10-11-2000

Banner News

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Recommended Citation
Heimbaugh, Sadie M.; Rinker, Matthew; Biehn, Staci; Elsberry, Alissa; Fleming, Patrick; Anderson, Scott; Thamke, Michele; McCane, Melanie; Davis, Arthur; Lauritsen, Jensie; Alberts, Kevin; Dejongh-Slight, Lori; Henning, Carol; and Pedersen, Kip, "Banner News" (2000). Banner News. 94.
https://openspace.dmacc.edu/banner_news/94

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Six women elected to SAC

By Sadie M. Heimbaugh
Bear Facts Staff

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

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

Erin Rice of Ames is nineteen years old and plans to transfer to UNI to major in design. She is the secretary for the SAC and feels that it will be a "good learning experience" and will help her in her future jobs. She wanted to be a member of the SAC because this is her second year at DMACC and she "knows enough to help." Rice plans to benefit DMACC in the athletic department and wants to "help strengthen DMACC as a whole."

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

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

Jill Dubberke is an 18-year-old from Hubbard. Dubberke would like to attend UNI for elementary education. She holds a position as a committee member on the SAC. She hopes to gain better leadership skills. She also feels that she is learning to work better with others. Dubberke wanted to run for SAC because she thought that it would be "lots of fun," and she wanted to get involved. When asked about her goals for the SAC, Dubberke answered, "I want to make the best decisions concerning the student body."

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

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

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

Students cope with illness

by Matt Rinker
Bear Facts Staff

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

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

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

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

By Matt Rinker
Bear Facts Staff

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

Kelly is not a stranger to DMACC or the library. In the past, she has worked at the DMACC campus in Ankeny, heading circulation and ordering of books. Prior to that, she worked at Grandview College as a librarian.

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

So what makes Kelly the right choice for the job? Well, some odd years ago, she took an aptitude test and scored off the charts as a librarian. After seeing how well she scored, Kelly decided to become a librarian. To add to her score on the aptitude test, she also has a degree in history from ISU and a legal assistant certificate from the Urban DMACC campus.

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

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

Phi Beta Lambda needs you!

By Staci Biehn & Alissa Elsberry
Contributing Writers

This year's DMACC Boone Campus PBL organization is off to a great start! We have elected our officers and have only just begun, and this a great year!

We have elected our officers. We had three cats: Tara, Lil'Bat, and Sophie. In her spare time, she enjoys hiking, listening to all types of music, and, of course, reading.

How did you celebrate national Hispanic month?

By Matt Rinker
Bear Facts Staff

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

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

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

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

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

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

Professional Athletes Choose Chiropractic

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

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

If you would like to learn more about an exciting career in chiropractic, please contact Logan College for an informational packet.
Qigong practice emphasizes the principle of virtue having three essential elements: adjustment of the mind, adjustment of breathing, and adjustment of posture. Millions find the results of Qigong to be profound and rewarding, including stress reduction, energy enhancement, weight loss, better sleep, allergy and pain disappearance, better family relationships, and improved intellectual and work performances. All this can come from breathing out with the bad and in with the good.

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

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

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

* A student may take a challenge test for a course only once. This can occur at any time prior to formal registration in that course or by the designated drop date for the term in which the student is in attendance.
* A course cannot be challenged that is a prerequisite to a course that has been successfully completed.
* A Challenge Test cannot be used as course retake.
* Credit earned by challenge testing is entered on a student’s permanent record only when that student has earned 12 credits at DMACC. A "T" grade is earned and is not included when computing grade point averages.

Students interested in taking a Challenge exam should contact Jinny Silberhorn in the Academic Achievement Center, Room 102, for specific information on tests available and fees for testing. The AAC is open: Mondays - Thursdays: 8:00 a.m. - 8:00 p.m. and Fridays: 8:00 a.m. - 3:00 p.m.

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

Register to Vote: Monday through Thursday, October 16-19, Phi Theta Kappa is participating in Project Vote Smart a campaign to inform people about the candidates and distribute information about the people who have been selected to represent us in Congress. Stop by their table over the lunch hour in the Courter Student Center and pick up materials. You can also register to vote at this time. Phi Theta Kappa members are invited to attend a Leadership Conference October 27-28 at Northeast Iowa Community College, in Peosta, Iowa. The conference promises to be fun and interesting! Any members interested in attending please contact Nancy Woods, 433-5061, as soon as possible.
By Scott Anderson

Bear Facts Staff

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

Also, this will always be remembered as the Olympics where the rest of the world caught up with the United States. No longer are the days of U.S. domination, and the Olympics are about all countries, not just the U.S., and it is more exciting to see the Americans battle on an even playing field to earn their medals.

