

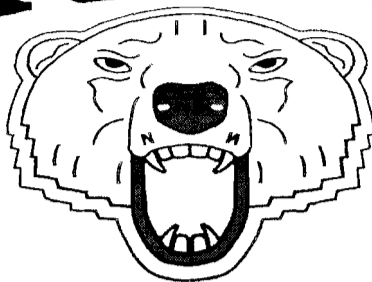
What's Inside

Play Review

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Women Win

BEAR FACTS



November 26, 1997 "Voice of the Boone Campus" Des Moines Area Community College Volume XXVI, Issue 6

Finding out about finals

By Patrice Harson
Bear Facts Staff

The DMACC Boone Campus Final Exam Schedule for fall 1997 is posted.

"Don't panic!"

These two words of wisdom were spoken *calmly* by Pat Thieben, Group Leader and instructor of office technology on the DMACC Boone Campus.

Thieben said that students need to study for these tests but to keep in mind that the grades received on finals are only a portion of a student's entire grade.

Positive stress motivates, negative stress aggravates

Study skills instructor, Lisa Kahookele, said, "Obviously, studying is important to prepare yourself for finals, but one thing you can do to make finals week go more smoothly is to *maintain a positive attitude*. A positive attitude can make any situation more bearable, even final exams."

"Find out what you can about the final," continued Kahookele. "Is it comprehensive or over specific materials? Essay or multiple choice? Is it in the classroom or someplace else? What time is the final?" Kahookele said that this is vital information.

"If you are wrong about any one of those items, you will send yourself into major anxiety that you do not need, especially during finals," cautioned Kahookele.

Thieben recommends study groups

"Study groups really help," said Thieben. "Don't get the group together to party. You're there to study and reread your notes together. Doing this is very effective because somebody in the group may bring up a point that another person completely forgot."

"If it's a skill area that you're going to be tested on," continued Thieben, "practice beforehand, don't just read how to do it, but actually do it physically."

This advice especially applies to difficult math problems. "Do some of the math problems in each area, and if you do not remember how to solve these problems, go back to the chapter, the

instructor or get some help from your study group."

Thieben believes that stress reduction is very important and advises students to take it easy on their caffeine and sugar intake...and *relax*. Thieben also suggested students read their notes or glance at any charts that require memorization prior to going to bed at night. "The information *will* stick," said Thieben.

Turn off the Chumbawumba and sleep smart

Study while you sleep. Sound a little far fetched? Not according to Dr. Jane Martino, instructor of psychology on Boone Campus. According to Martino, the following steps can be taken by students who would like to give this bedtime memorization method a try:

- The night before an exam, reread notes right before going to sleep.
- After this quiet reflection, do not talk, do not watch David Letterman (or any other television show) do not check your electronic mailbox, do not listen to music--no Metallica, Garth Brooks, U2, Chumbawumba, Dave Matthews, Beethoven--nada. "Just," as Barbra Streisand would say, "roll over and turn out the light."
- Immediately upon awakening, reread your notes.

Rehearsal is the key to success

For some, simply writing notes out in longhand seems to aid retention. But for others, such as Thieben, transferring those handwritten notes from keyboard to computer screen can also help. Writing the material out, repeating the information orally or relating a story with certain details that fit your own life all contribute to memorization.

Mood, drugs, including alcohol, and location all affect the student's ability to transfer information into long-term memory. According to Martino, "If you learn it *drunk*, you'll remember it *drunk*."

Martino recommends students utilize background music, free of lyrics and



Photo By Patrice Harson

There Goes The Bride cast pictured above include (first row from left) Charity Peterson, Tim Knapp, Kathleen Brice, Taunya Winters, (second row) Kay Mueller, Joseph Siple, Derrick Gorsche, Alan Fredericksen, and Katie Niemants. See play review on page 6.

played low, to create a conducive study environment when not attempting the aforementioned bedtime method of memorization. Martino said, "Avoid elevator music. If you can hum the lyrics to 'Hey, Jude,' it's the same as having them (the words) there."

Review and rejuvenate

Nursing instructor Sandy Chacko recommends keeping up with reading assignments/projects and allowing adequate time, three to four weeks, to review materials prior to finals. Both Chacko and Stephen VanBuren, English instructor, believe firmly in getting enough sleep and rejuvenating the soul by getting away from studies long enough to "do something special for yourself."

"Students need to individually decide what's relaxing, what would benefit them the most," said Chacko. "For one person it may be taking a bubble bath, for other people it may be window shopping at the mall, listening to classical music or going for a walk."

Ah, forget it!

VanBuren said one of the ways for a student to know that he/she actually

retained what was studied is to "get away from it enough that you forget it."

"You have to get off on another track, change gears," continued VanBuren, "and doing something nice for yourself can do that."

VanBuren explained that when a student gets away from what's been bogging him/her down and then comes back, that student returns "with a fresh, new point of view," ready to try it again.

Now is the time...

Mathematics and physics instructor, Nancy Woods, said, "Some people say 'baby yourself.' I say, no, don't do that. Now is the time to push, to put your head down and go full bore!"

Woods reminded students that they will soon have three weeks off and to mark that break on their calendars, using it as a reward for working hard now.

"Still get your sleep and eat right," said Woods. "Don't stay up all night; pace yourself. But if you start giving yourself rewards now, you'll actually ease up."

continued on page 2

Finals

from page 1

Woods recommends saving the rewards for later. "Realize what you've got ahead of you and make yourself a calendar plan, a schedule, of when you are going to study. **Under a good plan, you cannot study just one subject per night.** This is your job, treat it like one. Plan your work day. Apply the 'old college rule'."

The Old College Rule

The "old college rule" states that a student expecting to earn *As* should plan on spending three hours studying outside of class for each hour spent in class. (Example: student taking 15 credits...15 x 3 equals a 45-hour work week.) If the student is enrolled in extremely difficult courses, this study time is longer.

Organize your information

"The whole key is organization," continued Woods. "Right now, during Thanksgiving break, get all your papers, quizzes and tests in sequential order by chapter. Get papers that have been unstapled, stapled.

