

4-30-1997

Banner News

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Recommended Citation

Williams, Mark H.; Harson, Patrice; Powell, Lorraine; Lueth, Moses; Silberhorn, George; Jang, Woo-Im; Whiteing, Charles; Yanders, Jon; and McFerren, Charlynn, "Banner News" (1997). *Banner News*. 142.
http://openspace.dmacc.edu/banner_news/142

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Bear Facts

Des Moines Area Community College

"Voice of the Boone Campus"

April 30, 1997

Volume XXV, Issue 14

A fond farewell

Graduates to say good-bye to DMACC

By Mark H. Williams
Bear Facts Staff

Good-bye! Adios! Au Revoir! So Long! Adeus! Arrivederci! Cioa Bella! Adieu! Auf Wiedersehen! Addio!

These are some of the sounds that will be heard in the halls on March 9 at 10 a.m., as approximately 165 students graduate from Boone DMACC.

Commencement exercises will be held in the gymnasium. All family, staff and friends are invited to the ceremony.

Major Timothy E. Orr, 1981 graduate of DMACC, will be the commencement speaker. Maj. Orr is an 18-year veteran of the Army National Guard, currently

Bear Facts asks

So, how was your first year?

By Patrice Harson
Bear Facts Staff

As the fiery brilliance of Comet Hale-Bopp exits our spring sky, so will the vigorous determination and fresh attitudes of many students and faculty on DMACC's Boone Campus as the semester comes to a close.

When registering for this semester five months ago, many first-year students weren't sure which direction their grade point average was headed, and seasoned instructors were curious to see how well their first-year counterparts would adapt.

Initial doubts concerning our abilities have now either been reduced or reinforced. Those searching for the DMACC enthusiasm that somehow may have been lost along the way may relocate their original conviction by asking a newly instated DMACCian, "So, how was your first year on Boone Campus?"

Kathleen Brice would definitely give a positive response to this question because she is this year's recipient of The Hartley Award. This honor, given each year to the highest ranking student upon completion of the freshman year in Arts and Science or Business Curricula, was established in 1980 by Mr. and Mrs. William Hartley, former instructors at the DMACC, Boone Campus.

Success hasn't come easy for Brice. "I wish I would have shot a little higher and

stationed at Camp Dodge in Johnston.

Graduate, Dana R. Hesser will give the welcoming address.

Ms. Wanda Goepfinger, president of the Boone Campus Foundation, will present the awards and scholarships to the recipients. Executive Dean of the Boone Campus, Kriss Philips, will then confirm the awards.

The "National Anthem" and "Believe in Yourself," will be performed by adjunct music instructor, Jim Loose, accompanied by David Howell.

A reception for the graduates will fol-

low the commencement in the L.W. Courter center. Coffee, punch and cookies will be served.

Parents, family and guests are asked to be in the auditorium and in their seats by 10 a.m. There should be plenty of seating for all that want to attend.

Students participating in the graduation exercises are asked to meet in the DMACC theater by 9 a.m. The graduates will then receive their caps and gowns and given final instructions for the ceremony.

Following the ceremonies, gradu-

ates are to return their caps and gowns to the theater. The tassel and any honor cord graduates receive are theirs to keep.

Preceding the graduation ceremony, at 7:30 a.m., the 14 Annual Graduation Breakfast will be held at the Boone Golf and Country Club. All graduates are invited to attend, free of charge. All additional guest may purchase tickets for \$5 each. Tickets should be purchased at the main office from George Silberhorn, Sharon Blaskey or Sandi Johnson.

If you have further questions, please stop by the main desk, or call 1-800-362-2127, and ask for the Boone Campus.



Kathleen Brice

chosen my major sooner," said Brice. "Math gave me trouble in high school, but then I made myself study harder, and it worked!" Brice's increase in confidence helped improve her math grades--and as evidenced by her recent award--affirmed her achievement in other areas as well.

A Boone native and Associate of Arts student, Brice's initial reasons for choosing DMACC were its location and its low tuition. She also wanted to live at home and stay close to her 17-year-old sister, Julie, a high school student also taking classes at DMACC. Since making that decision, Brice discovered that it's the Boone Campus instructors that made DMACC the best choice for her.

"The instructors are pretty cool here at DMACC, says Brice. "They'll go out of their way to help you--even with things outside your class." Brice recalled an instance when her English instructor helped her write a scholarship application letter. She also gratefully remembered the time her current math instructor was not available, so another instructor who was familiar with that course generously answered her questions.

Brice believes that it's this kind of extra effort that helps students excel, and she is convinced that this attitude should be carried outside the classroom. Brice says, "I love to sing and I believe that we need a choir on Boone Campus. We need more student involvement at DMACC."

Brice is interested in joining the Chamber Choir at Graceland University in Lamoni, Iowa. She hopes to transfer to Graceland in the fall of 1998 where she will major in biology and minor in chemistry. If things go well, she may eventually double her major with these two courses.

And Brice is well on her way to achieving those goals. She'll be picking up at least ten credits this summer, which won't leave much time for a summer vacation unless she can squeeze in a short respite between semesters. Brice says she doesn't want to miss any class time because a student misses irreplaceable in-

formation when missing class.

"Teachers will change the syllabus, so you need to be there," warns Brice. Her advice to other students is: "Use those small private desks in the DMACC library. At home I have so many distractions. But at the private desks in the library, no one sees you, so you're not interrupted. You can bury your head and study."

Deana Stevens, a nursing student on Boone Campus, knows all about distractions. Nine years ago, she was accepted to the DMACC nursing program but declined. She married and started her family instead. Her 9-year-old daughter,



Deana Stevens

Continued on p. 9

Nursing students give presentation to elementary school in Ames



Joyce Ellsbury shows a student how the heart works. Ellsbury was part of the Health Fair held by the Nursing Department at St. Cecelia's school in Ames.

Ken Clark takes the blood pressure of a student as his friends watch, Clark was a member of the nurses giving presentations at St. Cecelia School in Ames.

Professor studied past through archaeological digs

By Lorraine Powell
Bear Facts Staff

Lee McNair anthropology and sociology professor at DMACC's Boone Campus traces his professional choice back to the 4th grade when he remembers studying about early people and being curious about past culture and its relationship to the present.

McNair received his B.A. in anthropology and his M.A. in sociology and anthropology from the University of Missouri at Columbia.

At the University of Missouri's field school in 1961, he participated in his first dig of an Indian site - a "Missouri" tribe village from only a few hundred years ago

In 1962 he was an archeological assistant for the Museum of the Great Plains in Lawton, Ok. He helped excavate an imperial Mammoth from the Ice Age (10,500 B.C.). McNair found a stone spear point that the Paleo-Indian people had thrust in next to the elephant's rib as they hunted it.

Later, working as an archeological laborer for the university, he participated in the dig at the Little Osage Village of 1803.

While employed as a teaching assistant at Trinidad State Junior College in Colorado, he helped to excavate a U.S. Army fort, dated 1853. There he also



Lee McNair

worked on Anasazi (Pueblo) ruins.

He wrote his master's research on the "Cultural Sequence of Jackie Shelter" which was a rock shelter where Indian people lived in southwest Missouri dating back to 5000 B.C.

McNair reports that there are three main parts to archaeological field study: 1) surveying or finding the site, 2) excavating or digging the site, and 3) interpreting or analyzing the artifacts and their relationship to the culture.

He states that the whole purpose of archaeology is "to help understand the past" In learning about and understanding the past, people are better able to plan for their future and the future of their world, said McNair.

Free workshops offered in June

By Lorraine Powell
Bear Facts Staff

The Displaced Homemakers center at DMACC - Boone Campus invites single parents, displaced homemakers and single pregnant women to participate in their free workshop "Computers Don't Byte" to be held May 16, 6-9 p.m. and May 17, 9-4 p.m. It will be held on the Boone Campus in Room 218. Registration is required by 4 p.m. Wednesday, May 14. There is limited seating available.

