

The **CAMPUS** **Chronicle**

October 28, 2009

REGGIE'S SLEEPOUT

**Event supports
struggling Iowans pg. 6 & 7**

WIN CASH

**@ DMACC's pumpkin carving contest.
Details on pg. 5**

HOROSCOPES pg. 9

The CAMPUS Chronicle

Volume 9, Issue 7 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

CONTACT US

THE CAMPUS CHRONICLE BUILDING 3W, ROOM 2 2006 S. ANKENY BLVD. ANKENY, IA 50023

515.964.6425
515.965.7301 (FAX)
CHRONICLE@DMACC.EDU

CORRECTIONS

THE CAMPUS CHRONICLE STRIVES TO BE ACCURATE, OBJECTIVE AND FAIR IN OUR NEWS COVERAGE. TO REPORT AN ERROR, PLEASE CONTACT THE EDITOR AT CHRONICLE@DMACC.EDU OR CALL 515-964-6425

SUBSCRIPTION

PRICE

SINGLE COPIES ARE FREE TO MEMBERS OF THE DMACC COMMUNITY. ADDITIONAL COPIES MAY BE AVAILABLE FOR PURCHASE FOR 50 CENTS EACH BY CONTACTING THE CHRONICLE ADVISER AT: JKROOSA@DMACC.EDU OR 515.965.7350

October 28

Venus Family Planning Clinic
Building 24, Room 103
1:00-4:00 p.m.

A female practitioner from Visiting Nurse Services Venus Family Planning Clinic will be in the Student Health Office and available to see DMACC students for female health exams, family planning needs, sexually transmitted infection testing/treatment/counseling and education and Gardasil injections are also available. Call X 6352 for any questions regarding male or female health or to set up an appointment.

October 28

Seasonal Flu Clinic
Building 24, Room 103
11:30-1:30 p.m.

Nurses from Visiting Nurse Services will administer the immunizations. They will bring injectable vaccine, if available, and also will have flu mist available. The cost is as follows: Flu shots-\$15 for students and \$20 for faculty/staff; Flu mist \$20 for students and \$25 for faculty/staff.

Appointments are strongly recommended because the nursing agency only brings enough vaccine to serve the individuals who have appointments. Call Student Health at x6352 to schedule your appointment. These shots are the vaccine for the seasonal flu immunization.

October 29

Pumpkin Carving- Voting
Building 5, Student Lounge
12:00-11:59 p.m.

Come and vote on the cool pumpkin carvings!
Sponsored by: SAC

October 30

Discover DMACC Day
10:00 a.m. -1:00 p.m.

October 30

Halloween Haunts
Building 5, Student Lounge
11:30-12:30 p.m.

11:30 - Pumpkin Pie eating contest.
12:00 p.m. Halloween costume contest.
It's Free to participate! Win prizes!
Sponsored by: Ankeny SAC

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

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/Faculty 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 4
All Day
Last day to drop
regular term classes

WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1	MONDAY 2	TUESDAY 3
						
63°/49° CLOUDY	60°/47° SHOWERS	52°/41° PARTLY CLOUDY	55°/35° PARTLY CLOUDY	53°/38° MOSTLY SUNNY	55°/38° MOSTLY SUNNY	53°/38° PARTLY CLOUDY

THE CHRONICLE STAFF

EDITOR IN CHIEF
-KELSEY EDWARDS-

MANAGING EDITOR
POSITION AVAILABLE

COPY EDITOR
POSITION AVAILABLE

PHOTO EDITOR
POSITION AVAILABLE

STAFF WRITERS/
PHOTOGRAPHERS
KELSEY EDWARDS
JAKE FLATNESS
MITCH HOLLAND
POSITIONS AVAILABLE

GRAPHIC DESIGNER
MARIAH MACK

CIRCULATION
MANAGER
POSITION AVAILABLE

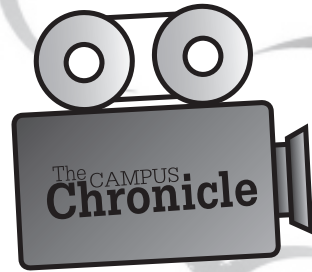
ADVERTISING STAFF
JULIE CAHILL
POSITIONS AVAILABLE

OFFICE MANAGER
POSITION AVAILABLE

VIDEO PROJECT
MANAGER
CASEY CLUTE

FACULTY ADVISER
JULIE ROOSA

AT THE MOVIES



“Para-normal Activity” trick, or treat?

By Rafer Guzmán
Newsday
(MCT)

He shot it in seven days, on a budget measured not in millions but in thousands, and wound up creating what might be Paramount Pictures' most profitable film in modern memory.

Not bad for a first-time effort. “I always dreamed about how cool it would be to be a filmmaker,” Oren Peli, writer-director of the horror film “Paranormal Activity,” said in a recent phone interview. “But

movie review

Peli, an Israeli-born former day trader, shot the movie in his San Diego home for about

I never really thought I would have an opportunity.”

