

2-21-2001

## Banner News

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Mary Beth Hanlin

Stacy Hagen

Deanna Carpenter

Jane Martino

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BEAR



FACTS

Volume 46, Issue 10

"The Voice

Boone Campus"

of the DMACC

Feb. 21, 2001

## DMACC Boone student elected president of Iowa Phi Theta Kappa Honor Society



Connie Colle, second from right, was elected Iowa president of PTK. Shown with Colle are Heidi White, International President of PTK, Dr. Regena Peters, Iowa Coordinator PTK, Nancy Woods, local Tau Phi adviser, and Dave Wennerstrom, former Boone Campus student and outgoing Northwest Regional Vice-President

### Connie Colle to take on new office for PTK

DMACC--Connie Colle, Boone DMACC student, was elected president of the Iowa Region on Friday, Feb. 16, 2001. Colle is a Boone resident, a mother and a wife; after she was unable to further her career in law enforcement she decided to take some classes at DMACC.

Colle was recently nominated to the USA Today All American team, as well as the All Iowa Academic Team. Nancy Woods, PTK advisor said, "I am very proud of her; she's done something that not many people have the courage to do."

Wood's also said, "Clearly her academia is evident since she's on Boone's All Iowa Academic Team, and this presidency is an opportunity for Boone Campus to know her as the leader she is."

staff photo

## DMACC West Campus to open Fall 2001

Matthew Rinker  
Bear Facts Staff

Starting Fall 2001, aspiring students and current students will have a new choice when picking what college to attend. DMACC has been in the process of building a new, high-tech campus in West Des Moines.

The mission of the new campus is as follows: "To provide industry relevant training and education in the context of technology and related topics. Through the use of state-of-the-art and emerging technologies, the West Campus will allow students within all categories the opportunity to develop and enhance their skills to meet the growing technological demands not only for employers, but also of life in general."

There are two purposes for the new campus. The first is "to be an exten-

sion of the current DMACC system and provide DMACC's current products and services to a rapidly growing sector in the district." The second is "to be a beta test site for the development of new applications of technology within the learning paradigm, and new methods for the delivery of these products, services and applications." In other words, the students of the new campus will have the opportunity to test out new technology as it comes out.

The programs at the new campus will be both similar and more advanced than the ones on the existing campuses. The programs will be more related to new and emerging technologies and related applications. The primary focus will be telecommunications, programming, software application, networking, Internet technologies, and general education.

The West Campus will also be the

first to fully utilize handheld computer technology. Both in and out of the classroom, a student can receive instructions, surf the web, send e-mail, listen to music, or even play games.

The campus nickname Synergie Center, refers to when the whole is greater than the sum of its parts. In a nutshell it means when the end result is higher than expected, which are the hopes for the new campus, to give students more than they could ever hope for.

Current technology partners for the new campus include some of the elite: Acterna Company, Apple Computer, Compaq, Marconi Communications, McLeod USA, Microsoft, Palm Computing, and Targus.

Some of the other perks involved for a new student attending the new West Campus include a coffee bar, called Timbuktuu cyber-café, intramural com-

puter games, designing forums and competitions, or movies in the auditorium. The point to all of this is to create an atmosphere that meets the demands of today's students: both fun and interesting. It fulfills what people want to be associated with, a good school with fun activities.

Any students thinking about enrolling at the new high tech DMACC West Campus contact Nancy Heimbaugh, acting West Campus Educational Advisor. The numbers to call are (515) 225-2575 or (515) 225-3370.

\*All information for this story came from the *West Campus Connections*, a newsletter put out by Dr. Tony Paustian, the dean of the West Campus, and other personnel involved with the start of a new dynasty at DMACC.

## Microbe Niche

### Bacterial meningitis

Be wary of flu like symptoms when stressed from long hours, partying

Mary Beth Hanlin  
Contributing Writer,  
Boone Campus Biology Instructor

Here in central Iowa, at ISU, a case of bacterial meningitis has been seen. What is bacterial meningitis? It is a bacteria called *Neisseria meningitidis* and it causes change in the fluid that surrounds the spinal cord and the brain. It also causes the blood to clot.

Why are you telling me this now? Well, since this bacteria is around, the best way to get infected is to let your immune system go down or get depressed. You can do that by partying all night long, not getting the necessary sleep, not eating right, and being stressed out which school can do.

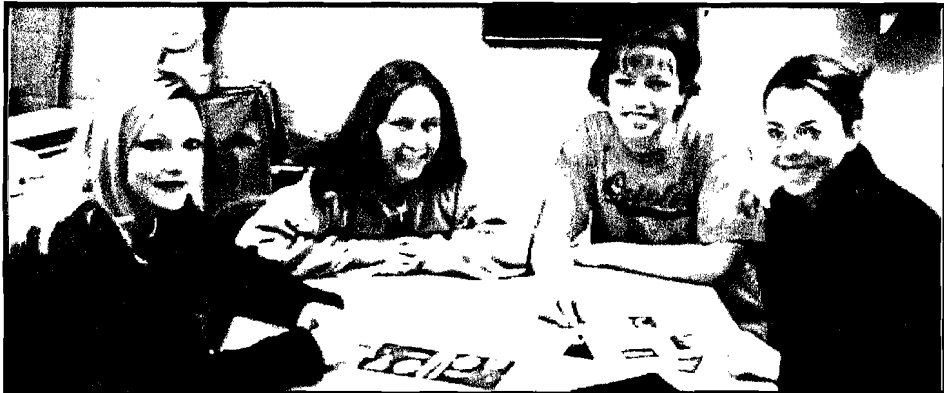
#### Symptoms

Once you are infected with the disease it can take as little as a few days to a week to show the symptoms that include: high

fever, headache, stiff neck and possible nausea. "That sounds just like the flu." Yes it does, but the flu you can recover from on your own. If you have meningitis, you require antibiotics right away. If left untreated, blood clots could lead to loss of organs, especially kidneys and can cause arms, legs, hands, feet, fingers and or toes to be amputated due to loss of oxygen to the tissue. Gangrene can set in really fast and limbs turn actually black. Death can occur. A young man here in Boone, just last year, lost his life to meningitis. If you are exposed to the bacteria, antibiotics are taken or a shot is given.

