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## Banner News

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# BEAR FACTS



October 15, 1997 "Voice of the Boone Campus" Des Moines Area Community College Volume XXVI, Issue 3

## Academic Alternatives

By Brent West  
Bear Facts Staff

As midterm is fast approaching here at DMACC, students are starting to worry about what options they have if they are failing a class. Obviously, they could withdraw from the class.

Withdrawing (otherwise known as dropping) is having your name officially taken off a class list and not receiving credit for the class. A student might want to drop a class if they are obviously failing, the class is too hard and they are getting bad grades, the class is too easy or boring, they didn't like the class or the instructor, the class is at an inconvenient time, they have financial problems, personal problems or illnesses, the class is not needed for their major, their course load is too heavy, they are moving out of the area, or the class credits won't transfer to another college or university.

for me. It was going to require a lot of study time outside of class to keep those good grades. Now I realize that when I take a math class in the future, I will need to take fewer credits so that I have time to go to the Academic Achievement Center and take advantage of the free tutoring and computer aides the center offers."

Auditing is the process of taking a class without receiving credit. This could be used for exploring personal interest or for students trying classes out to see if they understand the material.

Withdrawing and Auditing should try to be avoided, due to their consequences. Paula Goldsworth, Boone Campus Dean's Secretary, commented, "Treat college experience like a full time job." Losing course credits will make getting a degree tougher.



**Boone Campus** -- The winners of the second annual Brain Bowl are (from left to right) Joe Ohnemus, Scot Smith, and Joe Siple. The trophy will share time between the offices of John Smith and Nancy Woods, representing the dual victory of both the baseball program and physics department. Their majors are Communications (Siple), Computer Science (Ohnemus) and Physical Therapy (Smith). Each winner was awarded a \$25 gift certificate to Hopkin's Sporting Goods in Des Moines as well as various Coca-Cola products.

### Last Day to drop classes Monday, November 10, 1997

To withdraw from a class, you have to complete an official DROP/ADD FORM and turn it in to the Student Records Office. The last day to drop a class for the fall 1997 term at DMACC is **Monday, November 10, 1997.**

Withdrawing will make a full-time student drop down to a part-time student, if falling under 12 credit hours. Withdrawing can make students lose tuition money, be placed on a financial aid Warning Status, the first time, or receive a Cancellation of Eligibility, the second time, and students could lose loans and lose money from Pell Grants. Students could also fall under requirements for being a full-time student, and possibly have medical insurance expenses.

Withdrawing can also benefit a student. Patrice Harson, Bear Facts editor and third semester journalism student, said, "I dropped Introduction to Algebra because I was enrolled in 20 credits. Although I was getting good grades on the quizzes, I realized that I would have future problems because math is not easy



Photo by Patrice Harson

**Boone Campus** -- Dr. Joe Borgen (left), President of Des Moines Area Community College and Doug Shull (right), President of the DMACC Board of Directors, met with the Board recently on the Boone Campus for their monthly meeting. Borgen called Boone Campus the "mother" of DMACC campuses and said, "It (Boone Campus) sets the standard for all DMACC campuses." Shull was re-elected board president in a unanimous vote. Shull is the chief financial officer for Casey's General Stores.

## SAB meets

By Charles Whiteing  
Bear Facts Staff

Boone campus Student Action Board representatives elected Kara Jensen as its president at an informal meeting held last Thursday.

Terry Jamieson, SAB advisor, informed the members of their responsibilities and explained the role of the president.

The president organizes the meetings, takes care of any paperwork that needs to be done, and acts as speaker at the meetings. Although the position of president has just as much responsibility as the advisor, the president holds no authority over the presiding members.

This year the SAB is in charge of over \$20,000 in student fees. All student clubs and special interest groups are encouraged to send a representative to the next SAB meeting.

The next meeting will be held on Wednesday, October 15 at 12:30 p.m. in the Courter Center. Meetings are open to the public and all students, as well as faculty and staff, are welcome to attend. A schedule of meetings will be posted as they are decided.

# Cancer awareness

## Are you at risk?

By Contributing Writers

Kara Jensen & Becky Hostetter

Boone Campus Nursing Students

Do you abstain from smoking? keep your weight down? limit consumption of alcohol? exercise regularly? perform monthly self breast or testicular exams? eat a balanced diet? have regular physician check ups? avoid being sexually promiscuous? protect yourself from ultraviolet rays? If you answered no to any of these questions, you could be at risk for some form of cancer.

There are about 150 different types of malignant, or cancerous tumors found in humans. There are many factors that influence the occurrence and mortality of cancer including, sex, age, geographic location, socioeconomic status, ethnic background, personal habits, occupation, and personal family history. Prostate cancer occurs most often, followed by breast cancer.

Research indicates that there are at least 500 cancer-causing agents, including viruses, chemical agents, physical agents, such as radiation, and drugs and hormones. Many of these cancer-causing agents, like cigarette smoking, can be reduced, if not avoided completely. Other cancers may not be prevented, such as being exposed to chemicals or radiation on the job site, but they can be diagnosed and possibly treated with early detection.

The two leading forms of cancer that plague our age group are breast and testicular cancer. Testicular cancer occurs when cancerous cells are present in the testicles. This type of cancer occurs most often in men ages fifteen to thirty-four, although it can occur in older men. The actual causes of testicular cancer are not understood, however it has been found that men whose testicles have not descended into the scrotum and men whose testicles descended after age six have a greater risk of developing testicular cancer. This is still true, even if surgery has been done to place the testicle in the correct area. There is some speculation that an injury to the testicle or scrotum may increase the risk. Currently there is no direct evidence to support this.

### What are the symptoms of testicular cancer?

- a lump on either testicle
- an enlarge testicle
- a feeling of heaviness in the testicles
- a dull ache in the groin
- pain in the testicles or scrotum

Early detection and treatment is the best protection. Testicular Self-Examination (TSE) is an easy procedure that should be performed once a month to increase the chance of detection. The best

time to perform a TSE is right after a warm bath or shower. It is important to check each testicle, however testicular cancer rarely occurs in both testicles. If abnormalities are found, an ultrasound may be done to see the inside of the testes.

Cases of breast cancer are on the rise in the United States, but the number of deaths from breast cancer are decreasing. There are about 184,000 new cases of breast cancer reported each year in the U.S. About 44,000 women die each year from breast cancer. One of nine women will have breast cancer in their lifetime. With early detection and prompt treatment, 92% of breast cancers can be cured.

Breast Self-Examination (BSE) is the easiest and most cost effective way to detecting lumps in the breast. BSE should be performed each month seven to ten days after the start of the menstrual cycle. It is also important to have a yearly physical. Also, a baseline mammogram should be done between ages 35 and 40. From ages 40-49, mammograms should be done every year, especially if there is a family history of breast cancer. After age 49, a mammogram should be done every other year.