On June 3 from 6:30 - 9:30 p.m. Displaced Homemakers will also offer a free Pre-Employment Workshop on the Boone campus covering resume writing, cover letters and interviewing skills. Please register by noon, June 2.

Please contact Maggie Stone at 1-800-362-2127, ext. 5037 or 433-5037 for both workshops.

Dean's Comments



This has been an extremely fast and very good school year. We served over 1000 students. We provided top quality education and service to our students.

For the students transferring to other schools, I wish you success. For students going out to work, I hope you have a happy life and make a lot of money. For returning students next fall, I will be looking forward to seeing you again. For summer school students, I'll see you soon.

Remember men's baseball and women's softball between now and the end of this semester.

PBL Semester in review

Boone Campus--Phi Beta Lambda, DMACC's professional business organization, has been very busy this semester. PBL started out in February with a Valentine's bake sale and the Mexican Fiesta. Pat Thieben and Cindy Miller helped to organize the fiesta.

In March, many of our members participated in the State Leadership Conference that was held here on campus. Amy Richards was elected as State Vice President and Cindy Miller was elected as State Secretary. Our members placed in many of the events. On March 20, PBL held an Easter bake sale and raffle. Also in March, we sold items from Randy's Meats.

April has been another busy month. Five of the officers traveled to Ankeny for a Leadership Luncheon. On April 24 and May 1, PBL is serving Pizza from 11 a.m. until 1 p.m. There will be a graduation social honoring the members that are graduating. This social will be from 12:00 until 1 p.m. at Hickory Park in Ames. In addition, we are raffling off a picnic basket full of goodies--all proceeds will go to the March of Dimes.

We invite new members and hope you will join us next year to make an even greater Phi Beta Lambda.

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Daily Grind

Moses Lueth
Bear Facts Staff



So, I am sitting here trying to pull a McGyver and make an improbable situation into probable one. Circumstances have it that a certain someone let all their homework pile up like dirty laundry. And now with a week remaining I have some decisions to make: 1. I could explain that I am suffering from a slacker syndrome, thus prohibiting me from completing all projects, tests, and chores. 2. I could intentionally break my writing arm, making me incapable of completing all projects, tests, and chores. Not to mention pull in sympathy points from strangers, family, and teachers. 3. Sleep...nap at 15 minute intervals like the mad genius Leonardo DaVinci and spend the remaining hours furiously cramming one semesters make-up work into a week of restless anxious nail-biting improvisation.

In all reality, any path taken will be long and strenuous. Anyhow, the lesson derived from this scenario is that the responsibility rests upon the individual's shoulder, and decisions made will have an affect. Maybe not in the immediate present time, but in future ordeals. I now realize in hindsight that it is a matter of prioritizing roles.

Learn to portion your time. A list of goals of things that need to be accomplished should be written down and posted (post it notes) in can't miss places: TV, frig, bathroom mirror, shower(laminated). This reinforces and triggers you to act upon completing the tasks that need to be done. Divide the list into must do and can wait. That way things of importance have first priority. It is OK to say no to friends, let them understand "All play and no work leads to the unemployment line." Organize, it does work. Things are much more clearer and more efficient when there is set way to go about doing them. And if you start the day by making your bed, the rest will fall into place. Making the bed is a step to organization. It prepares you for the routine and a daily ritual becomes habit and overlaps into everyday actions.

Still, the most important factor is executing the plan. Don't say it, do it: actions speak louder than words. Alas, my job is done, I have preached a wordy sermon. I leave you with an inspirational quote taken from I don't know where. "Be an organizer, be a doer, be a thinker, be a helper, be a persuader, be creative." Sounds like a Calvin Klein advertisement. Have a peaceful summer and (insert cliché). *Just be, Just do it?*

You know it's been a rough week at DMACC when--

- Your friends offer to pay for an evening out, and you respectfully decline so you can retire early.
- The multitude of memory-stimulating reminders you've written to yourself are all grammatically correct.
- You frantically race down the long hallway to the rest room--sit down--and pull out a textbook.
- Going home and doing the dishes piled high in the sink seems like a relaxing thing to do.
- Irrately, you call Ron Erickson over to your computer because nothing will come up on your screen. He smiles politely and calmly points to the on/off switch.
- Instead of turning in your completed exam you accidentally hand the instructor your most recent issue of MAD Magazine, and neither one of you notices.
- In a fit of frustration you randomly throw your pencil across the classroom and it lodges in your Psch. instructor's forehead.
- Between morning classes you sit down on a comfortable couch in the L.W. Courter Center. The next thing you know, you feel an eerie presence and a maintenance engineer asks, "You going to spend the night, or can I go home now?"
- While wandering aimlessly in the small DMACC parking lot, you decide to reserve some funds from the student loan you requested for entrance to ISU and purchase a homing device for your car.
- After telling advisors and counselors a **hundred** times that you're **not** going to the graduation ceremonies, you decide that shopping for a graduation outfit isn't such a bad idea after all.

"Good Luck Graduates!"
Bear Facts Staff

Editorial

The Spring Fling celebration that was to occur April 21-25 was reduced to a one-day event with fewer activities scheduled than in the past. Other years, one-day of games concluded with a barbecue. However, this year, two SAB members thought a grander version of this social event would be appreciated even more by DMACC Boone campus students, faculty and staff.

It was a good idea in theory, but like so many good ideas, it just didn't receive the support that it needed to survive. Although several members of the Student Action Board put a lot of time into the planning of this project, the Bear Facts provided adequate media exposure, the Rezoomers made colorful posters, and the "Fling" received support from a few instructors and the office of student services, the question still remains, where was the rest of the student body, faculty and staff?

We can't help but relate this problem with the Spring Fling to present day society. We know that people are very busy with their own lives, and it becomes hard to break away from the hustle and bustle of everyday life, but you know, the more we think about it, we realize that that's no excuse.

Wouldn't it be logical to conclude that the SAB, Bear Facts, Rezoomers, the staff, the instructors, and anyone else who contributed to the Spring Fling are just as busy as everyone else? They still took time out of their busy schedules to volunteer their services to organize events for all to enjoy. We're sure that the lack of support became very frustrating to them.

It makes us sad to see modern cynicism consuming important social values such as citizenship and community involvement. It seems that society expects things to get done and issues to be dealt with, "we want, want, want," but in return we are not willing to volunteer our services to make the job a little easier. But when things are not done to our satisfaction, we have no problem complaining.

Citizenship means that as citizens of this great country, we all have an obligation, a civic duty if you will, to help keep this country great, and to selflessly contribute to its prosperity.

Community involvement means that we need to put away our cynicism, and remember those people who, for no apparent reason, and out of the goodness of their hearts, helped us shape our lives and get where we are today: teachers, ministers, neighbors, family, and friends. Now its our turn to help out our communities.

In order for us to resolve our problems, we must have an open forum to bring forth possible suggestions. We understand the time constraints of work, family, and school, but as a school, we are a community, and as a community, must interact with one another.

This may be a little idealistic to think that everyone could or should be out there volunteering their services, but when you can't volunteer yourself, take the time to thank those who could. Even though the Spring Fling didn't come off the way it was supposed to, a lot of people worked hard to organize this event.

Because of some persistent students and George Silberhorn, we did enjoy some good food. Thanks to Jon Yanders, lead singer for "One More Roadside Attraction," a DMACC student, for going without sleep and rounding up the guys on such short notice, we enjoyed 90 minutes of good entertainment. Thanks to Kriss Philips and Terry Jameson for running the band's contract through the red tape so quickly. And extreme gratitude to the Student Action Board for financing the event.

Stop one of the "volunteers" and give him or her a little recognition, they deserve it. It's nice to know that things you try to do for other people aren't forgotten.

