

10-23-1996

## Banner News

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# Bear Facts

Des Moines Area Comm. College, Boone Campus "Voice of the Boone Campus" Oct. 23, 1996 Volume XXV, Issue 4



Karen Donovan, DMACC student, (left) gets some help in the student computer lab from Rosie Irvine (right), lab assistant. This semester, since the inclusion of e-mail and the Internet connection, students often fill all 40 seats in the lab writing and posting composition papers, figuring physics problems, responding to emails from nursing faculty, doing research, or just surfing the 'net.

## What issues are important to you in the upcoming election?



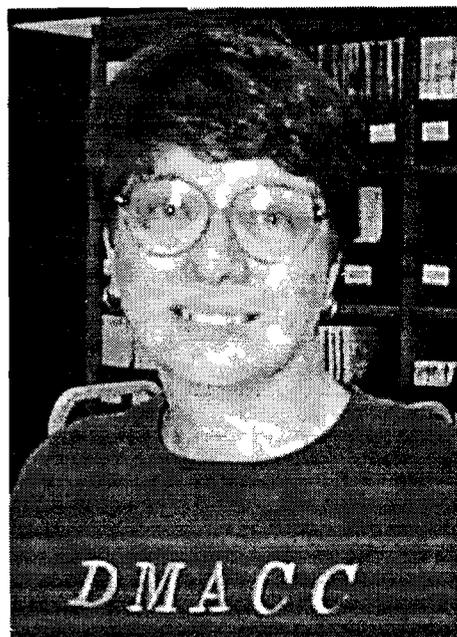
**Kurt Ness**

Welfare reform. Tax breaks for small businesses to get started. Usually I'm conservative but this President is good for business. He's not typical tax and spend liberal. He just signed a bill for mutual funds which will help a lot.



**Scot Smith**

Taxes. I think the tax rate should be lowered for middle class people. Corporations should be taxed higher. Medicare and Social Security for the elderly should not be touched.



**Kathy Kirkegaard**

I'm really concerned about the integrity of the office of President. I don't think people look up to or trust their government. I think taxes are a big issue. People need to feel their tax money is doing some good. I'd like to see the government out of some programs that the states would regulate better.

## Internet running smoothly

By Sonia Weigel  
Bear Facts Staff

The addition of the Internet to the DMACC Boone campus has been educational, with few exceptions. In the short time we have had it, there have been three major complaints that have resulted in two students losing their privileges for Internet usage for a short period of time.

Messages that are sent with offensive language, racist comments, or sexual comments are subject to loss of privileges. Also, e-mail users need to make sure that messages are being sent to the address intended. Two recent complaints of offensive messages were from misdirected e-mail. Using the "Local Users" menu should be the first step when sending an e-mail to someone at DMACC for the first time. (Remember, several students have the same three initials.) In addition, students can double check the users sheets on the front bulletin board in the student computer lab.

Although the Internet is not monitored, offended Internet users who report the obscene messages to Ron Erickson, LAN specialist, or other faculty or staff, get reported to the dean, Kriss Philips, who deals with the complaint.

Remember, a way to avoid these mishaps is by using the Internet for the purpose intended, education. Surfs up!



**Tammy Fitzgerald**

Medical reform. I don't think they should cut student loans. Welfare reform is important too. People should get more help in job training.

*Although all not in attendance--*

## SAB decides on tables

By Charles Whiteing  
Bear Facts Staff

The Student Action Board tried to hold a meeting on Wednesday, October 16, 1996 at 2:30p.m. in the Courter Center. Due to members not showing up, the attending members decided to postpone the meeting until the next day. In attendance were Terry Jamieson, SAB Advi-

sor; Theresa Johnson, SAB President; and Charles Whiteing, the Bear Facts SAB delegate. All absent members were contacted by Theresa Johnson with the new meeting schedule.

In attendance at the new meeting on Thursday, October 17 at 2:30p.m. in the Courter Center, were: George Silberhorn, SAB advisor; Terry Jamieson, SAB advisor; Theresa Johnson, SAB president; Dana Hesser, SAB member; Charles

Whiteing, the Bear Facts SAB delegate; and Gary Johnson, Boone DMACC's Building and Grounds supervisor. The missing members were Chris Abbott, Joel Cox, Amie Herrick, and Stacy Strovers. Although the majority of the members were missing, the members in attendance decided to continue the meeting.

