

Des Moines Area Community College Open SPACE @ DMACC

Banner News

Student Work

10-11-2000

Banner News

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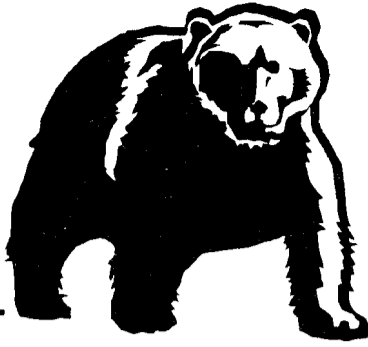
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BEAR FACTS



Volume 46, Issue 3

"The Voice of the DMACC Boone Campus"
Serving the Community Since 1956

Oct 11, 2000

Six women elected to SAC

By Sadie M. Heimbaugh
Bear Facts Staff

Six women were chosen by DMACC Boone campus students to represent the student body on the Student Activities Council (SAC): Tracy Shaw, Erin Rice, Stephanie Henderson, Jodi Daigh, Jill Dubberke and Heather Behn.

Bondurant native Tracy Shaw is a returning SAC member. Shaw, President of SAC, is majoring in political science. She was a member of her high school student body government for four years. She said "It was a lot of fun then, and I wanted to try it in college." Shaw feels that she is a good leader and will benefit from her experiences with the SAC in her future career. She also feels that she is gaining a lot of leadership experience and organizational skills. As president, Shaw has set goals of bringing more activities to DMACC and would like to "continue to build the SAC program this year to help in the years to follow."

Erin Rice of Ames is nineteen years old and plans to transfer to UNI to major in design. She is the secretary for the SAC and feels that it will be a "good learning experience" and will help her in her future jobs. She wanted to be a member of the SAC because this is her second year at

DMACC and she "knows enough to help." Rice plans to benefit DMACC in the athletic department and wants to "help strengthen DMACC as a whole."

Nineteen-year-old sophomore, Stephanie Henderson from Huxley is currently serving as a committee member for the SAC. She feels that being on the council will help in her future career. Henderson "enjoys knowing what goes on around campus." She also wants to help decide where the money will go and which departments need it the most. Henderson's goal for the SAC is to "improve our campus and involve as many students as possible in the various activities we plan."

Returning council member Jodi Daigh of Boone, is serving as a committee member. Daigh has high hopes for the 2000-2001 semesters. She wants to see the SAC be more successful than in previous years. Daigh would like to see more students getting involved and participating in campus life. She also wants to help start "more activities for students to participate in."

Jill Dubberke is an 18 year old from Hubbard. Dubberke would like to attend UNI for elementary education. She holds a position as a committee member on the SAC. She hopes to gain better leadership skills. She also feels that she is learning to work better with others. Dubberke wanted

to run for SAC because she thought that it would be "lots of fun," and she wanted to get involved. When asked about her goals for the SAC, Dubberke answered, "I want to make the best decisions concerning the student body."

An 18 year old, freshman from Boone, Heather Behn, is serving on the SAC as a committee member. Behn believes that her position will help her listening skills improve. She decided to run for the council because she wanted to "give people a chance to voice their opinions." Behn's goal for the SAC is to spend money more wisely and introduce new activities.

SAC performs many services to the students and the staff by promoting everyone to become more involved with the college, peers, and advisors. SAC is the eyes, the ears, and the voice of all the college events that take place on the DMACC Boone campus.

Each member of the Student Activities Council chose to be a member for different reasons and hopes that it will help their future in different ways. Each member has personal individual goals for the SAC, but they all share the desire to improve DMACC in any way that is within their power.



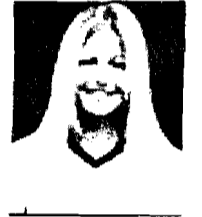
T. Shaw



J. Dubberke



S. Henderson



E. Rice



J. Daigh



H. Behn

Students cope with illness

by Matt Rinker
Bear Facts Staff

Throughout the school year, many students are struck with the same problem I have experienced this semester: how to cope with being sick and still keep up with your work. At the beginning of this school year, I was hit with mono, a very long-term and grueling disease. It put me out of school for about two weeks, bed ridden and unable to do any work. Doing homework wasn't on the top of my agenda nor was getting up to find out how far behind I was. So how does a student catch up in school after being sick for so long?

First things first: call your teachers or e-mail them. The teacher will have no sympathy for you if you don't make an effort to tell him or her what is going on. In a lot of situations, it will buy you much more time to do the homework you have already missed. On the other hand, there are some teachers who are less willing to work with you and by calling them it gives you a chance to get the work you'll be missing and try to get it in on time.

Second, hook up with someone in the class: the best choice is the one who takes really good notes. You'll need them to find out what things you missed that the books just can't tell you.

Third, and most importantly, get plenty of rest. No matter what anyone tells you, get plenty of rest. Don't push yourself when you really don't have the strength. If you don't let yourself fully recover, you're bound to get yourself right back where you started-sick in bed and wondering how you're going to make up another two weeks!



PBL students participating in the service project were Christine Harmening, Koki Nakagawa, Rosie Fuentes, Roxy Raulston, Staci Biehn, Alissa Elsberry, Holly Klein, Tammy Clark, Kim Cunningham (not pictured, Kim Miller)

DMACC gets a new librarian

By Matt Rinker
Bear Facts Staff

The students and faculty of DMACC have a new staff member to welcome to the school. Donna Kelly, the new evening librarian.

Kelly is no stranger to DMACC schools or the library. In the past, she has worked at the DMACC campus in Ankeny heading circulation and ordering of books. Prior to that, she worked at Grandview College as a librarian.

Kelly has only been here for about a week and she only has good things to say about the Boone Campus. "People have been very friendly to me and reached out to me. It's a very friendly place," said Kelly.

So what makes Kelly the right choice for the job? Well, some odd years ago, she took an aptitude test and scored off the charts as a librarian. After seeing



Donna Kelly

how well she scored, Kelly decided to become a librarian. To add to her score on the aptitude test, she also has a degree in history from ISU and a legal assistant certificate from the Urban DMACC campus.

