

10-13-1993

## Banner News

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# Bear Facts

## 'Bout the Bears



Sherry Anderson



Chad Settle

### Anderson's first love--volleyball

By Duanna Vinchattle  
Staff Writer

Busy is the word to describe Sherry Anderson a second year student at Des Moines Area Community College, who is majoring in Leisure Studies and Interior Design.

Sherry is an Ogden High School graduate, who was recruited for her skills as a first baseman and for her abilities as center on the basketball court.

When asked why she chose DMACC, Sherry said, "I chose DMACC because I just wanted to go to a small school. Besides, DMACC recruited me for both softball and basketball, even though volleyball is my favorite sport."

Sherry never has to worry about boredom; after a grueling

day hitting the books and going to practice, she rushes off to her two jobs *Designs by Jenne* or *Ensley's Photography*. After all of this she still finds time to be with her family, friends, or her little friend Megan. When the weather is nice she loves to go horseback riding.

Sherry was the 1992 Boone County Fair Queen. After completing her schooling here, she plans to transfer to Northwest Missouri State to play volleyball and continue with her degree in Interior Design.

### Settle stays close to home

By Duanna Vinchattle  
Staff Writer

Do you have a need to be

close to home, a need for smaller classes, less expense, or a need for more play time? If the answer to any, or all, of these questions is "yes", then you will understand why Chad Settle, a Gilbert High School graduate, decided to attend Des Moines Area Community College. This is his second year attending DMACC, as well as playing for the basketball team.

Chad has many plans for his years after DMACC. He stated, "As for my plans after DMACC I plan to go on to a smaller four year school and play basketball. But basketball is not a top priority. If I go to Iowa or Iowa State, I'll just go to school and relax as far as sports go."

Chad's major is Business Administration. When not at school or practicing for basketball, you can find Chad either working at Coop Records in Ames, playing with his Sega, or listening to music.

## DMACC, ISU awarded technologies contract

### DMACC MEDIA SERVICES

Iowa Congressman Neal Smith (D) and U.S. Senator Tom Harkin (D-IA) are pleased to announce that Des Moines area Community College and Iowa State University are teaming up in a project to bring advanced technologies to small companies.

The goal of the three-year project is to develop and demonstrate a national model program that assists small manufacturing enterprises in adopting, implementing, operating and managing new manufacturing technologies. The model provides service in four key areas:

1. Workplace Literacy Skills, such as math and computer skills.
2. Contemporary Manage-

ment Strategies, such as MRP (Materials Requirement Planning), JIT (Just-In-Time) Inventory Management and TQM (Total Quality Management).

3. Product Design Strategies, such as CADD (Computer Aided Drafting and Design) and CAD/CAM (Computer Aided Drafting/Computer Aided Machining).

4. Manufacturing Processes, such as CIM (Computer Integrated Manufacturing) and CNC (Computer Numerically Controlled) Machining.

"This project will become a national model so that other community colleges can use advanced technologies to better improve the work force," said Smith. "Ultimately, this will improve the competitiveness of small manufacturers in today's global economy."

## Blood drive slated for November



Please donate blood.

By Melinda Baker  
Staff Writer

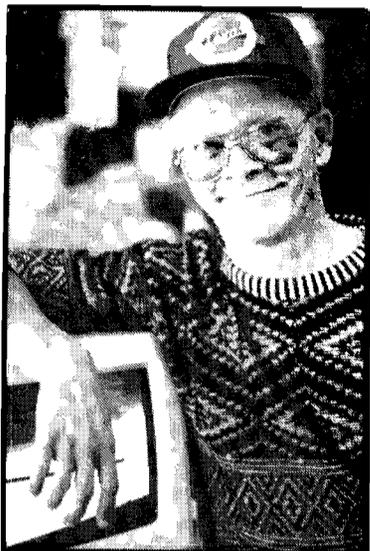
On November 3, there will be a blood drive in the gymnasium from 8 a.m. to 2 p.m. The sponsor of this event is Nursing Students United. If you have questions or would like to schedule an appointment, you should contact any of the following people: Caroline Olson, Dan

O'Lena, Tamara Blood, Jodi Tryon, Linda Wittrock, Denise Hunter, Aaron Sloan, Shannon Shuey, or Connie Booth.

Donating blood takes only a few minutes (about 45) and is relatively painless. It is safe and easy. Blood is a vital resource; you can help people in need.

You may donate blood if you are at least 17 years of age and weigh at least 110 pounds.

# The Old Codger



SEEING IS BELIEVING...

I certainly am glad I have peripheral vision! Of course, if I didn't, one of my sources around school would have called it to my attention. I'm talking about the fine job some young women have done with the southwest ball diamond just out the west patio door of the school. They spent many, many days pulling weeds, rearranging the sand, sprucing up the outfield. Naturally, they had a motive to their madness, but their labors will benefit the whole school! Thanks and congratulations on a job well done, you women's softball team! If no one else said anything, I will.

## DRIVING UNDER THE INFLUENCE...

Speaking of miracles coming to pass, we smokers better start praying, doing a smoke dance, or otherwise lighting candles to our favorite deity. Why? Because, I have this really unsettling feeling that my between classes security blanket (a.k.a. **THE SMOKING ROOM**) has lived long enough to see its days numbered.

