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Banner News Student Work

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Banner News

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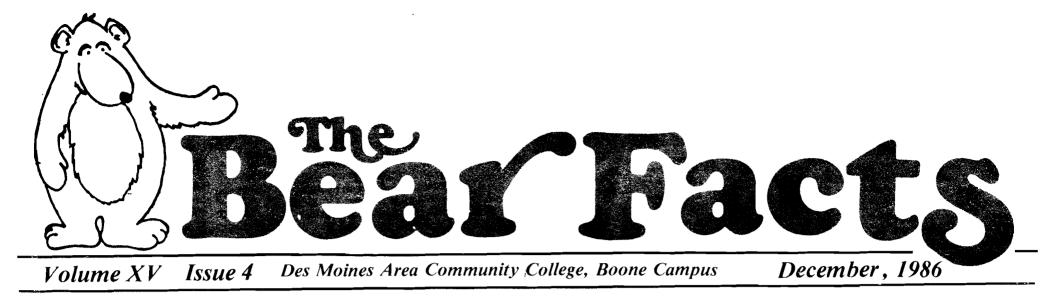
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Authors Justine Shriver, Cathy Veale, Kriss Philips, Sabra Borich, Rob Kahler, Jon Wright, and Cynthia Cory					



Dating Game At DMACC

by JUSTINE SHRIVER Staff Writer

To enliven college life here at DMACC - Boone Campus, the recreation department decided to try its own version of the Dating Game. Twelve Boone Campus students participated in the event Friday, Oct. 17.

Prospective contestants signed their names and phone numbers and put them in a box in the office. The names were kept anonymous. Rec. Club students organized the 12 people into sets of four with one person asking questions and three answering them.

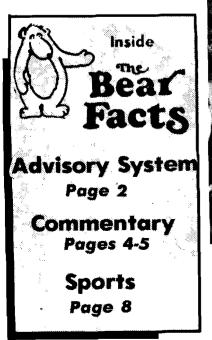
Bob Alley was the master of ceremonies for the event, held in the lounge.

The audience found questions such as "How would you greet me when I come home after being overseas for six months? very entertaining.

The three "lucky couples" were Sue Havnen and Dan Scott, Vicki Reece and J.R. Herrick, and Scott Vail and Linda Ingram.

The couples will enjoy a romantic evening at Godfather's Pizza in the near future.

One spectator suggested a version of the "Love Connection" should be tried at Boone Campus to involve the audience





Boone Campus students await the beginning of the campus version of "The Dating Game" recent-

ly, in the Campus Center. The Boone Campus Rec. Club sponsored the event. Photo by Sabra Borich



Bob Alley, standing, master of ceremonies at the Boone Campus "Dating Game" speaks with contestant Dan Scott, seated, as Boone Campus students eagerly await Scott's decision. The three winning couples were Scott and Sue Havnen, Vicki Reece and J.R. Herrick and Scott Vail and Linda Ingram. They will all enjoy dinner at Godfather's. Photo by Sabra Borich

Hosts Annual Auction

The Boone Campus cheer squad will conduct its annual fund raiser auction Wednesday, Dec. 10 at noon in the lounge.

Many items have been donated by local businesses, students and staff.

Proceeds will be used for yearly expenses of the group, including new equipment and uniforms as needed.

Last year, the squad purchased a new mascot, D. Macc Bear.

Members of the cheer squad are Tami Porter, captain, Vicki Reece, Michelle Turner, Paula Schneider, Sharon Frampton and Sue Havnen. Jinny Silberhorn is the advisor.

Join in the fun: attend the cheer squad auction this year!!

Spanish Class Takes a Trip

by CATHY VEALE Staff Writer

This semester's Elementary Spanish 1 class went to the play Mananas de Abril y Mayo Tuesday, Nov. 18, at North High School in Des Moines.

The play, a drawing room comedy, was presented in English and Spanish, with the setting in Madrid, Spain.

(The title of the play means Mornings of April and May in English.)

The class left Nov. 18 at 8 a.m., arriving at North High School about an hour later. The whole class enjoyed listening to the performers as they spoke in Spanish and English.

Students said it was amusing to watch the actors walk backwards to assume the position they were in before, so they could say the lines again in Spanish or English.

After the play, the class piled into the van and arrived at Chi Chi's Restaurant in time to have a great lunch of Mexican

The whole class left Chi Chi's tired, happy, and wearing Chi Chi hats!

Register for **Book Store Drawings**

Shopping for Christmas? Looking for that special gift?

The Boone Campus Book

Store is providing added incentive to your gift buying.

A drawing will be held Wednesday, Dec. 17, for two Wilson footballs valued at \$40 each, and a black and white television set. To enter, just purchase at least \$10 worth of gift merchandise at the Book Store, then register for the free giveaways. (Books and school supplies do not count for gift purchases.)

Merry Christmas

From The Bear **Facts Staff**

Page 2

Comments From the Dean

by KRISS PHILIPS

I fully anticipate an exciting basketball season this year. The Lady Bears and the Bears need all of our encouragement and support to help them have a rewarding and successful basketball season!

We plan to continue with our past practice of encouraging our Boone Campus employees and their families to attend all home ball games as the guests of the Boone Campus athletic department.