#### Take care and be safe

So, if you think you are ill now, don't take that extra chance on getting more infections. Go ahead and go out, but be responsible and take care of yourself. Mom and Dad aren't here anymore and can't tell you to stay home.



DMACC Boone Campus government this semester is headed by Tracy Shaw, president, far right. Others serving on the Student Activities Council include (left to right) Heather Behn, Jodi Daigh, Jill Dubberke.

## Student Activities Council to bring hypnotist to campus

Matthew Rinker  
Bear Facts Staff

Action was taken on a couple of the proposed ideas from the last meeting. There was talk of contacting Hy-Vee for the fundraiser raffle and a time and place was set for the hypnotist 11:00-12:30 in the auditorium. Informational fly-

ers will be put out concerning the hypnotist sometime in the near future.

A new idea brought to the floor was a snow pile contest. The students would guess how long it takes for a certain pile of snow to melt; the winner receives a Domino's pizza prize. Council members will check on details.



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Linda Plueger (far left) serves as the adviser of PBL, an organization for business majors. Officers include Beth Shultz, president; Kim Cunningham, vice-president; Kim Miller, parliamentarian; Tammy Clark, Treasurer; and Marie Dostal, historian. (Not pictured: Rosie Fuentes, secretary.)

## PBL to host annual Phi Beta Lambda (PBL) State Leadership Conference

Stacy Hagen and Deanna Carpenter  
Contributing Writers

Friday and Saturday, March 9-10, DMACC will be hosting the annual Phi Beta Lambda State Leadership Conference. There will be over one hundred students participating from all over the state.

Fourteen Boone campus students will be participating. They are: Deanna Carpenter, Kim Cunningham, Marie Dostal, Rosie Fuentes, Valerie Gannon, Stacy Hagen, Christine Harmening, Holly Klein, Kelly Leffler, Mary Maben, Lori Marshall, Kim Miller, Beth Shultz, and Nancy Thomas.

Some of the events the students will compete in include: accounting, business decision making, computer applications, desktop publishing, human resource management, information management, marketing, management, telecommunications, word processing, business graphics, business math, and creed oration.

The conference starts Friday with registration at 4 p.m. Some of the stu-

dents will be competing Friday evening. All PBL members will attend the first general session. Students will enjoy a dance at the Boone Country Club later in the evening.

Saturday morning students will be competing again. Members running for a state office will be campaigning in the Courter center and caucusing the local chapters. At the second general session members will vote for state officers for next year. A social reception and formal awards banquet will follow Saturday night at ISU's Scheman Center.

All DMACC Boone campus students taking at least one business course are invited to join us at our next Phi Beta Lambda meeting. The meeting will be held Friday, March 2, at 10:10, in the Courter Center. If you cannot attend this meeting, please feel free to come to our other meetings, which are held every other Friday at the same time.

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## The Doctor is in How to know when it's love

Jane Martino  
Contributing Writer



Jane Martino

College campuses are wonderful places to watch young love emerging. Look around. Love is all around you. So how do you know if it is love or just a good hormone high?

In other words, is it love or infatuation?

Here are some clues. Infatuation is a state of strong sexual attraction based on resemblance to a love fantasy. With infatuation it is unreal lover fantasy. Infatuation is an immediate response to someone we've just met. Love is based on a long history with a specific person. Infatuation may lead to love depending upon the amount and variety of interaction

To have a healthy love relationship there are two areas of life that have to be in place. These are the individual, and the couple's relationship.

### Individual criteria for good relationship

First lets talk about each individual. Healthy committed relationships are more likely if each individual is at least twenty years of age. It is also likely to be more successful if each member has more education and has completed their education. Relationships work better if each person has higher levels of self esteem and have taken care of their own mental health concerns. Finally being a good communicator is a great skill to have in place before entering a relationship.

### Couple criteria for good relationship

The second element involves couple characteristics. It is important to engage in extensive self-disclosure and take plenty of time to get to know the other person before you make a long-term commitment. Commitment to growth as an individual and couple is key

Take a mental inventory? Do you like each other and consider their spouse their best friend? The number one reason given by couples who stay committed a long time is friendship. Do you have a greater number of positive rather than negative interactions? Negative items include-criti-

cism, complaints, yes-but statements, and putdowns. When negative communication exceeds the positive by too much, break ups become more likely.

Do you have high agreement on roles including gender roles and high satisfaction in the way your lover is filling his or her role? The number two reason given for relationship success by couples with long lasting relationships was commitment to the relationship. Do you spend more leisure time together?

### Positive forces strengthen relationships

Couples do better who emphasize the positive values of their partner. When you concentrate on problems, problems increase. When you concentrate on solutions, solutions increase. Nurturing a vital marriage is a long-term task. Change may be slow. The challenge is for the partners

to created continued interest, nurturance and appreciation for each other even after they have achieved high levels of security, trust and empathy.

Finally couples do better who develop effective conflict resolution skills. Communicate! Harmonious, satisfied couples listen to and consider each other's problems. They validate each other's concerns by expressing understanding. Dissatisfied couples meet problems with avoidance or counterattacks. Learn to fight fair. If you do not then resentments build.

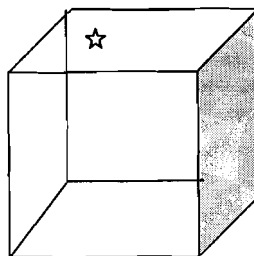
So is all this worth the effort? YES! Intimacy is the foundation for social life and contributes to intra and interpersonal well being. People with strong intimacy ties tend to be both physically and emotionally healthier than those who lack this support system.

## Science Lab

### Your mind takes a break. . . and you can't control it

Marti Steelman  
Contributing Writer

Picture yourself sitting in class. You're becoming bored with the lecture and your

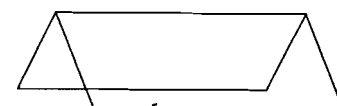
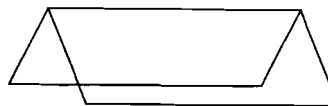


There's a good chance the cube will flip back and forth—all on its own! Here's the real test: stare at the cube but this time try not to let the cube flip. Were you able to keep the cube from flipping? The image probably flips each time you blink.

If you're adventurous, try looking at the two images below one at a time. Did one image flip and then the other and then the first image again? When I looked at the images, first one would flip and then the other and the first one would flip again before they began flipping in unison. It was a weird sensation.

