

Rehearsals underway.....P 2  
 Editorial: Chris Street.....P 3  
 Summer Schedule.....P 4

*French  
 Week  
 April 3-7  
 DMACC*

Plus/Minus Grading.....P 5  
 Meet Aaron Hemstreet.....P 6  
 Teams return from spring trip.....P 7

April 5, 1995 Vol. XXIII-Issue #12

# Bear Facts

Des Moines Area Community College "The Voice of Boone Campus"

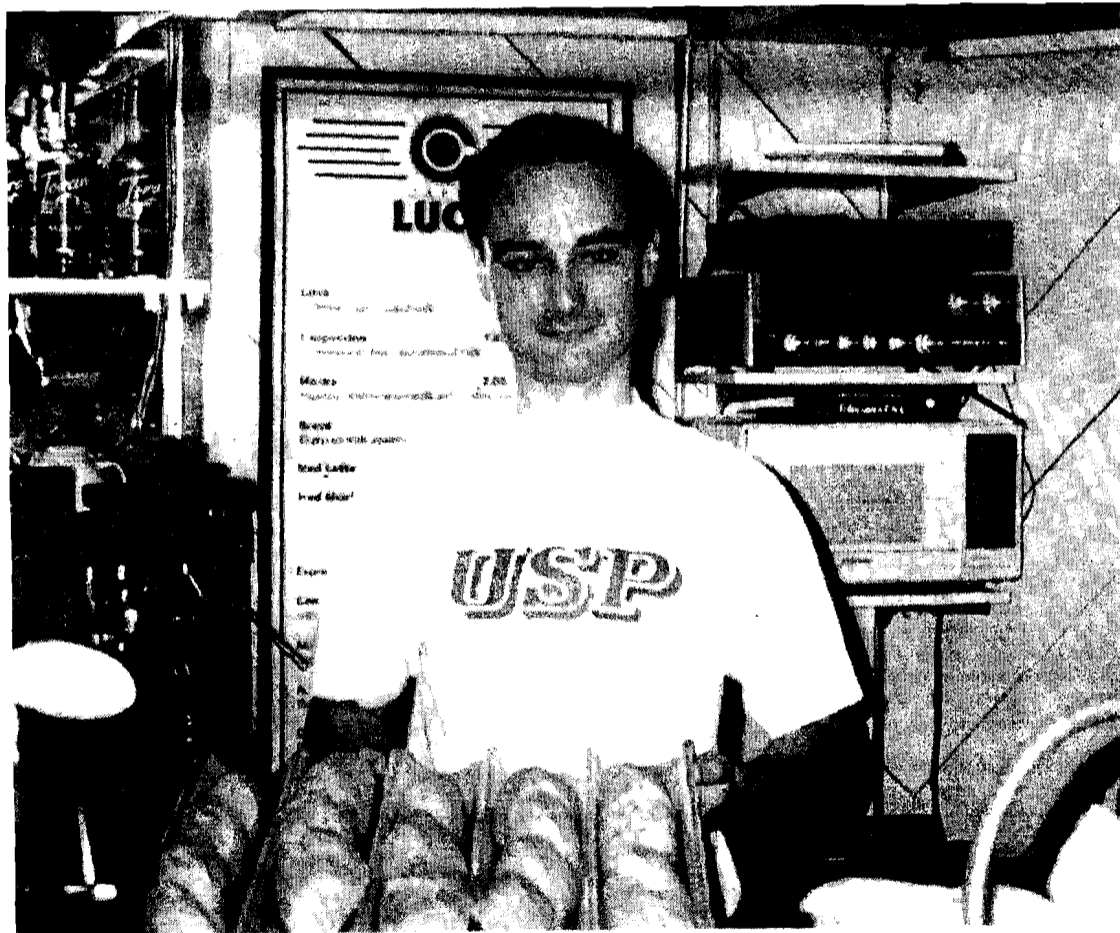
## *French Week introduces new ideas and cultures*



By Angela Cherryholmes  
 Bear Facts Staff Writer

Here on the DMACC Boone Campus we have a variety of culturally different students. These students are doorways to the world for American students. The information and experiences the international students bring to DMACC can only make our students culturally literate and prosperously grow as individuals. Dean Kriss Philips feels, "French week gives us an opportunity to learn more about the United States' oldest ally."

Des Moines Area Community College's annual event organized to recognize and study a foreign country has come upon us once again. This year is the year of France and our French connections. All five campuses have a detailed outline of festivities and events surrounding the French culture



**Samuel Bausson prepares bread for the DMACC community.**

offered to DMACC students and the public.

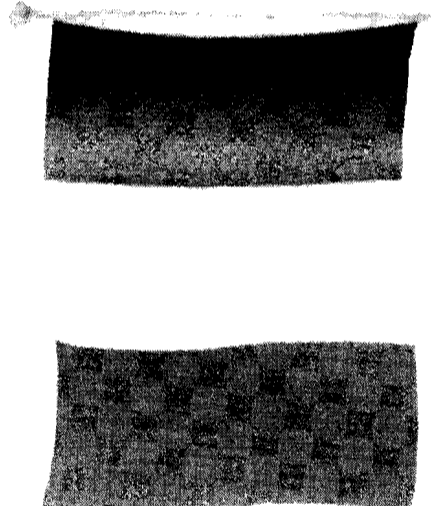
Here on the Boone Campus Jan LaVille and her committee have organized a French Cafe open from 12:15 p.m. to 1:00 p.m today, Wednesday April 5. There were 60 tickets available. With the voluntary help from two international students, Samuel Bausson from France and Pibul Pratumon from

Thailand, their contribution will made the cafe even more delightful. Bausson baked the bread for our French luncheon while Pratumon prepared the entre, "salade croquante aux oeufs de caille," which translated is "spring salad with quail eggs and asparagus," followed by creme puffs prepared by Martha and Jim Griffiths, DMACC Boone

Campus instructors.