I hope to see you in the gym!!

In the very near future, it is possible I will need to consider canceling school at Boone Campus because of inclement weather.

This decision is often a difficult and confusing one to make. There are times that it will be necessary to deviate from the closing of the Ankeny Campus. When in my best judgment these times exist, I will take the appropriate action.

I have specifically asked Delbert Peter and Ken Brown, custodial staff, to advise me in making this decision.

I plan to arrive at this decision no later than 5:30 a.m. if the conditions in the early morning hours warrant. I will notify the local radio station KWBG, 1590-AM, immediately upon my decision. Then I will notify Peter and Donna King.

As time does not permit me to notify everyone, the most logical way for you to learn of our school closing will be to listen to KWBG. Other stations that will be notified are KCIM, Carroll; KEZT-FM, Ames; KDLS, Perry and Jefferson.

If the weather conditions during the school day warrant an early dismissal, I will make that decision, notify the staff, and notify the radio stations as soon as possible.



Bob Alley, left, master of ceremonies of the Boone Campus "Dating Game" is about to announce the lucky winner of a date with Dan Scott, right. As it ended up, Sue Havnen won an evening out at Godfather's Pizza with Dan! Photo by Sabra Borich

Registration Is **Underway Now**

spring Registration for semester is now underway, according to Rich Finnestad, coordinator of student services.

The spring schedules, printed in newspaper form, are now available on campus.

Students may seek their advisors if they need suggestions

for classes to take. Spring semester begins Mon-

day, Jan. 12, 1987. Here is a spring semester calendar:

Monday, Jan. 5: Payments are due.

Monday, Jan. 12: Spring semester classes begin.

Friday, Jan. 16: Last day to

add a class.

Monday, Jan. 19: No classes; offices closed.

Friday, March 6: Mid-term. Monday through Friday, March 23-27: Spring break; no

Monday, March 30: Last day

to drop classes. Wednesday, May 6: Last day

of spring semester classes. Wednesday, May 6: Commencement exercises in Boone Campus gym.

Monday, June 1: Summer term begins.

Boone Campus Advisory System

by CATHY VEALE Staff Writer

("Ann" is a fictional name used only as an example in this ar-

Ann is a student at Boone Campus. She is a transfer student from Ankeny Campus and when she received her "early bird" registration notice, she became aware she had an ad-

What is an advisor, Ann asked herself. Ann is probably like many students at Boone Campus, wondering what an advisor is and how they can help.

An advisor is a faculty member of the college, either full or part-time, who helps students plan their academic schedules in a particular area of study.

Rich Finnestad, coordinator of Student Services, said, "As we accept students, we try to look at their area of study, the program they want to get into, and what university the student would like to eventually attend to continue their studies. George Silberhorn (counselor) and I have the first meeting with the student, and we set up their classes for the first semester.

'But I feel in addition to us, students need to have someone

else talk to them with expertise in the student's area of study.

Advisors are chosen in the fall according to the advisee's area of study and the amount of time the advisor spends at Boone Campus. Sometimes, though, there are not enough advisors for the number of students in a particular area. Either Silberhorn or Finnestad will then take that student as an advisee

The advisor program at Boone Campus has been underway for five years. Though it is not entirely perfected at this point, the program has worked fairly well so far, according to Finnestad.

"The advisor-advisee program is based on a person's needs, on an informal basis. It has some structure, but we still want the student to have a portion of input when compiling a schedule," he said.

So next time you are looking at the name of your advisor, try to find him/her and ask for help. In the long run, it could mean some helpful knowledge for you to help you become better prepared for continuing your education or breaking into the job market.

Do You Have a Story Idea?

The Bear Facts is published monthly by the publications production class and is distributed free of charge to students, staff and friends of the school.

If you have a news story or photo idea, simply write it down and place it in Jill Burkhart's mailbox in the library.

SUPPORT THE BEARS!



THE BEAR FACTS is the official student publication of the Boone Campus of the Des Moines Area Community College. The staff welcomes suggestions and contributions, which should be submitted to the editor. The newspaper is published nine times a year and is distributed free to the students, staff and friends of the

REPORTERS: Justine Shriver, Diana Smith, Cathy Veale, Jon Wright, Terri Bappe, and Rob Kahler PHOTOGRAPHER: Sabra Borich ADVERTISING: Diana Smith ADVISOR: Jill Burkhart

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Duane Sorensen, nursing student, takes time out for some relaxation in the Campus Center. He probably doesn't realize there's a hot card game going on behind him! Photo by Sabra

Assoc. for **Employees**

by ROB KAHLER Staff Writer

Are you an employee of DMACC - Boone Campus, and do you have an issue you feel needs discussing? The place to go is the Boone Campus Employees Association.

President Bill Alley, recreation instructor, said, discuss matters that are relative to the campus.

"We're open to any employee at DMACC," he added.

The employee association has an estimated 50 members, out of around 120 employees.

Officers are elected annually. This year's officers are: Alley, president; Lee McNair, vice president; Sunny Powers, treasurer; and Sandi Johnson, secretary.

Meetings are held monthly and dues are \$10 per year.

For more information, see Alley or any officer or member.