As age increase, so do the risks of breast cancer, also, having family members with a history of cancer increases the risks. There is also a greater possibility that if cancer is already found in one breast, that it will eventually be found in the other. Early menstruation, late menopause, delayed child bearing, and not having children also increase the risks of breast cancer.

### What are the symptoms of breast cancer?

- A lump or thickening in either breast
- nipple discharge
- inverted nipple
- areola changes
- skin changes, such as a rash
- bulging of the skin which causes a change in the shape of the breast
- an increase in the size or number of veins on the side of the chest

Each specific type of cancer has it's own symptoms. If there is any question about changes in your body, consult your physician.

There are also service organizations that can help answer question. The Cancer Information Service (CIS) is a program of the National Cancer Institute. This is a nationwide telephone service for cancer patients, their families and friends, the public, and health care professionals. The staff of the institute can answer questions

## CAUTION

### Seven warning signs of cancer

- Change in bowel or bladder habits.
- A sore that does not heal.
- Unusual bleeding or discharge
- Thickening or lump in breast or elsewhere
- Indigestion or difficulty swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness

and send out information on cancer. They can be reached at 1-800-4CANCER.

Another source of information is the American Cancer Society. ACS is a voluntary organization that supports research, conducts educational programs, and offers services to clients and their families. The phone number for the American Cancer Society is 1-800-ACS-2345, or information may be obtained at their web site at [www.cancer.org](http://www.cancer.org). For more information on the Boone chapter of the American Cancer Society, stop in to the nursing department and ask for department chair, Connie Booth, or call 433-5070. Watch for more articles and displays around campus for more information on cancer awareness.

## Msgr. Gorman speaks for Celebrating Italy Year

By Lorraine Powell  
Bear Facts Staff

The first Italy Year event was held on Oct. 8 in the Boone DMACC auditorium. Monsignor Gorman spoke about the Granger Experiment and the man responsible for it, Monsignor Ligutti, an Italian Catholic priest.

Msgr. Ligutti came from Italy when he was a teenager to attend school in the United States. After becoming a priest, he was appointed to the small parish at Granger, Iowa.

There were coal mines located near Granger in which many Italian immigrants worked. They and their families lived in poverty conditions in the mining company's houses and bought their goods at the company store.

Through years of effort, Msgr. Ligutti arranged with the U.S. Congress to approve legislation to create the Federal Subsistence Homesteads Corporation project that resulted in the building of 50 houses on 4 acres of land for the Italian immigrants. This became known as the Granger Project and was considered a great success by the U.S. government.

In later years, the Association bought the property from the federal government allowing the immigrant coal miners to own their own land.

Ligutti later became an important liaison between the Vatican and the American Catholic church.

## Self-defense class a hit among participants

By Lisa Kahookele  
Contributing Writer

Using common sense can be the difference between life and death, said Terry Jamieson, Des Moines Area Community College Athletic Director in Boone.

Jamieson, a former Arkansas State Trooper, gave a workshop on self defense last month. He told many stories of people who would still be alive if they had been more cautious.

Always park in a lighted area, Jamieson said, but be sure the driver's car door opens toward the building the driver wants to enter. Also, when possible, park with some spaces around the car. Too often, victims do not see their attackers hiding between cars.

Jamieson spent time on the interstate highways as a trooper and found many dangerous people on the road.

"Never stop at rest areas. Rest areas are havens for killers," he said.

Other advice included: do not call attention to yourself; assume that you are being stalked; never leave a car unlocked; and never get into a car without first checking the backseat.

"If your cars windows are steamed up, run your hand over the window. If the steam is not on the outside, do not get into that car," he said.

Jamieson said that many repellents that people carry for self defense may not stop a criminal. He said that Oleoresin Capsicum works better than any other repellent. He said it will work better than a gun.

Oleoresin Capsicum will spray a 16 by 3-foot area with a stun that lasts seven hours or more. Jamieson said he received a spraying of Oleoresin Capsicum so that he could use it on criminals. He said it was a horrible thing to experience and the effects lingered on him for 48 hours. Oleoresin Capsicum is available at Ames Surplus store on Lincoln Way in Ames. It is available on occasion at Wal-Mart and Sam's Club.

Jamieson will offer a similar workshop on Oct. 21 and 23 at 7 p.m. in room 129. While he gave a few demonstrations of how to hit an attacker, the upcoming workshops will get participants more involved with the physical aspects of self-defense.

"This time you get to hit me," said Jamieson.

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## "Bride" cast chosen for fall production

By Aaron Foster  
Bear Facts Staff



Play practice and set work have been going on for about a week and a half for the upcoming show of "There Goes the Bride." The production will take place on Nov. 14 and 15 at the Boone DMACC Campus auditorium. The following students have been selected as the cast: **Kathleen Brice, Alan Frederickson, Derrick Gorshe, Katie Niemants, Charity Peterson, Shad Pritchard, Joe Siple, and Taunya Winters.**

Director Kay Mueller said this play is a very confusing play to describe.

"This is not an easy plot. The story is full of a lot of twists and turns," Mueller said.

It all starts out with a daughter who is going to get married. Her dad is very neurotic. He owns his own business called the Perkins Bra Campaign.

He uses a 1920 Flapper in his campaign. He is bonked on the head and this Flapper becomes real to him. No one else can see this except him.

The story continues, and he falls in love with this Flapper. He is then bonked on the head a second time. This time he thinks he is in the 1920's, and he is married to this Flapper.

The groom's father wants to meet the bride's father. After meeting the bride's father, the groom's father decides he is a nut, and he is going to call off the wedding.

Mueller invited anyone interested in helping with the set work or in any aspect of the production such as sound and lights to contact her.

# SAB

## Election Results

By Jason Rearick  
Bear Facts Staff

The unofficial number of people voted in this election was 161, which is a record turn out.

	% OF VOTES CAST
Jaclyn Kelley	11.3
Kara Jensen	11.2
Spike Craven	10.9
Alicia Cahill	10.4
Brian Calkins	9.3
Emily Schutt	9.3
Shad Pritchard*	8.9
Chadd Clarey*	8.2
Charles Whiteing	7.1
Josh Hubbell	6.6
Kathleen Brice	6.5

The top six chosen will serve on the Boone Campus Student Action Board and choose a president. Two meetings per month are required. The meetings are located in the Courter Center. Since DMACC is a public community college, Iowa's open-meeting laws apply and all interested student, staff and faculty are welcome to attend.

\* Designates the alternates. Whenever one or two of the six members are unable to attend, an alternate will assume responsibility for that representative.

