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4-25-2001

Banner News

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FACIS

Volume 48, Issue 14

"The Voice

of the DMACC

April 25, 2001

Boone Campus

Commencement

Des Moines Area Community College

SEVENTY-THIRD COMMENCEMENT I MAY 5, 2001 I 10:00 A.M.

Where: Boone Campus Gymnasium

What: The graduation ceremonies for Boone DMACC's graduates

Who: 180 student candidates, and participating faculty, speakers

Keynote speaker: Kim Linduska, DMACC Senior Vice President of Academic Affairs

Groundbreaking today for student housing at 10 a.m.

DMACC Boone campus-- On

Wednesday, April 25 at 10 a.m., DMACC Boone Campus will hold a ground-breaking ceremony to the east of campus. The ceremony will mark the initial stages of developing the lot into four student apartment buildings that will house up to 192 students.

High Development Corporation of Cedar Rapids received approval from the

Boone Planning and Zoning Commission and the Boone City council to build the four buildings to the east of the Boone Campus on DMACC property.

High Development president Darryl High says two 12-unit apartment buildings will be completed by the start of the fall semester, with two additional buildings, housing up to 96 students, expected to be completed before the spring semester.

DMACC tuition to increase for fall semester

Katie Prescott Bear Facts Staff

An increase in tuition is scheduled to hit DMACC students for the Fall 2001 semester. Although it is not a drastic jump, it is a change none the less. The tuition for full or part-time enrolled students goes from \$61 to \$64 per credit hour for the upcoming year. Career Supplemental noncredit courses will increase from \$4.00 to \$4.20 per contact hour.

The other area of increase will be in the traffic fines. If a student is ticketed for illegal parking on DMACC property, the fine of \$5 will now be \$10. Parking on DMACC property with no parking permit or permit displayed the ticket will be \$10 instead of the usual \$5.

Anyone pulled over for reckless

driving, driving in unauthorized area or caught littering, will face a fine of \$50 instead of the normal \$25.

Why the increase? According to Darrel Roberts, vice president of student services, "The increase came because of the lack of support from the legislature that we are used to getting."

Why the increase in these areas? Roberts, and a group of others, felt that an increase in traffic fines will help keep students driving safe and keep all nonstudents off of the property for safety

Dr. Borgen, DMACC president, makes the budget for the school every year. If you have any questions or would like more information, contact State Representative, Michael O'Brien at 432-5382 or Senator, Jerry Behn at 432-7327.

Boone Campus to hold ceremonies for 180 graduates

Jack Wilson Bear Facts Staff

Nearly 180 students are scheduled to graduate on Friday, May 4, 2001. DMACC Boone campus will host the graduation ceremonies for students who have completed a degree. Presenting at the ceremonies will be student welcome speaker Erin Rice, candidate for associate in Arts, with the commencement address being given by Kim Linduska,



Kim Linduska will be the graduation keynote speaker.

Senior Vice President of Academic Affairs at DMACC. Announcing graduate names will be Connie Booth and Jane Martino.

Anyone familiar with DMACC tradition may be expecting a student leadership dinner to follow the ceremonies; however, this year there are no plans to hold one. Contact George Silberhorn at DMACC telephone extension 5025

for more information.

FINAL EXAM SCHEDULE

| Monday, April 30, 2001 (Monday/ wednesday/ Friday 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 p.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 | | | | | |
| Tuesday, May 1, 2001 (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 | | | | | |
| p.m. | | | | | |
| Wednesday, May 2, 2001 (Monday/Wednesday/Friday 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 | 5:00 p.m. – 7:00 | | | | |
| p.m. | - | | | | |
| Thursday, May 3, 2001 (Tuesday/Thursday classed | es) | | | | |
| Class Time | Exam Time | | | | |
| 8:05 - 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. | | | | |
| Evening/Saturday Final Exam Schedule | 1 | | | | |
| Evening classes have finals at the day and time of regular class meeting. | | | | | |
| Last Monday night classes | | | | | |
| | 1 | | | | |

Campus honors Philips with scholarships, award





Kriss Philips, above, former Boone Campus Executive Dean, reacts to the news from Nancy Woods, physics instructor, during a recognition luncheon held in his honor. The faculty and staff raised \$700 for scholarships to be be given in his name to students who "pulled themselves up by their bootstraps.' At the left, Philips shows off the Michael Bennett Lifetime Achievement Award 2001, which Philips earned from Phi Theta Kappa, international honor society, based on an essay submitted in his behalf from the local Tau Phi Chapter.

Microbe Niche

Don't let your summer picnic turn into an occasion for food poisoning

Mary Beth Hanlin

Contributing Writer Biology instructor Boone Campus

I enjoy being outside in the summer or for that matter, anytime the temperature gets above 45 degrees Fahrenheit. I also enjoy taking my sons, dog and husband on picnics, camping trips and long rides in the van to Wyoming. Well, in most of these cases, there is food involved. Is there anyone among you that has not heard of food poisoning or diarrhea as result of eating food at a picnic or barbeque? Probably not. Most of us take the food for granted. It is usually really good and being around friends and family in an outdoor setting just makes the food taste better. But be-

Food and bacteria

MEMBER

FDIC

Most of us, again, take the food for granted. Potato salad, ham salad, undercooked hamburgers and such can all contain bacteria that can cause gastroenteritis or stomach cramps, nausea, vomiting, diarrhea and dehydration. These bacteria are usually in small numbers to begin with, but increase the temperature and exposure to outside elements; these bacteria can grow to large numbers. Some of them, or I should say, most of them produce toxins, is what actually makes you sick. Not the bacteria itself.

Food cooling

So what should you do? If you are in charge of the outing, make sure there is plenty of ice in the cooler to place these items. Don't leave them to sit out in the sun too long. Place them in the cooler until needed again or better yet, leave them in the cooler. If you are in charge of cooking the hamburgers, make sure they are cooked all the way through. Hamburger has been known to be contaminated with Escherishia coli O157:H7, a bacteria that can cause severe problems in humans, especially the elderly and the very young (toddler through 10 years of age). This

tive system of cattle and will not harm the cattle however, if ingested by humans can cause; severe stomach cramps and vomiting, loss of electrolytes in diarrhea and if left untreated, can cause the kidneys to shut down which is not good for your body.

Temperature preventation

How do you know when a burger is cooked? For safety's sake, purchase a thermometer that measures the internal temperature of the meat. Hamburger should be cooked to an internal temperature of 160 degrees F to be completely safe. These thermometers will tell you if it is done. It will also tell you if your chicken is done to reduce the spread of Salmonella, another bacteria that causes severe food poisoning.

So be in charge of your food this summer and have a good time. Remember, ONLY YOU CAN PREVENT FOOD POISONING!

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the sun

A little color in the skin might be attractive-but at what price? Ultra Violet (UV) radiation from the sun's rays can do serious damage to our skin. In fact, it can cause skin cancer! The good news is that about 80% of skin cancers can be prevented if we protect ourselves. Check out the following helpful sun safety tips.