Try Your Luck At This **Boone Campus Trivia!**

by CATHY VEALE Staff Writer

As fall semester draws to a close and you begin studying for final exams, take a few minutes out and try your luck at these brain teasers!

1. What year did Boone Campus become a part of DMACC?

2. What was the name of Boone Campus before it became a part of DMACC?

3. What year did Boone Junior College begin?

4. How many semester hours does it take to get an Associate in Arts degree?

5. Who were the last two major contributors to the Boone Campus Foundation?

6. Who operates the Campus

7. Who is the senior custo-

8. Who is in charge of the Learning Center?

9. What was the last Boone Campus play?

10. How many international Campus?

11. What is the name of the Boone Campus mascot?

dance?

13. When is homecoming?

14. How many players are on

dian?

students are there at Boone

12. When is the Christmas

the baseball team?

Stop By The

Campus Bookstore

For All Your School Supply Needs

What's On Your Christmas List?

by SABRA BORICH

With the Christmas holiday just around the corner, several Boone Campus students were asked what the No. 1 item on their Christmas list was.

Mary Bailey: A Mercedes 450 SL convertible.

Sarah Cox: A kitty.

Eric Dockstader: \$10,000 to finish school.

Dee Harvey: I'll never tell! Jon Vachris: To see "Cats" in New York City.

Kim Martin: I want a certain somebody (EMT).

Dan Coder: Health and pros-

Schanon Darling: Bruce Wil-

Jody Scott: A cute Canadian with blue eyes!

John Allberry: My two front

teeth. Carole Beck: Anything and

everything Scott Johnson: 25 lbs. or a

Jill Croft: \$1 million and Rob Lowe.

The Bear Facts staff extends a hearty "Merry Christmas" to

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All Boone Campus students, employees and campus guests should take note that all areas designated as "no parking" in the fire lanes will be stringently enforced.

All vehicles parked in the areas clearly marked "fire lane" are subject to being towed away at the owner's expense at anytime, day or night, according to Dean Kriss Philips.

Vehicles may be retrieved at Condon's Getty Station at the corner of Story and Mamie Eisenhower Streets, Boone.

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Commentary

-Video Review Corner

by JON WRIGHT

SPACE CAMP

"Space Camp" is a fantastic movie, not because it is a special effects extravaganza. which it is. "Space Camp" is a wonderful, uplifting movie because it centers on the humans in the story. The result is touching humanness which is transferred from the characters to the screen.

'Space Camp'' takes place in a space school in Huntsville. Alabama (such a school does exist in reality). The school is designed to give students hands-on training with the latest equipment. The students experience zero gravity, space problems in disorientation, adapting to cramped quarters, and the general rigors of life millions of miles from the nearest McDonald's. The class is led by teacher Andy Berkstrom (Kate Capshaw), who along with her husband Zach (Tom Skerritt), assists and trains the students by taking them through mock situations in flight simulators, similar to the kind pilots use.

The students here are not a bunch of genius techno-wizards with no personalities. On the contrary, they are very sensitive individuals who are serious about the training. while still maintaining the playfulness and endless curiosity of young people. They worry about social attitudes and relationships, like most kids.

Problems are created, however, by an adorable droid named appropriately
"Jinx." Afron -enough. "Jinx." After the students board a real shuttle to experience a test firing of booster rockets, Jinx creates a malfunction in the ground computer. Jinx creates a thermal curtain tailure, which means one booster will launch. The ground crew must launch the other booster, otherwise the shuttle will fall over and kill everyone on board. The reason Jinx does this is simple: His good friend and student Max (Leaf Phoenix) states he would like to "go up in space." Jinx, being one who is programmed to obey orders to the letter, sets things in motion, and the shuttle is off.

On board, the crew, luckily with Andy on board, is forced to learn more quickly than they ever imagined. Andy can pilot the ship, but she must have the full help of all crew members to safely maneuver the shuttle. The students exhibit anxiety, fear, anger, and are faced with life-threatening situamany tions.

I won't give away any more than that, except to say that the ending is upbeat and uplifting. In-between we are treated

to excellent special effects. All of us have seen live camera shots of the space shuttle on television, and we expect, and receive, vivid and believable effects that complement the actors rather than overshadowing them. Very credible performances by Lea Thompson, Kelly Preston, and Tate Donovan in his first role, lend an extra layer of realism to the film, and the ensemble work movie magic together.

Space Camp," a tender, gem of a movie will leave you feeling good. Check it out for the holidays.

COBRA

*1/2

Sylvester Stallone is probably a nice guy. After all, he has risen from almost total obscurity in "Lords of Flatbush," to a mega-superstar who demands and receives \$12 million per movie. I envy the man. I also think that "Cobra" is irrefutable refuse, something to be removed from the planet with kerosene and match.

"Cobra" is Marion Cobretti (Stallone), a street-wise, quiet cop who leads a group of undercover detectives called "The Zombie Squad." Whether there is some allusion here to the early television series from the 1970's called "The Mod Squad" could not be determined conclusively by this reviewer. In any event, Cobretti, as a "Zomdoes not worry about criminal psychology, or terrorists with social grievances, or innocent bystanders. His vision is a simplistic one. Cobretti wears "cool" shades, sucks on a matchstick, doesn't "deal with psychos," sips an occasional beer, and annihilates slimeballs. Simple, Clean, Pure, Effective.