### Thanksgiving Holiday

No Evening Classes November 26  
Vacation November 27, 28, 29

## Academic honor students announced for summer term

The DMACC Boone Campus recently released the names of those students achieving academic honors for the summer term. Full-time students who earn a 4.0 grade point average are honored by being named to the President's List: Katherine Bolluyt, Saint Charles, Liberal Arts; Mary Catlett, Liberal Arts, Madrid; I-Chen Chung, Liberal Arts, Ames; Robert Dodd, Nursing Prep, Boone; Lee-See Eng, Liberal Arts, Ames; Patrice Harson, Liberal Arts, Boone; Tia Jackson, Liberal Arts, Coon Rapids; Susan Koehler, Liberal Arts, Ames; Julie Lyon, Liberal Arts, Boone; Melissa Lyon, Liberal Arts, Boone; Christina Haumann, Liberal Arts, Ames; Thuy Nguyen, Liberal Arts, Jefferson; Marcy Patterson, Liberal Arts, Boone; Deborah Schroeder, Liberal Arts, Boone; Venina Tandela, Liberal Arts, Ames; Sandra Townsend, Accounting Technician, Ames; and Simon Winata, Liberal Arts, Ames.

Full-time students who earn a 3.50 to 3.99 grade point are honored by being named to the Dean's List: Yulyanna, Liberal Arts, Ames; Jennifer Beal, Nursing Associate, Boone; Bonnie Beck, Accounting Paraprofessional, Pilot Mound; Jaclyn Binstock, Liberal Arts, Story City; Karlyn Elsberry, Liberal Arts, Boone; William Fales, Liberal Arts, Ames; Travis Hacker, Liberal Arts, Boone; Stacey Hahn, Medicine Prep, Story City; Yohanes Hartanto, Engineering Prep, Ames; Anthony Hefflefinger, Computer Sciences Ames; Kimberly Janvrin, Liberal Arts, Colo; Helmi Jazem, Business Administration Prep, Ames; Tchi Kim, Liberal Arts, Ames; Angela Lestari, Liberal Arts, Ames; Dorothy Lewis, Computer Sciences, Boone; Na Lin, Liberal Arts, Ames; Ti Long, Liberal Arts, Madrid; Danielle McGowan, Accounting Specialist, Boone; Susan Paris, Office Technology, Boone; Jodee Phelps, Nursing Prep, Boone; Matthew Platt, Liberal Arts, Ogden; Steven Rief, Liberal Arts, Ames; Misty Staton, Liberal Arts, Story City; Rose Thompson, Business Administration Prep, Boone; Carla Williams, Accounting Paraprofessional, Ames; and Jessica Zellweger, Liberal Arts, Ogden.

# Off the wall

## Fellowship of Christian Athletes

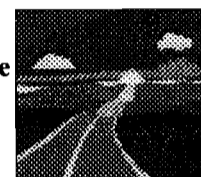
Kick-off meeting, Thursday, Oct. 16, Room 129 at 12:10 p.m. You do **not** have to be in athletics to join. For further information contact Larry Schroeder, 433-5024 or e-mail [Im Schroeder@dmacc.cc.ia.us](mailto:Im Schroeder@dmacc.cc.ia.us)  
**Cross Enrollment--ISU and DMACC,** applications available in adviser's offices.



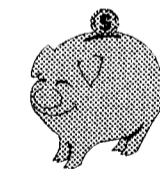
**On payment plan?** Third DMACC tuition payment due Oct. 27.

## Ames/DMACC shuttle

Due to lack of riders, last day to ride is Oct. 31.




- **Simpson College** representative Maribeth Wright will be on DMACC's Boone Campus Monday, October 27 from 10 a.m. to 1 p.m. to speak to interested students. For more information call Simpson College Office of Admissions, 1-800-362-2454.
- Please be prepared to show a picture I.D. before taking a **make-up test in the Academic Achievement Center.**
- **The Divorce Experience Workshop** guides families in understanding this change in their lives. Lessens the fear, moves families forward. For parents and their school-age children. Friday, Oct. 24, 5:30 to 8:30 p.m. and Saturday, Oct. 25, 8:30 a.m. to 1 p.m. To register for the program call 515-232-7262, Lutheran Social Services of Iowa.



**Attention all DMACC students!**

**Scholarship\$!** Many available for next term. Apply now! Don't miss the deadline! Deadline for spring is Nov. 1.

- **Free! Free! Free!** Need tutoring in a class? Come to the Academic Achievement Center!
- **Drake representative** Jo Arbuckle will be on the DMACC Boone Campus Wednesday, Oct. 15 at 10:30 a.m. For more information call 515-271-3181.
- **Northwest Iowa Singles Saturday** Nov. 8 at Village East, Okoboji featuring Mary Kay Mueller, author of "Taking Care of Me: The Habits of Happiness."
- **Grand View College Admissions** Counselor Marilyn Mendenhall will be on DMACC's Boone Campus Monday, Oct. 27 from 10 a.m. to Noon. Get transcripts evaluated and talk about scholarships and grants.

**Goodwill** 

M-F 9:00 -- 5:30  
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## Italy tour offered

By Melinda Gorman  
Bear Facts Staff

Experience Italy.

To accent the year-long Italy activities Dick Wagner and Randy Jedele, both instructors at DMACC's Ankeny Campus, will guide travelers on a tour of Italy, May 9-17, 1998. Wagner and Jedele have traveled extensively in Europe, and in 1996 accompanied 45 people on a tour of Venice, Florence, and Rome.

Sites will include the Grand Canal under Realto Bridge in Venice, Michelangelo's David in Florence, and the Sistine Chapel in Rome.

The trip is open to all students, faculty, and staff will cost \$2300. This covers airfare, two meals daily, hotel accommodations, and museum fees and guided tours.

People wanting more information should contact Dick Wagner at 956-7030 or Randy Jedele at 964-6417.

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# I'll do it tomorrow...

By Andrea Fester  
Bear Facts Staff

As a mother, student and work study person, it appeared this semester that I would not be able to handle the stress. So I decided to research an alternative to try. A plethora of information awaited me as I spoke to others and rode the internet, and quickly I found that there are other mother-student-wives out there who share a common stressor -- how to find a balance between what you want to do (finish your education), and what you have to do (raise your children, work, and/or clean the house). The combination of the two could be construed as a lethal mixture.

*I tried screaming to alleviate pressure, but it didn't seem like a good idea when your next door neighbor is the Catholic church.*

"Hang in there, it will get better," did not seem to be working, and neither did my husband when it came time to take out the garbage. I tried screaming to alleviate pressure, but it didn't seem like a good idea when your next door neighbor is the Catholic church. I tried to look at the obstacles in life and make them into hurdles, however, for every two I cleared, the third tripped me flat on my face. My son entered kindergarten this year. I thought, "Great, I'll have more time to myself to get that studying done." Then he came home with a school fund-raiser, and was eager to go door-to-door.