Movie picks

		Local critic	Chicago Tribune	Miami Herald	Newsday	Philadelphia Inquirer	Minneapolis Star Tribune	Seattle Times
★ Outstanding	▲ New review							
■ Worthy effort								
▼ So-so								
● A bomb								
Capitalism: A Love Story	R	-	▼	■	●	■	★	★
Cloudy with a Chance of ...	PG	-	▼	■	■	-	▼	■
Couples Retreat	PG 13	-	▼	●	▼	▼	▼	●
The Invention of Lying	PG 13	-	■	■	▼	▼	■	■
Law Abiding Citizen	R	-	●	▼	●	▼	●	-
Where the Wild Things Are	PG	-	★	▼	▼	■	★	■
Whip It	PG 13	-	■	■	■	■	★	■
Zombieland	PG 13	-	★	■	■	■	★	-

© 2009 MCT

\$15,000. Last weekend, the micro-budget movie led the box office at \$22 million, racking up \$62 million in ticket sales so far and finishing \$7 million ahead of “Saw VI,” which cost \$11 million to shoot, according to IMDB.

This weekend, it expands from 1,950 screens to more than 2,250, and Paramount is already talking about a sequel.

The film stars Katie Featherston and Micah Sloat as an unmarried couple who use a video camera to capture evidence of strange goings-on in their new home. Turns out, the story is somewhat autobiographical.

“The actual idea for the movie was when I moved to my new house with my girlfriend at the time,” said Peli. “We heard weird noises in the night. I didn’t think it was a haunting, but it made me think: How would you go about finding out what’s happening when you sleep? And then I thought: If the video camera did capture something, it would be very creepy.”

After some festival screenings, the film landed at Paramount. Perhaps sensing “The Blair Witch Project” redux, the studio came up with a fittingly cheap marketing plan, asking audiences to “demand” screenings in their towns through the Web site Eventful.com.

That campaign cleverly raised expectations by lowering them. Viewers went in wondering whether a few flickering lights and distant noises would be enough to terrify them, and came out feeling they’d discovered a little gem.

“It had to be some sort of way where the fans can feel a sense of ownership,” Peli said of the grass-roots approach. “It basically lets them do the spreading of the word.”

At the time of filming, in 2006, Peli’s two lead actors were struggling unknowns. Sloat was a computer programmer, and Featherston was, yes, a waitress. They received \$500 each for their work in the movie.

But here’s the real payoff: Both are fielding phone calls for auditions. “I know they’re getting a lot of attention,” Peli said. “I’m sure they’re going to have very long and successful careers ahead of them.”

Want to do a review for The Chronicle? We want to hear what you have to say about movies, restaurants, entertainment, DMACC, beer, food of any kind, clothing, OxyClean, or whether or not Shamwow really works. Let us know.

Email us at: chronicle@dmacc.edu or call us: 515.964.6425

Wii deemed cheap treat this Halloween

By CHRISTAINA HAN
AKA MOMO
STAFF WRITER

Welcome back all. We have a menagerie of mayhem coming your way. So much, in fact, you might sustain an arm injury, a fear of military experimenting, and an overdose on gunfire.



“Prototype” for 360



Ever wonder what it would be like if “Grand Theft Auto” sired a child with an overpowered superhuman? Well folks, “Prototype” is that offspring. It combines the beautifully evil aspect of “Grand Theft Auto” by keeping with the layout of complete interactive rampage with destruction on citizens and city. They also include a lot

of minigames that are challenging, but can get somewhat redundant. The story starts making you flashback, working your way forward and putting a creative spin on character development. It feels as if you’re the one with amnesia rather than vice versa. The controls are smooth as butter, making it enjoyable for any level of gamer. On the other hand, they tend to use a lot of the F-bomb so you might want the kids to use earmuffs when playing. The bloody graphics make you check to see if you just got arterial spatter on your mom’s new white carpet. This is a great mature game and an exceptional way to relieve stress after finding out you bombed that Econ, or Math test you thought you rocked. So, nab this one as soon as you can.



“Wet” for PS3



“Wet” comes at you with grit, deliberate rough graphics, and the Wild West meets sexy ninja. This is a recipe for an elite game with all the cool, different aspects of game play. You’re a beautiful, gun for hire with slow-motion battle type which gains you style points to upgrade weapons and skills. Tragically, it was decimated by one simple problem: the jump button of doom. I never in my life thought a game developer would destroy a game with so much potential via bad controls with just one button. It is so aggravating. Rather than just strait jumping, she always prepares for a slow-mo gun down and doesn’t always grab the ledges when you need her to. The music is cool, western style rock that can get super repetitive and cease to be amusing if you spend too much time on a level. This game has a great concept but failed because of a simple problem. However, it still has a lot of fun aspects and is still playable. I recommend you find it cheap and not break the bank to buy it.