Cobra is called upon to match wits (maybe "dimwits" is more fitting in this context) with "The Night Slasher," who has randomly mutilated 16 people and is obviously looking for love in all the wrong places. The Slasher is actually part of a much larger group of people, all of whom have visions of starting a "new world." These pseudo-pilgrims continue a massive onslaught of human destruction, and so Cobra begins his hunt.

Enter beautiful high-priced model Ingrid Knudsen (Bridgett Nielsen. Stallone's real life wife), who is targeted by Slasher and company after she sees the face of one of the gang during one of their nightly killings. Cobra and close partner (Reni Santoni) are assigned to protect Knudsen, and our happy threesome leaves the city for the green grass and Slasher-less hills of the surrounding countryside. Unfortunately,

killers catch on to their plan, in part because another cop assigned to protect Knudsen also happens to be a member of that now famous group, "The New World Killers-Starring the Slasher."

The end is predictable, of course, with car chases, foot chases, explosions, blood gore, death, and enough ammunition and firearms to make a contra's mouth water. The big climax pits Slasher against Cobretti, with our poor Slasher stuck on a meat hook, carried into the fiery furnaces of Hell, reserved for sinners and slashers.

"Cobra" is sour bologna with spoiled mayonnaise and moldy bread. Look elsewhere for your late-night snack.

BORN AMERICAN arf-arf

"Born American' analogous to going to sleep, experiencing a very vivid and exciting dream, and suddenly discovering a spider in your mouth.

The movie actually begins with a very intriging premise: What would happen if three young American men, out hikin Finland along the Lapland-Russian border, were caught by Russian border patrol? It sounds interesting, and as one watches the plot unfold, one wonders if the film will continue on, in its very entertaining manner, or, like so many films, will it find some way of screwing up? The answer was not long in coming.

The Americans are brought to a high ranking official, we assume, of the Soviet government. Here, they are subjected to some incredibly graphic corture. Taking a theatrical hint from Olivier's portrayal of the inhuman Nazi war criminal in "Marathon Man," our Soviet official breaks a Pepsi bottle over one American's head, complete with close-ups, uses a pencil to push and prod at bullet wounds suffered by another American, while constantly asking the rhetorical question, "Does it hurt?" The official also connects electric wires to the chest of our Pepsi bottle victim, then cranks up the voltage and steps back to watch the fun. Jump-starting a human being is not a pleasant thing to watch.

Eventually our three luckless Americans are taken to a prison which makes Alcatraz look like Disneyworld. The other prisoners are almost as inhuman as our Soviet "slasher," while some kind of human chess game goes on upstairs, complete with some folks that probably have only a nodding acquaintance with soap. Here the film took an even more severe tailspin. At this point I decided

Movie Review: Star Trek 4

by CATHY VEALE

Staff Writer

"Star Trek 4: The Voyage Home" is the best movie since
"Ghostbusters." The movie, which stars William Shatner (Kirk), Leonard Nimoy (Spock), and DeForest Delley (Dr. McCoy), is a testimonial to all "Trekkies" that Star Trek is not dead, but very much alive!

The movie begins with the crew of the USS Enterprise on the Planet Vulcan. They are trying to repair the damage on the "borrowed" Klingon ship, Bird of Prey, so they can go back to Earth.

If you remember Star Trek 3, the crew of the Enterprise saved Spock, who had been "born again," from the Klingons on the Planet Genesis, created by Kirk's son, David. In order to escape, the crew had to take the only transportation available, the Bird of Prey. In this movie, the ship was renamed the USS Bounty as a joke by Dr. McCoy.

The whole crew, including Spock (who still can't remember much), decides to go back to Earth to face the nine charges Star Fleet had against them.

On the way back to Earth, the crew receives a message they are not to land on Earth or go anywhere near it because there is a probe hovering over Earth causing chaos. Heavy, torrential rains are sapping all the power out of Star Fleet and rendering it de-

The probe is emitting whale-like sounds, so the crew decides to go back to a time when there were such things as whales, and investigate. (The last whale was seen in the 21st century, according to the script.)

The crew lands in the late 20th century in 1986. They land in a San Francisco park and Kirk says one of his funniest lines: "Remember where we parked." (Because the Klingon ship is somewhat advanced, it has a cloaking device on it so the ship is made invisible to the naked eye.)

The only problem, besides finding the whales and building a tank for them, is that the dilithium (energy) supply in the ship's engine is running down and the only way to regenerate the supply is to find some nuclear power.

Kirk sends Uhura and Chekov (a Russian) to find the nuclear power they need. In one scene, Chekov and Uhura are standing on a corner in the middle of San Francisco and see a policeman; Chekov asks him, "Vhere es de nuclear power plant?" The policeman doesn't say anything, but they finally find the nuclear power at the boat yards of the United States Navy. Guess what the aircraft carrier's name is. That's right, the Enterprise.