Bear Facts

April 30, 1997

Vol. XXV----Issue #14

The *Bear Facts* is a student publication published bi-weekly at Des Moines Area Community College, 1125 Hancock Drive, Boone, IA 50036 (515) 433-5092. The *Bear Facts* is distributed free to all DMACC students, staff and alumni, or a subscription can be purchased at the annual rate of \$10 to the general public. Editorial and advertising offices of The *Bear Facts* are located in Room #210, 2nd floor of the academic building.

Editorial Policy

The *Bear Facts* welcomes all letters in an attempt to provide a forum for the many diverse views of the campus. The views expressed in the *Bear Facts* are not necessarily the views or endorsements of Des Moines Area Community College or the *Bear Facts* editorial board.

Letter Policy

Letters should be no longer than 200 words, signed and brought to the *Bear Facts* Room 210 and slipped under the door, e-mailed to jrlaville@dmacc.cc.ia.us or mailed in care of the college. The *Bear Facts* reserves the right to edit as necessary for libelous content, profanity, copyfitting, grammatical or spelling errors and clarity.

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Typical Nontraditional

By Patrice Harson
Bear Facts Staff

We have upon us a new social situation; divorced mothers who, after thoughtful consideration and discussion with family members, decide to make the step traditionally taken by divorced husbands and move away from their children, leaving the father in the role of custodial parent.

With each new decade and the ever-rising divorce rate in our country, parents and their children are continually challenged by family issues rarely experienced prior to the 1970's. Social situations that were once considered taboo are now becoming more familiar, albeit not comfortable, for many American families.

Two years following the end of my 16-year marriage, I moved 150 miles away from my daughters, and every day I question how this journey will affect my life and my daughters' lives. If our well-being is to withstand this new challenge set before us, my daughters and I will need to remind ourselves regularly of the solid reasoning involved in making this decision.

In many ways, being only eight miles away from my children and not being allowed to see them was more difficult than being the 150 miles away that I am now. The first two years of my divorce, Nicole and Kristine were with me more than two-thirds of the time. Then, without warning or explanation, my ex-husband gradually began to exclude me from their lives. Over a three-month period, he continued to involve me less and less in parenting decisions, and he insisted the children spend more time with him.

Past health problems and a low income prevented me from hiring a lawyer, and I was forced to be content with seeing my daughters as often as my ex-husband dictated. I really didn't know what to do with myself at this point. My life evolved around my daughters, and I was lost without them.

Five months passed as my daughters neared adolescence and became more involved with their school activities and friends, and they decided that spending more time with their father was not such a bad idea.

Sometimes, our children are our best teachers; my daughters had moved on, and Mom decided it was time for her to do the same. Realizing that Nikki and Kristi were in the compassionate hands of their highly capable father, I decided it was time, finally, to take control of my life.

"Taking control of my life" meant attempting to fulfill a dream I've had since my junior year in high school. At age 17, I had big plans of following my brother's footsteps by joining the Navy. I wanted

to become a photojournalist and see the world. However, as John Lennon sang, "Life is what happens to you while you're busy making other plans."

Since the Navy isn't too interested in recruiting women of my maturity, the logical choice was to pick a college and restart my life. I've been an Iowa farm girl all my life. Although it would be nice to see other parts of the country, at this time in my existence, I couldn't imagine calling any other state my home. Realizing that I wanted to remain an Iowa resident, my next decision was which direction to move. One thought re-entered my conscience consistently while weighing my options: What kind of mother leaves her children behind?

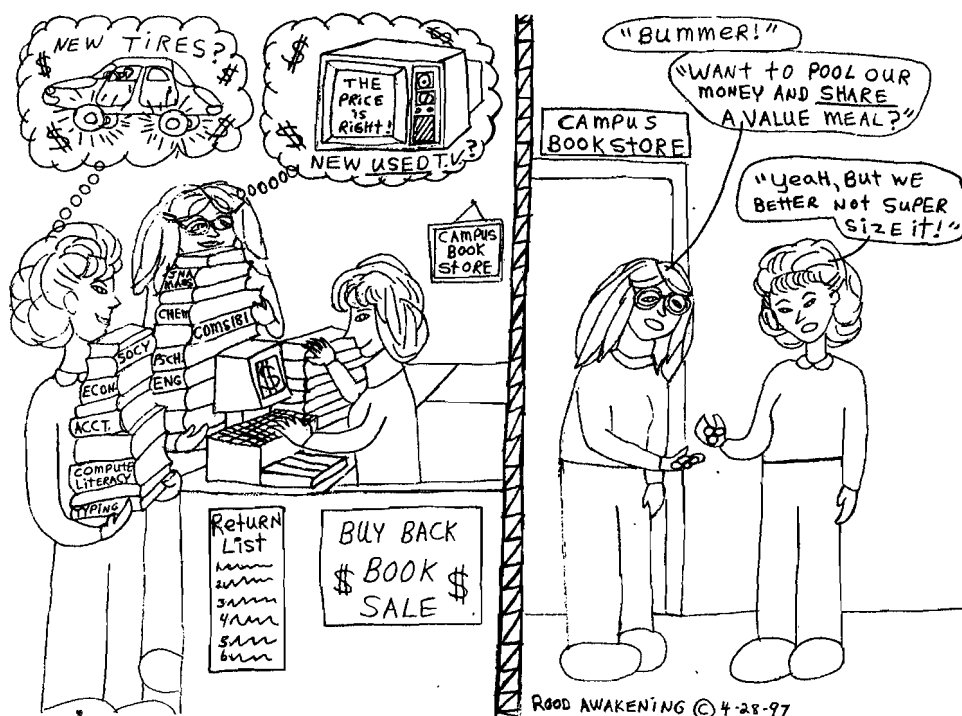
If it were up to me, my girls would go with me, but this was not my choice. The next best thing was to choose a place that, although they would not be physically present the majority of the time, my daughters would, at least, be with me in spirit. I decided I would choose a location that could become my children's "other home."

I was as far north as I could get and still be an Iowan, so going south seemed like the logical choice. My fourteen-year-old daughter, Nicole, has always shown great interest in the arts. As a toddler, her first coherent sentence came when,

with pen and paper in hand, she approached me and said, "I 'ite, Mommy, I 'ite," meaning, "I write, Mommy, I write." Anything performed fascinated her, whether it was being read to out loud, the simplest of plays performed at her elementary school, songs vocalized off-key by her less than talented mother or, preferably, those sung brilliantly by her favorite Sesame Street characters.

Like a child in awe of the novelty not of my possession, I have always enjoyed the arts as well, and I recalled stories told by my brothers and their wives as they reflected on their college days at Iowa State University and the abundance of entertaining concerts, museums, and varying cultural opportunities the Des Moines and Ames area offered them when they took up residence there. I decided that this would be a wonderful atmosphere to expose Nicole to. I decided I may be on to something worthy of continued consideration and investigated further.

I was afraid Iowa State University was an unrealistic aspiration, and after studying on my own for the ACT's, I discovered my fear was well-founded. I decided I needed to do what my brother, Paul, did and start small with a smaller college. After some discussion with



ROOD AWAKENING © 4-28-97

Letter to the Editor --

I want to use this opportunity to publicly thank Jan LaVille for her caring and consistent help in editing articles I have written for the Bear Facts school newspaper these past 1 and 1/2 years. During the time I have been on Bear Facts, Jan has proved to be an invaluable instrument of getting the paper out no matter what the extenuating circumstances were. At times it seemed impossible, but somehow, the impossible always became possible.

Thank you, Jan, for all the personal help and suggestions you have given me about my writing and my writing goals.

Lorraine Powell
DMACC Boone Campus student

Letter to the editor --

Thanks to all the clubs and organizations who have kept the L.W. Courter Center Snack Bar open over the noon hour since it was prematurely closed. With the winding down, I, like many other students, are spending more time on campus honing and refining papers and projects whose deadlines are looming ever nearer.

It's nice not to have to spend more time and money leaving campus to energize myself with inexpensive brain food. I would much rather give my money to a campus affiliated organization than to Micky D's any day, and these clubs have earned it.