“Wii Sports Resort” for Wii



“Wii Sports Resort” is Swords, cute dogs, and extreme sports all packaged together in an addictively fun game that makes your arm sore, literally. Bashing the crap out of your opponent or friend has never been so appealing. In this game, you go through various minigames to unlock more and pwn your friend’s high score. Even though the concept is not original, it’s still a blast to play with everyone. The handling of the controls is simple, yet challenging. At times it gets annoying to reconfigure the controls and with some games you may have to do this more often. There really isn’t a lot about this game to tell because, very simply

put, it’s great, nonstop fun that you play until your body won’t let you play anymore and you will still continue to play . . . just one more . . . maybe I’ll just try to beat my score once . . . OMG, I can’t stop, must keep going . . . someone call my sponsor!!

So, we’ve finished our edition for this week of sore arms, super powered people and scantily clad, gunslinging hotties.



Remember, if you have any comments or games that you would like me to review, email me at cf-haney@dmacc.edu. You keep on playing and I’ll keep on reviewing.



Photography program exposed

DMACC now offers students a chance to earn a degree in photography

By ANGELA STOELK
CONTRIBUTING WRITER

Last year the Photography Department began offering a diploma in professional photography.

About 91 students have enrolled in the program since fall of 2008, according to the DMACC Admissions Processing Office. The Admissions Office also added that there have been a lot of people who were accepted but didn't register into the program.

Sage Clemons is a student in the photography program. "They work really well with students," she said, "even those with a tight budget."

The diploma is designed to give students basic knowledge of photography and prepare them for a job in commercial photography. The program is open enrollment. The Photography Department has offered single classes for the past 25 years. 2008 was the first year of enrollment for the diploma. The program has 36 minimum credits and a set of required classes. All of the classes are worth three credits and the students have to take eight mandatory classes. Then, the students get to pick one class from each of three categories that are based off the core requirements for the AA degree. The Ankeny campus is the only one of DMACC's six campuses that has a traditional

and digital film lab. Students will need to buy a camera and have money to print their photos.

"We encourage students to take one class," said Curt Stahr, the program chairperson, about the current system. Stahr also added that people like to take a class if they have a baby coming, a grandchild, or if they just want to learn to take better pictures.

Stahr added that students need to be creative, personally motivated, and have a high drive to succeed. "We stress lateral thinking," he added.

Haley Fox is also a photography student, but is taking just one class. "I'm taking Art 184a [Principles of Photography] and I love it," said Fox. Fox is in the class to learn to take better pictures and added that she enjoys the creative atmosphere.

Stahr said the best way to find out about the program is to talk to a student who is currently enrolled in the program or to any of the professors. He also added that the DMACC web site has a link for the photography program under the programs tab and students can find out more there [http://go.dmacc.edu/programs/photography/pages/welcome.aspx].

The photography department is housed in building 3W and has artwork hanging from the walls in building 2. Students have artwork on display on the website as well.

Win cash for creations in carving contest

By JAKE FLATNESS
STAFF WRITER

DMACC is getting into the Halloween spirit by hosting several events on campus for students.

Starting Oct. 26, the DMACC Student Activities Council is sponsoring a Pumpkin Carving Contest. "It's to make students [educational experience] here at DMACC more fun," said SAC Vice President Krystal Stevens.

Students may enter the contest by picking up a pumpkin at

the Student Activities Office in Bldg 5. According to Stevens, last year, only clubs could enter the contest but this year they have opened it up to everyone on campus.

All carved pumpkins must be turned into the Student Activities Office by Oct. 29. "I'm in it to win it," said Alex Beckwith, a freshman at DMACC.

The carved pumpkins will be put on display Thursday and the winners will be determined by popular vote.

First place winners will receive

a cash prize of \$125, 2nd place gets a \$100 cash prize, and 3rd gets a \$75 cash prize. All prizes are provided by the Student Activities Council.

On Oct. 30, the Student Activities Council will also be holding a costume and pie-eating contest. Both will be held in Bldg. 5.

The pie-eating contest will begin at 11:30 a.m. and the costume contest will start at 12:30 p.m.

Participation is free for everyone and prizes will include gas cards and cash.

Spooked

A bit rattled by the economy, U.S. consumers say they will spend less on Halloween celebrations this year.

2008 2009



Being Scrooge

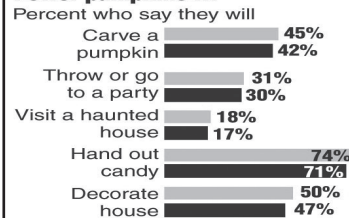
What consumers say they will spend this year compared to last year

\$66.54 56.31

What they will buy



Fewer pumpkins ...