Finally, I decided I had had enough. I tried to be encouraging when my husband decided to join the volunteer fire and rescue department, but I was beginning to worry that during his training, he would get dispatched to his own home to transport a raving lunatic to the hospital. So I made a decision to do what any brave mother-wife-student would do.

*Studying for tests will not be left to reviewing as I drive to the Boone Campus.*

I will take control. Instead of worrying about getting my homework done at the last minute, I will do it as it comes along. Studying for tests will not be left to reviewing as I drive to the Boone Campus. I will succeed, and I will because of my positive attitude and a challenge of learning to manage my time!

Scary thought, managing time, but because of some helpful hints and ideas of my own, I think it can be done. And the best part yet, just like they tell you in those popular advertised diets, "You can do it too!" Another popular criticism is to try to make the best out of something. Well that is where I will begin, by making the most out of my days, all 24 hours in them. First of all, I resolve to start using my day planner more often, in fact all the time. It shouldn't be hard recording information from all of the families schedules, including school information from week to week. The difficulty will lay in remembering to consult

"Lord,.....help me!"



my calendar, so that I can stay abreast of the happenings in my life, and not be caught unawares.

Next, I'm going to incorporate how much time I use taking a shower, getting the family ready for school, study time, television time and such, so that I know where my time is going. That way, I can learn to spend less time on what I shouldn't be doing, such as watching a highly touted show on the tube, but rather spending that time with my son or reading the next chapter in my textbooks. I will vow to stick to this schedule for a week so that I can see where my priorities lay.

Then, I'm going to dig out one of those free calendars that I received from Avon, or the bank at the beginning of the year and start planning a monthly schedule. I'll include full schedules of upcoming events, and compile menus for my family so I don't have to stand in front of the freezer each day and wish that I had taken that hamburger out in the morning so it wouldn't be a pain to

fix. Hair cuts, dental appointments, school events will be recorded there for all to see, and information will be transferred to the weekly calendar as it is required.

During the period of adjustment, I will be watchful for the evil predator, Procrastination, and avoid his nasty sting as much as I can. No more, "If I wait until tomorrow, I will still have time." No more, "Well, he isn't helping so I won't do it either!" I should quickly learn my limitations from the schedule and be able to stick to my plans. Better yet, if I stick to my plan and the family cooperates, my grades should improve, I should be able to find more time to study and complete homework, and my family should no longer ask me who I am. My house will no longer look as if a bomb hit it, and I will not be afraid of making snacks for my son's treat day next month. I am confident with this plan I will survive. At least I will try -- if not I will emerge from the rubble waving my husband's handkerchief tied to my son's ball bat, victorious in the fact that at least I tried.



**Don't forget to set your clock back one hour before you go to bed on Saturday, October 25!**



Stress

**Myth 1: Stress is the same for everybody.**

Completely wrong. Stress is different for each of us. No one can be stressful for another.

**Myth 2: Stress is always bad for you.**

According to this view, zero stress makes us condition what tension is to the violin string. Mismanaged stress hurts and even kills us.

**Myth 3: Stress is everywhere, so you can't do anything about it.**

Not so. You can plan your life so that stress does not become difficult to prioritize.

**Myth 4: The most popular techniques for reducing stress are the most effective.**

Again, not so. No universally effective stress reduction techniques exist.

**Myth 5: Only major symptoms of stress require attention.**

This myth assumes that the "minor" symptoms of stress are ignored. Minor symptoms of stress are the early warning signs.

## Talk Back: How do you handle stress?



**Luke Craven**

"I run, lift weights, and read. Being productive eases the stress from my mind. Reading puts me in a relaxed state of mind."



**Angie Lovett**

"I thrive on stress it is a great motivator. Without it, I do not have a goal to reach. If it overwhelms me, I like to work out: mountain biking, racquetball, and lifting weights."



**Mike Hovey**

"Depending on how stressed I am, I listen to music or take it out on a punching bag. Everyone should have a stress reliever like a punching bag."





## Just stress?

By Patrice Harson  
Bear Facts Staff

How have you adjusted to your new life on campus?

Feeling anxious? Scared? Irritable? Moody?

Do you feel yourself worrying about the future? Is that Nike ad--"Just Do It"--just not doing it for you anymore? Are you so preoccupied with the abundance of tasks and projects waiting for you inside your schoolbag that you delay opening it as long as possible?

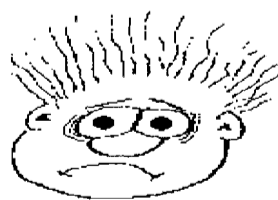
Perhaps, opening the fridge or a can of beer suddenly seems more appealing. Or, perhaps, you're losing your appetite and enjoying life less--and that abundance of caffeine you've been ingesting just isn't giving you the pep it once did.

When the instructor calls on you, do you find yourself stuttering, or even worse, does your mind go completely blank? Can't concentrate? Forgetful?

Are you depressed because those As received in high school aren't appearing on your initial college assignments and exams? Are you overwhelmed by your newfound freedom and the increased challenge to the values you were taught at home?

Has your behavior been more impulsive? Has the pitch of your laughter raised a decibel or two, or do you find yourself crying for no apparent reason? Do you practically jump out of your desk when someone two rows over drops a book or makes some other unexpected noise?

First-year DMACC Boone Campus students now have seven weeks of community college life behind them, and some may be questioning newly acquired, unsettling behaviors recently developed on their initial path to higher education. Even second-year students may be questioning their wisdom while attempting to appease concerned family members or friends with an "Oh, it's just stress" explanation for their behavior.



## Melinda's Musings

After riding the red-eye express train to homework completion, Melinda has come to some strange conclusions about sleep deprivation. The signs of such sufferings are as follows:

- When gremlins are seen out of the corner of the eye.
- When the neighbors barking dog starts to make sense.
- When the two-year-old sits on your head and you don't care.
- When you've read the same paragraph ten times and it still doesn't mean anything.
- When driving, you open your eyes and the curb is coming at you.
- When the two-year-old asks to borrow the car and you give her the keys.
- When you find your face in the computer keys and the screen reads, sgh 6gh.

I'm going to bed now, good night.

## How to reduce stress

- Become aware of your own reactions to stress.
- Reinforce positive self-statements.
- Focus on your good qualities and accomplishments.
- Avoid unnecessary competition.
- Develop assertive behaviors.
- Recognize and accept your limits. Remember that everyone is unique and different.
- Get a hobby or two.
- Relax and have fun.
- Exercise regularly.
- Eat a balanced diet daily.
- Talk with friends or someone you can trust about your worries and problems.
- Learn to use your time wisely. Evaluate how you are budgeting your time. Plan ahead and avoid procrastination. Make a weekly schedule and try to follow it.
- Set realistic goals.
- Set priorities.
- When studying for an exam, study in short blocks and gradually lengthen the time you spend studying. Take frequent short breaks.
- Practice relaxation techniques. For example, whenever you feel tense, slowly breathe in and out for several minutes.