It is not easy to prepare a large amount of food and serve it, so next time instead of leaving the campus, support and thank those in the snack bar.

Now if the library and computer lab could only stay open on Saturdays before finals...but that is another letter.

Joanne Dudgeon, Boone Campus student

friends, I heard about Des Moines Area Community College. The next decision was which campus to choose.

In the summer of 1996 my 11-year-old daughter, Kristi, spent a week at a YMCA camp near Boone, and she had the time of her life. Nine years ago on a RAGBRAI expedition I pedaled my way through Boone and recalled the beauty of its landscape, as well as its people. It sounded inviting, so I made plans to revisit this wonderful community.

While in Boone, I took the DMACC asset test. I have concluded that the only ability one needs to pass the DMACC asset test is the ability to read. Still, I didn't do all that well, but I was accepted and the time had come to tell my daughters that Mom was planning to move.

Mom cooked a special meal that night...pizza. The three of us laughed while dreaming of the future and what we would someday become...an actress? a teacher? an astrologer? an archeologist? a photojournalist? Yes, girls, Mom wants

to be a photojournalist, and I would like to go back to school, which means a move to Boone.

Nicole just about fell over with excitement, and Kristi's eyes lit up at the mention of Boone. My adolescent daughters, who reflected more maturity than their mother did at age 30, were thrilled, supportive, and just plain wonderful.

What kind of mother leaves her children behind? I don't know. What I do know is that I am the kind of mother who has learned a great deal from life's lessons and, because of this knowledge, I have earned my daughters' respect. I will continue to make decisions concerning what is best for my children. Of course, I won't always be right.

There will come a time when my daughters will need to come to terms with their parents' mistakes; and I have faith that, once again, they will find the freedom experienced when discovering what it means to respect oneself enough to "move on."

Hot jobs & hot fields

By George Silberhorn
Contributing Writer

To break into a career you want, you need an edge; have a passion for what you want. Bummer! U.S. Labor Department experts are predicting a slow-down in employment growth — almost half what it was 10 years ago!

Good news! Don't quit. Study! Succeed! Take time to look at yourself. Make a plan. Don't try to figure out the rest of your life — maybe just the next 10 years. Know where you're going and how to get there.

Hot jobs with bright futures

Gleaned from national statistics: Architects, College Instructors, Computer Programmers, Dietitians, Financial Managers, Health Service Manager, Records Clerks, Buyers, Lawyers, Insurance Agents, Law Enforcement Officials, Graphic Artists, Emergency Medical Technicians.

Be an organizer; Be a doer; Be a thinker; Be a helper; Be a persuader; Be creative!

High demand areas and short supply areas in the education job market: Special education, speech pathology, audiology, bilingual education, science, math, computer science, media, guidance and counseling, industrial technology.

Times' hottest fields: Teacher, nurse, executive, systems analyst, social worker, lawyer, financial manager, computer engineer, accountant, physician, marketing manager, physical therapist, product designer, paralegal.

Some community college students are becoming "techies" — sometimes called "gold collar" workers — who are grounded in math and science, computer literate, and armed with basic writing skills.

More of job outlook to 2005

Business management (accounting, financial, marketing, etc.); engineering; mathematicians and scientists; legal, social, and religions (economists, social workers, lawyers, ministers, priests, rabbis, psychologists, urban planners); teachers, librarians, counselors; health practitioners (all areas); communication (public relation specialists, radio announcers, reporters, writers); visual arts; technicians (air traffic controllers, broadcast, computer, drafting, engineering, science, paralegal); administrative support (bookkeepers, accounting clerks and technicians, receptionists, secretaries, word processors); law enforcement; agriculture; sales; food and beverage; personal services, construction and excavation; production; transportation.

Advice for preparing for a career is consistent from labor consultants: become computer literate; learn to communicate well through writing and speaking; develop logic and reasoning capacity (take challenging, "tough" courses); learn to express yourself clearly and persuasively; and in a world where change is the only constant, the most valuable skill of all is the ability to continue learning.

The following information was gathered from 6 publications: *Movin' On*, 1997 Edition; *Time*, January 20, 1997; *The Job Hunting Handbook-Job Outlook to 2005*; 1997 *Nando.Net*; and 1996-97 *Compass*.

Manage test anxiety

By Woo-Im Jang
Bear Facts Staff

Just before you take a test, or during the test itself, do you spend a lot of time worrying about your performance? Do you expect to do poorly on the test no matter how much time you spend in preparation? Do you think to yourself and tell yourself how poorly you're doing?

These statements or "self-talk" are often cognitive errors and act as barriers to your performance. At this moment, listen to what you say to others and to yourself. Ask yourself the question:

"What am I telling myself that is making it harder for me to perform well on this test?"

Remind yourself that you are a player in the game of testing and that stress is a part of the game. Stress and the test performance are related to each other.

An appropriate level of stress actually helps you do better; excessive stress turns

into panic and inhibits performance. Stress can manifest itself and impede test performance in two ways; cognitive barriers (thoughts) and physical barriers (body).

Cognitive barriers to test performance

- Begin constructing positive self-statements to replace counter-productive and negative self-talk. Use them while you study and take exams (e.g.; I've been to the lectures, done the homework- I can do this!)
- Remind yourself of past successes and how well you've prepared. Praise yourself for the things you have done correctly and are doing correctly.
- Visualize success--see yourself passing the exam, the course, and getting your degree!
- Consider the worst and also the real importance of this exam in the greater scheme of life.

- Make sure you are prepared! The key to good performance is adequate

FINAL EXAM SCHEDULE

DES MOINES AREA COMMUNITY COLLEGE

Class Time

Exam Time

Monday, May 5, 1997 (Monday/ Wednesday/ Friday or more classes)

8:00 a.m.-8:55 a.m.....	8:00 a.m. - 10:15 a.m.
10:10 a.m. -11:05 a.m.....	10:30 a.m.- 12:45 p.m.
12:20 p.m.-1:15 p.m.....	1:00 p.m.-3:15 p.m.
2:30 p.m.-3:25 p.m.....	3:30 p.m.-5:45 p.m.

Tuesday, May 6, 1997 (Tuesday/Thursday classes)

6:30 a.m.-7:55 a.m.....	6:30 a.m.-8:45 a.m.
9:40 a.m.-11:05 a.m.....	9:00 a.m.-11:15 a.m.
12:50 p.m.-2:15 a.m.....	11:30 a.m.-1:45 p.m.

Wednesday, May 7, 1997 (Monday/Wednesday/Friday or more classes)

6:55 a.m.-7:50 a.m.....	7:00 a.m.-9:15 a.m.
9:05 a.m.-10:00 a.m.....	9:30 a.m.-11:45 a.m.
11:15 a.m.-12:10 p.m.....	12:00 p.m.-2:15 p.m.
1:25 p.m.-2:20 p.m.....	2:30 p.m.-4:45 p.m.
3:35 p.m.-4:30 p.m.....	5:00 p.m.-7:00 p.m.

Thursday, May 8, 1997 (Tuesday/Thursday classes)

8:05 a.m.-9:30 a.m.....	8:00 a.m.-10:15 a.m.
11:15 a.m.-12:40 a.m.....	10:30 a.m.-12:45 a.m.
2:25 p.m.-3:50 p.m.....	1:00 p.m.-3:15 p.m.

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

Last Monday night class (Final Exam).....	May 5
Last Tuesday night class (Final Exam).....	April 29
Last Wednesday night class (Final Exam).....	April 30
Last Thursday night class (Final Exam).....	May 1
Last Monday/Wednesday night classes (Final Exam).....	May 5
Last Tuesday/Thursday night classes (Final Exam).....	May 1
Last Saturday class (Final Exam).....	May 3

preparation well ahead of time. Cramming is an ineffective study strategy that inhibits recall.

- Simulate the actual testing condition while you study. Learn how to work smart and fast before the actual exam. Perform a dress rehearsal-- time yourself and work without reference to your notes or text.
- Allow yourself plenty of the time to get to the place of the test.
- Don't stand or sit around and talk about the text with others just before the exam; calmly reflect on what you've learned.

