

3-5-1982

## Banner News

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# THE BEAR FACTS



Issue VI

March 5, 1982

Volume IX



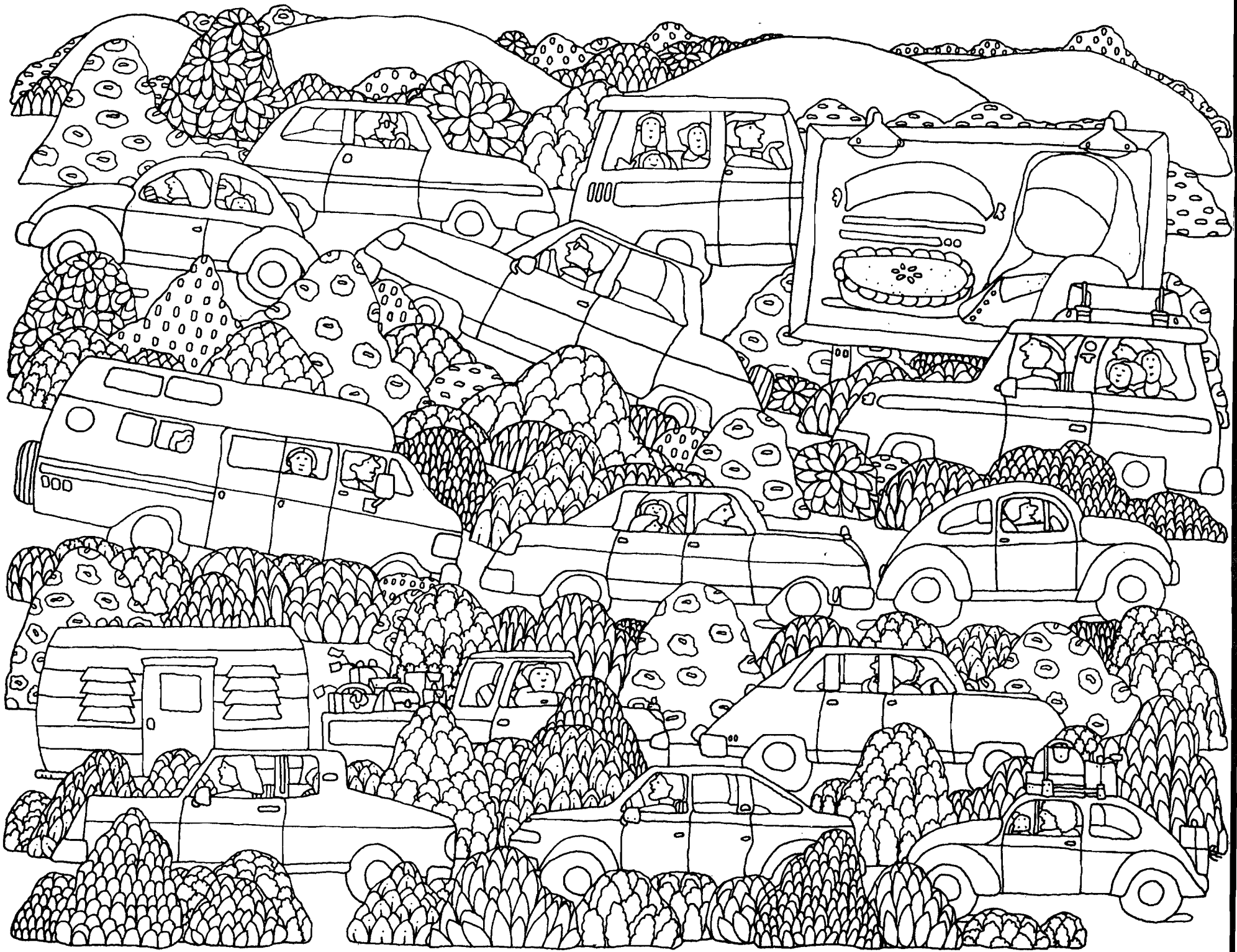
A SPECIAL CHEERLEADING ROUTINE was presented during a special halftime ceremony for Burt Holst recently when he was honored by the Boone Campus Foundation Friends for his donation of \$50,000 to the college. Holst and other campus donators were seated in a special section of the gymnasium during the double-header basketball

game and a special portrait of Holst was shown to the audience during halftime. The portrait will hang in a prominent area at Boone Campus. Above, Holst sits among the cheerleaders. From the left the cheerleaders are Jennie Westberg, Shaela Young, June Barkwill, Cindy Russell and Deanna Mills.

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*Sports . . . pp 6-7*

*'Family Feud' . . . pg. 10*



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A RECEPTION in honor of the new dean of Boone Campus, DMACC, was held in February in the Student Lounge. Kriss Philips was present to meet with townspeople and students during the event. Pictured are, at right, Lori Herrstrom, Ken Sundall, Dean Kriss Philips and August Peitzmeier. Pictured at the far right is Boone Campus instructor Bill Berge pouring coffee for guest Chet Lawson.



## Graduation applications due

Students planning to graduate Spring Quarter of 1982 and Summer Quarter of 1982 should now make application for graduation in the Student Services office.

Each student in a Career Education or Arts and Sciences curriculum who plans to earn an Associate Degree or diploma must file a "Graduation Application" with the office of the Registrar by mid-term of the quarter preceding the quarter in which the student expects to complete graduation requirements.