"Get everything really organized, now. And every night, read through--not study--just read through these papers, quizzes and tests for one half hour *per subject*. You do this for the next three weeks. You do not wait until the night, or even the week, before the final exam."

Organizing data before approaching the instructor is beneficial to both the student and the instructor. Woods said that the student who gets the most help from her is the organized student who can say, for example, "I never did understand problem number four on quiz eight or problem number 15 on quiz 12."

Organize your time

Accounting instructor, John Smith, endorses efficient organizational skills. However, he also believes that offering students a crash course in proper study techniques this late in the semester is a bit futile.

Smith said, "There's two things in life that if you do, you are, in my opinion, a success. One is to manage your time and one is to manage your money."

According to Smith, no matter what walk of life a student is in, the appropriate management of both time and money is what keeps the student in college.

Smith's endorsement supports Larry Schroeder's timely plan. Schroeder, Education Advisor on DMACC's Boone Campus, said, "Start studying early, whatever you know is going to be on the final, and study in shifts." Schroeder said that students also need to take breaks between their study sessions.

Cramming sessions create negative stress

Schroeder said that negative stress results from waiting until the last few days prior to final exams to study and then trying to study several hours at once in cramming sessions.

"Instead of pulling an all-nighter and



Former classroom on wheels now DMACC Boone Campus bus arrived on campus this month. The refurbished bus seats 41 passengers, is equipped with a television and VCR. Pictured up the steps, from left to right, are Executive Dean Kriss Philips, Assistant to the President Dave Palmer, President Joseph A. Borgen and Athletic Director Terry Jamieson.

taking a test in the morning," Schroeder continued, "you're better off using your common sense and having a good night's sleep." In addition to studying well in advance, Schroeder also believes in reducing stress through physical activity.

Start with fifteen minutes

Judy Hauser, English instructor, believes that major negative stress can affect a student's ability to concentrate and this, in turn, can lead to procrastination. When a student is having difficulty sitting down to work, Hauser suggested setting an oven timer for fifteen minutes with the intent to study until the timer goes off.

Hauser said, "Force yourself to work through those fifteen minutes." Next, take a brief break, rewarding yourself with some chocolate or other sweet treat, then force yourself to work through another fifteen minutes.

Following the second fifteen-minute study period, Hauser said most students become so involved in their work, they no longer need the timer. It's the getting started that's overwhelming and fifteen-minute intervals are less threatening thereby reducing anxiety.

Much to memorize? Flash cards work!

For students enrolled in courses requiring immense memorization, Hauser gave some instructions that will boost the process. She said, "Generate possible exam questions. Put one question on one side of the file card and the answer on the other, then use the file cards like flash cards to test yourself."

Using rhyme, alphabet placement, word/picture association or catchy

phrases also aids the process.

Practice makes permanent

Mary Jane Green, office technology instructor, said, "Practice makes permanent." Green explained that the more a student repeats or practices, the more likely the information will stay in the long-term memory. Also, by breaking information down into manageable parts, the student becomes less overwhelmed and retains more.

In just one semester, Green improved her college grade point average by simply thinking of the test as a worksheet. Green said, "I told myself that all I had to do was write down the information that I knew."

"See" the numbers, "hear" the words!

Green also said that after looking at so many outlines, they all begin to look alike and, gradually, nothing sticks. She suggested "mapping" information, using visual aids such as ovals and grouping information with subheadings, colored pencils--using anything that involves the eyes and stimulates the senses. Recitation of bothersome terms can also spur retention.

Green also suggested getting caught up now. "Get the catch-up work behind you," said Green, "then all you'll have left to do is concentrate on the final exam."

Multiple guess

Biology instructor, Dr. Tim Bergin, said that multiple choice questions are actually lengthened true and false questions. If a student is unsure of the correct answer, help can be found through the process of elimination.


Bergin said, "First, search for the choice that is most likely incorrect. Also, because these affect the exact meaning of the question and the correct answer, pay attention to words such as never, always, not, must, most, most important, best and all. Finally, use common sense in making your final selection."

If still unsure, and unless the instructor uses some type of randomizer when preparing these questions (ask him/her) Bergin suggests that selecting item "B" or item "C" is better than leaving the blank empty. "Try to reduce the odds of guessing incorrectly," said Bergin, "and always give some sort of answer."

The lectures are over, it's time to insert the ear plugs!

Martino's general psychology students have little excuse for being unprepared for finals--she's been teaching study skills to this class all semester.

Martino also reminds her students from time to time that she really isn't crazy when strongly suggesting that *all* students wear concentration-inducing earplugs while taking the final exam.

Goodwill 

M-F 9:00 -- 5:30
Sat 9:00 -- 5:00
Sun 12:00 -- 5:00

15% discount on \$5 purchase with
DMACC library card
Expires 1/31/98
712 Story Street, Boone

Stasko writes ag textbook

By Brent West
Bear Facts Staff

Gary F. Stasko, economics and finance instructor at the Boone Campus, wrote an agriculture textbook titled *Marketing Grain and Livestock*. The book was published in July of 1997 by the Iowa State University Press.

On the back cover of Stasko's book Robert Wisner, extension economist from Iowa State University, said, "Gary Stasko provides a remarkably clear and concise explanation of how grain and livestock markets work and the steps in that producers can take to increase their marketing skills."

"This book," continued Wisner, "reflects the years of experiences as a broker, a teacher, and a consultant to farmers about marketing. Those who teach marketing or have farm products will find it essential to their professional libraries."

The textbook is a practical introduction to the basic concepts of commodity pricing, (the pricing of grain, and animal productions that is available to the economy). It is written for classroom use as well as for farmers and ranchers wanting to improve their marketing skills.

The book also covers the principles of commodities pricing: futures, hedging, options, advanced pricing strategies, cash marketing and fundamental and technical price analysis.

Stasko's book includes chapters on the mind-set needed for marketing and how to select a brokerage firm. It also explains commodity marketing with many examples, tables, and figures, as well as chapter summaries and lists of key terms.

"The main purpose of writing the textbook," said Stasko, "is that there was no textbook for the two-year introduction

to agriculture program. The instructors relied heavily on handouts and the market."