The library has also been involved in French Week by displaying French objects, borrowed by Kay Baldus, art instructor, from Iowa State University's Cultural Center. These objects are displayed along with library books provided by Bausson.

Beginning Wednesday, April 5, DMACC Boone Campus will



welcome guest speakers to campus that will better familiarize our students with the French culture. Marie Galanti, president of France Press and publisher of *Le Journal Francais d'Amerique* and *France Today*, will speak on "Newspaper in the French Class". Galanti's speech will be broadcast over the ICN to the five different DMACC campuses.

Thursday, April 6, DMACC invites students, staff, and the public to attend seminars by Mabel Schweers "French Icaria, Near Corning, Iowa," and C.W. Gusewelle "Meeting with Journalists." Schweers, president of the Adams County Icarian Society and past president of the National Icarian Heritage Society, will speak on the history of the French Icarian colony founded near Corning, Iowa, in the nineteenth century.

Continued on page 8



## Dargy accepts scholarship

Anita Dargy (right), Boone Campus nursing student, accepts a check for \$350 from Connie Booth, DMACC Boone Campus nursing instructor, on behalf of the Iowa Organization for Associate Degree Nursing. The PN Scholarship was the only one given in the state of Iowa.

## All-text InfoTrac in library

By Linda Smith  
Bear Facts Staff Writer

The newest generation of information has hit our campus library. Students and staff already familiar with InfoTrac will note that it has just gotten better. Located in a study carrel by the librarian's desk, the new InfoTrac is ready for use.

Instead of asking for assistance at the circulation desk, and praying someone else hasn't checked the magazine out, the full text of the article now may be on the new version of InfoTrac.

This version of the data base has many titles to call upon for almost any paper needed, and you don't have the inconvenience of waiting for interlibrary loan to see the full text if the library doesn't subscribe to the magazine or journal.

In most cases the new data base goes back two years, and the CD's have over 100 magazine titles to choose from. Ann Watts, Boone Campus librarian, said, "We wanted to try the full text InfoTrac because of the popularity of SIRS, which is a full text CD ROM. We wanted to explore other full-text options for students because it makes research much easier."

This time saver is in the

library on a trial basis for the rest of the semester. About \$1,600 is needed to keep this tool in the hands of students. The library budget is already stretched to capacity with all the new technology available to expand the resources for the Boone Campus, and decisions will need to be made about keeping this computer. Let the library staff know how you feel about this new version of InfoTrac.

**S u m m e r  
s c h o l a r s h i p s  
a v a i l a b l e**

## Lost anything?

The LOST AND FOUND may be found in the administrative office. Ask at the front desk if you have lost anything this semester. The L & F box contains the following items:

**Pierre Cardin jacket**  
**Gray-striped scarf**  
**Gloves-- varied**  
**Ring**  
**Text book**

## Money available for scholarships

By Elizabeth Thorson  
Bear Facts Typist

The early bird catches the green bucks or something like that. Make early application now for the *DMACC-Boone Foundation Scholarships* for next fall. This one application makes you eligible for all the scholarships which are based on a student's financial need or GPA.

Last year 90 students out of 1,000 at Boone received scholarships. To qualify, write a one page summary, explaining your financial need and request a transcript of your grades from the Student Services. Pick-up an application from any member of the office staff or counselor in the Student Services Office. Money is also available for the upcoming summer session.

**BILDEN'S**

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## Something's Afoot

### Play rehearsal underway

By Elizabeth Thorson  
Bear Facts Typist

*Something's Afoot*, set in England, is a spoof of a modern-day murder mystery. The play, directed by Kay Mueller, Boone Campus drama director, will be performed on April 28 & 29, 1995, at 7:30 p.m. in the DMACC-Boone auditorium. Admission is \$2 for students and \$4 for non-students.

CAST

Amanda Phillips.....Lettie (the saucy maid)  
(to be cast).....Flint (the caretaker)  
Andre Dembo.....Clive (the butler)  
Brooke Mc Knight.....Hope Langdon (the ingenue)  
Greg Hager.....Dr. Grayburn (the family doctor)  
Justin Johnson.....Nigel Rancour (the dissolute nephew)  
Shannon Daniel...Lady Grace Manley-Prowe (the grandedame)  
Gene Black.....Col. Gillweather (the old army man)  
Patty Olson.....Miss Tweed (the elderly amateur detective)  
Bill Heubner.....Geoffrey (the juvenile)

Jim Loos, Boone Campus music teacher, will be the "mini" orchestra, and Nancy Woods' physics class will provide the special effects.

(Still needed for this play is a "male character who pinches butts!")

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## Mandate Library 160

By Deb Sloss  
Contributing Writer

With the push of the electronic library in our society today, many new opportunities are placed at our fingertips. Researching a topic for a term paper is no longer limited to card catalogs and the books that are on the shelves. Info Trac, Sirs Researcher, and Des Moines Register on CD Rom are research tools readily used today.

