3-1-1995

Banner News

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Recommended Citation

McKnight, Courtney Brooke; Meyers, Joe; Smith, Linda; Stensland, Tony; Cherryholmes, Angela; Hayes, Sandra; and Evans, James M., "Banner News" (1995). Banner News. 174.
http://openspace.dmacc.edu/banner_news/174

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DMACC students try out for "Something's Afoot," the spring musical. From left to right are students Jackie Richeson, Andre Dembo, C. Brooke Mc Knight, Erin Van Dyke, Marcia Johnson, Gene Black, and Bill Huebner.

A Comedy  A Mystery  A Musical

SOMETHING'S AFOOT

By C. Brooke Mc Knight  Bear Facts Staff Writer

Auditions for the DMACC musical, Something's Afoot, were held Monday, February 27. Needed for the cast are six men and four women. Something's Afoot is being directed by Kay Mueller and musically directed by Jim Loos.

Something's Afoot is a musical with a murder mystery plot. The show opens with the arrival of many different British characters to the estate where they each have received invitations for a gaming kind of weekend. The excitement of their arrival is abruptly ended when the butler is murdered by an explosive. Throughout the rest of the show the characters are one by one dropping dead. All the while the remaining guests attempt to either escape before they themselves are killed or to take things into their own hands and capture the murderer.

The audition's turnout was good. Four women and four men came Monday night. Another time was set on Tuesday for students not able to make the original audition. The audition process was very informal. Mueller started auditions out by having the students read scenes from the script. The audition ended by singing songs under direction of Loos.

A partial cast list was posted on Wednesday, March 1, on Mueller's office door. Four to five days a week rehearsals will be held from 3:00 to 5:00 up to the production. The curtain goes up Friday and Saturday, April 29 and 30, 8:00 in the auditorium.

If you missed the audition and still want to participate, you can! The cast is still in need of members. One male and one female spot are still open. Talk to Jim Loos or Kay Mueller for information on a possible audition.
Students + work = a heavy load

By Joe Meyers
Bear Facts Staff Writer

College and work - what a load it is. Students are extremely busy these days. Many of them work in addition to going to school. Most students live on their own and must work to support themselves. There are some students who work 30 or more hours a week while going to school full time. Three students were asked why they are carrying such a big load and here is how they responded.

Tim Thompson works at Wal-Mart 37 hours a week and is taking 12 credit hours this semester. He’s been out of school 1 1/2 years and this is his second semester at DMACC-Boone. Thompson said, “I live on my own, and I have to make a car payment, pay rent, and of course eat. I don’t want to work at Wal-Mart for ever at low pay. I’m going to DMACC-Boone and working 37 hours in order to graduate sooner and earn more than minimum wage. I carry a big load because it will make me a better person in the long run and enable future success.”

Bill Heubner DMACC-Boone student works 30 hours a week at the D.O.T., and he’s taking 17 credits. This is his second semester at college after high school. Heubner stated, “I want to get done with school. That why I take so many credits, and I need to work to pay the bills.”

Tom Gibbs works 32-33 hours a week at Wal-Mart and is taking 15 credit hours. He’s been out of school for 1 year and this is his second semester of college. When asked Gibbs answered, “I don’t have a choice at Wal-Mart. There are only three of us working in my department. My hours might drop a little if they hire someone else.”

Two of the DMACC-Boone instructors were asked how the hours worked by current full-time students compared to when they were in college has changed since they went to school at a college or a University.

Bruce Kelley answered, “I never worked at all when I was in college. I don’t think the other students worked as much and went to school full time as they do now. Nothing was as costly then. Now everything is so expensive you need more hours on the job to pay the bills.”

Dr. Taylor replied, “Students did not work as many hours. School and expenses were cheaper. Not as many students went to college if they could not afford it.”

The student of today is very busy indeed with a full-time job and 12 + credit hours. It is a heavy load.

I S U orientation

Every year Iowa State University holds early registration and orientation sessions for transfer students. These sessions are held in April so that transfer students can register for fall semester classes at the same time as their currently enrolled classmates.

Early Registration/Orientation will be held April 3 and 13 for the following departments:

- College of Agriculture
- College of Business
- College of Design
- College of Education
- College of Engineering

Note the dates for:

College of Family and Consumer Sciences: April 3
College of Liberal Arts & Sciences: April 3, 13, and 17

Previously accepted students should attend orientation sessions in April to register.

Students wanting to apply for admission to ISU can also take advantage of this program.