Tip #1: Don't cloud your judgement. Remember, harmful UV rays are still present even on cloudy days. No matter what the forecast, be sun smart.

Tip #2: Talk to a pharmacist. Some medications can increase your skin's sensitivity to the sun. check with a professional to make sure your safety isn't being compromised.

Tip #3: Keep an eye on the kids. Kids usually aren't aware of the danger of skin cancer. It's our job to keep them protected.

Tip #4: Protect yourself. Applying sunscreen with an SPF factor of at least 30 is key. Wearing a hat and taking frequent breaks in the shade can also do wonders.

Tip #5: Take time to think. The sun's rays are strongest between the hours of 10 a.m. and 2 p.m. Use extra caution during these hours.

This year, don't let the sun get the best of you. Put in the extra effort necessary to protect yourself. In the years to come,

Walkathon raises \$ for Cystic Fibrosis



These walkers put their best feet forward in an effort to raise money for Cystic Fibrosis, in memory of Alyson Schroeder. Rotaract sponsored and Boone Campus organizations, including

PBL, SAC, PTK and *Bear Facts* co-sponsored this event to raise awareness and funds for CF. Diverse people from these organizations were represented.

In addition to the Boone High School, Fire Department, and Rotary, approximately 30 organizations from the Boone-Ames area donated prizes, food and beverages. Clowns were part of the walkathon as

Approximately 100 walkers participated from 10 a.m. until early afternoon, raising close to \$3000. Jane Martino, DMACC instructor said, "Contributions continue to come in."



A wide array of food was donated by area businesses for the event.

Photos contributed by Nancy Woods



Clowns were on hand to apply tattoos and paint faces on people like Sarah Woods. All proceeds added to the money raised for CF.



Alyson's sister, Gloria Schroeder and Jane Martino take a break from the walking to strike a pose.

PTK Earth Day cleans up around Boone Campus



Road side clean up along South Linn. (l to r) Jill Dubberke, Julie Davis, Jessica Musser, and Lindsay Saunders.



DMACC instructor, Bruce Kelly picks up paper in the field muck along South Linn.



Victor Duke and Jill Dubberke rest in the Courter Center between cleanup shifts around DMACC Campus.



PTK Earth Day participants prepare to clean up around DMACC Boone Campus, S. Linn to nearby Hwy. 30, and a nearby park on Sunday, April 22. (I to r front row) Trevor Vessell, Sarah Woods, Gabrielle Woods (second row) Tracey Kander, Nancy Woods, Katie Wittrock, Heather Wargo, Jessica Musser, Julie Davis, Jennifer Blomgren, and Lindasay Saunders. (third row) Connie Colle, Jill Dubberke, Victor Duke, Ben Howe, Bruce Kelly, friend, Lee McNair, and Sandi Johnson. Not shown: Michele Thamke, Marcy Webb, Nic and Ryan Woods, and Fiona Cheong.

Bear Facts

April 25, 2001

**Bear Facts* is a student published bi-weekly at Des Moines Area Community College, 1125 Hancock Drive, Boone, Iowa 50036 (515)433-5092. **Bear Facts* is distributed free to all DMACC students, staff and alumni. Subscriptions can be purchased at the annual rate of \$10 to the general public. The editorial offices of **Bear Facts* are located in Room 210, on the second floor of the Boone Campus.

Editorial Policy

Editorial Policy

Bear Facts welcomes all letters in an attempt to provide a forum for the many diverse views of the campus. The views expressed in Bear Facts are not necessarily the views or endorsements of Des Moines Area Community College or the Bear Facts editorial board. Letters should be no longer than 200 words, signed and brought to the editorial offices of Bear Facts or can be emailed to jrlaville@dmacc.cc.ia. us or mailed in care of the college. Bear Facts reserves the right to edit as necessary for libelous content, profanity, copy-fitting, grammatical and spelling errors or clarity.

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EDITORIAL

Through out the 2000-2001 school year the Bear Facts staff has noticed several changes in the Boone Campus. Some of these changes are positive and some of them need to be worked on.

One of the positive actions that noticed throughout the year was Bringing the the basketball teams. women's team back was a big step and a good improvement. The men's successful season added school spirit and involvement among students.

Another improvement is the student housing that will become a reality after years of waiting. Student housing is something that will benefit the students a great deal, especially anticipating the increase in gas prices for commuters.

Letter to the **Editor**



I came here from Germany because my friends convinced me this would be a good experi-

I miss my family and my house. But the wel-

coming atmosphere I have encountered here has been wonderful; the people are friendly, warm, and considerate. Such was not the case with the schools I attended in

I think that having this college newspaper is a good idea. It gives the students a chance to express themselves, get to know about each other, and some experience of what it's like to be a journalist. In Germany we don't have anything like this, and the students don't have any feeling of connectedness.

Thanks to the professors and employees of the college. Thanks to my colleagues. Thanks to Boone, Iowa.

Mariana Aung Chan Tha, Boone Campus Bonn, Germany

The third improvement we found was the increase in student activities as the year came to an end. The Hypnotist, Chinese dinner, walkathon and Earth Day clean up all added to student involvement.

Although there were many positive actions throughout the year, we have several suggestions for changes. The first suggestion is to keep the Campus Café open later; we suggest that it needs to be open as long as there are hungry students in the building (this would be from 7:30a.m. -7:30p.m. for day and night students).

There needs to be a better message system; we would like to see a larger size message board place where stu-

dents can easily read it. TV monitors placed in the Courter Center is another way to notify students and is something we feel should be considered in the coming semesters.

The final change that we would like to see is with the computers. The current LAN specialist, Ron Ericson, was hired when the DMACC Boone Campus had only three computer classrooms; there are currently five, with a computer lab. He could probably use an assistant or student intern to help him sort through the problems that students and faculty are having in the labs.

Read Between Lines

Matt Rinker Bear Facts

As I entered my English 118 class at the beginning of the semester I noticed something a little unsettling. Instead of desks there were computers. This came as a disappointment to me because I don't like computers. I hate how the world is so dependent on them, and I wish they never came to be. But the main point of all this is why didn't I knows how this class was structured?

I guess if I were as smart as my IQ says, it's 140 by the way, I would have thought to read the entire class description, but for some reason, something that simple slipped my mind.

I decided to see if I were the only one making this mistake, so I went to the registration window and talked to one of the experts in this field, Jeri Frank,

Boone office staff. From what she told me, dozens of people have made the same mistake that I did? "I could count on my hand the number of times I have to read the course description to students" says Frank. Which may not seem like a lot, but to have to read them period is something the student is suppose to do anyway.

So what do the ladies at the front desk advise students to do so they don't make the same mistake I did? "We like to have them advised by counselors" said Sharon Blaskey, Boone office staff, "especially full-time students taking courses that really go with the major.

