

Bear Facts

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



DMACC students try out for "Something's Afoot," the spring musical. From left to right are students Jackie Richeson, Andre Dembo, C. Brooke Mc Knight, Erin Van Dyke, Marcia Johnson, Gene Black, and Bill Huebner.

A Comedy A Mystery A Musical

SOMETHING'S A FOOT

By C. Brooke Mc Knight
Bear Facts Staff Writer

Auditions for the DMACC musical, *Something's Afoot*, were held Monday, February 27. Needed for the cast are six men and four women. *Something's Afoot* is being directed by Kay Mueller and musically directed by Jim Loos.

Something's Afoot is a musical with a murder mystery

plot.

The show opens with the arrival of many different British characters to the estate where they each have received invitations for a gaming kind of weekend. The excitement of their arrival is abruptly ended when the butler is murdered by an explosive. Through out the rest of the show the characters are one by one dropping dead. All the while the remaining

guests attempt to either escape before they themselves are killed or to take things into their own hands and capture the murderer.

The audition's turnout was good. Four women and four men came Monday night. Another time was set on Tuesday for students not able to make the original audition. The audition process was very informal. Mueller started

auditions out by having the students read scenes from the script. The audition ended by singing songs under direction of Loos.

A partial cast list was posted on Wednesday, March 1, on Mueller's office door. Four to five days a week rehearsals will be held from 3:00 to 5:00 up to the production. The curtain goes up Friday and Saturday,

April 29 and 30, 8:00 in the auditorium.

If you missed the audition and still want to participate, you can! The cast is still in need of members. One male and one female spot are still open. Musicians and technical crew are still needed as well. Talk to Jim Loos or Kay Mueller for information on a possible audition.

Students + work = a heavy load

By Joe Meyers
Bear Facts Staff Writer

College and work - what a load it is. Students are extremely busy these days. Many of them work in addition to going to school. Most students live on their own and must work to support themselves. There are some students who work 30 or more hours a week while going to school full time. Three students were asked why they are carrying such a big load and here is how they responded.

Tim Thompsen works at Wal-Mart 37 hours a week and is taking 12 credit hours this semester. He's been out of school 1 1/2 years and this is his second semester at DMACC-Boone. Thompsen said, "I live on my own, and I have to make a car payment, pay rent, and of course eat. I don't want to work at Wal-Mart for ever at low pay. I'm going to DMACC-Boone and working 37 hours in order

to graduate sooner and earn more than minimum wage. I carry a big load because it will make me a better person in the long run and enable future success".

Bill Heubner DMACC-Boone student works 30 hours a week at the D.O.T., and he's taking 17 credits. This is his second semester at college after high school. Heubner stated, "I want to get done with school. That's why I take so many credits, and I need to work to pay the bills."

Tom Gibbs works 32-33 hours a week at Wal-Mart and is taking 15 credit hours. He's been out of school for 1 year and this is his second semester of college. When asked Gibbs answered, "I don't have a choice at Wal-Mart. There are only three of us working in my department. My hours might drop a little if they hire someone else."

Two of the DMACC-Boone instructors were asked how the hours worked by current full-time students compared to when they were in college has changed since they went to school at a college or a University.

Bruce Kelley answered, "I never worked at all when I was in college. I don't think the other students worked as much and went to school full time as they do now. Nothing was as costly then. Now everything is so expensive you need more hours on the job to pay the bills".

Dr. Taylor replied, "Students did not work as many hours. School and expenses were cheaper. Not as many students went to college if they could not afford it."

The student of today is very busy indeed with a full-time job and 12 + credit hours. It is a heavy load.

WANTED: Students who need money

By Sandra Hayes
Bear Facts Staff Writer

Want to earn money for school? Here are two scholarships available for fall 1995. The Marine Corps League has \$300 (see ad) and Beta Sigma Phi has \$200 (see information below).

Don't just complain about needing money. Apply! It couldn't hurt.

Apply by April 15

Boone chapters of Beta Alpha and Xi Beta of Beta Sigma Phi will again offer a scholarship to a female DMACC student for the fall 1995 semester. The \$200 award is open to a full or part-time student who resides in Boone county and is over 25 years old.

