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Banner News

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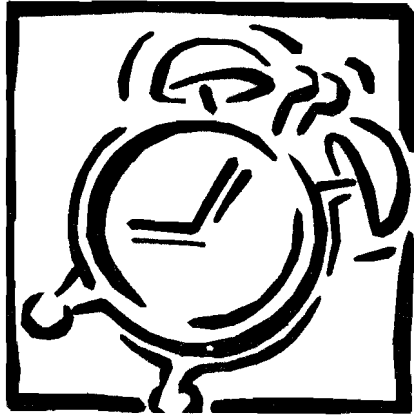
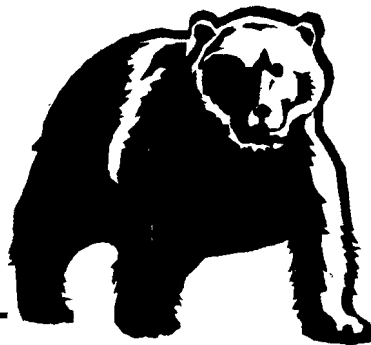
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Daylight Savings Time ends Sunday, Oct. 29 at 2 a.m. Set your clocks **BACK** one hour.

If you use drugs...

Check out your brain on the web

Addictive drugs can change the brain so rapidly that they can take it over. Drugs such as ecstasy and methamphetamine "hijack your brain," says Alan Leshner, director of the National Institute on Drug Abuse. Everyone can choose not to start using drugs, but some can't choose to stop.

Ecstasy users become depressed, anxious, forgetful and sleepless. This drug damages key parts of the brain. You can see how people who use drugs differ from those who don't use them at www.drugabuse.gov. The sight is set up by NIDA, the National Institute on Drug Abuse. These brain scans aren't an exaggeration. These are brain scans from Johns Hopkins University.



Michelle Johnson, former Boone campus Phi Theta Kappa President and current ISU student, welcomes Bret Crim, Boone campus student, to PTK as Ben Howe, another PTK inductee, looks on in the Courter Center.

One young drug user said. "If you explain to kids what's going on with their bodies instead of just saying, 'Don't use drugs,' we're more likely to listen."

Spring registration starts Tuesday, October 31

Matt Rinker
Bear Facts Staff

Fellow DMACC students, it's that time again. It's time to sign up for next semester's classes.

Signs for early registration are posted around the school. Actual registration does not start until Oct. 31, but if you're one of those people who like to get things done, this is your time to shine.

What is early registration? It's a time when students can pick their classes early, so they can get the ones they want and not go through the hassle of being denied a class because it's too full. By the way, this method of registration is highly recommended by Boone Campus counselor, George Silberhorn.

Now, if you're not the motivated type, have no fear. You also can register on line, just go to DMACC.org and click the registration link, and then it explains itself. Online registration starts Oct. 31.

Here's the part where you're saying, "Wow! What else do I need to know? That's what I'm here for. Let's say you

signed up for a few classes, and you feel like you want to take more or you thought you weren't going to register but later decided you want to. You have until January 12, 2001 to do so. Classes start January 8th so this doesn't give you a lot of time. You might want to make up your mind a little earlier. Plus, who really wants to play catch up the first two weeks of school? It's recommended by Silberhorn to choose carefully when you go this route, and choose classes that won't be hard to make up.

Students are also fortunate enough to be offered a wide variety of new classes in addition to the core classes for the spring term: Commodity Marketing, Child Development (over the ICN), Criminal Law, Program Logic Design, Techniques of Acting, English as a Second Language, Fitness Programming, Exercise Physiology, America in the Movies, Internet Research, Immerging Technologies, Juvenile Delinquency, and Mass Communications.

With all these classes offered, there is sure to be something new for everyone.

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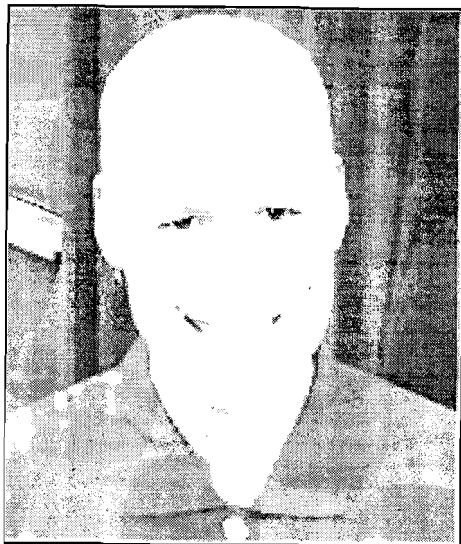
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DMACC instructor walks with cancer



Cindy Cory

Michele Thamke
Bear Facts Staff

Everyone has been scared. Whether the fear is fact or fiction, the resulting effects are very real. Each person deals with this differently.

Cindy Cory, Boone DMACC nursing instructor, is dealing with the reality and fears of breast cancer. Cory said, "I knew I had a fibrous cyst. A week following an abnormal mammogram, I had a lumpectomy on April 26, 2000." Cory wasn't prepared for the doctor's diagnosis of Stage II cancer found underneath the non-cancerous cyst. Cory said, "I was very frightened and very scared."

Because Cory has been a nurse for many years and has prior experiences with family members who have dealt with cancer, these factors made cancer very close to her. Knowing various outcomes of can-

cer prepared Cory for the worst. Cory said, "Cancer is all around."

Cory had diagnostic surgery on May 17, 2000. The surgeons removed thirteen lymph nodes: all were non-cancerous. In preparation for her chemotherapy and radiation treatments, doctors inserted a "port-a-cath" into Cory's lower neck. This created a direct opening where her treatments would enter her body. Cory required four chemotherapy treatments, which is a relatively small number of treatments, because of the good report from the lymph nodes. Cory said, "Chemo was tedious and trying. You have to monitor day-by-day changes in your body." She also had 33 grueling radiation treatments that were completed on October 17.

Six months following her initial diagnosis, Cory anticipates life after cancer. When people have inquired about her current status with her breast cancer, Cory says, "Breast cancer is a chronic illness." She is currently turning the pages of her life and waiting to discover what post cancer life holds in store for her.

Cory has excellent advice for those who know cancer victims: "First and most importantly; try to help serve their spirit. Your action doesn't need to be much, just your presence and caring acts of kindness. Second; have no fear. If you find you are afraid, have courage. Third; remember that the hardest thing to do is usually the right thing."

Cory relied on her support team, which includes her significant other of five years. Cory said, "He made a world of difference. He helped me stay grounded."

Colleague and close friend, Sandy Chacko, was also vital to her support team. "She always seemed to know when I needed special encouragement," Cory said.

Additionally, Cory's support team included her mom, six siblings, friends, co-workers and students. Cory said, "People would drop by to visit with stacks of books. I read some great books as a result and found some great new authors."

While there are no other cases of breast cancer in Cory's family, she is in some higher risk categories: age and lack of childbearing.

For the next five years, Cory will take Tamoxifen, which is an anti-estrogen treatment. Tamoxifen's side effects can be managed, but some effects are pretty scary. "Pulmonary embolism is a common side effect, so I need to be even more aware of what's going on in my body," Cory said. Pulmonary embolisms create tightness in the chest that could resemble the feelings of a heart attack.

Cory's final statement could apply to everyone: "Empathy is not personal experience. It's the ability to be there while the other person experiences the feeling."

