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Banner News

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

High Development Corporation of Cedar Rapids received approval from the Boone Planning and Zoning Commission and the Boone City council to build the four buildings to the east of the Boone Campus on DMACC property.

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

Northern Iowa Study Center-- Northern Iowa will begin its 50th anniversary this fall, celebrating its contributions to education in Iowa. "NIU is a very important institution for the whole state," said David Decker, president of NIU and a Des Moines Area Community College alum. "They have done an excellent job."
Don’t let your summer picnic turn into an occasion for food poisoning

Mary Beth Hanlin  
Contributing Writer  
Biology instructor Boone Campus

I enjoy being outside in the summer or for that matter, anytime the temperature gets above 45 degrees Fahrenheit. I also enjoy taking my sons, dog and husband on picnics, camping trips and long rides in the van to Wyoming. Well, in most of these cases, there is food involved. Is there anyone among you that has not heard of food poisoning or diarrhea as result of eating food at a picnic or barbeque? Probably not. Most of us take the food for granted. Potato salad, ham salad, hamburgers and such can all contaminate our food. For some people, this can cause gastroenteritis or stomach cramps, nausea, vomiting, diarrhea and dehydration. These bacteria are usually in small numbers to begin with, but increase the temperature and exposure to outside elements; these bacteria can grow to large numbers. Some of them, or I should say, most of them produce toxins, is what actually makes you sick. Not the bacteria itself.

Food cooling  
So what should you do? If you are in charge of the outing, make sure there is plenty of ice in the cooler. If left untreated, can cause the kidneys to shut down which is not good for your body. Temperature prevention  
How do you know when a burger is cooked? For safety’s sake, purchase a thermometer that measures the internal temperature of the meat. Hamburger should be cooked to an internal temperature of 160 degrees F to be completely safe. These thermometers will tell you if it is done. It will also tell you if your chicken is done to reduce the spread of Salmonella, another bacteria that causes severe food poisoning.

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

These walkers put their best feet forward in an effort to raise money for Cystic Fibrosis, in memory of Alyson Schroeder. Rotaract sponsored and Boone Campus organizations, including PBL, SAC, PTK and Bear Facts co-sponsored this event to raise awareness and funds for CF. Diverse people from these organizations were represented.

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

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

PTK Earth Day cleans up around Boone Campus

PTK Earth Day participants prepare to clean up around DMACC Boone Campus, S. Linn to nearby Hwy. 30, and a nearby park on Sunday, April 22. (l to r front row) Trevor Vessell, Sarah Woods, Gabrielle Woods (second row) Tracey Kander, Nancy Woods, Katie Wittrock, Heather Wargo, Jessica Musser, Julie Davis, Jennifer Blomgren, and Lindsay Saunders. (third row) Connie Colle, Jill Dubberke, Victor Duke, Ben Howe, Bruce Kelly, friend, Lee McNair, and Sandi Johnson.

Not shown: Michele Thamke, Marcy Webb, Nic and Ryan Woods, and Fiona Cheong.

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Walkathon raises $ for Cystic Fibrosis

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

Photos contributed by Nancy Woods

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

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

photos by Nancy Woods

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

Photos contributed by Nancy Woods

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Not shown: Michele Thamke, Marcy Webb, Nic and Ryan Woods, and Fiona Cheong.
Commentary: Bush’s first 100 days

Ted Herrick
Contributing Writer

April 25, 2001

Dear Mr. President,

You knew it was coming, the inevitable “first 100 days” comparative analysis of your presidential performance...thus far. Well, dear sir, you have made it painfully obvious that you, the President of this great land, do not care for us, the people, very much. That hurts, it truly does. You don’t seem to have our interests or well being at heart. Consequently, many have come to say, “He’s not MY president.” I was willing to believe that I mean everyone needs to be given a chance to prove their worth. Your first 100 days have been nothing but a bumbling failure after another. Mr. President, what are you doing?

