

11-22-2000

Banner News

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Scott Anderson

Nancy Woods

Patrick Fleming

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See next page for additional authors

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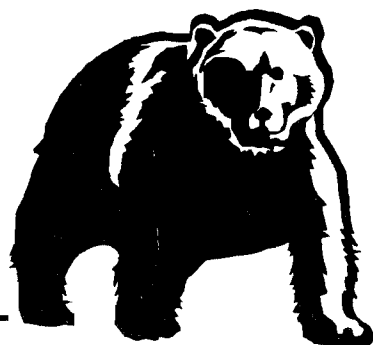
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BEAR



FACTS

Volume 46, Issue 6

"The Voice of the DMACC Boone Campus"
Serving the Community Since 1956

Nov 22, 2000

Final Exam Schedule

Tuesday, December 12, 2000 (Tues./Thurs. classes)

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

Wednesday, December 13, 2000 (Mon./Wed./Fri., 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.	3:30 p.m. - 5:45 p.m.

Thursday, December 14, 2000 (Mon./Wed./Fri., or more classes)

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

Friday, December 15, 2000 (Mon./Wed./Fri., or more classes)

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

Evening/Saturday Final Exam Schedule

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

Last Monday night classes.....	December 11
Last Tuesday night classes.....	December 5
Last Wednesday night classes.....	December 13
Last Thursday night classes.....	December 14
Last Monday/Wednesday night classes.....	December 13
Last Tuesday/Thursday night classes.....	December 12
Last Saturday class	December 9

Jacobsen makes first team all-conference



Caitlin Jacobsen

Kevin Alberts
Bear Facts Staff

Caitlin Jacobsen, currently a freshman at DMACC, made the First Team All-Conference for volleyball. Jacobsen played as the middle hitter/blocker with the Bears. Jacobsen studies at the Boone Campus, majoring in fire science.

Jacobsen said, "I was very surprised. It made me feel good about the way I played this season. Next season I'm going to work hard and hopefully get recruited at a decent Division I program."

This season, Jacobsen played 102 games, had 272 kills, 643 attempts, .318 kill percentage (third highest in the conference) 73 block kills and 55 block assists.

Jacobsen started playing volleyball because of her older sister. She always

wanted to do everything that her sister did, but little did Jacobsen know that she was going to find she had a talent in this game.

Jacobsen started playing varsity volleyball during her junior year of high school in Wisconsin. She played junior varsity as a freshman and sophomore. As a senior, Jacobsen made the Southeastern Conference team.

Coach Lori Slight recruited Jacobsen by watching her at a club volleyball tournament in her senior year.

Creative writing contest deadline Dec. 4

The DMACC Creative Writing Contest deadline is midnight Monday, Dec. 4. All DMACC students registered for Fall 2000 can participate.

The top prize is a scholarship worth \$900. The runner-up gets \$450, and cash awards include \$100 for best story and \$50 for the runner up, and \$100 for the best poem and \$50 for the runner up.

Students must submit at least three original manuscripts. They must be poetry, short fiction, or personal essay or combination of the three.

All entries must be sent to:
DMACC Creative Writing Contest
%R.W. Chapman, Contest Coordinator
Sciences and Humanities Department
Bldg. 2/Ankeny Campus
2006 S. Ankeny Blvd.
Ankeny, IA 50021

If you have any questions about the details, contact your English teacher or refer to the MEMO posted around school from Chapman, Communications/Humanities.

Women's basketball rises from ashes after two years

Scott Anderson
Bear Facts Staff

This season isn't the first year of varsity basketball for the DMACC women; however, little is known about the history of women's basketball at DMACC. DMACC women's basketball began in 1977 under head coach Lynda Johnson. The first victory for the DMACC women came on Dec. 4, 1978 against Council Bluffs.

In 1982, DMACC named Dick Criner as the new women's basketball coach. The team started the 1982-83 season with a 5-1 record and finished with a 13-14 win-loss record. The team won the conference with a 7-1 record. The team had three double-digit scorers in Sherry Fisher (18 points), Lisa Bell (15 points) and Canda Ott (14 points).

During the 1983-84 season, the Bears finished with a 16-7 record and in the 1984-85 season went 12-13 overall with a 10-8 record against other Iowa junior colleges. Linda Knapp, who averaged 23 points per game and Felicia Murillo, who averaged 15 points a game during this season, led the Bears. Knapp also had a couple of games where she scored over 40 points.

The Bears would face a rebuilding period as the team was hit hard by the 1985 DMACC graduation. Julie Neiland, who averaged 16 points a game, led the Bears in scoring during the 1985-1986 season. The Bears also had a tough time recruiting players at this time.

According to former head coach Dick Criner, "When parents and recruits came for a visit, they wanted to know that they would have a place to eat and sleep.

DMACC finally got a food service program, but until a housing complex is built, it will be hard to attract out-of-state recruits. Most of our recruits were local, such as from Boone, Ogden, and Madrid."

The 1990-1991 season was one of transition as women's basketball went from 6 on 6 to 5 on 5. In 1992-1993, the Bears went 8-10, but the next couple of years were tough as key injuries hurt them. In the 1995-1996 season, the Bears went 7-17 in Criner's last season. He finished with a 200-230 career record at DMACC, making him the winningest and losingest coach in DMACC women's basketball history.

The Bears then opened the 1996-1997 season with a new athletic director and head coach in Terry Jamieson. As the head coach he struggled because the team was very big in numbers. Kim Carlson became head coach in 1997 when Jamieson had to

take over as head coach for the men's team. The Bears again struggled and because there wasn't enough interest to make up a viable team, the women's program became a club sport in 1998. The club sport program lasted for two years and was then cancelled. Enough interest was created in 1999 for a decision to be made to have women's basketball a varsity sport again.

After Orv Salmon took over as the new athletic director this past spring, Bob Terrones was named the new women's basketball coach. The team is off to the best start (5-0) in DMACC women's basketball history. A couple of weeks ago the DMACC women charged back from 12 points down to force overtime, they then dominated the overtime period for the win. Fans now attending the games will see the women DMACC Bears making history.

Phi Theta Kappa stays busy

Nancy Woods
Contributing Writer

The Boone campus Tau Phi chapter of Phi Theta Kappa will host the Iowa Regional Conference Feb. 15-16, 2001. The chapter is busy making plans and arrangements for this special event. At this time, all Boone campus students will be invited to the first annual College Fair that will be held during this conference. All of Iowa's four-year institutions will be invited to bring admission applications, transfer information, scholarship and grant possibilities, and much more.

Tau Phi hopes that all Boone campus students will plan to attend and get information about their educational options. The Phi Theta Kappa Regional conference is being funded through the generous donations of DMACC, ISU, the AmeriHost Inn, and Domino's Pizza. Tau Phi says a big thank-you to those who contributed to the conference.

Phi Theta Kappa is an international society of honor students at the two-year college level. Students who are members of Phi Theta Kappa must have completed 12 credits with a minimum GPA of 3.5. The

Boone Campus chapter of Phi Theta Kappa is called Tau Phi Chapter. The meetings are Wednesday mornings from 7:30-8:00 a.m. in the L. Courter Campus Center.

The Tau Phi Chapter is getting ready to nominate candidates for Regional President and Vice-President. Steve Stonehocker is going to campaign for the Iowa Regional President position and Ben Howe is to run for the Northwest Iowa Regional Vice-President position. Connie Colle is the campaign manager. We hope to make a strong campaign during the Regional Conference. It would be fantastic if the Boone campus was home of two of Iowa's Executive Board Members! Wish them luck! We hope to construct ballots that are easy to complete so that we won't have to deal with a hand recount!

This is the first year that Tau Phi Chapter of the Boone campus is going to try to complete the requirements for the Phi Theta Kappa's "Three Star Level." It is our goal, in the year 2001, to make it all the way up to the "Five Star Level." Watch out! Here we come!



DMACC Boone Campus receives Boone County recycling award

DMACC Boone Campus--DMACC, Boone Campus, has been chosen as one of the recipients of the "Boone County Outstanding Business/Workplace Recycling and Waste Reduction Award."

The award was given on Wednesday, Nov. 15 at the Boone City Hall. Beth Shultz, PBL president, Kim Cunningham, PBL vice president, and Marie Dostal,

PBL historian, were present to accept the award for DMACC. Pictured above is PBL president, Beth Shultz, giving the award to Boone Campus Executive Dean Bill Hitesman. PBL wishes to thank all DMACC Boone campus students for their help in earning this award by depositing their pop cans in the pop can containers on campus.