Application forms can be picked up from Rich Finnestad in the counselor's office. Completed application forms can be returned to Finnestad or mailed to Nan Morain, Beta Sigma Phi, 1007 South Marshall Street, Boone, IA 50036 by April 15, 1995.

Would You Believe....

According to a Canadian doctor involved in a recent shuttle mission, astronauts get taller in the weightlessness of outer space. In fact, NASA has their spacesuits made to account for one extra inch in height!

Why the added height? Without gravity's downward push, the spongy material between the spine's vertebrae stretches. The same stretching, to a lesser extent, happens to Earthlings while they sleep. Some even report they must adjust their driving mirrors in the morning. It seems they're sitting "taller" than when they drove the previous evening.



Fred K. Deaver Detachment
Marine Corps League

\$300 Scholarship

For Boone DMACC Campus

Qualifications

1. Must be a full time student.
2. Preference will be given to those with a Marine in the family or extended family.

Applications are available in the counselor's office.

DEADLINE TO APPLY - April 1, 1995

Scholarship will be awarded in May 1995 for the fall semester.

ISU orientation

Every year Iowa State University holds early registration and orientation sessions for transfer students. These sessions are held in April so that transfer students can register for fall semester classes at the same time as their currently enrolled classmates.

Early Registration/Orientation will be held April 3 and 13 for the following departments:

College of Agriculture
College of Business
College of Design
College of Education
College of Engineering

Note the dates for:
College of Family and Consumer Sciences: April 3
College of Liberal Arts & Sciences: April 3, 13, and 17

Previously accepted students should attend orientation sessions in April to register. Students wanting to apply for admission to ISU can also take advantage of this program.

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Old Codger...

O.J. WHAT CAN THE MATTER BE?



HELLO! HELLO!

With the strange hours I have this semester, and not being able to clomp through the halls of the fast shifting walls of our school long enough to hear all the latest buzz, I kind of feel as if I am writing a journal to myself because I don't have the opportunity to receive much of any feed-back from my reader. However, I will just keep on keeping on as I do, plodding, stumbling, and once in a rare while touching someone's pulse.

HERE A TRIAL, THERE A TRIAL...!

I have to...I just have to...I simply must make a comment or twelve on the O. J. Simpson extravaganza some of us have been witness (pardon the pun) to for the past half decade, or so it might seem. I realize after watching the last three days of this particular phase of the trial, *that is the phase where the defense attorneys are trying to make it look like O. J. is the victim of so much Los Angeles Police ineptitude, inconsistency, malfeasance, and down right stupidity, that they make the Captain of the Titanic into the world's greatest hero*, that I may very well have both wasted a great deal of time in my first life's career of retail management for thirty years.

This is not to even mention the presupposed fact that I don't remember seeing if DMACC offers courses in becoming a lawyer. This seems to be where I should have began my studies some two years ago instead of in the accounting field. However, with my test scores I'm sure Mel Holthus would say as an accountant I would make one hell of a lawyer!?

The defendant was no less human nor more important to himself than Mr. Simpson and wanted for us twelve to arrive at a just verdict. For me personally this was the "Trial of the Century" because I, as foreman, had to stand up, look into the man's face and tell him we had found him guilty of the crime knowing we were condemning him to 75 years in prison for second degree murder!

DISSERVICE AND DAT-SERVICE BROUGHT TO YOU BY...

I do believe the media is doing the public a disservice by their coverage presentation of Mr. Simpson's ordeal. Shades of the Viet Nam War coverage with all the hype of "a picture is worth a thousand words" journalism. At that time the media was presenting such views of our involvement as Buddhist Monks sitting in the streets burning themselves alive while the cameras ghoulishly ground away. We were privileged to see a South Vietnamese military policeman put his pistol to the head of a suspected enemy (Vietcong), pull the trigger then walk away from the bleeding, twitching body of the man with his hands tied behind his back!

I believe the media should present the news of the day as they always do with the exception of that news should not begin and end with the gavel of Judge Ito. Why don't the sponsors of the trial simply say to the media that they will pay for the privilege of the networks presenting the trial in its entirety after the 10 o'clock news for those interested and then play the five or six hours it takes to show the lawyers asking the same inane question of the

I know it is the job of each side in this particular, and every other, case, for that matter, to present the evidence that will best serve their special needs. Notwithstanding, I have no knowledge of any prerequisites for becoming a media person, I find it very difficult to understand how the media is serving the public's best interest in presenting gavel to gavel or pregavel to post-gavel as the case may be coverage of this now being billed Trial of the Century.

