

9-15-1993

## Banner News

Todd Randall

Duanna Vinchattle

Geneva Evans

Follow this and additional works at: [https://openspace.dmacc.edu/banner\\_news](https://openspace.dmacc.edu/banner_news)

---

### Recommended Citation

Randall, Todd; Vinchattle, Duanna; and Evans, Geneva, "Banner News" (1993). *Banner News*. 445.  
[https://openspace.dmacc.edu/banner\\_news/445](https://openspace.dmacc.edu/banner_news/445)

This Book is brought to you for free and open access by the Student Work at Open SPACE @ DMACC. It has been accepted for inclusion in Banner News by an authorized administrator of Open SPACE @ DMACC. For more information, please contact [rsfunke@dmacc.edu](mailto:rsfunke@dmacc.edu).

# The Bear Facts

Volume XXII, No. 1

Des Moines Area Community College -- Boone Campus

September 15, 1993

## Boone Campus bonds with Gary Lyons

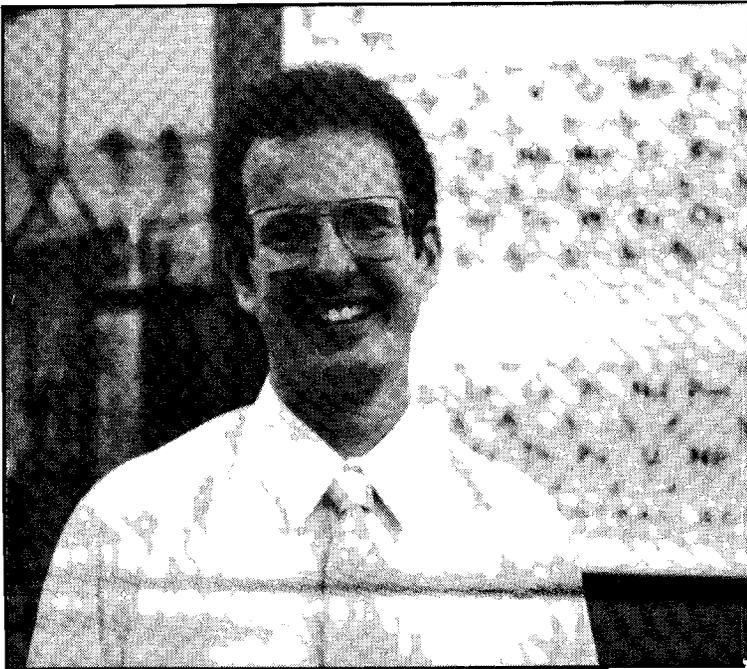


Photo by Duanna Vinchattle

Gary Lyons joins Boone Campus staff this fall.

By Todd Randall  
Bear Facts Staff Reporter

Who is the unfamiliar person walking around the chemistry room? A new student? Maybe it's a new instructor? It is, and he is remarkably qualified, according to Dr. Karin VanMeter, Boone Campus biology instructor. "DMACC has gotten an excellent deal. He cares about the students, and he will be a good addition to the science department."

Dr. VanMeter is talking about DMACC's new full-time chemistry instructor, Gary L. Lyons. He teaches three Chemistry 131 sections and one section of Chemistry 151.

Prior to spending twenty years as a laboratory instructor

at Drake University in Des Moines, he earned a B.A. in computer science, a B.S. in chemistry/math, and a M.A. in chemical engineering.

### Move from Drake a change

Besides working as a laboratory instructor at Drake, before teaching full-time at the Boone Campus, Mr. Lyons taught part-time at the Ankeny Campus. "Teaching fifteen students at DMACC is easier than teaching an entry level class at Drake. In one case a lab [at Drake] had 258 people. You are less limited in smaller classes. With the smaller classes, you get to know people better."

Mr. Lyons is currently commuting every day from his home in Des Moines. He plans to leave Des Moines to live in the Boone or Ames area. "They are both nice communities," he says.

When he is not teaching the four sections of chemistry at DMACC, he enjoys bike riding, woodworking, and cooking. "I enjoy them, but I didn't say I was good at them," he added.