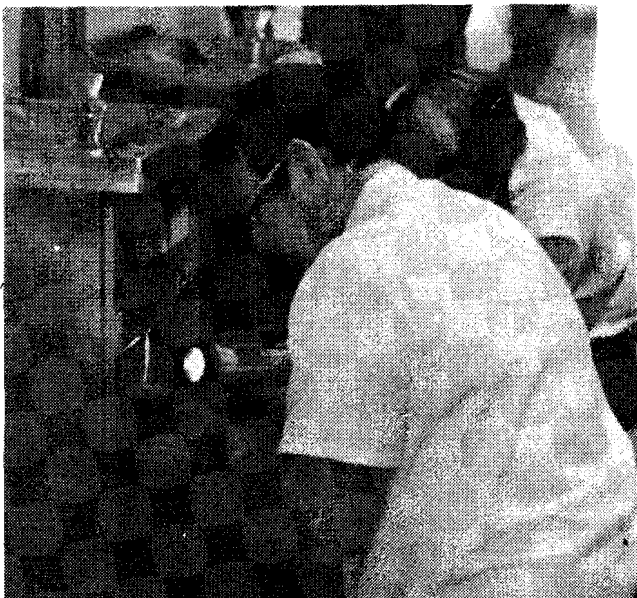
A student will be considered a candidate for graduation only with proper completion and filing of the form.

In addition to making the application, the student will need to pay the \$15 application fee. This fee is necessary whether the student participates in graduation exercises or not.

Besides making the application, prospective students should be measured for cap and gown.

Commencement exercises will be held Friday morning, May 28, for graduates from Fall Quarter 1981, Winter Quarter 1982, and Summer Quarter 1982. While a student may complete requirements for graduation during any quarter, commencement exercises will be held only at the end of Spring Quarter.

Students wishing a graduation credit evaluation may request one through the Student Service office.



SNUFF was named as the culprit, along with the person, or persons, who thought that the water fountains were the place to deposit the item. The result was a badly clogged piece of equipment which took the custodial staff two days of work to clean and repair. Those who are responsible are asked to have consideration for their fellow students and those who must rectify the results of this type of behavior!!!!

## Aid recipients can charge books

Financial Aid recipients will be allowed to charge books and supplies from March 3-17.

Students who qualify are encouraged to get all of their books and supplies in one purchase. Only those supplies and books that are required for a course can be charged against financial aid.

Those who have registered and paid their fees may go directly to the Campus Bookstore before March 1 to obtain their supplies and books. The Bookstore will have the names of these students and the amount of financial aid each is allotted.

After March 1, the students must go to the Financial Aid Office at the campus to pick up their book vouchers. These vouchers may then be taken to the Bookstore to make the purchases.

### NOTICE

The new budget for the 1982-83 Student Senate is to be prepared by March 30 in order to be forwarded to the College Council by April 13, 1982. It is urged that requests be submitted as early as possible.

## How much does 'convenience' cost?

BY KIM BECKMAN

Have you ever wondered how much the consumer pays for the "convenience" in convenience stores?

In a recent price comparison among local grocery stores and convenience stores, it was found that a consumer can pay 50 to 70 cents more, depending on the item, at convenience stores. Actual prices could not be disclosed as one of the convenience stores "doesn't allow price surveys in their store."

By using similar grocery lists containing items that many college students need, cash register totals were compared.

The list consisted of Anderson Erickson (whole milk), Campbell's Chicken Noodle Soup, a six-pack of Pepsi, a six-pack of Budweiser beer, a 49-ounce box of Cheer laundry soap, a 20-ounce package of Crest toothpaste and a four-roll package of Charmin toilet tissue. (Pizza and potato chips could not be compared because brands and sizes differed between the stores surveyed.)

The identical list of groceries was priced at each store and the results were:

Convenience Store: \$14.39

Grocery Store: \$11.41

Difference of \$2.98

Prices on the items differed greatly between the two types of stores. It was found that the extra money the consumer pays at the convenience stores is offset by the convenient hours and days these stores are open.

The biggest price differences were found among the beverage and toilet products. These items many people need on the spur-of-the-moment and in the long run, end up paying more for the access to these items.

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# They only need half the attention

By KIM BECKMAN

It's Saturday night, and I have a date. I've shaved my legs to perfection, tried on a dozen shirts, touched up my makeup and dabbed Jontue behind each ear.

He arrives. He's late. He's wearing sloppy jeans, and he looks as if he hasn't combed his hair in a month, let alone washed it. Yet, somehow, I consider myself lucky to be going out with him.

American women may not all be Edith Bunkers who run to fetch their husband's slippers, but women do spoil men in countless numbers of ways.

Many women still play down their intelligence and athletic abilities in male company. Some let a man win at cards, tennis or pool. At work, women often good-humoredly allow men to make all the important decisions while they settle for taking dictation or typing letters.

A woman can go to extremes to coddle the "fragile male ego." She lets him open the tightly shut catsup bottle and applauds his strength and virility. She begs him to kill the nasty spider, then acclaims his courage and valor. Yet, she knows fully well that, alone, she could have conquered any bottle or bug.

A girl faithfully attends each and every one of her boyfriend's baseball games without feeling the slightest bit shortchanged when he fails to appear at her softball game.

Some women spoil men absolutely rotten! Have you ever noticed that every halfway handsome lifeguard is surrounded by a bevy of young lovelies, aged 10 and up?