During the exam, don't panic if others are writing and you're not. Don't be upset if others finish before you do. Everyone has his/her own pace! Listen to your drummer, not someone else's.

Physical barriers to test performance

Just before you take a test or during the test itself, do you experience sweaty palms, stomach or bowel panics, racing pulse,

heart pounding or the physiological symptoms of stress? Here are some ways to reduce the effects of these symptoms:

- Get plenty of sleep the night before the test. If you are overly tired, your ability to think clearly and to remember effectively will be affected.
- Avoid stimulants like coffee or sugar prior to the test. Skip your morning coffee and don't eat that sweet roll. These substances lead to chemical stress.
- Eat a balanced diet. Try to eat any carbohydrates like cereal or fresh fruit before the test.
- Learn to relax. Take time to learn about the relaxation process and what works for you. The techniques you choose should feel comfortable, be brief, and be the type you could do in the testing room in front of others.

http://www.public.iastate.edu:80/deanstdl_info/asc_home.html



1997 Boone

*"May good fortune be v
May you grow to be proud,
you'd have done to you. Be c
...for all the wisdom of a life
you choose, we're right behin
Prince or vagabond...may
you'll always remain--forever y*

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Congratulations DMACC Graduates!

Wayne E. Rouse, M.D.
John R. Anderson, M.D.
Frank S. Downs, M.D.
James A. Hardinger, D.O.
Scott L. Thiel, M.D.
Jerald J. Phipps, D.O.

Department of Sciences and Humanities

Candidates for Associate in Arts

Christopher L. Abbott
Cemi Agustín
Carmen G. Andrews
Jennifer Erin Armstrong
Dottie M. Ausborn
Sara Ann Britson
Gregory W. Brumm
Jennifer L. Carr
Stephen R. Coil
Casey Richard Collins
Carrie C. Cook
Joanne Kay Dudgeon
Elizabeth Jean Foust
Terry L. French
Lucas Christopher Gourley
Amie Marie Herrick
Dana R. Hesser
Helmi A. Jazem
Bonnie Kay Jenison
Joyce E. Jones
Kin Li
Joseph M. Meyers
Shane P. Moe
Wade L. Myers
Molly R. Neal
Michael C. Nieman
Tracy L. Page
Carrie Anne Pervier
Lauri A. Rose
Kevin L. Sellers
Kevin B. Selway
Jared D. Sharp
Michael D. Sondall
Debra Rose Svaleson
Josh T. Tracy
Teresa L. Thorson
Lori A. Van Fleet
Matt P. VanPelt
Jeremy E. Waymire
Mark H. Williams
Michelle L. Wood
Criminal Justice
Becky K. Bishop
**Candidates for
Associate in Science**
Mohamed H. Al-Kadas
David Ray Anderson
Clark L. Anliker

Jennifer Erin Armstrong
Robert L. Barker
Danae N. Brinkman
Elizabeth I. Buntoro
Amy J. Burton
Kathryn K. Carlson
George S. Christian
Melody S. Costello
Michael V. Dunn
Julia T. Edson
Thomas M. Faudskar
Terry L. French
Casey R. Garman
Thomas A. Gibbs
Elizabeth A. Hagan
David L. Herr
Joseph A. Hull
Theresa M. Johnson
Joyce E. Jones
Mary Beth Judge
Trinh (Amy) Kleu Nguyen
Jennifer D. Klehm
Laura J. Kiesel
Michael J. Kline
Julie J. Lyon
Melissa R. Mozena
Kimberly S. Ose
Keith Edward Papin
Shawn D. Schroeder
Kevin E. Selway
Rosemarie A. Starrett
Jodi S. Welder
Kari L. Winniger
Kary R. Woolson
Sarah Marie Wright
Accounting Paraprofessional
Leah J. Meadows
Business Administration
Fouad Ali Al-Kohlany
Nikki M. Becker
Chad J. Gibbons
Rodah N. Runanu
Ana Paula Lima Souza
Chad D. Starling
Melissa N. Starling
Business & Computers
Marcia K. Johnson
**Leisure Studies-Holistic
Wellness**
Tia M. Jackson
Jody A. Rupp
**Leisure Studies-Recreation
Leadership**

Pasquel G. Beauvais
Stephanie M. Buenting
Tia M. Jackson
Jody A. Rupp
**Candidates for Associate
in General Studies**
Molly R. Neal
Colleen V. Sparks
**Candidates for Associate
in Applied Science**
Accounting Specialist
Jill R. Campbell
Karen Ann Donovan
Kimberly Kay Pepin
Tina M. Snedden
Accounting Technician
Michelle A. Lacy
Associate Nursing
Caroline C. Anaele
Loni S. Anderson
Suzan Marie Avery
Teresa A. Bowers
Suzanne J. Brincks
Ira E. Bushore
Kenneth W. Clark
Joyce E. Determann
Lisa M. Dodds
Joyce D. Ellsbury
Patricia A. Fehr
Kristen J. Franken
Margaret A. Jackson
Kay L. Johnson
Michelle Marie Kroeger
Robert L. Larkins (*posthumously*)

*Congratulations, Sarah! Keep your cur
to shoot for the i*

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diploma May 9
cer

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Campus Graduates

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... led and true...and do unto others as
... yeous and be brave...
... no one can ever tell. Whatever road
... win or lose.
... never love in vain, and in our hearts
..."*

*...cerpt from the song, "Forever Young"
...d Stewart, J. Creagan & Kevin Savigar*

Monica M. Lawler
Connie Lou Lemon
Shannon L. Rotert
Jodi L. Scanlan
Amanda M. Scott
Jodi Lynn Tryon
Tracy A. VanMeter
Linda S. Wendt

Medical Office Technology

Joyce D. Dakin
Jody M. Hunter
Office Technology
Eugenia M. Garcia
Rashele R. Johnson
Stephanie Jolene Lambert
Lorilynn Varnado

**Candidates for Diploma
Accounting & Bookkeeping**

Evangeline A. Hussman
Medical Office Technology
Joyce D. Dakin
Office Technology
Eugenia M. Garcia
Practical Nursing
Jennifer Anne Beal
Danielle E. Berg
Miranda J. Brittain
William J. Buchele
Dena M. Carlson
Mindy L. Clark
Myriah D. Clark
Denise K. Cornelison
Laura L. Elsberry
Susan M. Ernst

*...well fueled, your heart on target and remember
...star in your skies."*

Scott Kovach

...ories forever!

...ken receiving your
...during graduation
...onies.

...n studio
...1786

...ny will also be available.

Kathy J. Gilliland
Sheri A. Goshorn
Heather R. Gunn
Karen I. Hadaway
Beth A. Handly
Jessica A. Hannusch
Sharon A. Henely-Milani
Kara M. Jensen
Joanne M. Johnson
Ann M. Nervig
Rachel L. Patzner
Gina M. Peter
Michelle L. Reiff
Cherilynn A. Schendel-
Hannager
Bethany G. Shaffer
Keith E. Shearer
Hongxia Shi
Shannon L. Stephenson
Deana A. Stevens
Cathy J. Strand
Barbara A. Wilson
Shelley A. Winter
Renea L. Wood
Hawabu S. Yakubu
Ann M. Zimmer

**Candidates for
Certificates of
Specialization
Clerical Specialist**

Jody M. Hunter
Stephanie Jolene Lambert
Lorilynn Varnado

Data Entry 1

Kimberly A. Crandell
Stephanie Jolene Lambert

Lisa M. Malone

Management

Joyce D. Dakin

Medical Office Technology

Certificate

Joyce C. Dakin
Eugenia M. Garcia

Medical Transcriptionist

Joyce D. Dakin
Jody M. Hunter

Microcomputer Application

Stephanie Jolene Lambert
Lorilynn Varnado

Congratulations 1997 Graduates From the Bear Facts Staff

Dear JoAnn,

Working and attending
school, yet you reach out to
returning students in Re-
Zoomers. Thank you! Con-
gratulations, onward to Iowa
State!