Shades of high school, when the place to sneak a quick drag was the boy's bathroom or the furnace room where the cleaning staff took their "smoke break." I'm not in favor of depriving anyone of his or her **ONE** vice in life, and I wouldn't go around advocating we close down all the bars in town or even telling grocery stores they can't sell bottles and cans of "BOOZE," and, of course, I've never heard

of a smoker being arrested for "Driving under the influence of a cigarette." But... Maybe the GREAT STATE OF IOWA will spend the money for "NICO-METHADONE" clinics for us die-hard addicts of Sir Walter Raleigh's folly. YA, RIGHT!

## FROM THE YOU HEARD IT HERE FILE...

An interesting comment heard in the infamous (soon to be defunct) smoking room the other day... "I only got one class I like, but I got three others to go through before I get to it today." Luckily, I don't have that problem yet. Of course, mid-terms are coming, so after those, I may well feel that way. One never knows!

## MEANWHILE, IN THE REAL WORLD...

However, back to some real-life events! The Board of Directors of DMACC are going to meet here on campus in a week or so. It will give us a wonderful opportunity to show off what a great school we have here. Unfortunately, the secret will be out and we will more than likely have twice the number of people trying to sign up for future semesters. Then we will be faced with the urban sprawl, the pollution, the dividing up of our land into housing tracts, and all the other ills of having the best school in the system!

You know, it wouldn't be a bad time to put in our bid for another **STUDENT COUNSELOR**. The two we have now are doing more than Yeoman's work, (that's a term from the old navy days when the Yeoman was the one you turned to when you needed help with a problem or the one who helped smooth the way for you in advising you on working within the system). Seriously, though, George and Rich really could use the help now that we are a very fast growing school. I don't know how true it is, but I've heard that when we were a school of only 500 or so students, we had three Student Counselors. Now that we're around the 1200 mark, we've been reduced to only two Student Counselors.

Talk about myopia!

Good thing I'm not on my "Band-Wagon" or I might get myself in trouble, HEE, HEE, HEE! But, you know, on second thought, I do want to ask a question. Where on campus would a student go if there were a stressful situation, either developing in their life, or an already existing one becoming so much of a burden it was affecting their schooling, grades, attitudes, relations and so forth?

## MORE TO THE POINT...

I pursued this question first, with my own counselor. Then I asked George Silberhorn, Maggie Stone, and finally got together with Dean Phillips. Even though Bob Taylor's name kept coming into the conversations, I did not have an opportunity to speak with him before I had to submit my article to the paper.

The collective answer was "I, personally, am not qualified to offer the professional psychological assistance that may or may not be needed. They all continued that though no one was trained in this particular field, ALL were more than willing to listen to each problem then refer the student to the proper person for more in-depth help.

I want to tell you this about each of them. One of the first questions from them to me was, "Do you know someone who needs some assistance? If so, see if you can get them to come in to see me, and I'll see they get the help they need." So I, know there **ARE** people ready and willing to help our students if the need arises.

\*\*\*\*\*

Well, those are the ruminations of this Old Codger for now. I hope everybody took notes because I will give a test later. In answer to the several questions to me concerning if I was able to go fishing over the summer...**NOT!** Until next time, "Who knows what evil lurks in the hearts of men...? Da Shada Do!

NO EXIT

© Andy Singer

## A MODERN CAPITALIST TRAGEDY:

A PERSON CAN'T DECIDE WHAT BRAND OF FOOD TO BUY AND CONSEQUENTLY STARVES TO DEATH.



## Letter To The Editor:

*NYPD Blue* is a controversial subject right now. I decided to watch and find out what it was all about. I can sum it up easily; it's a remake of *Hill Street Blues*. I found it no different, and I believe all this controversy was to gain viewers. It worked. Of course, I'm speaking from a non-parental position, so my views are different. I think the station made this show's premiere the way they did for publicity. They got the public aware of their new show in a big way, so maybe more people would be repeat watchers. I think the station should have given a more fair view of what the show will truly be like every week, rather than exploiting the first one to gain viewers.

Television often makes the premiere a bit better than all the others because viewers watch the premiere to know if they are going to like it or not. This time the station went a little over the edge. They went with a topic that would cause a stir, in turn, giving them some free advertisements for their show. I think *NYPD Blue* will not last very long; it was very disappointing. All the controversy, built it up, and all it is, is a rewrite of *Hill Street Blues*.

David Kraft  
DMACC Student

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Bear Facts Advisor- Jan LaVille  
Executive Dean- Kriss Philips  
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## Boone native looks back on neighborhood

By Melinda Baker  
Staff Writer

Brace yourselves new students, Boone is one interesting town. As a young adult who lived in Boone the first eighteen years of my life, I can say this.

Boone has plenty to offer as restaurants GO -- the usual such as McDonalds and KFC are here, but there are a few more conglomerate businesses that I enjoy eating at. One is Belluci's on Story Street -- the best pizza around. The other is The Douglass House, which offers more elegant cuisine. We also have several grocery stores here in case you are into preparing your own food.

We also have some great places to shop. There are shops for women, such as Davidson's and Ross' and my personal favorite place to shop, The Green Apple, a thrift shop and the Salvation Army. Also Boone offers you wonderful Wal-Mart and price conscious Pamida.

In my opinion, the only areas Boone is deficient in, are companionship and entertainment.

