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## Banner News

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**BEAR**



**FACTS**

**Volume 46, Issue 9**

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

**Feb. 7, 2001**

## Black History Month calls for reflection

**Jack Wilson**  
*Bear Facts Staff*

What does Black History month mean to you? For many, the word brings to the mind ideas of a month in which we celebrate our countries diversity. For others, we acknowledge our stained past. And for others still, it is a painful reminder of problems of adversity still faced today. February marks the beginning of Black History Month here in the United States wherein we are called to reflect on our nation's history of slavery, segregation, and civil injustice towards black Americans.

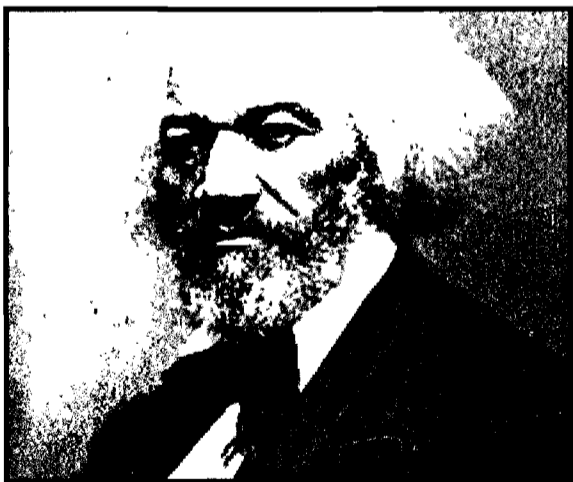
### Black History Month

Black History Month can be traced back to the efforts of Dr. Carter Godwin Woodson, a PhD history graduate from Harvard University. Woodson came to believe that scholars and other academics were misrepresenting or were ill informed

as to the role of black Americans in history. He believed that more research was needed to fully understand the history of black people. After founding the Association for the Study of Negro Life and History in Chicago, he later went on to attain national recognition for the groups Negro History Week. Their goal in founding the week was to create public awareness and recognition of the achievements of black Americans. Negro History Week officially became Black History month in February of 1976. Why February? Woodson was reportedly a great admirer of Abraham Lincoln and Frederick Douglass, both of whom were born in February. The month also boasts an impressive list of historically important events

Whatever your outlook is on February, it is important to remember how it came to

be known as Black History month, and the significance of the history to which all of us are connected. Most blacks in America can trace their roots to western Africa, an area controlled by three great empires, the Ghana, Mali, and Songhai. These empires relied on trade and were wealthy, with efficient governments. During the early 1500's the Europeans began to develop a slave trade that brought many black Africans to the North American colonies. Millions of these people were shipped across the Atlantic to what is now the United States of America. It was demand for labor and the willingness of the African empires of the time to trade prisoners for goods and weapons that lead to the massive slave trade that would go on into the next 300 years. Many of the slaves sold were not the people of the empire they were sold from, but rather the war captives they had obtained through many years of



**Frederick Douglass, pictured above, and Abraham Lincoln inspired Woodson to found Black History Month**

w a r f a r e with their neighbors. The tragic nature of the slave trade was in the fact that the slaves were not considered people, and were shipped in conditions not even fit for livestock. The slave trade was for profit, and the captains of the slave vessels

would try to deliver as many healthy slaves as possible. To achieve this they either packed as many slaves as they could on to the ship, reasoning that many would die anyway, or shipped fewer in the hope of reducing disease and death. However, their efforts were usually in vain due to the horrific conditions of mass human shipping on unsanitary boats  
**Slave percentages**

European demand for sugar was constantly increasing and thus the demand for

slaves to work the new sugar colonies rose dramatically. From a period of about 1500 to the mid-1800's nearly 12 million black slaves were transported from Africa to the western hemisphere. Of these, approximately 2 million would die along the way. About 65 percent of the slaves were brought to Brazil, Cuba, Jamaica, Saint Domingue (now Haiti), and other sugar colonies. Brazil alone received 38 percent, while North America would receive six percent. The first blacks in the colonies of North America were brought in as indentured servants, however as the south was settled, the demand for labor brought the slave trade. By about 1750, there were 200,000 slaves in the colonies, most of whom were sent to the South where the warmer climate was better suited to producing cash crops such as tobacco and sugar cane, and later on cotton. Only 12 percent of slave owners in the colonies had 20 or more slaves, and it was on the plantations of these few wealthy slave owners where the vast majority of blacks in the North Americas were found. Earlier in the 1600's the colonies had passed laws called slave codes that set rigid, unfavorable laws that limited slave's rights severely. Slaves were prohibited from owning weapons, or receiving an education. By the early 1800's, more than 700,000 slaves lived in the South. They accounted for about a third of the region's people. By 1860, the slave states had about 4 million slaves. Slaves outnumbered whites in South Carolina and made up over half the population in both Maryland and Virginia.

### "House divided"

During the Revolutionary War, many Americans had come to believe that slavery was wrong, as they themselves were fighting for freedom for human rights. However the economic attachment to slavery of the wealthy landowners in the South had created a barrier that would not be broken until much more vocal and increasingly intense criticism. Ultimately, such opposition would lead to the Civil War. In 1861 America was divided geographically, politically, and philosophically. The 18 states that comprised the North had given up slavery, however the 15 states in the South still allowed it. It was then that-



**Shelton Colwell**

**With 3.4 GPA  
Colwell earns  
student-athlete  
honor from  
ICCAC**

According to the commissioner's office of the Iowa Community College Athletic Conference (ICCAC) "Shelton Colwell receives this week's honor as the Men's Student-Athlete-of-the Week. As a freshman majoring in Liberal Arts, he has accumulated a grade point average of 3.4."

The Commission goes on to recognize that Colwell has assisted the DMACC Bears team to an overall record of 20-1 and a conference record of 9-0, ranking the Bears number two in the country.

Colwell is a 6' 7" freshman from Newark, New Jersey, and leads the conference in rebounds and blocks averaging 11.1 rebounds and 2.7 blocks per game.

From the free throw line, his percentage is 64% making 23 of 36 shots. On the average, Colwell has 19 points per game and ranks third in the conference category of field goal shooting with 63%.

In DMACC's games against North Iowa Area Community College and against Waldorf, Shelton scored 39 points and 30 rebounds to add two more victories to the Bear's record.

**(Continued on page 2)**

# Students cope with cancelled classes

**Matthew Rinker**  
*Bear Facts*

As the new semester begins, many students are faced with the same problems. The classes they'd hoped to take have been cancelled.

This semester around 60 classes were cancelled from the spring schedule due to various reasons: low enrollment, no teacher, or cost, were some of these reasons. According to DMACC Boone Campus Executive Dean William Hitesman, this year's cancellations are too high. His goal is to cut that number in half for the next school year.

Cancellations can bring disappointment to DMACC students. In many cases, students found out at the very last minute that their classes had been canceled. Hitesman gives a reason for last minute cancellations. He explained that extra time is allowed for

some classes to stay open and not be cancelled, with the hope that more students will sign up for these classes, thus upping the enrollment to 12 students, the minimum for a class to run.