Apparently I'm not the only one who has made this simple mistake this year, but if students really want to know what it is that they're taking, they should literally "read between the lines," and things will become a whole lot clearer.

Behind the Print



Karol King

Hometown: Panama Where you live now: Boone

Year at DMACC: Freshman Number of credits this semester: 17

Major: Addministrative assistant Class you would recommend to others: Any class with Jane Martino, "You'll get a kick out of it!"

The section of the paper you read first: The Other Side of the Courter

A goal of yours as Bear Facts Staff: "I would like to be able to be more creative in my writings.

The event in history you wish you could have reported: The American invasion of Panama

email address: mya_chica@msn.com

Bear Facts would like to congratulate all the graduates of the 2000-2001 school year. Way to Go!

Commentary: Bush's first 100 days

Ted Herrick Contributing Writer

Dear Mr. President

You knew it was coming, the inevitable "first 100 days" comparative analysis of your presidential performance...thus far.

Well, dear sir, you have made it painfully obvious that you, the President of this great land, do not care for us, the people, very much. That hurts, it truly does. don't seem to have our interests or well being at heart. Consequently, many have come to say, "He's not MY president." I was willing to give you a shot; I mean everyone needs to be given a chance to prove their worth. Your first 100 days have been one bumbling failure after another. Mr. President, what are you doing?

Including these things: the ozone layer, rain forests, endangered species, along with all the trash your friends in corporate America are disposing into our air, water supply and land, the environment is an all-important issue. It is a full-time study for many gifted environmentalist. It ap-

pears that you are considering placing that spectacular Alaskan wilderness, in all her glory on a plate before your friends in Big Oil to feast upon. Mr. President, you are doing a great disservice to the Republican Party. After all, it was the great republican, Theodore Roosevelt, who set aside millions of acres of America's greatest natural treasures to protect them; to protect them from the likes of people like you and your oilmen friends. Alaska is a great pearl in America's natural tiara. I beg you, don't cast that pearl before you friends

Continue with your plans to grant a giant tax cut to the wealthiest among our ranks, while most of us will receive pennies on the dollar. That's fine, Mr. President. After all, it's "our money," isn't that what you said? Isn't the debt also ours? Shouldn't we pay off our obligations first? That's ok; Shouldn't money management isn't everyone's cup of tea. Some of us must worry about finances, not enjoyment, Mr. President, rather out of necessity. We have mortgages and car payments, which must be paid, which forces us to manage our money.

What about China and Japan, and you attitude toward our recent blunders at sea and in the air? We are the world's mightiest nation, arrogance does not become us, and it is not the American way. It is not the way of "We, the people." We are much more gracious.

Mr. President, you are now advocating newer, larger, more expensive National Missile Defense System. This will pose future arms control problems, after all, how can we expect other nations to abide by arms reduction measures unless we do the same and lead the way. Expecting a war? One piece of advice. World War III would be a little beyond your league.

The people are not pleased with your performance. We are worried about the economy; an economy fueled by consumer confidence that your careless words sent into its downturn. We struggle daily with the cost of living, health care concerns, educational costs, and social security issues. You don't appear to care. Again, that hurts. You made a statement during the campaign and I quote, "Families is where

our nation finds hope, where wings take dream." No, Mr. President, we find hope in a national leader who likes us, who understands our problems, a national leader who can engender our trust. A leader who stands for something besides mere platitudes, not one who is obviously using the office of the President to further the means of big business in its endless pursuit of the "almighty dollar" and power, power, power. Families do find in each other comfort, togetherness, and yes, sometime hope, but only solace in each other.

What have you accomplished in your first 100 days in office, Mr. President? To quote you again, "The people have misunderestimated me." Perhaps some, but the people who voted for you grossly overestimated you.

The citizens of the nation have a difficult task ahead of us, because of you. We must suffer through your bumbling and inadequacies. We must pray that our God will help us. Perhaps and angel will whisper in you ear: "Georgie, don't do that." Maybe, just maybe, you will take heed.

On a different note...

Costs of concert fun add up fast

Aaron Ladage Bear Facts Staff

You can't have your cake and eat it, too. If your mother has ever told you this and you blew it off as a cheesy cliché, it's time to start listening. Although going to a concert can be a lot of fun, it's important to take into account all of the factors that can make a trip to see your favorite band a ticket to the poorhouse. Trust me, I have firsthand experience.

Last Tuesday, my roommate, two friends and I made the four-hour journey to Minneapolis to see MxPx perform. Before I divulge too many details about the pile of money I blew in Minnesota, let me explain why the concert was well worth the money.

At the show

Opening the concert was Minneapolis native Ace Troubleshooter, who set the mood for one of the best punk shows I have seen. Next on stage was Good Charlotte, who was by far the best act of the night. For anyone who has not heard nor seen these Washington, D.C. rockers, I recommend running stoplights just to get to the record store that much faster. With irresistible guitar riffs and a stage presence that can only be described as "Elvis times five," Charlotte knocked the sprockets out

of headlining MxPx's fine-tuned concert machine.

While MxPx played a great set, they seemed to be lacking in the energy department. Playing crowd favorites like "Chick

and a Magnet" flawless cover Clash's of the 'Should I Stay Or Should I Go helped; however, something was Good missing. Charlotte's performance might have had something to do with this, but I failed to recognize much of the trademark that lead singer Mike Herrera and



crowd interaction Bremerton, Washington native MxPx

company are notorious for.

Costs add up

How much would you be willing to pay for top-notch entertainment like this? First, it's important to consider all of the factors involved, and ticket prices are an obvious first stop. As this show was at a smaller venue, ticket prices were reasonable; however, the bigger the artist and

venue, the higher the ticket cost. With the added Ticketmaster service, the total for one ticket was \$21.80.

If you're planning to leave Iowa for your show of choice (which I would highly

recommend), there are two very important details that should be investigated-gas and hotel costs. With gas prices skyrocketing past the \$1.50 mark, our round-trip fuel cost Minneapolis was around \$60. Opting for the 'poor college student" approach, we chose Red Roof Inn as our temporary home;

add another \$50 to the bill.

While these prices might already seem high to some, it's important to remember the oh-so-important "miscellaneous" category. Merchandise like t-shirts and CD's is a major moneymaker in the concert business, and this particular show set me back \$45 for a hooded MxPx sweatshirt and a Good Charlotte CD.

For those of you who are 21, my advice

is to avoid the concert bars at all costs. In my purely professional experiment, I determined that one glass of Crown Royal and Coke costs \$6.50. While I won't discuss the exact amount of money I spent on this portion of the experiment, I will say that the bartenders and I were pretty good friends by the end of the night. Once again, avoid the concert bars at all costs.

On this particular trip, we also happened to be staying twelve miles from Mystic Lake Casino. While this is a tourist trap that can be easily avoided, the sound of quarters hitting the tray of a slot machine can be an addictive budget-killer. Factor in the two or three meals along the way, and you've blown a week's paycheck in less than 24 hours.

