - 1:15 p.m.	1 p.m. - 3:15 p.m.
2:30 p.m. - 3:25 p.m.	3:30 p.m. - 5:45 p.m.

Thursday, December 11

Tue. and Thu. courses

Time range	Exam time
6:30 a.m. - 7:55 a.m.	6:30 a.m. - 8:45 a.m.
9:40 a.m. - 11:05 a.m.	9 a.m. - 11:15 a.m.
12:50 a.m. - 2:15 a.m.	11:30 a.m. - 1:15 p.m.

Friday, December 12

Mon./Wed./Fri. or more courses

Time range	Exam time
6:55 a.m. - 7:50 a.m.	7 a.m. - 9:15 a.m.
9:05 a.m. - 10 a.m.	9:30 a.m. - 11:45 a.m.
11:15 a.m. - 12:10 p.m.	12 p.m. - 2:15 p.m.
1:25 p.m. - 2:20 p.m.	2:30 p.m. - 4:45 p.m.
3:35 p.m. - 4:30 p.m.	3:30 p.m. - 5:45 p.m.

*If the College would close due to inclement weather on any of the four days listed above, final exams for that day will be rescheduled for Monday, December 15, at the times they would have been scheduled.

Evening/Saturday Final Exam Schedule

Evening courses will have their finals at the day and time of the final regular class meeting.

- Last Mon. night classes (12/8)
- Last Tue. night classes (12/2)
- Last Wed. night classes (12/10)
- Last Thu. night classes (12/11)
- Last Fri. night classes (12/12)
- Last Mon./Wed. night classes (12/10)
- Last Tue./Thu. night classes (12/9)
- Last Sat. classes (12/6)

*The last class meeting for the MW courses or the TR courses will be this night.

Studying stress solved by setting short goals

By LISA VERHEY-BUDDING
STAFF WRITER

Get your "A" and then go out and play.

Crunch time is here and the heat is on for making those final grades. The end of the semester is fast approaching, causing reasonable angst for students.

Lauren Rice, DMACC Composition I instructor, offered some helpful tips to students on preparing for finals week.

"If you are struggling with procrastination, give yourself a microscopic goal. If you have 12 chapters to review before your final, tell yourself you are going to review one page for now.

"It's like going to the gym, getting there is the hardest part. Once you get started you'll probably keep going and finish," Rice said.

Rice also said that creating a "study vortex" can assist students in creating successful study habits.

"Round up some friends that are in the same boat. Go to a coffee shop, library, or an all night diner and study together," Rice said.

Strategic prioritizing is helpful and important.

"If you have a long to-do list, do the hardest thing first. Once you get that done, all of your other assignments will seem more pleasurable," Rice said.

Asking professors, librarians, and tutors in the writing center for help is a very effective tip in preparing for the end of the semester.

"They want you to succeed. Email them or stop by their office. Often you will get more help than you imagined," Rice said.

Campus Comments

How are you preparing for finals?



Katie Watson, 19, from Grimes

"I'm locking myself in my room to study!"

"Basically, I'm just doing A LOT of studying. I'm really not too worried about it."



Sarah Dunkerson, 24, from Creston



Spencer Nady, 20, from Nevada

"I'll study in the tractor every night."

WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7	MONDAY 8	TUESDAY 9
33°/16° AM SNOW	30°/16° MOSTLY SUNNY	34°/29° MOSTLY CLOUDY	38°/17° PARTLY SUNNY	35°/23° PARTLY SUNNY	38°/23° CLOUDY	34°/20° PARTLY SUNNY

Hensen suits up for new job

Judicial officer accepts post of associate dean of arts, sciences

By ALEX MURPHY
CONTRIBUTING WRITER

A college administrator deals with a lot of conflict that can make it tough to keep a smile on your face. Kari Hensen, associate dean of arts and sciences at DMACC, defies the odds.

"I'm so lucky that I get up every morning and I'm excited to go to work. I love what I do. Nothing is ever the same and I love that about it. I hope everyone can enjoy their work as much as I do," Hensen said.

Hensen began her duties in this newly created position Oct. 1. She previously worked as the judicial officer at the college. The Urbandale native and Urbandale High School alumnae, never imagined herself in this job, but said she feels fortunate.

"I just consider myself very lucky to serve in this position and have the chance to help other students and our faculty as well. I've always really enjoyed helping people whether its students or anyone that I work with."

Hensen deals with the student body and faculty day in and day out. She said that is one of the best parts of her job.

"One of the best things that I do is go into the classrooms and actually interact with the students and see what's going on. I get a chance to observe a wide variety of academic discipline and provide support and feed back to some of our new adjunct instructors who are just starting their teaching career," Hensen said.