Skunk River calls for papers

Skunk River Review--The editors of *Skunk River Review* are seeking essay submissions from DMACC students for the 2001 edition of the student anthology. Submissions will be accepted from any student enrolled in the following classes, basic writing (English 090), writing skills review (English 091), Composition I (English 117), or Composition II (English 118) during the summer or fall 2000, and spring 2001 semesters.

Essays from the basic writing, writing skills review, and Composition I classes will be selected for publication on the basis of clarity, creativity, and writing skill. From those essays selected, overall winners will be chosen for scholarship awards. The winner of the basic writing/ writing skills review category will win a \$500 scholarship, and the winner of the Composition I category will win a \$700 scholarship.

Essays from students in Composition II will be selected as models showing the scope, content emphasis, and skill

requirements necessary for success in the class. Because the editors would like to include as many Composition II/English 118 essays as possible, no scholarship award will be given for this category. Instead, all writers who are selected for publication will receive a \$200 stipend for their work.

The editors ask that all entries include two hard copies and a copy on an IBM-compatible disk. Entries that do not include a disk copy cannot be considered. Submissions should be typed (double-spaced) and should be accompanied by the *Skunk River Review* release form (available from Jan LaVille), which requires an instructor's signature. Because essays will not be returned, please retain an original copy for your files. Entries should be sent to Paula Yerty (Office 5 AA) or Eden Pearson (Office 5 S) in the Science and Humanities Department and Building 2, Ankeny Campus. The deadline for submissions is Friday, April 13, 2001.

PTK announces finalists for All Iowa Academic Team

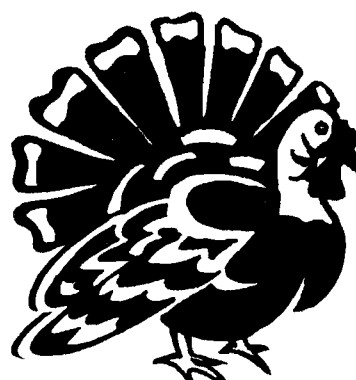
Nancy Woods
Contributing writer

Phi Theta Kappa International annually sponsors the All Iowa/All USA Academic Team. Each year two students are selected to represent the Boone Campus DMACC as members of the All Iowa Academic Team. Members from the All State Academic Teams are eligible for the All USA Academic Team. Last year, the Boone Campus was the only DMACC campus to support members on the All Iowa Academic Team. To be a member of this team is a high honor. Boone Campus All Iowa Academic Team members for 1999 were Katie Howe and Jo Webster.

At the beginning of October, Boone Campus instructors were asked to nominate students who they believed were possible All Iowa/ All USA academic representatives. The faculty overwhelmingly nominated students from many disciplines. The criteria for nomination were that the student must have a minimum GPA of 3.5 and expect to graduate by August 2001. In the end, Boone Campus faculty nominated 35 students. Of the 35 nominated, 12 students picked up the application forms. The application for the All

Iowa/ All USA Academic Team is a very arduous procedure. The application includes a lengthy essay and letters of reference indicating a specific example highlighting the student's academic ability, leadership, and citizenship. This application was very challenging to complete! Of the 12 that picked up the application, eight decided to accept the challenge and complete all the forms. We are very excited to have such a good response to this grueling application procedure! The eight finalists for the Boone Campus All Iowa Academic Team are: Connie Colle, Kaci Crim, Heather Manken, Brad Meyer, Mitzi Schoening, Steve Stonehocker, Amy Thompson, and Sarah Wikert. Congratulations to these students! Currently a team of impartial judges is reviewing these students' applications. Hopefully, the review committee will render a decision the last week of November.

If you see any of these students in your classes, in the hall, or just around the Campus Center please make a point of congratulating them on "going the distance" and working above and beyond their general course requirements to compete for the All Iowa Academic Team. We are proud of their accomplishments, their drive, and their commitment to excellence



Happy Thanksgiving

Boone campus scholarship winners

Aree Baker, \$150, Boone, Boone Women's Club; Aree Baker, \$500, Boone, Hallett-Star; Justin Bartkiewicz, \$400, Dundas, Ontario Canada, Hallett Foundation; Matthew Beaton, \$250, Hamilton, Ontario Canada, Holst 2; Heather Behn, \$500, Boone, Holst 1; Jay Berkenpas, \$300, Sioux City, Holst 1; Lane Bielfelt, \$500, Boone, Bill & Mary Ahlstrom; Arriel Bivens, \$400, St. Louis, MO, Holst 1; Cody Bowers, \$1,179.80, Boone, Holst 1; Kristin Bravard, \$250, Boone, Holst 2; Stacy Britson, \$300, Radcliffe, Holst 1; Emily Brooks, \$250, Ames, Holst 2; Kate Bunt, \$200, Marcus, Holst 2; Laura Burdette, \$500, Boone, Holst 2-Star; Anna Byriel, \$250, Boone, Holst 1; Leslie Calhoun, \$300, Boone, Marine Corps League; Angelica Cardenas, \$250, Perry, Holst 1; Leng-I Cheong, \$500, Ames, Holst 1-Star; Danille Clinton, \$150, Boone, Holst 2; Stuart Cornwell, \$200, Ames, Holst 1; Bret Crim, \$500, Stratford, Holst 2; Kaci Crim, \$500, Stratford, Holst 2; Kim Cunningham, \$150, Boone, Boone Women's Club; Jodi Daigh, \$500, Boone, Holst 1; Eliz Danilson, \$250, Boone, Holst 2; Karrie Danner, \$300, Boone, Holst 2; Chris Davis, \$500, Boone, Holst 2; Julie Davis, \$500, Huxley, Hallett Foundation; Michelle Davis, \$500, Boone, Holst 1; Jill Dubberke, \$300, Hubbard, Holst 2; Scott Dunkin, \$666.40, Ames, Harold Cunningham; Sean Farley, \$400, Boone, American Legion; John Ferrari, \$500, Pilot Mound, Holst 1; Jenny Fry, \$500, Nevada, Holst 1-Star; Sarah Garner, \$200, Boone, Holst 1; Tracy Geffre, \$500, Boone, Holst 2; Ryan Gladson, \$300, Carlisle, Holst 2; Melissa Gourley, \$500, Boone, Holst 1; Melinda Groat, \$500, Nevada, Holst 2; Cindy Grundstad, \$300, Boone, Holst 2; Staci Hartman, \$300, Ames, Mary Ellen Beckwith; Stephanie Henderson, \$400, Huxley, Holst 2; Jared

Hill, \$250, Ames, Holst 2; Nathan Hill, \$250, Ames, Holst 2; Anna Hoffman, \$300, Moravia, Holst 2; Leslie Howerton, \$500, Collins, Hallett Foundation; Caitlin Jacobsen, \$400, Racine, WI, Holst 1; Billie Jo Johns, \$200, Boone, Alfred & Arline Jensen; Darren Johnson, \$500, Manningtree, Essex UK, Holst 2; Randy Johnson, \$971.60, Boone, Alfred & Arline Jensen; James Jones, \$902.20, Boone, Hallett Foundation; Valerie Jones, \$200, Nevada, Holst 2; Alyssa Ketelson, \$500, Ames, Hallett Foundation; Karol King, \$200, Boone, Holst 1; Toni Klemish, \$150, Boone, Boone Women's Club; Tony Knute, \$250, Glidden, Holst 2; Mau Kong, \$500, Grand Junction, Holst 2; Jessica Koos, \$400, Ames, Hallett Foundation; Jessica Koos, \$200, Ames, Alfred & Arline Jensen; Shonelle Kudrna, \$250, Boone, Holst 1; Mary Lillis, \$200, Ames, Holst 2; Amber Ling, \$250, Ames, Bill & Marguerite Hartley; Kelly Lingren, \$400, Boone, American Legion; Sharon Litchfield, \$150, Ames, Bill & Marguerite Hartley; Lili Lowry, \$200, Jewell, Alfred & Arline Jensen; Mary Maben, \$250, Boone, Holst 1; Mary Maben, \$150, Boone, Beta Sigma Phi; Cory McCarville, \$250, Ogden, Holst 1; Julie McKee, \$500, Ames, Holst 1-Star; Casey Meinecke,