No wonder some teen-aged boys are egotists. And who sends whom homemade cookies and bread? Who sits by the telephone for hours, hoping for a call?

Within the family, women have also bolstered men's confidence, too often at expense to themselves. Some women have sacrificed their own education and career to help men excel.

Fathers and mothers may urge the girl to play second fiddle to the brother who aspired to medical or law school. Wives work for years putting husbands through college. Yet married women who have a career outside the home have been expected to shoulder the bulk of household chores as well.

Actually, women can and should change the way they treat, and are treated, by men. The pampered male won't happily forfeit his edge, so the woman must gradually "recondition" him.

A girl can accustom her father and brother to the idea that they, too, are perfectly capable of washing dishes and lending a hand with the vacuuming, cooking and shopping. When married, she must then persuade her husband to tackle household chores, thus setting an example for their children.

Of course, a woman can't assume that she has won the entire battle even if her husband cooks dinner twice a week and feeds the dog as well. She has to concentrate on the other fronts as well.

The girl who goes to her boyfriend's baseball game deserves his attendance at her softball game. The sister aiming for medical school owes it to herself to convince her parents that her educational plans are as important as her brother's.

After all, a man doesn't deserve all the attention just because he's a man. Only half of it!!

## Activity fee good bargain for all

By SALLY RAEMAKERS

Paying \$11 seemed a lot for an activity card at the beginning of the year, especially since I knew that I had no intention of using it.

The cards, to me, seemed a waste of money, because I wouldn't attend \$11 worth of ballgames during the year.

Perhaps others have felt this way and wondered where the money from activity cards went? It comes back to us, the students.

Free hamburgers and hotdogs were served the first week of school, and who paid for that? The students did (in a round-about-way).

Those little extras like the pool table, furniture and ping pong weren't just given to the school. The activity money helped to buy them.

And of course, the big celebration at the end of the year (often known as the "great DMACC hog roast") costs money too. That's another reason why Boone Campus students have an activity fee.

These festivities are well-planned in advance and well-publicized throughout the school and community.

They are put on for the students' benefit to help them get involved.

## Sports are popular

By YANCY POORMAN

Though college offers a world of student activities, the most popular by far is college sports.

Sports at the college level are not just something you choose to fill your time. You have to try out and prove to the coach that you are capable of contributing to his team. Those who are fortunate enough to make the team, then they will be kept occupied by the coach.

Taking this time, shows people around a college that the athletes have dedicated themselves to a team, giving up many other enjoyable activities to be a part of it.

All of the time athletes spend on the court or field also takes from time for studies. So, when most students are home studying for exams the next day, athletes are in some other town representing the school.

Another factor of participating in college athletics is maintaining certain grades.

The NJCAA, National Junior College Athletic Association, has set a grade point average (gpa) of 1.5 for anyone participating in college sports. This grade point must be kept in at least 10 hours of credit courses. There are no exceptions to the rule.

## LIBRARY HOURS

Monday-Thursday

8:00 AM-8:00 PM

Friday

8:00 AM-4:15 PM

## What changes would you like?

A survey among DMACC students and faculty was taken to see what changes they might like to see on campus.

The most popular answer was to have a wider variety of classes offered at different times from which to choose. For these and other suggestions, read on:

Paula O'Hare — To look more impressive to other people who come to the campus, and to try to change the attitude of the town towards the students.

Tanya Bogie — To have a wider variety of classes and more unmarried men my age.

Tammy Rogers — More students should get involved in the activities instead of complaining about them.

Lynn Norley — To have a better business curriculum and more history classes. We also need more teachers who relate well to the students.

Deb Arnburg — We need more good looking men and fewer women.

Bill Alley — More programming of recreational intermurals for students. Also an increase in courses offered, as well as a more varied selection. I would also like to see different housing facilities offered to the students.

Pam Marnin — To have more history courses offered than what there are now.

Eva Vaughn — I think that the library should be open during regular hours on Friday (the same as the rest of the week) and for three or four hours on Saturday or Sunday. There should be more utilization of the gym facilities, such as open gym on Saturdays with activities lined up for the weekend.

Laura Stoll — The variety of classes offered needs to be improved. Unity between the community and the students needs improvement too.

Ron Uhlenkamp — There should be a wider variety of classes offered.

Lloyd Miller — A wider variety of classes offered and also more student activities.

Johnna Tomke — The bookstore should be open in the afternoon, and you should be able to return books that you can't use.

Kelly Thornton — A ramp leading to the stage for handicapped people instead of steps. Also hot meals for students instead of junk food.

Crystal Spicher — A wider range of humanities should be offered. There should also be more student activities.

Dean Ague — Build a ramp from the stage to the floor and keep people out of the handicapped parking areas.

Tammy Preiss — Have more activities when the nursing students can attend without having to get up at 5:30 a.m.

Steve Russell — More good looking girls and easier classes.

## THE BEAR FACTS

### THE BEAR FACTS

Student Editor: Marcia Matt  
Advertising Editor: Darla Dixon  
Photographers: Blake Soder, Diane Cassady, Bryan Stoll  
Sports Writers: Jeff Johnson and Cheryl Hurst  
Reporters: Marcia Matt, Darla Dixon, Blake Soder, Jeff Johnson, Diane Cassady, Bryan Stoll, Kim Beckman, Cheryl Hurst, Bill Giery, Sally Ramaekers, students of the winter quarter Basic Reporting Class  
Advisor: Rosemary Westphalen

The Bear Facts is the official student publication of the Boone Campus, Des Moines Area Community College. The staff is comprised of campus students and welcomes any comments concerning the newspaper from other students and faculty members of the campus.