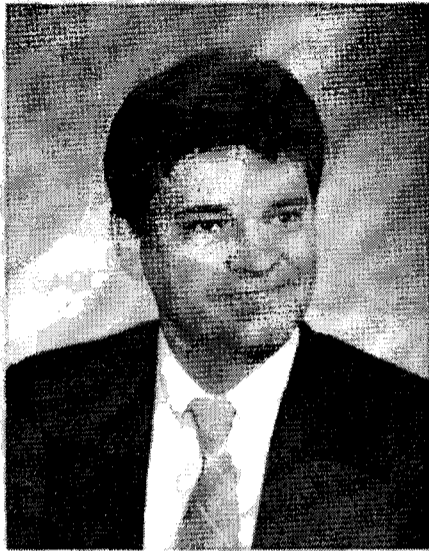


Photo by Shirley Walrod

Gary Stasko

Stasko is a full-time instructor on the DMACC Boone Campus and also serves as an engineer and a corporate secretary for the Boone & Scenic Valley Railroad. He has a lot of job experience in agriculture as a personal Land O' Lakes soybean seed representative, a commodity trading adviser registered with the Commodity Futures Trading Commission, a regular columnist for Iowa Soybean Review, a future account executive, and an extension economist for Iowa State University.

The textbook is currently being used at Kirkwood Community College and can be purchased at the Iowa State Memorial Union Book Store. Potential readers can also order Stasko's book via the Internet at amazon.com or call 1-800-862-6657.

Stasko, a native of Illinois, currently resides in Ames and has three children to whom he dedicated the book; Laura, 14, Kristine, 12, and Kevin, 5.

"Writing *Marketing Grain and Livestock* gave me a big sense of fulfillment because I love to write," said Stasko.



Creative Writing Contest

Deadline -- December 1, 1997 (Call 5091 for details)



Vivian Khan

Meet Vivian Khan

By Brent West
Bear Facts Staff

DMACC-Boone Campus hired Vivian Khan as a temporary library assistant. She began her duties last week. Khan attended DMACC, Ankeny and Boone Campuses from 1971-1973 majoring in accounting and liberal arts. She worked in the Boone Campus library on a work study program during the 1972-1973 academic year. "So far I am liking it, and I am enjoying the people and the work," said Khan.

Author

Rick Christman speaks

By Melinda Gorman
Bear Facts Staff

Rick Christman, author of *Falling in Love at the End of the World* spoke Friday, November 21. Christman, on the DMACC faculty at Ankeny has written another collection of short stories and a novel not yet published.

Christman said that his short story "Fire" was the closest thing to an autobiographical story that he's written. "I woke in the night and found that the enlisted men made a bonfire," said Christman referring to fellow soldiers in Vietnam.



Rick Christman

Christman read a prose poem from his new collection and answered questions about the job of writer. "When I write a story, all I have in mind is the story. Fiction writers deal with story. Story is what keeps us going," Christman said.

He also said that discipline is important for a writer's success. Christman teaches during the school year and writes during the summer. "If I had my way, I'd be writing all the time."

Christman said that his wife is his first reader. After he gets over the emotion of her criticisms, he usually finds that she's right.

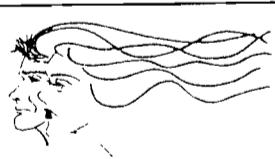
Christman said that royalties usually amount to about one dollar a book, but it is all worth it.

This author is just one of many speakers who have visited Judy Hauser's Humanities Through the Arts class this semester.

Thanks

I would like to thank all of the students and faculty members who have supported my mother and our family throughout this difficult time. Your thoughts and prayers have given us strength and hope. Although we are not out of the woods yet, your support has made each day a little easier to deal with. It's nice for me to come to school and find comfort from the staff, my teammates, and fellow students. Thank you.

Katie Kirkegaard
DMACC Student



Pat Mackey
Bev Martin
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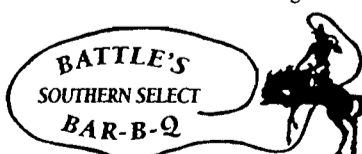
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Attention International Students

Interested in transferring to ISU?

Iowa State University
International Student

Admission Advisor

Pat Parker

will be on Boone Campus

Friday, Dec. 5 at 11:15 a.m.

in the Courter Center

Don't know much about biology?

Van Meter--biology with a passion

By Moses Lueth
Bear Facts Staff

In the profession of teaching, passion is an integral part of the teaching process.

Dr. Karin Van Meter, a biology instructor on the Boone Campus is passionate about teaching biology.

"I love life, that's why I love biology! I enjoy everything about it. There is nothing I do not enjoy about biology," said Van Meter.

According to *Advantage* magazine, Van Meter was born and raised in Austria. She attended a high school for math and science, and her interest in biology was sparked. Van Meter attended Paris-London University in Salzburg and earned a Ph.D. in Zoology at the age of twenty four. She developed a technique in electron microscopy, which lead to job offers in the United States.

Van Meter worked as a research assistant at the College of Veterinary Medicine at ISU and taught pharmacology at the University of Maryland. She eventually stopped working so she could spend time with her children, but after awhile she became bored.



Karin Van Meter

Van Meter expressed to her friends that she wanted to teach, and someone suggested DMACC. Van Meter eventually got a job teaching human biology at the Ankeny campus. From 1988 to 1992 she taught as an adjunct instructor. In 1992 Van Meter became a full instructor on the Boone Campus, teaching science anatomy, health science physiology, general anatomy, physiology, and microbiology.

Van Meter believes that the significance of biology is that it is the basis for almost everything. "Without biology, we would not be here. I love the challenge of

finding out why we behave the way we do and why things happen. Biology tells about you, how the body functions, how we fit into our environment. I am excited by it."

Outside her passion for teaching biology, Van Meter is passionate about the sport of swimming. Her son and daughter both compete in swimming. Van Meter is the H-group chair for Iowa swimming and her responsibility is to put teams together for all-star meets and central zones. Besides that she offers continuing ed. classes ranging from German to Physiology review.

With multiple responsibilities of being a mother, a teacher, and an organizer, Van Meter keeps ticking.

Science lab in works

By Scott Kovach
Bear Facts Staff

The Boone Campus administration is in the process of designing a new science lab. Funding for the lab comes from a \$25,000 contribution made to the Boone Campus Foundation last fall.