These resources are unfamiliar to many students, especially those among us who are non-traditional students. According to George Silberhorn, DMACC counselor, 60% of students here at DMACC are non-traditional students. A survey of twenty-five students over the age of twenty five showed that in the five year time period prior to coming to DMACC, only three went to their hometown's public library once a week, six once a month, seven once a year, and nine never. Out of the twenty five only five had heard of InfoTrac, Sirs Research and DMR on CD Rom prior to coming to DMACC.

To help solve the problem of not knowing how to use a library, I would like to recommend that Library 160 become a mandated course. During a student's first semester at DMACC, he or she would be required to take this course. Many of the questions that the librarians are asked daily by students are covered extensively in this course, as students are taught about the workings of the electronic library.

Upon completion, not only will every student know how to use the equipment reasonably well, he/she will be able to answer many of the questions that arise without assistance. An added bonus to this proposal would be that librarians will have more time to complete their other assigned duties.

Many students at DMACC are on strict budgets, but this course only costs \$49.65 and only lasts one-half semester. If it was mandated, then it would be part of our requirement for graduation. This requirement might not be received well by some students. But then almost every student I talked to has one or more classes they felt was not necessary but are taking because it is a graduation requirement in their field. This course also transfers to ISU, where it is already a required class for graduation.

Those students who feel they know the library well could take a pass-out exam. There is no such exam at this time, but Ann Watts, head librarian DMACC Boone Campus, said that this would not be difficult to develop. She reports that when students complete this course they feel very comfortable in the library. They are usually surprised about how much there is in the library and how easy it is to access this material.

An alternate solution to mandate Library 160 would be to hire another librarian or a library-literate work-study student. This person could answer questions and help students on the electronic equipment. However, this would not have the direct positive effects on the students that Library 160 would have. As in any course, you learn more and keep the information longer when you actually complete the work yourself.

## Memories more important than money

"Rest in peace." In the tragic case of Chris Street, former University of Iowa basketball player, this simple phrase seemed to have no relevance. Street was killed two years ago after pulling his car out in front of an oncoming snow plow. His premature death greatly saddened everyone who had heard of him, but the time of mourning didn't last long at all. Just weeks after his death, Street's parents claimed that they were going to sue the snow plow company that owned the truck which hit Street. Within the past few months the case did go to court, but the Street family was not awarded the \$15 million that they wanted. In fact, they received nothing, which is what they deserved.

Selfishness is the key word in this case. The simple fact is that even if Street did make it into the NBA, his chances of

becoming a superstar were almost nonexistent. It's true that he was a great basketball player with a terrific work ethic, but there are only a few players who ever reach the superstar status. Another fact is that even if this tragedy had never happened and Street did make the NBA, the money he would have made would have been his and not his family's to spend.

It is true that the Street family deserved something for the death of their son. But what they received had a far greater value than any monetary amount. Literally millions of people showed not only their sorrow for his death, but also their admiration for the type of basketball player and person that he was.

Every year a senior Iowa State player from Iowa wears Street's number 40 in honor of his memory. In Chapel Hill,

North Carolina, Dante Calabria wears the initials "CS" on his arm band during every basketball game that he plays in. An entire country recognized Street for the type of hard-working person and basketball player that he was, and this should have been enough to satisfy the Street family.

His family needs to realize that they are being selfish. This case shouldn't be about who's at fault or how many millions of dollars he would have made as a pro, but rather about remembering him for the great person that he was. So, before his name is dragged through the mud, I ask the Street family to please let it go, and let Chris rest in peace.

By Ryan Petersen for Bear Facts Staff

## Ride the Fader brilliantly balanced

By Tony Stensland  
Bear Facts Staff Writer

Chicago is famous for turning out soulful, powerful blues musicians and windy-city native Cathy Braaten is no exception. Braaten's debut album, *Ride the Fader* is an exquisite record filled with the classic Chicago/MidWest blues sound.

Combining the power of Mellisa Etheridge and John Hiatt with the subtleness and sympathy of Sheryl Crow, Braa-

ten and co-producer John Eller have created a brilliantly balanced record. With Braaten's amazing talents on both the electric and acoustic guitar as the albums center piece, *Ride the Fader* takes you on a complete rock and roll journey.

The album begins with the steely, grinding "Torch", on which Braaten burns with iron emotion and ends with the feathery track "Pray" where the title is simply repeated convincingly without intimidation or overkill.

On "I'm the Girl", Braaten

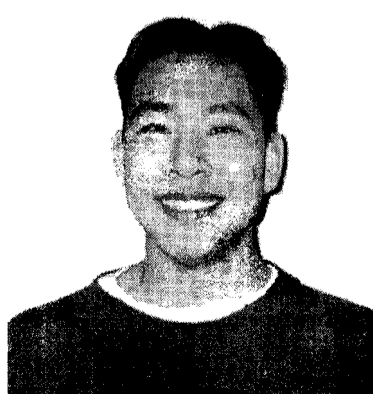
plays with an incredible acoustic passion, painting images of memories gone by and dreams yet to come when she sings, "Cinematic escapade, running through my head today/ Living color fantasy, what do you want from me?"

Braaten sings with feeling and plays with an almost innate control, but her most powerful asset is her command of each song. *Ride the Fader* is a fantastic album that deserves to be looked into. Expect Braaten to accomplish a great deal with this and future releases.