Nancy Woods, Boone Campus physics and math instructor, said, "He [Lyons] is an atomically correct element in the nucleus of the compound structure that makes up our family group at DMACC."

Lyons stated that he is "impressed with the cooperation of the students, faculty, and staff."

## School activities ...beyond the classroom

By Duanna Vinchattle  
Bear Facts Staff Writer

Some of the best kept secrets around DMACC are the Clubs and Organizations on campus. To keep everyone up on what's happening, it might be good to know what clubs there are and how you can join.

The first group is the Rezoomers. The purpose of the REZOOMERS Club is to provide support to adults who are resuming their formal education after being away for 2 to 20 years or more. The informal meetings provide the opportunity to share information and to get better acquainted. Short programs with topics of interest to the group are presented during the year. Meetings are held the first Wednesday and the third Tuesday of each month in the Library Conference Room 131 from 11:30 a.m. to 1 p.m.

Members eat lunch together (brown bag or from the Student Center Snack Bar) and come and go as classes permit. The next REZOOMERS Club meeting will be held Tuesday, September 21, 1993, from 11:30 a.m. to 1:00 p.m. in Room 131. For additional information about the REZOOMERS Club, contact club sponsor, Maggie Stone, in Room 128.

If you are a business student or you have just taken a business class, then Phi Beta Lambda is the organization for you. Phi Beta Lambda (PBL) is the college division of Future Business Leaders of America. PBL helps students bridge the gap between the classroom and the business world by giving them the opportunity to learn first-hand about the business community. The organization offers programs and services that create a forum in which students, educators, and business

people learn about one another. Membership is open to college students participating in secretarial, accounting, or business-oriented programs.

To join PBL, students just need to pay \$13 dues to Pat Thieben, the local advisor. You can find her in the part-time teachers' office. In addition to becoming a member, the \$13 dues entitles members a year's subscription of the PHI BETA LAMBDA BUSINESS LEADER, a newspaper published three times during the school year. Plus, the money goes toward trips to conferences and activities. PBL meetings are held twice a month.

For students in Leisure Studies there is the Rec Club. The purpose of the club, according to advisor Bill Alley, is to provide accountability and prepare the students for the



Photo by Duanna Vinchattle

Emily Carlson, Freshman at DMACC, enjoys the Bungee Run to finish off the first week of classes.

Cont. p. 4

EDITORIAL

DMACC grows each year, and more students begin their journey towards Boone, Iowa. And each year, when the new troops arrive, there is no place, other than costly apartments, for them to live. This is why DMACC needs student housing.

Rumors have been flying for quite some time that DMACC is considering student housing. DMACC has purchased land, 15 acres east of the student parking lot. This land would be leased to a private contractor, who would build the dorms. DMACC would not own the dorms. The contractor would own and manage them. This is the same way that the Ankeny DMACC dorms are operated.

If the housing was built, out-of-town DMACC students would have spacious, clean living quarters in close proximity to the school. The students would not have to take on the task of apartment hunting and have one less worry.

Established 1971  
September 15, 1993  
Vol. XXII---Issue #1

A student publication written and printed weekly at Des Moines Area Community College, 1125 Hancock Drive, Boone, IA 50036 (515) 432-7203. Distributed free to all DMACC students. Editorial and advertising offices of The Bear Facts are located in Room #210, 2nd floor of the academic building.

STAFF

Steve Scheideman--General Manager, Linda Smith--Layout Editor, Rose Zimmerle--Copy Editor, Robert Plumb--Columnist, Duanna Vinchattle--Reporter, Melinda Baker--Reporter, Kate Tyler--News Editor, Cora Banner--Reporter, Geneva Evans--Reporter, Greg Something--Reporter, Todd Randall--Reporter

Bear Facts Advisor- Jan LaVile  
Executive Dean- Kriss Philips

Printed by The Boone News Republican

Where are all the fans?