Monika

Commencement Breakfast Buffet

May 9, 1997, Friday, 7:30 am

Boone Golf and Country Club

Free to all graduating students
Please make reservations in
main office
Extra tickets available at \$5
each.

Sponsored by Alumni Association

Eleven join ΦΘΚ

Eleven students joined DMACC's
honor society this spring. To be eligible
for Phi Theta Kappa, a student must have
earned 12 credits at DMACC and hold a
3.5 GPA or higher.

The following students were initiated
into Phi Theta Kappa, Tau Phi chapter of
the honor society on March 16, 1997:

Joanne Dudgeon, Julia Edson, Casey
Garman, Jeremy Kaeding, Shane Moe,
Brandon Rockow, Cathy Strand,
Nathan Welch, Kary Woolson, Sarah
Wright and Tuan Trinh.

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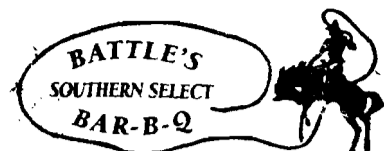
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Nice Job, Boone
Campus Graduates

Boone DMACC students honored for student leadership

By Charles Whiteing
Bear Facts Staff

Students from DMACC's Boone campus, as well as select students from every DMACC campus, were honored on Wednesday, April 16, on the Ankeny campus when the DMACC Alumni Association sponsored a Student Leader Recognition Luncheon. The luncheon was to recognize students who were nominated by their student club or organization advisors for leadership above and beyond the call of a student.

The luncheon was prepared by the Ankeny campus's culinary arts students. Dixie Pierce, President of the DMACC Alumni Association, then opened by welcoming the students and introducing the guest speaker, Polk County's County Attorney John P. Sarcone.

Sarcone addressed three things that he believes are important to a good leader, leadership, community involvement, and citizenship. Sarcone said that leadership is something that should not be done for the purpose of personal recognition, but something a person should use to do a job and do it well.

Sarcone went on to explain how community involvement is an important role of a leader. He told an anecdote from his own experience about when he was fresh out of law school. Even though he had plenty of opportunities to make a lot of money, he decided that he was going to become a public defender. Although the job didn't pay all that well, Sarcone remembered the personal satisfaction he felt

knowing that he was giving his services back to the community.

Lastly, Sarcone talked about citizenship, and how values such as integrity and honesty are important in a good leader.

Following Sarcone's delivery, Pierce and Pat Warner, vice-president of the DMACC Alumni Association, began the certificate presentation. The Boone campus awards were presented as follows: Student Action Board members were Theresa Johnson, Charles Whiteing, Amie Herrick, and Nick Vogel; Bear Facts members, Patrice Harson, Mark Williams, Moses Lueth, Melinda Gorman, and Lorraine Powell; Phi Beta Lambda awardees Stephanie Lambert, Stacie Tolan, Chris Swanson, Sandy Townsend, Teresa Clark-Espinoza, Amy Richards, and Cindy Miller; the Rotaract awardee was Shane Moe; and Joanne Dudgeon was awarded for the Rezoomers.



Boone DMACC students in attendance at the DMACC Student Leadership Luncheon were, from left to right, (row 1) Melinda Gorman, Patrice Harson, Amy Richards, Stephanie Lambert, Cindy Miller, Stacie Tolan, (row 2) Charlie Whiteing, Mark Williams, Moses Lueth, and Teresa Clark-Espinoza. Those who were in attendance but not pictured above are Theresa Johnson and Shane Moe.

Bookstore to buy back some titles at end of semester

The Knowledge Knook Bookstore will be buying back limited quantities of the following book titles at the end of the semester:

- Law for Business (Ashcroft),
- Calc. Mgmt. Soc. Sci (Berkey),
- Intro Gen Org & Biochem (Bettelheim),
- Elementary Stat (Bluman),
- Microeconomics (Colander),
- Messages (Devito),
- Essential Psch Action (Huffman),
- Human Mostac (Jordon),
- Music An Appreciation (Kamien),
- History Western Society Vol II (McKay),
- Principles of Accounting (Needles),
- Intro to Hum. Commun. Understanding and Sharing (Pearson),
- Artforms (Preble),
- Life-span Hum. Dev (Sigelman),
- Ethics (Thiroux),
- Microbiology (Tortora),
- Emphasis: Art (Wachowiak)

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Continued from p. 1

First year at DMACC

Emilie, and 6-year-old son, Zachary, keep her extremely busy off-campus, but she's grateful that her husband, Russ, is so supportive. "I wouldn't be able to do it without him," says Stevens.

Born in Ames and a Boxholm resident since age 6, the location of Boone Campus was a major factor in Stevens' decision to attend DMACC. Stevens says, "I also heard good comments about the nursing program at DMACC. Whenever I asked about the program, I always received positive feedback."

Stevens has relied heavily on contributions since she started attending DMACC—but not the financial kind. In 1995, she began with one small scholarship and one course, Psychology 101. The invaluable offerings Stevens refers to are the study groups she participated in since starting school full-time in the fall of '96.

"I participated in a study group with three other students," says Stevens. "We studied two to three days a week for 90 minutes to two hours each time we met. My study partners brought up points from class that I hadn't thought of. Together we would go over lecture notes from the day's classes and from the syllabus pertaining to that day."

Stevens is anxious to continue her education with hopes of graduating with an Associate Degree in Nursing in the spring of 1998. So this summer may be her last chance for some time to attend her family reunion held every other year in Bull Shoals, Arkansas. Her grandmother lives only three blocks from the Bull Shoals Lake and Stevens plans to do a little cliff jumping. "Two years ago, I jumped off a cliff approximately 50 feet into the water just to prove to my nieces and nephews that I could do it, and I'll do it again," says Stevens.

That determination combined with the ability to recognize alternative means that ease the difficult task of combining family time with study time will work in Stevens' favor next semester. With 10 credit hours on her summer schedule Stevens says, "I'll utilize my resources more. By resources I mean the Academic Achievement Center, Computer Lab and the nursing program software that's available on the DMACC computers. I am taking a computer literacy course this summer, but I could have used the software programs last semester without that knowledge. It was more a matter of taking the time to do it, and it would have been worth my time."

Stevens advises young students to consider completing their formal education prior to starting a family. "It's hard to go to school, but it's even harder to come back after you've been out awhile," said Stevens.

Getting back in the classroom couldn't eventuate fast enough for **Lisa Kahookele**, DMACC Adjunct Instructor on Boone Campus. Kahookele taught journalism and English at Hempstead



Lisa Kahookele

High School in Dubuque for two years. She also worked four semesters for the Iowa State University Journalism and Mass Communication Department then worked one semester for Minority Student Affairs to earn her Master of Science degree from ISU.

Born in Maui, Kahookele moved with her family to Hastings, Neb. when she was four. She received her Bachelor of Arts degree from the University of Nebraska at Lincoln before moving to Iowa.

After graduating from ISU, Kahookele worked 18 months for the Boone News Republican as Lifestyles Editor. Then she worked 18 months as a copy editor and on newspaper layout for the Ames Daily Tribune. Kahookele really missed the students and missed the teaching assistantship at Iowa State University but found her way back into the classroom last January. Kahookele teaches *Writing Skills Review* and is adding another developmental course, *Study Skills Review*, to her schedule next fall.

Sometime before her fall schedule begins, Kahookele plans to conduct a personal "study skills review" with her two sisters who live in Denver and Colorado Springs. She may even have time for a brisk, mountain stroll.

Kahookele started walking this spring, and she plans to continue this habit. "A morning walk helps get my brain warmed up which helps get me organized," says Kahookele. "The rest of the day seems to go smoother when I walk in the morning."