Yahoo! Funding for breast cancer

Michele Thamke
Bear Facts Staff

Students have an opportunity to help find a cure for breast cancer, simply by accessing a Yahoo website. Click on <http://health.yahoo.com> and click on the

pink ribbon. For each visit to the website, Yahoo will donate \$1.00 to the Komen Breast Cancer Foundation. No other action of information is required. The campaign runs from October 15th through November 15th, 2000.



Twelve of the fourteen students who joined Phi Theta Kappa, the two-year college honor society are pictured above with (front row, l. to r.) Nancy Woods, PTK co-adviser; Brad Meyers, Tau Phi Chapter President, and guest speaker for Sunday's ceremony, Dr. Regena Peters, Iowa Regional Chapter Coordinator. Students (row one, l. to r.) are Helen Branch, Kaci Crim, Fiona Cheong, Sarah Wikert, Joshua Smith, Toni Wicks; (back row l. to r.) Alisha Markuson, Bret Crim, Darren Alexander, Ben Howe, Connie Colle, and Greg Karber.

PBL to raise money for community projects

Kim Miller & Kim Cunningham
PBL Contributing Writers

Phi Beta Lambda members are continuing to keep busy with community volunteer work, conferences, and fund-raisers.

Beginning Friday, October 20, PBL members started a fundraiser for the holiday season. They are selling special gifts from the 2000 Randy's Holiday Delights catalogue. Included in these items are: decorated Christmas candles and ornaments, bright wrapping paper, holiday tins filled with nuts and creamy chocolates.

There is something for everyone, and sales will end November 10. The fundraiser will raise money to sponsor PBL community service projects and conferences.

One of these community projects will be the PBL Annual Food Drive for the Salvation Army, which will be held Nov. 1 thru Nov. 17. There will be stations set up for collection in various locations throughout the campus. Please show your support by donating a non-perishable food item to help out less fortunate families.

If you would like to order a special gift for the holiday season or would like further information concerning the upcoming food drive, contact any PBL member or Linda Plueger in Office 201.

Mom, 36, now typical adult college student

Andrew Mollison
c. 2000 Cox News Service

WASHINGTON- After breakfast on a school-day morning, Theresa Johnson double-checks three sets of homework as she packs lunches into three backpacks.

Her daughter, Lindsey, 10, and son Bryant, 8, carry theirs to the 7:15 school bus. Then she lugs her third backpack to her 1990 Mercury Sable, pulls out a micro-cassette recorder and reviews lectures from past classes as she drives herself to Iowa State University.

"It's an hour and 10 minute drive from my home (in Vincent, Iowa) to the commuter lot in Ames, and then another 20 minutes to the shuttle bus to the lower Iowa State campus," she said. She listens to the tapes because "when you're raising a family and studying and working, it would be silly to waste three hours a day."

This fall, Johnson has signed up for 18 credits, three more than a full load, and seven more than the national average. Johnson is taking on the heavyweight schedule because she is growing impatient as she sprints toward the end of a marathon quest for a bachelor's degree that began more than five years ago.

When the college board drew up a composite of the 42 percent of the nation's college students who are 25 or older, the New York-based organization concluded that, like Johnson, the typical adult student would be a 36-year old woman raising a family. She would be more likely than other women her age to be separated or divorced.

"She would definitely be a commuter student," said Carol Aslanian (cq), director of the College Board's office of adult learning services. "She wants a promotion, a new career or re-entry into the labor market. The odds that she's studying part-time or full-time are 50-50. She is taking six or seven years to earn a bachelor's de-



Theresa Johnson and children

gree."

"It's cool to know that there are so many people like me," said Johnson, when Aslanian's remarks were read to her. "Sometimes you feel alone. So many things on campus are so centered on the party-age, beer drinking student whose mommies and daddies are paying for their education."

Quickly, she added, "I'm not knocking it. When I was 18, I was pretty clueless myself."

She married after high school, worked in sales jobs before becoming a paramedic, and had two children before her divorce. Her ex-husband has since died.

When Bryant, her youngest child, turned 3, Johnson decided to go to college. She told herself, "It's a way to beat the

'now what am I going to do?' blues, where you lie in bed and feel depressed all day."

In 1997, Johnson earned an associate's degree at Des Moines Area Community College's Boone Campus, where she was student body president and volunteered on the board of the community day care center that her children attended.

She also spent a year in a physician's assistant course at Des Moines Osteopathic University. There, she said, "I learned, for a mere \$10,000, that being a p.a. wasn't for me."

After regrouping, she resumed her quest in the spring of 1999 at Iowa State, where she majors in housing and the near environment and minors in gerontology.

"It has the strongest gerontology program in the state, and I want to work on

designs that make it easier and safer for older people with dementia to function, whether in Alzheimer's care facilities or their own homes," she said. "Iowa has a higher population of older people than any other state, so there's plenty of demand."

During the school year, Johnson's priorities change according to the time of day: 5:30 to 7:15 am, family; from then until 3:30 or 4:30 pm., commuting, classes, library time, and work; then family until 8 pm., when the children go to bed.

"My 10-year-old has a problem; she thinks 8 pm. is for babies. But for me, it's a blessing to start the quiet time when I can hit the books," Johnson said.

Like most adult students, she obsessively seeks high grades. In her case, high marks also help her retain the merit-based scholarships that supplement the federal Pell grant and earnings from her work-study job as a research assistant.

She pinches some pennies. Her lunch consists of leftovers from the freezer, heated in a campus microwave because the \$5 a day that would pay for a sub sandwich, soda and chips on campus can be used instead for "baseball cleats or lunch tickets" for her children.

Time is scarce. "If I take the kids to an outdoor band concert one night, I know that will mean a double study load the next," she said. "And I can't take evening classes, because that's the kids' time."

On the other hand, she said, "Lots of professors have families, and they know how things can pile up. If you're up-front with them, they'll cut you a little slack."

When friends ask whether they should return to college, she tells them: "Go for it."

"It helps you specify what you're good at and what to do in your life. It shows your children that a college education is important," stated Johnson. "I've found a strength within myself that I thought I never had."

Sport injuries often found on college campuses

Tiffany Young
Contributing Writer

Many athletes go to the gym everyday and end up hobbling home. They bench press their max, then they can't move their shoulder that night. Their knees start to ache when they climb a flight of stairs. You can't get around the fact that the process of building muscle puts strain on your joints. Too much wear and tear, however, can cause osteoarthritis (creaky joints), sports injuries and further loss of bone and joint function.

All of the players have had some type of injury. This is no different with Iowa State football players, basketball players and wrestlers. So, they talk about injuries from experience. Enis Haywood has had ankle injuries and had to stay out for two weeks. He also had a cracked collarbone and was out for 2-3 weeks. Recently, in the game against Nebraska, Haywood suffered a rib injury and had to miss the last game against Oklahoma State. He is still practicing but doesn't do any contact drills.

Mike Wagner has had a fractured hip and could barely walk; he was out for seven months. He may have arthritis in his hip by age 35. He has also had sprained ankles, a dislocated elbow, and dislocated

fingers.

Atif Austin has had hip, shoulder, back, finger, and ankle injuries. He also had cracked cartilage in his knee, impingement, but no broken bones.

Jamal Tinsley has had a sprained ankle and had to sit out for three to four days. He also has problems with his knees bothering him.

Zach Thompson suffered a torn hamstring and was out for a month.