Exceptions to this rule of canceling a class with an enrollment under 12 students is if the class is a core class or one needed for graduation by a certain student. Hitesman said, "To my knowledge, I have never cancelled a class that was needed for a student to graduate."

The only way Hitesman will change a core class is to move it to a different day, which can still create problems because many students have to fit their schedule around other things in their life. Students are urged to sit down with an advisor and ask for help. Schedules can be difficult to change without guidance.

Another reason why some of the classes

got cancelled is because some students didn't pay their tuition by the Jan. 2 deadline. If a student fails to pay by Jan. 4, he or she will be dropped from all classes, which makes enrollment drop in already low-enrollment classes.

Following class cancellations, the student is left with finding a new class to fill that vacancy. Patty Rubin, a secretary at the DMACC registration window said that on the day before school began, the office staff had over 80 registrations to do. This created long lines and a lot of frustration. Rubin and the remaining office staff asked for patience since it was such a "crazy time" for everyone.

What can students do to help make next semester easier? Register as early as possi-

ble. If students wait until the last minute, the class they wanted to take could already be cancelled. Also, talk to advisors; they are available to help during rough times.

Also, learn about DMACC's partnership with Iowa State University, called Cross Enrollment. If a student has 12 or more credits, a high enough GPA, and a signature from an advisor, then they can take a course at ISU. Only 50 students are allowed this opportunity each semester, so keep it in mind for next semester. Applications for cross-enrollment are available at the front office.

*Editor's note: This is the final version of Matthew Rinker's article that should have gone to press in Volume 46, Issue 8 Jan. 24, 2001 edition of Bear Facts. We regret any problems this may have caused.*

## Black history month

*Continued from P1*

Abraham Lincoln gave his famous Gettysburg address, in which he called the nation a "house divided". Increased feuding between state and federal government, and clashing ideals turned quickly into a bloody war. At the start of the war blacks that tried to enlist with the North were turned away. However in 1863, Lincoln issued the "Emancipation Proclamation", an act that was designed to cause rebellion in the south and freed blacks in the Union states, allowing them to fight in the war. In 1865 Lincoln helped push through the 13th amendment, which abolished slavery completely.

### Reconstruction

Immediately following the war was a time known as the Reconstruction. While the federal government of the period went to legal lengths to protect the rights of the newly freed black population, undercurrents of racial prejudice were still very strong. Even in the North the idea of black inferiority was widely accepted. In the South racism became a driving force in political affairs, as the former slave owners were simply not willing to accept the new status of the freed blacks. Resentment and hatred towards blacks had become so ingrained in white society of the South that organized groups were formed. The most nefarious of these was the Ku Klux Klan, whose hooded uniforms disguised their identities as they rode at night, beating and murdering blacks and their white supporters. The Klan did much to deny the civil rights and freedoms of the blacks, both as Klansmen by night, and as politicians and government officials by day.

### NAACP

While the South was heavily entrenched in a racist way of life, there were bright points appearing on the map, as organizations were founded to protect the rights of blacks. African American organizations like the National Association for the Advancement of Colored People, The Congress of Racial Equality, and the National Urban League were all founded from 1865 to 1945. Soon prominent black political leaders, social reformers, and educators emerged and began to change not only attitudes but living conditions, creating opportunities and bringing reform

through education. Booker T. Washington, W. E. B. Dubois, and Philip Randolph all contributed greatly to bringing about reform, while writers such as Langston Hughes and Ida Bell Wells-Barnett spread much needed word about the plight of blacks who were oppressed by segregation and subject to violence.

### Civil rights movement

After World War II there were essentially three major factors that instigated a new and more powerful civil rights movement. First, many black Americans had served honorably during the war. Secondly, African Americans in the North had made headway, economically and politically. Blacks were now registered voters and educated members of society. Third, the NAACP had grown and now had support from many influential blacks and whites. In 1957 the Rev. Martin Luther King along with other black Southern clergymen formed the Southern Christian Leadership Conference. In an effort to promote peaceful attainment of goals, the SCLC coordinated the work of many civil rights groups. The protests and civil unrest that were beginning to raise the temperature of the already heated South resulted in the tragic deaths of many civil leaders of the time. Riots erupted in cities where poverty-ridden slums could no longer contain the angst of economically deprived and socially oppressed ghetto blacks. President Lyndon B. Johnson persuaded Congress to pass the Civil Rights Act of 1964, which prohibited racial discrimination in public places, and called for equal opportunity in employment and education. While the act effectively ended segregation, the tragic killing of Martin Luther King made it clear that racism still weighed heavily on the nation as a people. More effort would be needed as a nation to reform our values and conscience, a reform that could not take place from the government but from within the people. Even today stigmas and stereotypes surround us, yet we must be especially aware of our reactions to them. Americans, white and black alike, should always be aware of the past that once separated us, but now brings us together.

## Boone Campus PBL off to great start

**Brandy Penberthy & Tracy Gibbs**  
*Contributing Writers*

The State Leadership Conference is a big event for Phi Beta Lambda, the professional business organization on campus. This year it is being held at the DMACC Boone Campus on Friday and Saturday, March 9 and 10. The state winners will have the opportunity to compete on a national level at the National Leadership Conference to be held in July in Orlando, Fla.

Phi Beta Lambda met in the Courter Center on Thursday, January 11. Since there were a few new faces, all mem-

bers introduced themselves.

The group discussed many different topics and upcoming events. For example, meetings have changed from Thursdays to Fridays from 10:10 a.m. to 11:05 a.m. in the Courter Center. Other spring semester events include participating in the DMACC Showcase/Job Fair, PBL Field Trip, State Leadership Conference, and Adopt-A-Highway.

These are just a few of the many activities PBL will be involved in this year. If you have any questions about PBL or would like to join the organization, please contact Linda Plueger at 433-5080

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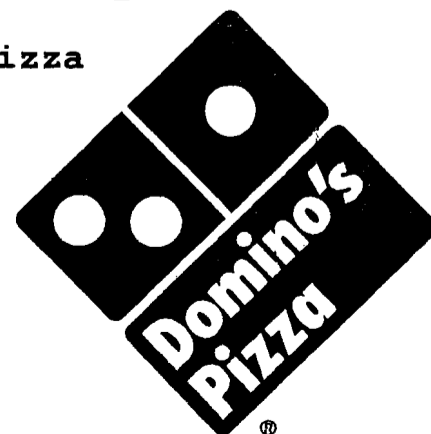
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# Phi Theta Kappa Admissions Fair

**Aaron Ladage**  
*Bear Facts Staff*

High expectations and fulfilled dreams will fill the Lloyd Courter Center, as the DMACC Boone campus chapter of Phi Theta Kappa hosts an admissions fair on Feb. 16.

The local Tau Phi chapter of the international honor society for two-year schools will be host to the second annual Iowa regional convention, welcoming students and colleges from across the state, including 16 four-year universities from Iowa and Nebraska.

"Both members and nonmembers of Phi Theta Kappa will have a chance to meet fellow community college students from

all parts of Iowa," said local chapter president Brad Meyer. While the convention is partially aimed towards members of the organization, Meyer said that all DMACC students will have the opportunity to meet with any of the attending school representatives, as well as learn more about Phi Theta Kappa. "[This convention] is a good chance to meet new people and learn more about Phi Theta Kappa if you are in the dark as to what Phi Theta Kappa is."