Gary Johnson attended the meeting to bring to the Board's attention that the picnic tables in front of the building are getting run down, and are becoming a hazard. Johnson contacted the Ankeny campus to see if they had some reconditioned tables to give to Boone Campus, but no tables were available. It was then decided by the Board members to replace the four tables, two at a time. Two new tables will be purchased for \$137.00 each out of the student budget.

George Silberhorn attended the meeting to let the members know that Bernie Saggau, the Executive Director of the Iowa High School Athletic Association, would be willing to come to Boone Campus on November 6 at 9:00a.m. to give a motivational speech to the students. The SAB decided to spend \$100.00 out of the student budget to bring Saggau to Boone Campus. Silberhorn also informed the Board that on October 28, Bill Byrne, the CEO of Taco John's, is coming to Boone to visit his new store, and will be using the Boone DMACC facilities to give a motivational speech. This will be free for DMACC students. Further information will be posted.

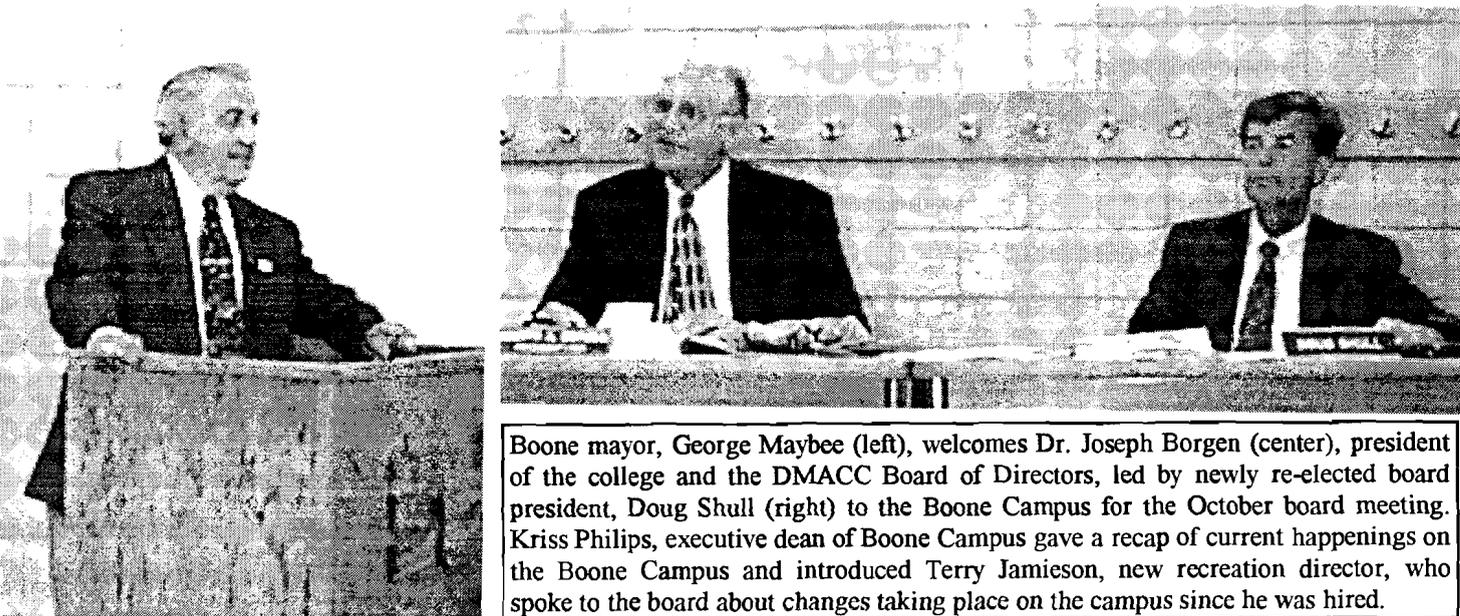
So far this year, out of the student budget, the SAB has funded: first day of school Burgers and Beans, \$100.00; Jim Wand, the hypnotist, for \$700.00; and Karoke and Chili on October 9, for \$250.00.