WANTED: Students who need money

By Sandra Hayes
Bear Facts Staff Writer

Want to earn money for school? Here are two scholarships available for fall 1995. The Marine Corps League has $300 (see ad) and Beta Sigma Phi has $200 (see information below).

Don’t just complain about needing money. Apply! It couldn’t hurt.

Apply by April 15

Boone chapters of Beta Alpha and Xi Beta of Beta Sigma Phi will once again offer a scholarship to a female DMACC student for the fall 1995 semester. The $200 award is open to full or part-time students who are residents of Boone County and is over 25 years old.

Applications forms can be picked up from Rich Finnestad in the counselor’s office. Completed application forms can be returned to Finnestad or mailed to Van Moline, Beta Sigma Phi, 1007 South Marshall St. Boone, IA 50036 by April 15, 1995.

Fred K. Deaver Detachment Marine Corps League

$300 Scholarship

For Boone DMACC Campus

Qualifications

1. Must be a full-time student.
2. Preference will be given to those with a Marine in the family or extended family.

Applications are available in the counselor’s office.

DEADLINE TO APPLY - April 1, 1995

Scholarship will be awarded in May 1995 for the fall semester.

Cardinal Cleaners

909 8th Street Downtown Boone

You’re looking at our second shift!

Take advantage of after-hours banking with our convenient ATM.

It’s the little things!
Old Codger...

O.J. What Can the Matter Be?

HELLO! HELLO?

With the strange hours I have this semester, and not being able to keep on as I do, plodding, while touching someone's pulse. There a trial... There a trial...!

I have to...I just have to...I simply must make a comment or twelve on the O. J. Simpson extravaganza some of us have been witness (pardon the pun) to for the past half decade, or so it might seem. I realize after watching the last three days of this particular phase of the trial, that is the phase where the defense attorneys are trying to make it look like O. J. is the victim of so much Los Angeles Police ineptitude, inconsistency, malfaisance, and down right stupidity, that they make the Captain of the Titanic into the world's greatest hero, that I may very well have both wasted a great deal if time in my first life's career of retail management for thirty years.

This is not to even mention the presupposed fact that I don't remember seeing if DMACC offers courses in becoming a lawyer. This seems to be where I should have begun my studies some two years ago instead of in the accounting field. However, with my test scores I'm sure Mel Holthus would say as an accountant I would make one hell of a lawyer?!

The defendant was no less human nor more important to himself than Mr. Simpson and warranted for us twelve to arrive at a just verdict. For me personally this was the "Trial of the Century" because I, as foreman, had to stand up, look into the man's face and tell him we had found him guilty of the crime knowing we were condemning him to 75 years in prison for second degree murder!

Disservice and Dat-Service Brought to you by...

I do believe the media is doing the public a disservice by their coverage presentation of Mr. Simpson's ordeal. Shades of the Viet Nam War coverage with all the hype of "a picture is worth a thousand words" journalism. At that time the media was presenting such views of our involvement as Buddhist Monks sitting in the streets burning themselves alive while the cameras ghoulishly ground away. We were privileged to see a South Vietnamese military policeman put his pistol to the head of a suspected enemy (Vietcong), pull the trigger then walk away from the bleeding, twitching body of the man with his hands tied behind his back!

I believe the media should present the news of the day as they always do with the exception of that news should not begin and end with the gavel of Judge Itō. Why don't the sponsors of the trial simply say to the media that they will pay for the privilege of the networks presenting the trial in it's entirety after the 10 o'clock news for those interested and what with all the studying and what for the tests.

By Linda Smith

Bear Facts Staff Writer

There was a ballot in the library on the 10 o'clock news for those interested and what with all the studying and what for the tests.

How's your classes?

By Joe Meyers

Bear Facts Staff Writer

Five weeks of school here at DMACC-Boone has passed, and it is now the sixth week. Students are now well adapted to their classes and know how they feel about them. Here are some student responses:

Mike Finch: They are going well and they are not hard.

Shane Bradley: There are mixed emotions because I enjoy them, but it's a heavy load with baseball and classes.

Adam Peppers: I think they are going pretty well.

Joe Shelton: My classes are challenging, interesting, very educational and I need to attend more.

Shawn Hoskins: They are fine.

Shelley Lemon: They are fine.

Teresa Rader: I am overwhelmed. Some teachers lecture out of the textbook. You have to read very closely for the tests.

There were only four votes. This could mean either students don't read their campus newspaper or students don't care how their activity money is spent.

The board will be purchasing this audio/visual equipment for student use soon; however, it would have been beneficial to have had more students involved.