HAPPY TRIALS TO YOU, UNTIL WE MEET AGAIN...

I was under the impression that the Scopes Monkey Trial was the trial of the century. You will remember that trial as the one where the late, great Spencer Tracy took on the

"GIANT" William Jennings Bryant in defence of some poor innocent slob of a teacher who was trying to teach his high-school students that they originated from apes. Incidentally, the teacher lost his case! I would have considered the impeachment trial of Richard M. Nixon to be the trial of the century if it had happened. Some of us would have remotely considered the greatest national trial of the century to be if Spiro Agnew had become President. So give me a break, PALEEZ!

I speak with some knowledge on the subject because I served as foreman of a jury a few years' back. The subject was murder and we listened to the attorneys present their cases for and against the charge. Then it was the turn of the jury to make the decision on whether or not this person was guilty as charged in the evidence. person in the witness box?

Well, those are the somewhat incomprehensibly misconstrued thoughts of this Old Codger for now. Just think, Spring Break is fast approaching and what with all the studying we have to do to prepare for "Finals" we more than likely won't have much time to watch the immortally captured on cellulose objections and overruling or sustaining of the other "Trial of the Century!"

How's your classes?

By Joe Meyers
Bear Facts Staff Writer

Five weeks of school here at DMACC-Boone has passed, and it is now the sixth week. Students are now well adapted to their classes and know how they feel about them. Here are some student responses.

Mike Finch: They are going well and they are not hard.

Shane Bradley: There are mixed emotions because I enjoy them, but it's a heavy load with

Bear Facts

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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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Is anyone out there?

By Linda Smith
Bear Facts Staff Writer

There was a ballot in the last issue of *Bear Facts*. The Student Action Board placed the ballot there so students could have input about how some of their student activity fees were spent. SAB had decided to buy a few new movies and compact discs for the library. The can to place votes in was in the library and clearly marked.

The library has about 450 patrons per day on the average. The newspaper prints 800 papers, so it would appear there was ample opportunity to have a say in this matter.

There were only four votes. This could mean either students don't read their campus newspaper or students don't care how their activity money is spent.

The board will be purchasing this audio/visual equipment for student use soon; however, it would have been beneficial to have had more students involved.

As a student, I care about how this money is spent, especially when it's a mandatory payment with tuition. As a member of the Student Action Board, it is frustrating to me when the board is trying to make decisions based on student needs and desires when so few in the student body seem to have an opinion.

One of the movies my kids would have voted for would have been *The Never Ending Story*. It is a tale about a dragon and a boy. In the story the foe was "The Nothing" a.k.a.--apathy. I hope the nothing doesn't continue to consume Boone Campus.

Meet the Staff

Gary Johnson, custodial department, would like to encourage you to get acquainted with his three new temporary employees. Betty Woodward and Aaron Hemstreet are on the day shift and Robert (Bob) Hammond is on nights.

baseball and classes.

Adam Pepples: I think they are going pretty well.

Joe Shelton: My classes are challenging, interesting, very educational and I need to attend more.

Shawn Hoskins: They are fine.

Shelley Lemon: They are fine.

Teresa Rader: I am overwhelmed. Some teachers lecture around the material in the text book. You have to read very closely for the tests.

Need help on grades?

Twenty Suggestions for Top Grades:

1. Your College Career is Big Business. Run it Like One.

* Use the tools of big business - computers, typewriters, copy machines, filing systems, tutors, and study methods.

* Never miss class.

2. Choose the Courses You Like.

* Choose the subjects you really like, because you'll do best at them.

* Don't let hard courses fool you. If you enjoy something, take it.

3. Test Professors Before They Test You.

* Select instructors as carefully as you select classes.

4. The Early Bird Gets the Most Out of the Textbook.

* Get textbooks before classes begin and read at least the first fifty pages.

* Early, unpressured study is the least boring.

5. Launch a Full-Scale Attack.

* Begin the semester with a two-week full-scale attack.

6. Be There.

* Never miss a class. Don't be late. Don't leave early.