Meanwhile, Kirk and Spock find the whales and Kirk meets a marine biologist by the name of Gillian Taylor (Katherine Hicks). Gillian is worried because the institute where she works and the whales are kept is setting the whales free the next day. After Gillian tells Kirk, the crew hurries to assemble everything for the

Gillian goes to the institute early and finds that they have already let the whales go. When Kirk hears that, he beams her up to the starship, and the crew begins pursuit of the whales. They finally find the whales off the coast of Alaska and beam them up right before a whaling ship captures them.

The crew returns to the 23rd century with Gillian on board.

The Bird of Prey crashes in San Francisco Bay, barely missing the Golden Gate Bridge. After they free the whales, the crew cleans up and assembles before Star Fleet's high council.

The movie really makes a person take a look at himself. It explores every type of culture Earth has to offer.

The movie's animation and scenes are so excellent that this seems to be the best movie in the Star Trek series. Also, if the first two days' movie sales figures of \$9 million are correct, "Star Trek 4" will be the biggest box office smash and might beat out all of the Rocky movies combined!

This movie is not only for "Trekkies," but for anyone who wants to see a good movie.

"Star Trek 4" is currently playing at Valley 3 and Southridge 3 in Des Moines. The cost is \$3.50-\$3.75

The movie comes to Ames in the Mall I theater Dec. 19.

to bail out.

The worst aspect of "Born American" is not the unnecessary and graphic violence as much as it is the totally unrealistic portrayal of the Soviet people. Here they are depicted as inhuman monsters who get their jollies out of

watching human suffering. The film's decidedly pro-American. anti-Soviet tone is obviously designed to bring out our feelings of patriotism. Instead we feel like relocating to Russia and escaping the torture of watching films of this caliber.

News from Other College Campuses

Final Exam Times

Palo Alto, Calif. - Several Stanford faculty members have expressed harsh criticism of colleagues who give final exams prior to their regularly scheduled time.

Calling himself "a hard-liner on finals," Prof. Anthony Siegman, electrical engineering, said students have "an absolute right" to expect that final exams won't be given ahead of their regularly scheduled time.

Requesting more data on the actual use of classroom space, he added, "I suspect our efficiency is not what it ought to be" in using present facilities. Having "a few" more 8 o'clocks would reduce class scheduling conflicts, "a continual bane of student existence," he added.

One graduate student said it was rather distressing that as many as 10% of final exams are given at inappropriate times. While faculty may be reluctant to require compliance by their colleagues, he noted that one fellow student had three finals scheduled during "dead week" this quarter.

Prof. John Perry, philosophy, suggested that the same low-lifes who give exams in "dead week" are not likely to return surveys asking about their compliance with University rules on final exams.

Oops! Have We Goofed?

The Bear Facts staft, in an effort to cover the events of Boone Campus effectively and efficiently, will print corrections should mistakes be made in spelling names or reporting the facts.

Simply bring the mistake to the attention of a staff member and a correction will be printed in the next issue.

What to Look Forward To in 1987

by JON WRIGHT

The calendar year is nearly over, the academic year is half gone, Christmas and New Year's Eve are just around the corner, and finals lurk in the foreseeable future like large carnivorous monsters just looking for a good meal.

So what have we, the brilliant young minds of this institution of higher learning, to look forward to in the upcoming new year? Can no one offer any intelligent insight into what sociological battles will be fought in the upcoming 12 months.

Here then, are my predictions for 1987.

In a startling move, a special congressional hearing into the Iranian arms deal will be held. President Reagan will be summoned to testify about wrongdoing. In an impassioned plea, Reagan will convince Congress and the American people that the Iranian deal, and in fact the past six years of his presidency did not occur, that it was only "a dream."

President Reagan, in a sweeping move, will enact legislation eventually passed by Congress that will allow a president to run for an unlimited number of terms. Reagan will continue as president until his eventual defeat by his son, in 2004.

A new bomb will be unveiled by the Army. Called a Contained Apparatus Nicotine Cell Eradication Repercussion, or CANCER for short, the bomb will have the nicotine equivalent of 500 billion cartons of Marlboro Lights, 100 billion cartons of Winston Ultra Lights, or two packs of non-filter Camels. The bomb, after detonated, will kill an estimated 90% of the population of a small city within 20 years, without destroying houses or buildings.

In sports, a new form of chewable cocaine will replace tobacco as the number one chaw among major league baseball players. The baseball commissioner will immediately sanction the drug as the official chew of major league baseball.

At DMACC-Boone Campus, a blue ribbon panel of faculty and administrative personnel will be appointed to investigate the disquieting possibility that the buildings of DMACC were built on ancient Micmac burial grounds. The investigation will center around testimony from students who report nausea, dizziness, headaches, and cramps at certain times of the day, specifically, Monday mornings, Friday afternoons, the day before school holidays, and during the second weeks of December and May. School administrators will conduct spot-spirit testing on students who exhibit outward signs of spiritual possession. Costs for the investigation will be obtained through 20% boosts in tuition.

We'll see what happens.