We have a theater that gets movies almost before they are out on video tape and our movie rental stores do not get new releases very quickly. Provided you could not find a movie to watch, you have already eaten, and the stores are closed, you might have to rely on human companionship, which I can tell you, can sometimes be very sad. And if you're of age, you could go bar hopping which is very 30 Something Boonish.

You could watch TV -- which is probably what you would do even if Boone were a metropolis.

OK -- you could go to the recently remodeled Erickson Public Library -- read books, magazines, rent videos, albums or a tape.

Boone in not such a bad place if you have a few good friends and you know where the action is. Enjoy!!

## October 1993

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31 HALLOWEEN	<table border="1"> <thead> <tr> <th colspan="7">September</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td></td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>		September							S	M	T	W	T	F	S			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			<table border="1"> <thead> <tr> <th colspan="7">November</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		November							S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
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If you have an activity you wish to promote or just want to put your birthday on the calendar for all to see, see Donna Sego, Bear Facts reporter in charge of the bi-weekly calendar, or place your announcement in Jan LaVille's mailbox in the main office. Please sign and date all announcements for verification.

## Michael--Say it isn't so!

By Bear Facts  
Sports Writer

Michael Jordan, arguably basketball's greatest star ever announced his retirement from the game Wednesday Oct 6. What a blow to a basketball junkie's dreams. Say it isn't so! Talk about the end of an era! First it was Larry Bird and Kevin McHale of basketball's Celtics. Then came George Brett and Nolan Ryan from baseball. But that was expected. Jordan is still in his prime. This guy can make any player in the country look as if they never played the game before when they are his opponent. Make that anyone in the world.

Jordan's accomplishments are almost too numerous to mention. Three time MVP of the NBA National Championship, 6 time defensive player of the year, 8 All-Star appearances, 2 Olympic gold medals, 7 Consecutive scoring titles, 15th on NBA's all-time list in scoring in his short career, and his 32.3 scoring average is unequalled in the history of the NBA.

Jordan first came into focus with his shot while playing for the University of North Carolina as a freshman in the NCAA National Championship that won the game. That was the springboard to his success. During his years in college, he was a maturing force that made a difference in North Carolina's high national rankings. By the time he finished college, he was looked upon as a difference maker to which ever team got him in the draft. Chicago drafted Jordan, but the change in their team didn't come overnight. Jordan was an impact player, but he didn't have the surrounding cast to support him. There would be games when he would score 50 plus points, but the rest of the team wouldn't equal that together. Through coaching changes, trades, and draft acquisitions in the following years, the Chicago Bulls became the best team in the NBA. But the funny thing about the 3 national championships, was that it was overshadowed by the brilliance of Michael Jordan's play. This guy was unstop-

pable. This guy was what dreams are made of.

Jordan took basketball to a different level. It could be compared to Pistol Pete Maravich bringing the behind the back, between the legs dribble into college and professional basketball. At the time players that tried it were looked upon as showoffs or weird. Now if you're playing a guard position and can't pull off the behind-the-back or between-the-legs dribble, the only position you'll maintain is at the end of the bench. In this same manner, players for years to come will try to mimic the accomplishments of Michael Jordan. The gravity defying dunks, the moves that left the defenses defenseless, the slicing drives, and his shooting touch that bordered on Larry Bird's corner on the market. Young college and NBA players alike will be compared to and said to be the "next Michael" for years to come.

Jordan... cont. page 8



# How do you eat an elephant?

By Geneva Evans  
Bear Facts Staff Writer

How do you eat an elephant? One bite at a time. How do you tackle those upcoming tests, research papers, lab projects, mid-terms and the dreaded finals? The same way you eat the elephant. One bite at a time.

Waiting until a few days before the project is due to think of a subject or cramming the night before a big test, is like trying to eat the elephant at just one sitting. Not only will you find the task insurmountable, you will make yourself miserable trying to accomplish the impossible.

There's no time to lose! Good study habits are something that need to be practiced from the first day of class. So okay, you didn't start off studying the way you should have. That's no reason to throw in the towel and give up. It's never too late to catch up...well almost never too late, and that's why I'm giving you a little advice right now; before it is too late to catch up.

## Start with good note taking

Good study habits begin in the class room with good note-taking. If the instructor thinks it's important enough to mention in class, you'd better take heed. Many times I have found that the most important study tools I had for an upcoming test were right under my nose in the class notes I had taken. But a word to the wise--make sure you can read your own handwriting.

If you seem to have trouble listening to the lecture, taking legible notes, and keeping everything straight in your head, you

might be wise to invest in a tape recorder. (By the way it's a lot easier to get a good recording if you sit in the front of the classroom. You'll find that you learn more, or at least absorb more, when you sit at or near the front of the room. Another advantage to using a tape recorder, is the fact that you will have the class at your disposal.

## Tape recordings can become permanent notes

Anytime you have a few minutes, you can listen to the lecture again. It doesn't matter if you don't have time to listen to the entire tape at one sitting. (Remember the elephant? One bite at a time...). Listen for ten minutes at a time, if that's all you have to spare. A good time to listen to the class tape again is on the way to or from school. It may not have as much rhythm as your favorite song, but then no one ever got paid for knowing the lyrics to the latest tunes on the radio. The knowledge you are absorbing is the key to your future success.