7. Extra Credit is Not Extra Credit.

* Always do the extra credit work.

8. Pretest yourself.

* Old tests make the best study guides.

9. Become an Expert Test Taker.

* Taking tests is a skill. Become adept at educated guessing.

10. The Key to Perfect Papers.

* Never turn in homework late, sloppily done, or unedited.

* Always have someone double check your material.

* The appearance of your papers makes all the difference in the world.

* Five Steps to Better Writing

Step 1: Structural Outline

Step 2: Sentence Outline

Step 3: The First Draft

Step 4: Recast your Paragraphs

Step 5: Polish Your Paper

11. Take Advantage of Registration Tricks.

* Register promptly.

* Never give up getting into a course.

12. Develop and Learn to Use Your Memory.

* Memorize when you are well-rested. Several short sessions are better than one long session.

* Eat well. Vitamins are important to your memory.

* Four memory strategies: acronyms, rhyming strategies, linking ideas, key words.

13. Get Jobs, Scholarships, and Loans Without Interest.

* There are alternatives to working at the expense of grades.

14. Post Cards & Phone Calls.

* Find out what your grade is as soon as possible. Fight for close ones.

15. Schedule Study Time to Your Biological Clock.

* The Art of Studying
-Active review is better than passive review

-Make use of study groups

-Study in bright light

-Concentrate

-Get into a positive frame of mind

16. Be Prepared to Bail Out.

* Don't be afraid to drop a course that isn't working.

17. Build your Own Personal

Library.

18. Use Your Imagination.

* Remember, there is no single, correct way to study, take a test, or get through college. You must determine what is right for you.

19. Take Worthwhile Notes.

* Take notes with a purpose.

* Take short notes. Use key words.

* Use notes to make up test questions.

* Make notes of what you don't know in the text.

* Use the text to make up test questions.

20. Stay Mentally, Spiritually, and Physically fit.

* The odds favor those who take care of themselves.

DATES...

Midterm.....

March 13

Spring Break...

March 20-25

Final day to drop classes...

April 4

American Cancer Society celebrates . . .

Daffodil Days

Boone residents will see the first sign of spring March 27-31 during Daffodil Days, a special American Cancer Society event that emphasizes the spirit of renewed life and hope for cancer patients.

Local American Cancer Society volunteers will be taking \$5 donations for the fresh-cut, field-grown bouquets of daffodils until March 3, 1995. Proceeds will be invested into American Cancer Society research, education, and patients' services.

"Celebrate the coming of spring and join with your friends and neighbors in this fight against cancer," says Patty Burns and Nursing Students United of the Boone Campus. Order forms are available in the Nursing Office, Room 222 or call Patty Burns Ext 1071 for more information.

Give blood, get cookies

Stop and think a moment about your loved ones. Their health and wellbeing are important to you. If a loved one has ever received blood, you know firsthand the importance of volunteer blood donors.

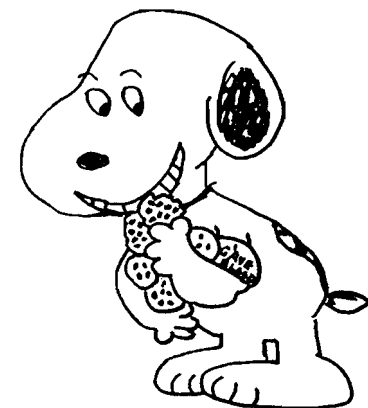
During your hectic schedule, pencil in some time to donate blood. You can do this by making an appointment with Connie Booth at 432-7203, EXT.1070 for the Monday March 6, DMACC-Boone blood drive sponsored by Nursing Students United. The drive will be held in the Bloodmobile Bus North of the building and the hours are 8 a.m to 2 p.m. Please check in at the table by the book store.

Donating blood is a quick and relatively painless process. Upon arriving at the mobile blood drive, you will register to

donate. Next, a nurse will take a brief miniphysical which includes beneficial temperature, iron count, and pulse checks. You will also have a thorough medical history to make certain it is safe for you to donate, as well as safe for someone to receive your blood. Next, comes the actual donation in which you will give a unit, or a pint of blood. Don't worry, the normal adult of average weight has about 10-12 pints of blood, so you'll have plenty of spare! The donation itself only takes about five minutes, then it's off to the canteen for juice and cookies.