... but more creativity

Use last year's decorations

47%

Make, not buy costumes

17%

Source: BIG Research survey of 8,525 U.S. consumers for the National Retail Federation, Sept. 1-9, 2009; margin of error: +/- 1 percentage point
Graphic: Pat Carr, Lee Hulteng © 2009 MCT

It's okay ... Feel 'em!

Ladies — take a couple minutes every month to get up close and personal with yourself and feel your breasts.

Learn about breast self-exams at www.ppheartland.org/feelEm.

Remind

your friends about doing their monthly breast exam. Get a badge for Facebook or MySpace to remind your friends to feel theirs too!

Tell Us

how you celebrate October as National Breast Cancer Awareness Month. Upload photos/videos/comments to www.Facebook.com/PPHeartland.



Planned Parenthood
of the Heartland
704 N. Ankeny Blvd, Ankeny

Stay "safe and sexy" this year.

Call

1.877.811.PLAN (7526)

Visit

www.ppheartland.org

Text

"banana" to 72466 for weekly Text Appeal trivia.

“Quote This” Reggie’s Sleepout under the stars supports homeless

“I’ve been there...” -DMACC student Todd Curth on his experience with being homeless.



Nikki Shelton 15 (left), and Petra Hueglin 15, both volunteered at the Reggie’s Sleepout. Above, they stand behind some cardboard boxes used by participants, while greeting people in front of the registration building.



DMACC students at Reggie’s Sleepout from left to right : Holly Robson 19, Kelsey Dunn 19, and Todd Curth 24. The students sit on the Drake football field in front of their cardboard shelter for the night.

BY KELSEY EDWARDS
EDITOR-IN-CHIEF

Bundled against the chill, below the Drake University Bulldogs sign, and underneath a cloudy gray sky, Iowans joined together to help homeless youth.

“Reggie’s Sleepout” took place this Saturday in Des Moines. Participants spent the night on the Drake University football field in order to raise money to provide support for homeless in Iowa.

The event was named for Reggie Kelsey, an Iowa youth who

aged out of the foster care system, became homeless, and was found dead in the Des Moines river two months later.

The number of homeless in Iowa has risen to 18,000, according to a press release. That 18,000 used to include DMACC student Todd Curth. Curth was without a home off and on from 2004-2006. He came out to support Reggie’s Sleepout because, “Hey you know,” Curth said, “I’ve been there.”

The Drake football field was “full [of people] more so than it has ever been,” Iowa Homeless

Youth Centers Director Brad Whipple said. “We don’t have any concrete numbers right now, but we definitely saw more people than last years [nearly 1,000 people] at the event,” Whipple said. He also expects to beat the record \$156,000 raised last year with this years donations.

People are spreading the word and Whipple believes the event will continue to grow as, “people become more and more aware of the event and of the issue,” Whipple said.

All photos courtesy of Kelsey Edwards



Ray Wilson (top left) has been working with the Salvation Army since 1951. The Salvation Army brought its mobile canteen to the event to provide hot cocoa, cookies, and coffee for participants. The canteen (pictured above) serves 600-800 meals to homeless people around Iowa each year. "We think it [Reggie's Sleepout] is really important," Wilson said. "It gives the young people an idea of what the homeless go through."



About 20 young men from Johnston high school (above and bottom left) worked to make a replica of the state capitol for Reggie's Sleepout completely out of cardboard. They raised around \$14,000 for the event.

Coupling Cabaret and Coach's

BY SHANTYL BACH
CONTRIBUTING WRITER

Do you like pizza?
Do you like Beer?
Do you like a fun, (relatively)
cheap Monday night out?
(Should I stop with the ridiculous questions?)

Then head over to Cabaret and Coach's Pizza in West Glen.

Cabaret in West Glen offers a combo deal with Coach's Pizza, which is located next door to the bar. Coach's offers their taste bud stimulating pizza and Cabaret offers a stress-reducing pitcher of beer- a marriage of deliciousness- both at half-price.

I am at Cabaret every Monday night. I start the night off by pouring two pints (one for me, one for my boyfriend) and talking about our day. When the pizza arrives, the talking stops and the inhaling of food and beverage, begins.

The selection of drafts and bottles combined with the extensive liquor selection will make any AA member break into a sweat. Cabaret offers 20 different beers on tap, along with 100 import and domestic bottles. The pitchers are \$5 for domestics and \$7 for imports and specialties. The ½ price special runs from 8-close on Mondays.

Any beverage from a pitcher poured to perfection, to a martini mixed into liquid magic will be served with a quick comeback and a smile.

Joe the Bartender refers to us as "kids" and since we're there every Monday, I like to believe he is just as happy to see us, as we are him. The service at Cabaret is friendly

and fast and at this point the staff is familiar with us. We may not be on a first name basis, but we are at least on a "what pitcher and pizza will you have tonight?" as soon as we walk-in basis. Followed by a "have a good night, see you next week" when we hop from the bar-stool a few hours later.