In addition, she supervises, hires, evaluates and provides support to a wide variety of people the arts and sciences department. Another large portion of her position is to assist the dean with strategic planning and marketing of program areas.

She also meets with students to find out what their goals are, if they've had good experienc-



Campus Chronicle photo/Nic Dayton

es or what hasn't gone so well for them.

Before joining DMACC, Hensen worked as a supplemental instruction coordinator at Iowa State University and was an academic dean and director of academic services at Kaplan College.

Hensen said a mixture of things attracted her to DMACC. "I love the vision of a community college tied directly to the community. I love that we attract a very wide variety of learners."

She said that when she started to have a family, DMACC was very supportive and in short commuting distance.

Hensen's office is located in Building 2. You can find her there from 7:30 a.m. until 4:30 p.m., Monday through Friday.

Hensen is married has two children, a 5-year-old and a 2-year-old, so balancing work and family life isn't always an easy task.

"It's been quite a journey for us," she said. They utilize time management quite often in their household. "It takes a lot of work."

She said she tries not to be gone more than one or two nights a week. Once in a while, she will find herself doing work from home after she has put the kids to bed. But her family remains number one on her list.

"I try very much to get my kids picked up on time have dinner together as a family, have family time together."

Hensen has learned many pieces of advice so far in her life

"You spend a lot of time at work. Find something that you are going to do - that you are going to love everyday."

-- Kari Hensen,

associate dean of arts, sciences

and she finds it helpful to share it with students.

She stresses that students need to get to know their instructors. "Students really need to take advantage of building relationships not just coming and going from your classes. They need to meet with [their instructors] outside of the classroom. They need to hear their interests and their ideas."

She said students don't always have good relationships with the people that they may need to write their letters of recommendation, letters of support, letters for an internship experience or a job experience.

Hensen suggests, "A life skill for students is general time management." She said many DMACC students have full-time jobs and families, but they still need to make time to get to know their professors and learn how to manage their time. "Developing that bond and understanding how to manage time is critical," Hensen said.

She said students need to have excellent communication skills both written and oral. A lot of problems in life are traced back to communication or lack thereof.

"So many conflict situations you can direct to communication," Hensen said.

She deals with many conflict situations on a daily basis, and that is why she felt that "positive" is the best word that portrays her.

"I always try to have a real positive approach to complicated things. In conflicts, we look for the positive outcomes and growth. We look for the opportunity to

have increased relationships and trust," Hensen said.

One of her most notable accomplishments is achieving her doctorate in educational leadership and policy studies from Iowa State University in May 2005. She gives credit to her instructors for pushing her to achieve it.

Hensen has worked in a teaching environment for years, and deep down she said she has quite a passion for it.

"Something that I am always trying to focus on is that one of my passions is really teaching," Hensen said. If she had her "dream teaching job," she would teach graduate course work or a first year freshman course.

"I love the first year experience where you help the students transition from high school to college - I think that's a passion area for me. I also like teaching a graduate coursework - master's students because I think there's a need to help learners at all levels develop."

At this time though, Hensen said she has no plans of giving up her job.

"I'm really happy with where I am at and what I'm doing. I don't really have a five or ten year plan at this time, possibly because my kids are young."

She emphasizes that others should strive to get a job that they enjoy just like she does.

"I think it's really important to really find a job that you enjoy. You spend a lot of time at work. Find something that you are going to do - that you are going to love everyday."

Islamic community in Des Moines is growing

Immigrants from Bosnia, Iraq, and Sudan are adding to the number at the Islamic Center of Des Moines

By NIC DAYTON
PHOTO EDITOR

Luai Amro, president of the Islamic Center of Des Moines, arrived in Iowa from Palestine in the early 90s, because of "school and work," he said. He has degrees in chemistry, mathematics and business.

Amro has been president of the roughly forty-year-old Center for two years now, a volunteer position for which he had to be nominated and voted in by the Center's community; a strikingly diverse community that's been growing. "We have a lot of immigrants," Amro explained. "A lot of Bosnians, Iraqis, Sudanis."

Many of whom, he added, are here escaping wars in their homelands. The Center's numbers have "quadrupled in the last 5 to 10 years," Amro said.

The Center aims to provide a place for prayer, worship, school, and also broader community education.

"People need to educate themselves," Amro said. "And people like us need to do more work to put our information out to help people understand who we are and what we do."

"There are about 10 million Muslims in the United States," he said. And "it's unfortunate [the word Muslim] was used as a bad thing [during the election] because there is still an association between Islam and bad things."

Amro mentioned 9-11; the elephant in any room trying to have a discussion about Islam in America. With 9-11 you had "10, 15, 20 [terrorists]; even if it's the whole organization, who knows: that's two, three, four thousand people. That number is nothing compared to 1.5 billion people."