Why does the cube flip? Psychologists have a couple of theories: first, shifting your gaze from one part of the picture to another may make the picture flip. The other theory is that your brain simply gets tired of looking at the image in one way so it flips the image—thus giving itself a break. When an image doesn't provide enough information for the brain to make an interpretation it must make a choice whether or not you realize you're making a choice.

mind starts to wander. Is it possible that your mind can become tired and decide to give itself a break? Look at the star in the cube above. Does the side of the cube with the star look like it's up front or in the rear? Did the side of the cube flip? See if you can make the side flip back and forth? Pay attention to whether the star is in front or behind. Take a minute to stare at the star.



## Student Lunch Special

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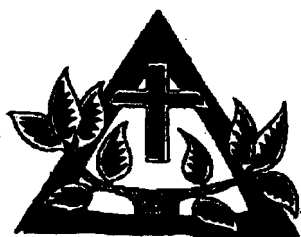
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## Bears back in town

Jack Wilson

*Bear Facts staff-*

There comes a time for every student, when he or she will have to face the harsh rigors of traveling to classes in bad weather. Sliding to school in a brand new pickup truck, it is a wonder that any survive the ice coated, blizzard washed roadways of Iowa. Consequently, in an effort to prepare students for emergency situations possibly resulting from a ditched vehicle, DMACC has turned off the heating in the building. "The lack of heat will toughen you up and help you cope with sub-zero temperatures", one dean was quoted as saying.

While many students don't view their time at DMACC as training for all-conditions survival, let me assure you there is a hidden agenda here. I'm almost sure of it. Take for instance the toilet paper found in any given restroom. Not only is it rough and cruel on the tender regions, it nicely doubles as a light refinishing sandpaper. Just the other day I was refinishing my deck, when my neighbor called out to

## Chef's Inn--Offers good selections

Matthew Rinker

*Bear Facts Staff*

For the second review of the semester I decided to go with something a little classier, a little pricier and hopefully more filling. The Chef's Inn was the spot for this issue review. Located on the West End of Lincoln Way in Ames, the Chef's Inn has a reputation for class and quality.

It was Feb. 14 Valentine's Day when I set foot through the door of this pricey establishment. What I hoped to find right away was someone to greet me with a smile and a warm hello, but unfortunately that is something I didn't receive. I made my way to the desk where I gave my name, for I had a reservation, and was sat right away. Still no smiles as of yet. As I walked through the dining room it reminded me of a classy 50's restaurant, with the booths having a yellowish tint and the chairs holding the same. This I liked, heck if it worked then why not now. I got to my table, one of those cool booths that are shaped in a half circle and began my look through the menu.

With this being Valentines Day there was a special menu, so I can't tell you accurate prices or food items but I can give you an idea. There was anything from pasta, steak, fish, and shrimp. Quite a good selection for the evening. Within a few minutes the server was at our table, finally a smile. She actually seemed happy to be there on this night of lovers. We ordered drinks and asked for sometime on the menu. My date is a vegetarian, the menu had nothing to accommodate this. I asked the server what she could do and after some time talking to the cooks, we were told that they would create a special pasta just for her, there's one star.

The server soon came back to take our orders; things were looking very good. I had decided on the felet minion, which came with my choice of potato, rice, or vegetables and then my choice of soup or salad. I went with the salad and potato, which were au graton. Then salads

me from his house, shouting something about how no human could survive in this weather. I yelled back that I was a DMACC student. He didn't seem to understand.

Another instinct necessary for survival is patience. Ah yes, only the patient hunter will reap the rewards of a fresh kill. Anyone who uses a computer at DMACC during busy hours will certainly be ready to kill, sometimes waiting nearly three days for their account to log in.

Speaking of hunting, the parking lot seems to have been designed as a modern day metaphor. You drive in, only to see row after row of filled spots, but ahoy, you spot someone's reverse lights from across the way. Deftly you maneuver around concrete barricades, only to see another hunter dive in for the kill. Patience my friend, patience, there is time yet for you to strike.

Lastly there is the skill of communication, which is vital for survival in any communal tribe. We have for this sole purpose, the message board. Believe it or

came, and this was my second disappointment. You can tell the difference between store bought dressing and restaurant style. Restaurants tend to have better dressing, but not today. The ranch dressing I had tasted like it was Hy-Vee brand dressing, which is very bad dressing. I decided to let that slide considering the nice gesture with the special pasta.

After the salad the main course soon followed. Every thing looked absolutely wonderful. The next test was the taste. I took my first bite of the felet minion, and it was both tender and juicy, I wouldn't say it was the best I had ever had, but it was up there. For the au graton potatoes, they were odd. They were shredded into thin strains and cheddar cheese was melted over the top. The only problem I had with them is that they were too cheesy, so cheesy in fact that I couldn't finish them. With the felet minion being so good and filling, that didn't bother me so much.

So far things were going pretty good, the main course was prepared well and the pasta that was made for my date was better than I had hoped, next was dessert. A cheese cake with a fudge topping. Very rich and very good. Since I was so full my date and I had to split one and bring the other one home, which I had no problem with, a snack for later. The bill soon followed. For two people I spent about \$50, including tip. Which for a nice place like the Chef's Inn isn't too bad.

My over all impression of the Chef's Inn was on I enjoyed. The service was friendly and came at the right pace. The atmosphere was romantic and comfortable, and the food was quite good. For the Chief's Inn I gave it three stars, out of four. If only they would have smiled a little more at the beginning, they would have had four. I grade heavy on the friendliness of the staff, and although the server was nice, the hostess was a little on the sad side. But I will return there again.



not, there is a message board here. It's more of an innocuous black message box, hovering over the hallway from the Courter center to student services. Still confused? Look up next time you make the journey. Don't get too excited just yet, as the only message right now is "The Bears are back in Town", which flashes by at the speed

of light and then breaks apart and reforms in a hypnotic fashion. What this means is not obvious, but I think it's a warning of some kind. Whatever the case may be, take comfort in knowing that you are well prepared for any weather emergency.