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

The location of the Olympics has been the center of attention because of the huge time difference for the U.S. We are anywhere from 15 to 20 hours behind Sidney, Australia, the host site for the games. So events were decided and reported over before we could see them, and the results were almost unavoidable to know before seeing the event. This turned off a lot of viewers to the Olympics. It's true the results were everywhere, and I too was upset by it, but how can the television stations cover the Olympics change this? Have the games in the North American time zone every four years? In every Olympics, there will be some country that will be at a disadvantage because of the location. The 1996 Olympics were here in Atlanta. There were countries during those Olympics that found out the results before they could see them. Every country should have an equal chance to host if they have the facilities to do so. Sydney did an excellent job of hosting on most accounts.

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

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

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

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

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

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

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

By Patrick Fleming
Bear Facts Staff

Mathew Sweet

Should Mathew Sweet be put in the same category as Paul McCartney, John Lennon, or Brian Wilson? This is a question I have been asking myself for the past five years. In 1995, I was introduced to Mathew Sweet and since then have become a huge fan, owning all seven of his powerful power-pop albums. Recently, Mathew released a first-ten years greatest hits album called "Time Capsule, Mathew Sweet 1990-2000." This album is a great starting point for anyone interested in starting a Mathew Sweet CD collection. I must admit, not all of my favorite songs by Sweet made it onto the album, but the two new tracks and two previously unreleased tracks saved the day for me.

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

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

Radiohead

The group Radiohead's guitarist Jonny Greenwood is, in my opinion, the greatest, most innovative guitarist since Jimi Hendrix. But on Radiohead's new album, Kid A, you wouldn't even know the man played guitar! On Radiohead's follow up to their 1997 critically acclaimed album, OK Computer, the band chooses to shy away from everything they have done before and make an album that sounds like the soundtrack to a weird Sci-Fi movie that will be made sometime in the year 2015. So just say this is not an album you will want to put in the player at your next Saturday night party, but for those Monday evening study groups that you know all attend, this may be exactly what you're looking for.

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

The album may be a little disappointing for how much hype is behind it, but with tracks like, "The National Anthem," and "Motion Picture Soundtrack," it's worth buying. Also, the album's artwork is fantastic! I want tell you where to look in the album, but make sure you look everywhere you can for a little extra treat.

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

Oct 11, 2000

From Behind the Chair

By Michele Thamke

Bear Facts Staff

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

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

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

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

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

It must be bundled in a ponytail or braid.

It must be free of hair damaged by chemical processing.

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

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

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

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

I have cut a lot of hair in my twelve years as a hairstylist, and have sent hair to Locks of Love from my clients. Right now, I'm growing out my hair in order to donate my curly locks to Locks of Love. If you have any questions about Locks of Love, or hair in general, please contact me through the Bear Facts phone (515-433-3092).
What spirit?

By Melanie McCane
Bear Facts Staff

About a week before they were held, I caught wind of the student elections as a brief announcement in the Bear Facts. After that, nothing more was heard. Where were the banners clamoring for votes? How about the candidates, where were they? For that matter, who were they? A couple of days afterwards, I hear through the grapevine, and later learn we body together in order to familiarize them of a much bigger issue, lack of school spirit. Many actual people were interested in what was going on in the school. So what if only six were going to be originally chosen? Eight heads are better than six.

I'm not attacking the student elections alone. The poor turnout is only an example of a much bigger issue, lack of school spirit. Many students feel that there's any effort being made to bring the student body together in order to familiarize them with one another. They might be more apt to attend if their entire family can come too. And during the day, maybe more lunchrooms and speakers can be arranged during the lunch hour in the Coors Center that anyone can attend and, therefore, meet others in the process.

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

I'm not just a girl

By Arthur Davis
Bear Facts Staff

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

The instructor should always be your first try. If the instructor is not available there are places on the web that can help. A student can go to www.lilo.org (Librarian's Index to the Internet), www.bigchalk.com, www.ken.pacbell.com/wired/bigweb/h tm, or www.research paper.com.

The Librarian's Index was started in 1999 by Carole Leita. In 1993 it migrated to the Berkeley Public library's web server. In 1996, Leita began working with Roy Tennant at the Digital Library SunSITE to add a search engine to it. Library Index has more than 7,000 Internet resources that have been reviewed by librarians to check for usefulness.

Bluewebn has more than 1,000 Internet learning sites that are categorized by subject area, audience, and type. Bigchalk.com puts information at the fingertips of students, teachers, and parents to enhance learning, help with homework, and offer limitless paths of exploration.

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

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

Meet the staff

Kevin Alberts
Hometown: Mackay, Australia
Age: 21
Year and status at DMACC: Full-time freshman
Number of credits this semester: Twelve
Major: Not sure yet
A class that you would recommend to others: Developmental Psychology
Working during the school year: No
What you do for fun: "I go out to nightclubs, movies and shopping."
Section of a newspaper you read first: Sports section, always.
Your goal as member of Bear Facts: To do better stories each issue!