Including these things: the ozone layer, rain forests, endangered species, along with all the trash your friends in corporate America are disposing into our air, water supply and land, the environment is an all-important issue. It is a full-time study for many gifted environmentalist. It appears that you are considering placing that spectacular Alaskan wilderness, in all her glory on a plate before your friends in Big Oil to feast upon. Mr. President, you are doing a great disservice to the Republican Party. After all, it was the great republican, Theodore Roosevelt, who set aside millions of acres of America’s greatest natural treasures to protect them; to protect them from the likes of people like you and your oilmen friends. Alaska is a great pearl in America’s natural tiara. I beg you, don’t cast that pearl before you friends. Continue with your plans to grant a giant tax cut to the wealthiest among our ranks, while most of us will receive pennies on the dollar. That’s fine, Mr. President. After all, it’s “our money,” isn’t that what you said? Isn’t the debt also ours? Shouldn’t we find in each other comfort, togetherness, dollar and power, power, power. Families do find in each other comfort, togetherness, and yes, sometime hope, but only solace in each other.

What have you accomplished in your first 100 days in office, Mr. President? To quote you again, “The people have mistrusted you, Mr. President. and the people don’t seem to have any feeling of confidence that your careless words sent our nation finds hope, where wings take dream.” No, Mr. President, we find hope in a national leader who likes us, who understands our problems, a national leader who can engender our trust. A leader who stands for something besides mere platitudes, not one who is obviously using the office of the President to further the means of big business in its endless pursuit of the “almighty dollar” and power, power, power. Families must be paid, which forces us to manage our money.

Beyond the Print

Hometown: Panama
Where you live now: Boone
Age: 19
Year at DMACC: Freshman
Number of credits this semester: 17
Major: Administrative assistant
Class you would recommend to others: Accounting
Ted Herrick
Contributing Writer

The people are not pleased with your performance. We are worried about the economy; an economy fueled by consumer confidence that your careless words sent

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

Mr. President, you are now advocating arms reduction measures unless we do the same mistake I did? “I could count on my hand the number of times I have to read the course description to students” says Frank. Which may not seem like a lot, but to have to read them period is something the student is suppose to do anyway.

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

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

The people who voted for you grossly overestimated you. The people are not pleased with your performance. We are worried about the economy; an economy fueled by consumer confidence that your careless words sent
Aaron Ladage  
**Bear Facts Staff**

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

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

**At the show**

Opening the concert was Minneapolis native Ace Troubleshooter, who set the mood for one of the best punk shows I have seen. Next on stage was Good Charlotte, who was hyped up and ready by the time the second one is in the downtown Ames. So no matter what side of town you’re on, you can catch the tasty goodness called Jimmy John’s.

Now you know that I love Jimmy John’s; I love Jimmy John’s so much that I’m about to do the unthinkable. For their score I’m giving them five spatosulas out of four. That’s right--Jimmy John’s is above and beyond any other sandwich shop in town. The first, as I said, is located in campus town and the second one is in downtown Ames. So no matter what side of town you’re on, you can catch the tasty goodness called Jimmy John’s.

**For those of you who are 21, my advice is to avoid the concert bars at all costs. In my purely professional experiment, I determined that one glass of Crown Royal and Coke costs $6.50. While I won’t discuss the exact amount of money I spent on this portion of the experiment, I will say that the bartenders and I were pretty good friends by the end of the night. Once again, avoid the concert bars at all costs.**

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

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

**Summer concert preview**

**Aaron Ladage  Bear Facts Staff**

“All summer long, we sang a song, and then we strode that golden sand. Two sweethearts in the summer wind...”

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

**Ozzfest  www.ozzfest.com**

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

**Vans Warped Tour  www.warpedtour.com**

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

**Lazer 103.3 Big Ass BBQ  www.lazer1033.com**

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

**George Strait Country Music Festival  www.georgestrait.com**

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

**Lemonwheel  www.phish.com**

The world’s greatest jam band, Phish, is on the road again, and this time they’re making a festival out of it. While other acts on the tour have not been named yet, this tour will be another one you won’t want to miss. Watch for Phish’s summer festival Lemonwheel to visit Middle America on August 1 in East Troy, Wisconsin.
Over 180 to graduate

CANDIDATES FOR ASSOCIATE IN ARTS

Michael W. Andreasen
*Melissa A. Barrie
Kimberly R. Beck
Ann E. Byriel
Joshua R. Carlson
+ Mary J. Catlett
+ Liang-Hung Chen
Charles S. Crusan
*Jodi Ann Daigh
Karrie K. Danner
+ Arthur Stewart Davis
*Julie Christine Davis
*Michelle L. Davis
Darrell A. DeWinter
Chad M. Fick
*Richard A. Fleming