## Meet the press



Matthew Rinker



Scott Anderson

**Hometown:** Sioux City

**Where you live now:** Boone

**Age:** 20

**Year and status at DMACC:** Full-time sophomore

**Major:** Music and Journalism

**Class you enjoy this semester:** Piano, "I enjoy playing the piano."

**Where you are working this semester:** Amerihost 20-30 hours weekly

**The song that best describes you:** "Comfortably Numb" by Pink Floyd

**A goal as Bear Facts staff:** To grow as a staff and get some ads.

**The event in the future do you hope to report on:** The rebirth of rock & roll.

email address: matrinker@hotmail.com

**Hometown:** Nevada

**Where you live now:** Nevada

**Age:** 20

**Year and status at DMACC:** Full-time sophomore

**Major:** Liberal Arts

**Class you enjoy this semester:** *Bear Facts*, "I enjoy the comradorie of putting a paper together."

**Where you are working this semester:** Smitty's Foods, 15 hours weekly

**The song that best describes you:** "It's My Life" by Bon Jovi

**A goal as Bear Facts staff:** To improve with each paper.

email address: sma2001@hotmail.com

## BEAR FACTS

February 21, 2001

Volume 46, Issue 10

*Bear Facts* is a student publication published bi-weekly at Des Moines Area Community College, 1125 Hancock Drive, Boone, Iowa. 50036 (515) 433-5092.

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### Editorial Policy

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

Letters should be no longer than 200 words, signed and brought to the editorial offices of *Bear Facts* or can be e-mailed to [jrlaville@dmacc.cc.ia.us](mailto:jrlaville@dmacc.cc.ia.us) or mailed in care of the college.

*Bear Facts* reserves the right to edit as necessary for libelous content, profanity, copy-fitting, grammatical and spelling errors or clarity.

**Editor-in-Chief:** Michele Thamke; **Staff:** Scott Anderson, Kristi Beaman, Robin Duhn, Sadie Heimbaugh, Karol King, Aaron Ladage, Katie Prescott, Matt Rinker, and Jack Wilson.

**Cartoonist:** David Morris

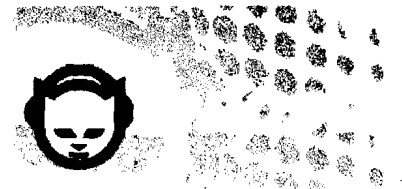
**Adviser:** Jan LaVille

**Executive Dean:** William Hitesman

**Publisher:** Boone News-Republican

# On a different note...

## Court of Appeals shuts down Napster Loss does more harm than good



**Aaron Ladage**  
*Bear Facts Staff*

My name is Aaron, and I am a Napster addict.

It has been three hours since my last download, and I am not about to stop. I realize that my actions may be hurting some people, like the poor, helpless recording companies, but I don't care. In my opinion, my use of Napster is more of a benefit than a hindrance to the music industry. For those of you who have no idea what I'm talking about, let me explain Napster, and how it has become a major part of how I listen to and buy music.

Napster is computer software that allows users to search for and download almost any song ever made in a format known as MP3. While the MP3 format itself is legal, some people, including many recording companies, feel that Napster allows its users to access copyrighted material without cost or obligation. However, many others, including myself, feel that the software is an excellent way to discover new artists and experience good music that might not otherwise be heard on the radio or television.

Very few things in life are as exciting as

hearing a mind-blowing song for the first time. For example, I can't remember a single beginning or end of a relationship that I can't relate a song to. A few years ago, if I were curious about a song, I would watch for it on television or listen to the radio a little bit more. Unfortunately, these sources were unreliable, and they rarely played what I wanted to hear. When I discovered Napster almost two years ago, however, my musical life changed dramatically.



Napster creator, Shawn Fanning (right)

For those who haven't heard, the recording industry seems to have won the battle,

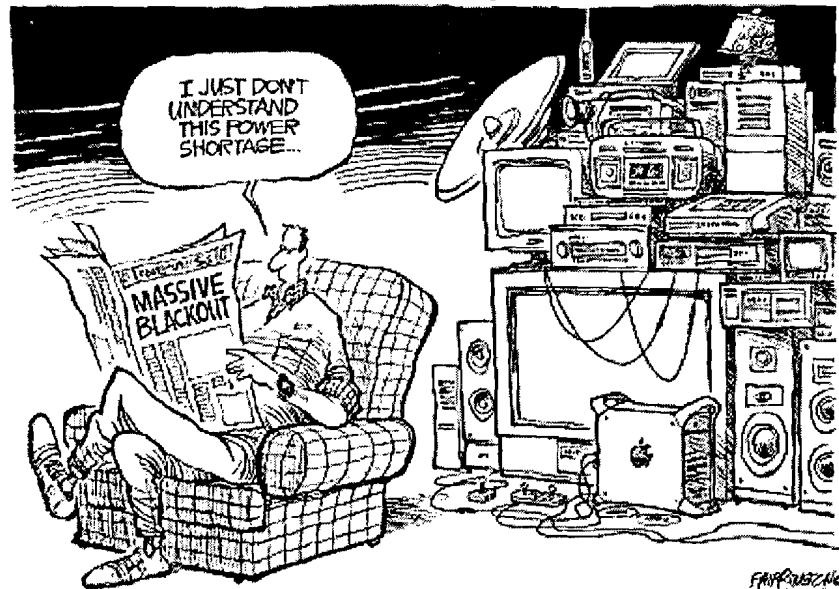
at least for now. In a ruling on February 12, the ninth circuit court of appeals ruled that Napster was violating copyright laws and ordered the service to be closed in the near future. Although Napster may disappear for a while, I am confident that this is not an end to my addiction—the listeners will prevail, and their arguments are strong.

To truly understand the beauty of Napster, you have to understand why the program was created in the first place. Shawn Fanning, the original developer of Napster, was a college student who loved music and was looking for a way to trade new and unknown music with people on the Internet. While some may use Napster as way to profit from others' work, I think that those people are clearly in the minority. Without Napster, I cannot imagine the number of great independent artists and songs that I would never have heard and the number of CDs that I would have never purchased to help support their careers and creativity.

As long as the government is in the mood for interfering with the people and their entertainment, I think they should ban the radio. In essence, the radio gives listeners an opportunity to steal copy-

righted material. Some might argue that the radio is just a way for people to preview music and decide if they want to purchase it, but is that any different than the original purpose of Napster? I am not ignorant to the fact that some people take entire copyrighted albums from Napster and burn them onto CDs. Personally, though, I would rather first listen to an album for free and then decide if the artist is worthy of me paying an already over-inflated price for the work. If I like an album enough, I will buy it. If I don't, I'll never listen to that MP3 again. It's as simple as that.