Running doesn't seem that complex, putting one foot in front of the other, leaving the ground on each stride is as simple as a sport gets, yet the repeated movement sets up a chain of events from your head to your toes, and the other way around. Be out of alignment at either end, and your entire body can be affected.

How do sports affect athletes' bodies; is the effect good or bad? There are a lot of different opinions.

Haywood, the running back for the football team this year, thinks that it is bad. Wagner, who is also a running back for the football team, thinks that it is also bad, "It wears down your bones a lot." Austin, who is defensive back, thinks that it is also bad.

Tinsley, the point guard for the basketball team thinks that it is good, "It keeps us in shape."

Thompson, a wrestler who wrestles in the 197 weight class, thinks that it is good, "It keeps your body in shape," but he thinks that it is bad later in life. "It increases your chances of getting arthritis."

Should people be in sports? Again the athletes were asked their opinions on the subject. Haywood thinks, "Yes, if they want to play their game."

Wagner says, "Yes, for the entertainment of others."

Austin thinks that you should because "it teaches you about life; you get the experience of competing against others, like in the real world. You can make money and win. It is also emotional, you can cry and get mad."

Tinsley said, "Yes, it keeps everybody out of trouble."

Thompson says, "Yes, it is a way out. It keeps you busy. Your energy isn't used to do other things, like committing crimes for example."

If a player gets injured and their injury is long-term, should they keep playing, even though it might further damage their body and affect them for life or should they quit? Haywood says, "Let it heal and then get it treated. I don't think that you should quit."

Wagner thinks, "It is a personal decision. If it was me, I would keep playing;

you have a 50/50 chance."

Austin replied, "It depends on if you are getting paid, whether you have kids or not. If I was getting paid, I'd keep playing, security for my family."

Tinsley thinks, "Don't quit, just sit out for a while until you get healthy."

Thompson says, "Quit. Nothing is worth more than your future health."

It is obvious that certain sports can cause different injuries and some can cause more injuries. Football players, for example, usually suffer more injuries than wrestlers or basketball players. To prevent sport injuries, you need to find the warning signs and the cause; how much training can you do?

Use your head. Do something to correct the weakness or the problem. Some sports injury warning signs are as follows: Stress is often present, sometimes from running or from school, work, money or family. Signs to watch for are feeling tired, illness (sore throat, swollen lymph glands), or loss of weight. Don't turn off the pain, pain warns you to slow down or stop. Don't cover up the pain with pills; you will lose your body's warning signs. If you ignore the sports injury, you will get what you deserve—a long break from exercise. Be smart, stay safe and listen to your body.

Midterms--What a beach!

Matt Rinker
Bear Facts Staff

It's that time of year again. Teachers have spoken and the midterm reports are out. Hopefully, you were fortunate enough to not get one, but if you did receive one here are some hints to help you get back on track.

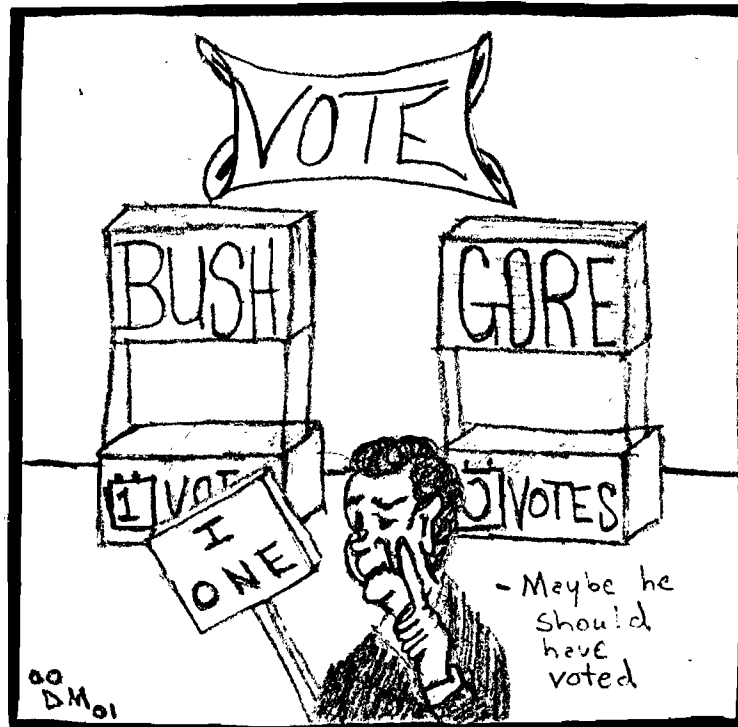
First things first: Go to class. Now, this isn't true for all students, but I'm willing to bet, and I'm not a betting man, a lot of the midterms were sent out to those who didn't attend class as much as they should. A teacher is going to show little sympathy to those who didn't go to class.

Second thing: talk to your teacher. Ask the teacher for your individual grades and ask to see where you went wrong. You never know, maybe you just made some dumb mistakes that can be easily fixed. In the process of talking to your teacher, ask if there is any extra credit work you can do to make up for the mistakes you've made. I must warn you though, in college, extra credit isn't common. In fact, in some cases it's very rare but it never hurts to ask.

Third thing: get the notes you've missed from another student or the teacher. They may not serve well right now, but when finals roll around, you're going to be darn glad you got them.

Number four, and this could be the most important, get a tutor. You may laugh at the thought and say, "I don't need a tutor." Guess what, if you didn't get the midterm then maybe that would be true, but from where you're sitting, you have no room to argue. Another thing you might say is "I can't afford one." The wonderful establishment of DMACC provides them for free! That's right, all you have to do is sign up and show up. Just go to the Academic Achievement Center, tell them what you need and they'll be glad to help you out.

Ladies and gentlemen this is no longer high school where your teachers hound you to get your work in and your parents constantly ask how school is going. You need to take some responsibility to cover your mistakes. Hey, who knows? You may even learn something in the process.



David Morris, Cartoonist

It will make a difference.

V O T E

From the Editor's Desk

Arthur Davis
Bear Facts Staff

With the elections just around the corner, if you have not registered to vote yet, go do that. If you are not from Boone County and want to vote on an absentee ballot, here is how you do it:

1) Ballots can be completed at the county auditor's office in your home county, or you can have one mailed to you with a written request, stating your birthday, your social security number, and the address to which it will be mailed. In addition, absentee ballots are available for any county or state on the internet at myabsentee-ballot.com. You must be registered in the county that you are from, and you have until Oct. 28 to do so.

2) Absentee ballots must be post-marked Nov. 6 or may be turned into your home county auditor's office on Nov. 7 by 9 p.m.

3) You can vote in person at your home county courthouse, Monday through Saturday if you are already registered.

4) Your absentee ballot must be mailed back to your home county.

All Americans have a responsibility to vote in each election. These are the people that make your laws and in some form or another, dictate how you will live parts of your life. If you ask yourself, "Why should I? What good is it going to do?" the answer is, maybe not very much. But, it is your turn to say what you want for yourself, your friends, and your family.

When you vote, you are telling everyone else, "Hey, this candidate best suits my values and beliefs." Many people throughout the world wish they had the power that we as citizens have by being able to choose our leaders. Don't cop out. Go vote!