Stephenie E. Henderson
Olivia M. Hoff
+ Ryan C. Jones
*Kelsey L. Kain
+ Sarah E. Kelley
Jessica L. Koos

Jennifer A. Law
+ Dana E. Leininger
+ Alyssa Marie Lewis
Ryan E. Lloyd
*Heather M. Manken
+ Robert T. Martin

*Carla J. Morgan
Kirk W. Nesset
+ Angella Nicolle Nims
Mandy Olson
+ Mark M. Onken
Gregory K. Piklapp
Robert W. Plumb
Sara Alison Price
+ Anna L. Reinsch
Erin K. Rice
*Lindsay R. Saunders
Bradley A. Schlarbaum
+Mitzi J. Schoening
Tracy Marie Shaw
+ Marti S. Steelman
Deborah E. Swanson II
DeAnna J. Swyter
+ Clint D. Thomas
+ Emily M. Vinson
William H. Ward
Lyndsey D. Wiemers
+Sarah R. Wikert
Jennifer L. Wood
Taylor A. Wright

CANDIDATES FOR ASSOCIATE IN SCIENCE

ASSOCIATE IN SCIENCE

Guadalupe Alarcon
+Sonia L.

Christopher R. Lambader
+ Cho-Sang Lau

*Carla J. Morgan
Kirk W. Nesset
+ Angella Nicolle Nims
Mandy Olson
+ Mark M. Onken
Gregory K. Piklapp
Robert W. Plumb
Sara Alison Price
+ Anna L. Reinsch
Erin K. Rice
*Lindsay R. Saunders
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+ Marti S. Steelman
Deborah E. Swanson II
DeAnna J. Swyter
+ Clint D. Thomas
+ Emily M. Vinson
William H. Ward
Lyndsey D. Wiemers
+Sarah R. Wikert
Jennifer L. Wood
Taylor A. Wright

ACCOUNTING

Hilary A. Caffrey
Lori M. Marshall
Amanda J. Ober
Daniel D. Ramthun
Todd M. Sieve
Rhonda L. Walrod

INFORMATION SYSTEMS

*Bruce Kelly (political science/history)
Judy Hauser (writing/children’s literature).
“Work hard, don't get frustrated and believe in yourself.”

*Steven C. Stonehocker
+ Wendy L. VerHelst

BUSINESS ADMINISTRATION

Rob R. Mertens
Alicia Y. Perez Salvin

*Majors in Accounting Information Systems, Business Administration, and Management Information Systems.

Heather Manken looking forward to graduation

Heather Manken is a sophomore at DMACC on the Boone Campus. She is a full-time student carrying 16 credits hours this semester. After four semesters of hard work, she is going to graduate with an Associates of Arts degree on Friday, May 4, 2001 in the Boone Campus Gymnasium.

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

Manken is a member of Phi Theta Kappa (international honor society for two-year college students) and she has gotten scholarships from the DMACC Foundation. Her future plans are to be a teacher. She likes to learn interesting things. To get her elementary education degree, Manken plans to attend either ISU or Buena Vista University.

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

She recommends taking any classes with her favorite instructors, Dr. Jane Martino (psychology/education), Bruce Kelly (political science/history) or Judy A. Hoeger (writing/children’s literature).

“Work hard, don’t get frustrated and believe in yourself.”

Karol King
Bear Facts Staff

*Richard A. Fleming
+ Kelly K. Gallagher
Tracy J. Geffre
+ Douglas W. Hall
Tyler C. Hansen
Jacqueline R. Haupert
*Leslie F. Howerton

*Darren James Johnson
Michael D. Kelso

*Heather Manken
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Traveling abroad? Be prepared for the unexpected