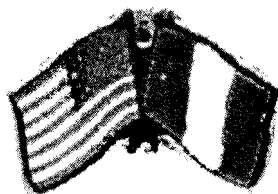
You can help save the lives of up to four sick or injured people by donating just one pint of blood. The Blood Center of Central Iowa, a non profit organization located in Des Moines, only accepts volunteer

blood donations to ensure that the blood is safe for the patient receiving it. Donors should be 17 years of age or older, in general good health, and weigh at least 110.



Again to schedule an appointment, call Connie Booth at 432-7203, EXT.1070. Remember, your blood donation could help to save the life of someone close to you.

French Week



April 3-7

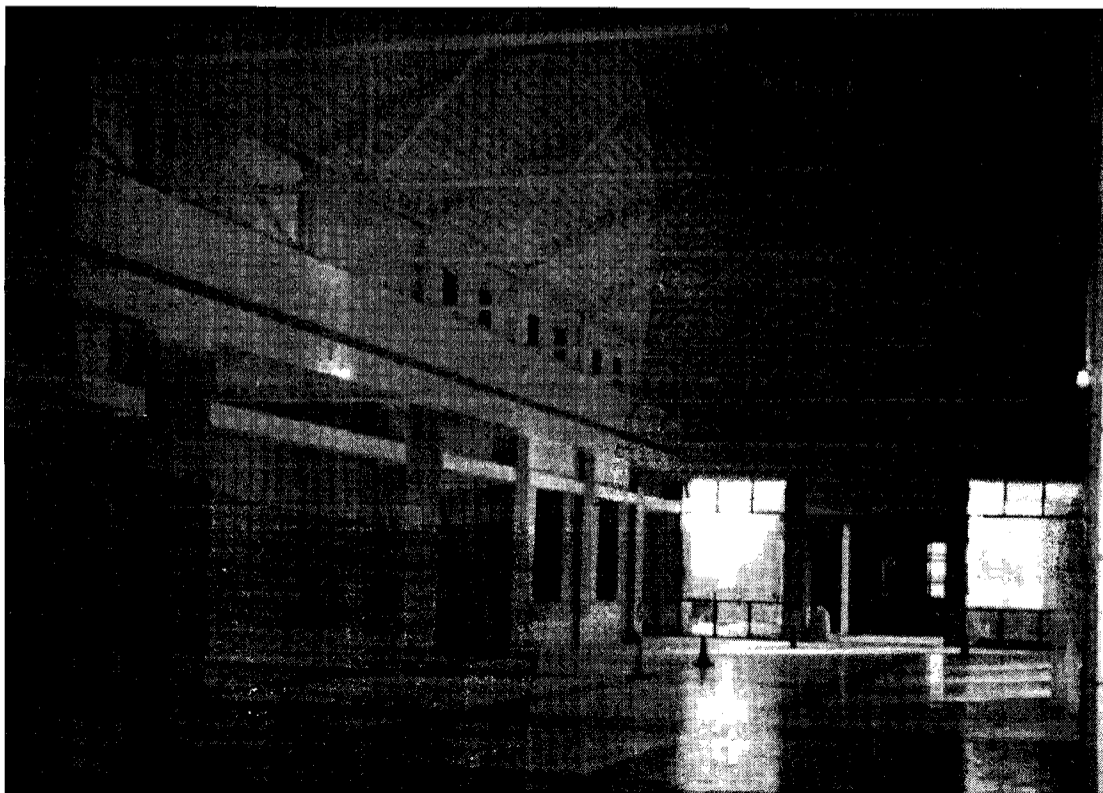
Construction changes face of campus



Construction has caused increased student use of the library. Here, Brian McFarland, Kevin Mills, Kristi Crawford and Becky Hostetter work on a collaborative English 118 assignment.



Electrician, Chris Wulkow, Carroll, a former DMACC student, has been around since the beginning of the construction project.



The "great hall" of DMACC-Boone nears completion in the new building.

Phase 3: "And the beat goes on"

By Sandra Hayes
Bear Facts Staff Writer

Phase "3" construction has commenced amid a new volley of dust. The entire front office is no more. If you have not located it, look in the old student center. Executive Dean Kriss Philips said the offices will be temporarily located there for 4 to 6 weeks, and then they will move back to their original, remodeled location.