THE SOUNDS OF MUSIC

Patrick Fleming
Bear Facts Staff

Sometimes, bands have more than one dimension to them. For instance the Beatles: they were cute, they could perform and they made great records. Now I feel the same way about a little band from Athens, GA whose latest album *The Winter Is Coming* was released last Tuesday.

The band Elf Power may not be as popular as the Beatles, and the only reason for that may be their looks, cause these guys (Oops! Guys and one gal) can play, and they make great records.

On the first track "Embrace the Crimson

Tide," lead singer Andrew Rieger screams with all honesty over the pounding of a massive marching band drum beat that remains throughout the whole three-minute song, but the power of that first track stays with you the entire album.

On the title track of the album, the band shows its diversity by bringing in a whole section of different horns and woodwinds ranging from trombone to flute to make a happy little rock song turn into a jumpy jazz number that would make Louis Armstrong sit up in his grave.

"The Naughty Villain," is by far my favorite track on the album. With its flute and saxophone segues, you don't quite know where it's going to go, and then the

bass guitar comes in and everything you imagined gets thrown aside, and you realize that this is one of those bands that just loves to surprise its listeners with their songs.

This album may be a little happy for some folks and may sound a little like it was made for 1970 instead of 2000, but, hey, what's 30 years when the music stands the test of time anyway? Go check out *The Winter Is Coming* and these other recently released albums. Kathryn Musilek's "Ballerina In a Box," and Creeper Lagoon's brand new Extra Play(EP).

As always, thanks for your time. Any questions or comments my e-mail is wheatlord1@yahoo.com

From Behind the Chair

Look Good... Feel Better

Michele Thamke
Bear Facts Staff

Look Good... Feel Better

October is Breast Cancer Awareness month, as well as Cosmetology Month. My profession of twelve years is a career that allows access to personal information some people chose not to share with those close to them.

For this reason, Look Good... Feel Better was established in 1989. In the past eleven years, more than 200,000 women have participated in the program, which is open to all women cancer patients actively undergoing treatment for cancer.

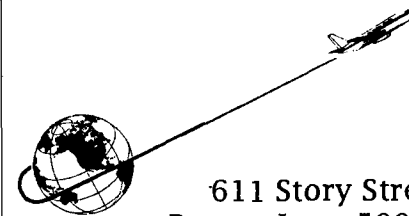
Look Good... Feel Better is a free, national public service program created from the concept that if a woman with cancer can be helped to look good, her improved self-esteem will help her approach her disease and treatment with greater confidence.

Look Good... Feel Better is sponsored through a national partnership of The Cosmetic, Toiletry, and Fragrance Association (CTFA) Foundation, The American Cancer Society (ACS), and The National Cosmetology Association (NCA).

Look Good... Feel Better is available in 50 states and the District of Columbia. Programs are held in comprehensive cancer centers, local hospitals, ACS offices, salons, and other community settings. There are programs for women in general, Hispanic women with specific programs in Spanish in six cities in the U.S. and Puerto Rico, and a program for teenagers, boys and girls ages 13-17, available in 12 sites in the U.S.

Look Good... Feel Better has improved the lives of many cancer victims. For more information, please check out their website www.lookgoodfeelbetter.org.

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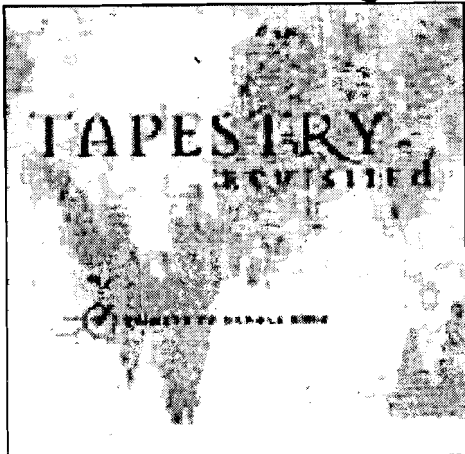
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Part II

I'm not just a girl



Patrick Fleming
Bear Facts Staff

Many artists deserve the praise they get. But how many artists have written and recorded a single collection of songs of such enduring power that a tribute can be made to that one album alone? *Tapestry* is surely one of the very few.

Carole King's landmark *Tapestry* album was released in May 1971. It went to #1 in June, held down the top spot for 15 weeks, and remained on the national album chart for 302 consecutive weeks, longer than any female artist in history. It spawned four top ten hits.

Tapestry won four Grammy Awards with King becoming the first woman to

capture the Grammy 'grand slam': 'Album Of The Year,' 'Record Of The Year' (It's Too Late), 'Song Of The Year' ("You've Got a Friend"), and 'Best Pop Vocal Performance, Female.'

That same year, songs from *Tapestry* covered by other artists also won Grammys: James Taylor's version of "You've Got a Friend" scored 'Best Pop Vocal Performance, Male' (and was a gold-certified, #1 single), and Quincy Jones's 'SMACKWATER JACK' album won 'Best Pop Instrumental Performance.'

In the twenty-four years since its release, *Tapestry* has sold over twenty million copies: it was recently certified by the RIAA for U.S. sales of ten million albums, and it has also sold over ten million units internationally.

But what many people do not know is that Carole's career started years before this landmark album was made. At the ripe age of 17, King wrote her first hit in 1960. She went on to write hits for Aretha Franklin, the Monkeys, and even the great Frank Sinatra sang some of her songs. She wrote many hits for the girl groups of the 60's too including tracks like, "Locomotion," and "One Fine Day."

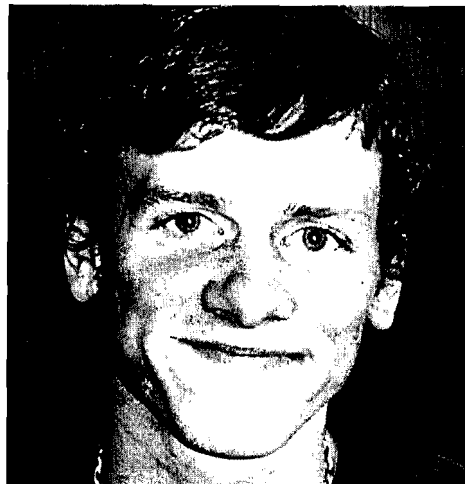
I know it's hard to put anybody in the ranks with Lennon/McCartney and Dylan for songwriting but if I were going to choose anyone male or female, I would choose Carole King. Check out one of her albums: you will not be sorry.