By the time my friends and I arrived back in Ames, our estimated expense for this trip was nearly \$350, or about \$90 per person. While our trip was a little frivolous, this total is a good indication of what one night of fun can cost. With some careful budgeting, it is quite possible to have a great musical experience on a budget. As a warning, though, be prepared to fork over a few extra coins when your favorite band is in the area. Despite all of these added costs, I wouldn't change one moment of our trip, and I would do it again in a heartbeat.

Jimmy John's, So good you'll freak!

THE ORIGINAL

Restaurant Review

Matthew Rinker Bear Facts staff

When I first tried Jimmy John's Gourmet Sub Shop in the middle of last year I fell in love. With their catchy slogans and to-diefor fresh products, my heart was won over at first bite. Not to mention the service was so fast I freaked.

As I entered Jimmy Johns, located in campus town Ames, I drowned in a sea of red walls and good,

red walls and good, but free, smells. The walls were covered with the coolest old logos from products such as Cowhide Brand Jeans, Coca-Cola, and 76. Then as I looked to my left there he was. Up on the wall it was Jimmy John, with his curly hair topped off with a chef's hat, surrounded by all of his

fresh produce. This is a picture that will last for years to come in my mind.

To order is simple; just give the number off of the board to the right of the counter. The subs vary from tuna, roast beef, turkey, to just plain veggies they have it all. My personal favorite is "The Beach Club" or number 12. "The Beach Club" includes turkey, alfalfa sprouts, and avocado, tomato, lettuce, mayo and provolone cheese. This is by far the best sandwich I've ever had.

Besides Jimmy John's being so darn good, my other favorite part about this restaurant is that they're really fast. Once

you order your sub you shouldn't have to wait more than 30 seconds before you can indulge yourself in the most delectable sandwich in the world.

Some other points about Jimmy John's will hopefully win your vote as the best sub shop ever. First of all they are open until 3 a.m. That's one-hour after the bars close and one-hour after most pizza places close. The second thing is, they deliver. Whether it is at one in the morning or one

in the afternoon they get it there. Heck, they even have delivery people that ride bikes!

Jimmy John's has two locations in Ames. The first, as I said, is located in campus town and the second one is in downtown Ames. So no matter what side of town you're on, you can catch the

sty goodness called Jimmy John's.

Now you know that I love Jimmy John's; I love Jimmy John's; I love Jimmy John's so much that I'm about to do the unthinkable. For their score I'm giving them *five spatulas out of four*. That's right--Jimmy John's is above and beyond any other sandwich shop in Ames, Boone, and the World. I know this may undermine my validity but who cares, Jimmy John's to me is better than the best



Summer concert preview

Aaron Ladage Bear Facts Staff

"All summer long, we sang a song, and then we strolled that golden sand. Two sweethearts in the summer wind...."

If Mr. Sinatra's words leave you longing for the sunny, carefree days of summer, start dusting off those flip-flops. With the semester nearing an end, the summer concert scene is almost upon us. To help you find the best concert for your dollar, here's a list of some of the upcoming festivals in the Midwest.

Ozzfest

www.ozzfest.com

This festival has been going strong for years, and with this year's lineup, it shows no sign of stopping. Ozzy Osbourne rejoins Black Sabbath as the headlining act, a show that should not be missed. Other bands on the tour include Linkin Park, Papa Roach, Marilyn Manson, Crazy Town, and Des Moines native Slipknot. Watch for the tour to come to the Midwest on June 8 in Chicago and June 16 in Somerset, Wisconsin.

Vans Warped Tour www.warpedtour.com

Punkers unite—this nationwide tour that combines the best of extreme sports and music is back again. Despite the recent dropout of Weezer from the tour, Warped still promises to be a festival worth the ticket price. With national acts like 311, Rancid, Pennywise, and New Found Glory headlining the Minneapolis show on July 14, this is an event that every

punk fan should attend.

Lazer 103.3 Big Ass BBQ www.lazer1033.com

So you want to see a big rock show, but you don't want to travel? Des Moines radio station Lazer 103.3 has your answer. On May 27 at Water Works Park in Des Moines, such national acts as System of a Down, Kittie, Days of the New, and Buckcherry will rock Central Iowa. With a show of this caliber within an hour of home, make plans now to attend this one.

George Strait Country Music Festival www.georgestrait.com

If you're a country music fan, George Strait has what you need. Once again, this country superstar is hitting the road. This time, he's bringing along such acts as Brad Paisley, Lee Ann Womack, Alan Jackson, Lonestar, and country veterans Asleep At the Wheel. The tour will come as close as Tinley Park, Illinois on May 26.

Lemonwheel www.phish.com

The world's greatest jam band, Phish, is on the road again, and this time they're making a festival out of it. While other acts on the tour have not been named yet, this tour will be a surreal experience worth the journey. Watch for Phish's summer festival Lemonwheel to visit Middle America on August 1 in East Troy, Wisconsin.

Over 180 to graduate

CANDIDATES FOR ASSOCIATE IN ARTS

Michael W. Andreasen

*Melissa A. Barrie Kimberly R. Beck

Ann E. Byriel Joshua R. Carlson + Mary J. Catlett

+ Liang-Hung Chen

Charles S. Crusan
*Jodi Ann Daigh
Karrie K. Danner

+ Arthur Stewart Davis

*Julie Christine Davis

*Michelle L. Davis

Darrell A. DeWinter Chad M. Fick *Richard A. Fleming



Stephenie E. Henderson Olivia M. Hoff

+ Ryan C. Jones

*Kelsey L. Kain + Sarah E. Kelley

Jessica L. Koos

Jennifer A. Law

+ Dana E. Leininger

+ Alyssa Marie Lewis

*Heather M. Manken

Ryan E. Lloyd

+ Robert T. Martin

+*Carla J. Morgan Kirk W. Nesset

+ Angella Nicolle Nims

Mandy Olson

+ Mark M. Onken Gregory K. Piklapp

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+*Mitzi J. Schoening Tracy Marie Shaw

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+*Sarah R. Wikert Jennifer L. Wood

Taylor A. Wright CANDIDATES FOR ASSOCIATE IN SCIENCE

ASSOCIATE IN SCIENCE

Guadalupe Alarcon

+



Arellano-Dodd Kim-Joo Beh

Kelli K. Busch

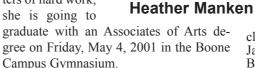
Lisa Marie Cunningham

Lawrence O. Daniel

Manken looking forward to graduation

Karol KingBear Facts Staff

Heather
Manken is a
sophomore at
DMACC on the
Boone Campus.
She is a full-time
student carrying
16 credits hours
this semester.
After four semesters of hard work,
she is going to



Manken has accumulated a 4.0 grade point average, and she is very excited and looking forward to graduation. She is 19 years old, originally from Madrid, but living in Ogden with her parents, brothers, and sisters at this time.