There are currently two science labs on the Boone Campus: Physics and Chemistry. Biology classes are taught in normal classrooms.

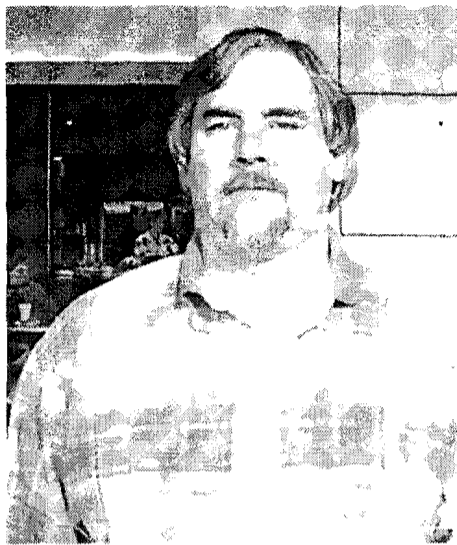
"Science is supposed to be hands on," said Dr. Karin Van Meter, head of the Science Department. "And we don't have that [for biology]."

Van Meter is also working with the administration to design a new two-year program relating to exercise science. The details of this program will be heavily influenced by the results of interest surveys.

To counteract test anxiety

- Breathe deeply, get oxygen to your brain to help you think clearly
- Practice tensing and relaxing your muscles
- Visualize a favorite relaxing place
- Tell yourself positive things
- Visualize doing well on your exam
- Organize your time
- Organize your information

Bergin can tell you about the birds & the bees



Tim Bergin

By Jason Rearick
Bear Facts Staff

Tim Bergin is a man of many talents. Not only does he teach Principles of Biology I and II and Environmental Conservation and Lab, he is also an avid hobbyist and author of many scholarly articles on birds in several ornithological journals.

Bergin grew up in Holyrood, Kansas then went on and graduated from Kansas State University, received his masters at the University of Nebraska, then received his Ph.D. at Bowling Green University. He majored in Avian Ecology, which is the study of birds and their way of living. His major focus was on the Western Kingbird. With the information that he collected and from literature sources, he co-wrote a species account of the Western Kingbird in *The Birds of North America*.

His first article was entitled "Eagle Watching in Kansas" which was published by *Kansas Wildlife and Parks* which is similar to the DNR of Iowa. Since then, he has written more than 10 different articles.

Bergin started his teaching careers at a high school science instructor. Later as a graduate student, he taught laboratory classes at both University of Nebraska and Bowling Green State University. He then went on to teach some high school classes but decided that high school wasn't his thing and went back to teaching college level material at the University of Nebraska. Four years after receiving his Ph.D. he worked as a post-doctorate research assistant at Iowa State University for four years, he then came to DMACC. This is now Bergin's second year at DMACC. Bergin said, "I've enjoyed it here at DMACC. I think students can get a high quality education at a low cost."

"Students at DMACC are as good as students at other institutions that I've

been at," continued Bergin. Bergin also believes that his courses are "rigorous but personalized and fair." This is one of the main reasons he came to DMACC. In 3 to 4 weeks he knows the name of everyone in his classes. There are nearly 90 people total in all of his Biology classes.

Bergin's Principles of Biology I class is much more different than Biology II. In Biology I you learn more about the cellular functions, which concern the organelles, DNA and the biochemical make-up of an organisms' metabolism. Biology II is more of an anatomy or physiological approach to organismal biology. In lab there is some dissection. "Biology II is more interesting for most people, I think," said Bergin. Environmental Conservation and the Lab are all about Iowa's natural habitats and how we can conserve it all.

Bergin and his wife, Barbara, along with their 18-month old daughter Katherine, reside in Ames.

Two weeks ago while he was building some shelves in the basement of his duplex, his daughter discovered a two-foot long iguana in the closet. "My wife wanted me to do something with it so I said, it's just an iguana so let me finish my shelves first," Bergin said. It ended up being his next door neighbors' iguana. The iguana was in the care of Bergin for four days before the iguana was returned to his rightful owner.

In the future Dr. Bergin plans to bring a couple Ecology courses to DMACC. Bergin said, "I encourage any student who has an interest in biology to enroll in one of the many biology courses offered at DMACC. We have a strong department that offers high quality at an affordable price."

Biology classes offered this spring

- Biol 118 Environmental Conservation
- Biol 127 Human Biology
- Biol 132 Health Science Microbiology
- Biol 133 Health Science Anatomy
- Biol 134 Health Science Physiology
- Biol 141 Principles of Biology I
- Biol 142 Principles of Biology II
- Biol 147 Introduction to Botany
- Biol 149 General Microbiology
- Biol 154 General Anatomy & Physiology
- Biol 165 Genetics

Blood drive set for December 1st

by Boone Campus Nursing Students
Michelle Reiff & Joanne Johnson

Why donate blood? Donate blood for all the little reasons; for children with cancer, with hemophilia; for children who go through red lights and windshields; for premature babies who are fighting for life. Yes, you can help build a healthy community. You can save the lives of up to four patients with just one pint of blood. Saving lives through a volunteer blood donation is proof of that statement. How many lives have you saved? At the Boone Campus of DMACC, 81 pints of blood were drawn at two previous blood drives over the past year.

There is no better feeling than giving the gift of life through a volunteer blood donation. The procedure is safe, quick, and easy. It only takes about an hour from registration to refreshments. The actual donation process lasts five to seven minutes. All of the blood collected will remain in central Iowa and has helped the following types of patients in the past year.

- ♦ Cancer - 19%
- ♦ Obstetrics - 4.3%
- ♦ Heart Disease - 16%
- ♦ Liver and Kidney - 6%
- ♦ Gastrointestinal - 16%
- ♦ Anemia and Hemophilia - 5.1%
- ♦ Injuries - 12%
- ♦ Bone and Joint - 3.5%

The Blood Center of Central Iowa and members of Nursing Students United, Boone Campus, are sponsoring a blood drive for all eligible donors of the Boone DMACC on Monday, December 1,



Photo by Patrice Harson
Kara Jensen and Patty Olson, Boone Campus nursing students, promote the blood drive by wearing blood drop costumes. The blood drive is Monday, December 1, in the Courter Center.