The Empty Barn

It stands forlorn, no children shout, or laugh, while turning cattle out;
Or climb the rafters just to see the baby pigeons, cute and wee
No tittle calf to suck a thumb, or wag his tail when feed time's come.
No newborn kittens in the hay; no darling pups to romp and play
No pony with a praining gail, to whinny when the oats come late
No cats in proud, impressive row, awaiting milk as white as snow.
No caus to moo — no catile calf; just worn-out ropes upon the wall.
No stamping hoofs, no smell of hay, no oats to level at close of slay
No triendly mcker from a stall, no gentle eyes — no sound at all
Y barn is such a sad, sad place, with not one eager triendly tace
hist cobwebs hanving on the beams, an end to life — an end to dreams
Time slipped gway, and stole all these, but years and years of memories
No time can steal.

No time can steal.

So while the drifts are piling high and arctic winds go ratifing by

This old barn stands, and takes its ease and warms its heart with inemories.

And yet — it's such a sad, sad place; just empty stalls, no friendly face.

-Author unknown

Ways to Wellness

by CYNTHIA CORY Holistic Health Nurse

The holidays are often a time of resolution, with positive change the ultimate goal. I would like you all to consider a positive change toward wellness!

Wellness is more than the absence of illness: it is more than a static state which you attain and then sit back. Wellness is an ever-expanding experience of purposeful, enjoyable living. This experience is created and directed by the individual.

The following guidelines can assist you in setting your resolutions to achieve wellness.

- Know what your real needs are and how to meet them.
- Express your emotions in ways that communicate what you are experiencing.
- Act assertively, not passively or aggressively.
- Enjoy your body through nutrition, exercise and physical awareness.
- Engage in projects that are meaningful to you and reflect your most important inner values.
 Know how to create and cultivate close relationships with
- Know how to create and cultivate close relationships with others.
- Respond to challenges in life as opportunities to grow in strength and maturity, rather than feeling beset by "problems."
 Create the life you really want, rather than just reacting to
- Create the life you really want, rather than just reacting to what "seems to happen."
- Relate to troublesome physical symptoms in ways that bring improvement in condition as well as increased knowledge about yourself.
- yourself.

 Enjoy a basic sense of well-being, even through times of adversity.
- sity.

 Know your own inner patterns, emotional and physical, and understand signals your body gives you.
- Trust your personal resources to be your greatest strength for living and growing.

Wellness is a lifestyle designed by you to gain your highest potential. The result of a good design is a sense of well-being in your physical, mental, emotional, and spiritual life.

Make 1987 the beginning of your wellness lifestyle.

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lowa PLUS loans are to help parents cover the cost of their children's educational expenses, up to \$3,000 per year/per child!

lowa ALAS loans are designed to assist graduate or independent undergraduate students meet the financial responsibilities of their college education.

Citizens' knows the value of higher education, we're here to help you meet your challenge. Set up an appointment at the Financial Aid Office in Beardshear Hall to visit with our on-campus representative, Sharil Morain, at Iowa State University or stop in and see us at 724 Story St. in Boone. Let Citizens' handle all your student loan needs.



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Gary Pigney, Tami Wirth, and Jill Croft smile for the camera! -Photo by Sabra Borich

News Briefs

Parents' Night

Several parents attended the annual Boone Campus basketball parents' night Saturday, Dec. 6 during the home game with Marshalltown in the gym.

Parents of the men's and women's basketball players, cheerleaders and drill team were invited to attend.

Following the games, an informal ice cream social was held in the Campus Center, with Boone Campus faculty and students also attending.

Art Course Changes

There have been some changes and additions made in art courses for spring semester, 1987.

Arts 102 (drawing) and Arts 104 (painting) will be held from 1:25 to 4:25 p.m. Tuesday and Thursday instead of M-W-F from 8 to 10 a.m.

In addition, two sections of art appreciation will be offered. Arts 101BA will meet as listed

in the schedule. A new section, Arts 101BB, will meet Monday from 6:30 to 9:35 p.m.

Board Meets

The DMACC board of education approved building contracts, a board policy, sale of a student built house, and heard a summary on student housing at its regular meeting Tuesday, Nov. 18 at Ankeny Campus.

The final payments to building contractors were approved for reroofing the Boone Campus gym, construction of the daycare center at Ankeny, the Carroll Campus facility, the Golden Circle Incubator at Ankeny and the boiler installation at Boone.

Directors approved a board policy providing college guidelines expenditures for retirements, employee awards, meals and institutional membership. Individual membership dues to local civic organizations remain the responsibility of the member.

In other action, the board:

• Approved the sale of a student built home in Ankeny.

GMMT) Events!

WEDNESDAY, DEC. 10—

Registration for spring semester is still underway. Students may seek their advisors with questions regarding which classes to take.

WEDNESDAY, DEC. 10-

The cheer squad will conduct its annual fund raiser auction Wednesday, Dec. 10, beginning at noon. Items for auction have been donated by local businesses, students and staff. Proceeds will be used for yearly expenses, new equipment and uniforms as needed.

WEDNESDAY, DEC. 10—

The Boone Bears and Lady Bears will meet Ellsworth College, there, with the women playing at 6 p.m. and the men at 8.

FRIDAY, DEC. 12-

A dance for Boone Campus students, faculty and staff will be held Friday, Dec. 12 at 8 p.m. at Moose Lodge.

SATURDAY, DEC. 13-

The Boone Bears and Lady Bears will play Marshalltown, here, with the women playing at 6 p.m. and the men at 8.