What Americans actually see of Islam on a regular basis tends to be angry crowds burning effigies of President Bush or the newest Al-Qaeda tape. "We are a society where we get most of our information from the TV and radios," Amro said. "We have nothing to filter that information and categorize it and understand it. So, it could be a short and imprecise and un-detailed [news report] and it could be that it has nothing to do with the truth at all - it's just people don't know otherwise, they don't know any better."

"It's a combination of not enough information, not enough exposure to the religion, [some] unfortunate actions by Muslims that have given a bad reputation."

"Religions are not bad," Amro said. "Regardless of what the religion is. People sometimes make a religion look bad." But, he said, this is the way it's always been, all

through history and throughout all religions. "How we treated our prophets, how we treated our people, we continue to do that."

He wants people to educate themselves. "Understand what Islam is all about." How does it compare to Judaism, Christianity?

All three, he said, come from the same source, worship the same God. "Even with the differences we have a lot of things in common."

"People for the most part," he said, "they're good people. Sometimes all it takes is an experience, and getting exposure to different cultures and different people." Fear, he said, comes from ignorance, but if people get exposed to new cultures, they realize that "Muslims are not different than Christian than Jewish than anybody else. Just like any other community."

Remembering Carol

Continued from page 1

a doctor where she was told she would need surgery. A couple days later, she went to Mercy to have the surgery and when she woke up from surgery her life had changed forever. "After the surgery, the surgeon came in and explained to me that I had colon cancer that had spread to my lymph nodes," Carol said.

Those weren't the words Carol wanted to hear. "Yeah I think I kind of got upset. I tried to stay optimistic," Carol said.

She never thought it would be cancer. "Oh no, I didn't think so. I didn't think about cancer - that would be the last thing. There's no history of colon cancer in my family. That was just shocking."

She said she probably had the cancer for years before she was diagnosed.

Carol said the thought of cancer wasn't really on her mind at first. "I was recovering from surgery so the pain from surgery was more prominent than the shock of having cancer." Once that pain diminished, the truth started to edge its way in.

"It was really shocking. It was like it didn't really sink in to me for weeks that it was really cancer - I mean I knew it was, but at the same time it didn't really hit home in a way that upset me like it did a little bit later," Carol said.

Many questions ran through Carol's mind, "Am I going to live? Stage 4, what does that really mean?"

Treatment choices

The doctors sat down and explained many different treatment strategies. Those treatments included surgery, chemotherapy and radiation.

"Surgery is the method used when possible to remove all or as much as possible of the cancer or tumor," Johnson said.

"Chemotherapy is designed to act on cells that rapidly multiply and divide, which is a characteristic of cancer cells. It goes into the body most commonly as a pill or through an IV into a vein. Because of how it is administered, it has the opportunity to go anywhere in the body or system, through the blood system," Johnson said.

The chemotherapy can not determine what a normal cell is

versus a cancer cell, so it acts on all cells in the body's system that have those same characteristics of multiplying and dividing, Johnson said. "That is why patients get side effects from the medications. Areas affected might include a person's hair, fingernails, mouth, skin and bone marrow, where the blood cells are made."

Chemotherapy is given in cycles so that the person has time to recover from the side effects before getting the next scheduled dose.

"Radiation therapy is a therapeutic dose of an X-ray. Radiation therapy uses high doses of radiation to kill or slow the growth of cancer cells by interrupting their DNA. Normal cells are smart enough to repair and regenerate themselves, but cancer cells are not," Johnson said.

Radiation therapy is considered local treatment. It is aimed at a specific area of the body. "Anything in the path of the radiation beam gets radiated. Radiation is typically given daily for as many as two to eight weeks. It is given in small doses every day for several weeks so that the normal tissues are not permanently damaged. The treatment itself is totally painless," Johnson said.

The patient spends more time traveling to the hospital than they do on the therapy table.

The treatment's toll

Carol did radiation for her back pain. "During radiation I had to go everyday for 10 days. It took about 10 minutes." She also did chemotherapy for the first six months after being diagnosed; then, it was reduced to a treatment one day, every two weeks, and she had surgery to remove part of her colon.

"[Chemotherapy] makes you tired primarily," Carol said, "I don't have too many bad side effects—I'm pretty lucky."

"It's the side effects of fatigue that are hard to manage," Carol said, and that along with pain forced her to take some time off of work.

"I have serious back pain and it's very difficult to move. I have pain down my right leg which is my sciatic nerve and that's

because the cancer was pushing on my nerve."

The pain continued to get worse for Carol as she went back to work.

"I think the roughest days are when I'm really fatigued and I'm going to class," Carol said.

Fatigue is hard to explain to people who haven't experienced it. "It feels like you want to lie down all the time. It's tiring just to walk," Carol said.

"It is a fatigue where you can take a two hour nap and wake up feeling tired," Johnson said.