\$300, Panora, Holst 2; Brad Meyer, \$300, Ogden, Holst 1; Joshua Meyer, \$400, Wellsburg, Bill & Marguerite Hartley; Amy Millang, \$250, Ames, Holst 2; Joetta Mitchell, \$400, St. Louis, MO, Holst 2; Dan Moeller, \$200, Boone, Hallett Foundation; Amanda Murphy, \$500, Boone, Holst 2; Dale Musser, \$300, Boone, Holst 1; Karen Myers, \$200, Boone, Hallett Foundation; Kerry Newbanks, \$250, Ames, Boone General; Lisa Obecht, \$400, Zearing, Hallett Foundation; Najiah Ommaid, \$200, Ames, Holst 2; Neeley Owenson, \$200, Dayton, Holst 1; David Parsons, \$500, Gander, Newfoundland, Holst 2; Kari Paulson, \$500, Dana, Holst 2-Star; Kip Pederson, \$500, West Branch, Holst 1; Greg Piklapp, \$400, Boone, American Legion; Joe Primus, \$200, Wellsburg, Holst 2; Tyler Rohrbeck, \$250, Glidden, Holst 1; Victoria Rowley, \$200, Albia, Holst 2; Justin Sarvis, \$300, Pierre, SD, Holst 2; Lindsay Saunders, \$400, Boone, American Legion; Mitzi Schoening, \$500, Stratford, Holst 2-Star; Heather Schwechel, \$500, Boone, Holst 2; Tracy Shaw, \$300, Maxwell, Alfred & Arline Jensen; Sara Shearer, \$400, Boone, American Legion; Beth Shultz, \$500, Pilot Mound, Hallett Foundation; Mitchell Shultz, \$150, Pilot

Mound, Holst 1; Cheryl Simpson, \$150, Ogden, Boone Women's Club; Jennifer Smith, \$200, Perry, Holst 1; Josh Smith, \$500, Boone, Holst 2; Stephanie Snuttjer, \$300, Doon, Holst 2; Jennifer Staker, \$500, Huxley, Holst 2; Laura Stolte, \$400, Boone, American Legion; Melissa Sullivan, \$200, Huxley, Holst 1; Sarah Sunderman, \$250, Sidney, Holst 1; Michele Thamke, \$200, Story City, Holst 2; Amy Thompson, \$500, Boone, Holst 1; Heidi Vanfossen, \$400, Boone, American Legion; Wendy Verhelst, \$150, Boone, Holst 2; Rhonda Walrod, \$250, Boone, Holst 2; Robert Warner, \$250, Van Meter, Boone General; Joe Weber, \$200, Boone, Bill & Marguerite Hartley; Ryan Wellmann, \$200, New Ulm, MN, Hallett Foundation; David Wennerstrum, \$416.40, Ogden, Harold Cunningham; Todd Westberg, \$200, Boone, Hallett Foundation; Jennifer Westbrook, \$902.20, Huxley, Holst 1; Josh Wirth, \$1,110.40, Roland, Holst 1; Nicholas Wirth, \$400, Roland, Holst 2; Bret Wisecup, \$1,110.40, Madrid, Holst 2; Jody Woodley, \$400, Boone, Lucille Murken; David Woods, \$300, Boone, Hallett Foundation; Tiffany Young, \$500, Ames, Holst 2; Jane Zantow, \$500, Boone, Holst 2; Muhammed Ziblim, \$500, Ames, Holst 2.

A degree from Drake University

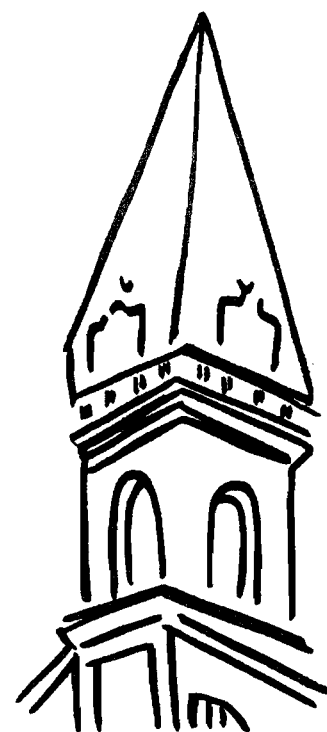
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The sounds of music

Patrick Fleming
Bear Facts Staff

Who is the greatest rock band in the world? Radiohead? They aren't really rock are they? Could it be Korn? Well I think they are hard rock and well, they are not all that talented. So who knows who is the greatest rock band? Well, my vote is going to the alternative country rock band from Chicago that goes by the name of Wilco.

Last week I got the opportunity to see Wilco for the second time in my life and the ticket was free! So picture this, one of your all-time favorite bands playing in Iowa City a mere two hours away and for free! You would think I had died and gone to heaven. But I did not expect the greatness and pure music perfect-ness that was displayed on that poorly lighted Union Bar stage this past week.

Wilco started the set lightly, playing slow and bouncy country songs from their latest album *Mermaid Ave. 2*, a collaboration of unrecorded Woody Guthrie songs.

recorded with British folk legend Billy Bragg. Lead singer Jeff Tweedy had the crowd in the tip of his palm when he said, "Now to the rock portion of our show." And at that moment, pardon my French, but all hell broke loose. It was like seeing the songs of the Beatles and Johnny Cash being performed by the Who.

Raw scratchy vocals that made you need to hold on to every last breath you had in your body waiting for the next breath to come up your throat and save you!

I was standing in the front and I looked back after the group had ripped through a version of "Misunderstood," to see a room full of hip-looking college kids with 95% of their jaws touching the floor from true amazement.

I wish everyone reading this could have been there, but you weren't. At least go check out one of the bands six albums. They are all worth whatever the price! Thanks and as always, contact me at wheatlord1@yahoo.com.

Crawley-Mertins makes beautiful music



Marilee Crawley-Mertins

Matt Rinker
Bear Facts Staff

While on your way to class, you may have passed by the ICN classroom and heard the beautiful sounds of Beethoven, Bach, or Mozart bellowing out for all to hear. If you have enjoyed this as much as most have, then you have one person to thank, Marilee Crawley-Mertins, DMACC's music appreciation and piano teacher.

All her life, Crawley-Mertins has been devoted to music. Even as a child, she would sit and listen to her mother play, waiting to be taught. Now that she has learned much about music, she has decided to bring her gift to DMACC.

Licensed in both vocal and band music, Crawley-Mertins comes to DMACC with a lifetime of experience and a lot of knowledge. From the classics, to New Age Rock, she knows all genres. If you ask her

what her favorite style to play or teach, she'll tell you, "I really don't have a favorite, but I study mostly classical."

The enjoyment she gets out of teaching is simple, Crawley-Mertins said, "I love watching my students grow. Hearing their cars develop, that gives me a lot of joy."

Along with teaching music, Crawley-Mertins made a living at it as well, performing at many types of concerts from weddings, to receptions and private parties to even jazz bands. She has made her living in this profession, and it is one that she loves. Living this sort of lifestyle takes a lot of knowledge of what is hot and what people want to hear.

"In order to make a living in music, you have to play what people are paying to hear," she said.

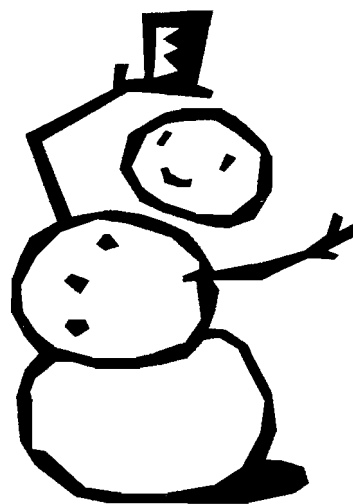
But her life isn't all about music. She has an interest in computers, too, and now she has found a way to incorporate her music with the computers by recording music on a floppy disk and moving it onto the computer. This process is nothing new,

"I love watching my students grow. Hearing their ears develop, that gives me a lot of joy."

but to a musician like Crawley-Mertins, it's an exciting way to bring in a different element to her music.

Another thing Crawley-Mertins enjoys is cars. In fact, at one point she even had a Corvette, which is how she met her husband, who had a Corvette as well.

If you want to talk to someone who can give you a run-down of all the great musicians and maybe even play you a tune, Crawley-Mertins is the woman on the Boone Campus who can do this for you.



Holiday music coming to campus

DMACC Boone Campus--DMACC keyboard students will present a family holiday music program on Sunday, Dec. 3, 2000, from 2-4 p.m. in the Boone Campus Theater.

The program will include keyboard ensemble music from "A Manheim Steamroller Christmas" accompanied by percussion, an audience sing-a-long, and a small children's choir.

DMACC keyboard students who will be featured are Elizabeth Darby, Linda Poore, Matt Rinker, Fardos Shaekir, and Jennifer Tjernagel. Kim Beck and Jane Whiteing will serve as song leaders for the sing-a-long. Gordon Stull (Story City) will be guest percussionist.

The program is directed by Marilee Crawley-Mertins, music instructor on the Boone Campus. Admission is free and the public is invited to attend.

Refreshments will be served following the program.