TUES.-FRI., DEC. 16-19-

Final exams will be held at Boone Campus.

WEDNESDAY, DEC. 17-

Last day of fall semester classes.

MONDAY, JAN. 12-

Spring semester classes begin.

Trivia Answers

Did the trivia boggle your mind? Here are the answers:

1. 1968; 2. Boone Junior College; 3. 1927; 4. 64; 5. Hallett Construction and Bertram P. Holst; 6. Lee Strain; 7. Bud Schwartz; 8. Sunny Powers; 9. "Something to Hide" by Leslie Sands; 10. 53.

11. D. Macc Bear; 12. Friday, Dec. 12 at Moose Lodge at 8 p.m.; 13. Jan. 21, 1987; 14. 29.

50° DRINKS

50 DRINKS

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New Look For Christmas Seals

What's the story behind the cartoon character on this year's Christmas seals?

She's Kristy Koala, the official mascot of the American Lung Association. This is the first time in the 82-year history of this voluntary health organization that a mascot has been chosen to represent the Association.



Aside from the fact that the word "koala" ends in A-L-A, the American Lung Association's initials, a marsupial from Australia makes a fitting mascot for the agency dedicated to fighting lung disease. Koalas are highly susceptible to respiratory infections such as pneumonia.

Kristy Koala is featured in four different poses on the Christmas seals. She appears beside a Christmas tree, inside a holiday wreath, stuffed inside a stocking and holding a bag of



Christmas Seal Chairperson Cybill Shepherd cuddles Kristy Koala, the ALA mascot appearing on this year's Seals.

TAKE CARE OF YOUR LUNGS. THEY'RE ONLY HUMAN.

AMERICAN LUNG ASSOCIATION
The Christmas Seal People®

gifts in a snowy scene. She will also be featured in a line of products designed by the Emotions Division of Mattel, including a plush, stuffed Kristy, key chains, desk plaques and mugs, all with a no-smoking message.

In Iowa, Christmas seals are sent annually to more than 300,000 households, providing nearly \$500,000 in funds for the American Lung Association of lowa

Class Time

Class Time

3:35--4:30 p.m.

These monies allow the American Lung Association of Iowa to provide programs such as support groups for adults with lung disease, asthma selfmanagement for youngsters, stop smoking clinics and selfhelp manuals, smoking prevention in the schools, occupational lung disease programs, particularly in the agricultural areas, and a wide range of ed-

ucational literature and audio visual materials.

"The American Lung Association is the oldest voluntary public health organization in America," says Susan Moritz, director of development at American Lung Association of Iowa, "and Christmas seals give people of all backgrounds a chance to reach out and help. Thousands of Iowans contribute to our annual campaign,

making our all important fight against lung disease possible right here, where we all live and breathe."

Moritz added that 90% of Christmas seals funds remain here in Iowa. Anyone wishing to receive Christmas seals for use on their holiday mail and packages may call the American Lung Association of Iowa at (515) 243-1225 or toll-free, 1-800-362-1643.

FINAL EXAM SCHEDULE

Fall Term, 1986



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.

Exam Time

Exam Time

3:30--5:45 p.m.

Tuesday, December 16 (Tuesday/Thursday classes) .

CIGOS IIME		DAGM 11M	-	
6:307:50 a.m.		6:308:45	a.m.	
	••••	9:00-11:15		
12:502:10 p.m.	• • • • • • • • • • • • • • • • • • • •	11:30 a.m -	1:45	p.m
4:055:25 p.m.		2:004:15	D.M.	

Wednesday December 17 (Monday/Wednesday/Friday, or more, classes)

8:00 -8:55 a.m	8:00-10:15 a.m.
10:10 -11:05 a.m	10:30 a.m12:45 p.m.
12:201:15 p.m	1:003:15 p.m.
2:303:25 p.m	3:305:45 p.m.
4:405:35 p.m	3:305:45 p.m.

	•••••	3:305:45 p.m. 3:305:45 p.m.		
Thursday, December	18 (Tuesday/Thursday cl	asses)		
Class Time		Exam Time		
		8:00-10:15 a.m. 10:30 a.m12:45 p.m. 1:003:15 p.m.		
Friday, December 19 (Monday/Wednesday/Friday, or more, classes)				
Class Time		Exam Time		
	• • • • • • • • • • • • • • • • • • • •	7:009:15 a.m. 9:30-11:45 a.m. 12:002:15 p.m.		

1:25- 2:20 p.m. 2:30--4:45 p.m.

EVENING/SATURDAY classes will have their finals the last night/day of class.



ARTERS

Boone Bears Are 0-4

by ROB KAHLER Sports Writer

The Boone Campus Bears basketball team is 0-4, as of presstime, but Head Coach Larry Hughes says the team is improving with each game.

We're improving every game, but so are opponents." Hughes said.

We play strong for the first half, but the start of the second half hurts us," he added. Hughes feels the team is not

in good enough condition to remain strong in the second half.

Hughes commented the defense is not playing very well, as Bears' opponents are averaging 95 points per game.

The Bears are shooting 46% from the field, with their opponents shooting 60.5%.