Carol shared what she was going through with her students.

"I told my students that I have cancer and that I'm going through treatment." She told them mainly because a tumor was pushing on her vocal chord causing her voice to be weak.

Some of her students took time to share their thoughts and to console her. That made her day.

"It's nice when you have a couple students who say nice things to you and are encouraging—that's really nice." Carol said her colleagues at DMACC were great, "and that means a lot to me—it really gets you through those tough times."

Seeking help

Going to doctor's appointments and treatments can take a toll on a cancer patient's job.

That's where the help of the human resources department comes in. Carol said she had great help from the HR department at DMACC.

Diane Sand, Benefits Coordinator for DMACC Human Services, plays a big role in helping instructors at DMACC balance their job while fighting cancer and other serious illnesses. "I will meet with the faculty person one-on-one to determine what DMACC sponsored benefits this employee qualifies for and then I explain how these benefits will apply to his/her particular situation."

Together they will go through and fill out paperwork. Sand tries to answer as many questions as possible to help them and she lets them know not to worry about their benefits or job, but rather to focus on their battle.

"This employee has so much to deal with in regards to the



Carol Mulling, DMACC psychology professor, died of complications from colon cancer Nov. 1. She was a dedicated teacher who was in the classroom the day before her death.

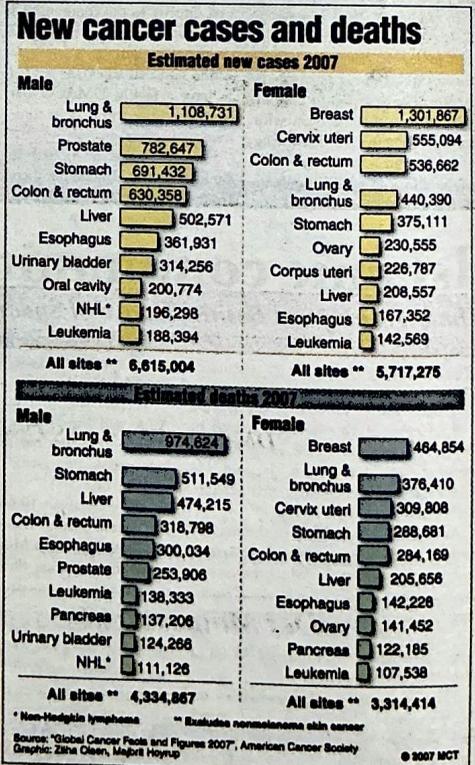
cancer, both emotionally and physically. They do not need to be worrying about who will cover their classes, who will pay for their health insurance if they run out of paid leave, what is going to happen to their job while they are gone, and/or will their job be here when they get back," Sand said.

"I encourage the employee to let me help them coordinate and concentrate on the details of getting the benefits they are entitled to so that they can totally concentrate on the treatment and healing process," Sand said.

Sand said there are privacy issues associated with putting a number on how many instructors at DMACC have cancer.

"Let's just say that the faculty at DMACC has not been spared from this awful cancer epidemic. An employee could be in my office doing the new hire paperwork on one day and then the next time I see them, they may need assistance with working through the details related to their job and benefits because now they have cancer."

Continued on next page



“It was really shocking. It was like it didn't really sink in to me for weeks that it was really cancer.”

--Carol Mulling, psychology professor

“Cancer allows you to say goodbye, a tragic car accident doesn’t.”

--Rachel Johnson,
Director of Oncology at Mercy Medical Center

Continued from previous page

Sand has dealt with almost every DMACC instructor who has been diagnosed with cancer, including Carol. She said that she believes DMACC does a great job working to accommodate sick employees.

Sand said the biggest struggle she sees in faculty members with serious illnesses or diseases is “when our instructors get sick and have to be gone from work, they really struggle with not being in the classroom and not being available for their students. I have seen instructors stay at work too long and/or come back to work too soon because they don’t want to leave their students in the middle of a semester, or in the middle of a project, or for any reason at all.”

Sand said Carol was one of those dedicated instructors.

Looking for positives

For Carol, she said her biggest struggles were, “physically the pain - psychologically staying optimistic and not getting down.”

Carol relied on her family a great portion of the time. “My family was great. My mom and dad came down and took care of me while I was recovering and stayed with me for my first round of chemo.”

“They were very strong and very optimistic. They tried to look at the positive side of things that was really helpful,” Carol said.

Carol looked up to her mom the most throughout her battle for her support. “She’s very optimistic and down to earth.” Carol’s mom was diagnosed with breast cancer but has been in remission for 15 years. Carol’s dad is currently fighting Parkinson’s disease and was diagnosed three years ago.

Through all of challenges Carol faced, she liked to look at the bright side of things.