Copyright, Counseling Center, State University of New York at Buffalo, 1994.

According to Randall Haddock, Health Editor for the North Carolina State Counseling Center of NCSU, stress is an inevitable fact of life that everyone experiences. Studying for exams, moving away from home, trying to fit in with a new crowd, dealing with unstable personal relationships and mixing employment with academic pressures are some of the demands that can lead to an adrenaline overload for many college students.

Not all stress is bad. Stress, when properly handled, can be a powerful motivator.

However, without positive coping skills, excessive and negative stress can become more than just a pain in the neck. The excessive flow of adrenaline a body under stress produces can, according to Haddock, "disrupt the digestive system and weaken the immune system" and when left untreated, this stress could become a "fundamental factor in half of all illnesses, ranging from the common cold to heart disease."

If students experience consistent problems with eating, sleeping, hostility, headaches, backaches, colds or infections, they may need to consult a physician.

### You're not alone

In an article written by Bridget Mur-

ray for the American Psychological Association, a Special Interest Group on Client Severity, chairperson and psychologist Susan L. Prieto of Purdue University, stated that students are "more willing than those a generation ago to seek help in dealing with the pressures of their personal and academic lives."

At counseling centers throughout the nation, experts report that students are increasingly concerned about ineffective time-management, career indecision, grades and studying. Worries about their financial future are magnified by today's increasingly competitive job market and the pressure to display a high G.P.A. on future resumes.

Thomas Magoon, Ph.D. and retired director of the University of Maryland's counseling center, said, "It's becoming more socially acceptable to own up to the fact that you're feeling bad, and then do something about it."

Doing something about it doesn't necessarily require adding additional stress to the college student's already overloaded budget. As an inexpensive solution to dealing with stress before major medical bills and/or wasted tuition bills accumulate, the North Carolina Cooperative Extension Service out of NCSU suggests maintaining contact with clergy, school counselors, friends and family members who communicate positively and are able to lend support by offering plausible solutions to the tough decisions many college students must face.

In addition to turning to significant others, the American Psychological Association suggests that those under stress spend some time alone each day to reflect on their state of affairs.

According to these experts, there are moments when the homework most in need of a student's attention involves regular exercises of the soul--taking a walk through nature, seeing a movie, listening to a favorite CD--while continuing to believe in self and the original convictions that led the student to a life on campus.

## Myths

s. What is stressful for one person may or may not

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uch as headaches or stomach acid, may be safely

nings that your life is getting out of hand.

## le stress?



Jeanne Roth

"I take a nap. Sleep for 20 minutes, and I feel I can handle anything. Sleep rejuvenates the senses and rests the mind, it is a survival mechanism."

# How many DMACC staff members does it take to get a snack out of a vending machine?

By Sharon Rood-Hughes  
Bear Facts Staff

Having a 2:30 p.m. sugar fix near the snack machines in the Courter Center can be an entertaining way to spend twenty minutes on a rainy Monday afternoon here on the Boone Campus.

I'm minding my own business, sipping my cola, and sorting out my low-fat animal crackers. When, surprisingly, I hear the moans of unhappy sugar freaks, and the groans of disgruntled snack-aholics emerging from the vending machine alcove.

Several DMACC faculty persons (of the female gender) have deposited their quarters, and their snacks have landed piggy-back fashion on top of a large, rectangular, upside-down, package of frosted rolls that is stuck kitty-wampus to the slide down thing-a-ma-jigger chute!

Ah! That's what the problem is! *If* they can dislodge the offending package of rolls, *then*, there's a chance for all future goodies to slide smoothly down into their hot, little hands!

What to do?

First, call our trusty crew of custodial engineers, "Larry, Curly, and Mo?" (to protect the guilty, *all* names have been changed) *No!* Let's see if we can *bang* on the side and see if that will work! Good natured laughter with much *loud banging* on the side of the candy machine ensues. Nothing happens.

This promises to be a good a substitute for the Oprah show.

Now, four more faculty appear in sight, (both genders) and join the, "Let's-bust-this-thing-wide-open!" team. Many suggestions and *loud, constant banging* fills the air. *Nothing* seems to help. *Banging* and *smacking* the sides, the vending window flap and the top doesn't make the rolls, *roll!*

Among the ruckus, laughter is common place. Someone *shouts* above the commotion, "*This* has become our new mission at DMACC!"

I keep looking for the Dean to appear.

With the women cheering them on, several men of the group take the offending machine, with the offending rolls, and rock it from side to side. Tipping it *wa-a-a-y* back and *banging* it heavily on the sides doesn't seem to help! Nor does, tipping it *wa-a-a-y* forward do any good at all. I like the suggestion that the main cheer-leader has (I'll call her Francy) "Get a chair and break the glass open! Then *everything* will fall out!"

Free food! What incentive! This is *better* than the Red Skeleton Show!

Mo shows up on the scene, and I hear one of the math teachers asking, "Can you open up the snack bar, so we can make a pot of coffee? I can't get near the coffee machine!"

This could be an all-nighter.

"Where's Larry? *Somebody* get Larry and Curly! They'll know how to get it out!" Mo took off to find them.

More *banging, tipping, twisting, rocking, shaking, and laughter* continue, again

unsuccessfully. Francy *hollers*, "*Take that shovel off the wall, and shove it in there!*"

I wouldn't leave now if the fire alarm went off!

Ah! Our trusty maintenance crew, Larry, Curly, and Mo have all arrived, joining in, and adding an "air of legitimacy" to the *banging* and *tipping*. *Nothing* seems to work.

Larry and Curly leave momentarily. Another energetic cheerleader, Mindy (not her real name) *hollers* after them, "*Hurry up, you guys! This is an emergency!*"

Arriving back shortly with, as Larry put it, "our heavy duty burglar tools," is Larry with a large roll of wire, and Curly with a huge, wrench-looking thing-a-ma-bopper and a *hack-saw blade!*

They set to work. Larry unfurls a three-foot length of wire and forms a loop on the end to snag the frosted rolls. *Ah-hah! This should do it!*

"I was going to slide the hack-saw blade in there!" says Curly.

"First, let's see if we can dislodge it with this wire." suggests Larry.

Now we're getting somewhere! Anyone, who's ever had to open a locked car door

on his lips, asks, "Are you guys trying to break into my vending machine?"