Des Moines Area Community College  
1125 Hancock Drive  
Boone, Iowa 50036

## Alley 'roasted'

By DARLA DIXON

Based on the popular television spot "The Dean Martin Roast" the campus Recreation Club, recently organized a surprise mini-roast in honor of Bill Alley, recreation department supervisor.

The guests were welcomed to the Feb. 15 event by club president Jean Gollightly who noted the memorable events of the past two years.

Other students were then allowed to "get in their digs" at Alley concerning specific and often embarrassing moments. (The canoe trip to Boundary Waters was one example).

Among the good-natured ribbing, students also expressed appreciation to Alley for the work he has done on the behalf of the Boone Campus.

Alley was then introduced by Gollightly and spoke briefly on how he has enjoyed being with the students. He also said that he wishes the sophomores good luck as they begin their field work.

Following the roast, Alley and his wife Judy joined other recreation club members for pizza and beer at Godfathers.

## 'Pac Man' in lounge

By KELLEY THORNTON

At DMACC, Boone Campus, life isn't all study. There are many activities in which to be involved.

The lounge has activities all year around. There is a television and a stereo for the enjoyment of students on break from classes.

There are also vending machines and a concession stand for hotdogs and beefburgers at noon.

Nicknamed the "choke and puke" the stand is sponsored by the campus recreation club.

If you enjoy getting involved in a heavy game of pool or Pac Man, the lounge is also the place to be.

Occasionally, some of the students attending DMACC, also put on entertainment features in the lounge. Examples include "The Price Is Right," "The Gong Show" and "The Family Feud."



THE PRICE IS RIGHT! Paula O'Hare, Karen Folkman, Lisa Overturf and Ellen Cyr display a prize for the show held in the student lounge.

## Rec Club does part

By CHERYL HURST

The "Rec Club" has been doing its part to help get the rest of the Boone Campus students through these mid-winter blues.

With the bad weather, the students need their "rowdy time" during the week.

In January, Bob Barker and Johnny Olsen (both played by Ellie Cyr) brought THE PRICE IS RIGHT to the campus. Helping out were models Lisa Overturf and Karen Folkman.

The month of February is and will be a big one for the recreation club. THE FAMILY FEUD was held Feb. 10, hosted by Dicky Ralston (alias Steve Russell), and \$50 worth of gas was given to Mandy O'Hare, a basset hound!!

The second annual "Best Butt" contest was held during the late part of February and was won by Scott Webb and Karen Folkman.

The club has also been busy re-painting the recreation bus.

The project in the works now is the completion of "The Bear Pit." The Bear Pit is located under the stairwell by Clair Abbott and Cindy Pio's offices. It is a quiet lounge area for those that want to get away from it all and relax. Right now, the Bear Pit contains two bean bag chairs. Tables and other extras will be added as money becomes available. Plans are also being made now to paint a bear on the wall of the pit.

## 'Feud' draws applause, cheers

By MARCIA MATT

There was no actual prize money to be won, but that couldn't be deducted from the height of competition among the players.

The contest was the Boone Campus version of "The Family Feud" and the family contestants were campus students who became "related" especially for the event.

"The Family Feud" was another noon-time game show sponsored by the Recreation Club. It was organized by Lisa Overturf and Karen Folkman.

Richard Dawson (alias Steve Russell) hosted the show and threw in original comedy material throughout the event.

Families competing in the first Boone Campus feud were the Tabooster and McGillacutty families.

The Tabooster's told Dawson that they were from Vale, Iowa. Lead by Grandpa Clair (Abbott) Tabooster, the group consisted of daughter Marcia (Matt) Tabooster, brother Ken (Buck) Tabooster, daughter-in-law Mindy (Price) Tabooster and granddaughter Marti (Carmen) Tabooster.

The McGillacutty family was lead by mother Maggie (McCarey) McGillacutty. Other members were the illegal alien son Nathan (Sasso) McGillacutty, daughter Lloyd (Miller) McGillacutty, Lloyd's husband Gary (Leland) McGillacutty and Mark (Nickum) McGillacutty.

Questions asked of the contestants dealt with many aspects of life. They included things easily turned on (Steen Stevens was a popular answer), something lost only once in life, items stuffed in teenage bras, types of people who engage in extra-marital affairs and Valentine's Day gift ideas.

The McGillacutty family won the competition and went on for the big "nonexistent" money. Maggie and Lloyd answered the fast-money questions — winning (?) the prize.

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## Bears improve

By TODD PETERSON

The Boone Bears ended the season with a 13-14 record — a great improvement over last season. Reasons for the improvement include the hard work each day in practice and the heart and effort in every game this year.

Despite the fact that the Bears were outnumbered every time that they took to the floor, they out-rebounded their opponents 32-29 a game.

Leading rebounds for the Bears were Dave Dunkelberger with 8.6 a game, Fred West with 8.0 a game and Todd D. Peterson with 5.1.

The two guards, Keith Wilson and Jonathon Jackson each got 3.0 a game. Dunkelberger also led the team in scoring with 22.2 points per game. West followed with 17.3, Peterson with 13.6, Jackson with 11.0 and Wilson added 7.3 a game. Wilson also helped the team with his average of 4.07 assists a game.