Carol agreed that this cancer brought out some good things in her life. “[The cancer] made me focus on my life more and made me see the importance of my family, the importance of friends and reaching out to people who need help. It makes you look at your faith a little bit to see what’s the purpose in life - why are we here, how long are we here for,” Carol said.

“Cancer allows you to say goodbye, a tragic car accident doesn’t,” Johnson said.

Carol thought of cancer as a unique present of some sort. “It is kind of a gift. It’s something not everyone has, but that promotes change in things and makes you focus on what’s important. It has given me the opportunity to meet new people and be in contact with people.”

Cancer puts a whole different spin on your life. “It makes me appreciate the little things in life and realize that people are important and good in your life.”

Carol, like any other cancer patient, had her emotionally hard days.

“Some days I kind of feel sad and down and feel like crying

because I don’t know what’s going to happen.”

Those days, other thoughts would occasionally inch their way into Carol’s mind also.

“Those negative thoughts creep into your head and you start to think, ‘Why me? Why did this happen to me?’ You have to kind of counter that with ‘well, maybe there is a reason for this and that somehow the things that are evolving from this are really important and part of the journey I’m suppose to take,” Carol said.

Faith’s role

That is when Carol calls upon her faith the most to make those thoughts disappear.

“I have to turn into my faith and believe that things are going to turn out and there are reasons for the things that are happening. There’s life after this and I don’t know what it holds, but it is part of my faith - so I can look way down the road and say, ‘Yeah this will be ok.’ It’s appealing to know there is something more.”

Carol often thought about death. “There’s a sense that

sometime obviously it’s going to happen. ‘What will it be like? Will it be a painful thing that I will have to deal with?’”

What scared her most about the thought of death was, “just not having the time do things you wanted to do in life.”

She said the things she will miss the most are “the people, my family and friends.”

She wanted to be remembered as, “just being a good person, being compassionate and caring.”

Sand thought highly of Carol. “I admired Carol’s excitement and enthusiasm when she arrived on campus to begin as a DMACC faculty member. Even more, I admired the courage she demonstrated when she came to me to find out how her benefits would work and to research her options of continuing to work during treatment. She was caring, considerate, conscientious and dedicated to her work.”

The one word that Carol thought described herself the best was, “compassionate. I just care about others.”

Carol shared some advice that she learned along her journey that

can help other cancer patients. “Reach out to people. Let people help you. People really want to help, but they don’t know how. Find as much optimism as you can in this situation. There are treatments out there and there are successful treatments.”

Carol will be remembered for many things including her love for the Chicago Cubs and sports in general.

Carol was an incredible athlete and attained a master’s degree in physical education.

There’s no doubt she played some competitive games in her years, but she, with the help of God and many others, competed in the most significant one ever, life versus colon cancer.

She may have lost that competition, but by all means, she didn’t back down.

“No, I don’t believe in giving up. I’m too much of a fighter.”




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OWI

Continued from page 1

He added, "If you have not learned after your first one, there is a difficult course they put you through and it's hard to kick the addiction." The reason people drink and drive, according to most substance abuse counselors, is because they have not seen the right way done before. They have seen their friends drink and drive, and more than likely, their parents. Most people follow what their parents do even if they know it's not the right thing to do.

Adding up an OWI:

The Iowa Alcohol Beverage Division OWI cost analysis, which is based on an average first offense situation, includes typical fines and legal fees. A \$1,250 criminal fine, however, is only the beginning of the total cost. Hiring a lawyer,

according to a random survey of Iowa attorney prices, would cost \$2,000 on average and legal fees would increase significantly if you contested the charge. The analysis also incorporates an estimated five days of foregone wages (\$430 based on the average Iowa household income) due to missed work because of court appearances, community service, substance abuse classes, and potential jail time.

Furthermore, the Iowa ABD factored in expenses required to legally resume driving. Included are a vehicle towing and storage fee (\$57), a drivers license reinstatement fee (\$20), a new drivers license (\$23), a drivers license civil penalty (\$200), an estimated \$900 per year auto insurance premium increase and a court-mandated Interlock "blow and go" device (\$393) which is installed onto a vehicle's ignition system and requires an alcohol-

free breath of air from the driver to start.

The expenses keep coming even after a convicted drunk driver can legally get behind the wheel again. A substance abuse evaluation (\$50), OWI classes (\$115) and a probation administration fee (\$300) are all required as part of the 1st offense sentence, according to Iowa Department of Alcoholic Beverages.

"People might think that when you get an OWI, you go to court and pay a fine and you're done," said Kathie. This is far from the "cost" of driving drunk.