## What do you think of the Chris Street Lawsuit?



It's crazy! I can understand the family hurting but no amount of money will take away the pain.  
Linda Seary



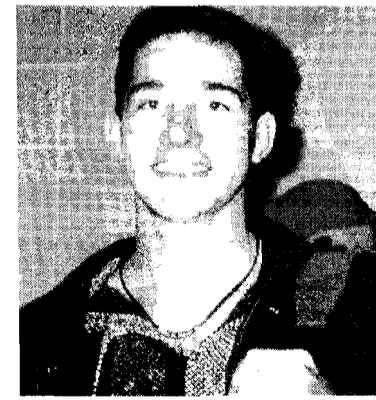
It's possible he could have made it in the NBA, but we'll never know what could've happened.  
Aaron Mute



His parents should have let it go. It would have been Chris Street's money anyway.  
Brandon Kelley



It was his time to die. We can't do anything about it now, so drop it!  
Jackie Blair



It's bullsh\_t.  
Aaron Mc Knight

By C. Brooke Mc Knight



## Review

### *New China: You won't go away hungry*

By Joe Meyers  
Bear Facts staff writer

The most recent visit on our restaurant review was the New China. Inside the restaurant was a relaxing and comfortable atmosphere with a wonderful Chinese decor.

The authentic surrounding was complimented by the food which was very good, including excellent soup. Pop is priced extra, but you do get hot tea with your meal for free. The large amount of food you get makes the price reasonable. The restaurant offered an extraordinarily delicious sauce that sparkled with an indescribable taste.

On the down side of our visit was the service. Although it was adequate, they may have been understaffed as our waitress was seemingly pressed for time. Another thing they could improve was the choice of radio stations by having music rather than talk radio. It's difficult to eat Mongolian Chicken or Egg Drop Soup when there are a bunch of people jabbering over the radio.

Aside from those two factors, it was a good place to eat. The amount of food provided and the atmosphere allowed for a pleasurable dining experience. The Bear Facts Staff gives New China a B+.

## Student conservation opportunity

Imagine spending 12 weeks surveying marine wildlife by sea kayak in Alaska's Chugach National Forest, mapping archaeological sites in the Canyon de Chelly National Monument, banding cranes and songbirds in the Modoc National Wildlife Refuge, or photographing the caves in Idaho's Craters of the Moon National Monument.

These are some of the 1,200 expense-paid positions being offered by the Student Conservation Association (SCA) throughout the year in public lands throughout the United States. Currently SCA is accepting applications for positions offered during the summer/fall season.

SCA's Resource Assistant Program provides a unique opportunity for college students and other adults to help conserve American's public lands and natural and cultural resources. Working hand-in-hand with natural resource professionals, Resource Assistants (RAs) provide invaluable assistance with land stewardship and wildlife conservation projects in more than 290 national parks and wildlife refuges as well as state and private lands.

Although the positions are voluntary, SCA Resource Assistants receive funds to cover their travel to and from the site, and food expenses as well as free housing. Housing can range from tent camps to apartments. In exchange, volunteers are expected to work the equivalent of 40 hours per week. There also is plenty of time for exploring, writing, and relaxing in some of the American's most beautiful lands.

SCA Resource Assistants must be at least 18 years old. Most are college students exploring careers in conservation and may earn academic credit for their work experience.

Applications received by the following dates increase the chance of acceptance for a position in the program:  
March 1, 1995 Positions beginning May & June 1995  
June 1, 1995 Positions beginning August & September 1995. Additional opportunities will be available during the winter and spring of 1996.

For more information about the Resource Assistant Program, contact: Student Conservation Association, P.O. Box 550, Charlestown, NH 03603-0550, (603) 543-1700.

# Plus minus grading adopted DMACC fine tunes system

By Sandra Hayes  
Bear Facts Staff Writer

When the '95 fall semester begins, students at all DMACC campuses will begin an expanded grading system. Now, instead of just an A-B-C-D or F, the instructor has plus and minus options. The system will still be based on a 4.00 scale with the grade of A at the top. Sorry, no A+'s available.

Kim Linduska, Executive Dean of Academic/Student Services, Ankeny Campus, stated the grading system was implemented in order to facilitate transfer to institutions using the plus/minus system, such as Iowa State University (ISU). She stated, "The student who works hard will have a true grade reflected." Linduska was very upbeat about the change. She said, "I do feel it is going to be a very positive thing."

The Academic Standards Commission appointed by DMACC president, Joseph Borgen, sought and received input from many sources over a fifteen-month period. All full-

plus/minus grading. The committee selected the same grading scale that ISU currently uses. ISU does not have an A+ and, therefore, DMACC also does not have A+ as the top grade.

### Frustrated by narrow range

Lee McNair, sociology instructor at DMACC-Boone, is very much in favor of the change. He has already used a plus/minus system for his grading, but the pluses and minuses are not recorded on the transfer records. McNair has been frustrated by the narrow range of grading possible under the old system. He said, "There can be a great variance of work quality between B+ and B-. This system will allow the instructor to grade based on a more true reflection of the student's work."

### Fine tune the system

Burdick also stated the purpose of the plus/minus grading as, "fine tuning the grading." She mentioned that an instructor may now advise a student progressing from algebra to finite math with greater accuracy based on the knowledge of whether the algebra grade was a C+ or C-.

Under the current grading system, if a student received one A, two B's and one C for daily work and tests, the grade for that class would be a B. The average point total would be 3.00.

### Bottom must work harder

When the new grading is in place, a student could have one A-, two B-'s, and one C- which would give a course grade of C because the totals average to 2.60. The grade is now .07 below the ending point for a B-grade.