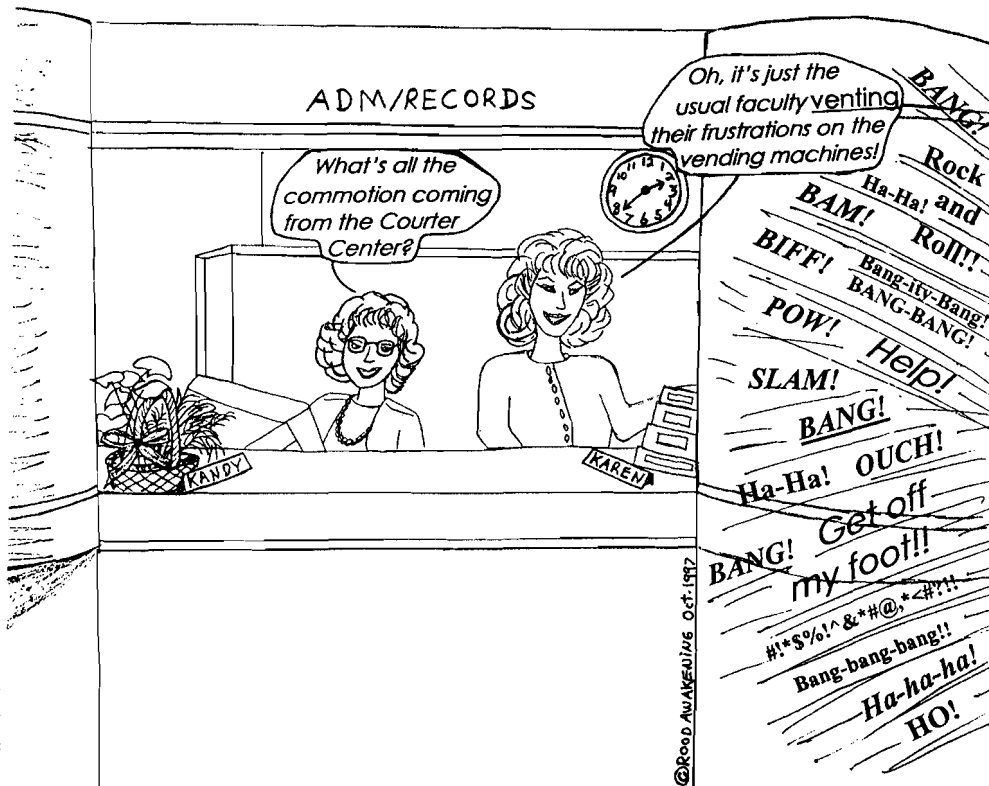
*Oops!* Caught like a pair of common criminals!

"Don't they pay you enough around here to buy your snacks?" *More* laughter! He's enjoying this! *Everyone* is!

**End of story:** Yes, the vending machine man's timing was perfect! He was very understanding. He unlocked the machine and gave the rolls to the hungry mob (faculty) and Larry, Curly, and Mo all got a free cup of coffee!

**Moral of the story:** I felt a heart warming and reassuring presence of unity and family among the DMACC faculty and staff that I had not had the privilege of witnessing before. I saw first hand that when the "chips" (or rolls) are down, this faculty and staff pulled together as a team, pushing the envelope if need be, cheering each other on, united for a common cause. Being an optimist I 'd like to believe they'd do it again, for fun, or under adverse conditions, whatever the case may be.

It's still cold and rainy outside, but I feel like I've just had a nice warm cup of hot chocolate from the vending machine. The one that's still standing.



knows that soon those rolls will be a pleasant memory, like the ginger bread boy was to the hungry fox!

The machine has *literally* brought them to their knees, with Mo leaning on the counter, ever-ready with the hacksaw blade, both Larry and Curly proceed to pry and poke away at the soon to be snagged rolls. The six or seven faculty members (*only the Dean is missing*) comfortably seated at a nearby table are still lending *loud* moral support.

I wish I had a camera.

A stranger looms overhead, with laughter

## HOROSCOPE HORROR

By Jason Rearick  
Bear Facts Staff

**Aries (March 21-April 19)**

You'll save money this year for Halloween. Look in the mirror, you don't have to buy a mask.

**Taurus (April 20-May 20)**

You turn out to be a bad influence on others, so calm down.

**Gemini (May 21-June 21)**

Don't wash your car today. You don't know this, but the birds in your neighborhood are planning to strike with force in the coming day.

**Cancer (June 22-July 22)**

Don't go cruising for men in farm implement stores. It doesn't get you anywhere, and they don't like it.

**Leo (July 23-Aug. 22)**

Let women pick out your clothes and if you're lucky, they'll put them on for you.

**Virgo (Aug. 23-Sept. 22)**

Don't overdose on Flintstone vitamins. If you do, take just the ones shaped like Fred. They contain vitamin F. It makes you fly.

**Libra (Sept. 23-Oct. 23)**

If you have a multiple choice test and you don't know the answer, the answer is C. Trust me.

**Scorpio (Oct. 24-Nov. 21)**

Machacka this, Machacka that. Eat Machackas from Taco John's wherever you're at.

**Sagittarius (Nov. 22-Dec. 21)**

Life is blurred looking through windows, get up close and personal.

**Capricorn (Dec. 22-Jan. 19)**

Don't leave a mess in the Courter Center, because the custodians will make you clean it all up, and you'll be late for class, again.

**Aquarius (Jan. 20-Feb. 18)**

Start thinking about your new spring schedule. I recommend Human Sexuality. It is a very informative class.

**Pisces (Feb. 19-March 20)**

When you're watching the price is right, go for the \$1 bid, because everyone else went over. And you will go on to win a brand new lemon for an automobile.