The same faces will greet you at the reception desk: Joanne Temple, Pam Patterson and Sharon Blaskey. George Silberhorn, student services, is located in the first office. Martha Ballantyne and Vickie Lauzon share the bookkeeping office. Sandi Johnson, secretary, and Rich Finnestad, counseling, share the next office. Paula Goldsworth, dean's secretary, and Philips are at the end of the hallway.

The food service window will close soon, but food service will still be available in the east hallway of the new building.



Brady Bunch Movie

Long talks about playing a Brady

By Ian Spelling
College Press Service

When Shelley Long, the former star of the beloved series "Cheers," won the role of that great maternal icon, Carol Brady, in "The Brady Bunch Movie," she realized rather quickly that it would be a rather unique acting challenge. After all, how could anyone possibly out-Florence Henderson Florence Henderson?

"Really, this was a matter of playing someone somebody else had already played," says Long, a friendly, talkative woman, as she sits for an interview at the Rihga Royal Hotel in Manhattan. "Also, I was given the assignment to do it exactly as Florence did it. I think Betty Thomas, our director, was smart enough to know that I would grab any challenges, like the voice. I don't know if I got the voice exactly, but I got a voice that was closer to Florence Henderson's than to my own. You needed to hear Carol Brady's voice and her inflections, and needed to see her expressions, body movements, her head tilts, and all of that. I think Betty knew, intuitively, that I would bring something a little different to it because this is the '70s Bradys living in the '90s. It's satire,

which Betty and I both did at Second City (the famed comedy troupe) in Chicago."

Long, who admits she was too busy studying and/or enjoying the social scene while at Northwestern University to watch the "Brady Bunch" during the series' original run, watched episode after episode of the show on preparation for the film. She studied Henderson's every move, her perky hair and her--well--very bright, very polyester outfits, and then brought the character to life, discovering for herself in the process what made the show so appealing to a generation of baby boomers.

"There's something just very charming about this family, something very likable, even in all their quirksiness," she notes, smiling. "That made it even easier to do the part, that I liked the character and her family."

The film's plot is as simple as it gets. The '70s Bradys live in the 1990s. A developer's hatchet man ("Laverne and Shirley" star Michael McKean) wants to buy their house and all the other property in the area in order to build a mall; only the Brady's won't sell. Then, when Mike (Gary Cole) and Carol

receive a \$20,000 tax bill, the family moves into high gear in an effort to save their home. That means lots of lawns are mowed, Greg (Christopher Daniel Barnes) attempts to become a rock star a la Johnny Bravo, and the whole gang of kids team together to win the \$20,000 prize offered in a talent contest.

Essentially, the film's writers have taken the best, most memorable moments from classic "Brady" episodes--Jan (Jennifer Elise Cox) is jealous of the gorgeous Marcia (Christine Taylor); Marcia is gorgeous but gets smacked in the nose by an errant football; Cindy (Olivia Hack) lisps; Peter (Paul Sotera) deals with a croaking voice; Alice (Henriette Mantel) pines for Sam the butcher; Davey Jones of the Monkees plays the prom--and strung them into a seamless whole, with the blissfully unexplained Brady's-in-the-'90s-twist. Long explains that the filmmakers were careful to straddle the line between tweaking the Brady legend and mocking it.

"Betty had a good script when she started but did a page-one rewrite just to make sure that every page, every line, had that sense of a send-up with respect, a lampooning with affection," says Long.

"The producers had it, and the studio had it, too. I give Paramount a lot of credit because this kind of thing really hasn't been done. This is a spin on a television show that no one has come up with before. We liked the characters and could play these people, but, at the same time, we were going to have fun with them and the whole concept of the Bradys in the '90s."

Stensland recommends checking out free music

By Tony Stensland
Bear Facts Staff Writer

Throughout the course of the semester, I will be reviewing new music and upcoming artists in hopes of introducing as many people as possible to different sounds and expressions. This time, however, I'm unable to buy a new CD because, like most of you, I'm a financially challenged college student. So with limited funds to purchase with but eager ears to listen with, I've decided to review a music collection that is free to all of us here at DMACC, the collection held in the library.