## Know how to read for college

The next most important tool in your war against ignorance is your textbook. But like any tool, it is virtually useless unless you know how to use it. Tackling that 400 page text book is, again, like eating the elephant; you have to take it one bite, (or in this case one page) at a time. Scan each page quickly searching out the boldface type, and

look for words printed in *italics*, since both these methods are used to draw attention to key words, signifying important things to take note of. Also, make sure to read the sidebars and footnotes, along with paying attention to any charts, diagrams, or maps. If you do nothing more than pay attention to these points, along with careful and complete reading of each chapter's summary, you will have made a significant leap toward improving your study skills.

Once you have made this commitment to improving your studying skills, you need to find the best place and the best time of day to implement them. Everyone has their own best way to do anything. If you are a night owl, it wouldn't be wise for you to suddenly start setting your alarm two hours early to get in a little extra study time. You'll find yourself snoozing, or at the very least wasting your time, by trying to adapt to a schedule that is foreign to your internal clock. If you're a night owl, use the late hours to go over your days notes and reread the chapter summary and highlight one more time. You will be more likely to remember them in the morning if you are awake when you read them in the first place!

## Where do you study?

Another important point is where you study. Many students find that they are unable to study effectively unless they have total silence. That's fine, but if your roommate is the type who likes a room full of friends and music every night, get acquainted with library. Not only will you find a quiet place to study, but also shelves full of resources at your finger tips. If you really can't study without the radio or at the very least the T.V., so be it. But make sure what you are absorbing is really the words from the printed page of your text book and not the dialogue from your favorite soap or the lyrics to the latest Top Ten tunes.

## You may be studying your favorite soap!

Most importantly, whether you are really trying to eat an elephant or tackle an important paper, **give yourself time!** The best things in life don't happen overnight. Start thinking of a

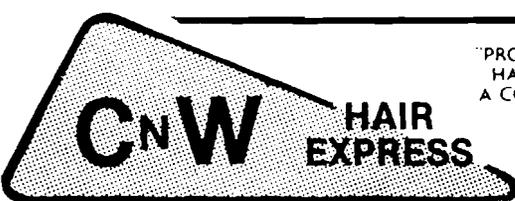
subject for your paper the day you are given the assignment. Even if you only start by tossing ideas around in your mind, it is a beginning.

## Reward yourself

Don't forget to reward yourself. No one could eat an entire elephant without something to wash it down. Take time to refresh and revive. Give yourself a much deserved break after a particularly grueling session. It will be much easier to get back on track if you take a refreshing break periodically.

Develop an "I can do it" attitude. Believe in your own abilities and don't be ashamed to ask for help if you find you need it. That's what the Academic Achievement Center is for. You may also find it helpful to study with a group of friends. As long as your topic of conversation doesn't stray too often to Saturday night's plans, this can be a great way to share knowledge and socialize at the same time.

Remember...One bite at a time...Just like eating an elephant, and a world of knowledge can be yours.



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# SAD-ness linked to loss of light

By Kate Tyler  
Bear Facts Staff Writer

Every Year as Halloween grows closer and the days grow shorter, I begin to get "that feeling". I first noticed the feeling in October of my fourteenth year. I had no name for the emotions and no way to explain why they were happening to me, all I knew was that I was completely depressed. All I wanted to do was sit in my room alone. I couldn't sleep at all, and I was either bingeing or totally starving myself. The smallest of things would set me off into a frenzy of tears and I even sat in my closet every night for two weeks to avoid seeing anyone. Little did I know the dark closet was only making my condition worse.

I did not tell anyone about the way I was feeling. Surprisingly, when spring rolled around, the feelings went away. I thought I had miraculously cured myself. I should have been so lucky. By the time the next October rolled around I could feel the depression creeping back up on me.

I went through two seasons of severe depression without knowing what was wrong. I had alienated my friends and family because they didn't understand it any better than I. I missed

innumerable days of school. Finally something had to be done.

## DOCTOR DIAGNOSIS

My mother took me to a psychiatrist. He advised my parents to admit me to the adolescent psychiatric unit immediately. During my month long stay on the ward I was diagnosed with seasonal affective disorder(SAD).

SAD is a disorder which affects 25 million Americans. People with SAD become extremely depressed because of the lack of sunlight during the winter months. While most people get "the blues" during long periods of time without exposure to the sun, people with SAD slip into a severe form of depression that is not easily remedied.

Studies have shown that people affected by the disorder have irregular sleep patterns and may require up to four more hours than their average amount of sleep per night. They also have heavily increased appetites and sometimes gain up to 40 pounds in the winter months alone. Sufferers also complain of concentration problems.

## TREATMENT

After nearly 20 years of research doctors concluded that SAD could be treated in several

different ways. One of these ways is light therapy. Light therapy is exactly as it sounds. The patient sits in front of fluorescent lamps that put out as much light as the human eye receives from the sun. They do this anywhere from thirty minutes to six hours everyday. This type of therapy usually takes place in the early morning hours because this is when the human eye is most sensitive to light. This therapy is said to give the patient enough get-up-and-go to proceed with a normal daily routine. Light therapy has proved to be very successful with SAD patients.

*I even sat in  
my closet...  
Little did I know  
the dark closet  
was making my  
condition worse*

In some cases light therapy can be dangerous. If the patient is exposed to too much light, feelings of extreme happiness can set in. This is known as euphoria or manicism. That is why light therapy should be under the recommendation of a doctor.