The SAB held a meeting on October 9, with Dave Palmer, Assistant to the President of DMACC, and DMACC's legislative liaison. No minutes were available from this meeting to publish.

SAB meetings will be held every 2nd and 4th Wednesdays of the month, at 2:30p.m. in the Courter Center (subject to change).



Dave Palmer, Assistant to the president of DMACC, and DMACC's legislative liaison, met with the SAB and faculty to discuss how Iowa Congressional decisions affect DMACC students.



Boone mayor, George Maybee (left), welcomes Dr. Joseph Borgen (center), president of the college and the DMACC Board of Directors, led by newly re-elected board president, Doug Shull (right) to the Boone Campus for the October board meeting. Kriss Philips, executive dean of Boone Campus gave a recap of current happenings on the Boone Campus and introduced Terry Jamieson, new recreation director, who spoke to the board about changes taking place on the campus since he was hired.

## Dean's Comments



The Advisory Committee on the Campus Cafe has been officially appointed. Vickie Lauzon will chair it. The first meeting will be announced soon.

The DMACC Board of Directors met Oct. 14. Dr. Borgen and the board were very pleased with how things were going on the Boone Campus. In fact, I think we have a very conscientious student body, faculty and staff on campus.

Think about the upcoming school events. The play will be Nov. 8 and 9. The mens' and womens' basketball season begin their games next month also.

## Speakers invited to address Boone Campus students

By Melinda Gorman  
Bear Facts Staff

Two men will be speaking on the DMACC Boone Campus in the next two weeks: Bill Byrne and Bernie Saggau.

Bill Byrne, CEO of Taco Johns and an award winning writer with a book and video series "Habits of Wealth," will speak on the "Workplace of the Future" on Tuesday, October 29, at 10:30 A.M. in the Campus Theater.

Bill Byrne will also be speaking to the general public on "What It Takes to Make It in Business, Big" on Monday, October 28, at 7:00 p.m. in the Campus Theater. Both talks are free, but seating may be limited for the night seminar. To reserve seating, call 432-3342.

Bernie Saggau, the executive Director of the Iowa High School Athletic Association, was inducted into the Iowa High School Hall of Fame in 1993. He was the commencement speaker for the 1994-95 graduation at the Boone Campus. Since midterm can be a low time of the semester for many students, he will be here to encourage and inspire DMACC students.

He will be speaking on Wednesday, November 6, at 9:00 A. M. in the Campus Theatre. This program is free and open to all students, staff and faculty.

### Notice--

*To all clubs and special interest groups!*

\* Remember, you have the opportunity to appoint your delegate to the Student Action Board!

# Guest Editorial

By First Lady Hillary Rodham Clinton

A few months ago, my daughter Chelsea and I went on a college tour. As we visited dormitories, libraries, and lecture halls, and looked over flyers advertising plays, clubs and special speakers on campuses, I was reminded of the great opportunities college can offer to those lucky enough to go.

I began my own college career more than thirty years ago this fall. I remember the excitement--and uncertainty--of moving far from home, of leaving my parents, brothers, and best friends back in Illinois. I remember feeling anxious about which courses to select from a catalog of hundreds and about finding time for all of the clubs I wanted to join. (One of those was the Republican Club!) I remember worrying about how I would balance all of these new commitments with time for friends, much less time for sleep and meals.

I was just beginning then--as many of you are today--the never-ending process of searching for the right balance in my life, of filling my days in ways that were true to my own interests and to my responsibilities to the larger community.

In these four years, you will have unprecedented opportunities to pursue your true interests, to nurture your own intellect, to express your own ideas. But, college is also a place to discover how much more you can achieve when you work as part of a larger community. It's a place where people of different tastes, attitudes, and aspirations learn to live together, to share care packages and problem sets, and to respect each other. College, with the friends you make, the teams you cheer for, the clubs you join, is a place to learn the importance of community and of civic responsibility.

You will live the bulk of your life in the 21st century. You are already living in a time of great change and transition. Your challenge as an adult will be to lead the next generation of Americans safely into a 21st century that continues to honor the ideals of democracy that have made our country the strongest and freest in the world. I believe you must do that by taking responsibility, creating opportunities, and strengthening our communities.