With or without Napster, people will continue to trade music on the Internet. If the music industry honestly thinks that they are helping the situation by biting the hand that feeds them and angering the consumer, they are sadly mistaken. Musicians will continue to make music, and music lovers will continue to find new ways to get it. Perhaps someday, the recording companies will realize that without an audience, they are out of jobs. Only then will they begin to embrace the technology. Until that day, my fellow musical fanatics and I will continue to support our addiction in any way we can.



**The Bell Curve** by *JEFF RUBIN*

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## DMACC Academy Awards Contest

Be the first to cast your vote for the 2001 Academy Awards in the following categories

- Best Picture*
- Best Leading Actor*
- Best Supporting Actor*
- Best Leading Actress*
- Best Supporting Actress*

A drawing will be held following Oscar night, and prizes will be awarded to those names that are drawn!

Watch for more details and a ballot in the next issue of *The Bear Facts!*



Representatives from various colleges discussed us issues regarding student enrollment.

# Phi Theta Kappa hosts college fair, regional conference



Local Tau Phi Chapter president Brad Meyer prepares for the meeting.



Chadron State College admissions representative Sandy Matheisen speaks with Southwestern Community College students and Phi Theta Kappa members Kim Glade and Ryan Trevort.



Phi Theta Kappa chapters from across the state displayed achievements they made throughout the year.



Coe College representative Sean Sonsin waits patiently for students who have questions.





Dolores Clark, left, and daughter Cheryl Tack, right, present information regarding the University of



Grand View College representatives Luanne Knudsen and Marilyn Mendenhall greet students with a smile.



Convention participants were greeted with a wide variety of snacks and refreshments.



DMACC students Josh Meyer and Jon Primus discuss Iowa Wesleyan representative James Lynes.



Phi Theta Kappa members and supporters helped to make the convention enjoyable for everyone.

# Unflinching on Hwy 30

## Have courage like a crow

**Katie Prescott**  
*Bear Facts Staff*

It was a somewhat typical Monday morning for me. After hitting the snooze button on my alarm for the fourth time, I awoke just enough to see that I had twenty minutes left to get ready for school. I jumped out of bed, knowing that I would surely be late for my test, but then I realized that I would probably fail the test anyway. As I ran to the kitchen, I double-checked the caller I.D. box to see if maybe I had missed a call from any number of people who I had given an application to; no names popped up.

I disappointedly poured some Golden Grahams and milk into a bowl, ready to inhale some kind of sustenance into my body. As I lifted the spoon to my mouth, I encountered an incredibly foul smell, soon seeing that the milk had expired last week. I threw the bowl, and it's soured contents, into the sink and was headed for my room to get ready in exactly 10.5 minutes.

Not even able to take a step out of the kitchen, I'm met by my roommate, informing me that the bills were supposed to have been sent out yesterday, and all she needs is my share of the money. Frustrated, I made it to my room to grab my checkbook, so that I could write out checks to pay for bills with money that was not in my account. Why? Because no one was calling me back to say that they wanted to hire me—the caller I.D. box was blank, as always.

I whipped on an old pair of jeans that should have been washed days ago, but I figured that if there were no visible stains, I was good to go. I whipped a hat on, grabbed my bag and headed for the door. Rushing to my car, I noticed there was an inch of ice to scrape

off, pushing me back another ten minutes. I finally hopped in the car and looked to see that my gas gauge was on empty. I had forgotten to fill the darn thing last night! Well, I had five dollars left in my purse until the weekend. I'd fill the car up instead of buying groceries; I could always eat off of my roommate's rations.

I wasn't even an hour into my day and I already felt defeated. All I wanted to do was crawl up in a ball on my bed and sleep the day away.

I finally got onto 30 West and had my cruise set when I noticed that there was an old black crow sitting in the middle of the

road. I didn't think too much of it; I figured it would move as I got closer—it didn't move an inch. I instantly came

to the conclusion that I wasn't going to swerve and cause possible damage to me, my car, and anyone else around just because of a stupid crow.

I continued my speed and watched the crow as it sat there watching me speed up to it. I began to get nervous; I didn't need to kill something today. Any day but today. I thought for sure I was going to hit the dumb bird when all of a sudden it flapped its wings twice and hopped to the right. I missed the bird by inches. "What a dumb bird!" I said to myself.

As I thought about what had just happened, I began to admire it. It saw me coming up to it at full speed and didn't even flinch, as if he had done it day in, day out. After a few moments of silence, I decided that I wanted to be like the crow. I wanted to be able to take all of my problems head on, to not be afraid or defeated with all of the things going on around me. I wanted what, I think, every normal person wants. We want courage like a crow.



## Blaskey serves DMACC for nearly 30 years



Karol King  
**Sharon Blaskey**

*Bear Facts Staff*

Sharon Blaskey is one of the people in charge of registration at the Boone DMACC campus. She has been working here since Jan. 1973. She began working in the business office; within a year she became the faculty secretary. Then she worked as the secretary for the director of nursing for 8 1/2 years.

Around 1983 she started working in registration, and she has been there ever since. "I enjoy my work very much," says Blaskey. "That's why I've been here for so long. It's a great place to work." Students, faculty, staff and the administration are what she loves about working at DMACC.

Remembering when she first started at DMACC, she recalls there weren't

even 500 students registered. Now that has increased to more than a thousand. "I help students when the classes they want are full or cancelled." She added, "I enjoy watching the students achieve their goals."

Blaskey's duties involve answering the phone, directing calls, registering students, working with scholarships, helping with graduation, mailing information, sending students to rental properties, and working with the drinking drivers program. On Thursday evenings she gives GED exams.

One of Blaskey's loves is coming to the basketball games to support the team. Blaskey and her husband have their own business mowing lawns. She loves to garden, cook, bake, read, spend time

with her grandchildren and go to auctions twice a week.

While she is not planning on retiring any time soon, she at least would like to see the student housing completed. She was here when the union of the two buildings at DMACC happened: "It's so good to see our campus grow." She'll be here to see more of that.

Her summer plans include taking a four-week trip to the Canadian border with her husband on their Gold-wing motorcycle since riding motorcycles is another one of Blaskey's hobbies.