By a Bear Facts Sports Writer

"Where were all the fans?" This was a letter to the editor in the Ames Tribune last week. The Cyclones had held an "Introduction to the Players Night," same as they had for the past 4 years and only about a thousand people showed up. (The said 200 to 400 of those were parents and relatives of the players.) When Coach Walden first came to town and instituted this introductory night, they packed the place with anticipation of the coming season. The fans had weathered a program that was going downhill and couldn't wait to hear the new coach talk about how he would turn the program around and see the new recruits they had read about in the paper that spring and summer. Now the program has been in place for a number of years and the so-called fans can see it going downhill faster than uphill as they had hoped for. The result? They stop coming.

Where does that leave the program? It leaves the program without a bottom. The high school players Walden has had

his eye on the past few years won't give ISU a second thought when they come to town to observe first hand the exposure they received in high school will be greater than that they will get if they become a Cyclone.

The players who chose to come to ISU earlier because of the facilities, midwest principles, and loyal fans are left with only two of the above. They feel abandoned and don't feel their hard work will pay off with the cheering crowds, newspaper headlines, and pats on the back after the game. Result? They don't give that 100% they had before...maybe subconsciously, and the bad team becomes a worse team.

What in the world is this doing in the DMACC paper? Because there are similarities here that seem to have been taken for granted.

"Where were all the fans?" I went to a basketball game here last year against NIAACC of Mason City. There were more fans from Mason City here than there were fans of DMACC. And I don't mean Mason City brought the whole town

down...they had the men's and women's teams and the rest probably just filled the bus. I'm sure the local team felt they were playing the "away game."

We need to get out and support the sports programs of this school. Get out and give these guys and gals some backing for all the hard work they've put in to represent your school. These programs give your school character and sometimes are what the school is recognized by.

These players chose to come to this school, and for whatever reason are playing their hearts out to win. They could use that "6th man in the stands" to fortify their school spirit. The fans in the stands are what make the difference between a scrimmage and the Big Game. You'll notice the players seem to rise up a notch after their big play is noted by cheers and applause, and who knows, maybe you'll get a chance to talk to that girl at school you've only seen in the halls so far. I know she'll be there after she reads this!

Make your plans now to get out and show your school spirit. Let's show the other schools the "Bear's Den" is not such a fun place to visit.

Campus View: How was your first week of classes?



Kay Mueller  
Boone  
Speech and Theatre Instructor

Hectic. The shortage of text books made it hard to get off to a good start.



Andrea Fontinini  
Boone  
Elementary Education

They went o.k. Some classes were very boring. It was kind of nice not having Biology the first week.



Chad Miller  
Sparta, Wisconsin  
General Studies

It's very different from high school. The expectations from teachers is three-fourths higher than in high school. It's hard to concentrate when it's the first week that you've been away from home.



Galina Krasikovo  
Former Soviet Union  
Office Technology

Very well, I'm enjoying my classes. The students are very friendly. The instructors are also very helpful, they are always offering to help. I like the computers and all of the other facilities.



Martha Griffiths  
Ames  
English Instructor

I was glad the weather was nice since one class had to meet outside. The week would have run smoother, if text books would have been here. Other than that I'm glad to start the new semester.

By Duanna Vinchattle  
Bear Facts Staff Writer

# Super Mom? ... NOT

By Geneva Evans  
Bear Facts Staff Writer

While all people are subject to stress, women face an ever increasing arena of stressors. We are all familiar with the Type A personality: The hard-driving, aggressive personality is most closely associated with men. Just as prevalent, but not as readily recognized, is the "S" type personality woman. You know the women who wear the invisible "S" everywhere they go... We know them as "Super Mon's." The woman who tries to be everything to everyone.

## Fitting into a Man's World

High achieving women fight with the problems of how to succeed in a world that rewards the stereotypical male values while still holding onto their attractiveness and sexuality and a sense of themselves as women. While competitiveness, assertiveness, and independence are viewed as necessary to get ahead in a career, they are hardly what we think of a "feminine" traits. When women display these traits they are mostly viewed as pushy, aggressive and just plain bitchy. What is good for the man, in this case, is not always acceptable for the woman. Women desire just as strongly as men to succeed, but few want to give up their cooperative natures just so they may fit the mold of male aggressiveness.