The student at the top end of the scale will benefit from the scale change, and the student at the bottom must work harder to maintain a good grade. On the average, though, McNair felt that the grades would balance the + and - point changes.

A recent article titled "Plus

for some, minus for others" by Dave Savage, in the *Communique* (Kirkwood Community College newspaper) detailed the planned start of plus/minus grading for Kirkwood Community College in the fall of '95. Savage reported that the prime motivation factor for plus/minus grading was generating a way to adequately rate performance. Without the use of + and -, there is a wide spread between a low C and a high C. At Kirkwood, instructors were also in favor of the new system.

### Merge old and new grades

DMACC will use the averaged grades prior to fall '95 and merge those grades into the new system. According to Burdick, students will not see a change. The grade transcript will show which classes were plus/minus by the point accumulation, but a student could receive a grade in the middle of the range and that grade would not show whether the instructor used plus/minus grading or the old system.

Where the students will see a change is when a course requires a minimum of 2.00 class work. Under the new system, a C- with a point value of 1.67 will not meet the course requirements. However, Burdick stated that instructors are not required to use the new system. They may use their discretion. Also, when a student applies for transfer, the total grade transcript is considered.

### Trend toward plus/minus

With the plus/minus in place, students will be familiar with the grading requirements when they transfer to another institution. The trend is to use plus/minus grading. DMACC has chosen a 4.00 grading scale to match with ISU.

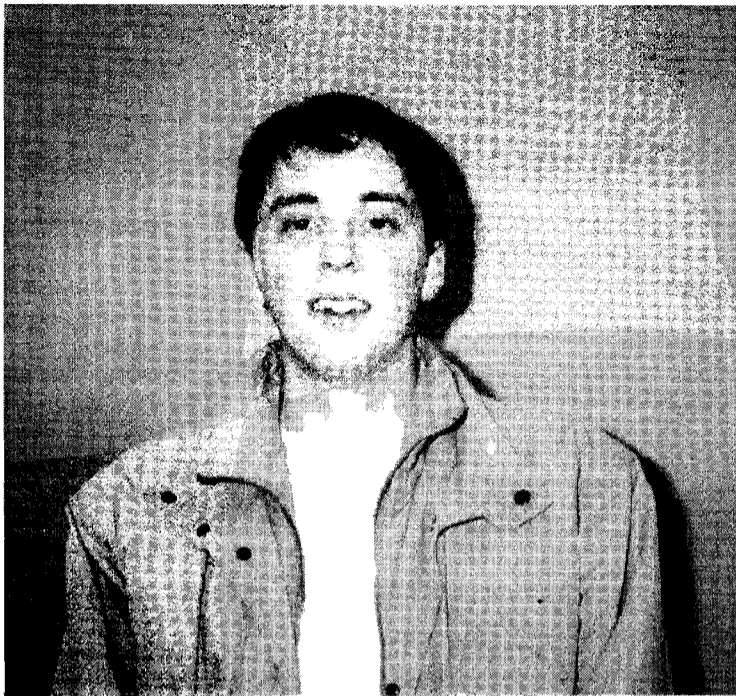
When questioned, some students felt comfortable with the idea of plus/minus grading. They stated that in high school they were graded this way. It will not be new to them. And, they realize that many transfer institutions already use this type of grading.

### DMACC 95 grading

A	4.00
A-	3.67
B+	3.33
B	3.00
B-	2.67
C+	2.33
C	2.00
C-	1.67
D+	1.33
D	1.00
D-	.67

time instructors at DMACC were questioned in order to establish if expanded grading was needed and how they would implement the expanded grading. Since many instructors have taught at other schools using the plus/minus grading, they could input practical experience into the process.

Marilyn Burdick, Academic Records Department, Urban Campus, participated in the subcommittee process to recommend a change. Burdick stated that the April '94 faculty survey was 5 to 1 in favor of



Aaron Hemstreet

# Hemstreet joins Boone staff

By C. Brooke Mc Knight  
Bear Facts Staff Writer

Since early January, Aaron Hemstreet has worked as a part-time custodian. Now DMACC faculty and students will be seeing more of him. He has been hired full time to fill one of the custodial positions.

Hemstreet is a 22-year-old resident of Boone, who graduated from Boone High and attended classes on the Boone DMACC campus for two years with interests in sociology and psychology. Hemstreet's future goals are unclear at this time. He would like to attend school again, but all plans of that are on hold.

Hemstreet received his position on the staff by "pure luck". Gary Johnson, head

Boone Campus custodian, is the landlord of Hemstreet's apartment building. When a position first opened up in January, knowing Hemstreet's "good work ethics", he gave him a call.

When asked what he liked most about the new job, Hemstreet mentioned "the responsibility, being around the faculty and students, the atmosphere, and Gary."

Hemstreet was sure to say that the least favorite part was battling the construction, "It's hard to keep this place clean with the dust." The custodial staff has been working over-time with a shortage of help and the extra mess from construction.

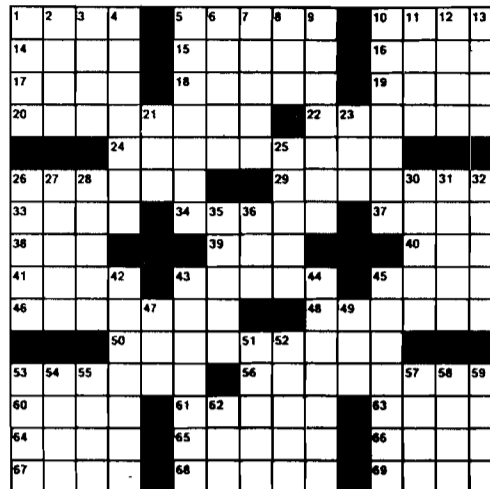
DMACC welcomes Aaron Hemstreet to the Boone Campus family.