1997. Donors can donate between the hours of 8:00 a.m. and 2:00 p.m. in the Courter Center.

Because there is no replacement for blood, patients depend on dedicated donors to give regularly. Donors must be 17 years of age or older, in general good health, weigh at least 110 pounds and have eaten a good meal prior to donating. To make an appointment, please fill out a registration form found around the campus and turn it in to any nursing student by Monday, December 1st, or call chairperson Rachel Thomas at 433-5075 or 5071.

Des Moines Area Community College Final Exam Schedule for Day Classes - Fall 1997

All instructors in all programs are requested to follow this schedule. Any deviations should be approved through the appropriate department/campus dean. Instructors should consult department/campus deans if their classes do not appear to be recognized on this schedule.

Tuesday, December 16, 1997 (Tuesday/Thursday classes)

Class Time	Exam Time
8:05 a.m. - 9:30 a.m.	8:00 a.m. - 10:15 a.m.
11:15 a.m. - 12:40 p.m.	10:30 a.m. - 12:45 p.m.
2:25 p.m. - 3:50 p.m.	1:00 p.m. - 3:15 p.m.

Wednesday, December 17, 1997 (M/W/F or more classes)

Class Time	Exam Time
8:00 a.m. - 8:55 a.m.	8:00 a.m. - 10:15 a.m.
10:10 a.m. - 11:05 a.m.	10:30 a.m. - 12:45 a.m.
12:20 p.m. - 1:15 p.m.	1:00 p.m. - 3:15 p.m.
2:30 p.m. - 3:25 p.m.	3:30 p.m. - 5:45 p.m.

Thursday, December 18, 1997 (Tuesday/Thursday classes)

Class Time	Exam Time
6:30 a.m. - 7:55 a.m.	6:30 a.m. - 8:45 a.m.
9:40 a.m. - 11:05 a.m.	9:00 a.m. - 11:15 a.m.
12:50 p.m. - 2:15 p.m.	11:30 a.m. - 1:45 p.m.

Friday, December 19, 1997 (M/W/F or more classes)

Class Time	Exam Time
6:55 a.m. - 7:50 a.m.	7:00 a.m. - 9:15 a.m.
9:05 a.m. - 10:00 a.m.	9:30 a.m. - 11:45 a.m.
11:15 a.m. - 12:10 p.m.	12:00 p.m. - 2:15 p.m.
1:25 p.m. - 2:20 p.m.	2:30 p.m. - 4:45 p.m.
3:35 p.m. - 4:30 p.m.	3:30 p.m. - 5:45 p.m.

Evening/Saturday Final Exam Schedule - Fall 1997

Evening classes will have their finals at the day and time of the final regular class meeting.

Last Monday night classes (Final Exam)	December 15
Last Tuesday night classes (Final Exam)	December 9
Last Wednesday night classes (Final Exam)	December 17
Last Thursday night classes (Final Exam)	December 18
Last M/W night classes (Final Exam)	December 17
Last Tuesday/Thursday night (Final Exam)	December 16
Last Saturday class (Final Exam)	December 13

Talkback

What do you think about the septuplets?



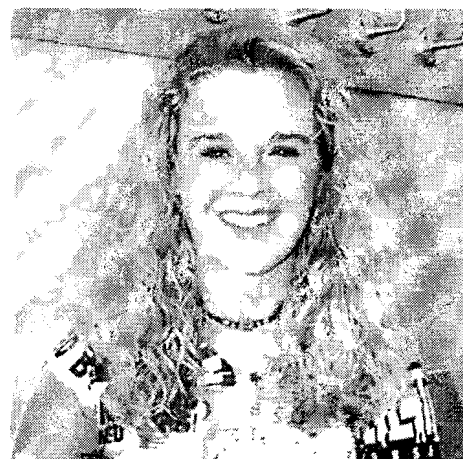
Teresa Espinoza

"I am glad that people are helping her (the mother) out. I hope everything works out well for them. I could not give birth to seven children because of the pain, and I would worry too much about them."



Rob Van Dyke

"Quite an undertaking! I think it's good for her that she was able to go through with the whole ordeal. It is also good that the community is helping them and bringing everyone together."



Aimee Beatty

"I think it would be a difficult experience, not because of the labor, but because of everything that goes along with raising seven children as opposed to one or two kids. I feel sorry for her. She has a lot of responsibility."



Russ Helms

"I think it's highly fortunate that the mother and the babies came through 30 weeks in reasonable health. Successful birthing of seven babies has never happened before. And with the grace of God, seven babies will become seven good citizens."



There Goes The Bride

A luxurious lesson in lunacy

By Patrice Harson
Bear Facts Staff

Conquering disappointment created by a co-actor who, just days before production, quit the demanding role of Timothy Westerby, the DMACC Boone Campus cast and crew of *There Goes The Bride* exemplified courage and produced laughter in mega doses.

Tim Knapp, Boone Campus student, heard of the cast's dilemma and one week before opening night gave Director Kay Mueller, speech and drama instructor, a call. He bravely volunteered his services and the Ray Cooney and John Chapman script, along with the awesome responsibility of playing Westerby, the slightly neurotic advertiser in waiting to a London brassiere manufacturing company, was placed in his trust.

Tim Knapp let no one down! His performance last weekend--which included the biggest speaking part of the play--was excellent. Fifteen minutes into the first act, few noticed he was carrying the script, and by the play's second night, Knapp barely glanced at the text while delivering delightful insanity and immense enjoyment to the audience.

Knapp danced, sang, fell out of a window and tripped across stage in everything from snappy casual wear to white boxer shorts decorated with loud red hearts. In one act, Knapp kissed and wooed an imaginary flapper, played voluptuously by Charity Peterson, then won back his real life partner, Ursula Westerby, in the second.

The forty-some-year-old Mrs. Westerby, who out of stage make-up fellow DMACC students quickly recognize as the much younger Kathleen Brice, stood by her man in a brilliantly British fashion. Brice's healthy doses of hilarious side-stepping, interchanged with pandemonium and grace, supplied the glue that held this spirited family, and cast, together.