Manken is a member of Phi Theta Kappa (international honor society for two-year college students) and she has gotten schol-

Amanda E. Davis
*Julie Christine Davis

*Richard A. Fleming + Kelly K. Gallagher Tracy J. Geffre

+ Douglas W. Hall
Tyler C. Hansen
Jacqueline R. Haupert
*Leslie F. Howerton

*Darren James Johnson Michael D. Kelso



Christopher R. Lambader + Cho-Sang Lau

Nicki J. Maestre

Lori M. Marshall

Casey J. Meinecke

*Bradley J. Meyer

*Amy Louise Thompson

arships from the DMACC Foundation. Her future plans are to be a teacher. She likes to learn interesting things. To get her elementary education degree,

Manken plans to attend either ISU or Buena Vista University.

Working part-time as a cashier in the Wonder Bread store, in Boone, Manken said, "My job is flexible, and I always find time before of after work to study and do my assignments." Her hardest time in college is during finals because of the exams that she has to take. Manken said, "You have to keep going to reach your goals."

going to reach your goals."

She recommends taking any classes with her favorite instructors, Dr. Jane Martino (psychology/education), Bruce Kelly (political science/history) or Judy Hauser (writing/children's literature). "You learn a lot, plus I like to work on projects that involves kids; this will be useful for me in the future."

As Manken graduates next week, she leaves this advice for all the students: "Work hard, don't get frustrated and believe in yourself."

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Nancy K. Wood Muhammed Ziblim

Good Luck Graduates!

Traveling abroad? Be prepared for the unexpected

(COLLEGIATE PRESSWIRE)-April 25, 2000-Nobody expects to be in an accident while traveling abroad. But mishaps do happen, especially involving automobiles in foreign countries. The key for students scheduling trips overseas is being prepared for the unexpected by planning ahead and leaving nothing to chance. The following tips can help save students, their advisors, teachers and their parents and loved ones at home, time, money, and aggravation prior to and during their trips abroad. They are:

Try to learn a few key words and phrases in the language of the country you're visiting and read up on it's history and culture. Every country is different. Don't assume everyone speaks or understands English;

Review pre-trip information including booklets from the State Department's Bureau of Consular Affairs and check relevant sites on the Web. You can never know too much about where you're going;

Do not accept packages from strangers regardless of the circumstances. Anyone who has seen "Midnight Express" knows why. Plus security at airports has increased due to the numbers of terrorist incidents worldwide;

Take credit cards with you to assure that you get the most favorable exchange rates, and know your credit limits in advance of leaving the U.S.; cards recognized internationally include: Visa, AMEX, MasterCard and Diners Club; Update your immunizations against childhood and other diseases. The Centers for Disease Control's Web site is a good source of information about infectious diseases across the globe;

Be sure to take enough medications with you for your trip, and keep all prescription drugs in the original containers with the generic names clearly marked on the labels. Also, bring other supplies that might not easily be available where you're going;

Avoid tap water, ice cubes and local dairy products when overseas and eat only well-cooked foods that are still hot. Also avoid salads, uncooked vegetables, raw seafood and foods sold at roadside stands. No one wants to be laid up because of being too adventurous about local foods;

Prepare an itinerary in advance with contact numbers;

Make two copies of your airline ticket, passport and other documents in the event your are lost. Keep one copy in a safe place other than your luggage. The second copy should be given to your parents or your college;

Know the laws and penalties for alcohol and /or drug-related offenses, such as drunk driving, and act accordingly. Be aware of the laws pertaining to sexual relations and make certain to bring protection with you;

Obtain an international driver's license if you plan on driving while abroad;

Beware of pick-pockets, "too good to be true" scams and other situations where diversionary tactics can take your mind off what you're doing;

Contact SOS immediately if arrested or in an accident. Laws may differ by country, so having someone who knows the laws and speaks the language becomes extremely important;

Fasten your seat belts when riding in an automobile. According to recent

statistics, automobile accidents now top the list as the number one reason for fatalities overseas:

Don't be a "show off" and display expensive jewelry, watches or other signs of wealth, especially in countries where there have been anti-American demonstrations; and

Consider purchasing a medical, personal and travel assistance membership that will provide you with 24-hour emergency services including worldwide legal assistance, emergency message transmission to the member's family, emergency medical evacuation, and much more, for the duration of your trip. International SOS provides Scholastic Overseas Services for students and teachers enrolled in formal programs form nearly 600 colleges and universities annually.

SOS employs over 2,500 dedicated professionals in its alarm centers, international clinics, and remote medical facilities across five continents. In addition to more than 500 dedicated doctors and nurses, International SOS staff also includes multilingual assistance coordinators, experienced operations managers, dentists, paramedics, pharmacists, aeromedical specialists, health care managers, security, travel, legal and technical professionals.

For further information about International SOS and its Scholastic Overseas Services product, visit its website at http://www.internationalsos.com or e-mail: scholastic@internationalsos.com or contact International SOS, Eight Neshaminy Interplex, Ste. 207, Trevose, PA 19053-6956 or phone 1-800-767-1403

Source: International SOS

Editor's Encounters

Home-schoolers make the grade at DMACC and raised with their values." She added subjects. The Rinehart family utilizes a hor

Bear Facts Staff

Gender ratio is shown at the Boone Campus with 516 male to 586 female students this semester, according to the DMACC Ankeny Campus. Diversity of students is seen in the hallways and at various times during the day at DMACC.

Home-educated DMACC students come from a variety of situations and are involved at the Boone Campus through academics, arts, and sports.

These students have a unique view of education and life itself. Former Boone DMACC student, Kaci Crim said, "The biggest benefit, I believe, is that homeschooling allows students to have oneon-one attention and to learn at their own

While not new to college campuses, the identification process of home-schoolers is easier now because there are more students who come from that background, said George Silberhorn, Boone Campus counselor.

Home education 101

Parental involvement in a child's education is one of the basis for home education. Building on that foundation, parents teach their child the subject matter they want the student to know and focus on school core basics. This doesn't mean "easy education" or sleeping in until noon, but teaching students to be self-motivated to excel in their studies.

While quite a number of these Boone Campus students come from large families, there is a range—from the Rinehart family— 11 children, the Bret and Kaci Crim family— 9 children, the Marcie Crim family— 5 children, the Young family— 6 children, the Krabbe family— 3 children, the Bovenmyer family— 7 children, and the Halls— 7 children. The majority of these parents have home educated all of their children K-12, and in most of these families, both parents are actively involved in this education, utilizing different methods.

Bret, Kaci Crim

(photo unavailable of Kaci)

From Stratford, Ia., Bret and Kaci Crim are close in age and have both attended DMACC Boone Campus.

Bret will complete 47 credits in May and Kaci took 60 credits in recent semesters.

Not all family members support homeeducation. The Crim's grandmother was a schoolteacher for most of her life. Bret Crim said, "She was against my parents home-schooling at first, but now she has warmed up to the idea after seeing how my sister Kaci and I have done in college and in the other areas of our life.