Ann Watts, a fellow librarian, has spent some time getting Kelly acquainted with this library and says Kelly's a very competent person and really knows the library. Watts also enjoys Kelly as a person, "She's very charming

and kind to the students," said Watts.

As far as Kelly's family life goes, she has a 21-year-old son who has moved out, but she does enjoy the company of three cats: Tara, Lil'Bit, and Sophie. In her spare time she enjoys hiking, listening to all types of music, and of course, reading.

Phi Beta Lambda needs you!

By Staci Biehn & Alissa Elsberry
Contributing Writers

This year's DMACC Boone Campus PBL organization is off to a great start! We have elected our officers, had three meetings, and just finished our first community service project (Adopt-A-Highway). We have only just begun, and we need you to help PBL members make this a great year!

Just last week, PBL members worked together to clean up a two-mile stretch on old Highway 30 and Highway 17. We worked really hard for two days. Despite the strong winds and the dusty ditches, we all felt like it was worthwhile.

Along with Adopt-A-Highway, we have several other activities planned for this month. Our community service project for October will take place around Halloween. The members of PBL are planning to make decorated bags filled with Halloween treats to hand out at the Eastern Star

Nursing Home.

We are also planning a field trip October 20. We will be going to Des Moines to tour different businesses and to eat lunch. It has not been decided where we are touring, but it should be a great experience.

Field trips and community service projects are not the only activities PBL members do. We also participate in Leadership Conferences. The PBL Fall State Leadership Conference will be October 27th and 28th in Des Moines on the Urban Campus.

If any of these activities sound interesting to you, then we need you! Watch the hallways for the dates and times of our meetings. They are usually on Fridays from 12:20 to 1:15 in the Courter Center. Come and join us and find out for yourself just what PBL is about. We promise you will not be disappointed!

How did you celebrate national Hispanic month?

By Matt Rinker
Bear Facts Staff

In 1968, Congress initiated Hispanic Heritage Month. This was meant to celebrate the traditions, cultures, and valuable contributions of Hispanic/Latino people in the United States. Hispanic Heritage Month is from Sept. 15 - Oct. 15.

Many of our students here at DMACC come from a Hispanic background. One of them, Xiomara Perez, a Boone Campus student, is from the country of El Salvador. Although she didn't celebrate this year, she still feels proud to have had this month set aside to recognize the accomplishments of those Hispanics/Latinos from both present and past.

At the ripe young age of 15, Perez came to the U.S. with her father. "Here there are more opportunities to be successful," said Perez.

There are obviously many differences between El Salvador and the U.S., one of them being school. Although they have no computers, Perez feels that in El Salvador, the classes make up for that by being harder than the ones in the U.S.

The hardest thing for most Hispanics/Latinos coming to the U.S. is the cultural differences. Holidays are celebrated in somewhat different ways. At Christmas in El Salvador you'll see fireworks; here you would see families together opening presents. On Independence Day in El Salvador you'd see parades, music and people dancing; in the U.S. you would see fireworks, and if you're lucky, a parade.

As far as home life goes, for Perez some things never change. The way the household is run and how things are done still resemble those she was accustomed to in El Salvador. "In my family we always speak Spanish," added Perez.



Lariza Torres from the Hispanic Educational Resource Center performed at the DMACC Urban Campus on Sept. 27.

As far as friendships go, some things are universal. What Perez did in El Salvador is no different from what someone in the U.S. would do--girl talk and shop.

Recommended actions for people to better familiarize themselves with National Hispanic Month are as follows: Read some good books by Latinos, read some Latino magazines, give to Hispanic causes and charities, and visit a Spanish-speaking country to learn about its roots.

If you want to learn more about Hispanic Heritage Month, there are many web sights strictly devoted to this special time. Just type in Hispanic Heritage Month and hit enter. If you didn't celebrate this year, it's not too late to get ready for next year's celebration.

Professional Athletes Choose Chiropractic

Logan's national reputation as a premier chiropractic college is due in large part to faculty members like Dr. Ralph Filson.

In his private practice, Dr. Filson acts as consulting doctor of chiropractic to the St. Louis Cardinals and the World Champion St. Louis Rams. In both capacities, Dr. Filson treats some of the world's best athletes in professional sports.

If you would like to learn more about an exciting career in chiropractic, please contact Logan College for an informational packet.

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Qigong lecture Oct. 18

By Patrick Fleming
Bear Facts Staff

Stress! We all have it. From being homesick, to no money, to cramming for those midterms--it's there. But you may be able to prevent stress. Learn why 160 million people have already started their journey of Qigong (pronounced chee gong).

Qigong is an age-old meditation practice that refers to a broad range of mental and physical exercises for health maintenance and improvement of the mind. It also is a disease-curing mechanism that has been around thousands of years.

Sound interesting? Well if it does you will be happy to know that on Wednesday, October 18 at 11:15 a.m. in the Boone Campus Theater Julie Wu will demonstrate Qigong, thanks to the coordination

of this China Year event by Mary Ann Koch, DMACC Academic Achievement Center.

Wu is a professional instructor of Qigong. According to one of her students, Qigong practice emphasizes the principle of virtue having three essential elements: adjustment of the mind, adjustment of breathing, and adjustment of posture. Millions find the results of Qigong to be profound and rewarding, including stress reduction, energy enhancement, weight loss, better sleep, allergy and pain disappearance, better family relationships, and improved intellectual and work performances. All this can come from breathing out with the bad and in with the good.

So if you experience stress, and we all do, come to this presentation, which is being sponsored by DMACC China Year, next Wednesday.

TESTING CENTER

DMACC BOONE CAMPUS--The Academic Achievement Center provides a site for make-up testing when students have missed class on a test day. The Center also serves as a site for administering correspondence tests for courses taken at other institutions, Challenge tests for DMACC courses, and COMPASS, the college placement assessment.

Make-Up Tests

Students must arrange with their instructors to have the tests put in the Testing Center. When they arrive to take their exams, they will be required to present their picture ID, such as a driver's license. The Center will return the test to the instructor.