"In two-thirds of American families, the women work full or part-time. Estimates show that 75 percent of the new mothers will be working within five years. Even more amazing is the fact that only 5 percent of the U.S. households today fit the stereotype of a working father with a stay-at-home mother a minor children." ("Women,

Work, and Babies: Can America Cope?" NBC White Paper. March 16, 1985.)

As more women return to the work force, they are also faced with the reality that to succeed, they need to further their education. Many women are returning to school, not only to enhance their marketability, but for personal satisfaction as

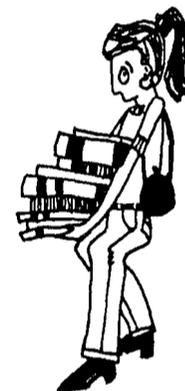
## The down side

There is, however, a down side to all of this acceptance. Sure it's great for today's mother to return to college. It's wonderful that she wants to increase her job skills and fulfill personal satisfactions, but she

parent and working a full-time job to pay the bills. I, like many other women, began with a head full of dreams, and nothing could convince me that I would not succeed. I had it all; I did it all. I burnt out after the first semester.

Even the six "A's" I earned couldn't make up for my stress and complete exhaustion. I

work to do." I learned to say, "So do I, but my grades are better than yours and I work a full time job, too." It wasn't easy, and I suffered at times with pangs of guilt, but we all became better for it. My daughters have become self-reliant young women who have learned the value of self.



## Secrets to reduce success

There are some simple secrets to helping reduce stress in a woman's busy life. First "Mom" needs to recognize the biggest stressor in her life. Some of the most stress-inducing situations include 1)having children, 2)lacking time, 3) facing housework, 4)pursuing a career, 5)desiring to have it all, and 6)having the desire to be the perfect wife and mother. Next, "Mom" needs to set priorities. There needs to be a balance of rest, work and recreation. Try taking a day off one in awhile. Get away from the family and get to know yourself on a regular basis. Learn to relieve stress with laughter and sometimes tears. Don't insist on perfection all the time. Learn to slow down and take life on step at a time. With these few rules, and your won desire to break the stress habit, even the woman who wants to be everything to everyone can learn the most important factor may still be to "just be true to yourself." Everything else has a way of falling into place.

well. Pursuit of a successful career can be a very important goal. Women are no longer facing many of the past prejudices. No longer is a woman of forty or fifty too old to pursue a career or to further their education. Even sixty year-old women are not as likely to face the "over-the-hill" mentality that has dictated that only the young can succeed in the work place. The woman's knowledge increases with age and life experiences, and this face is finally being recognized.

most never forget that her family comes first. These antiquated rules have forced many a woman to set aside her personal aspirations because that is what society expects of her. Women end up setting a trap for themselves. It seems that the more they do, the more they are expected to do. I was a prime example.

I decided to start college at the age of thirty-six. I did this simultaneously with raising two teenage daughters as a divorced

cried all the time. It was time to learn to set priorities. I couldn't afford not to work, getting rid of my kids wasn't an option, and I didn't want to give up my dream of a college education. So, I cut my class load in half and learned to say "NO."

I stopped trying to be "Super Mom." When my daughters wanted to get out of helping around the house, I said, "No." A favorite tactic used against me was, "But, Mom, I have home-

Ruminations of...

The Old Codger

By the time this is read we'll have been back in school for a while so I'll try to up date you on what took place over summer vacation. First, I haven't met anyone who had any better vacation than I did. Oh, there were those who went to Europe, or those who went to the East Coast, and even those who went West with the young men ( and young women), but none who had any better time than me and those of us who stayed home and just lounged around among the floating debris of our houses, and fields, and other assorted aspects of our lives!

\*\*\*\*\*

All in all it was an outstanding summer for those of us who happen to have "WEBBED FEET." At our house we actually made money this year because I charged the neighbor kids as small price to swim in my basement. They had a ball dodging the washer, dryer, small freezer, my fishing equipment and sundry other items of flotsam and jetsam!

Boy, what you new students have to look forward to around here in the coming semester! Just see what you have gotten already...Free coffee, donuts and rolls...Barbecued hamburgers and munchies for ONLY 25 cents! And, believe it or not, even the instructors, whom you seem to have a hard time understanding right now, will start to make sense very soon!