While the conference will occupy much of the campus during normal class time, the administration is not worried about congestion. According to Dean Hitesman, "The conference is very beneficial to DMACC students, as well as DMACC itself. We plan to be very accommodating

to the visitors, which shouldn't interfere with classes too much." Hitesman said that all of the conference activities will be located in the Courter Center, auditorium, and east classrooms, so there should be little disturbance of normal class scheduling. For those students who have classes in the east classrooms on Friday, Feb. 16, contact your instructor for specific details about any changes for that day.

For those students wondering if they are eligible to become members of Phi Theta Kappa, there are several requirements that must be met. A student must have completed at least twelve credit hours at DMACC, with a cumulative GPA of 3.5 or better. According to Meyer, the organization also requires "high moral character

and desirable qualities of citizenship and leadership." Letters have already been sent to those students who are eligible to join this semester, but representatives will be available at the conference for those students who are interested in learning more about the organization.

If students have questions regarding the upcoming conference, visit the chapter's website at <http://www.dmacc.org/instructors/nawoods/welcomeptk.htm>. If you have any further questions regarding the conference or Phi Theta Kappa, contact Brad Meyer at [deer\\_bass\\_master@hotmail.com](mailto:deer_bass_master@hotmail.com), or the chapter's advisor, Nancy Woods, at [nawoods@dmacc.cc.ia.us](mailto:nawoods@dmacc.cc.ia.us).

*Thinking of you, Lori*

*Boone Campus Employee Association*

## Campus enrollment increases

Spring semester credit enrollment at DMACC's Boone Campus is up 9.2 percent compared to the spring semester enrollment figures of last year.

DMACC's Boone Campus spring semester credit hours stand at 10,651 compared to 9,751 credit hours in the spring of 2000.

Overall, spring semester enrollment is up 3.2 percent on the five DMACC campuses. Students are enrolled in 94,210 credit hours of classes this spring on the Ankeny, Boone, Carroll, Newton and Urban Des Moines Campuses and at the off-campus locations. Students were enrolled

in 91,312 credit hours in the spring of 2000.

These figures are taken from the 14th day of classes and are compared with the figures obtained from the 14th day of classes last spring to reflect an accurate comparison between this spring and last spring. DMACC offers credit classes in career education, career option and college parallel programs at campuses in Ankeny, Boone, Carroll, Newton and Urban Des Moines. A sixth campus, now under construction in West Des Moines, will open in the Fall 2001.

## Microbe Niche

*Kissing safe for cold season*

**Mary Beth Hanlin**  
*Contributing writer*

Did you ever blame your family, spouse, boyfriend or girlfriend for giving you their cold because they kissed you? Sure. Well, you can now go back and say, "I'm sorry!" The common cold virus or rhinovirus is transmitted from person to person via other openings, such as the nose and eye.

If you kiss someone, you "exchange saliva" and that saliva is swallowed. Once that saliva enters the stomach, the acid present there, at a pH of 2 will destroy it. However, if you or that special someone has coughed, sneezed, blown the nose and has not washed their hands, then the virus

is present and can be transmitted. Once the virus is on the hands and you touch the other person by holding hands, you have transmitted the virus to yourself. Then if you rub your eye, itch your nose and such, you have given yourself the virus by that portal. Within the next few days or so, the symptoms will occur and you will be contagious for 7-10 days.

### Prevention

How do we reduce the risk of spreading viruses? Hand washing is the number one way to do it. If you can, wash your hands every time you sneeze, cough or blow your nose. You may also use the hand sanitizers that contain alcohol.

Remember, only you can prevent the spreading of the dreaded cold virus.

## SAC plans DMACC events

**Matthew Rinker**  
*Bear Facts*

Activities coming to DMACC this semester include Hypnotist Fredrick Winter. On March 14, 2001 Winters will be performing in the Courter Center over the noon hour for the students enjoyment. Admission is free. The SAC is also looking for other new activities to do for the spring semester. One of the ideas floating around is local bands coming to DMACC and performing for the students. The final activity discussed was a grill out for students. The pending date is April 18.

A fundraiser is in the makings. The fundraiser will hopefully include Hy-Vee

donating a cart full of food and other groceries. The students will pay an entry fee then guess the dollar amount that is in the cart. The winner would win a Hy-Vee gift card; the amount is yet to be determined. The money raised will go towards the SAC. This is planned to take place the last week of March.

The SAC approved a new club. Kelsey Keen, of the Campus Bible Study was approved the use of one of the classrooms to hold their weekly Bible Study. No money will be given to the group and the room number was not assigned. The Campus Bible Study will be meeting every Thursday night.

## Daffodil raise research dollars

**DMACC BOONE CAMPUS**—Nursing Students United is teaming with the Boone Unit of the American Cancer Society to "Paint the Town Yellow" March 5-6 during the groups annual Daffodil Days.

Orders are being taken now for bunches of 10 daffodils. The flowers will be available for delivery in Boone or pick up on campus March 5-6.

Take this opportunity to order the first flowers of spring for someone you love, and share a sign of hope against cancer!

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# Musical disaster overshadows Superbowl XXXV

Aaron Ladage  
*Bear Facts Staff*

The scene was set for one of the most watched musical events of all time. Thousands of cameras flashed simultaneously, lighting up the arena like a battlefield at midnight. Fans of all ages flocked in the enormous, multi-faceted stage as the biggest names in Rap, Rock and Roll, Pop, and R & B came together on one stage, singing to an audience of several million television viewers.

Oh yeah--there was a football game, too.

While Superbowl XXXV may not be one of the most memorable championship games in the history of professional football (except for the record-setting number of punts), the game itself seemed to take a backseat to the extravagant pre-game and halftime musical spectacles. As a big music fan, this would be fine with me, if the music wasn't intended for an audience that's at least ten years younger than me.

The debauchery of popular music began with the MTV-sponsored "TRL Pregame Show," featuring live performances by N'Sync and Sting. Shortly before kickoff, Ray Charles took the stage with his version of "America, The Beautiful," followed by the surest sign I

have seen to date that the Apocalypse is near--The Backstreet Boys singing the National Anthem.

After a rather uninteresting first half of football and commercials (although I must admit that the "Running of the Squirrels" ad was money), the music continued-unfortunately. The halftime show started off with promise as wheelchair rockers Aerosmith took the stage, but I lost hope when they were joined onstage by-who else-N'Sync. Soon, the stage was filled with a musician from almost every conceivable genre, including Nelly (rap), Mary J. Blige(r & b), and Britney Spears (pop). It was a marketing agent's dream, and a listener's nightmare.

Before I get too lost explaining the downfalls of these so-called "performances", I will admit that there were several moments during the course of events that saved the production from burying itself in the musical graveyard that is the Superbowl halftime show. Sting's pregame performance of "Roxanne" seemed genuine, and it was nice to hear a song from his earlier Police days. My favorite performance of the day was Ray Charles' emotional tribute to our country's founding, which showed maturity compared to the rest of the immature lineup.