COMPASS Placement Assessment Entering students take a computerized assessment which measures skills in reading, writing, and math - helping the college place students in appropriate math, reading and English courses to help maximize students' success.

CHALLENGE TESTS

Students who think they have the skills to "pass-out" of a specific course, who have met the entrance requirements of the college, and who are in a program of study leading to a degree, diploma, or certificate may take locally constructed departmental examinations for credit in certain specified areas for which they and the departments feel they have the necessary preparation.

* A student may take a challenge test for a course only once. This can occur at any time prior to formal registration in that course or by the designated drop date for the term in which the student is in attendance.

* A course cannot be challenged that is a prerequisite to a course that has been successfully completed.

* A Challenge Test cannot be used as course retake.

* Credit earned by challenge testing is entered on a student's permanent record only when that student has earned 12 credits at DMACC. A "T" grade is earned and is not included when computing grade point average.

Students interested in taking a Challenge exam should contact Jinny Silberhorn in the Academic Achievement

Center, Room 102, for specific information on tests available and fees for testing. The AAC is open: Mondays -Thursdays: 8:00 a.m. - 8:00 p.m. and Fridays: 8:00 a.m. - 3:00 p.m.

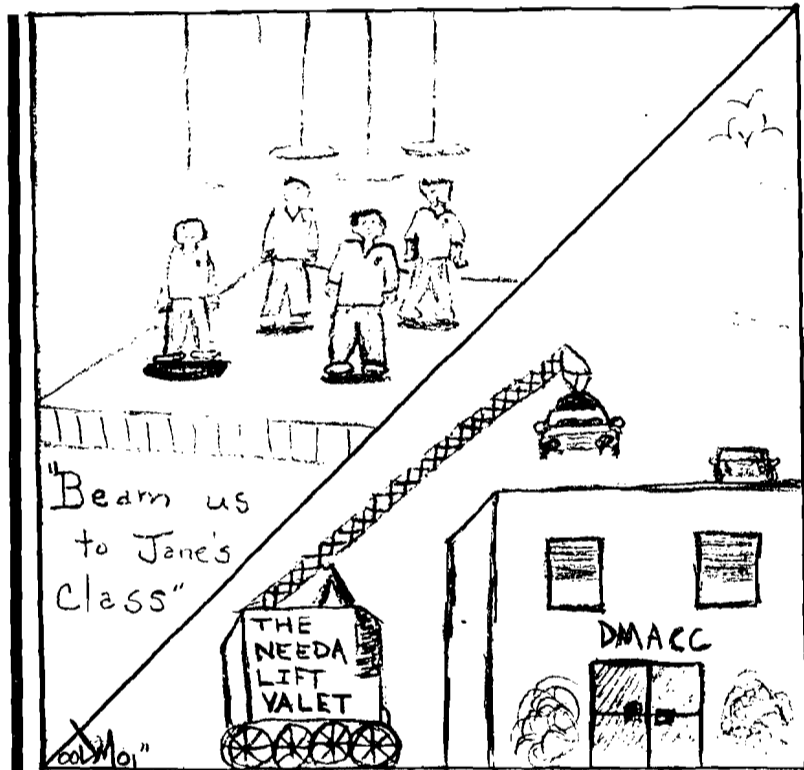
Phi Theta Kappa to add 14

This semester Phi Theta Kappa will induct 14 new members into the Honors Society. The new members are Connie Colle, Bret Crim, Helen Branch, Sarah Wikert, Toni Wicks, Steven Stonehocker, Joshua Smith, Patricia Nickerson, Ben Howe, Cheong Leng I, Dorothea Scott, Alisha Markuson, Greg Karber, and Kaci Crim. Students and staff are invited to attend the induction ceremony for these students at 2 p.m. in the L. Courter Student Center on October 22, 2000.

Register to Vote: Monday through Thursday, October 16-19, Phi Theta Kappa is participating in Project Vote Smart, a campaign to inform people about the candidates and distribute information about the people who have been selected to represent us in Congress. Stop by their table over the lunch hour in the Courter Student Center and pick up materials. You can also register to vote at this time.

Phi Theta Kappa members are invited to attend a Leadership Conference October 27-28 at Northeast Iowa Community College, in Peosta, Iowa. The conference promises to be fun and interesting! Any members interested in attending please contact Nancy Woods, 433-5061, as soon as possible.

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OLYMPIC MOMENTS

By **Scott Anderson**
Bear Facts Staff

From the lighting of the torch to the amazing closing ceremony's fireworks, this Olympics showed that nothing is for sure. Why should the Olympics be for sure? Everybody talks about the great upsets in these games, but all these competitors were there because they were the best of their country at some particular sport.

Also, this will always be remembered as the Olympics where the rest of the world caught up with the United States. No longer are the days of U.S. domination, and the Olympics are better for it. Don't get me wrong; I cheer and support my American athletes to the end, but the Olympics are about all countries, not just the U.S., and it is more exciting to see the Americans battle on an even playing field to earn their medals.

At the Atlanta summer games, the U.S. took home 101 medals and won the overall medal count by 36, while this year the U.S. earned 97 medals, but won the medal count by 9. The location of the games is a factor in the medal count. The 1996 summer games were in the U.S., and I believe a host country's athletes have a little more incentive to do their best. This year is no different, as this year's Olympics' host country, Australia, had the second best improvement in medals behind only Russia's improvement of 25 medals. Australia earned 18 more medals this year than they did in Atlanta.

The location of the Olympics has been the center of attention because of the huge time difference for the U.S. We are anywhere from 15 to 20 hours behind Sydney, Australia, the host site for the games. So events were decided and reported over before we could see them, and the results were almost unavoidable to know before seeing the event. This turned off a lot of

viewers to the Olympics. It's true the results were everywhere, and I too was upset by it, but how can the television stations covering the Olympics change this? Have the games in the North American time zone every four years? In every Olympics, there will be some country that will be at a disadvantage because of the location. The 1996 Olympics were here in Atlanta. There were countries during those Olympics that found out the results before they could see them. Every country should have an equal chance to host if they have the facilities to do so. Sydney did an excellent job of hosting on most accounts.