Additional treatments for SAD include anti-depressant drugs and changes in the diet. Drugs such as Prozac and Trazdone can be used to help regulate sleep patterns and to keep extreme mood swings under control. Diet control can also be therapeutic, because when a person becomes seriously depressed he/she tends to over-eat or never to eat at all. Either of these extremities can only add to feelings of weakness and fatigue.

Depression is a very serious illness that has caused a lot of problems in my life and in the lives of millions of others. I missed out on times in my life when I should have been having fun, but instead I was sitting in the bottom of my closet, where

the darkness only added to my depression. I could not get motivated enough to do even the simplest of things. Getting out of bed in the morning was like trying to walk on broken legs. No one's life should ever reach a point as low as mine had gotten back then. There are now ways to remedy such feelings.

The first step is being diagnosed; from there it can only get better. As soon as doctors can pin-point the problem a person can get the therapy they need to keep a serious illness like SAD under control. As soon as the healing process begins, the sufferer can get back on their feet and start to live a normal, happy life again.

## Mail boosts moral

The 1993 "Mail for Our Military" program is now underway. Mail from participants from every part of the U.S. will be combined and then separated into more than 1,000 bundles of varying size and sent to units, bases and support activities (other USOs, Armed Services YMCAs, hospitals, etc.) all across the U.S. and around the world.

"Thank you very much for...the Christmas cards and letters. They added enjoyment to our Christmas deployment,"



wrote one commander in response to the bundle of Christmas mail his unit received last year. A chaplain wrote, "...I have enclosed five photographs of Navy men and women...responding to the Christmas Mail Call. The joyful look on their faces speaks greater volumes of thanks than I can express!"

"Mail for Our Military" is an exciting project for students as well as all sorts of campus groups. For information on how to help achieve such results, not at five or ten, but at more than 1,000 places all across the U.S. and around the world, interested readers should send a first-class postage stamp (a stamped, self-addressed envelope cannot be used-just the stamp for return postage) to: MAIL FOR OUR MILITARY, P.O. BOX 997, FORT KNOX, KY 40121-0997.



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LENDER

## Cast chosen for "Dirty Work"

By Terri Wolff  
Contributing Writer

Kay Mueller, drama director, has announced the cast for the fall, 1993 play as follows:

Monro	Jeff VerHelst
Nellie	Valerie Carlson
Adam	Dan Vinnece
Ida	Kristina Ferry
Mookie	Jason Buzzell
Widow Lovelace	Susan Essing
Mrs. Asterbilt	Stacie Ayers
Leonie	Codi Bradshaw
Fleurette	Summer Rasmussen
Little Nellie	Greg Hager

Jim Loos will be the musical director. Production dates for *Dirty Work at the Crossroads* are: Nov. 18, 19, & 20.

## Classroom commotion causes concern

Pam Winebrenner  
Contributing Writer

Everyone attending college pays tuition. This entitles each of us an opportunity to further our education. But when some students prevent the rest of us from getting the opportunity we have paid for, it is inexcusable.

I am a student at DMACC's Boone Campus. This semester the biggest frustration I am facing is the disrespectful behavior of students in the classroom. *The American Heritage College Dictionary* defines disrespectful as, "having or exhibiting a lack of respect; rude and discourteous."

I have attended one of my

classes for thirteen days this semester. During two of those class periods I learned something; the other eleven were a waste of my time. Due to several students laughing and whispering, I was unable to hear the instructor or concentrate on what was being said the entire class time. The instructor would make a comment about listening up and paying attention. These students evidently assumed it wasn't directed towards them because their distracting actions continued.

While speaking with other DMACC students about this situation, I wasn't surprised to hear that many classes have the same problem. One student mentioned that on a recent Friday an instructor

told two students to leave the classroom because their gab session was disturbing the rest of the class. Instructors make pointed remarks and other students try to shush them. It is to no avail, the disruptive behavior continues.

I spoke with a student who attends Iowa State University to see if there was a problem like this in ISU classrooms. She mentioned that sometimes there is a small commotion going on off in one corner, but it's not that noticeable and is easy to ignore in the large classrooms. A few students can sit and chitchat in a class of eighty-five students and go unnoticed; at DMACC it does not go unnoticed in a class of twenty.

In two of my classes the instructors have given brief speeches concerning rudeness and common courtesy. This indicates to me that some of the instructors are also concerned about this behavior.

In the *DMACC Handbook* under "College Policies and Procedures:" subheading "Conduct and Discipline" it states, "Any student...failing to observe either the general standards of conduct or any specific regulation adopted by the college, or who act in a manner not in the best interest of fellow students or the college, shall be liable to disciplinary action...." Although this seems to be a very vague policy, as adults we should know how to behave. What are the instructors limitations? I understand they can tell a student to leave the classroom, but this is only a temporary solution.

We were all taught appropriate classroom behavior in kindergarten. This is college--students should not need reminded about how to behave. The oldest excuse heard is, "There is a class clown in every room." We are all adults, of various ages, attending college and each of us is responsible for our own behavior.

Many say the student is bored, or did not want to take the class in which they act up. This may be true, but other students in the class want to be there and want to learn. It is rude and unjust for a few students to be able to disrupt a majority of the other students in class.

In high school were sent to the principal. On the job we would be reprimanded or fired. It is time to speak up and let the disrespectful know that this behavior will not be tolerated at DMACC either.