Drinking for a lifetime

Robin Duhn
Bear Facts staff

Remember going to all the parties and all the drinking in high school? Who was puking and who passed out? Will all the drinking we did then come back to haunt us? Scientists are studying the affects of alcohol on people who are traditional college age and it doesn't sound too good!

Scientists have discovered that your brain continues to mature until around the ages 20 or 21. Regularly getting drunk in high school could lead to long lasting damage to the brain. It could lead to problems in solving difficult math equations to simply reading a map.

USA Today stated that your hippocampus is one the main regions in the brain that is affected by alcohol. The hippocampus is involved in the memory and learning process. When heavy high school age drinkers where compared to light to non high-school age drinkers, the heavy drinkers' hippocampus was on average 10% smaller! "Binge drinking" has shown

Part IV: I'm not just a girl

Patrick Fleming
Bear Facts Staff

What songs do we all remember from the '80s? I can almost promise you that "Walk Like an Egyptian," would make most of your lips sing along. And why? Well, I will tell you why. The Bangles were the best '80s all girl rock band there was. And it just so happens they influenced all-girl groups that have come after them.

The Bangles were an amazing rock band. They could play with any of the "hair bands" from the '80s. The Bangles were the dominant all-female rock and roll band of the 1980s decade.

Their influences were rooted in the spirit of the 1960s, with bands like the Beatles, The Byrds, and The Hollies. Their songs' lyrics were fueled by an appreciation for the British Invasion era of rock and roll. Their harmonies, which carried shades of The Mamas and The Papas, and the Beach Boys, became the band's unmistakable trademark.

Today, few, if any, all-female rock and roll bands (that is, band members who play instruments, write, and sing.) can top the Bangles' sales record. The girls have four albums, all multi-platinum, two #1 hit singles, including several other Top 10 hits including the classics such as "Manic Monday," "Walk Like An Egyptian," and "Eternal Flame."

In 1989, the Bangles went their separate ways. Now, ten years later, it can be told with great enthusiasm that the dominant all female band of the '80s is back! I'm excited to say that the best selling '80s girl rock band will be touring this coming summer, so please go check them out.

As always thanks, and you can reach me at wheatlord1@yahoo.com.



The Bangles

to have an affect on the hippocampus also.

So if you think you've made it out of high school without any problems, think again! Your choice of drinking and how much in high school might have affected you in a way you aren't aware of yet! Scientists state that your brain is more affected by alcohol in high school than in college, but in the end, this could definitely affect your college career!

From Behind the Chair

Michele Thamke
Bear Facts Staff

Since the holidays are quickly approaching, people may choose to do something a little different with their hair. What options are there?

Color is a safe option. If you have not colored before, go subtle. Highlights-which lighten only some of your hair and leave the rest of it your natural color- will improve the color in your hair and facial tones. If you are noticing more gray in your hair, low-lighting- the opposite of highlighting-is a great choice. You'll obviously have some gray hair remaining, but this is a more subtle change. You want a natural look. Not like Aunt Agnes, who always has jet-black hair and very thick penciled-in eyebrows and is usually an attention-getter in holiday photos.

Perms seem to be making a comeback due to the increased easiness of style. Perms can change your look, but unless you are used to them, it seems to be a regrettable choice for people a few weeks later. If you choose a perm for your change, please, please tell your hairstylist how long it has been since your last perm and any horror stories you have as a result. If your last perm was in the first grade, given to you by the blue-haired neighbor of your grandma, the good news is- perms have improved.

Cutting can be a positive change. Be sure of what you want, remember the holiday photos you will be in and don't be pressured into changing if you are happy with your style.

As usual, if you have any questions or suggestions, please contact me at the Bear Facts phone.

From the Editor's Desk

Arthur Davis
Staff Writer

Most people have that moment in time when they find themselves with a major emergency on their hands with no clue of how to pay for it. The intelligent thing to do is to set up an emergency fund in advance. My wife and I found out just how important such a fund can be.

A couple of months ago, we purchased a used car not knowing that the head gasket would soon have to be changed. This is extremely costly, and with no money to pay for it, the car would have had to sit until the money was raised to fix it. If we would have just ignored this problem, then there could have been serious damage done to the engine.

However, we were lucky enough to have started an emergency fund at the beginning of the semester. We put \$100 every week and an additional \$100 every other week into this fund. Not every per-

son can afford this, but putting \$5 to \$10 dollars here and there starts to turn into large amounts over time. It may not be much at first, but small amounts do turn into large amounts.

A class here at DMACC that teaches how to manage your money is Gary Stasko's Personal Finance. This is a class that I would recommend to all. It is a life-lesson class that teaches how to budget your money, how to buy a home, how to understand stocks and mutual funds, and how to deal with many of the other financial situations in a person's life.

In that class, we learned that an emergency fund should include up to three months of living expenses in it. If you lost your job today, what would you do for money? How would you live and pay your bills?

Starting one of these funds answers those questions. Start small, but have something in your emergency fund to meet those needs when they come up.

Meet the staff



Jensie Lauritsen

Title: Layout Editor

Hometown: Boone

Age: 20

Year and status at DMACC: Full-time sophomore

Number of credits this semester: 10 through DMACC, 5 through U of I correspondence

Major: Graphic Journalism

A class you would recommend to others: Principles of Photography

Where you are working during school: Cleveland Aircraft Tool, 35 hours a week.

What you do for fun: "I have studied dance for many years. I like to go shopping and enjoy photography."

The section of a newspaper you read first: Community pages and Editorials

Event in history you wish you could have reported: When the Brady Bill was being debated on Capital Hill.



Scott Anderson

Title: Sports Editor

Hometown: Nevada

Age: 20

Year and status at DMACC: Full-time sophomore

Number of credits this semester: 13

Major: Liberal Arts

A class you would recommend to others: Creative Writing

Where you work during school: Smitty's Super Valu

What you do for fun: "I'm a fan of professional wrestling WWF."

The section of the newspaper you read first: Sports

Your goal as Bear Facts staff: To produce quality papers.

The event in history you wish you reported: When Mark McGuire broke the home run record.

We welcome all DMACC students

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Dee Wiscup
Staci Prokop

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BEAR FACTS

November 22, 2000

Volume 46, Issue 6

Bear Facts is a student publication 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

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 e-mailed 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.

Editor-in-Chief: Art Davis; **Staff Writers:** Kevin Alberts, Scott Anderson, Patrick Fleming, Aaron Forrester, Sadie Heimbaugh, Carol Henning, Jensie Lauritsen, Melanie McCane, Matt Rinker, and Michele Thamke. **Typist:** Robin Duhn

Adviser: Jan LaVille

Executive Dean: William Hitesman

Publisher: Boone News-Republican



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Business, Management students visit Des Moines area

Tammy Clark & Nikki Scott
Contributing Writers

Ten DMACC Management Support Systems/Business Department students had a "great time" on their one-day field trip Friday, Nov. 10.

After meeting in the Lloyd Courter Center at 8 a.m. the group spent the morning in Des Moines, meeting with four employees at ING Equitable. Students learned about what employers expect from job applicants and what the working conditions are like at ING Equitable.

Lunch was at Allie's Restaurant in the Marriott Hotel.

Next, it was on to KCCI/News Channel 8 studio for a tour. Students learned about the different news anchors, different sets, and the variety of positions within Channel 8.

DMACC instructors accompanying the students were Mary Jane Green and Linda Plueger.



Front Row: Christine Harmening, Deanna Carpenter, Stacy Hagen

Second Row: Rony Hajarro, Roxy Raulston, Kim Cunningham, Rosie Fuentes, Kim Miller, Nikki Scott, Tammy Clark. PBL members take a tour of KCCI studios.

●●● When choosing classes for next semester, think of your campus newspaper ●●●

Bear Facts is a bi-weekly newspaper

published 7 times a semester

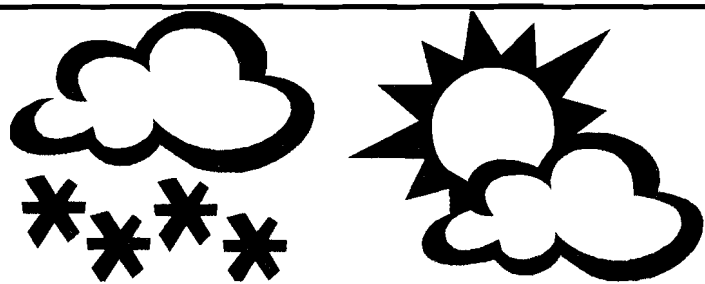
JNAD 123 meets T/R from 11:15-12:40 for 3 hours credit

Take for credit or write for the paper as a student activity

See Jan LaVille in RM 212, X5091

E-mail jrlaville@dmacc.cc.ia.us

What if it's snowing?