Nowhere was it more evident that the world had caught up to the U.S. than in men's basketball. The U.S. "Dream Team" won the gold as expected, but not before surviving many close calls. Lithuania played the U.S. to the wire, twice, in which Lithuania could have won or tied the game in the final minute of each game, including a missed three-point shot at the buzzer that would have won the game. The U.S. team also got a challenge from France in the goal medal game winning the game 85-75. The U.S. women's basketball team had no such problems as they easily defeated host Australia for the gold.

In track and field the story was Marion Jones. Jones earned 5 medals in one Olympics, which is something no female track athlete had ever done. She earned gold medals in the 100 and 200 meters and as a part of the U.S. women's 4x 400-meter relay team. She earned bronze medals in the long jump and as part of the 4x100-meter relay team.

In swimming the U.S. had much success. Young 16-year-old Megan Quann won gold medals in the 100-meter breaststroke and the 4x100-meter medley. Lenny Krayzelburg won three gold medals: in the 100 and 200-meter backstroke, and the 4x100-meter medley. The

U.S. took home a third of all medals earned in swimming events. Host Australia's hometown swimming hero, Ian Thorpe, took home 5 medals, 3 gold, and 2 silver and broke the world record in the 400-meter freestyle.

In baseball/softball it was a double dose of gold for the Americans. The baseball team won gold by beating Cuba 4-0. The softball team won the gold by beating Japan 2-1.

As if Lance Armstrong's victory over cancer and back-to-back Tour de France titles isn't inspirational enough, after competing in the individual road time trial, he won a bronze medal.

Wrestling may be where the biggest noise was made as Rulon Gardner defeated the previously undefeated, three-time gold medalist: Russian Alexander Karelin in the Greco Roman Super Heavyweight division. In freestyle wrestling, Terry Brands and Lincoln McClravy, two former University of Iowa wrestlers, each earned bronze medals.

In gymnastics there was much controversy as Romania's all-round gold medalist Andreea Raducan was stripped of her gold medal after testing positive for the banned substance pseudoephedrine, which is an ingredient in cold medication that was given to her by her doctor. The International Olympic Committee said it gave her no competitive advantage, but drugs have been a big issue at this year's games and rules must be followed. I don't think it was the right thing to do, but I can see their point. Medal or no medal, everybody knows she was the all-round gymnastics champ.

These Olympics were memorable for one reason or another, and everybody will have their own favorite moment until February 2001 when the Olympic Winter Games come to Salt Lake City.

From Behind the Chair

By **Michele Thamke**
Bear Facts Staff

Locks of Love is a non-profit organization that provides hairpieces to financially disadvantaged children under the age of eighteen with medical hair loss. These custom-fitted hair prosthetics are provided free of charge or on a sliding scale to children whose families meet the Locks of Love Board of Directors' guidelines.

The Locks of Love organization, which began in 1997, has helped approximately 200 children since its first year of operation.

Thousands of bundles of donated hair arrive from around the country, with over eighty percent of the donors being comprised of children. Locks of Love is a charity where children have the opportunity to help other children.

Donated hair is evaluated for its usefulness according to the following guidelines:

The donated hair must be at least ten inches (preferably twelve inches) in length.

It must be bundled in a ponytail or braid.

It must be free of hair damaged by chemical processing

The hair must be clean and dry, placed in a plastic bag, and mailed in a padded envelope to Locks of Love.

The organization needs hair from men and women, young and old, all colors, and all races.

Hair cut years ago is usable as long as it has been stored in a ponytail.

You can visit the Locks of Love website at www.locksoflove.org for further information.

I have cut a lot of hair in my twelve years as a hairstylist, and have sent hair to Locks of Love from my clients. Right now, I'm growing out my hair in order to donate my curly locks to Locks of Love. If you have any questions about Locks of Love, or hair in general, please contact me through the Bear Facts phone (515-433-5092).

The Sounds of Music

By **Patrick Fleming**
Bear Facts Staff

Mathew Sweet

Should Mathew Sweet be put in the same category as Paul McCartney, John Lennon, or Brian Wilson? This is a question I have been asking myself for the past five years. In 1995, I was introduced to Mathew Sweet and since then have become a huge fan, owning all seven of his wonderful power-pop albums. Recently, Mathew released a first-ten-years greatest hits album called *Time Capsule, Mathew Sweet 1990-2000*.

This album is a great starting point for anyone interested in starting a Mathew Sweet CD collection. I must admit, not all of my favorite songs by Sweet made the album, but the two new tracks and two previously unreleased tracks saved the day for me.

Mathew Sweet has been hailed in the music industry for years as being one of the best songwriters in the business. His influences are evident (The Beatles, Beach Boys) in every song he writes, but he takes things a step further into the world of power pop. The songs are perfect for any occasion: if you're a guy, you can rock out; if you're a girl you will love his sweet and tender melodies. If you're me, you dig both

of them.

Mathew has had a few radio success stories. To tell you the truth, he has been overlooked a little by the mainstream. If you're interested, you can walk into any used CD store and find one of his albums, just waiting to be heard. There is truly only one way I can describe this greatest hits collection, and I will use Mathew's own words from his song, "I've Been Waiting." "Never thought I'd find you perfect in so many ways!"

Radiohead

The group Radiohead's guitar player Jonny Greenwood is, in my opinion, the greatest, most innovative guitar player since Jimi Hendrix. But on Radiohead's new album, *Kid A*, you wouldn't even know the man played guitar! On Radiohead's follow up to their 1997 critically acclaimed album, *OK Computer*, the band chooses to shy away from everything they have done before and make an album that sounds like the soundtrack to a weird Sci-Fi movie that will be made sometime in the year 2015.

Let's just say this is not an album you will want to put in the player at your next Saturday night party, but for those Monday evening study groups that I know you all attend, this may be exactly what you're



Jonny Greenwood

looking for.

The album is filled with out-front bass lines, looped drums, blistering horns, and vintage organs. In fact, you do not even hear a guitar until track four, "How to Disappear Completely."