While there was very little to admire

about the halftime show, the blending of the different musical styles did show some creativity. However, it seemed like nothing more than an attempt to jump on the music-mixing bandwagon, showing hints of the classic Aerosmith/Run DMC version of "Walk This Way", as well as last year's biggest sham, the onstage duet between Fred Durst and Christina Aguilera at the MTV Video Music Awards.

One of the few moments from the entire show that I thoroughly enjoyed was the "making of the halftime show" parody video, which was shown before the halftime show even began. With appearances by Ben Stiller, Adam Sandler, and Chris Rock, the comedy sketch was creative and funny enough to actually keep me watching the rest of the "entertainment".

Now that I have given credit where credit is due, it's time to rant a little. I understand that the Superbowl is the most

watched television event of the year. Since it's also on network television, the producers are required to hire popular acts that appear to be family-oriented (check your microphone, Britney), but do bands that market to the pre-pubescent crowd really fall under the same demographic as beer-drinking, football-watching twenty- and thirty-year-olds? While my six-year-old nephew may have been impressed, I was not. I understand that Slipknot and Eminem aren't exactly good clean family fun, but if the network is so concerned with keeping the airwaves clean from verbal aggression and obscenities, maybe they should tell their cameramen to stand a little further away from the players during the starting line-up next year.

Let me know what you think. Please direct your fan mail, hate mail, or junk mail (just kidding) to [aladage@hotmail.com](mailto:aladage@hotmail.com).

## Restaurant Review

# DaVinci's falls short of expectations

Matthew Rinker  
*Bear Facts*

Welcome to the new restaurant review. Every issue I'll take a look at the different restaurants in the Boone, Ames area. For this first review I'm going to take a look at DaVinci's Italian Sidewalk Café.

The first appearance of DaVinci's is humbling yet attractive. With a walk-up counter you don't need to go through the hassle of waiting to be sat and waited on. The menu is very simple to read, just look at the billboard and pick your poison. Their menu consists of your basic Italian food, pizza, pasta, and hoagies. When selecting the pastas, you choose the sauce and then pick the noodles and the toppings. From chicken to green peppers, they have about everything. A pasta meal with soda will run the average person around \$8.00 to \$9.00. For the hoagies, they have several to choose from. If you are a vegetarian they have one for you, and they cover almost every single meat that you can think of, the hoagies will run the average person around \$6.00 to \$7.00 including soda.

When I dined there I ordered the fettuccini pasta with tomato basil sauce topped with chicken. After ordering at the counter they take your name and pre-

pare it while you sit and wait. The interior is nothing special, but is amusing to look at while you wait the short five to ten minutes for your food.

When I got my food I was a little disappointed in the plastic container my food was served on, while the silverware was metal. Now in case you didn't know DaVinci's does deliver, but if I dine in I prefer real plates.

As I took my first bite it seemed to be pretty good, and stayed that way for the next few bites, but has I got further and further into the meal, I got more and more disappointed. They give you a healthy portion but if you know pasta, and I know pasta, you can tell it's not top of the line. Not real Italian. Don't get me wrong I didn't dislike the meal, but for what I got, the price was a bit much.

The bathroom is the one thing about this restaurant that I truly enjoyed. If you go into the bathroom you'll notice a voice over the speaker. The voice is a tape that says a word in English and then repeats it in Italian. Isn't that neat!

My over all impression of DaVinci's are *two stars*. It'd good to try once, but for myself I wouldn't go back.

# Behind the print



News reporter: Aaron Ladage

- \* **Hometown:** Readlyn
- \* **Where you live now:** Ames
- \* **Age:**
- \* **Year and status at DMACC:** full-time freshman
- \* **Major:** Journalism
- \* **Class you would recommend to others:**
- Publication production (*Bear Facts*) "It's a great class if you enjoy writing."
- \* **The section of any newspaper do you read first:** Arts & Entertainment
- \* **One of your goals as *Bear Facts* staff:** To write interesting articles that appeal to the DMACC students.
- \* **An event in history you wish you could have reported:** The Rolling Stones/Hell's Angels incident at Altamont.
- \* **Email address:** [aladage@hotmail.com](mailto:aladage@hotmail.com)

## BEAR FACTS

February 7, 2001

Volume 46, Issue 9

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### Editorial Policy

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

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

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

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

**Adviser:** Jan LaVille

**Executive Dean:** William Hitesman

**Publisher:** Boone News-Republican



# On a different note...

**Patrick Fleming & Aaron Ladage**  
*Bear Facts Staff*

Be afraid—be very afraid...this is your first glimpse at a brand new *Bear Facts* series. Veteran music critic Patrick Fleming and newcomer Aaron Ladage battle head-to-head, giving their own unique musical opinions for your reading pleasure. There were a few harsh words and a little blood spill, but don't worry, everyone survived.

For the first article in the series, the writers have decided to give the readers a little background into their musical interests. The rules were simple—each writer picked one of their all-time favorite CD's and traded, so that they were reviewing each other's album. If this isn't asking for criticism, what is?

Fleming chose as his choice for review, *Tripping Daisy: Jesus Hits Like The Atom Bomb*, while Ladage chose *MxPx: Life In General*.

### **MxPx: Life In General** **Fleming's Review**

When Aaron asked me to review the MxPx album *Life In General*, I thought, "Great, just another HI-FI punk album with really goofy lyrics about falling in love as a 16-year-old boy." And what did

I get? Well, just exactly that—but I must say, I did enjoy the listen much more than I thought I would.



It's not every day that a band member includes a letter he wrote to Santa Claus on the inside cover of the album, but then, MxPx is not your everyday band. The group has been together for several years, playing teenage power pop-punk. Even now, as its members are just turning 24, it turns out that they're pretty good at the power pop-punk game. Song titles like

"My Mom Still Cleans My Room" or "The Wonder Years" may cause ambushes of recognition among older fans, but many of *Life In General's* lyrics portray something at work that's far better than anything your average rebellious 10<sup>th</sup> grader can muster.

The album was released off of the classic punk label, Tooth and Nail Records, and deserves a listen by any person who is into Green Day or Blink 182.

### **Tripping Daisy: Jesus Hits Like the Atom Bomb**

#### **Ladage's Review**

If the only experience you have with Tripping Daisy is their 1995 semi-hit "I Got A Girl," throw your expectations out the window.

Just as Patrick was less than excited about reviewing another "power pop-punk" album, I too was a little uncertain about his choice of CD. I assumed that this album, *Jesus Hits Like The Atom Bomb*, would be more filler and less substance, as was my impression of their previous album, *I Am An Elastic Firecracker*. I was wrong.

The first track on the disc, *Field Day Jitters*, nearly knocked me out of my seat with an aggressive beat that was both extremely simplistic and extravagantly com-

plex at the same time. Every song on the album, regardless of tempo, showed lyrical and musical intricacies that give it a different sound with every listen.

While a concept album of this caliber is not for the timid, if you enjoy thinking your way through your music, I highly rec-



ommend this CD. Consider *Jesus Hits Like The Atom Bomb* the *Kid A* of the late-90's alt-rock music scene—it's not for everyone, but it is original, creative music.