As a student, I care about how this money is spent, especially when it is a mandatory payment with tuition. As a member of the Student Action Board, it is frustrating to me when the board is trying to make decisions based on student needs and desires when so few in the student body seem to have an opinion.

One of the movies my kids would have voted for would have been The Never Ending Story. It is a tale about a dragon and a boy. In the story the foe was "The Nothing" a.k.a. apathy. I hope the nothing doesn't continue to consume Boone Campus.

Meet the Staff

Gary Johnson, custodial department, would like to encourage you to get acquainted with his three new temporary employees. Betty Woodward and Aaron Henstreet are on the day shift and Robert (Bob) Hammond is on nights.
Need help on grades?

Twenty Suggestions for Top Grades:
1. Your College Career is Big Business. Run It Like One.
2. Use the tools of big business - computers, typewriters, copy machines, filing systems, tutors, and study methods.
3. Never miss class.
4. Choose the Courses You Like.
5. Develop and Learn To Use Your Memory.
6. Memorize when you are well-rested. Several short sessions are better than one long session.
7. Eat well. Vitamins are important to your memory.
8. Four memory strategies: acronyms, rhyming strategies, linking ideas, key words.
11. Pretest yourself.
12. Never miss a class. Don't leave early.
13. Don't let hard courses fool you. If you enjoy something, take it.
15. Schedule Study Time to work. Your Biological Clock.
17. Build your Own Personal Study Guide.
18. Use Your Imagination.
19. Take Worthwhile Notes.

Libraries.

American Cancer Society celebrates...

Daffodil Days

Boone residents will see the first sign of spring March 27-31 during Daffodil Days, a special American Cancer Society event that emphasizes the spirit of renewed life and hope for cancer patients.

Local American Cancer Society volunteers will be taking $5 donations for the fresh-cut, field-grown bouquets of daffodils until March 3, 1995. Proceeds will be invested into American Cancer Society research, education, and patients’ services.

“Celebrate the coming of spring and join with your friends and neighbors in this fight against cancer,” says Patty Burns and Nursing Students United of the Boone Campus. Order forms are available in the Nursing Office, Room 222 or call Patty Burns Ext 1071 for more information.

Give blood, get cookies

Stop and think a moment about your loved ones. Their health and wellbeing are important to you. If a loved one has ever received blood, you know firsthand the importance of volunteer blood donors.

During your hectic schedule, pencil in some time to donate blood. You can do this by making an appointment with Connie booth at 432-7203, EXT.1070 for the Monday March 6, DMACC-Boone blood drive sponsored by Nursing Students United. The drive will be held in the Bloodmobile Bus North of the building and the hours are 8 a.m. to 2 p.m. Please check in at the table by the library.

Donating blood is a quick and relatively painless process. Upon arriving at the mobile blood drive, you will register to donate. Next, a nurse will take a brief miniphysical which includes beneficial temperature, iron count, and pulse checks. You will also have a thorough medical history to make certain it is safe for you to donate, as well as safe for someone to receive your blood. Next, comes the actual donation in which you will give a unit, or a pint of blood. Don't worry, the normal adult of average weight has about 10-12 pints of blood, so you'll have plenty of spare! The donation itself only takes about five minutes, then it's off to the canteen for juice and cookies.

You can help save the lives of up to four sick or injured people by donating just one pint of blood. The Blood Center of Central Iowa, a non profit organization located in Des Moines, only accepts volunteer blood donations to ensure that the blood is safe for the patient receiving it. Donors should be 17 years of age or older, in general good health, and weigh at least 110.

French Week

April 3-7
Construction changes face of campus

Electrician, Chris Walkow, Carroll, a former DMACC student, has been around since the beginning of the construction project.

Phase 3: "And the beat goes on"
By Sandra Hayes
Bear Facts Staff Writer

Phase "3" construction has commenced amid a new volley of dust. The entire front office is no more. If you have not located it, look in the old student center. Executive Dean Kriss Philips said the offices will be temporarily located there for 4 to 6 weeks, and then they will move back to their original, remodeled location.

The same faces will greet you at the reception desk: Joanne Temple, Pam Patterson and Sharon Blaskey. George Silberhorn, student services, is located in the first office. Martha Ballantyne and Vickie Lazon share the bookkeeping office. Sandi Johnson, secretary, and Rich Finnestad, counseling, share the next office. Paula Goldsworth, dean’s secretary, and Philips are at the end of the hallway.