All Year Round  
**Dairy Queen**

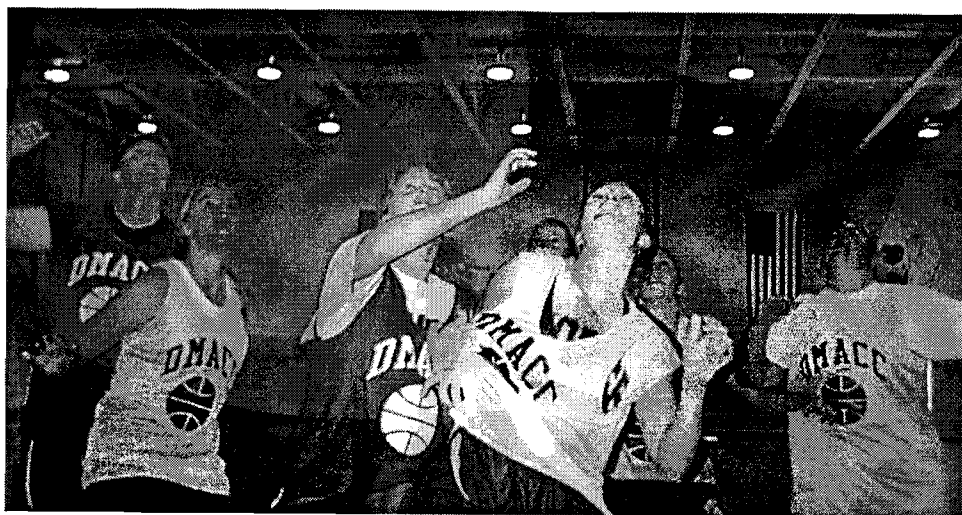
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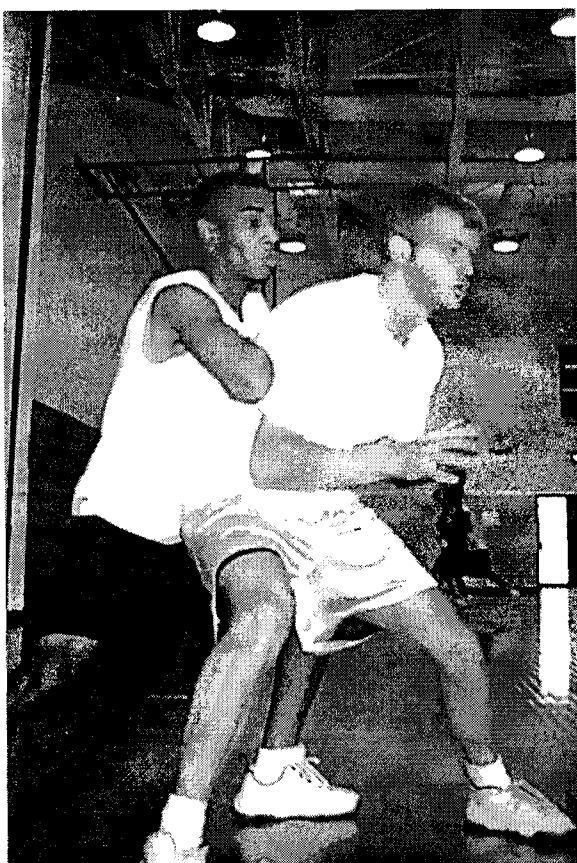
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**Boone Campus** --Some members of the DMACC women's basketball team wait for the rebound during practice. From left to right above are Amber Walker, Dottie Ausborn, Jaelyn Kelley, Gina Peter, and Kindra Tolley. The team will open November 4 at home against Iowa Western.



Dion Wilson (left) and Jeremy Summerlin battle for position during a recent men's basketball practice. Full previews of both men's and women's basketball will appear in the Oct. 29 issue of *Bear Facts*.

## "Challenge freak" Jamieson competes as hard as he works

By Jason D. Van Arkel  
Bear Facts Staff

Most people on the Boone campus seem to know Terry Jamieson in some way, shape or form. With his involvement in so many activities here--of which athletic director and men's basketball coach only make up a small portion--almost all students work either with him or around him during their DMACC stay.

What makes him such a driving force on the Boone campus? For one thing, his long and successful career as an athlete helped shape his career as a coach and administrator.

Jamieson admitted, "I'm a challenge freak." His athletic experiences cover just about every sport under the sun. Although his main sport in high school and college was baseball, Jamieson has tried everything from mountain biking--in which he is classified as a NORBA expert--to extreme sports such as white water kayaking and rock climbing.

In high school, Jamieson played baseball, football and basketball, earning All-State honors three times in Arkansas as a catcher in baseball. He continued his baseball career in junior college at Allen County, Kan., and at Arkansas State, where he was the only player to earn varsity letters in both baseball and football. In 1982, Jamieson was named to the college baseball All-Pan-American team.

Jamieson said his proudest accomplishment was becoming the Arkansas State Police statewide physical fitness champion in 1995. He points to this achievement as the one that gave him "the most satisfaction."

In addition to his experience as a mountain bike racer--his most recent victory coming in 1995 at Springfield, Mo.--Jamieson has earned a Category III rating in road bicycle racing. He said he someday hopes to try his hand at ultramarathon bike racing, which would involve competitions including races across the entire country.

For now, Jamieson said he hopes to compete in the Nike World Masters Badminton Championships, which will be held in August 1998 in Portland, Ore.

## Birdie!

By Moses Lueth &  
R.J. Vodenik  
Bear Facts Staff

DMACC will play host to a badminton invitational on Oct. 25, 1997 at 9 am.

Members of the Iowa State University badminton club also plan to participate.

DMACC has a badminton club, and membership is open to all students. There are currently 12 people in the club, which meets Monday nights at 6 pm.

Athletic director Terry Jamieson, who competes nationally in badminton, said, "It's not a backyard sport."

Anyone planning to attend should wear athletic apparel such as tennis shoes, loose fitting shorts and shirt, and should bring a willingness to compete and learn the rules of badminton.

## The Upper Deck



By Jason D. Van Arkel  
Bear Facts Sports Editor

Hey, sports fans--say, wasn't that picture of me last time just the ugliest thing you ever saw? That was my driver's license mug, folks. Pray you never see it again.

Anyway, let's talk sports. First off, I have to tip my cap to the greatest basketball coach of all time, Dean Smith, who just retired from North Carolina. As good as he was as a coach, he was even better as a teacher and motivator to all the kids in his program. We'll miss you, Dean.

This wasn't a good couple of weeks to be a college football fan. Iowa found out they're not that good, and ISU...well...is it basketball season yet? Hey, go Drake.

On to the NFL...say, at this point last season, Tampa Bay and the New York Jets were both winless. Now the Bucs are on top of the NFC Central, and even the Jets are in the playoff hunt in the AFC East. Meanwhile, the Cowboys keeps sinking deeper and deeper into the depths of the league. See? There is a God.

Finally, baseball playoffs, as in league championship series. Who would have dreamed this up: both the heavily favored teams (Braves and Orioles) down three games to two, to the upstart Marlins and resurgent Indians. Can the favored teams come back and win two in a row, or will Atlanta and Baltimore choke? I'm not making any predictions, but I will say it would be nice to see a World Series without the Braves for a change...stay tuned.

I guess I'm about done. Sit back, relax, grab a Dew, and enjoy this weekend's sports action and remember, the real fans ALWAYS sit in the top row! Peace.

Although he admits, "I've got a long way to go," he said he's hopeful the 10 months between now and the event will give him enough time to improve his game to championship level.

At 34 years old, Jamieson still has a lot of athletic talent left. He explained his motivation by saying, "I like it when somebody tells me I can't do something...if I have one good quality, it's that I don't know what the word 'quit' means."

## Top ten signs you are flunking at midterm

By Aaron Foster  
Bear Facts Staff

- 10 When you go in for extra credit, the teacher looks at you and says, "100 points... that won't make a difference.
- 9 Your car has orange "Tow Away" stickers plastered all over because you haven't even gotten out of bed after the first week.
- 8 You have no idea where the Business/Financial Aid office is.
- 7 Sociology... Lee McNair, who's that?
- 6 There are just as many empty cases of beer on your floor as the number of credits you are taking.
- 5 If you would happen to take back your textbooks, they would give you a full refund because they haven't even been opened.
- 4 Your 12 credit hours are spent watching television in the Courter Center.
- 3 "I didn't know exams were a part of passing this class."
- 2 The day a final draft is due you argue with a teacher and say that you never heard when the project was supposed to start.
- 1 You open the mail and find an "F" slip for a class you forgot you signed up for.