The other aspect:

Besides the fines, the jail, and court, there is a whole different aspect. An OWI constantly stays with a person. For starters, a person is isolated. He/she can't drive, so it takes away from a lot of things he/she can do. It affects his/her job because he/she is required to get rides there and, often, friends are not reliable. Someone invites

a person to come somewhere but he/she doesn't have a ride, so there goes that idea. If someone is in college, he/she has to find rides there, and if he/she can't he/she misses class and falls behind. He/she could have let his/her family and friends down and he/she may have lost respect and trust. Forget about being able to do what you want. It can come into his/her mind at any given time, especially during free time, and it causes depression.

While sitting there for six months, he/she misses out on things and it tends to take its toll. Depression sets in all because he/she decided to drink and drive. A person constantly questions him/herself on why he/she did it; usually there is no answer or explanation. His/her name is in the paper and it clearly states all the information he/she doesn't want people to know.

Maybe a person can't afford to make the payments that are

required to get his/her license back; credit is destroyed and the possibility of getting his/her license when he/she is supposed to. This also means that the longer a person doesn't pay his/her fine it will take interest and the fine get higher. What can you do?

If a person's family isn't able to help out they're screwed. There is no business or company that will say, "We will pay his/her fines if he/she pays them back." Seclusion and the embarrassment are far worse than having to pay his/her fines back. It is literally a matter of life and death. Every time someone gets behind the wheel drunk he/she is not only put his/her life in danger but the lives of others. Could you live with yourself if you killed a passenger or another driver?

Kathie said she couldn't "If I would have hurt someone while I was driving, I don't think I could live," said Kathie.

Videogame industry hits right buttons in troubled economy

By VICTOR GODINEZ
THE DALLAS MORNING NEWS

Bailouts, bankruptcies, liquidations and layoffs have been the business buzzwords over the last few months, but the videogame industry remains stubbornly resistant to the gloom enveloping the rest of the economy.

While game industry executives and analysts aren't ignoring the broader economic trends, all the evidence seems to point to a robust holiday season for game makers and sellers and continued prosperity next year.

Part of the explanation for videogames' continuing popularity, game insiders say, is the "nesting" effect, in which cash-strapped consumers stop going out and look for ways to entertain themselves at home.

"Clearly, interactive entertainment is a great value in a down economy," said Dan DeMatteo, chief executive at Grapevine, Texas-based GameStop Corp., the largest standalone game retailer in the world.

The numbers seem to bear that out.

In October, videogame sales jumped 18 percent, according to market research firm NPD Group.

November has been solid, too, as GameStop said in its quarterly earnings conference call this month that initial signs for the fourth quarter are positive.

There are other signs that games remain as popular and lucrative as ever.

Blizzard Entertainment Inc. said that Wrath of the Lich King, the latest expansion for its popular World of Warcraft online game, sold more than 2.8 million copies in the first 24 hours after it was released on Nov. 13.

Blizzard said the sales avalanche made Lich King the fastest-selling PC game of all time.

Microsoft Corp. has also done blockbuster business in the last few weeks.

The shooting game Gears of War 2 for Microsoft's Xbox 360 console went on sale on Friday, Nov. 7, and sold more than 2 million copies over the weekend.

Generally, any game that sells more than 1 million copies is considered a big success.

And almost anything sold by Nintendo Co. remains a hot commodity, especially the new Wii Fit exercise game for the Wii console, with GameStop and other retailers reporting essentially instant sellouts as copies hit shelves.

That's not to say the game industry is ignoring the trends in other industries.

"We have some concerns about the short term," DeMatteo said, noting that GameStop has frozen hiring at its corporate offices. "We're watching expenses as anybody would prudently do."

Arvind Bhatia, a game industry analyst in Dallas with Sterne Agee, said it's unrealistic to assume that games will be completely unscathed by the broader economy.

"I think we're going to see relative outperformance (compared with the rest of the economy), but I don't think the industry is immune," he said. "To think there will be zero impact is not right, in my opinion."

GameStop did lower slightly its projected earnings for the fourth quarter when it released the third-quarter numbers and said it will open fewer stores next year, after opening more than 600 in 2008.

Electronic Arts Inc., one of the largest game publishers, reported a second-quarter loss of \$310 million last month, much worse than the \$195 million loss in the same period a year earlier.

Even so, EA did increase its sales to \$894 million in the quarter from \$640 million.

GameStop's DeMatteo said industry sales are forecast to grow 10 percent to 15 percent next year.

That's a best-case scenario, he conceded.

But if people continue nesting next year, "we could have a best-case scenario," he said.

Some analysts think GameStop is much too conservative in its official outlook.

"The company's total sales growth guidance is pessimistic to the point of being ridiculous," Wedbush Morgan analyst Michael Pachter wrote in a report Nov. 21.

Pachter said he expects holiday software sales to be "robust" and said GameStop probably is equally confident internally.

"We believe that management is intent upon setting expectations that it can easily beat, and expect GameStop to do so."