The food service window will close soon, but food service will still be available in the east hallway of the new building.

The "great hall" of DMACC-Boone nears completion in the new building.
Long talks about playing a Brady

By Ian Spelling
College Press Service

When Shelley Long, the former star of the beloved series "Cheers," won the role of that great maternal icon, Carol Brady, in "The Brady Bunch Movie," she realized rather enjoying the social scene while preparing for the film's plot is as simple as it gets. The '70s Bradys live blissfully unexplained Brady's-blissfully unexplained Brady's-prom--and strung them into a seamless whole, with the monumenal album from the legendary Ray Charles is typically brilliant Brother Ray. Although I prefer his earlier R&B recordings, this is still a great album. An intriguing album one may want to dive into is Music of the World's Peoples. I checked out the last of a five volume set, and it is fascinating. Music from Poland, Ethiopia, the USA and Scotland are just samples of the diversity from this album. For Blues lovers, check out The Best of Mississippi John Hurt; it's classic Blues. Speaking of classic, anyone who loves hearing a voice that is as soft as clouds, I highly recommend The Best of Ella Fitzgerald. Her subtly powerful singing will entrance you. Bob Dylan's The Times they are a Changin' is nearly a must for any good 60's music collection. It's influence on today's music is still apparent.

These are just drops in the ocean of music offered by the DMACC library. I encourage all of you to take advantage of these great selections.

Stensland recommends checking out free music

By Tony Stensland
Bear Facts Staff Writer

Throughout the course of the semester, I will be reviewing new music and upcoming artists in hopes of introducing as many people as possible to different sounds and expressions. This time, however, I'm unable to buy a new CD because, like most of you, I'm a financially challenged college student. So with limited funds to purchase with but eager ears to listen with, I've decided to review a music collection that is free to all of us here at DMACC, the collection held in the library.

If it's variety you're looking for in music, then the library is the first place you should stop. Nearly every musical category is filled within the shelves of albums and CD's the library has. Rock, Blues, Jazz, Classical, Country, R&B, you name it, it's in there.

Recently, I checked out some interesting items of which all I recommend. Miles Davis' At Filmore is excellent jazz played by one of the all-time greats. Genius + Jazz = Soul, the monumental album from the legendary Ray Charles is typically brilliant Brother Ray. Although I prefer his earlier R&B recordings, this is still a great album. An intriguing album one may want to dive into is Music of the World's Peoples. I checked out the last of a five volume set, and it is fascinating. Music from Poland, Ethiopia, the USA and Scotland are just samples of the diversity from this album. For Blues lovers, check out The Best of Mississippi John Hurt; it's classic Blues. Speaking of classic, anyone who loves hearing a voice that is as soft as clouds, I highly recommend The Best of Ella Fitzgerald. Her subtly powerful singing will entrance you. Bob Dylan's The Times they are a Changin' is nearly a must for any good 60's music collection. It's influence on today's music is still apparent.

These are just drops in the ocean of music offered by the DMACC library. I encourage all of you to take advantage of these great selections.

Staff enjoys Dutch Oven

In our continuing review of area restaurants, the Bear Facts staff stopped in at the Dutch Oven Bakery. An appealingly bright atmosphere and the swimming smells of freshly baked bread greeted us upon entering.

The staff enjoyed the Dutch Oven's excellent deli style food. The cost was more than reasonable and would easily fit into a college student's budget. Although no salads are offered until the summer, anyone having one of their sandwiches is given a free cookie, which is a very nice gesture.

Limited parking space was an inconvenience for some people. Other complaints by the staff included a confusing menu, which offered salads even though none were available, and the nonchalant service.

Our final analysis of the Dutch Oven Bakery is a positive one. Delicious food at a good price is hard to pass up. We give it a B+.

Daffodil Days
First flower of spring
the flower of hope.
Batter up! DMACC baseball underway

By Tony Stensland
Bear Facts Staff Writer

Although it's the ping, rather than the crack, of the bat, the sound of baseball in the air has brought a feeling of anticipation to the DMACC baseball team. An experienced group of sophomores should lead the way for DMACC to bounce back from last season's disappointing 23-30 record, DMACC's worst in 20 years.

Head coach John Smith is very optimistic about his team's chances this season: "We should be better this year. With several sophomores returning and quality freshman, we're going to have a pretty good ball club."

One of the Bears' goals is to get back to the Junior College World Series this season and reaching that will depend largely on the strength of their pitching. Sophomores Scott Ballinger, Jason Behn, Chad Miller and Pat Muller should pace the staff that Smith feels will be "considerably better this year."