There are multiple T.V.s both inside the bar and out on the four-seasons patio. Depending on what sport is being shown on one of the many flat-screens, some enthusiastic and overly loud admiration may be heard from several locations throughout the bar.

On a Monday nights it's an eclectic mix of people at Cabaret. Everyone from the \$495-Coach purse-carrying-West Des Moines/Jordan Creek-ite, to members of the Cabaret softball team, to the "I was just given my 23rd credit card (male or female) and I must make a purchase," to people in jeans and hoodies. Everyone is welcomed.

However, I have to ask, for a place in West Glen, and for an upscale establishment, what's with the concrete floor?

Coach's Pizzas are available in 8," 12," or 16" and range in price from \$7.95 to \$18.95. Half-price pizza on Mondays runs from 11 a.m. to 10 p.m. If you have a large or medium appetite (pun was intended) those prices are a bargain. Those prices cut in half? Even I can afford to eat there.

There are 15 different pizzas to choose from and the option to "build your own." A gluten-free crust is also available.

Over the course of three months, I have enjoyed six varieties, with various additions and subtractions of ingredients, numerous times.

A great way to start or end your day is with the Breakfast pizza of

eggs, cheese, and a choice of sausage, bacon, or Canadian bacon.

Another choice sure to leave you fat and happy is the Cheese-burger Bacon with ground chuck, bacon, lettuce, tomatoes, American cheese and pickles. I order it without lettuce and add mushrooms.

The Crack pizza was the first meal enjoyed from Coach's. It's a white sauce, with chicken, bacon, fresh basil and tomato. How did it taste? Really? C'mon, the lame jokes are too obvious. Substitute the chicken for Italian sausage and another addicting (har!) pizza was made.

The pizza ordered last week was a lesson in how good pizzas go bad: Anchovies. Good lord, why are these even an option on the menu? Just say no. After feeling a tad adventurous, it was decided anchovies should be added to the

pizza. I agreed that dead smelly fish could be on half.

Well, those overly-salted fish ruined a perfectly good Italian sausage, tomato, mushroom, ½ black olive pizza. The part with the black olives was perfectly delicious, as always. The part with the dead, tiny boned fish made us want to throw-up.

As a result of our adventurousness, we ordered a "do-over" pizza. The putrefied-small-boned-why-are-these-even-an-option-on-the-menu, fish, were our fault, not Coach's.

The "do-over" was a Margarita pizza of mozzarella, olive oil, basil, and tomato and we added Italian sausage to the mix. It was scrumptious and a much needed cleansing of the palate from the aforementioned "adventure."

Only pizza that I wish was different: The Garden. The pizza has

onion, mushroom, green peppers, roasted red peppers and black olives. For me, that's too many peppers, (plus onion,) and not enough of a "vegetable mix" to be considered a garden. Again, there is always the "build your own" option.

Only compliant about Coach's: I wish fresh spinach was an option. It's a small complaint, I realize.

Only complaint about Cabaret: The place is freezing. Fr-ee-z-ing. I run warm-blooded, so for me to say it's cold, it's cold. I've enjoyed the pizza/beer combo many times while wearing my coat; both in the heat of summer and in the chill of fall. Owners and operators of Cabaret please turn off the air and turn on the heat.

But, no worries. Even if both fail to follow this advice I'll still show-up, every Monday night.

Cabaret and Coach's Pizza at West Glen:

Cabaret

Hours: Monday-Friday: 3:00 p.m. to 2:00 a.m.

Saturday: 10:00 a.m. to 2:00 p.m.

Sunday: 7:00 p.m. to 2:00 a.m.

560 South Prairie Veiw Drive

www.myspace.com/cabaretwestglen

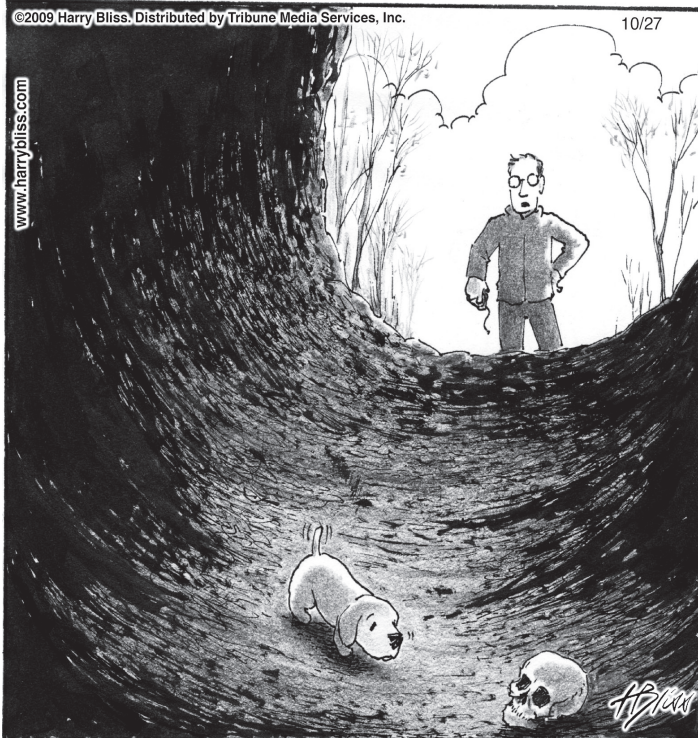
Coach's Pizza

Hours: Sunday-Thursday: 11:00 a.m. to 11:00 a.m.