## Print, photo contest showcases entries

Student artists enrolled at Iowa State University, Drake University, Grandview College, Marshalltown Community College, and Des Moines Area Community College are invited to submit work to the Second Annual Tri-County Collegiate Print and Photo Showcase on Sunday, February 25th at the Iowa State Memorial Union. This premier student art expo is organized and sponsored by the Iowa State Memorial Union's Student Union Board Fine Arts Director.

This is a juried exhibit. Cash awards are presented to one Best of Show and two Merit Award winners. Three Honorable Mention Awards are also given. This year's juror is Carol Cartwright, Ames area artist.

Students interested in entering this show should contact Theresa Cannon [Program Advisor (Arts)], Student Union Board, Iowa State University at (515) 294-0971 or email: [lcannon@iastate.edu](mailto:lcannon@iastate.edu) for a prospectus which includes a timeline and artwork preparation guidelines.

For more information, call (515) 294-0971.

## February Horoscopes by Sadie Heimbaugh

**Aquarius**-- Look out all you water babies! You may have a lot on your mind now, but it's no time to take a break. Stress is on its way and its headed full speed! Keep your eyes peeled though that special someone is waiting just around the corner. Good luck!

**Pisces**-- Remember all those things that you've said you need to get done—this is the month to do it! Your ambition is skyrocketing this month so use it to your advantage. Around the middle of the month you may be hit with some bad news; don't let it keep you down though. Use this time to your advantage and everything will work out toward the end of the month.

**Aries**-- Relax! You have been battling with yourself over conflicting feelings; take your mind off it for a while and it will all fall into place. Oh yeah, that special someone you've been thinking about—now's your chance and you better take it too, because you may not get another one.

**Taurus**-- That bubble that you've been floating on is about to pop! This may not be your month but there is an up side. The goal you've been aspiring for is about to become a little closer. Don't jump for joy just yet—you still got a long ways to go. Hang in there next month is going to be a real treat for you.

**Gemini**-- It's smooth sailing for a while. That streak of bad luck is about to end and the sun is going to shine for you this month. From school to that significant other it is all going to fit into place this month. Your mood is in top shape, and for good reason too. This is the month to 'Just do it' cause nothing can go wrong. If there's anything you've been holding out on, you had better do it now because next month may be a bit more difficult.

**Cancer**-- This month you may feel a bit more adventurous and you should definitely go with the feeling. This is the month that you can conquer any fear or goal that's been on your mind lately. But don't get too excited, you may have difficulty finding the ambition. If you don't let procrastination and laziness get the best of you this could be a great month for you.

**Leo**-- Be ware: All your wrongs that you have committed are going to return this month with full force! Don't let it get you down though, because you may miss out on some great opportunities. These could include financial, educational or love so keep your eyes peeled, and your mind open.

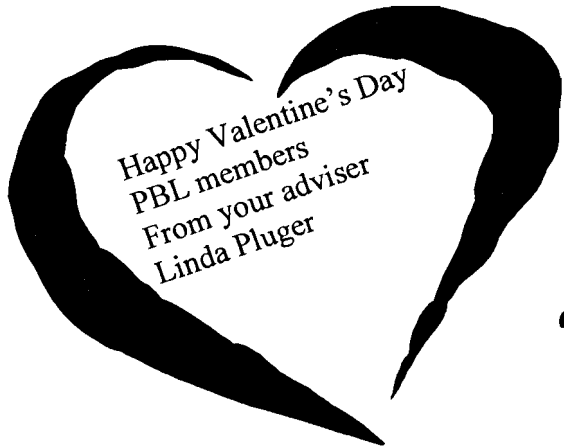
**Virgo**-- This truly is the love month for all Virgos. Whether it's long term or a fresh blossom show your significant other just how much you care and it will be returned to you multiple times over. Don't be surprised if you both decide to take it to the next level this month. With all this love and good fortune try to remember all the "little people" of your life and take into consideration their feelings.

**Scorpio**-- Get ready for love!! This month is full of romance and it could be from that certain "friend." Don't let your fear of ruining your friendship shadow your feelings. This is truly a match made in heaven and if you act now it can turn into a long lasting relationship. Look out for trouble in mid-month, hold your head high and you will get through just fine.

**Sagittarius**-- The month may feel as though it's dragging, so it may be had to motivate yourself, but have no fear something big is waiting for you just around the corner. Whether it's love, friendship, school, or work you will be sitting high at the end of the month. There is a big opportunity coming your way, don't let *this one* slip through your fingers.

**Capricorn**-- This month you may feel the need to quit or give up but don't!! Just because things aren't going your way right now doesn't mean that the sun won't come out tomorrow. You may feel in the dumps, but don't act on it. If you deep you head up all will work it's self out in the end.

**Libra**-- This month your friends will play a major role in your affairs. You have many good friends, but someone isn't all their cracked up to be. Trust in the ones you know you can, and in the end of the month all the good that you've shown to them will come back to you ten fold. Through all your evaluation of friends you may just find the one that is supposed to be more than just a friendly companion.



*From the Heart*

Dear Michael,  
 Happy Valentine's Day, Son!  
 Love,   
 Mom

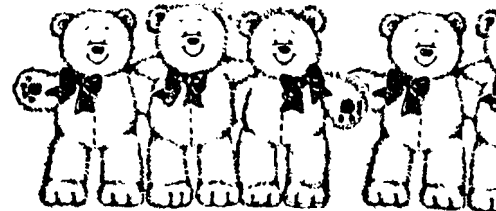



Happy Valentine's Day, Mom!  
 Love, Michele

# Happy Valentine's

To a lady so sweet  
 To a lady so smart  
 Even the moon and stars  
 Love, [unclear]

*GAS*  
 Happy Valentine's Day  
 Love  
 Ginny 



 Roses are red,  
 Violets are blue,  
 We love our students  
 And so should you!



DMACC Faculty and Staff

Give a true love gift  
 someone you love  
 tiny bundle of joy

Jane Martino 



*photo by Michele Thamke*

Boone Campus student, Jon Grove, presents his winning Valentine prize to his wife Pam (also a Boone Campus student) after learning his name had been drawn in the Bear Facts Valentine ad contest.