FINALS WEEK MAY 7-11

## THE Crossword

- ACROSS  
 1 Stumble  
 5 Catamarans  
 10 Kind of school  
 14 Costa —  
 15 "Crazylegs" Hirsch  
 16 Vex  
 17 State vigorously  
 18 Blessings  
 19 Fencing sword  
 20 Models of excellence  
 22 Mortarboard appendage  
 24 Family members  
 26 Rule  
 29 Huge  
 33 War god  
 34 Entrances  
 37 Only  
 38 Word of respect  
 39 Bitter herb  
 40 Bad: pref.  
 41 Sit for a painting  
 43 Of inferior value  
 45 Great review  
 46 Enter without paying  
 48 Required  
 50 Repudiates  
 53 Metrical foot  
 56 Midday  
 60 Affluent  
 61 Witch of —  
 63 Certain poems  
 64 Loafing  
 65 Inebriate  
 66 Relax  
 67 Ache  
 68 Fast horse  
 69 Facilitate

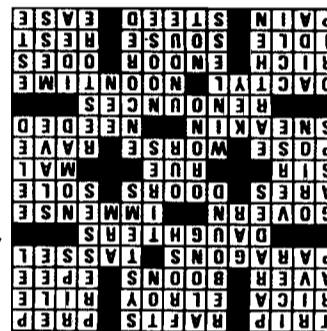
- DOWN  
 1 Snare  
 2 — Ridge (racehorse)  
 3 Cake decorator  
 4 Holiday spectacles  
 5 Echo  
 6 In a line with  
 7 Certain student  
 8 Ship weight  
 9 Procedures  
 10 Irons  
 11 Tears



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- 12 Gen. Robert —  
 13 Rind  
 21 Long fish  
 23 Branch  
 25 Wearies  
 26 Struggles for breath  
 27 Constellation  
 28 Poem part  
 30 Wanderer  
 31 Person in bondage  
 32 Sniggled  
 35 Maine city  
 36 "— Town"  
 42 Made of soil  
 43 Without a victory  
 44 Sang after applause  
 45 Make livable again  
 47 Door opener  
 49 Poetic time  
 51 Excessive  
 52 Hangman's knot  
 53 Slow leak  
 54 Verdi heroine

## ANSWERS



- 55 251  
 57 Brainchild  
 58 Army meal  
 59 It. family  
 62 "Believe it or —"

## Black Hawk County offers scholarship

The Community Foundation of Northeast Iowa/Waterloo Recreation and Arts Commission is pleased to once again offer the MARGARET SHORT MEMORIAL SCHOLARSHIP to recreation or leisure services students.

The scholarship program, named after a long-time member of the Recreation Commission, has been created under the provision of her will. Individual scholarships will be awarded in the amount of \$500. A committee from the Recreation & Arts Commission will determine the scholarship recipients.

The purpose of this program is designed to recognize, encourage and support outstanding Black Hawk County students who have selected the field of Recreation for their careers. Those eligible to apply must be residents of Black Hawk County who are full-time students (2nd year and beyond) enrolled in accredited institutions of higher education with a declared major in Recreation or Leisure Services.

Applications are available by stopping by the Waterloo Recreation & Arts Center, 225 Commercial, Waterloo, Iowa, or calling 319-291-4491. Deadline for submission is April 17, 1995. CONTACT: Vicki Collum, Scholarship Coordinator, Waterloo Recreation & Arts Center (319) 291-4491.

## GOODBYE TO FRIED EGGS?

For more than a decade, a memorable image in the war on drugs has been a sizzling egg with the message. "This is your brain on drugs." Now the Boston Museum of Science is offering a look at the real thing. On Nov. 29, the museum will open "Changing Your Mind: Drugs in the Brain," a multi-media exhibit showing how drug abuse affects the brain. Organized by Bertha Madras of Harvard Medical School and scheduled for a year-long run, the show consists of a free-standing exhibit, work stations with an integrated CD-ROM, a booklet and a play. Scans and photos from Madras's extensive research are used in the exhibit, including PET scans and visual evidence of cocaine's action on the brain's dopamine neurons, the cells most powerfully altered by abuse of the drug.

Summer registration begins April 24

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# Bears return from Oklahoma

By Tony Stensland  
Bear Facts Staff Writer

Head baseball coach John Smith, a newly anointed grandfather, has been in baseball a long time and knows that experience and solid pitching are key ingredients to creating victories. His team displayed little of both during their nine game stretch in Oklahoma over spring break.

DMACC gave up 97 runs and committed nearly three errors per game, finishing 3-6 down South. Although the competition was tough, Smith still expected to win more often and did see a few good things come from his team. "The younger kids played better than I expected. Pat Carey and Chris Popp hit the ball real well."

Perhaps even more defeating to the team was the loss of starting second baseman Chad Cheney. In the first inning of the opening game, a runner slid into Cheney, injuring his knee. He is expected to miss the remainder of the season.