\*\*\*\*\*

Mrs. Silberhorn in the Academic Achievement Center is recruiting tutors for those of us, whose memory isn't as long as my little finger, to help with those difficult classes this year. Be sure to take advantage of free help both from the tutors and from all the nice people in the Achievement Center on the first floor just before the elevator. They're ready, willing and able to help you with your class difficulties on every subject taught here.

Around Campus

Child care fair to be held

By Duanna Vinchattle  
Bear Facts Staff Writer

More and more adult students are returning to classes at the Boone Campus making childcare services an ever increasing need for many of our students. In an effort to help inform students of the many possibilities for childcare in Boone, the Boone Campus is sponsoring a Daycare Fair to be held Monday, September 27, 1993, outside of the Student Center from 9 a.m. until noon. All daycare centers in the city of Boone, as well as a representative of the Boone Daycare Home Providers Association have been invited to provide information about their services. All interested students are encouraged to stop by the Daycare Fair to obtain information about programs and costs of the various daycare opportunities in Boone.

Rezoomers set date

BY Duanna Vinchattle  
Bear Facts Staff Writer

The REZOOMERS CLUB (Adult Student Organization) is holding the first Annual REZOOMERS Family Fall "Picnic" Saturday, September 25, 1993. All adult students are encouraged to bring family members to the free event which will be held from 11:00 a.m. to 2:00 p.m. in the Student Center. The "picnic" will offer the opportunity for children and other family members to see the college and to better relate to our students daily college routine. Entertainment is planned for the children. The meal will be provided. Reservations are required and may be made at the next REZOOMERS CLUB meeting (September 21). You may also contact Maggie Stone in Room 128 to make your reservations or you may leave your name with Sandi Johnson in the Business Office. Deadline for reservations is noon, Wednesday, September 22, 1993.

Activities Cont. from p. 1

world after college. The club does fundraising for workshops and conferences. It is open to everyone but is primarily for Leisure Study students. There is no cost to belong. Contact Bill Alley or watch for signs posted.

Are you a civic minded person? Then, Rotaract needs you. Rotaract is the college division of Rotary. The club does all kinds of service projects on campus and around the community. If you are interested in joining Rotaract contact Lee McNair. The cost of joining is \$3. This club will have a table set up near the Student Center in the near future. Check it out.

Two other clubs on campus, Drama Club and Nursing Students United had no information available at press time.

NEED AUTO INSURANCE?

- BEEN CANCELED?
- NEED SR-22? (FINANCIAL RESPONSIBILITY)
- TOO YOUNG? TOO OLD?
- HIGH PERFORMANCE OR SPORTS CAR?
- HAD AN ACCIDENT?

CALL DIANE... IT PAYS TO COMPARE!

DIANE MILLER

The Livery,  
806 7th St.  
Boone 432-5363  
1-800-952-7806



AMERICAN FAMILY INSURANCE  
AUTO HOME BUSINESS HEALTH LIFE

Godfather's Pizza

BUFFET

All the Pizza, Spaghetti, Salad Bar, Potato Wedges, Soup, Cheese Bread Sticks, and Streusel Dessert You-Can-Eat!  
Monday - Friday, 11:30 am - 1:30 pm  
Sun. 11:30 - 1:30 & Tues. 5:30 - 7:30 \$3.59 PLU41

\$3.39  
Weekday Lunch

1512 S Marshall  
432-5573

Not valid with any other offer or promotion. EXPIRES 9/30/93.



Chad West, Sophomore at DMAC, puts everything he's got into getting to the end of the Bungee Run

Instead of buying a pizza, spend as little as \$12/month for:

- ◆ Aquatic & Aerobic classes
- ◆ Recreational & league Racquetball, Volleyball, and Basketball
- ◆ Weight room with fitness equipment, free weights, bikes treadmills, and stair climbers.
- ◆ Saunas and Whirlpool
- ◆ Health, Fitness & Diet programs

BOONE COUNTY HOSPITAL HEALTH CENTER  
608 Carroll St. Boone 432-5925