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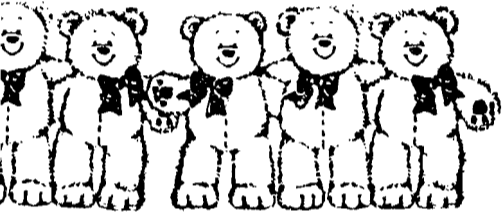


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 432-4587



# Valentine's Day

*on Grove,  
sweet and beautiful.  
stars above are envious  
on Grove*



Gift - a hamster to  
\$. \$2.00 buys a



We welcome  
all DMACC  
students  
Chery Mohrman  
Dee Wiscup  
Staci Prokop

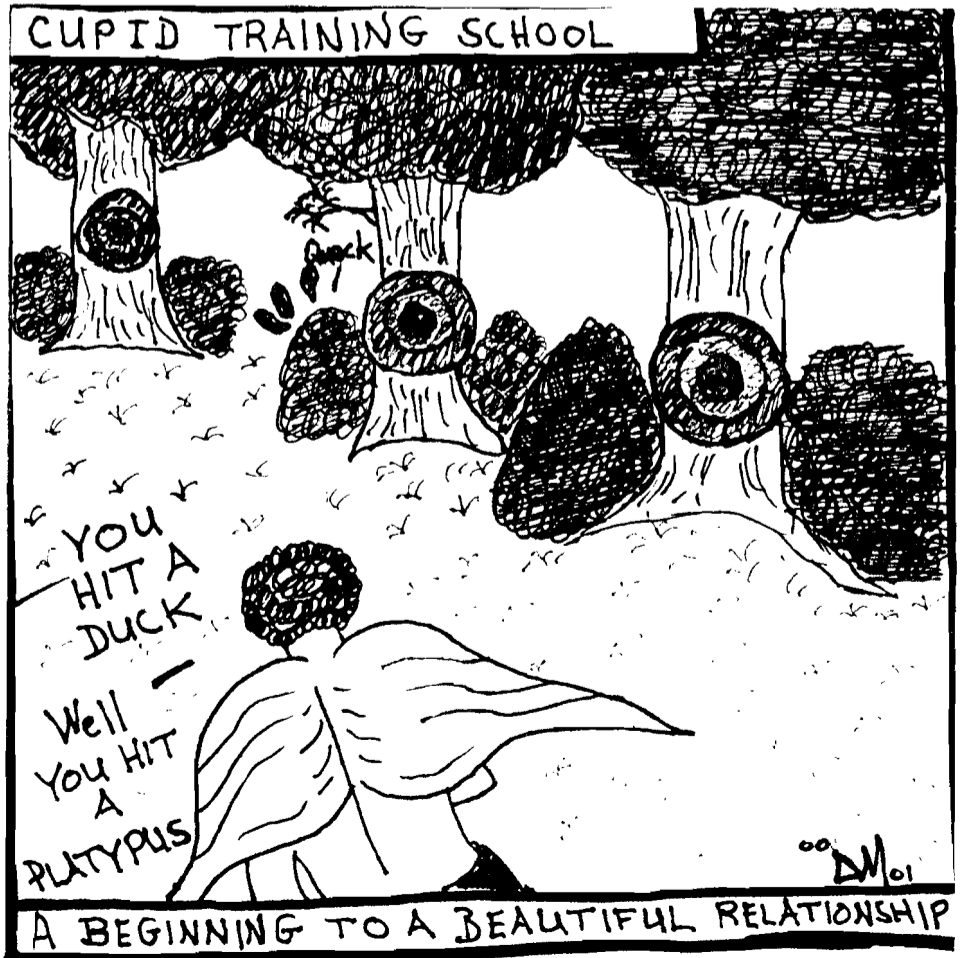


Noodles,  
Would you do me the honor of being my  
Valentine?  
Love,  
Matthew



Welcome  
back  
Herold

*V - Be Mine  
G*



All Year Round



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# Instructor faces challenges here and abroad

**Karol King**  
*Bear Facts*

Talal Bisat, a new accounting instructor at the Boone Campus, was born and raised in Beirut, Lebanon. Dr. Bisat, who began teaching full-time in January, said, "DMACC is a unique place. Because of class sizes, the students get to know the instructors better and vice-versa."

Bisat first came to America to study in 1961 and graduated from the American University in Washington, D.C. in 1967. He majored in accounting in the business administration field. Dr. Bisat



**Talal Bisat**

graduated with distinctions in his MBA and Ph.D. programs. In 1970 he went for his CPA and was among the top 18 scorers out of 20,000 people nationwide.

Dr. Bisat went back to the Middle East after he graduated, got married and had two daughters. With the civil war raging in Lebanon, Dr. Bisat left Lebanon in 1989 to work and live in Switzerland for the next five years. Finally, he returned to America with his family.

His daughters both graduated from Iowa State University and are married. One lives in Boston and the other in Germany. Bisat and his

wife have been living in Ames for seven years.

He credits one-third of his experience to teaching and another one-third to working as a public accountant. A change from public accounting to education occurred in 1983 when he joined the School of Business at the American University of Beirut to teach for five years.

Of his past experience and awards, Bisat said, "What matters is what I'm doing right now and what I can offer to a student as an instructor. If my students ever need any help, I would like to work individually with them and make accounting a more pleasant experience."

## DMACC Boone Campus Technical Career Day

Wednesday  
February 21  
1 - 6 p.m.

Lloyd Courter Center

The exhibit area will feature  
local business and industry  
representatives

Explore career opportunities

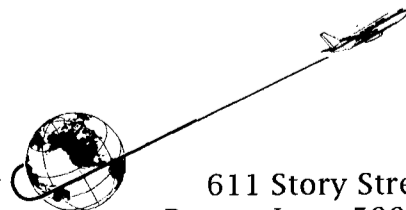
Information available for the  
following DMACC programs:

- ▶ Practical Nursing
- ▶ Associate Degree Nursing
- ▶ Civil Engineering Technology
- ▶ Land Surveying
- ▶ Management Support Systems

## Whistle Stop Cafe

10% Off Orders with DMACC Library Card  
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**True Vang**



**Maribelle Rivera**

## Students share experiences from other cultures

**Editor's Note:** The following two stories were written by students in Mary Gardner's ESL Conversation and Grammar class.

**True Vang**  
*Contributing Writer*

Every year during thanksgiving holiday, we celebrate the Hmong New Year. The Hmong are a group of refugees who came to the United States after the end of the Vietnam War in 1975.

We celebrate the Hmong New Year because we wanted to keep the culture and history alive. During New Year, Hmong dress up in Hmong costumes made of embroidery, decorated with lots of designs and silver coins.

New Year is basically for the young men and women to meet each other. They toss balls and sing folksongs, as they try to get acquainted and select the most suitable mate for marriage.

This is why the young are always looking forward to the new year.

**Maribelle Rivera**  
*Contributing Writer*

When I came from [Puerto Rico] I lived on the west side of Chicago. Like many low-income families, life in the city was hard. Survival is the name of the game.

School is hard for a child from another country, and since I had no friends, I chose not to go to school. You learn how to make money the easy and illegal way. You have to sacrifice your education and you're on the losing end of life.

Years later, I decided to change my life, and when trying to do things right, you have to start all over from the beginning.

So, you pick yourself up and analyze your life and make changes. You find your weaknesses, and you work hard to improve your education, so you have a chance to improve your life, get a better job, and teach your children not to give up. For you, it is never too late to have all you wish for in your new world—the good old U.S. of A.

# Editor's Encounters

## Non-traditional student Kelly Countryman recalls ten years at DMACC

**Michele Thamke**  
*Bear Facts Staff*

Raised in Adel, Kelly Countryman has two slightly older sisters. She had wanted to be a hairstylist since she was five years old; however, her early twenties were spent being a stay-at-home mom to her son, Bob. "This was the most important job I ever had."

When Bob was in third grade, Kelly went to Professional Cosmetology Institute in Ames from 1987-88 to obtain her cosmetology degree. She completed her classroom training at PCI and finished her hours at Iowa School of Beauty in Des Moines.