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AAC (instructors).....	1021.....102
Athletic Director.....	1065.....127
Baseball Coach.....	1032.....GYM
Basketball Coach (men's).....	2507.....GYM
Basketball Coach (women's).....	2502.....GYM
Bear Facts Newspaper.....	1043.....210
Bookstore.....	1023.....101
Business Office.....	1005.....120
Coordinator Student Services.....	1011.....120
Custodian.....	1091.....MECH
Displaced Homemaker Center.....	1090.....128
Drama Department.....	1044.....127
Executive Dean.....	1014.....120
Financial Aid.....	1005.....120
Food Service.....	1092.....KIT
GED Studies, Academic Achievement Cntr.....	1020.....102
GED Testing.....	1002.....222
Gymnasium.....	1051.....GYM
Holst Farm Management.....	1036.....201
Intramural Office.....	1052.....GYM
LAN Equipment Specialist.....	1033.....213
Library/Media Center.....	1024.....LIB
Nursing.....	1071.....222
Nursing Students United Advisor.....	1070.....222
Part-time instructor office.....	1093.....136
Phi Beta Lambda Advisor.....	2549.....136
Phi Theta Kappa Advisor.....	1080.....123
Physical Plant.....	1091.....MECH
Sportball Coach.....	2507.....GYM
Student Activities Board Advisor.....	1010.....120
Student Activities Director.....	1010.....120
Student Services.....	1011.....120

### DMACC, BOONE CAMPUS 94-1 FT/PT INSTRUCTORS

NAME/DEPT.	EXTENSION/OFFICE
Albertson, Cindy - AAC.....	2500.....102
Alley, Bill - LRST.....	1050.....122
Anellis, Irving - PHIL.....	2511.....136
Baldus, Kay - ARTS.....	2512.....136
Bender, Ivette - PSCH.....	2513.....120
Benson, Janice - ASDN.....	1070.....222
Berg, Susan - ARTS.....	2514.....136
Betten, Linda - EDCR.....	2515.....136
Bittner, Jim - ENGL/LITR/HUMN.....	1040.....125
Blanchfield, Lou - ASDN/NURS.....	1074.....201
Booth, Connie - NURS.....	1070.....222
Brandmeyer, Vivian - OFFC/BSAD/ACCT.....	1030.....129
Brennan, Lynn - MGMT.....	2516.....136
Brogden, Kim - BIOL.....	2517.....136
Chacko, Sandra - ASDN.....	1073.....221

Clark II, John - COMS.....	2518.....136
Cory, Cindy - NURS.....	1072.....221
Criner, Dick - SB COACH.....	2502.....GYM
Dickson, Valree - NURS/ASDN.....	1070.....222
Darling, Dave - COMS/DATA.....	1064.....201
Doran, John - Math.....	1060.....224
Dunham, Myrna - ENGL.....	2519.....136
Finnestad, Rich - STUDENT SERVICES.....	1011.....120
Fox, Steve - BIOL.....	2520.....136
Fraiser, Ken - PHYL.....	2521.....136
Gano, Barb - ASDN.....	1075.....201
Green, Mary Jane - ACCT/OFFC/MGMT/BSAD.....	1034.....213
Griffiths, Martha - ENGL/LITR.....	1041.....124
Hislope, Robert - PHIL.....	2522.....136
Holland, Alyce - BIOL.....	2523.....136
Holthus, Mel - ACCT.....	1031.....126
Houge, Rita - PSCH.....	2524.....136
Howard, Sarah - PSCH.....	2525.....136
Hughes, Larry - PHYE/ACC.....	1051.....GYM
Irvine, Rosie - Office Tech. Lab Asst.....	1035.....202
Johansen, Doug - BSAD.....	2526.....136
Johnson, Harold - BIOL.....	1065.....127
Jones, Donna - CNA Inst.....	2527.....136
Kelley, Marguerite - HIST.....	2528.....136
Kelly, Bruce - HIST/PLSC.....	1083.....125
LaVille, Jan - ENGL/JNAD.....	1042.....129
Loos, Jim - MUSI.....	2529.....136
Lueth, John - ECON/BUSL.....	2530.....136
Lyon, Gary - CHEM.....	1063.....220
Mallerino, Emma - SPAN.....	2531.....136
Martino, Jane - PSCH.....	2532.....136
McHose, Linda - HUMS.....	2533.....136
McNair, Lee - SOCY.....	1080.....123
Mueller, Kay - SPCH/DRAM.....	1044.....127
Ofner, Susan - MATH/AAC.....	2534.....102
Parks, Judy - CRIM.....	2535.....136
Paulson, Judy - OFFC.....	2540.....136
Pearson-VanderBroek, Tammy - ENGL.....	2537.....136
Pedersen, Victoria - PSCH.....	2538.....136
Person, Bob - PHOT.....	2539.....136
Plueger, Linda - OFFC/DATA/BSAD.....	2541.....136
Pritchard, Sam - ENGL.....	2542.....136
Rogotzke, Kathy - MATH.....	2544.....136
Rose, John - MATH/COMS.....	2545.....136
Roth, Jeannie - ENGL/READ/AAC.....	1021.....102
Ryan, Bill - GEOG.....	2546.....136
Ryan, Craig - Men's BB Coach.....	2506.....GYM
Samuelson, David - PHIL.....	2547.....136
Santage, JoAnn - ENGL/DEVS.....	2503.....102
Schroeder, Catherine - SB Coach.....	2507.....GYM
Silberhorn, George - Stu. Serv/SAB.....	1010.....120
Silberhorn, Jinny - AAC/SPCH.....	1022.....102
Smith, Jayne - Librarian/ENGL.....	1025.....LIB
Smith, John - ACCT/BUSL/BB Coach.....	1032.....126
Stasko, Gary - ECON/Holst Farm Mgmt.....	1036.....201
Stone, Maggie - Displaced Homemaker Cnt.....	1090.....128
Strawn, Candace - SPCH.....	2548.....136
Tanner, Sally - MATH/AAC.....	2504.....102
Taylor, Bob - PSCH.....	1082.....124
Thieben, Pat - COMS/OFFC/DATA/ACCT.....	2549.....136
VanMeter, Karin - BIOL.....	1062.....226
Wetzler, Cathy - NURS.....	2550.....136
Woods, Nancy - PHYL/MATH.....	1061.....224