Students from any kind of educational background view advantages and disadvantages of their education. Bret Crim "I think that the biggest thing homeschooling has done for me is to build a strong faith in Christ. Also, it has kept me away from many bad influences that the public schools may have had on me." He added that this was one of the main reasons his parents decided to home educate.

Kaci Crim said that she could quickly move ahead in subjects she excelled in and could give challenging subjects more time and effort. "Another benefit is the opportunity to be taught by your parents

that while she enjoyed the flexibility it provided, a downfall to home education is missing opportunities to participate in extra-curricular activities.

Future plans for Bret Crim include attending Emmaus Bible College next year for "life training," and

then attending Iowa State University for computer

programming.

Majoring in accounting, Kaci Crim is taking 15 credits at ISU this semester. She said, "College has been a great experience for me. After homeschooling and receiving lots of negative feedback concerning your academic abilities, and doubtful comments about your so-

cial skills, you really feel the need to prove people wrong." She believes this provided the challenge and motivation to obtain good grades and be an involved college student

Amy Young

Boone Campus freshman and high school junior, Amy Young also hails from Stratford, IA. Her 12 credit hours this semester include; psychology 101, sociology 101, physiology and certified nurses aide

requirements. These are in addition to her high school home education and working part-time at the Stratford Tea Room, In Good Company.

Realities of being able to finish her studies by noon and then having the rest of the day "off" were among Young's advantages. She said, "This also allowed my family to take longer vacations to Mexico to visit my mother's family.'

Adaptation to college was a disadvantage: "Last fall, when I started here, it took me awhile to study for all the exams because I wasn't used to the amount of information in such a little time." She added that DMACC classes are more intense "but I enjoy most of my classes, so it does not really matter. All my instructors have been really helpful: I don't think I would be getting the one-on-one assistance if I went to a larger institution.

Education choices for each family have a different basis. Young said, "One of the most important reasons why my parents decided to educate my siblings and me was for religious reasons. They were not satisfied with they school systems teaching the theory of evolution because we believe in creation?

Soon to be a certified nurse's aide. Young's major is nursing. She plans to finish her Licensed Practical Nursing degree at DMACC, then seek her Registered Nursing degree at a four-year college—possibly Mercy. Young's degree of specialty would be in obstetrics.

Abby Rinehart

Boone native turned Boone Campus student, Rinehart, was raised on her family farm. Summers included raising vegetables and selling them at the Farmers Market

Some teachers teach specific school

teacher that teaches history, sciences and literature. Rinehart said, "There are about 20 kids that are also home-schooled that attend my high school class."

Viewing home education positively, Rinehart said, "I think by being home- schooled, I have had

a chance to experience a lot more in the work world. By being on a farm and doing Farmers Markets, I have learned to work hard and not complain.

Üsing life experience along with home education has also benefited Rinehart, who said, have learned self-motivation, and I have not had all of the peer pres-

sure from others to do something I would not want to do.

Rinehart is considering a marketing degree.

Carmelle Krabbe

Raised in Ames, Ia., Carmelle Krabbe was home educated from second grade through middle school. In addition, she briefly attended Gilbert and Fellows Elementary.

Viewing home education as a means of getting a better education and help with subjects she had trouble with, Krabbe said, "I was able to get a curriculum centered around my specific academic needs.

Home education downfalls for Krabbe were the socialization aspect. "I didn't like the home-school group activities, and it was hard to make friends."

Spring semester, Krabbe is taking 15 credits. "My major is fashion design, but right now, I am just taking my general

In reference to home education vs. college classes, Krabbe said, "College is nothing like home-schooling. In college I don't get to choose when I get to learn and what I get to learn." Compared with home education, "In home-schooling there are academic requirements, but you get to enjoy a lot more freedom

in the learning process.' Peter Bovenmyer

Ames, Ia. is also home to Peter Bovenmyer, who was also raised there. Outside of one year of attending Ames High, Bovenmyer has been home educated.

Time distribution was key to Bovenmyer's view of the benefits. you're good at history, you can blow through it and be done by March. If you're not good at one subject, you can take your time and don't have to feel rushed." Lack of special subjects, like art, would fall in

his downfall category.
Currently taking 10 credits, Bovenmyer is unsure of his major.

In comparison with home education, he said, "College is a lot different. Instead of being done with homework by noon everyday, I have to get used to spending time in the afternoon and evening doing it.

Nathan Hall (photo on next column)

From Albia, Ia., Nathan Hall attended public elementary school; and was then home-educated through high school.

While his father is a certified teacher, his mother was more influential in his education.

Hall views parents being able to raise their children as they see fit as

the biggest benefit of home education. For his claim of downfall in the education, he said, "Advanced courses, such as calculus and physics cannot be taught by most parents.

As a Biology/Pre-med major, Hall is currently taking 18 credits. According to Hall, the comparison between home and college education is not very different.

"College is basically the same as home-schooling, in the sense of study at home.

Marcie Crim

Raised in Boone, Marcie Crim now attends DMACC Boone Campus.

Crim's home educa-

tion focused on math and English. For her other subjects, she went to a teacher once weekly who taught history, science, literature, Spanish and French.

Benefits in Crim's view were that she could do her school on her own time and not have such a set schedule. Crim said, "My parents decided to teach me at home because they disagreed with some of the curriculum used in public schools." added, "They also wanted me to be influenced in a Christian environment rather than have the peer pressures.

Spring semester, Crim is taking 9 credits, including Trig, Comp II, and Psychology 101. Her major is either accounting or teaching. Comparing DMACC to home education, Crim said, "Here, we have a variety of teachers and a strict schedule to follow. Other than that, school is school.

In the classroom

Home-educated admission guidelines to any DMACC Campus mirror those for high school student admissions: complete and submit a DMACC application and a written parental approval and complete the COMPASS test or submit ACT scores. The last requirement is to meet with a DMACC adviser or counselor prior to registration.

George Silberhorn said, "Home-schoolers are always well-prepared students.'

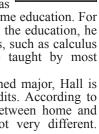
Jane Martino, Boone Campus psychology instructor, agrees with Silberhorn, "The students I have had in class are wellprepared, have a strong work-ethic and are

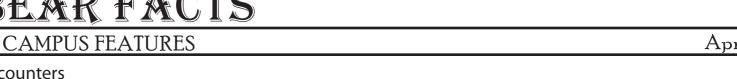
focused on learning."

Nancy Woods, Boone Campus Physics instructor said, "In general, those students who have been home-schooled enjoy the attention that will greatly enhance their indivual development.

Education tracking

Progress tracking of home-educated DMACC alumni reveals continued advancement. Silberhorn said, "When we follow their academic progress, we find that they are successful." He added that some of these alumni have attended Northern Illinois, University of Northern Iowa, and University of Iowa, but most plan to attend Iowa State University. He added, "Most intend to transfer to a four-year college or university





"College is

basically the

same as

home-schooling,

in the sense of

study at home."