Regardless of the specific numbers, DeMatteo is really bullish on the business.

"I think we're being prudently cautious given the environment we're in," he said. "But strategically, long range, do we believe videogames are a robust, growing industry? Absolutely. How could you come to any different conclusion?"

The CAMPUS Chronicle

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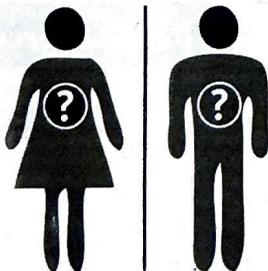
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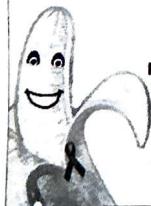
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To Obama, with affection

By JOEL BRINKLEY
TRIBUNE MEDIA SERVICES
MCT

Congratulations President-elect Obama. Welcome to a world that will greet you with open arms and expectations that will be impossible to meet.

Late last month pollsters judged opinions of the two presidential candidates among people in 22 nations. More than 22,000 people on four continents participated in the survey, and by a margin of four to one, these people preferred Obama over John McCain.

That shouldn't be much of a surprise. President Bush is so despised in much of the world that the Democrats could have nominated a horned toad, and in this poll it would probably have come out ahead.

What is more, many of these countries are home to darker-skinned people who certainly find it reassuring to see a black man win the most important job in the world. Even in India,

where Bush is widely admired for his plan to sell the state civilian nuclear technology, those polled preferred Obama over McCain by a 9 percent margin.

In Egypt, where virulent anti-Americanism hangs in the air like humidity, in a poll last week among 500 business leaders, 85 percent preferred Obama over McCain. In fact, billions of people around the world regardless of skin color, gender, ethnicity, nationality or political viewpoint are certainly smiling with admiration for America right now as we transcend two centuries of bigotry, injustice and subjugation.

In Washington, new presidents can expect a honeymoon that lasts about 100 days, at most. In much of the world, that honeymoon is likely to end much sooner. Many people in the Arab world, for example, expect Obama to end the Iraq war and resolve the Israel-Palestine dispute almost overnight.

"People have high hopes," Khalel Dakhil, a political

sociologist in Saudi Arabia, told Cox newspapers last week. "They expect Obama to withdraw American forces from Iraq" and "to have a more even-handed policy in the Arab-Israeli dispute."

More than likely, Obama will begin withdrawing troops from Iraq soon after taking office. But the Arab-Israeli dispute is another matter. This is the Arab world's perennial grievance with America though the U.S. provides far more aid to the Palestinians than most any of the Arab states.

For a new American president, the odds of settling this decades-long dispute are small, and no effort to solve it will succeed unless Washington is willing to pressure the Israelis, not just the Palestinians, to do things they don't want to do. The common political wisdom is that playing tough with Israel will cost a president his re-election given the large number of Jews and fundamentalist Christians in key states who support Israel. So on that issue, President Obama will likely disappoint the Arab world.

Several of the other problems are no more easily solved. In Afghanistan, for instance, Obama and McCain both promised to dispatch more troops. But that is unlikely to solve anything.

As long as the Taliban and al-Qaeda maintain safe havens in Pakistan from which they can dispatch endless numbers of fighters, Afghanistan will remain an open wound. And as long as Afghan government officials continue enriching themselves from opium-fed corruption (Afghanistan is now classified as the world's fifth most corrupt nation) the crop will flourish unchallenged. The Taliban, then, will continue exacting their own tax on the opium farmers to pay for their insurgency. All of that makes the solution much more complex than Obama has let on.

North Korea, Iran, Syria, Venezuela, Bolivia all of these are complex dilemmas defying easy solutions. But Obama could strengthen his hand immeasurably by taking a few steps that are less complicated. Without consulting

any other nation, for example, he could close the prison at Guantanamo.

He could take a clear and unequivocal stand on torture, unlike his predecessor who liked to declare that the United States does not condone torture even as his people committed torture.

He could step up to the climate-change challenge rather than avoiding and evading the problem. By taking the lead, the United States could create new and profitable green businesses and market their products worldwide just as Denmark has captured a large part of the world market for wind-powered energy, while Bush pretended that the climate problem did not exist.

Most of all, I have no doubt that President Obama will treat other leaders in a manner that shows he respects their views even when he does not agree with them. This, as much as anything, will allow him to hold onto the admiration, even affection, the world is offering him now.