Jackson led the team in steals with 48, 19 more than anyone else on the team.

Peterson led the team in blocked shots with 12, only four more than West.

Brett Stumbo played the sixth-man-roll coming off of the bench to help the team with his defense and offense skill.



CHERYL HURST receives a pass from Canda Ott, right, during a game of the Lady Bears and Iowa Western Community College held at the Boone Campus gymnasium.

## Hammar shoots seconds for win

By CHERYL HURST

The Lady Bears surprised the Iowa Lakes team, when they jumped ahead of Emmetsburg at halftime 40-29.

The Iowa Lakes team turned on their offense and ended the game ahead of Boone with a score of 64-61.

Canda Ott led the team with 18 points. Karla Martin, Ronna Santage and Cheryl Hurst each added 12, 11 and 10 points respectively.

Kelly Hammar pulled down 11 rebounds and took the ball from the Emmetsburg offense 4 times. Martin also added 5 steals.

A technical foul was issued against DMACC at the beginning of the Ottumwa game. It seems there was a wrong uniform number in the official scoring book. But this did not tear down the spirit of the DMACC team. The Lady Bears romped on Indian Hills with a score of 49-79.

Hurst led the attack with 27 points and 10 rebounds. Santage also pumped in 17 points. Not far behind, was Hammar with 14 points and 12 rebounds. Ott also contributed 11 points to the big



DAVE DUNKLEBERGER attempts to prevent a tip in by an Iowa Western player as Keith Wilson, left, and Fred West, right, watch.

## Bears are ready

By JEFF JOHNSON

The Boone Campus baseball season is coming soon, with the team starting out on a trip to Kansas City where it will play Johnson County Community College.

"The outlook is promising," said Boone Campus baseball coach John Smith. "We've got our top three hitters back, our leading home run hitter is back and our top freshman pitcher is back from last year."

The players have been working out almost everyday since Sept. 8. Fall workouts were outdoors until winter set in and then things moved inside to the campus gymnasium.

"Our freshman crop looks good," commented Smith. "If they are able to improve we will have a good team."

Fall workouts consisted of hitting, fielding and pitching. Sometimes scrimmages were played against other nearby colleges such as Iowa State, Grand View and Ellsworth. Team intrasquad games were also a part of the fall agenda.

Winter workouts included running, weightlifting, pitching and hitting. The indoor months were used to keep the team members in shape for the upcoming spring schedule.

The spring schedule is made up of more than 50 games with all regular season games doubleheaders. The state junior college tournament is held following the conclusion of the regulation season.

Four teams will advance to the regionals to be held in Boone at Memorial Park. The winner of the state goes to the North Central regionals which determine the representatives in the national championship finals in Grand Junction, Colo. This tournament is set up on a double elimination basis.

Boone Campus had two of its players drafted in the professional winter draft. Both Troy McKay and Scott Prickett were drafted as pitchers by the Montreal Expos. McKay was chosen in the first round and Prickett in the second.

Boone Campus' team has approximately 35 players with the total varying with withdrawals and additions of incoming players.

Smith noted that "If our pitchers throw strikes, I think we can win a lot of ballgames. Coming off of two 30-plus winning seasons, we expect to do just as good or better."

According to Smith, the teams to beat will be Centerville, Kirkwood and Council Bluffs.

## Johnson says season was good

By TODD PETERSON

Coach Lynda Johnson and the Lady Bears have had their problems this year, but they accomplished what they set out to accomplish — to make the play-offs in Burlington.

It is hard for Iowa girls to get used to five-on-five basketball. It takes nearly a half season, according to Johnson, to become used to taking more than just two dribbles.

"That is what our problem is on offense," said Johnson, "we just don't have the great ball-handlers that the other teams do that are able to recruit out-of-state players who have played five-on-five for their entire careers."

"Right now, our defense is the best part of our game. It has really improved since the season started," she added.

Johnson plans to work for strength in team size next year by increasing the number of squad members.

She said that the season has been a success because of hard work.

## All-Stars defeat Ankeny All-Stars by 92-65 score

By JEFF JOHNSON

The Boone Campus All-Stars defeated the Ankeny Campus All-Stars 92-65 Feb. 15, at the Boone Campus gymnasium.

The Boone All-Stars opened up an early lead that was rarely threatened. The Boone club had a fifteen point advantage at halftime behind some hot shooting and a tough zone defense.

Boone's team consisted of twelve players, all of whom were baseball players. They included Jeff Johnson, Bruce Miller, Tim Anderson, Troy McKay, Terry Marquardt, Bill Lutz, John Querio, Bill Frakes, Lester Nelson, Brad VanMeter, Yancy Poorman and Jay Krzmarcik.

Jeff Johnson and John Querio combined for 40 points with 26 and 14 respectively.



# in last five over IWCC

## Lady Bear Victory.

Overtime was played in the Council Bluffs gym and the Lady Bears won 76-74.

Even scoring was seen among the team members. Ott put in the tying shot to send the Lady Bears into overtime with Council Bluffs. Ott ended the game with 16 points and 11 rebounds. Martin was the top scorer of the game with 17 points and also added 4 assists. Other members to see double figures were Hammar with 16, and Hurst with 13. Hurst and Hammar also had 10 and 8 boards a piece.