~Nathan Hall

FEATURES

Davis donates a foot to Locks of Love



Twelve inches of hair



Michelle Davis before

photos by Michele Thamke

Michele Thamke Bear Facts Staff

Michelle Davis, Boone DMACC sophomore, recently donated almost half the length of her hair to Locks of Love

Based in California, this organization provides wigs for financially disadvantaged children across the U.S. under age 18 suffering from long-term medical hair loss. These wigs are made from donated hair from people of different ages, including children. Locks of Love receives 50% of its donations from children who want to help other children. People can donate hair of different lengths, types, and colors. Shorter lengths of hair is sold to help cover business costs. The organization also takes financial contributions as well.

Michelle's decision

After hearing positive things about the program through friends and television programs, Davis decided to snip and donate.

Kelly Countryman, of Kelly's Beauty Salon in Jefferson was the hairstylist who donated her services. Countryman is also a Boone Campus student.

Rotaract's involvement

Boone Campus Rotaract has been involved in a campus-wide search for students or faculty who would donate hair to Locks of Love.

According to Jane Martino, Rotaract advisor, "Rotaract will be donating financially to Locks of

Locks of Love guidelines

The organization requests that hair be at least 10 inches in length, but prefers 12 inches. Hair must be bound in a pony-tail or braid, and be sent within a plastic bag.

Those who have hair that was cut many years ago may still send his/her donations, as long as the hair is bound.

For further information, visit Locks of Love's website: locksoflove.org.



Kelly Countryman cuts



Michelle Davis after

Riding the 'rankest' bull in Iowa

Samantha Schmidt Contributing Writer

In bull riding, the cowboy's body goes through a lot of preparing for the ride and the eight seconds of the ride.

Two hours before starting time, the cowboy gets there, takes all his heavy gear, heads down to the check-in area to pay his fees and find out which bull he drew. The cowboy gets through paying and says, "What poison did I draw today? The secretary tells him, and right away his expression changes as he turns and walks

In preparation the cowboy hangs his bull rope and gets his chaps, vest, glove, and rosin out. He goes over to the bullpen to check out the bull he drew. The bull is just standing in the pen with a few other bulls. They're a little frisky, jumping up on each other. As the cowboy stares, his mind is racing a mile a minute.

It's rodeo time! The cowboy rosins his bull rope and glove. He puts his chaps and vest on and then decides to stretch a little. He needs to loosen up all his muscles and clear his mind, for the cowboy is at the top of his game. He stretches all his muscles, does his little cowboy dance, and thinks he is all ready when someone yells, "Hey get your rope. Your bull is in the shoot!

Running to get his rope, his temperature starts to rise, his heart speeds up, and he starts to breathe a little faster. His adrenaline is kicking in. This is called negative feedback.

Climbing over the shoot, the bull starts looking around at him. The bull leans over against the cowboy's leg then decides to flip up over, smashing the cowboy to the back shoot gate. The cowboy is okay. He climbs back up to the bull, pulls his rope, and is ready to go. In the last minute he clears his mind and nods his head.

The shoot gate opens, the bull jumps out spinning to the left, one, two, three jumps. With each jump the cowboy takes a breath. The bull jumps forward, does a belly roll, and turns back to the right this time, throwing the cowboy into the well. The cowboy's body reacts, making his move back to the middle of the bull's back. The cowboy can't hear anything, and it seems like a minute has gone by. Just then he hears the sound of the buzzer. The cowboy grabs his tail, waits for the clowns to turn the bull, and bails off.

The cowboy gets up scurrying but not fast enough. The bull comes and hooks him in the cranium, rolling him onto his back and runs right over him, stepping on his umbilical region with the force of 1800 pounds. This is the bull's way of showing he is mad. The bull's heart is pounding

He is also breathing hard. A negative feedback is occurring. Even though he is hurt, the cowboy jumps up and runs to the out gate. Once outside the cowboy knows he's

okay thanks, to his hard, sturdy cranium and vest for protection. He finally lets out a breath, saying, "Did I make it?"
"Yup," another cowboy says, "you just



photo contributed by Samantha Schmidt

Josh Angstrom looks up at Lonewolf after being thrown at an Iowa Rodeo.

DMACC Ankeny Campus hosts automotive, diesel expo

--Dale Earnhardt Junior's #8 Budweiser Chevrolet and Andy Houston's McDonald's Ford will be at the Des Moines Area Community College (DMACC) Ankeny Campus on Saturday, April 28. they will be on display as part of DMACC's fifth annual automotive/Diesel Programs Expo, which runs from 10 a.m. to 2 p.m.

DMACC will showcase its Automotive Technology, Auto Body and Diesel Technology programs at the expo, which is free and open to the public.

Besides free car wash buckets to the first 1,000 people, there will be demonstrations and information sessions tak-

ing place in buildings 10, 13, and 14. Participants are encouraged to sign up for a trip for two to the Indy 500 or a trip for two to the NASCAR Winston Cup Series in Michigan. There will also be an antique tractor pull.

Local car clubs will have their vintage show cars on display and the big diesel rigs will be on sit showing off the latest in diesel technology. If you have a show car you would like to display, please register at 8:30 a.m. in bldg. 13 or call DMACC automotive Programs Chairperson Scott Ocken at (515) 964-6552

In conjunction with the Automotive/

Diesel Programs Expo, DMACC will be hosting its ninth annual Automotive Skills Contest, co-sponsored by the Iowa Automobile Dealers Association. Six twoperson teams will be taking part in the hands-on portion of the contest. These 12 Iowa high school students qualified for the hands-on competition by outscoring more than 400 students from 24 high schools in a written test held December 15, 2000 on the Ankeny Campus.

The public is invited to watch the students be tested on their knowledge of alignment, tune-up and brakes. In addition, each team has one care that has been

"bugged" with two intentional problems that the students will have to diagnose within a set time period.

The winning teams will receive scholarships from the DMACC Foundation and numerous other prizes. The public can begin watching the Automotive Skills contest at 10 a.m. in Bldg. #13. For more information, contact Scott Ocken at (515)

For more information contact Dan Ivis, Media Liaison, Media Relations, (515)

Emotional Benefits of Exercise

coming Up Roses

The physical benefits of exercise are easy to see – better muscle tone, a slimmer waist, and a radiant glow. However, what's more difficult to see is how exercise benefits us emotionally. Check out these big time emotional benefits.

Painting with a new brush

Exercise can help improve creativity. Whatever your creative desires, try tacking them after a workout and see if you get a better product.

Blue no more

Regular exercise has been shown to help improve the moods of those suffering from depression. It may even help change your outlook after a tough day at work.

Easy does it

Rhythmic aerobic exercises may be helpful in reducing stress, anxiety, and sleeping disorders

All good

Some studies have shown that exercise can improve self - image. This seems to be true especially among teenagers. The more vigorously they exercised, the better they

felt about themselves

These emotional benefits could be related to the chemicals released in our brains when we exercise. It could also be that we just feel better after being active. Whatever the reason, the important thing to remember is that exercise not only makes us

look better, it makes us feel a whole lot better too.