## Brainwork reports

### Early childhood trauma can permanently alter chemistry

*Brainwork* Nov. Dec. 2000-- Women who were physically or sexually abused as children show an exaggerated physical response to stressful events, according to a recent study that also suggests that early childhood trauma can permanently alter brain chemistry and set the stage for psychological problems later in life. The study is the first to report persistent changes in stress reactivity in adult survivors of early trauma.

#### Mild stress administered

Conducted at Georgia's Emory University, the study subjected a group of women to mild stress by asking them to

perform a brief public speech and solve a challenging math problem. Women in the study who suffered from depression and had a history of childhood abuse showed levels of a key stress hormone, called adrenocorticotrophic hormone (ACTH), ---six times as high as those in women without a history of abuse or depression. Women with a history of abuse who were not depressed also showed a hypersensitive stress response, although not as extreme.

#### Stress sensitization

Both groups of abused women exhibited similar sensitization to stress. Why then were some women depressed and others not? "We believe that one of the

factors for the development of depression in these women may be the experience of further stress in adulthood," says lead author Christine Heim, PhD., now at the University of Trier in Germany. "Data from our subjects showed that abused women with current depression experienced more recent life stress than abused women without current depression." Stressful events initiate the release of a substance called corticotropin releasing factor (CRF), which in turn stimulates the production of ACTH and its fellow stress hormone, cortisol. Both ACTH and cortisol have been implicated in depression and anxiety disorders. The authors of this study

propose that, because the stress response has been "sensitized" in childhood, it overreacts to stressful situations and produces far too much CRF and ACTH, perhaps preparing the way for the development of depressive symptoms.

This is the first human study to report persistent changes in stress reactivity in adult survivors of early trauma. The Emory team's findings were reported in the August 2, 2000 issue of the *Journal of the American Medical Association*.

## Editor's Encounters

### Teaching a way of life for DMACC adjunct teacher Mary Gardner

**Michele Thamke**  
Bear Facts Staff-

Mary Gardner's eyes have viewed many changes—from attending Grinnell College during WWII to teaching ESL in Spain.

Living on a farm north of Grinnell, Iowa, from birth through four years of attending Grinnell College, Gardner recalls her college experience. "Women

had three career choices: you could teach, be a nurse or a secretary. Of course, every woman wanted to be married as her first choice."



**Mary Gardner**

College for Gardner came while America was off to war, and everyone was surviving the Great Depression's effects, so few people attended college. The entire college had only 300 students many fewer than the number of students attending the four-year school today. Gardner said, "There were probably 80 in my graduating class, and only a few men were in school at that time. They were off at war or working in the factories."

Spring 1946, Gardner's last semester at Grinnell, brought male students back to the college scene. Grinnell's curriculum was Liberal Arts, and she attended summer school at Drake to obtain her teaching certificate. "Those teaching certificates are permanent, not like now

where teachers have to re-certify," said Gardner.

#### First teaching experience

She taught high school music in small towns around Grinnell the next three to four years. Although her college majors were math and history, her music minor was the key: "There was a shortage of teachers who could teach music." Gardner added that she has been playing the clarinet since high school and continues to play in the community band.

#### Changing focus

Rehabilitation counseling, with an emphasis in psychology and instruction in physical disabilities came next for Gardner. This master degree obtained in two year's training from the University of Iowa expanded her teaching degree. This time frame included working one semester as an intern for the state of Iowa.

This new venture was halted when Gardner married a U of I medical grad student, and the couple moved to Oregon for her husband's internship. During the six to seven years in Oregon, two daughters, Anna and Sarah were born. The four moved to Philadelphia for a two-year stint, and Gardner's husband got a degree in bio-medical engineering.

#### Return to Iowa

Son Hugh joined the family while living in Woodward, Iowa. Gardner's husband worked at the Woodward home, and they lived on the grounds the first year there.

Gardner's current home, south of Boone, was the final family move.

Following her divorce, she went back to teaching: "I discovered that my rehabilitation degree would get me a job

in special education." After short stints in Ogden and Villisca, she taught for a while in Johnston at the high school level.

#### Personal life

Her three children are grown now, and her daughters are married and working on their college career choices.

She has been able to volunteer in China for ESL purposes. For the past seven years, one of Gardner's joys has been participating in "Elderhostel bike tours" all over Europe. The tour is made up of 20 people age 55+ and is two weeks in length. Her eighth tour this September will be in Provence, France.

Winter aqua aerobics and biking during the summer two to three days a week helps Gardner keep in shape for these Hosteltours.

#### Continued education

Upon retirement at 62, Gardner returned to college to obtain her master's degree in English. She was a full-time adjunct instructor at Iowa State in the Intensive English Orientation Program (IEOP.) Not limiting her teaching horizons to the Midwest, Gardner has taught ESL in two different language institutes in Spain; Granada and near Murythia and anticipates returning.



**Mary Gardner joins fellow bikers in the Netherlands.**

Changes in the IEOP program made it possible for Gardner to teach English as a Second Language (ESL) at the Boone Campus. Her classes include grammar and conversation/listening skills. Her teaching philosophy, "Respect all students and treat them like they are not stupid."-



Mary Gardner's ESL class MWF 12:20-1:15 include L to R: Mary Gardner, Nour Alazzam, Jordan; Khun-Nay Tangbau, Myanmar; True Vangs, Loos; Khun-Htee-Seng Tangbau, Myanmar; Christian Reyes-Pintor, Puerto Rico. Not shown: Mariana Aung-Chan-Tha, Germany and Maribelle Rivera, Puerto Rico

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# Give XFL a chance -

**Scott Anderson**  
*Bear Facts Staff*

On Feb. 3, 2001, the XFL kicked off in Las Vegas, Nevada.

The XFL promised a new brand of football, and I believe they delivered on their promise. Even before the ball was kicked off, there was excitement. In the XFL there is no coin toss; instead, a player from each team lines up, and at the word "go" the players sprint after a football. Whoever recovers the ball will determine which team will get to receive the kickoff.

The national media blasted the XFL after its first week of play, calling it "bad football" or "minor league" football. The media said that the XFL could never match the NFL.