Brice's grace under pressure made one wonder how her character could have possibly given birth to the play's whining bride-to-be. Thanks to her father's trip to never-never land, the pouting Judy Westerby, impersonated beautifully by Taunya Winters, never did make it to the altar on time. But no one on stage accentuated the term "British snob" better than Derrick Gorshe.

Gorshe's previous theater experience, accumulated through several plays such as *Bye, Bye Birdie*, *Meet Me in St. Louis* and *Hello Dolly*, added a touch of class to

this clever farce. In his role as the champagne-toting, caviar-spreading Bill Shorter (business partner of the eccentric Timothy Westerby), Gorshe executed sharp-tongued one-liners in a Shakespearean rhythm that skillfully drew the audience into the very center of this British brood's prenuptial mayhem.

Just as the seated constituency assumed that not one more inch of chaos could possibly fit on this talented stage,



Photo by Patrice Harson
Young playgoers seek autographs from *There Goes the Bride* cast. Cast members, from left to right, are Derrick Gorshe, Alan Fredericksen and Joseph Siple.

Alan Fredericksen, the doctor of disorder, entered in sporadic bursts and delivered "his perfect bedside manner."

Although Fredericksen was responsible for presenting an absent-minded grandfather, Dr. Gerald Grimmond, he consistently honored his audience by providing thoughtful motion and a natural flow to certain scenes that otherwise lacked spontaneity.

By the middle of the second act, the only sane characters on stage were Daphne Grimmond, played by Katie Niemants and Charles Babcock, performed by Joe Siple.

Niemants successfully provided clarity

There Goes The Bride Crew

Marlene Cone is a freshman on the DMACC Boone Campus. She plans to transfer to Ankeny to study restaurant management in hopes of someday owning her own establishment.

Jeremy Summerlin is in his freshman year on Boone Campus majoring in Industrial Technology.

Greg Hager, a former Boone Campus student, performed in many shows while at DMACC and generously donated his time to the set.

There Goes The Bride Cast

Tim Knapp as Timothy Westerby

Knapp hopes to graduate from DMACC this spring with an Associate in Arts degree. Although this was Knapp's first performance on Boone Campus, he also performed in *Bye, Bye Birdie* and served as a student director in other plays.

Kathleen Brice as Ursula Westerby

Brice is currently a sophomore majoring in biology and chemistry in order to pursue a career in medicine. Last year, Brice performed in two DMACC Boone Campus plays; *Play On and Clown's Play*. She also performed in *Meet Me in St. Louis* and *Fernando El Feroz*.

Charity Peterson as Polly Perkins

Peterson's natural talent is music but, for now, her major interest of study is business. She is a sophomore at DMACC and previously performed in *Bye, Bye Birdie* and *The Music Man*. Peterson also contributed to the play's choreography.

Derrick Gorshe as Bill Shorter

Giving his second performance on Boone Campus, Gorshe is a sophomore at DMACC and plans to transfer to Iowa State University then pursue a career in radio. He has performed in several plays including *Bye, Bye Birdie*, *Meet Me in St. Louis* and *Hello Dolly*.

Taunya Winters as Judy Westerby

Before coming to Boone Campus this year, Winters performed in *Annie*, *South Pacific*, *The Man Who Came to Dinner* and *The Miracle Worker*. Last year, Winters attended Northwest Missouri State and will either return there or go to Iowa State next fall to earn a degree in marketing.

Alan Fredericksen as Dr. Grimmond

Fredericksen is a DMACC freshman earning a degree in liberal arts. From there he will transfer to Iowa State to pursue a degree in secondary education.

Katie Niemants as Daphne Grimmond

Niemants is a sophomore at DMACC majoring in leisure studies with hopes of finding a job in Florida next year.

Joseph Siple as Charles Babcock

Siple performed last fall in the Boone Campus production of *Play On*. As a communications major, he plans to transfer to a four-year university to finish school and play baseball.

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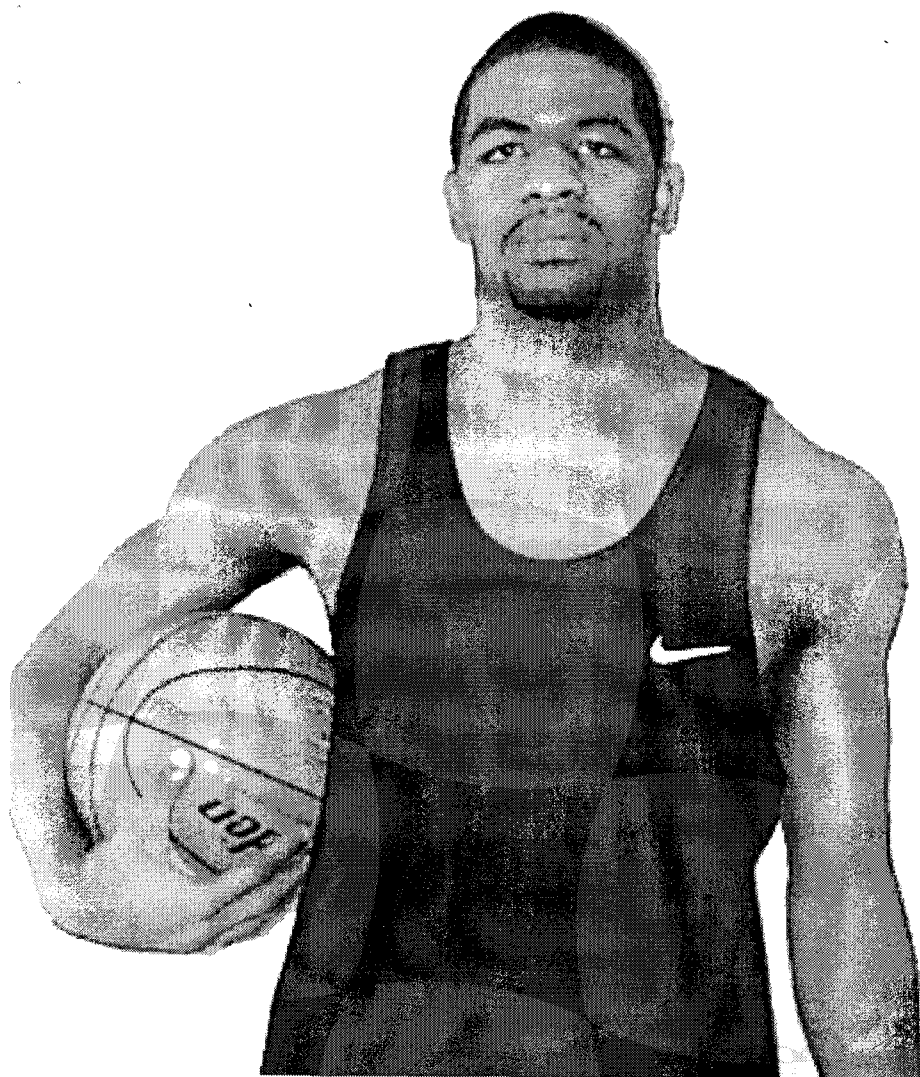
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Rodric West