## SAB representatives elected for Boone Campus

By Kate Tyler  
Bear Facts Staff Writer

The elections are over. One hundred and thirty-five Boone DMACC students turned out to vote in the 1993 Student Action Board election. Of the ten students running for positions on the board, eight have been chosen: Michelle Hockett, Anne Maniscalco, Daniel O'Lena, Guye Senjem, Jason Rima, Gary Dose, Duanna Vinchattle, and Stephanie Silberhorn. Linda Smith and Todd Ihlenfeldt will serve as alternate representatives for the board.

The board will meet to

appoint a president and secretary and schedule regular meeting times.

A couple of activities have already been planned for members of the board. One of these activities is a leadership conference on November 18 at the Ankeny campus. Some thing the SAB members will learn at this conference are goal setting and sensitivity training.

Another activity includes a Student Action Board conference in Minnesota. Duanna Vinchattle, Anne Maniscalco and Stephanie Silberhorn will be attending this conference later this month.

## Former students awarded scholarships to ISU

ISU Press Release

Iowa State University has selected 93 students to receive the ISU Community College Scholarship for the 1993-94 academic year. This award is intended to assist community college students who are transferring to Iowa State to continue their education. The amount of the award is \$1000.00, half of which is disbursed when fees are paid each semester.

In order to qualify for the scholarship, students must complete at least 45 credit hours at a community college and sustain at least a 3.0 cumulative grade point average. Applicants must be admitted to ISU and enrolled for at least 12 credit hours; they must also have applied for financial aid by filing the Free Application for Federal Student Aid (FAFSA) prior to March 1st.

The students listed below from Boone Campus have been awarded this scholarship:

NAME	HOMETOWN	MAJOR
Teresa Blackburn	Jefferson	Mngmt Info Syst
Jamie Brandt	Rippy	History
Richard Burgin	Harlan	Computer
William Clark	Boone	Marketing
Stephanie Davis	Ames	Marketing
Lydia Eberle	Scranton	Special Ed
Wendy Hennick	Ogden	Early Childhood
Carrie Ohlendorf	Boone	Cultural Anthro.
Kurt Phillips	Boone	P r e - business
Carrie Strabley	Rippey	Microbio- logy

## Media dictates body size

By Tara Rosa  
Guest Columnist

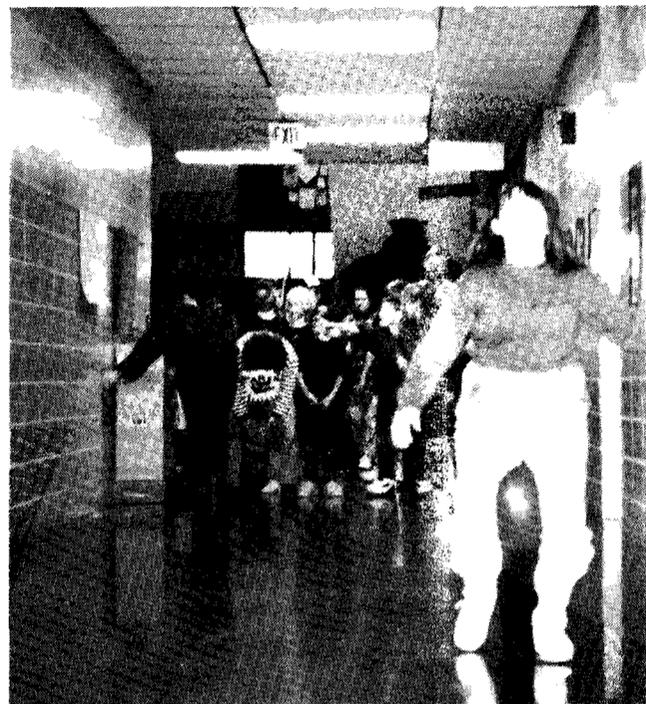
An enormous problem with women, nowadays, is anorexia. In her first novel *Life-Size*, Jenefer Shute presents a young woman named Josephine with this conflict. Josephine takes her idea of dieting to an extreme, she won't even eat salad. Sadly, there are real-world Josephines in the world.

Shute also says that she could have become seriously anorexic if she had let herself go. But when she started accomplishing things for herself, she started noticing that there were more important things in life than just worrying about her weight. But that's not an easy thing to realize when you are obsessed with the idea that you are fat and nobody else is as fat as you--that the world belongs to beautiful, skinny people and that you're not one of them.