Meet the staff



Melanie McCane

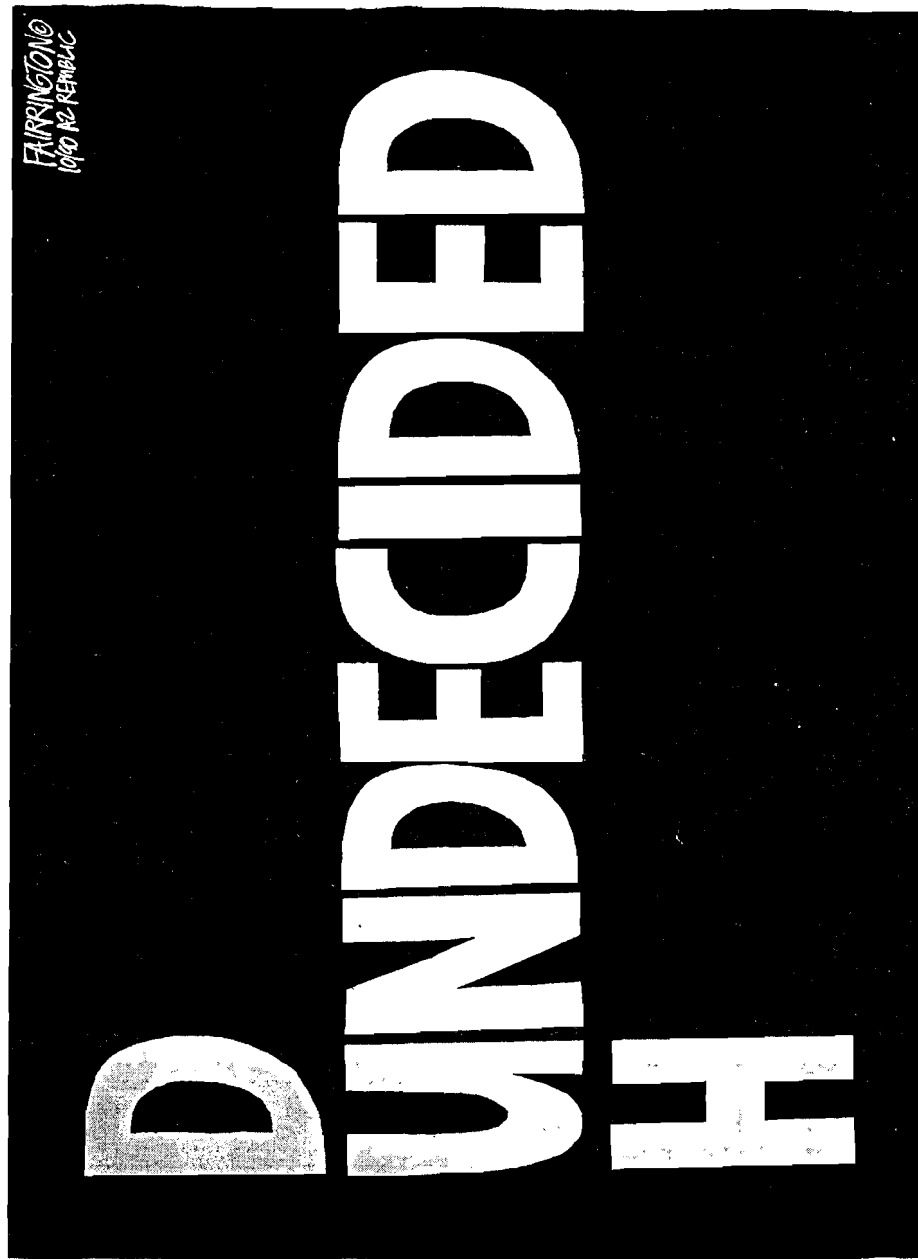
Hometown: Huxley, Iowa
Age: 19
Year and status at DMACC: Part-time, first year at DMACC
Number of credits this semester: Approximately 6
Major: Liberal Arts
A class that you would recommend to others: "I like theater and writing for the *Bear Facts*."
Where are you working during the school year: Communication Data Services.
Activities for fun: Finding new stuff to buy that I can't afford.
The section of a newspaper you read first: The classifieds
The event in history you wish you could have reported: When women became eligible to vote!



Patrick Fleming

Year and status at DMACC: Full-time sophomore
Number of credits this semester: 14
Major: Mass communication
A class that you would recommend to others: "I love working for the *Bear Facts*! I'd also recommend introduction to film. James Bittner is a great teacher."
Working during the school year: Hastings and Bi-Fi Records
What you do for fun: "I love music: listening, recording, playing. Soft silly music is meaningful, magical."
Section of a newspaper you read first: Entertainment or sports
Your goal as member of *Bear Facts* staff: To continue the family-like atmosphere at layout.
The event in history you wish you could have reported: Album reviews for any publication in 1966. Such a great year for music: From Revolver to Pet Sounds.

Hometown: Ames, Iowa
Age: 20



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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 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.

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From around the to

Different faces from different places

Sadie M. Heimbaugh
Bear Facts Staff

While walking through a hall, peeking into a class, or sitting in the Courtier Center a DMACC student is going to find many different faces from many different places. DMACC is the host of approximately 400 students from all around the world, and DMACC in Boone has the highest ratio.

Imagine traveling halfway around the world to go to college. It may be a rare situation for American students but when the situation is reversed, it is not as rare. Students from all around the world come to America to go to college, but it is not only universities that international students are looking for. DMACC and other junior colleges host a large number of international students.

Many different questions arise when considering the amount of international students. What are the requirements for international students to attend DMACC? Why Iowa, and why DMACC? Where are the majority of international students from? These questions are just a few that students may be asking themselves, however there are many answers to the questions that students may be wondering.

Admission for international students is very similar to the admissions for American students. All students must fill out the Admissions Application, and have official transcripts from high school and all other colleges attended sent to DMACC. International students must also have an International Student Data Sheet, Financial Resource Statement verifying that his or her sponsor will be able to meet all educational and living expenses that one will incur while attending DMACC. Also, they need official evidence of the level of proficiency in the English language and a deposit of \$2,000 to cover processing fees and education costs for the first semester.



Marcelo Florenzano lives with his twin brother, Vivicius, also a DMACC Boone Campus student. Another brother Daniel, is a Boone Campus graduate, currently a student at San Diego State.

Lynn Crenshaw, who works in the Office of International Students said, "International students hear about DMACC by word of mouth. They may have a friend or a relative attending or did attend school here." Many students also find DMACC on the internet. "The internet is nice because I can e-mail potential students instead of using the telephone. The telephone is harder to exchange information because of the language barrier," Crenshaw said.

International students must make many adjustments when attending school in America. Kevin Alberts from Australia said, "The weather is colder and stranger in America." Some parts of an American's life may be a completely new experience for someone from another country. Harsh

winters have played a role in every Midwestern student's life, but for Alberts, this winter will be an entirely new experience. He has never seen snow!

Each student can have a new experience. Edwin Coplin from Dominican Republic said, "My country is very small and the U.S. is a very big place."

Many international students' plans include improving their English skills, perform well in all their classes, go on to a university and finish school. International students enjoy meeting new people, doing new things and experiencing the different culture. Vivicius Florenzano from Brazil has enjoyed learning many new things each day.

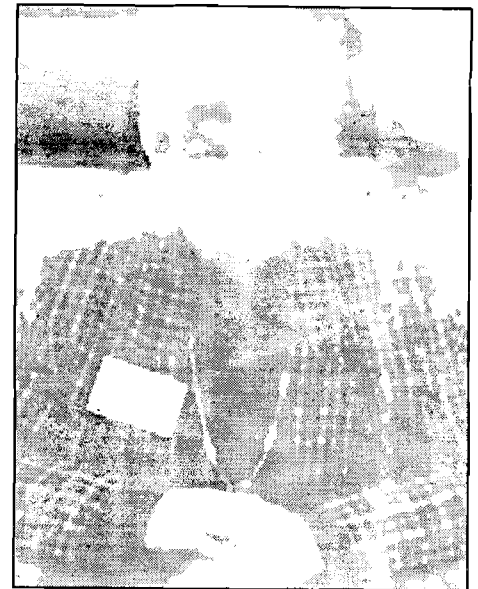
Although international students are kept busy with many new and exciting things, there are some things they miss from their homeland countries. Many students miss their family, friends, their old life style and environment. Coplin said, "I miss my family and being able to talk to my mom and daddy about anything." Alberts said he misses being able to "Swim and surf all the time at the beach, and the nice hot sun. My laid back life style, the friendly people, safe environment, and activities with my family."