Finally, a welcome break for the record industry

By JEFF VRABEL
TRIBUNE MEDIA SERVICES
MCT

Sure, you're thinking, things are bad right now. Your 401(k) will lose several thousand dollars by the time you're done reading this, and America is glued in two dismal wars. Cheap-looking strip-mall developments are reproducing like Spears children, and every time you drive on U.S. 278 there's a delightful new spotlight for your enjoyment. Hurricanes are growing stronger, thousands of sponge-brained jokers still think Obama's a Muslim, "Beverly Hills Chihuahua" is a hit and the general national mood is dour, black and blour, which is a word I just made up because we don't really have many words that can effectively describe how lousy things are.

But amid all this turmoil, there's one group that's having a pretty darned good month: the record industry.

You may remember The Record Industry as the comical supervillains who charged \$18.99 for Limp Bizkit CDs for about 20 years before people realized you could get music online either by paying more reasonable rates or not at all, which is how many of them started doing it.

Needless to say, that caused the heads of The Record Industry and Don Henley to retreat into their sanctums, which are only accessible by passing through rivers of the undead, to figure out solutions to the problem, which involved suing 11-year-olds, giving hilarious speeches at the Grammys and making everyone hate them more, which they do, in force: The Record Industry currently enjoys the kind of approval ratings you might expect if you stapled Dick Cheney to the reunited New Kids on the Block, duct-taped them all to the Senate and glued them to Lindsay Lohan's dad.

The problem, of course, has nothing to do with the changing marketplace or the discovery that artists can get music to fans in other avenues besides relying on slimy-haired 24-year-olds named Tork whose main job involves finding 50 people who look and sound like Taylor Swift each year.

No, the problem, of course, is Pirates nefarious, doughy Pirates who must be stopped so badly that this month President Bush signed into law a bill that created a cabinet-level czar to address piracy issues. It's hard to tell who stands to gain more by this: the still-damp residents of New Orleans or the nine million American children without health care. (Actually, the slot came down to two positions: either a Piracy Czar, or a Czar For Making Sure We Never Have To Bail Out Unrepentant Hope-Sucking Tycoons With \$700 Billion Again. Turns out Piracy won. Go figure.)

The delightfully named Prioritizing Resources and Organization for Intellectual Property Act was pushed by your friends in the MPAA and RIAA, the folks responsible for telling you what's good for you (the former) and battling daily with Apple to make you pay their preferred price for a "Womanizer" MP3, which is \$35.99 (the latter). It's especially important for the movie industry, which in recent years has had barely enough money to pay actors to star in massive comic-book films.

Yes, yes, I know, stealing is bad, we all went to third grade, (except the people who still think Obama is a Muslim). Lots of things are bad, but surprisingly few of them have lobbies strong enough to require government intervention. But if you think this is a problem that requires immediate attention today, right now, this month, this year, please put down your stock portfolio, your orders, your tuition statement or your credit card bill and raise your hand. Not you, Britney.

Set your car on fire! - Fraud tips for surviving Depression 2.0

By BOB POWERS
23/6 (236.COM)
MCT

The Washington Post reports on the growing trend of people who are responding to the economic crisis by setting their cars on fire. Torching your car not only puts an end to the monthly car payments they've fallen behind on, but it also allows you to file a claim with your insurance company to get a nice fat check.

While car torching is a handy way to manage your finances, the Post ignores many other time-tested fraud schemes that are just as effective. Here now is 23/6's handy guide to defrauding your way through the economic crisis:

Everyone knows about the old "set your car on fire then pretend it was stolen so you can stop making car payments and file an insurance claim" solution. But what if you don't have a car to set on fire? Here are some other tips for defrauding your way out of economic collapse.

Set your couch on fire. Buy the extra insurance for your Rent-A-Center pull-out-couch, then set it on fire. Rent-A-Center will probably tell you they'd rather not send a truck to come pick it up from your house because gas prices are so high, so they'll let you keep the couch with no more rental payments. You won't get any cash out of the deal, but hey, you'll get a charred and blackened couch without having to empty

your wallet at some charred and blackened furniture showroom!

Mug yourself. Beat yourself in the face with a bat, then tell the cops some muggers took your wad of cash, but not your identification or anything else that would connect your wad of cash to you. This way, if anyone who gets picked up by the police that night carrying a wad of cash, it's yours!

Throw yourself down some stairs while at work. If you get injured on the job, you're guaranteed some worker's compensation. Get injured badly enough, and you're on disability for life. Jackpot! So when you toss yourself down those stairs, remember two words: Neck First!

Murder a gorgeous femme fatale's husband. Go find yourself a sexy, bored wife of a wealthy man and become her lover. Eventually, she'll say she wants her husband to be out of the picture so the two of you can live and love forever on her inheritance after he's dead. All you have to do is kill him for her! This almost always works out great!

Put a baby mouse into a beer bottle then when it grows bigger, bring the bottle to the brewery and demand free beer. It's an oldie but a goodie. This one takes discipline, since you have to keep the mouse alive for a very long time, but it's looking like we're in for a long depression folks.



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