Sadly, this last one is what society and media tells us. Most people reject fat people. You don't see fat models in magazines. Even in the workout videos they put people with great bodies and tell a 300 pound woman that she has to jump up and down. It's not realistic.

Western society tells us that if we change our bodies we will change our lives. In my opinion, that's wrong. The way we change our lives has nothing to do with our bodies. It's got to do with the person inside of us, the feelings a person has had since they were kids. Depression overcomes a person when, for example, they see a Victoria's Secret catalog and think that's what society likes and wants, so that's what they'll become.

I think it's time people stop being so superficial and start caring about the real feelings in a person. Instead of making a Reebok Workout video for the body, make a workout for the heart and soul. I'm 100% sure that once a person starts accomplishing things by their own capabilities, the workout video won't even be necessary.



Rachael Smith, daughter of Linda Smith, DMACC second year journalism student, enjoys one of the activities during the ReZoomers party for families. Maggie Stone advises the group.



Leona Johnson (4th from left) and family enjoy the ReZoomers party held in the Campus Student Center. Johnson, a second year nursing student, is currently serving as president of ReZoomers, a club for adult students on the Boone Campus.

## Transfer program at UNI

UNI PRESS RELEASE

Transfer Preview at the University of Northern Iowa is a program planned to meet the needs of prospective transfer students. They'll start the day with an informational session about Northern Iowa, the admission process and transfer of credit. Program options will include financial aid, residence choices: on-and off-campus, a transfer student panel, a campus tour and overviews of majors presented by each college. They'll even treat you to lunch. An oppor-

tunity will be provided for individual questions to be answered by the admissions staff.

Join them on either Thursday, October 28, 1993 or Friday, February 25, 1994. Reserve your place by calling 1-800-772-2037 or 319-273-2281. What if these dates don't work for you? Northern Iowa welcomes your visit anytime--individually or in small groups. They recommend any Monday through Friday while classes are in session as the best opportunity. Just call the phone numbers listed above to plan your personal visit.

*Campus View*

*Should DMACC install condom machines?*

Text and Photos By Duanna Vinchattle



**Mel Holthus**  
Accounting Instructor

"No, I believe the product is available at other locations and campus rest rooms may not be appropriate."



**Chad Manske**  
Student

"Yes, because people are having sex and we don't want to spread diseases."



**Cindy Ward**  
Student

"Yes, in case of personal emergency."



**Terry Feldman**  
Student

"Sure why not. It's like wearing a seat belt. It could save your life."



**Lorie Ealy**  
Student

"I don't think they should be sold at school. I don't think sex is a school activity. It should be taken care of away from school."

**Athletic scholarships limited at DMACC**

By Linda Smith  
Staff Writer

Sports play an important role at DMACC Boone campus, partly because the teams represent the school and more importantly having the ability to play sports helps defray the cost of attending college for many students.

Boone campus, has about 100 athletes who make up four teams, and a little less than half of these players share an average \$10,000 to \$12,000 dollars in scholarship money, reported Harold Johnson, DMACC athletic director. He also said, "There are no full scholarships available for students and the usual amount of money awarded is between \$200 and \$500 per year."

DMACC only has one quarter of the money available at other community colleges but still remain competitive. These monies come from varied sources like the Boone Foundation, gate receipts, and concessions. None of the money awarded comes from student activity fee accounts.

Cora Banner, a softball player said, "Although I'm hoping for a scholarship, I would have played for DMACC

anyway."

Prospective players are usually scouted by the coaches; however, out-of-country players are sometimes contacted when a pro baseball scout comes to watch DMACC baseball and coach Smith is told of a possible player.

According to National Junior College Athletic Association rules, any athlete wishing to receive a scholarship must be a full time student. If the athlete is a freshman, a 1.75 grade average must be maintained prior to playing. If a student goes on to play a second year, a cumulative 2.4 credit hours and a 2.00 grade average are required.

**Jordan... from page 3**

The impact Jordan has had on our country can be seen by his stealing of the headlines this past week. In the same few days that Russian has been in chaos, our soldiers are being killed and captured in Somalia, and don't forget the playoffs just started in baseball, the front pages of our papers are full of facts and opinions of Michael Jordan's retirement.

Our youth will be copying Jordan for years to come, or trying to. Maybe he will return after a year's hiatus, maybe not, but the important thing to remember, according to Nike, is that although he has retired from basketball, Michael Jordan has not retired from Nike. He'll get by.

**Paid to entertain fans**

By Adam Clarke  
Bear Facts Sports Writer

Money is the overwhelming influence of most professional athletes. To a certain point these athletes are worth the money because just like actors they are entertainers. The only problem is that these athletes are paid to entertain the fans, and when owners decide to pay them unbelievable salaries, other athletes feel they should be paid handsomely as well. The owners are to blame when athletes decide to hold-out for more money; ticket prices rise and smaller franchises fall victim to high payrolls. When these

smaller franchises can't match the payrolls that the larger franchises can put out, the talent moves towards the bigger franchises. This, of course, makes sports less interesting because the odds favor the larger franchise, and they will receive more money, and more often than not, more victories. Make no mistake that that's the way things are, but sports should be competitive at the professional level. My point is that if sports are for the fans' entertainment, then don't try and gut them by trying to raise ticket prices because they will find something else that interests them and their families.



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