### Life changes

In the early 1990s, Kelly was diagnosed with fibromyalgia, a common condition that causes pain in muscles, joints, ligaments and tendons. Her physician recommended rest for her hands from doing hair and changing careers. This was when she sought out the DMACC Boone campus.

"I began with taking two classes seven or eight years ago. These classes were computer literacy, with Dave Darling and Composition I with Jim Bittner." She has since obtained almost 100 credits at DMACC in her college career.

### DMACC changes

Reminiscing about the many changes that have occurred at DMACC in less than a decade, Kelly said, "Sharon and Sandi were the only ones in the front office. The school building itself has totally changed;

the library was where the library is now, but there was no computer lab attached to it. The library also had an "old-fashioned" card catalog for research."

While DMACC had sports, Jane Martino's classroom (room 128) was a smoker's lounge and the instructor's offices across the hall consisted of the non-smoker's lounge. "DMACC students keep getting younger," she told me with her famous laugh echoing.

Son Bob is almost 21 and is in his last semester here at Boone DMACC. They have taken one class together last fall, library study. "Bobby said that he never wanted to take any classes with me."

When non-traditional students wonder which classes to

take, Kelly recommends any of Jane Martino's psychology classes. She said that she learned a lot from Jane and added that her entire DMACC experience has produced changes.

"With each semester that I take at DMACC, I've seen myself grow as a person with each one. I know a lot more now than when I started. I'm more well-rounded."

### Private life and living with pain

In the past fifteen years, Kelly has enjoyed working with community theater and sings all the time. "I don't want to sing much publicly, though." She also reads a lot, including Dean Koontz, science fiction and romance novels.

As Kelly's health challenges from facing fibromyalgia increase, she finds it increasing harder to get through a class. "I have to take pain meds in order to get through class." She has found that the time period of the class is not the issue; she finds it painful to sit for any length of time. "I wanted to get my business degree, but I don't think I'll be able to

do it after this semester; it keeps getting harder and harder. I enjoy the learning part of the classes; it's the physical limits I can't deal with."

When you are in pain all the time, that becomes priority. "I've noticed that my grades slip when I'm not feeling well. I'm working harder to maintain my GPA than I ever have had to before."

Because the pain severity is different and can change with each fibromyalgia victim, her challenges have grown in intensity. "Some mornings, I can't turn my bedroom doorknob. As a result, I no longer latch my doorknob at night."

### The future

The future at DMACC is uncertain at this time. She has her five-bedroom log house in Jefferson on the market and is anticipating living in her self-customized home outside Adel. "It is ground-level, with no steps even to get in. It has special doorknobs and lavatory handles that I won't have the problems I'm experiencing now."

While Kelly was the designer, her father built the house. "He's a jack-of-all-trades. He lowered the kitchen cabinets and allowed for wheelchair width through the doors."

Physically, she is able to move things a little at a time in anticipation of her new home, which is almost finished. She is looking forward to her life there, "I'm going to be in the country and become a hermit."



**"I began taking two classes at DMACC seven or eight years ago."**

*Kelly Countryman*

# Fibromyalgia challenges lives

**Michele Thamke**  
*Bear Facts Staff*

No test can prove you have fibromyalgia (FMS). Test results come back normal, but you still hurt. Without a CAT scan, blood measure or other conclusive laboratory test, physicians rely on patients' definition of their pains.

According to an article in *American Family Physician*, "When your doctor examines you, you'll have many "tender points" where your skin hurts even if you barely touch it. Common tender points are at the front of the knees and elbows, the hip joints and around the neck." There are 18 tender points, nine on either side of the body, symmetrically paired. A patient meets the criteria for FMS if he or she has 11 tender points and also pain above and below the waist on either side of the body for longer than three months.

### A collection of symptoms

"I hurt all over," is the cry of millions of Americans who are afflicted with this illness that is not an inflammatory condition. Instead, it is pain in the body's fibrous tissues. It is easier to say what FMS is not than what it is; it's not progressive, not a disease and while it is not life threat-

ening, it never goes away completely.

It is a common condition that causes pain in muscles, joints, ligaments and tendons. People with FMS often feel stiff and tired. It is unclear whether sleep disorders are a cause or a result of the disorder. Symptoms include headache, morning stiffness, numbness and tingling in the hands and feet, pain of the chest, lower back or jaw, insomnia, mental fuzziness. Other ailments include lupus, migraine, irritable bowel syndrome, depression and rheumatoid arthritis.

### Causes of fibromyalgia

The question is what triggers such sensitivity? Does FMS have a physiological basis or psychological disorder? According to Frank Keefe Ph.D., a specialist in psychophysiology at Ohio University in Athens, "Thoughts and feelings can have a great impact on the pain experience." It is the brain that creates the perception of pain. Some researchers say that persistent pain can lead to a heightened sensitivity to pain that spreads out from the original pain sight. The original pain and its path can create its own feedback loop. Additionally, concentrations of three other brain chemicals--dopamine, norepinephrine and serotonin, which helps

regulate levels of Substance P--appear to be abnormally low in FMS patients.

### Patients of pain

According to the May 1999 *Psychology Today*, FMS seems to run in some families, suggesting there may be an underlying genetic vulnerability, which might be set off by a traumatic event, like an auto accident or a bacterial or viral infection. Some research also indicates that childhood trauma or abuse may embed itself in the nervous system and make a person more susceptible to pain later on.

Diverse nations internationally put the number of the afflicted between 3% and 10% of the general population. According to the American College of Rheumatology and the National Institute of Arthritis and Musculoskeletal and Skin Diseases, there are between three and six million sufferers.

Studies suggest that more than a third of Americans will suffer from persistent pain at some point in their lives, and currently the U.S. has close to 1,000 public and private centers dedicated to pain treatment. The financial toll is enormous as well. According to the National Institutes of Health, pain costs the U.S. economy more than \$100 billion annually in health care and lost productivity.

The vast majority of complainants are women in their mid-30s to late 50s. In the U.S., where 85% of sufferers are female, doctors have at times dismissively termed the ailment "tender lady syndrome."

### Treatment of FMS

Patients and doctors must work together to treat FMS. Treatment should help ease symptoms. Doctors may prescribe medication to help patients sleep and attempt to reduce his or her pain. Good nutrition and regular sleep and exercise often help. Also, some people have found help in support groups with other people who have FMS. Other patients prefer counseling or therapy.

Pain treatment can consist of drugs. According to *American Family Physician*, antidepressants, analgesics and other agents are commonly used. Improvement in depression and sleep disturbance was observed, but no effect on pain relief at tender points was found. Anti-inflammatory drugs have not been found to be useful in the treatment of fibromyalgia.

## Kirkwood depth too much for DMACC women

Scott Anderson  
Bear Facts Staff

Kirkwood used their depth and balanced scoring attack to pull away from DMACC 84-62. Kirkwood opened with the first basket, but the Bears came right back to tie it at 2. The game was tied at 6 and after trading a couple of baskets, Kirkwood went on a 9-0 run to take an 11-point lead. The Bears responded with a 14-4 run of their own to get within a point.