If it's variety you're looking for in music, then the library is the first place you should stop. Nearly every musical category is filled within the shelves of albums and CD's the library has. Rock, Blues, Jazz, Classical, Country, R&B, you name it, it's in there.

Recently, I checked out some interesting items of which all I recommend. Miles Davis' *At Filmore* is excellent jazz played by one of the all-time greats. *Genius + Jazz = Soul*, the monumental album from the legendary Ray Charles is typically brilliant Brother Ray. Although I prefer his earlier R&B recordings, this is still a great album. An intriguing album one may want to dive into is *Music of the World's Peoples*. I checked out the last of a five volume set, and it is fascinating. Music from Poland, Ethiopia, the USA and Scotland are just samples of the diversity from this album. For Blues lovers, check out *The Best of Mississippi John Hurt*; it's classic Blues. Speaking of classic, anyone who loves hearing a voice that is as soft as clouds, I highly recommend *The Best of Ella Fitzgerald*. Her subtly powerful singing will entrance you. Bob Dylan's *The Times they are a Changin'* is nearly a must for any good 60's music collection. It's influence on today's music is still apparent.

These are just drops in the ocean of music offered by the DMACC library. I encourage all of you to take advantage of these great selections.



**Daffodil
Days**

First flower of spring
the flower of hope.

Staff enjoys Dutch Oven

In our continuing review of area restaurants, the Bear Facts staff stopped in at the Dutch Oven Bakery. An appealingly bright atmosphere and the awakening smells of freshly baked bread greeted us upon entering.

The staff enjoyed the Dutch Oven's excellent deli style food. The cost was more than reasonable and would easily fit into a college student's budget. Although no salads are offered until the summer, anyone having one of their sandwiches is given a free cookie, which is a very nice gesture.

Limited parking space was an inconvenience for some people. Other complaints by the staff included a confusing menu, which offered salads even though none were available, and the nonchalant service.

Our final analysis of the Dutch Oven Bakery is a positive one. Delicious food at a good price is hard to pass up. We give it a B+.

Batter up! DMACC baseball underway

By Tony Stensland
Bear Facts Staff Writer

Although it's the ping, rather than the crack, of the bat, the sound of baseball in the air has brought a feeling of anticipation to the DMACC baseball team. An experienced group of sophomores should lead the way for DMACC to bounce back from last season's disappointing 23-30 record, DMACC's worst in 20 years.

Head coach John Smith is very optimistic about his team's chances this season: "We should be better this year. With several sophomores returning and quality freshman, we're going to have a pretty good ball club."

One of the Bears' goals is to get back to the Junior College World Series this season and reaching that will depend largely on the strength of their pitching. Sophomores Scott Ballinger, Jason Behn, Chad Miller and Pat Muller should pace the staff that Smith feels will be "considerably better this year."

Smith, who's beginning his

22nd season at DMACC, has signed players from all over the Midwest for this season and even two from out of the country: James Mansell from Canada and Matt Young from Australia. Smith has had 13 All-Americans during his career at DMACC and looks for individuals who have the desire to improve themselves athletically as well as academically. "You need the right attitude and work ethic. If you have them, you will accomplish your goals."

The Bears travel to Oklahoma for their spring trip March 18-24, where they will play teams from Kansas, Missouri and Oklahoma. Smith expects this to be a preview to how well his team will perform during the season.

DMACC begins their season March 30 at Indian Hills, while their first home game is April 1 against Kirkwood. Come out and support the Bears baseball team this year, it promises to be an exciting season.



Matt Young, Australia, and Chuck Krom, Rochester, MN, walk across a desolate, icy parking lot, headed for DMACC Boone Campus baseball spring training.

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Photo by Russ Jones

The new "Baby Jordan" Chad Schlepp dunks over rookie Chris Larson in an end of the season practice.

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Bears hoops end season

By Angela Cherryholmes
Bear Facts Staff Writer

Last Saturday was the final game of the season for the DMACC women's and men's basketball teams as the Bears took on NIACC of Mason City. Both teams suffered losses in each contest.

Saturday also was the final game at DMACC for three sophomore men's basketball players. Lance Clausson, Chad Schlepp, and Mike Sprecher were recognized prior to the men's basketball game. Schlepp ended the season becoming DMACC's all-time career leader in the steals column for DMACC.