West named Region XI Player of the Week Women break into win column



Men's team puts up fight against "giants" of Iowa colleges

By Jason D. Van Arkel
Bear Facts Staff

The DMACC men's basketball team spent last week throwing scares into Iowa's Division I junior college teams, earning one team member Player of the Week honors.

West earns regional honor

Sophomore Rodric West was named the Iowa Junior College Region XI Player of the Week for the week of Nov. 17-23. West, playing against some of the state's most talented teams, averaged 28 points and 12.6 rebounds in three DMACC losses.

West currently leads Region XI in both scoring and rebounding, averaging 23.2 points and 15.2 rebounds so far this season.

The Bears' record dropped to 0-5 on the year after games against Iowa Western (Clarinda), Kirkwood, Marshalltown and Indian Hills. Head Coach Terry Jamieson was nonetheless pleased with his team's play against the highly rated Division I foes.

"People do not realize the difference between a Division I college's budget and our budget," he said. "Ours is a bicycle, theirs is a Porsche. I mean that literally. We have limited, if any scholarship, and we went down there and played a giant, and we scared them."

DMACC's played Marshalltown and Indian Hills as part of the Indians Hills Classic tournament.

Other DMACC players shine

West isn't the only Bear player with impressive stats. Sophomore Codey Mann leads the region in assists at 6.6 per game. Another sophomore, Chad Behn, is tenth in scoring with 16.2 points per game and fifth in steals with 2.8 per contest.

The Bears next compete in the Dodge City (Kansas) Classic from Thursday through Saturday. They return home Thursday, Dec. 4 to face William Penn.



Women soar over Simpson JV

By Jason D. Van Arkel
Bear Facts Staff

The DMACC women's basketball team found the win column Monday night, defeating the Simpson junior varsity squad 71-66.

Gina Peter lead the Bears with 22 points. Rhonda Schmidt added 18, and Kari Hull chipped in 11 points.

The Bears started strong, opening up a quick 9-2 lead and forcing Simpson to call a time-out. The Storm battled back, though, setting the tone for a seesaw match. DMACC surrendered the lead late in the first half, then struggled back to trail by one, 33-32 at halftime.

The second half started much like the first, with DMACC regaining the lead by scoring the first six points of the half. Schmidt played the biggest role in the first 10 minutes of the half, helping to carry the team while Peter fought her way through a shooting slump. Simpson fought back yet again, and the two teams were neck-and-neck until late in the game.

The Bears took the momentum for good, with two clutch three-point shots by Jeana Crouch and a three-point play by Angie White off a missed DMACC shot. Simpson managed to reduce the score to 69-66 with under a minute to play, but Schmidt's free throws with eight seconds left sealed DMACC's first win of the year.

"It was just a good game all around," said Head Coach Kim Carlson, "(especially) from our three top scorers."

The win improved DMACC's record to 1-4. They dropped two contests last week, falling to #3 Kirkwood and the Graceland JV team.

Crouch, playing her first game of the season after being ill with mono, scored 18 points against Graceland. Schmidt lead the team with 20 points, and Hull added 11 points and 14 rebounds in the 85-65 loss.

Peter lead the Bears against Kirkwood with 18 points. Hull had nine rebounds, and Katie Kirkegaard added eight boards.

DMACC plays the Simpson JV team on the road on Monday. They play their next home game Tuesday night against the Central College JV squad.

The Upper Deck

By Jason D. Van Arkel
Bear Facts Sports Editor



Hey, sports fans, it's Thanksgiving time--the time for all of us to give thanks, pig out, and watch a ton of football. Still, the best game of the weekend won't be until Monday night, when the Green Bay Packers take on my own personal favorite, the Minnesota Vikings. "Gee, Mr. Favre, we're not in Lambeau Field anymore.."

But enough about football. How 'bout our own DMACC women's basketball team? Yeah, sure, they're 1-4, but some of those losses were to Division I teams. Monday night, they sent the Simpson JV squad home sorry, knocking off the Storm 71-66. It was a close game, but an impressive win for the Bears. Between Jeana Crouch (good to see her back), Kari Hull, Gina Peter, and Rhonda Schmidt, DMACC has quite a scoring punch. All

four of them could easily average in double figures all season long. Hull, Peter and Schmidt all scored in double digits, and Crouch hit two crucial treys down the stretch to key the DMACC win.

Folks, this is exciting, fast-paced basketball. If you've never been to a women's game, do yourself a favor and treat yourself to at least one game this year. You honestly don't know what you're missing.

A quick shout-out before I go to Rodric West for being named Region XI Player of the Week. Talk about domination inside...averaging 28 points and 12.6 boards. Rodric, this Dew's for you.

That's all for me. Sit back, relax, don't eat too much turkey, and have a great holiday weekend.

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Thanksgiving Holiday

No Evening Classes November 26
Vacation. November 27, 28, 29

From the Staff

Thanksgiving Day. You sit down at the family table, pile your plate full of turkey and stuffing, and stuff your face to the point where you can't move-except to grab that slice of pumpkin pie. What's missing here? Well, did you stop at some point and give thanks? Now, you might be saying, "Well, I don't believe in God/praying/etc." That's not necessarily the point. The point of Thanksgiving is to stop, at least a moment, and realize how blessed/lucky you are to be living comfortably. We so often take things for granted-things like going to college, eating good food, having a loving family and a good home. People all over the world-heck, people reading this article-- know what it's like to not have those things.