The album may be a little disappointing for how much hype is behind it, but with tracks like, "The National Anthem," and

"Motion Picture Soundtrack." it's worth buying. Also, the album's artwork is fantastic! I want tell you where to look in the album, but make sure you look everywhere you can for an extra little treat.

So go grab both of these albums if they sound appealing to you. Also just recently released are new albums by Madonna, Green Day, the Barenaked Ladies, Paul Simon, and David Bowie. As always, any questions or comments--my e-mail is wheatlord1@yahoo.com.

What spirit?

By Melanie McCane
Bear Facts Staff

About a week before they were held, I caught wind of the student elections as a brief announcement in the Bear Facts. After that, nothing more was heard. Where were the banners clamoring for votes? How about the candidates, where were they? For that matter, who were they? A couple of days afterwards, I hear through the grapevine, and later learn we have another news brief in the student newspaper that out of eight students running, six were chosen. Why were two cut? Eight actual people were interested in what was going on in the school. So what if only six were going to be originally chosen? Eight heads are better than six.

I'm not attacking the student elections alone. The poor turnout is only an example of a much bigger issue, lack of school spirit. Many students feel that there isn't any effort being made to bring the student body together in order to familiarize them with one another. Most of them just walk in, go to class, and walk out, week in and week out and never get the opportunity to meet other students without walking up to

a perfect stranger and introducing themselves. People with a tendency to be shy are the ones who are most affected by this situation.

Night students are also affected by the lack of activities outside of class. A typical night student only goes to one class a night and isn't able to stay afterwards to chat because many of them have their own families at home to tend to and there aren't many breaks in between. Perhaps evening potlucks or demonstrations of some sort that can be attended by all ages would be a good way to familiarize the students with one another. They might be more apt to attend if their entire family can come too. And during the day, maybe more luncheons and speakers can be arranged during the lunch hour in the Courter Center that anyone can attend and, therefore, meet others in the process.

Overall, DMACC's morale seems to be down, and if steps aren't taken to improve the situation, fewer people might enroll to take classes. Even though we are a community college, there isn't any reason why we can't feel like we belong to a school with some sense of pride.

From the Editor's Desk

By Arthur Davis
Bear Facts Staff

Homework is something that all students have and have trouble with. Every student has that moment when the answers just won't come. Well, there are places out there where you can get help.

The instructor should always be your first try. If the instructor is not available there are places on the web that can help. A student can go to www.lii.org (Librarian's Index to the Internet), www.bigchalk.com, www.kn.pacbell.com/wired/blucwebn/html, or www.researchpaper.com.

The Librarian's Index was started in 1990 by Carole Leita. In 1993 it migrated to the Berkeley Public Library's web server. In 1996, Leita began working with Roy Tennant at the Digital Library SunSITE to add a search engine to it. Library Index has more than 7,000 Internet resources that have been

reviewed by librarians to check for usefulness.

Blucwebn has more than 1,000 Internet learning sites that are categorized by subject area, audience, and type.

Bigchalk.com puts information at the fingertips of students, teachers, and parents to enhance learning, help on homework, and offer limitless paths of exploration.

researchpaper.com is the place you want to go when you have that big paper due tomorrow. This site will help by giving examples of how to write your paper.

One last place to ask for help is at the library. Ann Watts and her staff can probably direct you to a site that will help. These sites are also good for parents who have children in school and for college students who plan to teach. These sites would allow them to direct students towards additional resources.

BEAR FACTS

October 11, 2000

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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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I'm not just a girl



Sarah McLachlan

By Patrick Fleming
Bear Facts Staff

A few years ago, if you looked at the top of the billboard charts, you would find names like Alanis Morissette, Jewel, and Sarah McLachlan. But where are they now? The only women to top the list last year and so far in 2000 are bubble-gum pop queens like Britney Spears and ten other teenage girls out with albums right now. What can I say about the state of women in rock music today?

I have nothing against the bubble-gum pop kids, but their male producers wrote ninety-five percent of the songs they are singing. So where are the women's

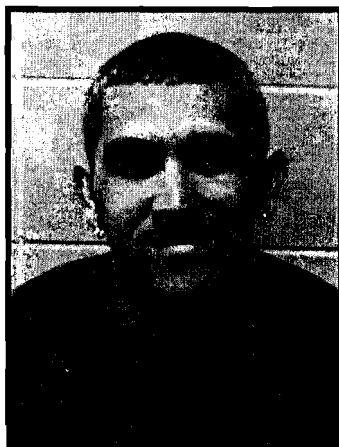
voices? From 1996-1998 women ruled the charts! They released many compelling albums and started a revolutionary music festival called Lilith Fair. Since then, only two albums by women artist have even scratched my surface at being remarkably outstanding. Fiona Apples, When the Pawn, and Amie Mann's work on the Magnolia Soundtrack are the only things even worth giving a chance in the past year.

You may ask, what has been the downfall of women artist in the past two years? I think it has to have something to do with the time off taken by an artist like Sarah McLachlan. She decided to take some time off and start a family. What she didn't know is the family of women artist that she help create called the Lilith Generation would slowly dissipate.

What is to come for women in rock? Your guess is as good as mine. For the remainder of the semester, I'm going to examine the history of the women who made rock what it is today and hopefully some answers of what is to come for the girls with a voice.

If there are any questions or comments, or hey! Something you would like for me to discuss in my "I'm NOT Just a Girl." investigation, please E-mail at wheatlord1@yahoo.com

Meet the staff



Kevin Alberts

Hometown: Mackay, Australia

Age: 21

Year and status at DMACC: Full-time freshman

Number of credits this semester: Twelve

Major: Not sure yet

A class that you would recommend to others: Developmental Psychology

Working during the school year: No

What you do for fun: "I go out to night-clubs, movies and shopping."

Section of a newspaper you read first: Sports section, always.

Your goal as member of Bear Facts staff: To do better stories each issue!



Sadie Heimbaugh

Hometown: Neola, Iowa

Age: 18

Year and status at DMACC: Full-time freshman

Number of credits this semester: Twelve

Major: Photojournalism

A class that you would recommend to others: Principles of photography

Where and how many hours are you working during the school year: Works 22 1/2 hours at Access direct

Activities for fun: Shop, spend time with friends and "road trip."

