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Banner News

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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 mind the events of a month in which we celebrate our country’s diversity. For others, it is a painful reminder of problems of adversity still faced today.

February marks the beginning of Black History Month. In the United States, 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 month in 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 warfare 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 unseaworthy 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 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 slaves rights severely. Slaves were prohibited from owning weapons, or receiving an education.

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

(Continued on page 2)

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 percent 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.
Students cope with cancelled classes

Matthew Rinker
Bear Facts
As the new semester begins, many students are faced with the same problem. 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 Student Affairs Director Dean Hitesman, the cancellations were due to many factors. 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 cancelled. 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 cancelling 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 did not 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 520 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 possible. 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 64, Issue 11, 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 class conflict erupted quickly into a bloody war. At the start of the war blacks, much needed by the South, that tried to enlist with the North were turned away. However in 1863, Lincoln issued the “Emancipation Proclamation,” which decreed in white society of the South that freed blacks in the Union states, allowing them to fight in the war. In 1865, Lincoln pushed 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 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. Racism 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 spots 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. Du Bois, and Philip Randolph all contributed greatly to bringing about reform, while writers such as Langston Hughes and Ida Bell Wells-Barnett spread word abroad 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 blacks 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 reaction to them. African American, 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 Courier Center on Thursday, January 11. Since there were a few new faces, all members 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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Phi Theta Kappa Admissions Fair

Aaron Ladage
Bear Facts Staff

High expectations and fulfilled dreams will fill the Lloyd Courtier 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/rawwoods/welcomeph.htm. If you have any further questions regarding the conference or Phi Theta Kappa, contact Brad Meyer at deer.bass.master@hotmail.com, or the chapter’s advisor, Nancy Woods, at rawwoods@dmacc.cc.ia.us.

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 will 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 Koen, of the Campus Bible Study, was approved the use of one of the class-rooms 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 meet every Thursday night.

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 must wash the hand sanitizers that contain alcohol.

Remember, only you can prevent the spreading of the dreaded cold virus.
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 fenced off the field at midnight. Fans of all ages fenced in the enormous, multi-faceted stage as one of the most memorable championship stage, singing to an audience of several million television viewers.

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 events. 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 Pre-game Show,” featuring live performances by NSYNC and Sting. Shortly before kickoff, Sting 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 – NSYNC. 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 downsides 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 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 smash, the ostage duet between Fred Durst and Christina Aguilera at the MTV Video Music Awards.

One of the few moments from the entirety of the 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 hands 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 camera-men 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.

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 counter they take your name and prepare 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 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 didn’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 to the bathroom you will find 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’s good to try once, but for myself I wouldn’t go back.
On a different note...

Patrick Fleming & Aaron Ladage
Bear Facts Staff

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

“Mom Still Cleans My Room” or “The Wonder Years” may cause ambushed 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 10th grader can muster. The album was released off of the classic punk label, Tooth and Nail Records, and deserves a listen by anyone 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 Get 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 the 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 complex 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 recommend 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.

February Horoscopes

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 knock you down though. Use this time to build yourself up and everything will work out toward the end of the month.

Aries— Relax! You have been fighting 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 closer one. Don’t jump for joy just yet—still you do get 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 in the month of Gemini. From school to that significant other 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 better 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 even more 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 noticing 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 hard 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. Was there 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 head up all right—don’t it’s self defeating.

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 arc. 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.

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: lecannon@iastate.edu for a prospectus which includes a timeline and artwork preparation guidelines.

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

Happy Valentine's Day
Mom
From your advisor
Linda Pluger

From the Heart

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

Happy Valentine's Day, Mom!
Love, Michele

Happy Valentine's Day
Mom
Love, Michele

GAS
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Jane Martino

To R.
To a lady so sweet
Even the moon and

Love J.
Valentine's Day

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

Welcome back
Herold

V - Be Mine

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Love,
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We welcome all DMACC students
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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. Bisal, 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 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

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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 cosmetician 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 have completed here, I’ve seen myself grow as a person with each class. I know a lot more now than when I started. I’m more well-rounded.”

Family

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 a 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.”

Fibromyalgia challenges lives

Michele Thamke
Bear Facts Staff

No test can prove you have fibromyalgia (FMS). Test results come back normal, no test can prove you have fibromyalgia, 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-threatening, 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 stems 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 as many as 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 pain clinics 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.”

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."

DMACC women defeat Central JV

Scott Anderson  
Bear Facts Staff

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

DMACC men stay undefeated in conference

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. 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. Lisa Obrecht had 5 rebounds and 3 assists. Markusson had 4 rebounds and 3 assists for the Bears. 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.

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.

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Contact:
Lawrence Daniel
(515) 432-5299
lod20000@dmacc.cc.ia.us

Eric Spitznogle
(515) 290-8110
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The other side of the Courter

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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