If weather conditions in the early morning hours warrant, the decision to cancel classes due to inclement weather will most generally be made around 6 a.m. As soon as a decision has been made to cancel Boone Campus classes, the radio stations listed below will be contacted.

KWBG AM 1590 BOONE
KLRX FM 96.1 AMES
KLTI FM 104.1 AMES
KCCQ FM 105.1 AMES
KASI AM 1430 AMES
KKRL FM 93.7 CARROLL
KCIM AM 1380 CARROLL
KDLS FM 101.7 PERRY/JEFFERSON
KDLS AM 1310 PERRY/JEFFERSON
KGRA FM 98.9 JEFFERSON

Cancellation announcements will also be recorded on the Boone Campus telephone system. The announcement on the telephone system can be accessed by dialing 432-7203 directly or by contacting the Boone Campus through the toll free number 1-800-362-2127 and pressing 2 for Boone Campus.

When weather conditions in the early morning delays the start of school (i.e. 10 a.m.) the offices will be open for business at the designated time. Classes will begin with the first full class period beginning on or after the designated time.

If the weather conditions during the school day warrant an early dismissal I will make the decision, notify staff and notify the radio stations as soon as possible. The decision to cancel evening classes will most generally be made by 4:30 p.m.

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SIMPSON COLLEGE

International males share first impressions of USA

Kevin Alberts
Bear Facts Staff

Thousands of international students come to the USA from other countries to gain a better education or create better opportunities for themselves. Some international students at the Boone Campus talked to me about what they were expecting before coming to the U.S.A.

Since I'm also an international student (from Australia) I saw America being the place where all the famous musicians and actors lived. In Australia, we think of America as how we see it on T.V. I thought that there was a lot of violence over here and a lot of discrimination between certain cultures. I also thought that K.F.C food would be cheaper and tastier, but I prefer K.F.C the Australian way.

I was very shocked about how little towns such as Ames give so much support to their Iowa State teams. I knew that basketball was a lot more appreciated in the U.S.A., but in Australia, basketball is like

the sixth most popular sport.

Edwin Coplin-Mercedes, from the Dominican Republic, said, "When I was about to come to the U.S.A. I was a little scared of crime. I thought that every guy always carried a gun for protection, and I always thought that the black people did not get along with the white people. I thought that there would be a lot of fighting. I also knew that the U.S.A had a lot of beautiful women and a lot of very nice and friendly people. I had family already here, and that's how I knew this. I also knew that there were plenty of famous singers, movie stars and not to forget professional basketball players."

Mislav Parlov



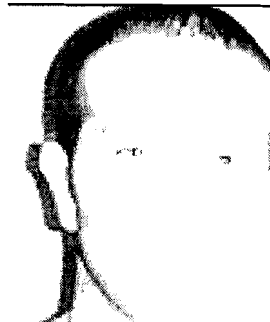
from Croatia said, "I always dreamed of coming to America to see the high culture, nice people and everything organized. I can say that my expectations were true, but I still miss my family and friends very much. I hope that I can see some big cities while I'm here."

Darren Johnson

who is from England said, "Before coming to America, I didn't know what to expect. I had only seen parts on T.V. I knew it was a big place and that everything here was bigger than in England. I got all this information from friends who had been here before. I had never been to America before or traveled anywhere like this, so it was like being thrown into the deep end of a swimming pool, not knowing how to swim."

Johnson went on to say, "I was excited about learning about a new place but also scared at the same time not knowing what to expect."

As for me, my whole life I've wanted to come to America, and now that I'm here, I'm just going to soak in the American lifestyle and learn new things about the American way.



Candidate who wouldn't quit

Matt Rinker
Bear Facts Staff

If you are like me and many other citizens of the United States, you've had it up to "here" with this year's election. The recounts, the lawyers, and the political propaganda seem to just keep going and going and going... Will it ever come to an end?

Since Nov. 7, we have been waiting to see who the next president of the United States will be. In this past few weeks, we have also seen many events unfold: the recounts in Florida and New Mexico, the trial and more recounts in Florida. When will Al Gore just give up and say, "I lost." Don't get me wrong. I have nothing against Al Gore, in fact, I wanted him to be president, but don't you think that he is taking this just a little too far?

With all the recounts he's been asking for, it's time he threw in the towel and called it quits. Within the past week and a half, we have had three recounts in Florida and one in New Mexico. Come on Al! Give those poor ballot counters time to rest their fingers! This election tie has already gone too far as fellow presidential candidate George W. Bush attempted to stop the recounts in court. Unfortunately, Bush's attempt failed, only giving Gore a chance to lengthen this already complex ordeal.

Basically what I'm trying to say is, "Gore, take it as a man; you lost fairly." Democracy has spoken and as you would say, "It's time to trust the government."

Chicago houses people in new hostel

Washington, D.C. - Hostelling International- American Youth Hostels (HI- YAH) opened a world-class, state-of-the-art 500-bed in Chicago in October. The J. Ira & Nicki Harris Family Hostel, housed in a renovated 1886 loft building at 24 East Congress Parkway, is bringing its college student friendly concept to downtown Chicago. It is within walking distance to many Chicago attractions, including Grant Park, the Art Institute, the Field Museum, Shedd Aquarium and the Magnificent Mile.

The hostel offers inexpensive dormitory-style accommodations for travelers of all ages. It provides separate quarters for males and females and private family rooms that can be reserved in advance.

The hostel has 24-hour access, a large self-service kitchen, dining room, on-site café, laundry facilities, Internet access, and information and tickets for select Chicago attractions. The overnight fee for HI members starts at \$22 (plus tax), a fraction of hotel rates. Daily programs and special activities are offered to hostel guests, ranging from free walking tours to low-cost sailboat rides on Lake Michigan. The hostel also has a reduced fee program for individuals and groups of limited income.

On the second floor of the hostel is a Student Center that provides a variety of services to Chicago-area college students, as well as the approximate 75,000 international visitors that will be passing through over the next year. The Center provides comprehensive information services, workshops on travel, and exhibitions and

performances by local students.

The Student Center will also offer "a taste of international travel" through discussion nights, speakers and other exchange events that involve the hostel's international guests. Other Student Center facilities include a multi-purpose room, meeting and conference rooms, lounge areas and a communications room with Internet access.

Hostelling International-Chicago at the J. Ira & Nicki Harris Family Hostel is one of the largest hostels in the world. The hostel was so named to honor the very generous contribution of the J. Ira and Nicki Foundation to this project.

The City of Chicago and Mayor Richard M. Daley have given the Chicago Hostel Project unprecedented support. According to Mayor Daley, "The city of Chicago is proud to be a supporter of the Chicago Hostel, which will encourage thousands of young international visitors to enjoy our institutions and natural resources, get to know us as the welcoming people we are, and learn why Chicago is one the greatest cities of the world."

HI-YAH is a nonprofit organization that promotes international understanding and an appreciation of other cultures and the environment through its network of hostel and educational travel programs. HI-YAH is the U.S. affiliate of the International Youth Hostel Federation (IYHF). Hostelling International and the Blue Triangle are the trademark and seal of approval of the IYHF, assuring the traveler of quality budget accommodation around the world.

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Melissa Gourley goes up for a shot against North Central.

DMACC women win overtime thriller

Scott Anderson
Bear Facts Staff

Regulation was not enough for the DMACC women against North Central Missouri. The Bears battled back from an early first half deficit with a strong perimeter defense and timely shooting to rally and force overtime where the Bears dominated to take the game.

North Central Missouri had played two games against nationally ranked Division I powers from Kansas. It showed early as both went back and forth with neither team able to take control. With the Bears leading 10-9 North Central went on a 7-0 run to take a 16-10 lead. The Bears came right back. Following a three-point play by Melissa Gourley and a three-point basket by Alisha Markuson, the game was tied at 16. North Central then used their experience and number of substitutions in addition to utilizing a very physical game plan to go on a 12-0 run and take a 28-16 lead. The Bears would get a couple baskets to get close, but after a three-pointer at the buzzer, North Central held a 33-23 lead at halftime.

The second half saw both teams going back and forth with North Central in the lead. With the score 40-30, the Bears went on an 11-0 run to take the lead. Seven of those points were from Gourley and a three-pointer by Alyssa Ketelsen. North Central answered with a basket, but the Bears came right back with one of their own. North Central took 46-43 lead, but

the Bears came right back with another three-pointer by Ketelsen. North Central took the lead again at 48-46, and after exchanging free throws the lead was 49-47. The Bears then tied the game on a basket by Gourley, but North Central came back with a three-pointer to take a 52-49 lead. With North Central ahead 54-51 the Bears again tied the ballgame with a three-pointer by Gourley. North Central scored to go up 56-54, but the Bears again tied it up with two free throws from Gourley. Neither team could get another shot off and the game went to overtime.