The section of a newspaper you read first: The editorials

The event in history you wish you could have reported: The Titanic before and after it sank

Faith guides cancer survivor

By Michele Thamke
Bear Facts Staff

Survivor was watched by millions of people this summer. Whether it was actual fascination with the show or the summer's heat, there were many viewers of the survival tactics used by those who tried to win the million dollars.

Breast cancer survivors have their own survival tactics. Many factors come into survival including the survivor's personality, survivor's support team, physicians' methods of education and the survivor's approaches to fear.

Twila Haldin, 54, has survived breast cancer for sixteen years. She has been an at home babysitter in Iowa Falls for over twenty years. She is married and the mother of three grown children, grandmother of four, and great-grandmother of one. She has many family roles that women play: Daughter, sister, wife, mom, aunt, and cousin.

At thirty-eight years old, Haldin found a lump to the side of her breast. Haldin went to her doctor within a week. After taking a needle biopsy from the lump, which contained blood, her doctor did not view the lump as a threat. Two weeks later, under her parent's encouragement, Haldin consulted a different doctor for a second opinion. He recommended a mammogram and having a surgical biopsy taken. At that time, the local facilities did not have the necessary equipment, so she drove fifty-five miles to another hospital where she had the two tests performed. Afterwards, the staff studied her results, and said, "You have breast cancer..." and continued talking about the procedures they could per-

BREAST CANCER
AWARENESS MONTH

form. Haldin's reaction was to pass out from fear. She said, "I was fearful of the unknown, until I made the decision to face my breast cancer. I decided to take precautions by having the surgeon perform a mastectomy right away."

This procedure resulted in an incision from her sternum to her side, underneath her arm. The surgeon needed to cut to her breast wall to completely remove Haldin's cancer. "The surgeon found two lumps; one on top of the other. The bottom was the diameter of a grapefruit, while the one on top was the diameter of an orange," Haldin said.

Haldin's husband, parents and three children were her support team. She admits now that she shared with others the facts about her breast cancer and not the emotions she was experiencing. Haldin said, "The only way I got through the entire ordeal was my faith in Jesus Christ. He's the One who brought me through my cancer. However, even though I have my faith in Jesus, I still had fear of the unknown."

Haldin wants to stress to people, "The earlier you can detect breast cancer, the better off you are."

Her advice to people undergoing breast cancer treatment: "No matter how it looks, or what the doctors are telling you, it's not as bad as it looks. Put your faith in Jesus Christ. He'll carry you through it no matter which way it goes."

While Haldin gets mammograms and breast exams regularly, when new health problems arise, her first thought is; the cancer is back. Again, Haldin relies on her faith to dispel these fears.

Tutoring available

DMACC BOONE CAMPUS- In addition to help in the Academic Achievement Center by college instructors, the AAC provides peer tutoring which is a support service available to all DMACC students, free of charge. This service offers students the opportunity to get assistance with all their difficult courses. DMACC tutoring is:

- * Certified nationally through CRLA (College Reading and Learning Association)
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- * Available for one-on-one or group tutoring
- * Available anytime throughout the semester
- * Available for most courses
- * Assigned on a regularly scheduled basis depending on need
- * An opportunity for students to earn extra money as a tutor while on campus

For more information, call the Academic Achievement Center at 433-5096.

DMACC women's basketball team gets more experience

By Jensie Lauritsen
Bear Facts Staff

This year's women's basketball team has some serious experience on their side. Women's basketball coach, Bob Terrones, has been coaching since 1976. After receiving a bachelor's of science degree in physical education and athletic training and coaching from the University of Iowa and a master's degree in secondary administration from Iowa State University, Terrones began his coaching career in Hubbard, Iowa. He worked as the varsity assistant for both the girls' and boys' basketball teams. Terrones stayed until 1979 when he moved to Boone. He worked seven years and filled many positions in the Boone Athletic Department.

Terrones began as the head coach of the sophomore boy's basketball team. He next became the varsity assistant for the boy's basketball team. This eventually led to the position of head coach of the girl's varsity basketball team. In 1987, the Terrones family moved to Gilbert, Iowa, where he took on more than he ever had before. He began an elementary basketball program and followed those kids into junior high school with the junior high basketball program. When that same group of boys Terrones had coached as elementary students, including one of his two sons, went to high school, his coaching position followed them. Terrones was able to lead the Gilbert boy's varsity to the state tournament, which was a rarity for Gilbert basketball.

Terrones has lived in central Iowa all of his life, and he feels Boone is his home. He said, "Being an alumnus of DMACC, I would like to help our school become competitive in women's basketball as well as all our sport programs." Terrones says there are many rewards from coaching. Topping his list is "working with student athletes who understand that their effort and commitment on and off the court will determine how much fun we have this year." Terrones is currently teaching science at Boone Middle School. So, how does being an educator and a coach go together? Terrones responded, "As educators, we try to teach our students to

Academic advisor joins staff

By Scott Anderson
Bear Facts Staff

On October 2, DMACC added to its staff Barbara Carroll as the new academic advisor. As an academic advisor, she will help students schedule classes and advise students on what's best for their future plans: whether it be graduating from DMACC and into the job market or transferring to a four university. According to George Silberhorn, Boone Campus



Barbara Carroll

Counselor, "Carroll has great qualifications, and a super personality."

Carroll taught for thirteen years at Indianola and Fort Dodge. Following this, she served as Indian Hill's director of student services for nine years.

The position at DMACC ap-



Bob Terrones

become life-long learners. Likewise, the lessons that my athletes learn on the court, such as teamwork, responsibility, and goal setting, will allow them to become committed toward a team goal and what it takes to achieve success."