"Knowledge is free at the library. Just bring your won container." -author unknown

Source: The Well Workplace

Good stretching is important

Darren Johnson

Contributing Writer

Our bodies are more than a shell for us to use as we want. It is a machine that has great potential to become a powerful and flexible machine, which, if given the right fuel, care and attention will serve us to what ever purpose we put it to through.

One of the most important care factors we can do for our bodies is to stretch before and at the end of every exercise. This is because our bodies are not designed to go straight into a full work out at 100 mph without any warm-up or stretching. Without warming up, bodies usually end up waking up in the morning in pain, which can last 3-4 days. Sometimes in lifting heavy weights, then we can do some serious damage to our muscles, like muscle tearing, because of improper warm-ups and cool-downs.

Stretching is important because after the warm-up, the blood is pumping around the body faster and providing the muscles with

When you stretch, the fibers in the

muscles are being put past it's relaxed state, which will supple-up the muscle and makes it ready for a hard workout.

The best time to stretch is just after you have done a workout and when you are doing the cool-down. This is because your muscle tissue at it's most supplest at this point, and you'll be able to stretch further than what you would have been able to if you had not warmed-up prior to stretching. It has also been said that stretching before going to bed every night is very good for you, and will make muscles supple.

There is a right way to stretch. I know people have different ways, but the main way and the way the trainers would tell you to do it is to hold every stretch for 10 seconds, do not bounce on any stretch, this will do more harm than good. Be sure that you warm up properly before any stretching takes place. Within a few weeks of stretching as recommended, you should see a difference within your stretches, and you should feel looser, and more flexible. If you do not, then you are most probably doing the stretches



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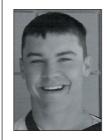
Victor Duke Birth date:6-21-Position: Center Field Number: 16 Height/Weight: 5'10" 160lbs.

Throws & Bats: Right-Right

Year: Freshman

Hometown: Panama City, Panama

Major: Arts and Sciences



Chris Lambader Birth date: 12-12-

Position: 2B Number: 19 Height/Weight: 5'10" 181lbs. Throws & Bats:

Right-Right Year: Sophomore

Hometown: Apple Valley, MN

Major: L.A.

Other Interests: Long walks on the beach, and romantic candle lit din-



Dustin Eisenbraun Birth date:2-24-82 Position: Pitcher Number: 18 Height & Weight:

5'11" 160lbs. Throws/Bats: Right-Right

Year: Freshman Hometown: Rapid City, S. D. Maior: Arts & Sciences

Other Interests: Cliff jumping, customizing vehicles, building models Other Teams Played For: Rapid

City Post 320



Matthew Beaton

Birth Date:3-8-81 Position: Outfield Number: 14 Height & Weight: 5'11" 190lbs Throws/bats: Left-

Left

Year: Freshman

Hometown: Hamilton, Ontario

Major: Undecided Other Interests: Golf

These four profiles conclude the Spring 2001 DMACC Boone Campus baseball team photos that were published in the March 28 issue of Bear Facts.

DMACC Baseball Update

Game One Iowa Western 18-9 **Game Two DMACC** April 7 DH w/ Iowa Western

Game One Iowa Western 5-4 Game Two Iowa Western 2-1 April 8 DH w/lowa Western

DMACC vs. Iowa Lakes 6-4 April 10 Iowa Lakes

DMACC vs. Mt. Marty 11-1 April 12 Mt. Marty

Game One Indian Hills 8-3 **Game Two DMACC** 16-13 April 14 DH w/ Indian Hills

Game One Indian Hills 11-0 **Game Two DMACC** 1-0 April 15 DH w/ Indian Hills



Men's basketball signs two

Scott Anderson Bear Facts Staff

player," said Salmon.

According to Orv Salmon, head men's basketball coach, DMACC has signed two players for next season

One is Jordan Jackson, a 6-2 guard from Clarinda, IA. Jackson was an allstate football player in high school, who chose DMACC over Southwestern, Iowa Central, and Southeast CC in Nebraska. "Jordan is a strong, physical, and athletic

The other signee is Cameron Lollaw, a 6-6 forward from Benson High School in Omaha, NE. Lollaw chose DMACC over Southwestern, Southeast CC in Nebraska and Northeast CC in Nebraska. "Cameron is a good strong 4-man (power forward) who really knows how to play," said

The Bears plan to sign two more out-ofstate players for next season as well.

The DMACC women's basketball recruiting was not available at press-time.

Commentary:

Fame, money not more important than education

Scott Anderson Bear Facts Staff

This is an interesting time in the world of sports. Baseball, and basketball and hockey playoffs are beginning. also a time, however, when college basketball recruiting signing begins. It's even happening here at DMACC Boone Campus. It is also a time for underclassmen to announce they are leaving school to make themselves eligible for the NBA

There are 18 college players who have given up or put off school in hopes of making millions in the NBA, and something just went off inside of me about this Along with college players going to the NBA, the sport now has high schoolers going pro. Two high school players declared for the draft last year and three more are doing so this year. What are these kids thinking about? The level of play in the NBA is nowhere close to the level of play in high school. Everybody then points out that Kobe Bryant, Kevin Garnett, and Tracy McGrady where able to adapt. That is true, but not everyone is a Kobe, Garnett, or McGrady.

Now, whenever I bring up this topic people tell me to put myself in the player's Would you say "no" to all that money? I don't know what I would do, but I know that I would want to get my education. College is supposed to be the best time of your life, so why throw it away?

Players bring up the famous injury cliché that if they get hurt in college, then they won't make it to the NBA. I haven't seen one case of that happening, and, in fact, last year I saw a player in Kenyon Martin who broke his leg in college become the first player selected in the draft

I understand and support some of the early entry candidates; those are the players who were college juniors last year and are forfeiting one year of eligibility. It is a lot easier to go back and get your degree when you only have to make up one year of school. But fewer than half of the early entrants are juniors. The rest are high schoolers, freshmen, and sophomores, and I wish them luck. Because what will happen after they get that million dollars and get hurt? Then they will have no education to fall back on.



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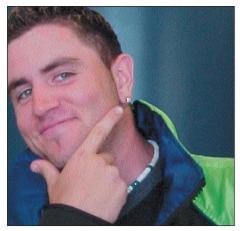
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OF THE COURTER PHOTOS AND TEXT BY SADIE M. OTHER SIDE THE **HEIMBAUGH**

WHAT ARE YOUR PLANS FOR THE SUMMER?



Chris Davies

Jenny McCloud



Aaron Smiley



Sarah Hamilton

"I plan on playing baseball, "I will be working this sumworking, and going clubbing mer." in Toronto."

"I have an internship at SGSI in Des Moines."

"I am going to move to Missouri in June, and hopefully I'll find a job and then I plan to go to school."

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