The Bears took their momentum into overtime as the Bears went on a 12-2 run to win the game. The defense almost forced a shutout in overtime, but North Central hit two free throws with 47 seconds left.

Head coach Bob Terrones said, "The crowd really helped the team tonight. We weren't really strong in the first half. At halftime we talked about the guard play needing to be stronger and being more physical on the boards. Kelsey Kain and Naoko Takemura picked up the defense on stopping North Central perimeter scoring threat." North Central's Lessie Shanley had 13 points at halftime, and didn't score again until the last minute of overtime.

Gourley lead the Bears with 30 points including 8 for 9 from the free throw line. Kain, Ketelsen, and Lisa Obrecht all finished with 10 points. Obrecht also had 5 rebounds for the Bears. Markuson finished with 8 points and 10 rebounds.

Bears' sharp shooting leads to victory

Scott Anderson
Bear Facts Staff

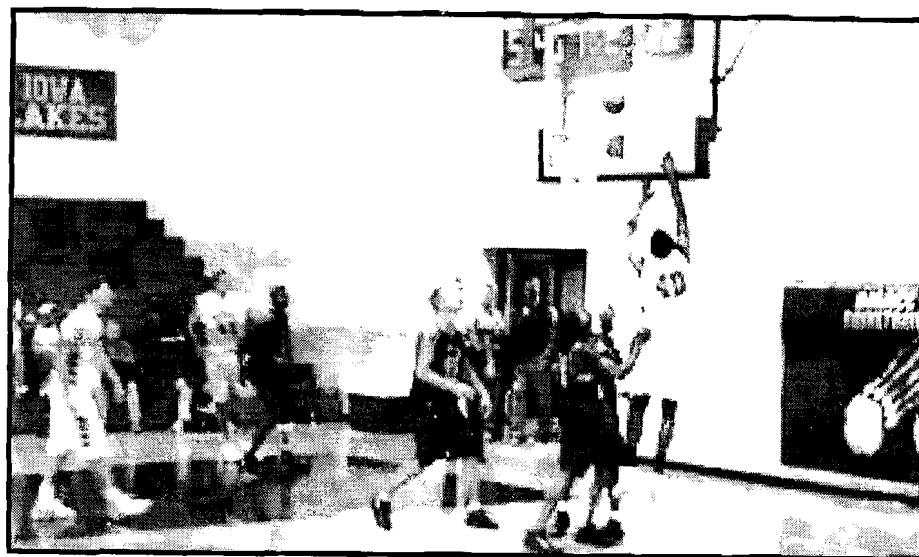
Sharp shooting and a couple of first half runs propelled the DMACC men to an 86-56 win over North Central Missouri.

Coach Orv Salmon said, "I thought we played well tonight. The team was active, focused and shot the ball really well."

DMACC scored the first five points of the game, and then both teams traded baskets until a three-pointer by North Central tied the game at 11. The Bears responded with a basket to take a 13-11 lead. North Central came back to tie the game at 13. Both teams then traded baskets to tie at 15. The action changed at this point. The

Bears tightened the defense and went on a 17-0 run that included three back-to-back three-pointers by the Bears to take a 32-15 lead. The lead for the Bears stayed around 15 points until the Bears went on a 12-0 run to end the half and took a 52-25 lead at the halftime.

The Bears opened the second half with a 6-2 run to take a 60-27 lead and North Central just couldn't get their game back. The Bears hit 8 three-pointers including 4 by Rich Borgos, who led the Bears in scoring with 20 points. Other high scorers for the Bears were Adam Daley with 15 points, Jamal Jackson and Darnell Star with 14 points and Shelton Colwell had 11 points for the Bears.



Simon Milton puts up a shot against North Central.

COACHES ARENA: Men's and women's basketball teams off to great start

Orv Salmon
Contributing Writer

The winter sports season is here. The basketball teams are off to a good start and are looking forward to the rest of the season.

The women's team, under the direction of Bob Terrones, is off to a 3-0 start. This includes a win over fifth-ranked North Central (Mo) last week in Boone. Bob has a group of players that plays with a great deal of energy and are exciting to watch. The season is young, but at this point, this group will change the image of women's basketball at DMACC. The coaches and players are working hard and deserve your support.

The men's team is also off to a 3-0 start. The team has developed into one that is quick, athletic and scores well in transition. There will certainly be games where

the team will be under-sized physically, but the hope is that this will be overcome by quickness and pressure at both ends of the floor. The team is a young group, but they play with focus and they are also exciting to watch.

Both teams, the coaches and I hope that as the season progresses both teams continue to have success and bring credibility to the basketball programs at DMACC. We appreciate the support of the faculty, staff and the students that have been in attendance at the home games. I have been told that attendance is much better than in past years and I know the coaches and players are grateful for people that have been at the games.

Our responsibility is to continue to improve and work hard to have the success this school deserves. Hope to see you at some games!

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Two sit out Busch, Young appeal eligibility

Arthur Davis
Bear Facts Staff

The women's basketball team ran into a bit of a snag for the start of the season. Kelli Busch and Tiffany Young had to be benched pending an appeal of their eligibility to play this season since they have played for the last two years. It did not matter that last season was canceled.

Busch has gone through the appeal process and was awarded a third year of eligibility with the stipulation that she sit out six games. Young still has to go through the appeal process. Orv Salmon, DMACC Athletic Director, said, "We will decide as a department how best to deal with the appeal for Tiffany."



Kelli Busch

Every player must sign a letter of intent that is sent to the office of the National Junior College Athletic Association (NJCAA) where eligibility is decided. Once Busch found out that she was not able to play, she had to write a hardship letter to start the appeal process. Through the efforts of many e-mails, letters and phone calls, Busch was eventually able to get her eligibility back.

Busch said, "I would like to thank everyone that made it possible, through their efforts, for me to get my eligibility back." She is disappointed about having to sit out for the six games because this shortens the roster and has made it harder on the team.

End of Semester Calendar

No Evening Classes.....	November 22
Thanksgiving Vacation.....	Nov. 23, 24, 25
College Offices Closed.....	December 23 - January 1
END OF SEMESTER.....	December 15
GRADES DUE.....	December 18
SPRING CLASSES BEGIN.....	January 8

Diane Curran named to DMACC Foundation Board

DMACC-- The Des Moines Area Community College (DMACC) Board of Directors has unanimously approved the selection of Diane Curran of Boone to the DMACC Foundation Board of Directors.

Curran is a broker associate with First of Boone GMAC Real Estate. She is a member of the Boone County Board of Realtors, the Iowa Board of Realtors and the National Board of Realtors. In addition, she is serving as the president of the Boone County Board of Realtors for the eighth time. She has also served as past secretary, treasurer and director of the Boone County Board of Realtors.

Curran is also active in the community. She is the past president and member of Boone's Future, which is the city of

Boone's Economic Development corporation. She is a board member of the Commercial Recruitment and Commerce. She is a past member of the Boone Planning and Zoning Commission and served as chair of the Commission in 1995-96.

Curran is the past advisory board member for the Boone Community School District and on the board of directors of the Boone Golf & Country Club. In addition, she has served on many other committees and projects, including board of director for United Way, board member for the Sacred Heart Parish Council and the Boone County Y Board.

She is the recipient of numerous awards in her real estate career, including have been inducted into the International Hall of Fame with her former employer, Century 21 Quam Real Estate. She was one of only eight in the world chosen to receive this award. In 1993, she was the recipient of the Boone Area Chamber of Commerce Leadership and Professionalism Award.

Curran and her husband, William Curran Jr., have four grown children.

Student Action Council sponsors cookies or donuts for night students.

Week of Dec. 4 - 7

Science Lab

Groundwater exposed to many pollutants

Jacinda Bunde
Contributing Writer

As college students, almost all of us are on tight budgets. So why do many of us spend our hard-earned money on bottled water? The quality and cleanliness of tap water is becoming a great concern.

Ground water is water found in the spaces and cracks between the particles of soil, sand, gravel, and bedrock. As part of a continuous cycle called the "hydrologic cycle," ground water is exposed to many pollutants.