Florenzano misses working out and playing soccer all the time, he also misses his "three brothers, my sister and my parents in Brazil, but my other two brothers are living with me in U.S.A."

International students may also experience some unexpected surprises when they arrived in America. Alberts was surprised at the way Americans drive and said, "Your burgers at K.F.C., McDonalds and Burger King are awful!" When Florenzano arrived, he was very surprised that "Americans don't shake hands when they greet one another."

Although international students have come to America to study, learn and experience new things, perhaps there are some lessons Americans can learn from international students.

*"International students
by word of mouth,
relative attending,
DMACC on the Internet."*



Lynn Crenshaw

British nursing student rocks with Scalpel

Melanie McCane
Bear Facts Staff

It's quite possible that you might have missed Emma Vincent meandering throughout the halls of our school. With her slight build and quiet demeanor, it might even shock you when she tells you that she plays rhythm guitar in a band named Scalpel.

Emma, originally from Swinson, England, moved to Nevada, Iowa four years ago with her parents when her father was transferred to Sauer Danfoss (then Sauer Sunstrand) in Ames. Though the

original plan was to only stay for three years, she says she thinks that they are going to live here for an undetermined amount of time.

In her first year here at DMACC, Emma is studying toward a nursing degree. She says that in her free time she enjoys drawing and practicing with her band (which she describes as "melodic goth metal") twice a week. She also works at Ben Franklin in Nevada and spends time with her boyfriend.

Emma started playing guitar three years ago as a hobby and joined Scalpel about a year and a half ago. Her own tastes in

music include: blues, Bob Marley, heavy metal and trance, which is intense dance music that can be found in clubs in England.

She says that though they haven't played any really big gigs yet, Scalpel can be found playing shows at the Boheme and various other venues in Ames and surrounding areas. Look for fliers on the boards around DMACC and if you get a chance, check out one of their shows. It might be your only chance to see Emma Vincent in action before she becomes a rock star and leaves Iowa behind.



Emma Vincent

globe DMAACC

ents hear about DMAACC
They may have a friend or
. Many students also find
ternet." ...Lynn Crenshaw



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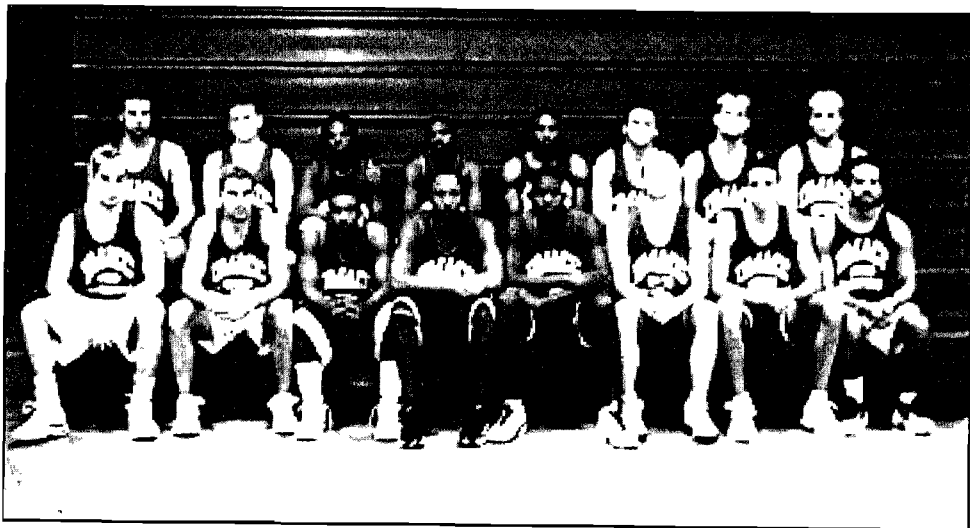


DOWN

ACROSS

1. Greek bridal of marriage
6. Chilean shrub
11. Hold up
14. "Carmen," e.g.
15. What Etna can do
16. Lacross (abbrev.)
17. Greek cheeses
18. Wreaths
19. Accept
20. Superseded by Euro
21. Black and _____
22. Famous olden tower
23. Door
25. Skilift
27. Portuguese coin
31. French suburb
35. Archaic conversation
36. Italian corn
37. Understanding
38. What a preacher calls
39. Ketchup
40. Early 20th century artistic group
41. Lodestone
42. Ovens
43. Watering holes
44. Design in itsy-bitsy bikini
46. Tangled (variation)
47. Ogled
48. Family formicidae
49. Brief stint by famous actor
52. ___ and reel
54. Parisian love
59. Unknown
60. Cab
61. Coarse
62. Photo meter
63. Old abbrev. for photocopier
64. Yucca fiber
65. Dog command
66. Male names meaning harmony
67. Or else

1. Booker Prize leader Martyn
2. Mimic
3. Ancient Roman post
4. Persia
5. Waterfall
6. Disappears
7. Scope
8. Tilting targets
9. Rival of post office
10. Clara Bow, the ___ girl
11. Talk too much
12. Collects leaves
13. Figure-skating jump
19. Polynesian plant
22. Big-screen pig
24. Scale note
26. Kind of haircut
27. Hinder
28. Combining word meaning respiration
29. Cult ad figure Joe _____
30. Hawaiian musical instrument
31. Pass out
32. Russian edict
33. Counsels (Br.)
34. Grind
36. Exaggerated play form
39. Skin
40. Sire's mate
42. This ends prize fight
43. Smallest of Great Lakes
45. Sharp
46. Fashionable, in slang
48. Bye, bye amigo
49. Long-running musical
50. Not pro
51. Shed
53. Bovine animals (pl.)
55. Rolling stone gathers none
56. Three per inning
57. Kind of fruit
58. Mother of Zeus
60. Up to
63. Cellist Yo Yo ___



The DMACC Men's Basketball team (front row, l to r) Adam Daley, Kevin Alberts, John DeBerry, Edwin Coplin, Shelton Colwell, Kip Peterson, Mislav Parlov, Rich Borgos (top row l to r) Brad Schlarbaum, Jered Downing, Mike Williams, Jamal Jackson, Darnell Star, Bret Wisecup, Brain Berkey, Josh Meyers

Men's basketball preview

Scott Anderson
Bear Facts Staff

This season will be the start of a "New Era" for DMACC basketball. Orv Salmon is the new head men's basketball coach. Salmon's assistant coaches are Jay Slight, Austin Norris and student assistant coach Eric Ver Helst. The Bears have no returning players from last year's team, so it is a fresh start.

"The team and I have high expectations," said Salmon. "There will be an adjustment period for all of us, and it all depends on how we come together as a team."

The strengths of the Bears are quickness, athleticism, and shooting the ball according to Salmon. The Bears are working

on rebounding and coming together as a team defensively. The goals for this season are establishing credibility and success for the basketball program here at DMACC.

The Bears open the 2000-2001 season with an exhibition game against Grand View at the Ankeny DMACC Campus. This is the first time that the Bears will have played an exhibition or regular season game at the Ankeny Campus. The game starts at 5 p.m. and is at the Ankeny Campus Gymnasium Bldg. #5. The game is free and open to the public. On October 30, there will be a slam-dunk, three-point contest and intra squad scrimmage at the Boone DMACC gym. The event is free and starts at 6:30.