Smith is still excited about his team's potential this season, but he may have learned what their success will hinge upon. "Sometimes we played well, when the pitching was good." Smith was also very pleased with the play of Shawn Swartwout, James Mansell, Guye Senjem and Ryan Ellwein.

The Bears' next home game is April 13 against Indian Hills at 2:00 p.m. at the Memorial Park Field.



DMACC team shivers in the cold during a recent practice.

# Softball team ready for season

By Tony Stensland  
Bear Facts Staff Writer

While most people who return from spring break in Texas have a little less money and a lot darker tan, DMACC head softball coach Catherine Schroeder returned with a better understanding of the potential her team possesses. "I learned a lot. I think the kids enjoyed it and got to know each other better, and that can only be good for our team."

Although DMACC came home with a 2-4 record through April 20-23, Schroeder doesn't feel that tells the whole story. Questionable umpiring disrupted the Bears in the first two games as they fell to Ranger. However, DMACC bounced back and split the following two games.

The remaining games were played against Hill Jr. College, with both squads trading victories. DMACC was felled

by mental and physical fatigue in the first game. The second game of the twinbill was a different story as the Bears were fueled by the Hill head coach being ejected for arguing a close play at first.

Optimism still rings in the voice of Schroeder now, perhaps since seeing this squad compete well with both schools. "We're very comparable to Ranger," Schroeder exclaimed. Ranger finished last season ranked second in the country.

"We're starting to get better," Schroeder said. "Our defensive play was solid and we didn't even have everyone there." Sophomore Cherie Schuttler did not accompany the team and freshman Tina Stuhldryer had to leave for personal reasons.

DMACC next takes on Waldorf at home on April 5, followed by IWCC on the seventh.

# Bear Fitness



DEAR JIM: I've been working out on some exercise machines at my local health club for several months and have gotten some good results, but all of my buddies tell me that free weight are better. What's the scoop?

DEAR MACHINE: The scoop is that there is no particular advantage to using free weights as opposed to machines or vice versa, but there are advantages to using both. Some of the early weight machines left a lot to be desired in terms of body mechanics and range of motion, but many of the modern selectorized and plate-loaded weight machines have improved significantly. Machines are generally easier to use, safer, and can often isolate different body parts in ways that are much more difficult with free weights. Certainly changing the amount of weight or resistance on a machine is easier, faster, and more convenient than changing the weight on a barbell.

Free weights, on the other hand, probably require more athleticism because of the balance and coordination required to lift barbells and dumbbells effectively. It is probably true, too, that a machine has still not been developed that can exactly duplicate the multiplicity of exercise movements that can be accomplished with free weight...but the gap is swiftly closing.

Most people are more familiar with free weights because they are relatively inexpensive compared to machines. Men, in particular, seem to naturally favor free weights because of the competitive appeal of being able to "outlift" someone else. Certainly if you are participating in a sport such as Olympic Weightlifting or Powerlifting, free weights are an absolute necessity as they are requisite to the very performance of these sports.

A balance exercise routine which employs both free weights and machines will probably best help you achieve your fitness goals. To say that one is absolutely better than the other is simply a matter of personal preference.

Jim Evans is Executive Director of Heartland Health Center in Boone. You can address your questions about health and fitness to Jim c/o Heartland Health Center, 600 Carroll St., Boone, Ia 50036.

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### IN CASE OF FIRE :

ACTIVATE NEAREST FIRE ALARM, LEAVE BUILDING BY NEAREST EXIT AS SHOWN ON DIAGRAM AT LEFT

FIRE DRILL OR FIRE SIGNAL: CONTINUOUS ALARM, HORN, AND RED LIGHTS

#### INSTRUCTIONS:

1. WHEN THE FIRE ALARM SOUNDS, IMMEDIATELY LEAVE THE BUILDING IN AN ORDERLY MANNER USING THE ROUTE AND EXITS SHOWN IN THE DIAGRAM AT LEFT.
2. IF FIRE IS VISIBLE IN YOUR DESIGNATED ROUTE, USE AN ALTERNATE ROUTE TO THE NEAREST EXIT.
3. AFTER LEAVING THE BUILDING, PROCEED TO AN AREA OUT OF TRAFFIC WAYS AND AT LEAST 100 FEET AWAY FROM THE BUILDING.
4. STAY CLEAR OF FIRE HYDRANTS AND FIRE FIGHTING VEHICLES.