First of all, the XFL never said it was out to be better than the NFL. The XFL is about giving players the dream of professional football. The XFL also said to give the league time, and the play will get better, and it has. I watched Los Angeles rally from a 13-point fourth quarter deficit

in the last three minutes against Chicago. Two overtimes later, Los Angeles prevailed 39-32. As for the "bad football" comment, I say this: can you point out one exciting game in the NFL playoffs? I can't; can you? That's because there weren't any, as

cludes former players from college teams right here in Iowa. I found five Iowa connections in the XFL: former Iowa safety Kerry Cooks who plays for the Chicago Enforcers, former Iowa State Coach Jim Criner, who is the head coach of the Las

both play for the Los Angeles Extreme.

Finally, we have the scantily clad XFL cheerleaders. True, they are dressed in next to nothing, but it's exactly how the NFL cheerleaders dress. The only problem is that the NFL cheerleaders are never on camera, where as the XFL cheerleaders are on TV more often.

I don't want to sound like the XFL is perfect because it's not. Some of the camera angles on the field aren't appealing. I was somewhat interested in the all-access pass into the lockerooms, but not after I actually saw it. Also, they don't need to interview every player or coach after every play. But I will watch again, and so will others who like professional football. The XFL will also have the support of WWF [World Wrestling Federation] fans. As a fellow WWF fan, I know that Vince McMahon does not quit without a fight. I just offer this advice to people wavering about whether to watch: give it time and you will not be disappointed.



parity and the salary caps have diluted the talent pool. But that is another story for another time.

The XFL provides a place for people who couldn't make it to the NFL. That in-

Vegas Outlaws and former Northern Iowa wide receiver Mike Furrey, who is a receiver for the Outlaws, and finally, former Iowa State quarterback Todd Doxon and former Iowa tight end Damon Gibson who

## Early second half surge sends DMACC men past Simpson JV

**Scott Anderson**  
*Bear Facts Staff*

The DMACC Bears used a strong second half to beat a very determined Simpson JV team 86-61.

"The best thing about tonight is that the game is over," said Orv Salmon, men's coach.

The first half of game was a seesaw affair early on as the teams exchanged the lead several times. The Bears went on a 8-0 run to push their lead to 12 points, and then the rest of the half was pretty much even and the lead was 11 at the half.

Simpson started out the second half by scoring the first five points to get within 7, but DMACC went on a 15-0 run to push the lead to 22 at 59-37.

"We have to get better," said Salmon. "We really struggled in the first half, but we got some energy in the second half. These games are hard, but the important thing is that we won the game."

Jamal Jackson led the Bears with 16 points. Other high scorers for the Bears were Adam Daley and Darnell Star with 15 each and Shelton Colwell with 12 points..

## DMACC men continue to win on the road

**Scott Anderson**  
*Bear Facts Staff*

The DMACC Bears defeated NIACC (Jan.27) 72-59 to stay undefeated in the conference. Rich Borgos led the Bears with 22 points. Shelton Colwell added 12 points and 12 rebounds. Edwin Coplin had 9 rebounds for the Bears.

DMACC then went to Waldorf (Jan.28) and destroyed them 80-53. Colwell had

his best game of the year with 27 points and 18 rebounds. Other high scorers for the Bears were Adam Daley with 12, and Jamal Jackson with 11.

DMACC then took on second place Southwestern (Feb. 7) and won convincingly 83-58. Colwell led the Bears with 19 points. Other high scorers were Jackson with 17, and Daley with 14.

DMACC easily defeated the William Penn JV (Feb. 16) 92-45 in a non-confer-

ence match up. Jackson led the Bears with 15 points and had 6 assists. Other high scorers were Colwell 13, Kevin Alberts 12, Bret Wisecup 12, Brian Berkey 11, and Mike Williams with 10. Colwell led the Bears with 12 rebounds. Alberts also had 8 rebounds for the Bears.

## DMACC women's season overview update

**Scott Anderson**  
*Bear Facts Staff*

The DMACC Bears won their first conference game of the season in defeating NIACC (Jan. 27) 78-76 in overtime. Leading scorers for the Bears were Melissa Gourley with 18, Kelsey Kain 15, Kelli Busch 14, and Alisha Markuson and Lisa Obrecht with 10. Leading rebounders for the Bears were Obrecht with 9 and Markuson with 8.

The DMACC Bears lost a hard-

fought game with Southwestern (Feb. 7) 77-71. Gourley led the Bears with 25 points and 5 steals. Kain added 20 points and 5 steals. Markuson tallied 10 points and 11 rebounds for the Bears.

DMACC then went to Marshalltown (Feb. 12) and lost a tough game 78-64.

The Bears got in an early hole in the first half and couldn't recover. Gourley led the Bears with 16 points. Other high scorers were Busch 15, Kain and Obrecht with 10 each. Obrecht also added 7 rebounds for the Bears.

### Men's DIV. II STANDINGS

	Conference	Overall
DMACC	12-0	25-1
Kirkwood	10-2	19-5
Southwestern	9-3	14-11
Iowa Central	8-4	17-10
Clinton	5-7	11-14
NIACC	4-9	11-15
Ellsworth	3-9	11-14
Iowa Lakes	3-10	13-12
Waldorf	2-12	9-19

Last DMACC home game  
**tonight**  
SWCC 6 & 8 p.m.

## Where have all the cheerleaders gone?

**Sadie M. Heimbaugh**  
*Bear Facts Staff*

Just four short years ago the athletic teams were not only supported by fans, as they are now, but also by a student cheerleading squad composed of five to eight cheerleaders. But what has happened to these athletic supporters?