In the hydrologic cycle, water is in continuous motion through the oceans, atmosphere, and land. Water evaporates back into the atmosphere from the oceans, rivers, and lakes. It then returns to the earth's surface as rain, snow, or hail. When precipitation falls, it may evaporate directly into the atmosphere, be absorbed by plants or seep into the ground. Water entering the soil can remain near the soil surface to evaporate or be taken in by plants. Ground water fills the spaces between soil particles and rock. Close to the land surface, the spaces are partly filled with water and partly filled with air. Ground water moves slowly through soil spaces or rock fractures compared to surface flow. Most ground water flow is measured in inches per day or feet per year.

Natural ground water quality varies widely from place to place. Water quality

is affected by rock or soil particles moving along its path. The most common naturally occurring substances found in ground water are calcium, magnesium, fluoride, iron, and sulfate. Generally, these do not cause problems. However, they can cause undesirable traits, such as unpleasant taste, odor or hardness to the water.

Ground water becomes polluted when foreign substances become dissolved in water at the land's surface. Because ground water moves slowly, detection of pollution may take time. Often contamination becomes widespread before it is detected. So even after the contamination has stopped, the aquifer may take years to cleanse itself.

Human activity on land can also affect ground water quality. Some agricultural practices can add nitrates and pesticides to ground water. Residential areas with septic systems may add bacteria, viruses, and chemicals to the ground water flow. Gasoline storage areas (including service stations) tend to have leaks, and their contamination seeps into the underground water supply. The largest impact comes from areas of heavy chemical usage -- places such as landfills or improperly constructed water wells, which mix surface and ground water.

Protecting our ground water from contamination requires management and cooperation by citizens and the government.

People should be informed about the effect their actions may have on ground water and how we can all protect this precious natural resource.

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Dr. Ralph Filson with Mark McGwire

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Voter apathy: a real travesty

Aaron Forrester
Bear Facts Staff

I really hate when people say that they don't vote because one vote won't or can't make a difference. I'm sure many people are tired of hearing about the election and just want the whole thing to be over. I agree with them. I'm tired of it and I want the whole thing to be over. But it's not that simple just for the fact that the man who will be the President for the next four years is one of two very different people.

Many of you probably don't care who the President will be because you think it won't affect you. But it will if you plan on collecting social security at any time, it will if you're a hunter or advocate of stricter gun laws, and it will when people you know have to go through the public school system. Of course there are many more ways it will affect you, but these are a few of the larger issues. Bush and Gore have very different stances on many of these issues. But who's going to be the next President?

I'm sure you all have heard about what's

going on in Florida, but have you heard what's going on in New Mexico? For a while in New Mexico Bush and Gore were separated by a mere 17 and are now separated by under 200 out of over 500,000 votes. Chances are that New Mexico will be decided by fewer than 300 votes. If that doesn't represent every vote making a difference then I don't know what does. And then there's Florida, a state in which Bush and Gore are separated by 900 votes out of a total of almost six million. Do people realize how close that is? There are four times that many students enrolled here at DMACC's Boone campus alone. To all of you who didn't vote, there's a very real chance that your vote could have made a big difference.

What is a good excuse not to vote? It takes very little time and most employers will make sure that their employees have time to vote. If you aren't registered to vote you can get online at www.myabsenteeballot.com and find voter registration forms for your state. As the name implies you can also find absentee ballot request forms there. If you feel that you're not in-

formed enough to vote all you have to do is turn on the news in the months before election time for five minutes and you're guaranteed to learn something. A newspaper is also a good source for learning about a candidate's policies.

As things look right now, George W. Bush will be the next President of the United States. Barring any court decisions that would swing Florida in Gore's direction, Gore will win the popular vote, but Bush will have the presidency. This is an outrage to many people, but it isn't the first time it will have happened. That's just the way the system works. I don't like it, but I can't change it. The most I can do right now is write to my representatives in the Congress and tell them how I feel.

I applaud everyone who voted in this historic race. But if you didn't vote, what's your excuse? The only real reason not to vote is that you're too lazy. It's your prerogative and no one can make you vote, but there is no good excuse not to. But never say that one vote won't make a difference.

Ward off those winter ailments before they attack

Melanie McCane
Bear Facts Staff

It's that time of year again. If you are in the minority, then you love the winter wonderland that is Iowa (even if it is for six months), and are reveling in it. But if you are that (non-silent) majority who loathes freezing your fingers off on a cold steering wheel or the sloppy mess that you are forced to tromp through on your way to class, you are probably taking cover indoors and aren't getting the exercise you need.

Also true, this is the time of year that sicknesses and sluggishness runs rampant among college students (or anyone, really). If you're like me, it really isn't too difficult to sleep in straight through your classes and fall behind.

Whether or not you've heard of them, there are many organic remedies out on the market that can contribute to both your mental and physical health status.

Herbs and vitamins are the silent wonders in the medical field and have been so for thousands of years. From lowering your blood pressure, to relieving sinus congestion and even to improving your mental state, here are a few supplements that you might consider adding to your diet. (Note: Do consult your physician or

a licensed pharmacist before taking any kind of supplement, herbal or otherwise. Some can cause an allergic reaction, especially in combination with any prescription drug!)

Chamomile: relaxes at bedtime, speeds healing of wounds, and aids in digestion. Mint: breath freshener, menthol vapors relieve sinus and nasal congestion.

St. John's Wort: can be used to combat depression and fatigue, though the consultation of a physician is strongly suggested. Feverfew: used to fight migraines, relieves blood clots, and can be used for arthritis pain.

Vitamin C: builds resistance to infection, relieves sore throat, and promotes healthy teeth and gums.

Vitamin A: softens skin, counteracts night blindness and weak eyesight.

Ginseng: enhances memory, and reduces the effects of aging.

Licorice: relieves coughing, hoarseness, sore throat and bronchitis.

Bee Pollen: builds immunity, relieves nausea, can help with sleep disorders and builds stamina.

Zinc: aids in reproduction (though probably not ideal for a college student!) and helps with the normal functioning of the prostate.

Potassium: can counteract dehydration,

and maintains stable blood pressure.

Calcium: builds strong bones and teeth and is active of the transmissions in the nervous system.

Though many of these can be found in everyday foods that we eat, many of the herbs can be purchased over-the-counter in pharmacies and even in places like Wal-Mart and Hy-Vee. Keep in mind, these are only a few of these miracle treatments. If you get a chance, talk to your doctor, or look on the Internet. In no time, you may be feeling 100% better, and just in time for finals!

Traditions disappear

Sadie M. Heimbaugh
Bear Facts Staff

Where have all the traditions gone? With all the festivities that come with the holiday season, we can't help but remember when we were of a younger age and our eyes lit up with holiday delight. The comfort of the traditions that took place each year played a major role in this delight.

As each year passes, it seems that another annual tradition is forgotten and swallowed up by the passing of time. As far back as I can remember, my older brother and I broke the wishbone from the turkey on Thanksgiving Day. However, this tradition too has been broken. Families often take turns saying what they are thankful for during the Thanksgiving meal, but as children grow older, food and football seem to become most important.

Thousands of traditions can be associated with the Christmas season, but these too seem to be fading out each year. After children grow older, stockings are no longer filled and are often just left packed up in a box. Ham and/or turkey dinners are being replaced with take out or some other meal of convenience. Instead of thoughtful gifts from the heart, there are now more and more cash cards and gift certificates. Ornaments that have hung on the tree since a person's first Christmas are now being replaced with simpler more trendy ornaments.

Family traditions are becoming more and more scarce with each passing year. American families enjoy and even look for a cheaper, more convenient, and quicker way to get through the holiday season. But when did holiday traditions become so much of a burden that a family can't remain consistent enough to follow them year after year? By bringing back traditions, holiday spirit may reach enormous heights; taking the Grinch from our hearts and turning him into George Bailey from *It's A Wonderful Life*.



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DMACC fall play meets with success

Aaron Forrester
Bear Facts Staff

"I was pushed down the stairs," screams the ghost of Jane Ackerly (Melanie McCane), an Oscar-winning screenwriter, as the other five people in the room all stare in horror at her body. "She must have fallen," they conclude. This was the scene in the DMACC Boone campus theatre at 8:00 p.m. on Friday and Saturday, Nov. 8 and 9.

This semester's play was entitled *Murder on the Rerun*, a comedy/murder-mystery by Fred Carmichael. The play was directed by speech instructor Kay Mueller and starred DMACC's finest actors and actresses. The setting was in a Vermont ski lodge where an eclectic group of entertainers has gathered for a weekend retreat. The set itself was pleasing to the eye and seemed to be well constructed. Lighting and sound were both very simple, yet adequate as well.