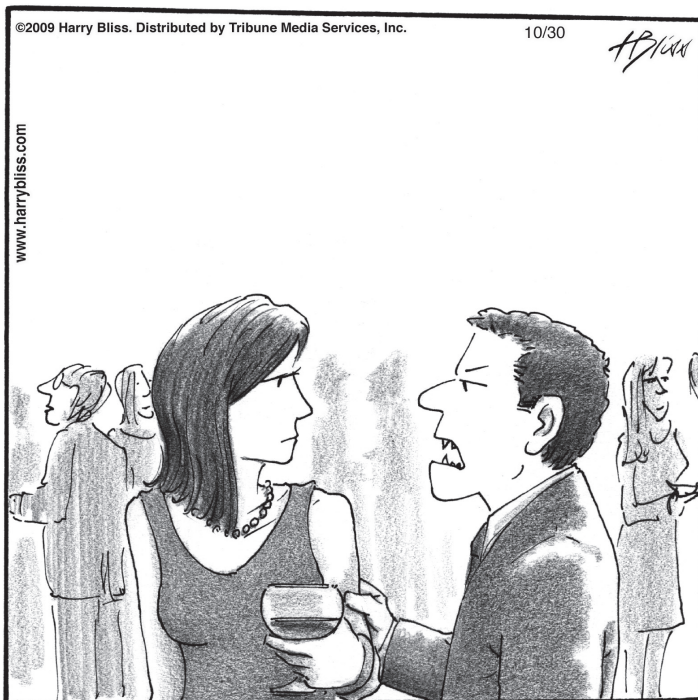
Friday-Saturday: 11:00 a.m. to 2:30 a.m.

515-223-2233

www.coachspizza.com



"Hurry up, boy – I'm missing 'CSI'!"



"You said they were serving Bloody Marys!"

THE CHRONICLE IS PRINTED
BY WILCOX PRINTING IN
MADRID, IOWA, ON RECYCLED
PAPER WITH SOY INK.



Scorpio

(Oct. 24-Nov. 22)

Group discussions will this week offer misleading social information. Planned celebrations, marital announcements or private romantic encounters may all be at issue. Relationships are changing: expect friends and work mates to exaggerate all emotional details. Late this week is an excellent time to revise health or exercise regimes. A recent phase of sluggish energy or minor digestive disruptions is now ending. Stay dedicated to new routines: physical vitality may require attention.



ARIES (March 21-April 20) Family planning, renovations or ongoing expenses are now a top priority. Recent money restrictions will no longer affect short-term home plans.

TAURUS (April 21-May 20) Recent financial or workplace breakthroughs may be temporarily postponed. Revised group assignments or last minute team projects will now take precedence. Join in and let others witness your flexibility.

GEMINI (May 21-June 21) Co-workers ask for special assistance or a renewed commitment to difficult projects. Ongoing paperwork delays or procedural confusion may be bothersome.

CANCER (June 22-July 22) Business information is unreliable over the next few days. New colleagues may provide mistaken documents or inaccurate dates. Check facts thoroughly for minor errors: your efforts will be rewarded.

LEO (July 23-Aug. 22) Long-term relationships may this week enter a brief phase of intense discussion. Key issues will involve public behavior, workplace flirtation or increased social activities. Important emotional breakthroughs are now available.

VIRGO (Aug. 23-Sept. 22) Sleep patterns, social awareness and dream experiences are changing. Before mid-week expect sudden impressions and renewed physical energy. Many Virgos will now begin several weeks of intense passion and rekindled faith in long-term commitments.

Libra (Sept. 23-Oct. 23) Over the next few days lovers and close relatives may be unusually distrustful of authority figures. Avoid becoming quickly drawn in public debate or family discussion. At present loved ones may need to vent their insecurities before developing added confidence.

SAGITTARIUS (Nov. 23-Dec. 21) Social timing and continuing privacy are now vital in long-term friendships. A lover and close friend may this week announce key lifestyle improvements or family changes. Remain silent. At present, group speculation or public discussion may appear insensitive.

CAPRICORN (Dec. 22-Jan. 20) Revised work schedules may this week cause disagreement between colleagues. An older co-worker may now feel privately threatened by the skills or abilities of new employees. Public roles will soon change. Watch for sudden promotions, renewed group acceptance and a steady increase in workplace debate.