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## From the Staff

## Stress Solutions

The instructor closes the classroom door with a hollow thud. Twenty students sit hunched over the mid-term exam. Pencils scratch at the paper. Someone turns a page. You know you should have studied more, but your brain is shutting down due to lack of sleep. As the minutes tick past, the strain increases. Deciding that the torture isn't worth it, you scribble in a few more answers before turning in the exam and exiting the class.

Sound familiar? We all battle stress in our day to day lives. For some of us, it is a losing battle. Oftentimes, small problems result in stress that cause even greater problems. This becomes a vicious downward spiral of depression and anxiety. Labored breathing, fits of anger and increased illness are all symptoms.

Surprisingly, a recent medical report states that prayer, along with some forms of meditation, can effectively "lower the heart rate, slow breathing, and quiet brain wave activity." The study was conducted by Herbert Benson, a stress researcher and Harvard Medical School cardiologist, who announced the results in December of 1995 at a medical conference in Boston.

So next time the pressure starts to build, or you're straining your brain over problems too big to handle--make a break. Give yourself ten minutes to cool off. It's not worth getting stressed out about, so take it easy.

## Tribute to Christian artist

By Aaron Foster  
Bear Facts Staff

You may not be able to match the music to the name, and you might not even recognize the name. You've no doubt heard the songs if you have ever listened to contemporary Christian music or if you have ever been to a youth group event. This issue I have chosen to review the CD, *Songs*, which was a greatest hits album by the Christian artist, Rich Mullins.

One of the best known of these songs is the lead off track, "Sing Your Praise to the Lord," but it wasn't made famous by Mullins. It was made famous by Amy Grant who recorded a cover of this song on the album that made her a star in 1982, two years after the song was first written by Mullins. And what a song it is! Grant did a wonderful job with the song, but I have never heard the original version until I got this CD. As a matter of fact, Mullins has always wanted to do the original version ever since Grant recorded it and cut out the middle part (his favorite part). The song fits Mullins so well, it's scary, and it has a very different feel when you replace the pop line with Mullins' trademark of countless guitars.

Certainly the best known of his songs is the next track, "Awesome God." It has a very popular praise and worship chorus that took a life of it's own outside the contemporary Christian music scene, and into churches, youth groups, and rallies.

Mullins doesn't shock the listener like some of today's music does. He doesn't use harsh rips and heart-pounding percussion. Instead, he lets the music flow with it's own power. Mullins' music is guided by the spirit into a supernaturally

Rated As: ★★★★★ 1/2

Rating Scale

★ Shouldn't even have recorded it!

★★★★★ When's the next one coming out? powerful force on the heart, more powerful than any shock treatment.

A new song, previously only heard in his concerts is "We Are Not as Strong as We Think We Are," a gentle reminder of where our strength truly comes from. It's followed by "If I Stand," another anthem

## TRUTH or CONSEQUENCES

Domestic abuse feeds on silence (or talking to the wrong people)

By Lorraine Powell  
Bear Facts Staff

October is domestic abuse awareness month. I don't think that many people realize the all-inclusiveness and long-lasting emotional hurts and injuries that are involved in domestic abuse. I have been the victim of domestic abuse and so have my five children. Those who have not gone through similar circumstances have a difficult time understanding how self-esteem is broken down in women and children who have been mentally and physically pulverized by controlling and dominating males unwilling to change or to even "see" their wrongs.

Are men's poor memories and their involvement in other things the only reason that there is no justice for all the hurts done by them? Recently, a group of men known as the Promise Keepers attended a rally in Washington, D.C. to repent to their God and their brothers for all the wrongs they had done. Why did these men have to repent to their brothers? If their wrongs of sexual infidelity and abuse was towards their wives and children, where is the justification for their telling other men their so-called sins? Since when do brothers take the place of victims?

When will this "men's world" ever wake up and realize that they are incomplete human beings as long as they block out their feelings and their memories of the hurts and suffering they have caused?

If death was not the cessation of memories but only the beginning of an endless video tape of all we have done (remember the movie Flatliners), it might help all of us to right wrongs we have caused *in this lifetime*.



## Daily Grind

By Moko  
Bear Facts Staff

I've noticed an intriguing sign posted over the neighborhood can receptacle. This sign requests that no tobacco juice be spewed into the recycling bin.

My question is this: why is it necessary to inform the public of such policy? Are we so dull that we mistake a recycling bin for a spittoon? How tragic! I insist that we go back to the days of the wild west when every establishment was well equipped with several spittoons to satisfy the expectorating public, this way our soon to be recycled cans will be kept well clean. For every problem, there is an equal and opposite solution!

Now on to the business of movies and canine actors. I can't say I have paid good American dollar (five of them!) to see a mutt dunk. The movie Air Bud is an original idea, but it is very stupid one. Leave dogs to buddy up with police, they are good at that. But how probable is a canine hoopster? We know he can't palm a basketball and so why should he stick his nose into it? Just a *pet* peeve I have.

Here's another complaint: why don't the computers in Lab 218 have full-color support for the Internet? They are the newest addition to the network, but they can't display the fabulous "World Wide Web" with any more than 16 colors! All it would take is a little reconfiguration and a small donation of time from our beloved network administrator, Ron "I-can-fix-it-although-you-seriously-messed-it-up" Erickson and our eyes would be glazed by a wondrous digital rainbow.

Well that's it for this week, TTFN ("Ta-Ta For Now" in Tigger-Speak)

of the Rock.

Rich Mullins was a man who was not afraid to sing his heart out. He didn't hide his voice behind powerful instruments; rather, he used the instruments to accent his voice, and sang his praise to the Lord for all he's worth.

Mullins did a really funky-fun acapella number that says faith without works is about as useless as a screen door on a submarine, and I'll second that mo-

tion. Part of the instruments he used for this song are plastic cups that are beat against the table open side down.

"Screen Door" was more than just a song to him, though. Mullins seemed to me to put his faith where his mouth is. "Your life speaks louder than your words... I can make records for the rest of my life and talk about love, but it won't mean anything until I love somebody." Which was exactly what he did - it's simply because his heart poured out to people. He lived in a sheet-metal trailer on the Arizona-New Mexico state line where he taught music to the Navajo children.

On September 19, 1997 on the way to one of his concerts, Mullins was in an accident that killed himself and seriously injured another band member. Mullins was the foundation of Christian music that has brought it up to where it is today.



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