Another improvement Kahookele hopes will materialize soon is currently on the back burner, but she says that will change by next semester. Kahookele says, "I'll write down more and make more lists to aid my memory, which has reduced some since the birth of my son."

Finding daycare for her new son presented a difficult challenge for Kahookele when returning to school. Her advice to new parents is, "When choosing daycare, follow your gut. If it doesn't feel right, don't leave your child there."

Between parenthood and classroom, Kahookele can be found in the Academic Achievement Center helping students with various areas including asset tests, high school diploma classes and GED testing. Kahookele encourages students to ask questions related to their English and composition courses because she realizes that cooperation is the key to a successful DMACC experience.

Kahookele says, "Serving as an instructor at DMACC has been my favorite job because of my co-workers. I've never worked with people as understanding, as supportive and as patient."

Kahookele says that students who don't show up for class may want to rethink their priorities. "There's no reason to waste your time, your classmate's time or mine," says Kahookele.

Concern for DMACC's students is **Dr. Tim Bergin's** full-time concern. Bergin, a Biology Instructor on DMACC Boone Campus, stresses the importance of student attendance. Bergin says, "Attend class. If you don't, you miss out on a lot of information that you can't pick up



Dr. Tim Bergin

from the textbook and other student's notes. In a school this size, instructors know which students are missing, and habitual absence doesn't leave a favorable impression."

Bergin urges students to contact the instructor by e-mail or voice mail if they know that they are going to be gone. Bergin says, "If students have problems—and we all do—whether that problem is personal or related to education, talk to an instructor before the problem becomes too large."

Bergin believes DMACC was the right choice for him because the people here are friendly. Bergin says, "DMACC students are of a good quality, and I enjoy the classes I teach."

Bergin attended universities in three U.S. states before landing at DMACC Boone Campus. He began in his childhood home of Kansas where he received his Bachelor of Science degree in Wildlife Biology from Kansas State University. Then he went back to the state he was born in and earned his Master's Degree at the University of Nebraska at Lincoln. Next, Bergin went on and earned his doctorate in biology from Bowling Green State University at Bowling Green, Ohio.

A student of statistics would calculate that Bergin, if vacationing out-of-state, would most likely choose a summer respite in one of these three states. That student would be wrong. Bergin will be attending a family reunion in Colorado towards the end of June.

Bergin will know around the first of May whether or not he'll be teaching classes at DMACC this summer; however, he will be back on Boone Campus next fall.

Bergin will begin his second year at DMACC by making a few changes, beginning with the class schedule. Bergin is shifting classes to allow more time for lab preparation.

Bergin is also creating a new position for one enterprising DMACC student. The student's responsibilities will include: helping Bergin set-up the lab, mixing chemicals, grading, cleaning glassware and other kinds of lab-related duties. Students interested in this Microbiology Work Study position should

see Bergin and ask plenty of questions. Bergin says, "Don't be afraid to ask. Students should ask questions. There is no unimportant question when it comes to education."

Brad Smith, Accounting Adjunct Instructor on DMACC Boone Campus, asked Patty Holmes and Nancy Woods his share of questions while a DMACC student in 90 and 91—and he's grateful that he did. Holmes was Smith's accounting instructor, and Woods taught Smith's Business Calculus course.



Brad Smith

Continued on p. 10



(Photo by Moses Lueth)

Jon Yanders jams with his band One More Roadside Attraction during the Spring Fling. Yanders, a student at DMACC, has performed at the Long Shot, Lost and Found, and Flanagan's.

Continued from p. 9

First year at DMACC

"They taught me well," says Smith. "The Boone Campus classroom environment of 20-30 students is ideal. Students receive a lot of individual attention and thereby receive a more personalized education, which assists transfer students.

"DMACC provided me with the necessary tools to do well and graduate with honors from ISU."

After earning his Bachelor's of Business Administration at ISU and obtaining his Certified Public Accountant Certificate, Smith worked for a C.P.A. firm which transferred him to North Carolina. Smith missed Iowa and came back to DMACC. He now teaches 18 credit hours and will be teaching at both the Boone and Ankeny campuses this summer. Smith says he will only come back in the fall as a full-time instructor and that opportunity "is up in the air at this point."

Accepting the adjunct position "opened the door" for Smith and he encourages students to recognize that 99 percent of success is in trying.

"The students who attend class are making the attempt," says Smith. "I see students at DMACC who really want to succeed. When I go home from DMACC at night, I go home feeling like I did something worthwhile."

Since Smith can't figure out how to perform a "Vulcan mind melt," he's opted for more earthly teaching methods that he believes students appreciate more. Smith realizes that a good share of his students want to learn the subject matter. However, at times, so much material is pushed on students so fast that it's almost impossible for them to keep up.

Smith offered additional class time to his students when he presented difficult material. He encouraged voluntary attendance by day students to his identical

evening lecture and visa versa.

In the future, Smith would like to initiate study groups for his students, which would teach them to focus on what material is most important.

Smith also blends an appropriate mixture of take-home exams with in-class exams. Smith says, "Students who really want to do well spend time learning and studying--and more learning time goes into the take-home exam.

"I have some students who can answer the questions in class but not on the in-class exam. When students with test anxiety can take the test home, that takes some of the pressure off."

Smith has always wanted to teach and says, "I appreciate the help my fellow instructors gave me in acclimating to the teaching environment. There wasn't a soul here who didn't help me when I asked for it."

Jam Karanja didn't receive quite this warm of a DMACC welcome last January when he stepped out of his airplane and onto American soil.

Prior to his arrival, Karanja had never visited the United States. After flying 12,000 miles from his warm native Kenya, clad only in summer attire, Karanja was greeted by a minus-60-degree-blast of cold Iowa air. The airline sent his jackets and warm clothes on a mysterious detour to Detroit--and no DMACC representatives met him at the airport.

After acquiring much-needed moral support and reinstated determination from a call home to Kenya, Karanja spent the weekend in a Des Moines hotel. Following thoughtful consideration, he purchased an \$18 bus ticket to Ames--as opposed to an \$800 plane ticket back to Nairobi.

"DMACC should improve their way of

A TEAM EVENT TO FIGHT CANCER

The American Cancer Society will hold its first Boone Relay for Life from Friday, May 16 through Saturday, May 17 at the Goeppinger Field in Boone.

The Boone team of runners or walkers will compete against each other to raise money for American Cancer patient survivors from the Boone area.

DMACC student, Kara Jensen is the local chairperson of the planning committee. DMACC nursing instructor, Connie Booth is the entertainment chairperson for the committee.

There is a \$100 entry fee for each team and each individual is encouraged to get their own donations.

There are incentives for each individual raising specific dollar amounts. Teams can also design costumes, T-shirts, or hats to distinguish themselves while going around the track.

By Woo-Im Jang
Bear Facts Staff

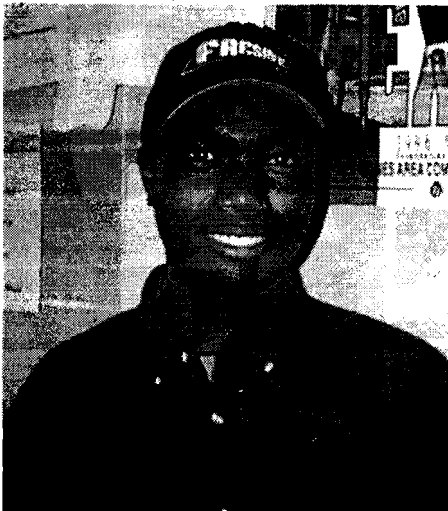
Not all team members need to be there for the whole event, but it is encouraged. Space will be provided for tents, so team members can rest until it is their turn again. Local groups will be performing for entertainment.

There will also be contests throughout the night, such as best bathrobe and best boxer shorts. There will be a trophy given to the team that raises the most money from donations and an award will be given to the team with the most spirit in Boone.

Booth said, "The Relay for Life committee expects around 30 teams and approximately 400 participants. DMACC will have a student team and faculty team participating in the relay."