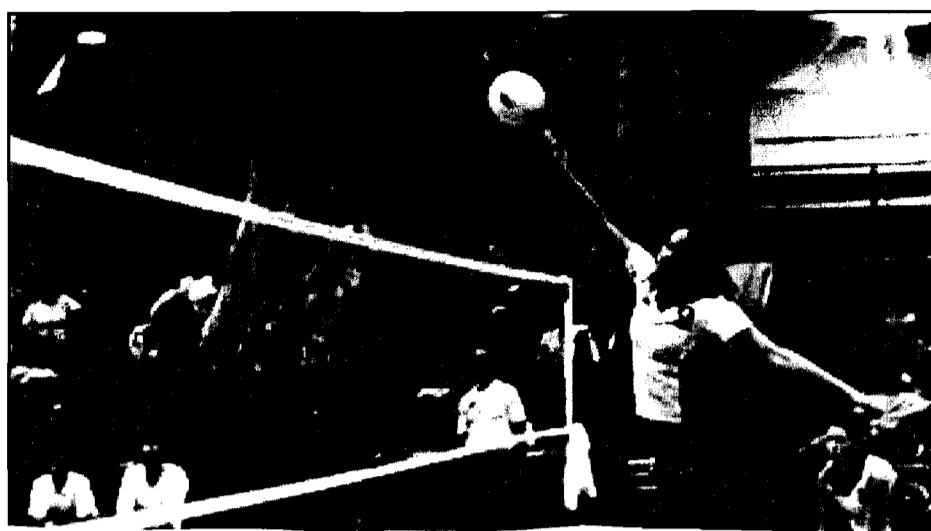
Terrones expressed great gratitude toward his coaching staff: Dawn Hayck, Grandview basketball player and graduate. Kim Irons, volunteer assistant and former Boone player and current ISU student. This season Terrones has also been thrilled with his team's attitude. He said, "I am very pleased with the effort and work ethic that our players have shown the first week of practice."

The women's pre-season captain practices included a vigorous strength program under the direction of Lawrence Daniel. The women have also done activities to help create sisterhood among the team members such as the 5K Run for the Roses on the ISU campus. This was done as a pre-running program and helped benefit the arthritis foundation.

When asked what he looked forward to most this season, Terrones said, "What I am doing right now; the practice, teaching my athletes to love the game of basketball."

pealed to her because it is an opportunity to perform her job in a new area, since she recently relocated to Ames.

Carroll received her bachelor's degree from the University of Iowa, and her master's from Winona State. Her hobbies are reading and taking part in her family's activities. Carroll and her husband Terry have two children, Stephanie and Billy. Her advice for students: "Plan ahead and schedule your classes early."



Caitlin Jacobsen goes up for the spike against Iowa Lakes Community College.

Bears' volleyball team faces tough competition

Kevin Alberts
Bear Facts Staff

The DMACC Bears Volleyball team had a game against Iowa Lakes on September 26 and another double-header on September 28 against Southwestern and Southeastern Community Colleges.

In the first game, Iowa Lakes came out firing. They jumped out to a 6-0 lead, but then things got turned around when coach Slight called a time out and got the girls fired up. The Bears came out pumped also knowing they had a chance to win. The score was then 11-10 in favor of Iowa Lakes. The Bears tried their hardest to get ahead of the Iowa Lakes team, but just couldn't pull it off. The Bears lost the first game 15-10.

Now desperate to turn things around in the second game, that's exactly what they did. They out played Iowa Lakes making the score 7-15 in the second game. Stephanie Henderson had another good offensive game, as did Caitlin Jacobsen.

The third game was a good one, but the Bears just couldn't seem to complete offense. There were a lot of long rallies, but the Bears couldn't come up with the big finish. Iowa Lakes won the third game 15-10.

In the fourth game, Iowa Lakes wanted to finish the Bears off, and that's exactly what they did, winning the fourth and final game 15-6.

Coach Slight said, "I was a little disappointed with the loss. However, we did have a few injured players not playing. But I give the girls a lot of credit for keeping positive even though some players had to adjust to different positions that they wouldn't normally play."

The Bears then faced the task of playing two teams in one night. The first game was against Southwestern, a classy team of some really consistent players. Southwestern jumped out to a 2-8 lead and the Bears were stunned, but not out. The Bears fought back, making some great team plays, but Southwestern always had an answer to everything the Bears did. Southwestern won the first game 10-15.

The second game was very similar to the first game. Southwestern came out very confident and they just simply out hustled the Bears. Even though the Bears had some really spectacular plays,

Southwestern just seemed to play better on the night. Southwestern won the second and final game 8-15.

Coach Slight said, "Southwestern has always been a powerhouse team, and they are currently tied in first place in our conference. I think we can be competitive with them, but once again we have to get our full team healthy first. We are working on our line up to make us a lot stronger offensively and most importantly defensively."

Southwestern then played Southeastern. Southwestern won both games 15-1 and 15-11.

DMACC Bears then played against Southeastern. The Bears were pretty confident going into this match knowing Southwestern beat Southeastern pretty easily.

In the first game, Southeastern looked like trouble for the Bears, but the Bears teamwork just became too tough for Southeastern to stop. Staci Britson made some great plays by saving balls and doing some really great digs which kept the team alive. Erin Rice also had a great setting game. The Bears lead the whole game and eventually won the first game 15-9.

In the second game, Southeastern was determined to take this game, and they sure showed it by leading early in the game 4-1. The Bears then tried to get their momentum going and Leslie Howerton responded by doing some great spikes and keeping the ball alive. The Bears were all putting in some big hits. Southeastern just wouldn't go away; they came back, leading 9-6. Again, the Bears came back with some thundering spikes by Caitlin Jacobsen and Victoria Rowley, tying the game up 11-11. Then surprisingly, Southwestern just blew out the Bears 15-11.

The third and final game was all Bears. The Bears came out fired up and pumped, wanting to finish off Southeastern. The Bears work ethic was great. The Bears did everything right as a team in this game and took an early lead, then led the whole way until Rowley finished Southeastern with a great serve. The Bears won the last game 15-3.

Coach Slight said, "Southeastern was very beatable, and it is always hard not to play down to their level, but overall I was pretty happy with the performance."