The 1986-87 season comes with a new rule, the three-point goal. Hughes said the Bears have made more three-pointers than any other team they've played.

The Bears will be on the road Wednesday, Dec. 10 for a game with Ellsworth, there, and will return home Saturday, Dec. 13 to play Marshalltown at 8 p.m. in the gym.



by ROB KAHLER Sports Writer

The Boone Campus Lady Bears basketball team is off to a slow start this season, posting a 0-4 record, as of presstime. Head Coach Dick Criner said,

"We're only shooting around 33% from the field."

He attributes their record to the low shooting percentage. Criner added, "We need to

shoot 40-45% to win.

Criner said the Lady Bears have been playing a strong first half, but seem to get tired in the second half.

"We need to handle the ball better; turnovers have hurt us this season," he said.

Criner said the first half of the season is usually tougher than the last half, which should work in the Lady Bears' favor.

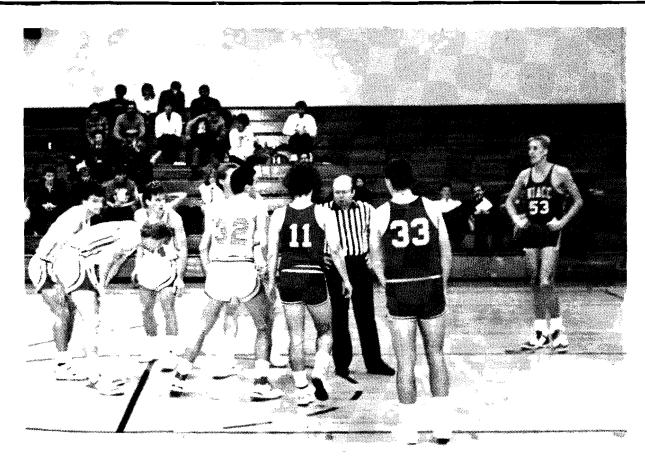
Criner added, "Our op-

ponents are experienced teams.

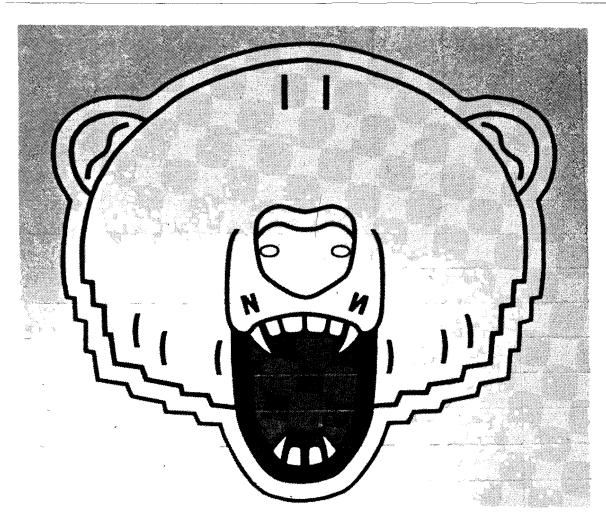
He said it really makes a big difference when they have 25 or 30 college games under their

Criner commented the Lady Bears are improving with each

They play at Ellsworth Wednesday, Dec. 10, there, and at home Saturday, Dec. 13 against Marshalltown at 6 p.m. in the gym.



The Boone Bears huddle to discuss their attack on NIACC in recent action in the gym. The Bears are off to a slow start this season, but Coach Larry Hughes says the team is improving with each game. Watch for coverage of the Lady Bears in the next issue. Photo by Sabra



Work is underway on a Bear mascot painting in the Boone Campus Gym! Mary Beth Schroeder, art teacher, is heading the project. Why not check out this new drawing and support the Bears in the next home game Saturday, Dec. 13? You'll be glad you did!! -Photo by Sabra Borich

Boone Beats Ankeny, 60-56

A Boone Campus intramural basketball team, captained by Dan Coder, traveled to the Ankeny Campus to play an Ankeny Campus all-star team, Monday, Nov. 17.

Boone Campus came away with the victory, 60-56!

Team scoring was as follows: Dan Coder, 18; Terry Lingren, 15; Dave Seaman, 15; Chad Helms and Dary Jackson, six each. Also playing was Scott Beeghley. After the game both team's enjoyed pizza at a local restaurant.

Another inter-campus basketball game will be played next semester at Boone Campus. To be able to participate in this event, please sign up on an intramural basketball team to play in a round robin league next semester. All-stars will either be chosen from each team, or the eventual champion of the league will play Ankeny. (Team captains will make the decision.)

Spring Semester Intramural BB

Men's intramural basketball will begin Sunday, Jan. 25.

Most often, games will take place Sunday late afternoons (4 and 5 p.m.). Depending on how many teams sign up, some games may also be played Thursday evenings (7 and 8 p.m.).

Games will consist of two 20-minute halves with a continuous running clock. It will stop for timeouts (two per half) and the last two minutes of each half.

Teams will consist of five players but must have four dressed and ready to play five minutes before game time. Six fouls will be allowed per player. Use of profanity is not needed on the basketball court and will result in a technical foul if used.

Look for a sign posted outside the lounge for more information. It will be posted Monday, Jan. 12, the first day of spring semester classes.