Sadie Heimbaugh
Hometown: Neola, Iowa
Age: 18
Year and status at DMACC: Full-time freshman
Number of credits this semester: Twelve
Major: Photjournalism
A class that you would recommend to others: Principles of photography
Where and how many hours are you working during the school year: Works 22 ½ hours at Access direct
Activities for fun: Shop, spend time with friends and "road trip."
The section of a newspaper you read first: The editorials
The event in history you wish you could have reported: The Titanic before and after it sank.
Faith guides cancer survivor

By Michele Thamke
Bear Facts Staff

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

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

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

At thirty-eight years old, Haldin found a lump to the side of her breast. Haldin went to her doctor within a week. After taking a needle biopsy from the lump, which contained blood, her doctor did not view the lump as a threat. Two weeks later, under her parent's encouragement, Haldin consulted a different doctor for a second opinion. He recommended a mammogram and having a surgical biopsy taken. At that time, the local facilities did not have the necessary equipment, so she drove fifty-five miles to another hospital where she had the two tests performed. Afterwards, the staff studied her results, and said, "You have breast cancer..." and continued talking about the procedures they could perform. Haldin's reaction was to pass out from fear. She said, "I was fearful of the unknown, until I made the decision to face my breast cancer. I decided to take precautions by having the surgeon perform a mastectomy right away."

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

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

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

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

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

Tutoring available
DMACC BOONE CAMPUS- In addition to help in the Academic Achievement Center by college instructors, the AAC provides peer tutoring which is a support service available to all DMACC students. Peer tutors have the opportunity to get assistance with all their difficult courses. DMACC tutoring is:
* Certified nationally through CRLA (College Reading and Learning Association)
* Offered FREE to all DMACC students
* Available for one-on-one or group tutoring
* Available anytime throughout the semester
* Available for most courses
* Assigned on a regularly scheduled basis depending on need
* An opportunity for students to earn extra money as a tutor while on campus

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

Academic advisor joins staff

By Scott Anderson
Bear Facts Staff

On October 2, DMACC added to its staff Barbara Carroll as the new academic advisor. As an academic advisor, she will help students schedule classes and advise students on what's best for their future plans. Whether it is graduating from DMACC and into the job market or transferring to a four-year university. According to George Silberhorn, Boone Campus Counselor, "Carroll has great qualifications, and a super personality. Carroll taught for thirteen years at Indiana and Fort Dodge. Following this, she served as Indian Hill's director of student services for nine years. The position at DMACC appealed to her because it is an opportunity to perform her job in a new area, since she recently relocated to Ames.

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

**Kevin Alberts  
Bear Facts Staff**

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

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

Now desperate to turn things around in the second game, that's exactly what they did. They outplayed Iowa Lakes making the score 7-1 in the second game. Stephanie Henderson had another good offensive game, as did Caitlin Jacobsen.

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

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

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

The Bears then faced the task of playing two teams in one night. The first game was against Southwestern, a classy team of some really consistent players. Southwestern jumped out to a 2-0 lead and the Bears were stunned, but not out. The Bears fought back, making some great team plays, but Southwestern always had an answer to everything the Bears did. Southwestern won the first game 10-15.

The second game was very similar to the first game. Southwestern came out very confident and they simply out hustled the Bears. Even though the Bears had some really spectacular plays, Southwestern just seemed to play better on the night. Southwestern won the second and final game 8-15.

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

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

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

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

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

The third and final game was all Bears. The Bears came out fired up and pumped, wanting to finish off Southeastern. The Bears work ethic was great. The Bears did everything right as a team in this game and took an early lead, then led the whole way until Rowley finished Southeastern with a great serve. The Bears won the last game 15-10.

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

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**Coaches’ Arena**

**By Lori DeJongh-Slight  
Contributing Writer**

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

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

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

**Staff adds conditioning coach**

**By Melanie McCane  
Bear Facts Staff**

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

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

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

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

Lawrence says that one of the most important things to remember is that "The body is just as important as the mind, and when the body is as strong as the mind it is that much closer to perfection." If you are interested in talking with him about fitness or anything else, contact him at lod2000@dmacc.cc.ia.us, or you can find him in the gym Monday through Friday from 9-11 a.m. and 2:30-5 p.m.
The other side of the Courier

Photos and text by Aaron Forrester

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

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

Katie Harker
Sophomore

"A cheerleading squad or drill team."

Shanda Metzler
Freshman

"A 3 on 3 basketball tourney."

Evan Moseley
Sophomore

"A drill team and a softball team."

Samantha Lebo
Freshman

Library participates in China Year celebration

By Carol Henning
Bear Facts Staff

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

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

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

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

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

Athletes face increased pressure

Science Corner

By Kip Pedersen
Contributing Writer

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

Now, athletes face the obstacle of going up against players who are as good or better than they are. Everyday, they must give everything they have to survive, or they'll be left in the dust. Every morning is a challenge to get out of bed and do it all over again. Whether they are son or not, they must find a way to fight through it and go to practice. There is more pressure on each shot and pass than anyone could imagine. Players strive for perfection because nothing else makes the cut. What each player wants is to be the best, so each must practice the best. Everyone has either been around a winning program or must joust to be one of the best players on the team. Nowadays, players must find a way to work together as one and form a powerful team.

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