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

- Try to learn a few key words and phrases in the language of the country you’re visiting and read up on it’s history and culture. Every country is different. Don’t assume everyone speaks or understands English;
- Review pre-trip information including booklets from the State Department’s Bureau of Consular Affairs and check relevant sites on the Web. You can never know too much about where you’re going;
- Do not accept packages from strangers regardless of the circumstances. Anyone who has seen “Midnight Express” knows why. Plus security at airports has increased due to the numbers of terrorist incidents worldwide;
- Take credit cards with you to assure that you get the most favorable exchange rates, and know your credit limits in advance of leaving the U.S.; cards recognized internationally include: Visa, AMEX, MasterCard and Diners Club;
- Update your immunizations against childhood and other diseases. The Centers for Disease Control’s Web site is a good source of information about infectious diseases across the globe;
- Be sure to take enough medications with you for your trip, and keep all prescription drugs in the original containers with the generic names clearly marked on the labels. Also, bring other supplies that might not easily be available where you’re going;
- Avoid tap water, ice cubes and local dairy products when overseas and eat only well-cooked foods that are still hot. Also avoid salads, uncooked vegetables, raw seafood and foods sold at roadside stands. No one wants to be laid up because of being too adventurous about local foods;
- Prepare an itinerary in advance with contact numbers;
- Make two copies of your airline ticket, passport and other documents in the event your are lost. Keep one copy in a safe place other than your luggage. The second copy should be given to your parents or your college;
- Know the laws and penalties for alcohol and/or drug-related offenses, such as drunk driving, and act accordingly. Be aware of the laws pertaining to sexual relations and make certain to bring protection with you;
- Obtain an international driver’s license if you plan on driving while abroad;
- Beware of pick-pockets, “too good to be true” scams and other situations where diversionary tactics can take your mind off what you’re doing;
- Contact SOS immediately if arrested or in an accident. Laws may differ by country, so having someone who knows the laws and speaks the language becomes extremely important;
- Fasten your seat belts when riding in an automobile. According to recent statistics, automobile accidents now top the list as the number one reason for fatalities overseas;
- Don’t be a “show off” and display expensive jewelry, watches or other signs of wealth, especially in countries where there have been anti-American demonstrations;
- Consider purchasing a medical, personal and travel assistance membership that will provide you with 24-hour emergency services including worldwide legal assistance, emergency message transmission to the member’s family, emergency medical evacuation, and much more, for the duration of your trip. International SOS provides Scholastic Overseas Services for students and teachers enrolled in formal programs form nearly 600 colleges and universities annually.

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

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

Source: International SOS
Home-schoolers make the grade at DMACC

Michele Thamke
Bear Facts Staff

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

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

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

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

"Home education 101"

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

While quite a number of these Boone Campus students come from large families, there is a range—from the Rinehart family—11 children, the Breet and Kaci Crim family—9 children, the Marcie Crim family— 5 children, the Young family—2 children, the Krabbe family—7 children, the Hall family—7 children, and the Halls— 7 children. The majority of these parents have home educated all of their children K-12, and in most of these families, both parents are actively involved in this education, utilizing different methods.

Bret Crim

Bret Crim (photo unavailable of Kaci)

From Stratford, Ia., Bret and Kaci Crim and their parents have been home-educated through all grade through middle school. In high school, they briefly attended Gilbert and Fellows Elementary.

Viewing home education as a means of getting a better education and help with subjects she had trouble with, Krabbe said, “I was able to get a curriculum centered around my specific academic needs. Home education downsfalls for Krabbe were the socialization aspect. “I didn’t like the school group activity and it was hard to make friends.”

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

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

Peter Bovenmyer

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

Time distribution was key to Bovenmyer’s view of the benefits. “If you’re good at history, you can blow through it and be done by March. If you’re not good at one subject, you can take your time and don’t have to feel rushed.”

Peter Bovenmyer (Photo on next column)

Educational tracking of home-educated individuals is different. "In home-schooling, there are academic requirements, but you get to enjoy a lot more freedom in the learning process."

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

Nathan Hall

In the classroom

DMACC admits the admission guidelines to any DMACC Campus mirror those for high school student admissions: complete and submit a DMACC application and a verified, parental consent form and complete the COMPASS test or submit ACT scores. The last requirement is to meet with a DMACC advisor or counselor prior to registration.

George Silberhorn said, “Home-schoolers are always well-prepared students.”