Lectrik Beach

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New Beginnings

"Displaced" Stone helps displaced homemakers

By Sandra Hayes
Bear Facts Staff Writer

The office is a plywood enclosure nestled under the lower slope of the south stairway at DMACC-Boone. A rough plywood door on the office of Displaced Homemakers announces an office can exist anywhere during remodeling.

Project self-support = new beginnings for displaced homemakers, single parents and single pregnant women. Maggie Stone, whose temporary office is under the steps in the old bear pit area, is available to assist women select a new future. Career assessment, pre-enrollment counseling and referral services are free to persons who qualify.

Who qualifies? Divorced, widowed or single pregnant women are eligible. Stone will help determine what the individual needs and point her to the appropriate agency for funding. The applicant may already have work skills and just



needs to plan a job search. Stone said that sometimes her most important contribution is giving a pep talk.

A pamphlet for self-help says, "Whether from home to school or home to job - we are here to help you on your way to becoming employed." That one phrase covers the purpose and

goal of Stone and DMACC. Stone also conducts help workshops in resume writing and computer literacy.

If you are recently divorced or widowed or know someone who is, contact Maggie Stone at DMACC-Boone (515)432-7203 and let her assist you in career options.



Nine Hour Hands-On Computer Workshop

**When: Monday and Tuesday mornings
March 20th & 21st, 1995
8:30 a.m. - 1 p.m.
Room 218**

See Stone by March 17

Free Workshop for Displaced Homemakers

Computer's don't bite!

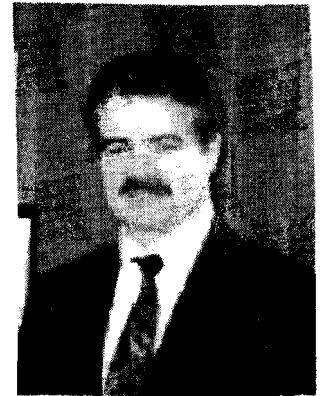
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Bear Fitness



By James Evans

Dear Jim: I am a 19 year old female student, and I've been trying to lose weight for a friend's wedding this spring, but I'm not having much luck. I've been eating only 800 calories for the past month, but I'm still not losing weight fast enough, and I feel so drained...I have no energy at all. What am I doing wrong?

Dear Drained: The first thing you should do is start eating again...at least 1200 calories or more...and remember that if your not following an exercise program, your weight loss will probably not be successful anyway. Eighty-seven percent of people who lose weight on crash programs will gain the weight back. Even worse, most of what you gain back will be fat.

If you try to lose weight too quickly by just limiting your calories, at least half of the weight that you lose is muscle-not fat. A good exercise program in conjunction with a sound diet of 1200 calories a day will boost your energy level and help you to lose weight slowly but safely, and the exercise will tone your body as you lose those pounds and inches.

Remember, too, that if you try to lose weight only by restricting calories that you will probably lose most of the weight in the wrong places which would't look good at the wedding. Most women tend to accumulate body fat primarily in their hips and thighs, and those are the LAST places where you will lose weight by dieting alone. You will lose weight in the bust and upper torso first.

As a general rule you try not to lose more than 1-2 pounds a week. If you try to lose it more quickly it can affect your metabolism adversely and forces your body into a starvation mode which can severely damage your health and physical well-being. Use your head and lose weight sensibly, not emotionally, and you will look good and feel good for the wedding...and afterwards too!

----- Jim
Evans is Executive Director of Heartland Health Center in Boone. You can address your questions about health or fitness to Bear Fitness c/o Heartland Health Center, 608 Carroll st., Boone, IA 50036.

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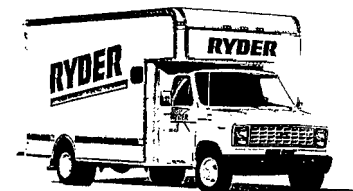
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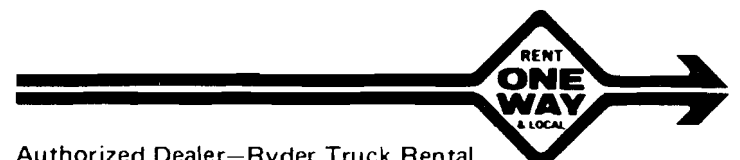
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