## TORNADO AND TORNADO DRILL INSTRUCTIONS :

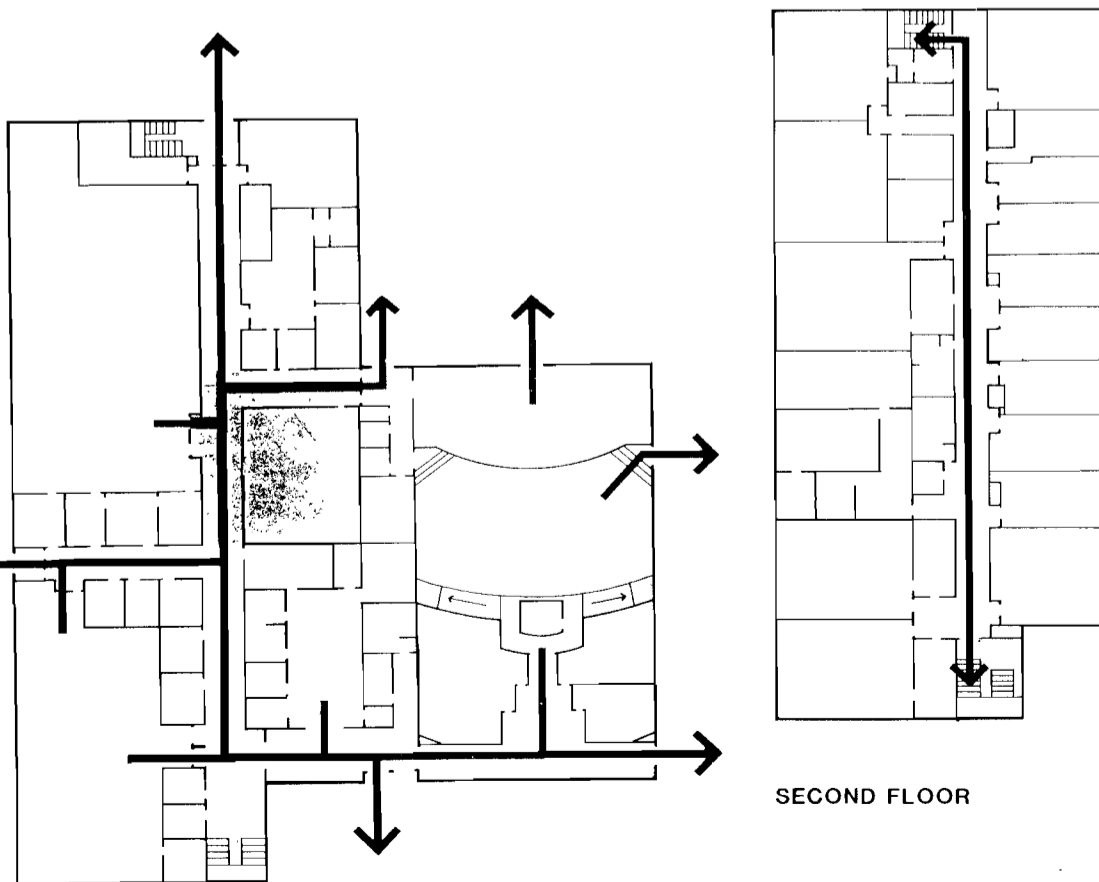
### TORNADO WARNING OR DRILL

THE SAFER AREAS STRUCTURALLY, HAVE BEEN DESIGNATED BY SHADING ON THE PLAN.

#### TORNADO SIGNAL:

1. INSIDE THE BUILDING - PULSATING ALARM, HORN, AND RED LIGHTS.
2. OUTSIDE THE BUILDING - CONTINUOUS SIREN BY THE CITY.

SIGNAL MEANS: THERE IS A SCHEDULED TEST DRILL OR WEATHER CONDITIONS SERIOUS ENOUGH TO REQUIRE THAT YOU IMMEDIATELY PROCEED TO AN AREA OF SAFETY SHOWN ON THE PLAN AT LEFT.



SECOND FLOOR

FIRST FLOOR

NORTH

## Second start scholarship offers adults opportunity for education

Orville Redenbacher's Second Start Scholarship Program renews its commitment to assisting adult students with their special financial needs. This year, twenty-five \$1,000 scholarships will be available to adults age 30 and older as they pursue a "second start" in their lives through college education. Established by Orville Redenbacher and his grandson Gary, the scholarship program was established in response to the ever-growing number of adult returning to the classroom and the extra financial burdens they often face.

The only program requirement are that applicants be at least 30 years of age and enrolled at an accredited college or university. Applicants need not be of a certain race or religion or pursuing a specific degree.

Applications can be obtained by sending a **self-addressed stamped envelope** to: Orville Redenbacher's Second Start Scholarship Program, P.O. Box 39101, Chicago, Illinois 60639. Scholarship applications will be accepted between March 1 and May 1 and must be postmarked by May 1.

## French Week

Continued from page 1

Gusewelle, writer for *The Kansas City Star* and the author of *The Paris Notebook*, will speak on his perspective of French society as an American who resided in Paris. Everyone is invited to attend. Refreshments will be served prior to the afternoon seminar with Gusewelle.

Thursday afternoon at 2:30, DMACC will be treated to a traditional French accordion player. Veronique Rude will perform French music for students, faculty, and the public to enjoy.

Hopefully all DMACC students will participate in the French Week activities. This is an experience to help open your mind to different cultures.

Enjoy French  
music  
Participate in French  
Week

Thursday  
2:30 p.m.  
Room 200

## Bear Facts

Established 1971  
April 5, 1995  
Vol. XXIII----Issue #12

The *Bear Facts* is a student publication published bi-weekly at Des Moines Area Community College, 1125 Hancock Drive, Boone, IA 50036 (515) 432-7203, Ext. 1043. The *Bear Facts* is distributed free to all DMACC students, staff and alumni, or a subscription can be purchased at the annual rate of \$10 to the general public. Editorial and advertising offices of *The Bear Facts* are located in Room #210, 2nd floor of the academic building.

#### Editorial Policy

The *Bear Facts* welcomes all letters in an attempt to provide a forum for the many diverse views of the campus. The views expressed in the *Bear Facts* are not necessarily the views or endorsements of Des Moines Area Community College or the *Bear Facts* editorial board.

#### Letter Policy

Letters should be no longer than 200 words, signed and brought to the *Bear Facts* mailbox in the main office or mailed in care of the college. The *Bear Facts* reserves the right to edit as necessary for libelous content, profanity, copyfitting, grammatical or spelling errors and clarity.

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