Jane Martino, Boone Campus psychology instructor, agreed with Silberhorn. “The students I have had in class are well-prepared, have a strong work-ethic and are focused on learning.”

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

Education tracking

Progress tracking of home-educated DMACC alumni reveals continued academic advancement. Silberhorn said, “When we follow their academic progress, we find that they are successful.”

He added that some students have attended Northern Illinois, University of Northern Iowa, and University of Iowa, but most plan to attend Iowa State University. He added, “Most of them transfer to a four-year college or university.”
Riding the ‘rankest’ bull in Iowa

Samantha Schmidt
Contributing Writer

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

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

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

It’s rodeo time! The cowboy rosins his bull rope and glove. He puts his chaps and vest on and then decides to stretch a little. He needs to loosen up all his muscles and clear his mind, for the cowboy is at the top of his game. He stretches all his muscles, does his little cowboy dance, and thinks of his game. He stretches all his muscles, clears his mind, for the cowboy is at the top.

Running to get his rope, his temperature starts to rise, his heart speeds up, and he starts to breathe a little faster. His adrenaline is kicking in. This is called negative feedback. Climbing over the shoot, the bull starts looking around at him. The bull leans over against the cowboy’s leg then decides to flip up over, smashing the cowboy to the back shoot gate. The cowboy is okay. He climbs back up to the bull, pulls his rope, and is ready to go. In the last minute he clears his mind and nods his head.

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

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

He is also breathing hard. A negative feedback is occurring. Even though he is hurt, the cowboy jumps up and runs to the out gate. Once outside the cowboy knows he’s okay thanks, to his hard, sturdy cranium and vest for protection. He finally lets out a breath, saying, “Did I make it?”

“Yup,” another cowboy says, “you just

Michelle Thamke
Bear Facts Staff

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

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

Michelle’s decision

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

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

Rotaract’s involvement

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

According to Jane Martino, Rotaract advisor, “Rotaract will be donating financially to Locks of Love.”

Locks of Love guidelines

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

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

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

Davis donates a foot to Locks of Love

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Emotional Benefits of Exercise

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

Painting with a new brush

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

Blue no more

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

Easy does it

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

All good

Some studies have shown that exercise can improve self-image. This seems to be true especially among teenagers. The more vigorously they exercised, the better they felt about themselves. These emotional benefits could be related to the chemicals released in our brains when we exercise. It could also be that we just feel better after being active. Whatever the reason, the important thing to remember is that exercise not only makes us look better, it makes us feel a whole lot better too.

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

Source: The Well Workplace

Good stretching is important

Darren Johnson
Contributing Writer

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

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

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

When you stretch, the fibers in the muscles are being put past it’s relaxed state, which will supple-up the muscle and makes it ready for a hard workout.

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

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

Game One Iowa Western 18-9
Game Two DMACC 8-7
April 7 DH w/Iowa Western

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

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

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

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

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

Men’s basketball signs two

Scott Anderson
Bear Facts Staff

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

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

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

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

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

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

Commentary:
Fame, money not more important than education
Scott Anderson
Bear Facts Staff

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

Players bring up the famous injury cliché that if they get hurt in college, then they won’t make it to the NBA. I haven’t seen one case of that happening, and, in fact, last year I saw a player in Kenyon Martin who broke his leg in college become the first player selected in the draft last year. I understand and support some of the early entry candidates; those are the players who were college juniors last year and are forfeiting one year of eligibility. It is a lot easier to go back and get your degree when you only have to make up one year of school. But fewer than half of the early entrants are juniors. The rest are high schoolers, freshmen, and sophomores, and I wish them luck. Because what will happen after they get that million dollars and get hurt? Then they will have no education to fall back on.
WHAT ARE YOUR PLANS FOR THE SUMMER?

Chris Davies
“I plan on playing baseball, working, and going clubbing in Toronto.”

Jenny McCloud
“I will be working this summer.”

Aaron Smiley
“I have an internship at SGSI in Des Moines.”

Sarah Hamilton
“I am going to move to Missouri in June, and hopefully I’ll find a job and then I plan to go to school.”

Knowledge Knook book buyback
April 30 through May 4
Monday - Thursday
8 a.m. - 6 p.m.
Friday
8 a.m. - 12 p.m.
Books eligible for buyback:

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