Smith, who's beginning his 22nd season at DMACC, has signed players from all over the Midwest for this season and even two from out of the country: James Mansell from Canada and Matt Young from Australia. Smith has had 13 All-Americans during his career at DMACC and looks for individuals who have the desire to improve themselves athletically as well as academically. "You need the right attitude and work ethic. If you have them, you will accomplish your goals."

The Bears travel to Oklahoma for their spring trip March 18-24, where they will play teams from Kansas, Missouri and Oklahoma. Smith expects this to be a preview to how well his team will perform during the season.

DMACC begins their season March 30 at Indian Hills, while their first home game is April 1 against Kirkwood. Come out and support the Bears baseball team this year, it promises to be an exciting season.

Matt Young, Australia, and Chuck Krom, Rochester, MN, walk across a desolate, icy parking lot, headed for DMACC Boone Campus baseball spring training.

Bears hoops end season

By Angela Cherryholmes
Bear Facts Staff Writer

Last Saturday was the final game of the season for the DMACC women's and men's basketball teams as the Bears took on NIACC of Mason City. Both teams suffered losses in each contest.

Saturday also was the final game at DMACC for three sophomore men's basketball players. Lance Clausson, Chad Schlepp, and Mike Sprecher were recognized prior to the men's basketball game. Schlepp ends the season becoming DMACC's all-time career leader in the steals column for DMACC.
New Beginnings

"Displaced" Stone helps displaced homemakers

By Sandra Hayes
Bear Facts Staff Writer

The office is a plywood enclosure nestled under the lower slope of the south stairway at DMACC-Boone. A rough plywood door on the office of Displaced Homemakers announces an office can exist anywhere during remodeling.

Project self-support — new beginnings for displaced homemakers, single parents and single pregnant women. Maggie Stone, whose temporary office is under the steps in the old bear pit area, is available to assist women select a new future.

Career assessment, pre-enrollment counseling and referral services are free to persons who qualify.

Who qualifies? Divorced, widowed or single pregnant women are eligible. Stone will help determine what the individual needs and point her to the appropriate agency for funding. The applicant may already have work skills and just needs to plan a job search. Stone said that sometimes her most important contribution is giving a pep talk.

A pamphlet for self-help says, "Whether from home to school or home to job — we are here to help you on your way to becoming employed." That one phrase covers the purpose and goal of Stone and DMACC. Stone also conducts help workshops in resume writing and computer literacy.

If you are recently divorced or widowed or know someone who is, contact Maggie Stone at DMACC-Boone (515)432-7203 and let her assist you in career options.

Nine Hour Hands-On Computer Workshop

When: Monday and Tuesday mornings
March 20th & 21st, 1995
8:30 a.m. - 1 p.m.
Room 218

See Stone by March 17

Free Workshop for Displaced Homemakers

Computer's don't bite!

By James Evans

Dear Jim: I am a 19 year old female student, and I've been trying to lose weight for a friend's wedding this spring, but I'm not having much luck. I've been eating only 800 calories for the past month, but I'm still not losing weight fast enough, and I feel so drained...I have no energy at all. What am I doing wrong?

Dear Drained: The first thing you should do is start eating again...at least 1200 calories or more...and remember that if your not following an exercise program, your weight loss will probably not be successful anyway. Eighty-seven percent of people who lose weight on crash programs will gain the weight back. Even worse, most of what you gain back will be fat.

If you try to lose weight too quickly by just limiting your calories, at least half of the weight that you lose is muscle-not fat. A good exercise program in conjunction with a sound diet of 1200 calories a day will boost your energy level and help you to lose weight slowly but safely, and the exercise will tone your body as you lose those pounds and inches.

Remember, too, that if you try to lose weight only by restricting calories that you will probably lose most of the weight in the wrong places which wouldn't look good at the wedding. Most women tend to accumulate body fat primarily in their hips and thighs, and those are the LAST places where you will lose weight by dieting alone. You will lose weight in the bust and upper torso first.

As a general rule you try not to lose more than 1-2 pounds a week. If you try to lose it more quickly it can affect your metabolism adversely and forces your body into a starvation mode which can severely damage your health and physical well-being. Use your head and lose weight sensibly, not emotionally, and you will look good and feel good for the wedding...and afterwards too!

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Jim Evans is Executive Director of Heartland Health Center in Boone. You can address your questions about health or fitness to Bear Fitness c/o Heartland Health Center, 608 Carroll st., Boone, IA 50036.