If you want to truly appreciate how thankful we should be, do more this weekend than just eat like crazy and watch football. Go down to a homeless shelter or food kitchen. See for yourself how the people there survive. Talk with them, listen to them, walk a mile in their shoes. You'll realize just how blessed you really are, and you'll start to understand the true spirit of the holiday. Then, don't just sit around thinking, "Boy, I'm glad I'm not like them!" The truly thankful people are the ones who not only appreciate their blessings, but also reach out to help those who are less fortunate. Find a way to be a blessing to others.

From all of us at *Bear Facts*, have a happy, safe Thanksgiving.

TRUTH OR CONSEQUENCES

How Much Do We Really Know?

By Lorraine Powell
Bear Facts Staff



Knowledge is a strange thing. It is always producing more of itself. My children have classes in school today that I never had forty years ago. They learn what smoking and alcohol do to your body; they learn about AIDS and other STD's; they learn about the consequences of sex. Knowing these things will make them more accountable for their actions than I was, not being taught the truth.

However, one thing that perhaps is not taught today is how dangerous it is to think that you know everything. Life and life's experiences teach us that Einstein was one of the greatest thinkers of this past century, but did he "know" that the consequences of that knowledge would put the world in such potential danger?

One thing I know for sure is that knowledge is constantly growing and the potential for new and different truth is right around the corner. It is important to me not to know everything because, if I did, this would disallow my knowing any more.

The 21st century is the gateway to a new millennium that will usher in new knowledge and understanding for all those who don't already think they know it all. There is a fine balance between being "learned" and being always ready to learn more. I want to find that balance.

Horoscope Horror

By Jason Rearick
Bear Facts Staff

Aries (March 21-April 19)

One day you will wake up on the wrong side of the bed.

Taurus (April 20-May 20)

You go to breakfast and it will turn out to be lunch. You then go to lunch and it will be breakfast. Go figure.

Gemini (May 21-June 21)

On your way to school, you will have two

front flat tires.

Cancer (June 22- July 22)

The flat tires end up dropping your car so low to the ground that it loosens your oil pan and you lose two quarts of oil and barely make it to school. Thanks to Dura Lube 2000, your AAA card and the gas station on the corner.

Leo (July 23-Aug. 22)

You end up being 20 minutes late for class and you wonder why no one is there. Maybe you are late, or maybe it is just Saturday and you wasted your whole morning of beauty sleep. Oh, poor baby.

Virgo (Aug. 23-Sept. 22)

You go home to get your much needed beauty sleep. When you get into the bed the



By Moses Lueth

Daily Grind

The Bone-Head of the Month award goes to Washington Redskins quarterback Gus Ferrot for his endzone celebration Sunday against the New York Giants.

Is there an intelligence test these quarterbacks have to take before smashing their own heads into a wall? By doing this he took himself out of the game with a neck injury and that may have been what caused the game to end in a tie.

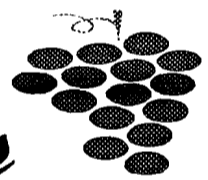
That move was a NO BRAINER. Duh, why would anyone with half a brain smash their head into a wall for celebration? It doesn't make sense to anyone who was watching at the time of the incident. There are definitely better ways to celebrate, for instance, the 1985 *Super Bowl Shuffle* introduced by William "The Refrigerator" Perry. Maybe even the Ickey Shuffle or let's go to Title Town and do the Lambeau Leap, which involves jumping into the crowd not trying to shake them out of their seats with a head butt.

Hey, he could have even copy-catted *The Spiderman* from Andre Rison. All of these solutions deal with a lot less pain and suffering and even look a whole lot cooler.

If he was going for attention, he should have just boxed the goal post like Ken Norton Jr. did or slam dunked the ball like Alvin Harper when he played for Dallas.

If we have learned anything from this little incident, it would have to be think before you drink--I mean celebrate.

Melinda's Musings



I really enjoy fruit with my breakfast cereal. Banana or peaches with cornflakes or raisins and bran flakes. I would eat cornflakes without fruit, but there's no way I'd eat bran flakes without raisins.

Courses at DMACC are like raisins and bran. Some are oh, so sweet like raisins. Yet others, like bran flakes, are good for you but difficult to swallow without sweetening. The trick is to ration out the raisins so that there is a raisin and bran flakes in every bite.

Math courses are my bran flakes. I knew that if I procrastinated I would be dreading it until I got it over with. Because it had been fifteen years between high school and DMACC I began with arithmetic. From there I went to Introduction to Algebra. Neither basic math or introductory algebra count except as stepping stones to Finite or Statistics or Math for Elementary Educators. From Finite I went to Survey of Physics.

This semester I'm finished with math so I have a bowl of more raisins than bran flakes. Yummy.

wrong way, you lay down in a pile of garbage you knocked over in your haste to get ready for school, but it is too late. You fall into the bed, head first.

Libra (Sept. 23-Oct. 23)

For the next half hour you are brushing your teeth and trying to get that nasty smell off of your face and out of your mouth.

Scorpio (Oct. 24-Nov. 21)

You then remember about your prior arrangement with your girlfriend. You were supposed to go to the movies together.

Sagittarius (Nov. 22-Dec. 21)

She keeps asking what that horrible smell is, and you keep telling her that it is the fat guy behind you making the unbearable odor.

Capricorn (Dec. 22-Jan. 19)

A 300 lb. college linebacker overhears you,

gets up and is ready to beat you senseless with his seat cushion, when he compromises and steals your girl, instead.

Aquarius (Jan. 20-Feb. 18)

Then you proceed to leave the movie theater because your day couldn't get much worse than what it already has. Could it?

Pisces (Feb. 19-March 20)

No your life couldn't get much worse. This vivacious looking woman comes up to you and you wonder what the heck is wrong with her. Why would she want to talk to me? I'm just a smelly loser. She says "Hi, you left your coat in the aisle and I thought I would just pick it up for you. By the way, I love your cologne, what is it?"