Women's basketball preview

Scott Anderson
Bear Facts Staff

This season is the start of a "New Era" for the DMACC women's basketball team. The women's basketball program is back as a varsity sport. The new women's head coach is Bob Terrones. The women's assistant coaches are Dawn Hajek, Lori DeJongh-Slight, and Kim Irons. "My expectations for this season are to work hard, show continuous improvement, and stay-

ing positive while learning to love the game." The strengths of the Lady Bears are playing solid team defense, good shooting, and team unity according to Terrones. "The kids have really start to jell together," said Terrones. The major weakness according to Terrones is a lack of height. The women go to Central Pella for an exhibition scrimmage and then open the regular season at home on Nov. 2 against the Grandview JV.

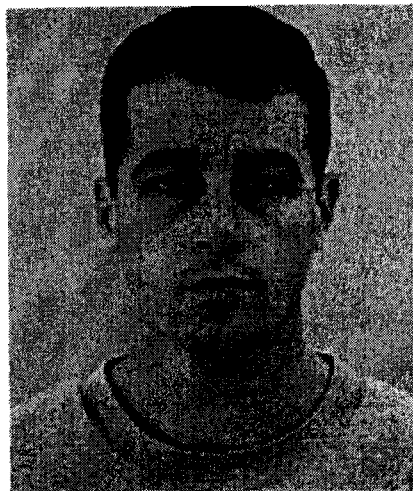


The DMACC Women's Basketball team (front row, l to r) Arriel Bivens, Lisa Obrecht, Erin Rice, Tracy Shaw, Kelsey Kain, Joetta Mitchell (top row l to r) Melissa Gourley, Kelli Busch, Alyssa Ketelson, Missy Berry, Naoko Takemura, Alisha Markuson

2000-2001 Women's & Men's Basketball Schedules

Head Coach: Bob Terrones, 1-515-432-1052			Head Coach: Orv Salmon, 1-515-432-5030				
DATE	OPPONENT	SITE	TIME	DATE	OPPONENT	SITE	TIME
11/2	Grand View JV	Boone	6:00pm	11/3	Grand View JV	Boone	7:00pm
11/8	N. Central MO	Boone	5:00pm	11/8	North Central	Boone	7:00pm
11/11	Riverland	K.C.	2:00pm	11/11	Riverland	Away	4:00pm
11/17-18	Iowa Cent Classic	Fort Dodge	TBA	11/17-18	Iowa Central Classic	Away	TBA
11/20	Simpson JV	Indianola	6:00pm	11/21	Riverland	Boone	7:00pm
11/21	Riverland	Boone	6:00pm	11/25	Australia Sports Institute	Boone	7:00pm
12/4	Simpson JV	Boone	6:00pm	11/29	Wentworth	Away	8:00pm
12/6	NIACC	Boone	6:00pm	12/2	Upper Iowa JV	Boone	2:00pm
12/14	N. Central MO	Trenton	6:00pm	12/6	NIACC	Boone	8:00pm
12/15	St. Louis CC @Flor	St. Louis	5:30pm	12/9	Clinton	Boone	7:00pm
12/16	St. Louis CC @Meram.	St. Louis	7:30pm	12/12	Indian Hills	Away	7:30pm
1/7	Ellsworth	Iowa Falls	2:00pm	12/14	North Central	Away	7:30pm
1/10	Iowa Central	Boone	6:00pm	1/5	Iowa Wesleyan JV	Boone	7:00pm
1/13	Iowa Lakes	Boone	1:00pm	1/7	Ellsworth	Away	4:00pm
1/14	Waldorf	Boone	1:00pm	1/10	Iowa Central	Boone	8:00pm
1/19	Marshalltown	Boone	7:00pm	1/13	Iowa Lakes	Boone	4:00pm
1/24	Kirkwood	Boone	6:00pm	1/14	Waldorf	Boone	3:00pm
1/27	Mason City	Mason City	6:00pm	1/18	William Penn JV	Boone	7:00pm
1/28	Waldorf	Forest City	1:00pm	1/24	Kirkwood	Boone	8:00pm
1/31	Central Pella JV	Boone	7:00pm	1/27	NIACC	Away	8:00pm
2/3	Iowa Central	Fort Dodge	5:30pm	1/28	Waldorf	Away	3:00pm
2/7	SWCC	Creston	5:00pm	2/3	Iowa Central	Away	7:30pm
2/12	Marshalltown	Marshalltown	7:00pm	2/7	SWCC	Away	7:00pm
2/19	Ellsworth	Boone	6:00pm	2/10	Wentworth	Boone	7:00pm
2/21	SWCC	Boone	6:00pm	2/14	Clinton	Away	7:00pm
2/24	Kirkwood	Cedar Rapids	6:00pm	2/16	William Penn JV	Away	2:00pm
3/3	Iowa Lakes	Estherville	5:00pm	2/19	Ellsworth	Boone	8:00pm
	Regional Tournament TBA			2/21	SWCC	Boone	8:00pm
	National Tournament TBA			2/24	Kirkwood	Away	8:00pm
				3/3	Iowa Lakes	Away	7:00pm

COACHES ARENA



Austin Norris
Assistant Men's Basketball Coach

With winter quickly approaching, basketball season is right around the corner for the DMACC men and women's basketball teams. Due to a number of new faces on the Boone campus, it is sure to be an exciting one.

Coach Salmon, Coach Slight and I are trying very hard to improve on the past seasons for the men's basketball program. We worked very hard in the off season to attain student-athletes who want to play basketball at DMACC and more importantly wanted to be in college. We have a great group of people on and off the floor.

Our aspirations and expectations for this upcoming season are to put a group of players on the court that will compete, run the floor, and make the game exciting and enjoyable for the spectators with the purpose of winning games.

I feel very fortunate to be part of the new men's basketball Bear family. I have had the opportunity to be involved with a couple of successful programs over the past four years. I don't see any reason why this program should be any different. There are a number of things in place to make this program successful.

The administration has shown that it is behind our program and I am thankful to have the opportunity to be part of this team. I don't think many people can go to work everyday and enjoy what they do. Without question, I enjoy every minute.



Senator's daughter does it all



Heather Behn

Arthur Davis
Bear Facts Staff

Stress is something that every student must learn to deal with, but for some it becomes more. Heather Behn is a student that has to deal with a little more stress every time that her father, Iowa Senator Jerry Behn, comes up for re-

election. Heather is a full time student, works part-time at Hy-Vee, plays volleyball for DMACC, is on the student council, and still tries to find time to help out her dad.

How does Heather deal with all her schoolwork, sports, and helping out her father? Heather says, "School comes first, that is what my parents and I feel is most important." Her and her family's stress comes from wondering if her father will get reelected. Heather is proud of her father and enjoys that he is an Iowa State Senator.

Through the years, Heather has walked door-to-door passing out literature for her father. She has ridden in the Pufferbilly Days parade, Boone County Fair parade, and any other parade that is in Boone or Carroll counties. During these parades she has driven the truck, thrown and handed out candy, and has been a passenger who waves at parade onlookers.

Heather has gone with her mother to the Capitol building where she has learned about politics and how the parties do not work together at times. Heather does not want a future in politics. Heather says, "This has been an experience and I have learned a lot more than I could have in any government class on how it all works."