Hammar won the game against Clarinda, when she sunk a shot with five seconds left on the clock.

The Lady Bears won 63-61. Hammar ended the game with 10 points, 9 rebounds and 6 assists. Other scoring included, Hurst, 20; Ott, 19; Martin, 8 and Santage, 6.

The Lady Bears put up a hard fight against a tough Waldorf team. The DMACC team was at one time ahead of Waldorf, and then anywhere from 3-5 points behind after that. The final score ended at 62-52 in favor of Waldorf.

Ott played a good game, adding 19 points and 11 rebounds. The only other team member in double figures was Martin with 11 points.

The Lady Bears now go into regional play at Mason City.



THE 1981-82 Lady Bears Basketball Team. Front row, left to right. Eva Vaughn, Ronna Santage, Joni Shreve, and Jane Petersen. Second row:

Coach Lynda Johnson, Canda Ott, Kelly Hammar, Karla Martin, Cheryl Hurst, and Laura Stoll.



GO BOONE BEARS! was a common yell heard during the home games of both the Bear and Lady Bears basketball squads. The cheerleaders kept the spirits high during all of the match-ups and helped lead the local teams to their many victories. The cheerleaders included Shaela Young, June Barkwill, Jennie Westberg, Cindy Russell, Deanne Mills, Dave Phelps, Ron Bunting and Dale Carhill.



CANDA OTT takes a shot at the basket during the game of the Boone Campus Lady Bears with Iowa Western Community College of Clarinda. Number 42, at left, is Kelly Hammar, and at far right, Cheryl Hurst is ready to grab a possible rebound. The Lady Bears won the match in an exciting finish as Kelly Hammar put in a long shot in the final seconds to win by one point.

## Nursing grads to be honored

By DARLA DIXON

March 5 will mark an important day for 14 Boone Campus nursing students.

A breakfast sponsored by the Nursing Students United (NSU) will be held in honor of the graduates at the Colonial House restaurant.

The event will be primarily for those students and their instructors.

The graduates include Rebecca Barger, Nevada; Lynette Duncan, Pilot Mound; Melodee Haring, Stratford; Diane Winebrenner, Madrid; Carla Wood, Linden; Darlene Heuton, Lori Isonline, Leanne Kemmerer, Kimberly Lonergan, Julie Mendell, Laurie Moeller, Cheryl Quill, Mary Wheeler and Kathy Wittrig of Boone.

## Rec students fight the blahs

By MARCIA MATT

Winter quarter has left many people with a severe case of cabin fever.

The often extremely cold temperatures and frequent snowfalls have caused the cancellation of many trips and visits for students.

Students in the Supervised Field Experience Class I have not suffered from a lack of winter travel, however (excluding a few re-scheduling occurrences).

The group of recreation students have made five trips around the state of Iowa during the quarter to tour various recreational and treatment facilities.

Although the academic experiences have been great in number, the "extra" events surrounding many of the trips will remain as memories forever (at least for some of the class members).

Perhaps the most "event-filled" trip was taken to Iowa City Feb. 16. The crazy moods of those in one of the vans probably stemmed from the early hour at which the students were forced to depart for Iowa City at 6:30 a.m.!! But, whatever the reason, the day was filled with zany happenings.

Julie Campbell and Ann Manat started things off that morning by exchanging coat sleeves, rolling up their jeans and running through a reststop. Campbell modeled a bright yellow coat with maroon (!) sleeves, while Manat showed off her maroon coat with bright yellow sleeves. (They left their coats in such fashion for the entire day).

Once the group arrived in Iowa City and reached the University of Iowa, the crazy Boone van hung an Iowa State University jacket out the window and honked to get the attention of rival Hawkeye fans. (A variety of responses were received from the locals).

Returning to Boone that afternoon, the van filled with only females and Mark Nickum (????!!!) received an offer travel to Colorado, with a "friendly" trucker.

A series of notes were held up to the window by the Boone people and many responses were written by the truck driver.

After a few miles the group met the driver at a reststop and quickly decided to abandon the idea of running away to Denver. (Never judge a person by what they look like inside a vehicle...they may look much different outside of it).

An off-the-interstate visit to Ann and Mary Manat's hometown of Brooklyn, Iowa, was also enjoyed during the Iowa City trip. Mrs. Manat surprised everyone by not being surprised to see the group. She treated the

van riders to drumstick ice cream bars (not chicken, Julie), and sent along a few other munchies.

The return trip from the Carroll Recreation Center was also filled with a few events for some of the DMACC students.

It was during this venture that some of the students learned the art of holding their breath while traveling past a cemetery so as not to "breathe in dead air."

No coat sleeves changed arms during this trip, but Julie Campbell entertained the group with her imitation of Stevie Wonder playing the piano.

It should be noted that on every trip, there was also one van filled with sane students who never became involved in the crazy antics of the zany van riders.

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## Do you have 'fat mentality?'

By KELLEY THORNTON

Perhaps you don't look overweight to others, but you think that you do. You shiver when you look in the mirror, you're constantly battling five or ten pounds and you always feel self-conscious in a bathing suit.

Or maybe you are chunky; you simply can't leave food alone long enough to truly lose weight. When you do lose enough weight to receive compliments, something inside you is triggered and you eat your way back to plumpness.

Or you are slender, but you're never satisfied with your shape. You diet constantly are always fighting yourself not to eat a hot fudge sundae, or many desserts.