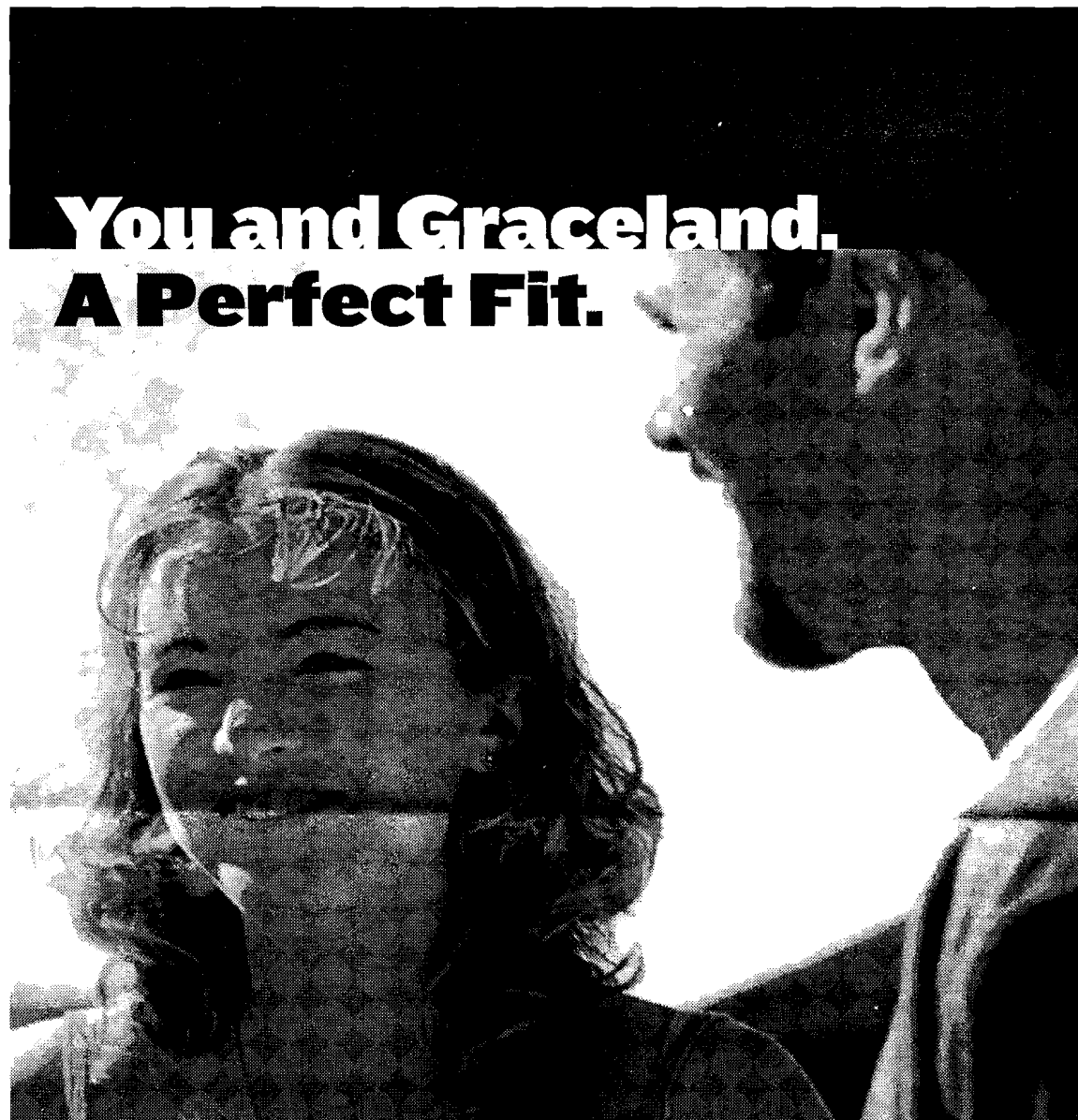
Although DMACC has added and dropped several sporting events throughout the years, one thing was always constant: the rhythmic cheers of encouragement from the sidelines. However there hasn't been a cheerleading squad since 1997, when the task to find willing girls became difficult. "It was hard to find girls who had enough time for it," said Jenny Silberhom, the coach.

Silberhom feels that cheerleaders would benefit the team, school, and fans. With cheerleaders comes "a lot of morale, they would let students know when games were, since they wore their uniforms on game days and made posters, it got the word out better." Cheerleaders were strong supporters of athletics, "We had auctions, promoted good comraderie, and once a year we made the teams a dinner to take with them on an away game," said Silberhom.

Basketball player Kevin Alberts feels that cheerleaders would make the "Atmosphere more exciting and entertaining during the games."

Considering little has changed in the past four years, would bringing cheerleaders back be possible in the future? Silberhom feels that once the dorms are built cheerleaders will be much ideal, since students will be constantly on campus instead of commuting. However if cheerleaders were to make a comeback Silberhom, who coached for 20 years, would not coach them in future. She feels that they would need someone who was younger and had more time to devote to it.

It is clear that cheerleaders would be beneficial to athletics and to DMACC, whether it will be possible or not is up to the students.



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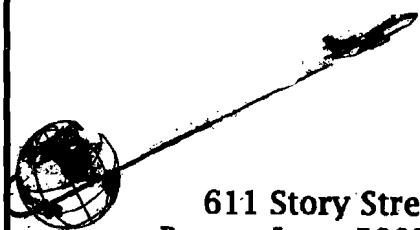
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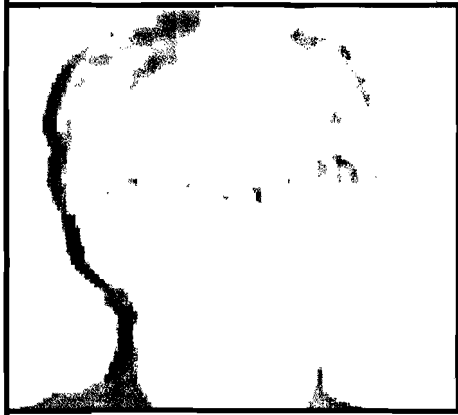


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# The other side of the Courter

Photos and text by KATIE PRESCOTT

## What do you hate worst about winter?



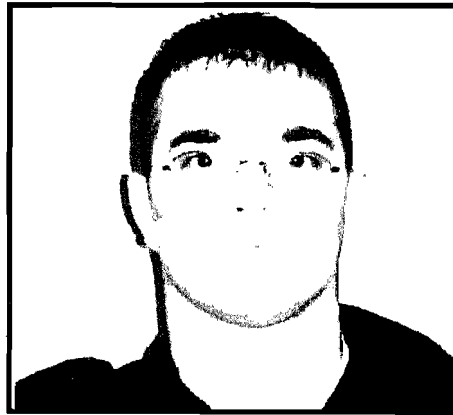
**Bruce Kelly**  
Boone Poly-sci instructor

"Not fun to take walks."



**Deborah Swanson**  
DMACC Sophomore

"The heating bill.  
December's was \$170."



**Tim Walton**  
DMACC Sophomore

"I like winter because I'm  
not so busy, giving me more  
time to go to the bar."



**Darla Carr**  
DMACC Sophomore

"The extremely cold  
weather."

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