Dr. Yuhong Yang

Qigong helps lead to happy, healthy lifestyle

Sadie M. Heimbaugh
Bear Facts Staff

On Oct. 18, at 11:15 a.m. Dr. Yuhong Yang gave a seminar on Qigong, breathing in with the good and out with the bad.

Qigong is used to regulate the human body through posture, breathing, and mentality. Dr. Yang said that Qigong can "help in attaining a happy, healthy, life (Yan Xin Qigong)." This method helps people suffering from symptoms such as weight, poor sleeping, and medication use.

Nearly 96% of the people who tried Qigong said their stress had been reduced, and only 4% said they noticed no change.

Yang said that through Qigong one will achieve healing effects plus disease prevention which in turn will bring longevity. "It is a little like Yoga but not quite as physically exhausting," said Yang. For more information on Qigong contact Mary Ann Koch in the Academic Achievement Center.

Fan mail for U.S. troops

FAYETTEVILLE, NC (Home of Fort Bragg and the 82nd Airborne)--- All across the nation, individuals and groups of all kinds-including students and campus groups-are already writing fan mail to our troops at home and abroad for Christmas 2000.

"We know that U.S. troops across the nation and around the world appreciate the fan mail they receive," said G.B. Wiser, executive director of the program. "Mail from students may be especially welcomed, as many of the young men and women in uniform are college age."

Mail from all over the nation is sent to Friends of Our Troops headquarters, where it is thoroughly mixed, then made up into well over 1,000 packages of mail to be sent out. "The packages range in size from just a handful for small units up to several thousand for an entire base or one of the Navy's large ships," said Wiser. "This helps to get an appropriate amount of fan mail to all those places."

In continuation of the Vietnam Mail Call program established in 1965, there have been 35 years of service to and support of our soldiers, sailors, Marines, airmen and Coast Guard.

A visual overview of how the campaign functions has been posted in the on line photo album at <http://www.militarymail.org/album.htm>. In addition, there are special schools, colleges, churches, veterans groups, youth groups and Catholic pages.

To learn how to help boost morale by wiring fan mail for U.S. troops all across the U.S. and around the world, please send your name and address to Friends of Our Troops, P.O. Box 65408, Fayetteville, NC 28306.



Mike Hiltgen, "Justin Wills"; Megin Colton, "Valerie Vickers"; and Emily Milano, "Betsy Randolph" rehearse their parts for the upcoming fall production. Students are admitted free with their library cards.



DMACC actresses Heidi Hockett and Melanie McCane practice for their parts "Kitty" and "Jane Ackerly" in *Murder on the Rerun*.



Kay Mueller, Boone campus speech drama instructor, directs rehearsal for the upcoming fall play, *Murder on the Rerun*. The play will be Nov. 10 and 11 at 8 p.m. at the Boone campus theatre. Tickets are \$5 at the door, but they are free for students.

A dozen ways to protect yourself

Federal Trade Commission--The next time you get a "personal" letter or telephone call telling you "it's your lucky day," the Federal Trade Commission encourages you to remember that:

Legitimate sweepstakes don't require you to pay or buy something to enter or improve your chances of winning, or to pay "taxes" or "shipping and handling charges" to get your prize. If you have to pay to receive your "prize," it's no longer referred to as a prize.

Sponsors of legitimate contests identify themselves prominently; fraudulent promoters are more likely to downplay their identities. Legitimate promoters also provide you with an address or toll-free phone numbers so you can ask that your name be removed from their mailing list.

Bona fide offers clearly disclose the terms and conditions of the promotion in plain English, including rules, entry procedures, and usually, the odds of winning.

It's highly unlikely that you've won a "big" prize if your notification was mailed by bulk rate. Check the postmark on the envelope or postcard. Also be suspicious of telemarketers who say you've won a contest you can't remember entering.

Fraudulent promoters might instruct you to send a check or money order by overnight delivery or courier to enter a contest or claim your "prize." This is a favorite ploy for con artists because it lets them take your money fast, before you realize you've been cheated.

Disreputable companies sometimes use a variation of an official or nationally recognized name to give you confidence in their offers. Don't be deceived by these "look-alikes." It's illegal for a promoter to misrepresent an affiliation with- or an endorsement by- a government agency or other well-known organization.

It's important to read any written solicitation you receive carefully. Pay particular close attention to the fine print. Remember the old adage that "the devil is in the details."

Agreeing to attend a sales meeting just to win an "expensive" prize is likely to subject you to a high-pressure sales pitch.

Signing up for a sweepstakes at a public location or event, through a publication or online might subject you to unscrupulous prize promotion tactics. You also might run the risk of having your personal information sold or shared with other marketers who later deluge you with offers and advertising.

Some contest promoters use a toll-free "800" number that directs you to dial a pay-per-call "900" number. Charges for calls to "900" numbers may be very high.

Disclosing your checking account or credit card account number over the phone in response to a sweepstakes promotion-or for any reason other than to buy the product or service being sold-is a sure-fire way to get scammed in the future.

Your local Better Business Bureau and your state or local consumer protection office can help you check out a sweepstakes promoter's reputation. Be aware, however, that many questionable prize promotion companies don't stay in one place long enough to establish a track record, and the absence of complaints doesn't necessarily mean the offer is legitimate.

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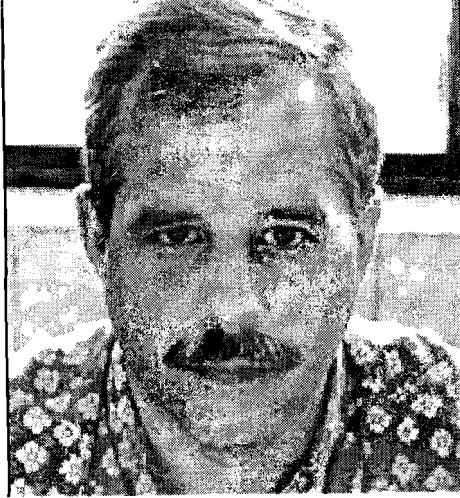
The other side of the Courter Photos and text by Aaron Forrester

Are you going to vote? Why or why not?



"Yes. I think that Al Gore would make a better President than George Bush."

Bruce Kelly
Political Science instructor



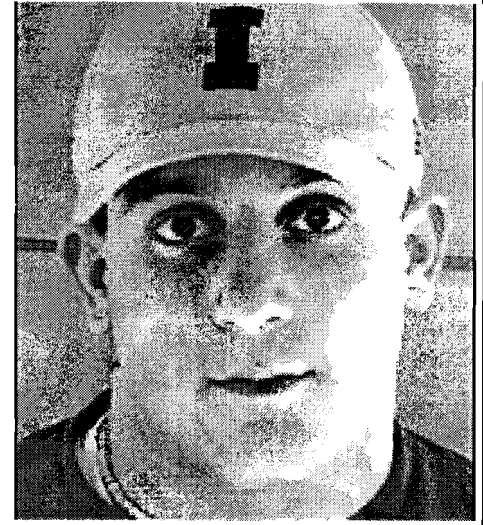
"Yes. I think it's important to have a voice and be heard."

Dan Ramthun
Non-traditional student



"Yes. Every vote makes a difference."

Deborah Swanson
Sophomore



"No. I haven't done it before, why start now?"

Matt Meek
Sophomore

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Dee Wiscup
Staci Prokop