Coaches' Arena



Lori DeJongh-Slight

By Lori DeJongh-Slight
Contributing Writer

With the change in weather, thoughts of winter come to mind. Along with the change in season, we have had many new changes with DMACC athletics. All four sports are up and running, including men's and women's basketball, men's baseball, as well as women's volleyball. With the addition of a new athletic director/coach, a new head women's coach and three new

assistants, the changes at DMACC are wonderful.

With any new staff, change is inevitable. To see that change, personally, has made this hectic volleyball season enjoyable. The excitement at the volleyball games has been wonderful. The new training room and women's locker facility has been a fantastic and needed addition. Another good change has been the resurfacing of the tennis courts. I encourage all students to take advantage of using them. I also would like to encourage all students to come out and support other events that DMACC has to offer. DMACC's fall play, PBL, student senate, and intramurals.

Finally, I would like to say thank you to a variety of people. First, the men's and women's basketball team for all the support and help at the games; you have been great! Second, to our fans, for supporting us this season. Third, to Coach Salmon, for sharing your great advice and guidance. Finally, thanks to my volleyball players. We have had numerous trials, and still we are rising. Without each of you, we would not be a team. Thank you for all your hard work and dedication. You deserve the stars!

Staff adds conditioning coach

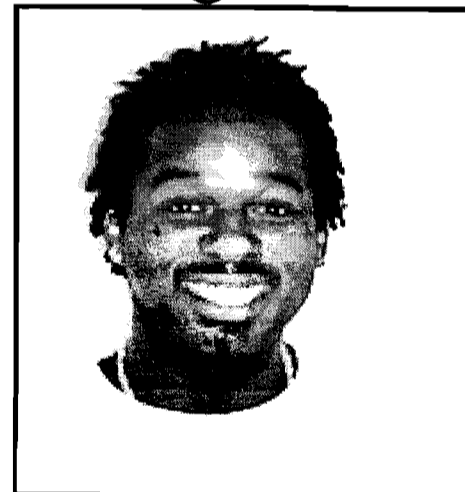
By Melanie McCane
Bear Facts Staff

Unless you are associated with the DMACC sports circuit, you probably haven't had the pleasure of meeting Lawrence Daniel, who is currently the conditioning coach for the men's and women's basketball teams. With his contagious smile and laid-back attitude, you get the feeling that he is probably well liked. A lot of this is due to the fact that when he walks down the hall, people passing by often call out to him in greeting, "Hey Lawrence, what's up?" or just smile at him.

Lawrence, 26, a Chicago native who comes from a family of two brothers and three sisters, is no stranger to the Boone campus. He came to DMACC as a student and basketball player for the Bears in 1998 and this year, became the conditioning coach for the two teams. His job consists of creating fitness programs for the players in order to get them into shape for the season. He says that it can be difficult because some of them have former injuries or special needs and require different kinds of training. He also sets their diets and works on injury prevention, so one might assume that his job requires a large amount of dedication and responsibility.

Lawrence's hobbies include: reading, exercising, and hanging out with his six-year-old daughter. His musical tastes vary from R&B and hip-hop, to Christian music.

At first, Lawrence began to work towards computer engineering and then soon




Lawrence Daniel

realized that it wasn't his calling. He is currently majoring in exercise science, and along with his work as a personal trainer, he has his coaching license. Lawrence plans to graduate from DMACC in May and then will attend a four-year college. After that, he's not too sure, but says he wants to continue working in the field of athletic training with high school to college-aged students.

Lawrence says that one of the most important things to remember is that "The body is just as important as the mind, and when the body is as strong as the mind, it is that much closer to perfection."

If you are interested in talking with him about fitness or anything else, contact him at lod2000@dmacc.cc.ia.us, or you can find him in the gym Monday through Friday from 9-11 a.m. and 2:30-5 p.m.



HAIR AFFAIR

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afs

The other side of the Courter

Photos and text by Aaron Forrester

What type of activity would you like to see DMACC sponsor that you would get involved in?



"A charity fundraiser; like something for Habitat for Humanity."

Katie Harker
Sophomore



"A cheerleading squad or drillteam."

Shanda Metzler
Freshman



"A 3 on 3 basketball tourney."

Evan Moseley
Sophomore



"A drillteam and a softball team."

Samantha Lebo
Freshman

Library participates in China Year celebration

By Carol Henning
Bear Facts Staff

On Monday, October 9, the library will begin posting daily fortunes on the China Year bulletin board. Stop in and check out the fortune for the day. The library also has several new China Year bookmarks available free to students and staff.

The Concubine's Children continues to be available for students and staff who want to participate in the upcoming China Year book club. The book club will meet Wednesday, November 1, 2000 in the DMACC Boone Campus library.

Check out some of the library's twenty-

five new books, ranging in interest from sports, military, computer glitch, to women and aging. Also, look for *New York Times* Best Seller, John Bradshaw's *Creating Love*, and also a new book called *Dying, Death & Bereavement*.

There are a large variety of compact discs you can check out for a week's time. Telecourse videos can be checked out for a period of one day. VCR movies can be checked out for two days.

Also, check out the library's latest display covering the aspects of genealogy. The library has many good tips for generating your family's tree.

Athletes face increased pressure

Science Corner

By Kip Pedersen
Contributing Writer

Are there new pressures of winning and losing now that athletes are playing college sports? Does winning mean something different than it did in high school? Within the last couple of years, the emphasis on learning the game has turned into winning the game. The lives of team members have become more intense than the glory days in high school ever were.

Now, athletes face the obstacle of going up against players who are as good or better than they are. Everyday, they must give everything they have to survive, or they'll be left in the dust. Every morning is a challenge to get out of bed and do it all over again. Whether they are sore or not, they

must find a way to fight through it and go to practice. There is more pressure on each shot and pass than anyone could imagine. Players strive for perfection because nothing else makes the cut. What each player wants is to be the best, so each must practice the best. Everyone has either been around a winning program or must joust to be one of the best players on the team. Nowadays, players must find a way to work together as one and form a powerful team.

Individual athletes may not be able to put up the impressive numbers they did in high school, but they must give it their best for the team. Since the basketball program has been down for the past couple of years, the team is looking to bring a few things back to DMACC: hard work, effort, and a winning program

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