AQUARIUS (Jan. 21-Feb. 19) Love affairs and intense friendships require careful planning. Someone close may this week feel misunderstood or ignored. Over the next six days social and romantic triangles are almost unavoidable.

PISCES (Feb. 20-March 20) For many Pisceans minor jealousies between co-workers will now fade. Plan group events or team accomplishments and remain attentive to small details. Authority figures will soon opt for revised methods and open discussion. Be flexible.

Source: MCT

News

Deadline fast approaching

DMACC SPRING SEMESTER IN ENGLAND



Life's Calling You to Study Abroad With DMACC In LONDON

10 Exciting and Stimulating Weeks Offered Each Spring Semester Mid-February Through Mid-April.

Thousands of dollars more affordable than other university study abroad programs.

You'll spend 10 weeks in London, studying with a DMACC professor and taking classes in a variety of interest areas. You'll receive up to 12 or more semester-hour credits, transferable toward your ISU Bachelor's Degree.

Plus, you'll tour museums, see historic places and attend live theatre performances in London. You'll even have the opportunity to participate in the optional Scotland Weekend (at additional charge).

For more information, please visit:

<http://go.dmacc.edu/studyabroad/pages/welcome.aspx>

877-TO-DMACC
www.dmacc.edu

DMACC
DES MOINES AREA
COMMUNITY COLLEGE
Life's Calling™

Swine flu vaccines safe and time-tested

BY WILLIAM MULLEN
CHICAGO TRIBUNE
(MCT)

Untested? No.

Rushed into production? Not really.

Full of substances that do harm? Hardly, and especially not compared to the dangers of the H1N1 flu virus.

That is the retort of researchers, scientists, federal health authorities and others familiar with how swine flu vaccine is being made, as they listen — at times with disbelief — to the debate about it unfolding around kitchen tables and over the Internet.

They hear the arguments — about what's in the vaccine, whether it was made too fast, whether there are side effects — all the while frustrated that decades of experience in making effective flu vaccines hasn't resulted in more public confidence that they got this one right, too.

"We've been baking this bread for 60 years, and we're pretty good at it, buddy," said Kenneth Alexander, an infectious disease expert at the University of Chicago.

For all who will listen, Alexander and other experts at research facilities, the U.S. Department of Health and Human Services, the U.S. Centers for Disease Control and Prevention, the U.S. Food and Drug Administration and elsewhere explain that the swine flu vaccine isn't a completely new brew cooked up in a panic.

They argue that it's actually the result of a 60-year-old, tried-and-true process of flu vaccine making that was tested on thousands of people before being scheduled for distribution — including on some researchers who volunteered themselves.

"A lot of misinformation is being brought up and spread around," said Jesse Goodman, the FDA's acting deputy commissioner for public health. "We think it is important to have the actual facts laid out and let people make their own decisions."

The vaccine "is the absolute best protection and a perfectly safe one," Goodman said, adding that the risks from contracting the flu, which can be deadly, far outweigh any risk of side effects from the vaccine.

Here is how the vaccine is made: When the H1N1 virus first appeared last April in Mexico and California, federal health officials identified it and sent it to pharmaceutical companies it contracts so they each could formulate their vaccine versions for field testing before mass production.

It is a months-long process, but mass production geared up in August and the first 2 million doses were delivered to doctors and clinics two weeks ago. On Friday, CDC officials acknowledged slower production than they'd hoped but predicted "widespread availability" by the beginning of November.

That turnaround from discovery to delivery was fast enough that many Americans who told pollsters they don't plan to vaccinate their children said they worried that the vaccine was rushed into production before being tested adequately for potential side effects.

Nonsense, Alexander said.

"This H1N1 vaccine is made just like all the flu vaccines we have been making for 60 years, which have an extraordinary record for safety," he said. "The only difference between this one and the seasonal flu shots is the virus it is made from, so we have no reason to believe this one will be any less safe."

Though pharmaceutical researchers around the globe are trying to find newer and speedier ways to make flu vaccines, in the U.S. the only FDA-approved method is the original, 1940s way: injecting the virus into chicken eggs to be grown into larger quantities.

For the arm-shot vaccine, the virus eventually is harvested from the eggs, killed and chopped into segments. When injected into the recipient, it activates the body's immune system to produce antibodies that kill the actual flu virus if the recipient is exposed.

The alternative, nasal-spray vaccine is made using a live virus. It too is grown in eggs, but at lower and lower temperatures, weakening or "attenuating" it so that it can survive only in the nose, not at greater body heats in the lungs.

DMACC Bears

get on the ball

DMACC volleyball team ranked 2nd in nation

BY MITCH HOLLAND
STAFF WRITER

The DMACC women's volleyball team has bumped it up a notch -- or three -- currently ranking second in the nation.