If interested in being on a Boone team, buying a luminary, donating, or helping during the event, please contact Jensen (432-6673) or Booth (433-5070).

meeting international students," says Karanja.



Jam Karanja Mburu

But then a DMACC employee from Boone Campus, who Karanja calls his "Good Samaritan," came to Karanja's rescue. Within two days, Kary Woolson, once DMACC part-time employee and now DMACC student, found some warm clothing for Karanja, introduced him to some Kenya students at Iowa State University and located an apartment in Boone where Karanja now lives with an American DMACC student.

Karanja says, "She (Woolson) really came through." The fact that Woolson made Karanja feel welcome--not as a DMACC official but voluntarily as a kind-hearted American--left a favorable and lasting impression with Karanja and he is grateful.

Taking 14 credit hours his first semester at DMACC has kept Karanja busy and he's looking forward to some relaxing time off. Karanja says the \$1600 round-trip ticket to and from Kenya is too expensive, and he won't visit his family in

Nakuru, which is about 80 miles from his capital of Nairobi. Instead, he'll be vacationing in Boone and exploring the beautiful landscape of the area.

While attending United States International College of Africa in Nairobi for one year, Karanja heard about DMACC's Business and Computer Science program from a friend. Since the Ankeny Campus doesn't offer all the business and computer courses that Karanja needed, and since the cost of living is higher in Ankeny, the two chose Boone Campus. However, his friend's visa was denied, and Karanja made the trip to the United States alone.

Karanja held on to his American dream and says, "I made exactly the right choice for me. I am very happy with the instructors on Boone Campus.

"I'll be back next fall, and I will take 18 credits hours if I can. Even if it would mean getting only three hours of sleep a day. In high school I took 13 subjects every year, so 18 credits would be easy."

Consultations with Rich Finnestad, Coordinator of Student Services on DMACC Boone Campus, benefited Karanja a great deal. Although Karanja wishes Finnestad happiness in his retirement, Karanja will miss Finnestad very much.

Karanja recommends that students choose their credits wisely and says that a good mixture of social life and student life will reduce students' stress.

Karanja says, "To succeed, students must have equal interest in school as they would apply in their job."

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(Photo by Jon Yanders)

The members of the Bears DMACC Boone Campus baseball team in random order are; Joe Ohnemus # 2, Jason Pugh # 23, Jon Frank # 20, Mike Heis # 3, Josh Kane # 10, Eric Russell # 29, Geno Adams # 21, Jon Dennis # 7, Kevin Selway # 12, Brian Colkins # 15, Matt Fischbach # 26, Mike Laesch # 16, Brandon Bosher # 24, Chadd Clarey # 22, Mark Edmondson # 8, Ryan Liesmer # 27, Shane Johnson # 9, Todd Witt # 30, Tony Shattuck # 25, Jared Barker # 11, Casey Garman # 19, Ben VanInderstine # 14, Dave Herr # 28, Joe Siple # 13, Joe Klatke # 18, and Coach John Smith # 1

Spring sports round-up

By Jon Yanders
Bear Facts Staff

After 32 ball games, the DMACC Boone Campus baseball team currently has a record of 17 wins and 15 losses.

Pitcher David Herr is leading the pitching squad in games saved with 2. Herr has an era of 4.69 and he also has the most strikeouts thus far for the season having thrown 41.

At the plate, Joe Siple has a batting average of .337 and leads the team in home runs. Ben VanInderstien leads the team in hits with 40. VanInderstien is tied in stolen bases with Kevin Selway, each with 5.

DMACC Softball

The DMACC Boone Campus softball team's 1 and 7 season was cut short this year due to misfortune. The softball team only had nine women to start the season. Then, shortstop Joy Cadwell suffered a knee injury. The remaining eight women decided to call it quits for this season and are looking forward to next season when the new recruits will be joining the squad.



(Photo by Patrice Harson)

There are over 150 children participating in the youth soccer program being held at DMACC Boone Campus. The program, set up by Terry Jamieson, is an attempt to bring soccer to the youth of Boone.

A new website for people learning English as a second language: <http://WWW.casbar.com/esl>

(submitted by Marcia Johnson)

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HIV/AIDS Awareness Mobilization

May 3 & 4 Ames AIDS Awareness Weekend

Sponsored by the AIDS Coalition of Story County in participation of the 14th International AIDS Candlelight Memorial and Mobilization.

Sunday, May 4 from 9-10 p.m.

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Talk Back

What do you remember most from this semester?



Ann Watts

The disappointment with stolen items from the library. This is really the first time we've had to face that kind of negativity and it's been real hard for all of us to come to terms with.



Dan Duffee

The turn around of the men's basketball team. They went from good to play-off material and they jelled together.



Kriss Philips

Outside of academics, the Mexican Fiesta because we had such a variety of students and community people. Also, the revival of our athletic program.



Sharon Hughes

Taking the social issues class with Professor McNair and all the young people. It was a fascinating experience because of the things I learned about myself, others and the world around me.

Melinda's Musings

To the readers who are graduating: Ya done it! Yeah! Whoopee! Hooray! One hurdle has been jumped. Warm fuzzies all around.

Because Bear Facts writers could not enter the contest, here are my messages to a few chosen graduates.

Mark: You'll have to become like a M&M, hard on the outside so California doesn't eat you up. When you receive your Academy Award, thank everyone else but blow me a kiss. Never forget you have a cheering section back in Iowa.

Joanne: The best teachers are the least typical. Good luck at Iowa State. And don't worry, you can do it.

Kay: You've got major changes coming your way. It's okay to lay your dream of teaching handicap students aside for a while, just don't let it get lost forever. If you never go after your dream you'll always wonder with regret what could have been.

You'll all be missed,
Melinda

GradScopes by Charlynn

Capricorn

Upon completing graduation, you will find yourself at a loss of ideas for a while. You need to remind yourself that it is important to stay busy at least to keep your thoughts active and your mind focused on those goals.

Aquarius

Now that you have finished one hurdle, it is time to jump over another. Keep your eyes open so you can be aware of the path that lies ahead. Only you can defeat any obstacles, so don't let anyone stand in your way.

Pisces

Money is a bit tight for you now, so you need to prioritize your expenses. It would be wise to find employment as soon as you can because those college loans won't wait. Don't worry, you can always move in with Mom and Dad.

Aries

Graduation will make a responsible person out of you (If you aren't already). To make it easy on yourself, try to establish a routine now, and as new tasks work their way into your life, just add them into your schedule later.

Taurus

Now that you've completed what you set out to do, you can take some time and go a little nuts. Try a new adventure or experience something you've wanted to do for a while. You'll be glad you went out on a limb while you had time.

Gemini

Your creativity kicks in at the end of the school year, and even though it's too late for school, it's not too late for you. Let yourself go and don't stop until you absolutely have to. There are some cool things out there to try.

Cancer

Don't look to wealth and prosperity to give you happiness, because it will only leave you longing for something else. You will need to find a career that gives you more personal fulfillment and satisfaction. Consider working for yourself doing something that you love.

Leo

There are certain societal limitations preventing you from being happy right now. Look past these things and you will find hidden opportunities. Take any negativity in your life and use it to push past these obstacles.

Virgo

This is a great time in your life for change. You are optimistic and energized, and are ready to take on the world. Take this time to truly enjoy yourself, but remember to keep your drive going by focusing on goals.

Libra

Take the free time you have after graduation to get back to your roots. Go visit your family and friends and touch base with your home. No matter where you go or what you do in life, you won't truly succeed without love.

Scorpio

Now is your time to relax and bask in the warmth of the sun. Rest and enjoy yourself before you set out to conquer the world. Do not forget that one of the most important things in life is the ability to play.

Sagittarius

Keep up with the momentum of graduation, and embark on a journey of creativity. Build something, start new projects and put all your ideas down on paper. Use your persistence to climb the ladder to success!

**Early fall registration is for one week only
April 28 - May 2.**