If you fall into any of these categories, you may have the "fat mentality."

Fat mentality is something I describe as an eating pattern that leaves you with a low-level distress about the way you eat and the way you look.

One of the reasons for "fat mentality" is an attempt to avoid stressful situations and emotional problems.

For instance, some people overeat because they enjoy the taste of food. Those with fat mentality seem to enjoy it even more than others, and they usually eat everything on their plates — even after filling up.

People with fat mentality people have difficulty controlling their desire to eat. They are almost always preoccupied with food, either eating it or thinking about it. They also tend to be concerned about the effects that the food has on their appearance.

Although fat mentality is a common thing, it can be overcome with some personal effort.



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# Paula O'Hare: A leader on Boone Campus

By MARCIA MATT

**QUESTION:** What do the activities of art, student government, art, drama, art, art and more art have in common?

**ANSWER:** They are all favorites of Student of the Month, Paula O'Hare.

Being involved in many of the activities offered at any school which she attends has always been important to O'Hare, but by reading her list of top preferences, the dominating activity is (quite obviously) art.

O'Hare has been active in art since high school and her efforts and enjoyment in the area have paid off with many awards.

She was a three-year Perry junior high artist award winner and a four-time winner during senior high school.

As a high school sophomore, she earned the right to have one of her Indian Ink paintings tour the state of Iowa and be displayed at the Iowa Capitol Building in Des Moines.

She was also the only underclassmen to receive art awards during a special high school assembly. O'Hare received two gold awards — for sculpture and painting — during that assembly.

As a senior, O'Hare received another gold medal in the high school art show, but she changed her emphasis to jewelry, creating a necklace and rings for the competition.

O'Hare hopes to continue her art work in the future, and spend more time working in her favorite area of sculpture. She plans to purchase a kiln and a potter's wheel and eventually hopes to sell some of her creations.

When she began college in the fall of 1980, she was enrolled as an art major, but at the Boone Campus she became interested in the area of Recreation, and has since changed her major.

Presently, she is a sophomore at the Boone Campus and has been quite active. She is the president of the 1981-82 campus Student Senate and

performed in her first stage production, "The Silver Whistle," during the fall. She was also instrumental in creating the mural found on the west wall of the student lounge.

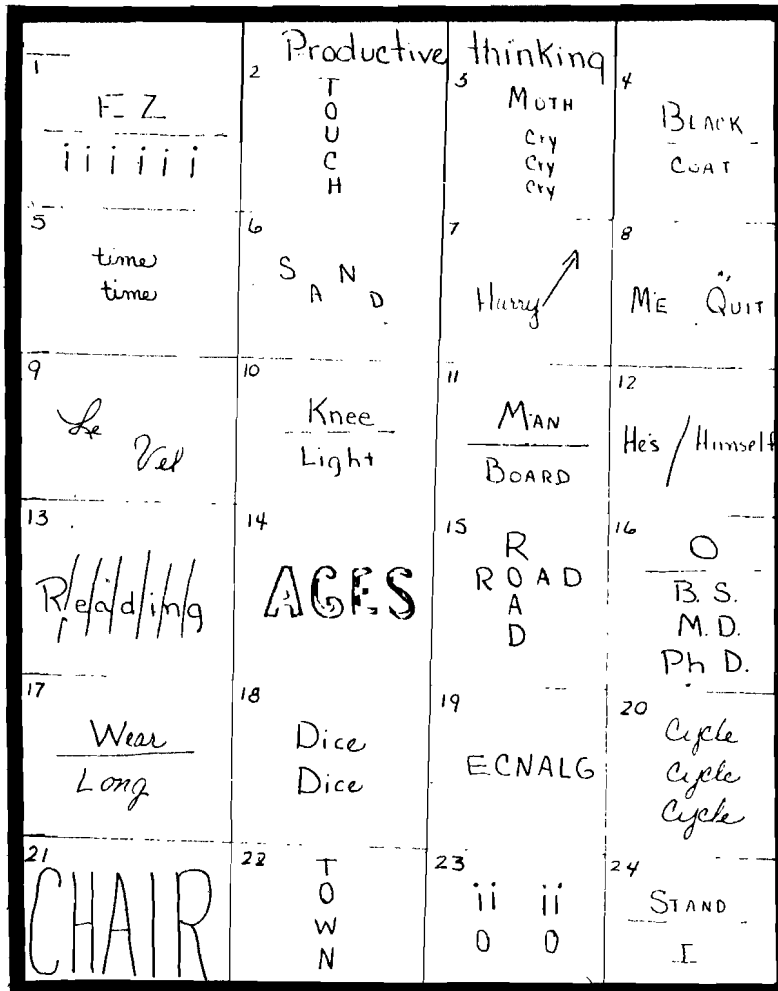
O'Hare will be spending the spring quarter at the Glenwood State Hospital-School doing her practicum for Recreation Leadership. She will be working with profoundly, mildly and moderately retarded patients.

She says that she is excited about going to

Glenwood, but very nervous. "I'm going to miss DMACC, but I'm glad to get away right now."

As preparation for her practicum, she worked with the profoundly retarded for a summer at Woodward State Hospital.

Following her graduation from the Boone Campus, she plans to attend the University of Northern Iowa with a major in Recreation and a minor in art. She then plans to join the Peace Corps to gain more experience in working with people.