Hugh Lawton (Jay Cue) is an actor who was married to Jane until her death. Betsy Randolph (Emily Milani) is an actress involved in an affair with Hugh who ends up marrying him after Jane's death. Valerie Vickers (Megin Colton) is an established actress who tries in vain to keep up her young and sweet image, but is getting a bit too old to play the role. Edwina Dunbar (Sarah Baker) is a gossip columnist who is protected from any wrongdoing because she has dirt on everyone who is

anyone. Justin Willis (Mike Hiltgen) is a director who thinks he's about to direct the next *Gone With the Wind*. And then there's Kitty (Heidi Hockett), a woman who has been dead for longer than she can remember and attempts to be a mentor to Jane in the afterlife.

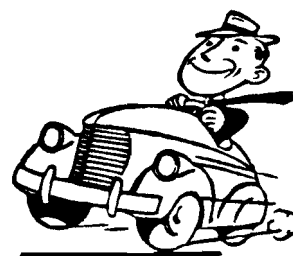
Kitty decides that she wants to help Jane find out who really pushed her down those stairs in order to work off the demerits that she accrued during her lifetime and that are keeping her from going through "the gates." Kitty arranges for all the people who were at the ski lodge on the night of Jane's death to meet back at the lodge exactly three years after the murder took place. With a cast of characters like that, what transpires is a hilarious situation in which everyone begins to suspect everyone else and no one trusts anyone. The situation only gets more comedic when Hugh turns up dead.

All of the actors and actresses were very good, but I'd have to say that the standouts were Heidi Hockett and Megin Colton. Heidi did a wonderful job as the quickwitted Kitty and Megin was excellent as the drama queen Valerie.

For everyone who saw it, the night was filled with chuckles and suspense as the characters, who were absurd to begin with, get fed up with each other and start pointing fingers. If you didn't see the play and really want to know who killed Jane, well you should have been there. You wouldn't have been disappointed.



"Edwina darling, how nice to see you." Edwina Dunbar (Sarah Baker) and Justin Willis (Mike Hiltgen) share an amicable meeting.



Don't be driven to boredom

Jensie Lauritsen
Bear Facts Staff

Everyone knows that driving home for the holidays can be an unpleasant or dreadful experience. Especially after you arrive at your destination and you are bombarded with questions about classes or receive teasing from family members. Sure, the home cooked meal is great, but a person can only enjoy so much "quality time with the fam" without having homicidal tendencies.

I cannot help you with the fits of anger but I do have some advice on keeping your sanity on the ride back home.

- 1) Don't try to do your homework or study for upcoming finals. This is your break time, relax!
- 2) Try to find a friend or acquaintance that you trust to share the ride with you. This not only conserves gas money but it gives you someone to share the driving time with and have good conversation. Think "road trip."
- 3) Think about the good things that will be waiting for you when you arrive at home. Showing up with good

expectations in your head may help the things that go wrong not seem so terrible.

4) Take some of your favorite CD's with you. Sing obnoxiously loud, it will make you laugh and it will help to keep you awake.

5) Don't stop too often. If you stop every 60 miles, you'll feel like the trip is longer than it really is.

6) Bring a map! No matter how many times you've made the trip before, you might get off track by missing an exit or the dreaded road construction.

7) Eat a meal before you leave and bring munchies for the road. No sense in stopping just because you didn't bring enough Doritos and Snickers.

8) Call the family before you leave. This will alert them to the possibility that you've gotten abducted if you haven't shown up when they are expecting you.

9) Hey, if all else fails, play the alphabet game.

River Cross My Heart

High expectations, big disappointment

Sadie M. Heimbaugh
Bear Facts Staff

When a book is chosen to be in Oprah's Book Club it usually means that it will be an above average book. *River, Cross My Heart* is a member of the club and is far from being above average, in fact it would be a complement to call it an average book.

Breana Clarke's first novel places the climax on the first page, something that is very difficult to perfect, especially if there is only one climax since it leaves very little to build up to. The book is not entirely boring. It does keep the reader interested and at full attention, but as it draws closer to the ending pages, it becomes apparent that the heart-pounding climax on the first page is all the reader is going to experience.

This novel could quite easily have been made into several different short stories. Clarke skipped around from character to character so much that her readers might find it hard to follow and give up com-

pletely. With every character she introduced, she gave a small portion of their background and that was it. Often times she let you really get to know a character and then never mention them again. This can be very frustrating when a reader gets a lead on an interesting character but doesn't quite get the entire truth about their exciting past. Most authors use this to their advantage; they will introduce a character and then leave you hanging until the perfect moment to intertwine them in the circle of characters; however Clarke just leaves readers hanging. Often she introduced characters that had absolutely no relevance to the plot you were seeking, and gave too much unneeded information and then poof, they are gone and the reader never hears of them again.

Although Clarke couldn't keep her stamina going throughout the entire novel she did begin it with an enthralling opening. It was a valiant effort for a first novel and perhaps her second novel can receive a better review from other than Oprah readers.

The other side of the Courter

Photos and text by Aaron Forrester

What are you doing for Thanksgiving?



"I'm going to be traveling to my friend Nikki's house in Minburn."

Tammy Clark
Sophomore



"I'm going to my grandparents' house and chowing down on some Thanksgiving food."

Travis Nicholson
Freshman



"I'm traveling to Oakland, CA to visit my family, eat smoked turkey, and hopefully catch an NBA game."

Shawonyta M. Norman
Part-time student



"I'm cooking dinner for ten at my house for the first time."

Kim Cunningham
Sophomore

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<http://www.dmacc.org>

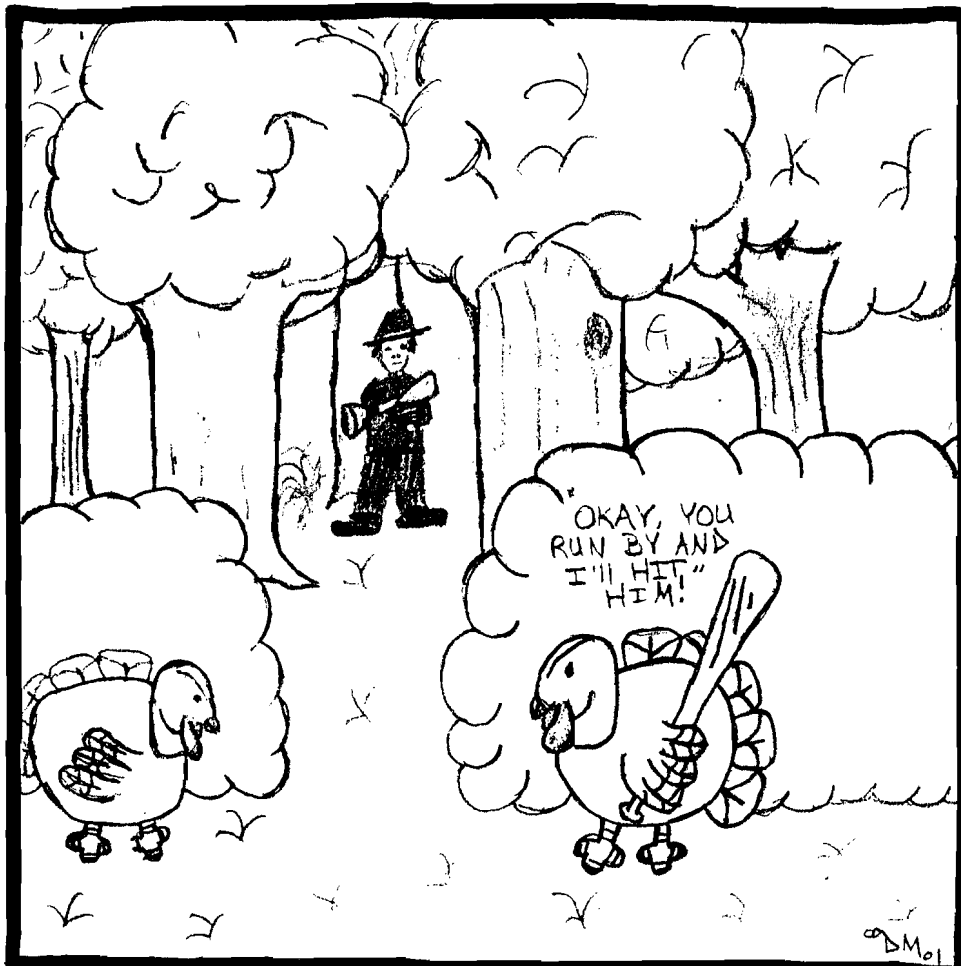
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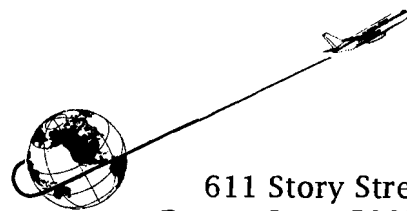
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