Kirkwood then answered DMACC by going on an 11-1 run to build the lead back to 11. The teams battled evenly to the end of the half with Kirkwood leading 43-34. The second half began with both teams trading baskets, but while the Bears were hitting two-pointers, Kirkwood answered with three-pointers and gradually increased their lead. Then late into the second half, Kirkwood pulled away for good.

The Bears never gave up and went on a 7-2 run to end the game. Kelsey Kain led the Bears with 22 points, and Kelli Busch added 14 points for the Bears. "Kain played a great game tonight," said Coach Bob Terrones. "Their [Kirkwood] depth was a factor as six different players scored in the first half, and another six scored in the second half. Kirkwood has a storied program and were undefeated, but I was very proud of their [DMACC] effort."



staff photo

DMACC Women huddle during a Kirkwood game time-out while Coach Bob Terrones gives last minute instructions.

## DMACC women defeat Central JV

Scott Anderson  
Bear Facts Staff

The DMACC Bears used aggressive trapping defense and a great job on the boards in defeating Central JV, 62-52 last Wednesday evening.

The first half started out slow with neither team able to take advantage, featuring 5 ties and 5 lead changes. With Central up three points, Kelsey Kain hit a three-pointer while being fouled. After the rare 4-point play, the Bears took a one-point lead.

Central came right back with consecutive baskets to regain their three-point lead. The teams then exchanged baskets, and after Kelli Busch's basket, the Bears were within one at 19-18.

The next time down the court Melissa Gourley hit a three pointer to give the Bears a lead they would not relinquish. After two free throws by Alisha Markuson, the Bears took a 23-19 halftime lead.

The second half started out with a bang for the Bears as their press forced Central into a couple of early turnovers, which the

Bears turned into points. The women opened with a 12-4 run, which gave the Bears a 12-point lead. Central answered with a 13-6 run to cut the lead to five at 41-36. The Bears were not to be denied this night, as they came right back with a 12-0 run, capped off by a steal and layin by Naoko Takemura, which sent the crowd into a frenzy and forced Central to call a timeout.

Central tried to get close with a 6-0 run to get within 11 at 53-42, but the Bears came right back as Joetta Mitchell hit a jumper to end their run, and Central would not get

much closer as the Bears hit free throws down the stretch to seal the victory.

"I thought our press caused a lot of turnovers and loose balls that we were able to get to and take advantage of," said Coach Bob Terrones. "We also did a good job on the boards."

Gourley led the Bears with 20 points and had three steals. Kain added 17 points and 3 steals. Busch scored 12 points and had 8 rebounds. Markuson had 4 rebounds and 3 steals for the Bears. Lisa Obrecht had 5 rebounds for the Bears.

## DMACC men stay undefeated in conference

Scott Anderson  
Bear Facts Staff

The DMACC Bears used a strong first half and clutch plays down the stretch in defeating Kirkwood 73-60. "The close games we've had on the road prepared us well for this game," said Coach Orv Salmon.

Kirkwood grabbed the early lead, but the Bears came right back to take the

lead. Kirkwood again took the lead and kept it for the early part of the first half. The Bears then regained the lead with a 6-0 run to take a six-point lead. With the lead at three, the Bears went on a 15-3 run to end the half.

The Bears opened the second half with a 9-3 run to take their biggest lead of the game at 51-30. Kirkwood would not go away and went on an 18-6 run to get within 11 points. The Bears had an

answer as a three-pointer by Darnell Star sparked a 10-3 run which built the lead to 18. The Bears then stiffened their defense and made free throws down the stretch to pull away for the win.

Jamal Jackson led a balanced scoring attack with 15 points. Rich Borgos added 14 points and Star had 13 points for the Bears. Shelton Colwell and Adam Daley both finished with 9 points. "I thought the last six minutes of the first

half was as good as we could play," said Salmon. "Kirkwood is a good team, and we knew they would do a good job of defending Shelton inside, and they did. I was proud of our guards. Star and Daley made some big jump shots, and that was the key. Rich also had a very good game, and Jackson hit some big free throws at the end."

# Men's conference tournament information

**Scott Anderson**  
*Bear Facts Staff*

The Region XI men's basketball conference tournament will be held in Creston on March 9 and 10, and the March 13 site will be announced.

Teams will be seeded according to their regular season conference record against Division II teams. Only the top eight qualify for the tournament.

**Day One (March 9)**

Game 1 #1 vs #8  
Game 2 #2 vs #7  
Game 3 #3 vs #6  
Game 4 #4 vs #5

**Day Two (March 10)**

Winner of game 1 vs Winner of game 4  
Winner of game 2 vs Winner of game 3

**Day Three (March 13)**

The semi-final winners will play the championship game on the highest seed's court on Tuesday, March 13.

### DMACC Weightlifting & Weight-Training Club

Do you want to learn how to weight train?  
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**Contact:**

**Lawrence Daniel**  
(515) 432-5299

lod20000@dmacc.cc.ia.us

**Eric Spitznogle**  
(515) 290-8110

ces20000@dmacc.cc.ia.us

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Join us for a College Fair at DMACC on February 13, 10:30 a.m. to 1:30 p.m.  
Meet Graceland Field Officer Liz Abney

# The other side of the Courter

Photos and text by Kristi Beaman

## What was your favorite super bowl commercial?



Bret Wisecup

"The man that painted with his foot. I don't think it was supposed to be funny, but it was."



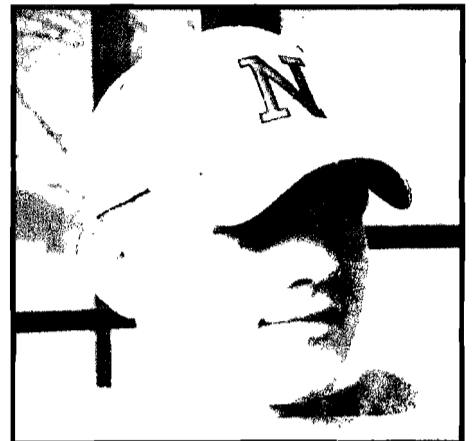
Greg Miller

"Bob Dole advertising Pepsi a year after his Viagra "situation."



Steve Petersen

"Bob Dole's advertisement that seemed to be a Viagra commercial until the end when it ends up being a Pepsi commercial."



Josh Atwell

"My favorite super bowl commercial was the Budweiser one when he walked into the kitchen and dances with the bottles and opened the one and sprayed his girlfriend."

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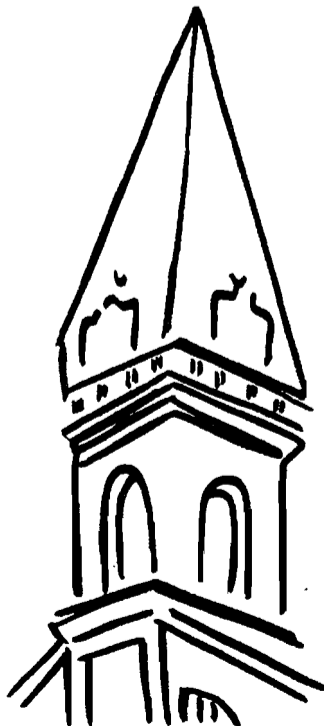
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