Try your luck  
at deciphering

1. Easy On The Eyes
2. Touchdown
3. Moth Balls
4. Black Overcoat
5. Doubletime
6. Shifting Sand
7. Hurry Up
8. Quit Following Me
9. Split Level
10. Neon Light
11. Man Overboard
12. He's Beside Himself
13. Reading Between the Lines
14. Dark Ages
15. Crossroads
16. Degrees Below Zero
17. Long Underwear
18. Pair of Dice
19. Backward Glance
20. Three Cycles
21. High Chair
22. Downtown
23. Circles Under the Eyes
24. I Understand



Paula O'Hare

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# Taboosters, McGillacutty families feud at Boone Campus



STEVE RUSSELL, serving as host Richard Dawson, is asking a crucial question of the McGillacutty's (Maggie McCarey, Nathan Sasso, Lloyd Miller and Gary Leland).



IT WAS FAMILY FEUD TIME in the lounge, and many Boone students were in attendance to witness the feud between the Tabooster and McGillacutty families. The McGillacutty's won the competition and went on to win the fast-money (of nothing) as well.

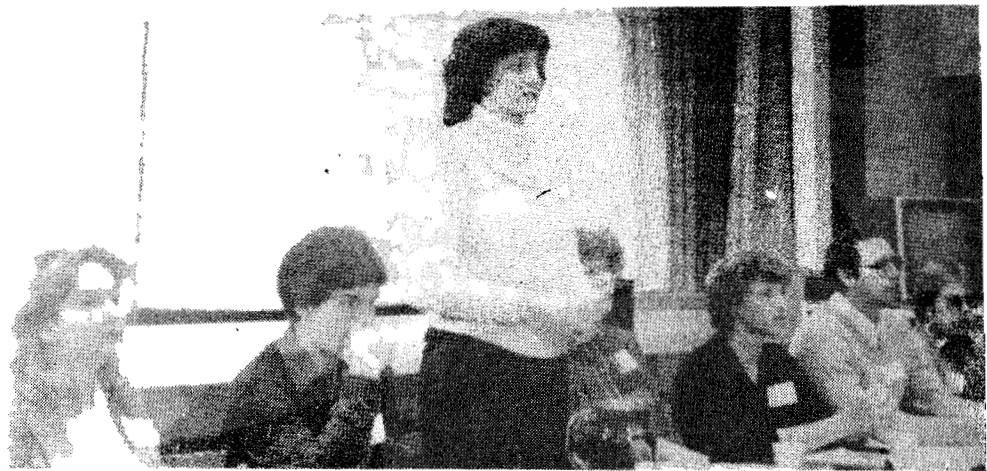


THE TABOOSTER family was represented by Marti Carmen, Mindy Price, Ken Buck, Clair Abbott and Marcia Matt.



## Campus event on CBS

A STUDENT SYMPOSIUM by Boone Campus students and representatives from the Boone High School was a part of a recent presentation on the Boone Community by CBS television. Above, a portion of the students who took part await the beginning of the event, and below is the panel which moderated the discussion. Panel members included, from the left, Tanya Bogie, Mark Sifrit, Marcia Matt, Paula O'Hare, Lloyd Miller, Paul Chivers and Steen Stevens.



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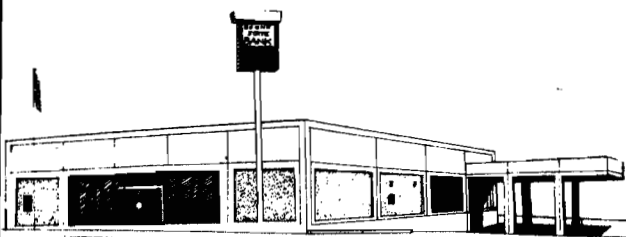
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## International fare at Campus event

International students on Boone Campus, DMACC, treated their Rotary Club host families and faculty and staff from the school to samples of their native fare at the Foreign Food Fair held in February.

Each student had a host family from the Rotary Club that shared its home and kitchen facilities for the preparation of the exotic dishes, and that helped the student get his or her dishes to the campus lounge where the event took place.

Clothing worn by the students in their home countries was donned for the event, and a demonstration of Taequon-Do Karate and another of Table Tennis entertained the guests.

Sunny Powers worked as liaison between the sponsoring Rotary Club and the students, many of whom are in her classes.



"WHAT DID YOU SAY it is?", asks Dara Javadipouras, right, from Iran. Udumefuna Uniqive of Nigeria tells him the ingredients in the stew which she is serving.



MENTE HUNEGNAW, Ethiopis, and Farahnaz Khosravani, Iran, served food from their home countries to the guests.



SERGIO ALVAREZ gets a "kick" in at his opponent during the demonstration of Karate. Alvarez is a campus student from Colombia.



ATTRACTIVELY gowned students wait for their guests behind the serving table. From the left are Udumefuna Uniqive of Nigeria, Noni Moon of Malaysia, Mente Hunegnaw, Tiru-Work and Wolde-Tinsae, all from Ethiopia.



IBRAHIM MAHMOUD from Jordan displayed the clothing worn when he is at home. He is holding a long black cloak which is also worn.

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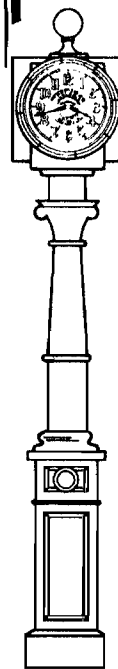
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