The Bears were ranked fifth earlier in the month, but after recently knocking off the number 1 team in the nation at the Wisconsin Dells Tournament, the team landed a spot at second. They played into a perfect 5-0 weekend.

The Bears currently are boasting a record of 31-8 overall, going 5-2 in conference play.

The team has made it to the National Tournament for the past three years, so the expectations were high to begin the season. "It is always our goal to win our conference and compete for a national tournament," said Patty Harrison, the women's head coach.

The team fell short last year, but both Harrison and the team think they can contend for the title this year.

Justine Young, a current player and sophomore at DMACC, said, "I think we have a great shot at winning the title. Yes, we are young, but we are very hard working and know what we have to do to win."

Harrison also added that she feels her team is "peaking at the right time and they can only go up from here."

Harrison said she is most looking forward to the Crossover Tournament, which is in Marshalltown on Oct. 30-31. "You get to see all the teams in Iowa and [it] makes for good competition." The team currently has four spots on their schedule before the National Tournament and will look once again to compete for the title.

Young is one of the few sophomores to return to the Bears. "I came back to the team because I enjoyed playing with the other sophomores, and I wanted to contend for a national title."

Being a student athlete is unlike a lot of things people experience. For schools, recruiting can be challenging.

"I chose DMACC because I knew there was good competition there, and their volleyball team has a reputation of being good," Young said. "And Patty does a great job of recruiting."

Young feels she made the right decision. "It's good playing for DMACC. I take pride in the fact that we have made it to the National Tournament. She said her team last year had a reputation of being good and "everyone wanted a piece of us."



Photo Courtesy of www.dmacc.edu

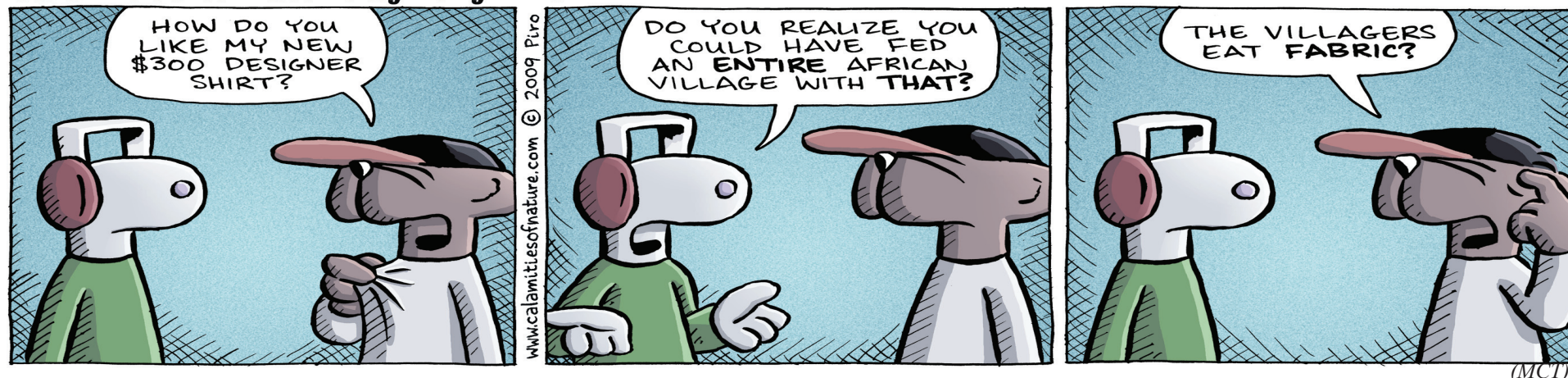
Members of the DMACC Bears volleyball team enjoy a national ranking and look forward to National tournament.

The women have only a few dates left on their schedule and Harrison would like to see as many people as possible turn out

for the matches. "A lot of people have worked hard for this season and we have a breast cancer awareness and sophomore night

coming up, we always appreciate the support."

Calamities of Nature by Tony Piro



Transfer to **SIMPSON**

- Peterson's Competitive Colleges, U.S. News and World Report and Forbes all recognize SIMPSON as one of the nation's top liberal arts colleges
- Located 12 miles from Iowa's capital city
- Over 98 percent of Simpson students receive financial assistance
- One of the only campuses in Iowa that is 100% wireless
- Your credits will transfer to Simpson
- Schedule your visit online at www.simpson.edu/admissions/visit or call our visit coordinator at 800-362-2454 ext. 1660
- Apply online at www.simpson.edu – there is no application fee

**We understand you're not new to college,
just new to us.**

For more information contact Gwen Schroder, Director of Transfer Enrollment at gwen.schroder@simpson.edu or at 800-362-2454 ext. 1695

SIMPSON COLLEGE

Indianola, Iowa

800-362-2454 • www.simpson.edu/dmacc

Check out Simpson on Fall Visit Day: Saturday, October 17th!