Few colleges will claim that each of their newly-minted graduates is fully prepared to meet the challenges of the real world. But if each of you leaves campus with a greater sense of what it means to be and act responsibly as a part of a larger community, then you will have gained the most important tool you will need as you chart your own--and our country's--course to the future.



## DAILY GRIND

Moses Lueth

Hi! Once again it is time for your daily dosage of the Grind. I sense a very somber mood, so I will put some pep in your step.

I have a plan that should bring about smiles on the campus. This facility could be the bomb with a few minor adjustments. Read carefully and use your imagination as I lay out my ultimate plan.

First of all, I would bring my super Nintendo and hook it up to the television set. It would sure beat those crummy soap operas and Reading Rainbow. I can not follow the story line of soaps and Reading Rainbow I had enough of when I was young. Think about it; instead of pool tournaments, there would be Nintendo tournaments. Do you follow me?

Next I would insist on the playing of the Macarena over the P.A. on an hourly basis. That is sure a way to get everyone grooving and in high spirits. I love that song. Although I don't understand the lyrics, I can do the dance. It is not as complicated as country line dancing, and it can be a good way to achieve maximum physical fitness.

Nothing like free things to make people happy, so I say we have free spam and Karaoke every Thursday. Spam has all the proteins and nutrients for everyone's dietary needs, and karaoke is a chance to sing songs of dedication to our significant others. You have lost that lovin' feelin' whoa whoa. A most joyous occasion is what it would be.

Now that you have seen a glimpse of what a few adjustments can bring, I will see to it that SAB (Student Action Board) put these ideas in their agenda for their next meeting.

I will now leave you to think these propositions over. Until next time, live long and prosper.

# Letters

Dear Editor:

For years, women have been accused of voting for nothing but the good-looking man for President. As a woman, I want other women to know that I am going to vote for Bill Clinton, not because he is the good-looking man but because he represents women's issues fairer than most other previous Presidents.

He strove to bring about welfare reform in an equitable format while being badgered by male dominated Republican congressmen such as Newt Gingrich and Jesse Helms. He is currently promoting more stringent ways to hold non-custodial parents accountable for paying or rather being forced to pay their child support. He wants to see greater involvement of police enforcement in domestic abuse cases and a stiffer penalty for men who are found guilty.

If anyone attended the satellite program that was shown by ISU about a month ago, they would have seen that Hillary Clinton is still involved in bringing about changes for women that were drawn up at the Beijing Women's Conference a year ago. These rights are not just rights other countries do not have, but they are evident here in so-called "free and equal" America. Look at the inequity uncovered between the men's and women's sports program at ISU recently.

Someday there will be the opportunity in this nation to have a woman candidate for President. But until then, I am going to vote for the man whose wife is the most concerned about women's lack of equality the world round.

Lorraine Powell  
DMACC student

# With winter coming, who wants to drive?

Mark H. Williams  
Bear Facts Staff

Winter is on its way. Driving is going to be getting more difficult. If we had fewer vehicles on the road, we would not only have the added benefit of fewer traffic accidents, a cleaner environment, more money in our pockets, but more time to study or read.

Did you know that it costs you approximately \$.30 a mile to drive a car. That may not sound like much, but when you multiply that by the number of miles you drive, it does begin to add up.

A trip from Ames to Boone costs about \$4.50. Why not take public transportation, and leave the driving to someone else? Taking the bus only costs \$2 a trip. If you buy a monthly pass for \$50, you can save over \$150 a month!

You can spend the extra time on the bus studying for that test. An extra 20 minutes of studying never hurts. Maybe you would rather just relax, closing your eyes and thinking of that beach in the Bahamas. With those gorgeous women and men, all in those itty bitty bathing suits, frolicking around you in the sand, as you lay there soaking in the warmth. Trust me, you can't do that while you're driving down Highway 30, and the snow blowing.

This fall, a new bus service began between Boone DMACC and Ames. This was an idea that had been waiting to happen. With the help of George Silberhorn and the Boone Transportation Company, Story county residents can now attend classes at Boone without having to drive...and if you are planning on attending ISU next semester, you can live in Boone and take the bus to Ames.

# Remember to Vote Nov. 5

## Bear Facts

Oct 23, 1996  
Vol. XXV---Issue #4

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

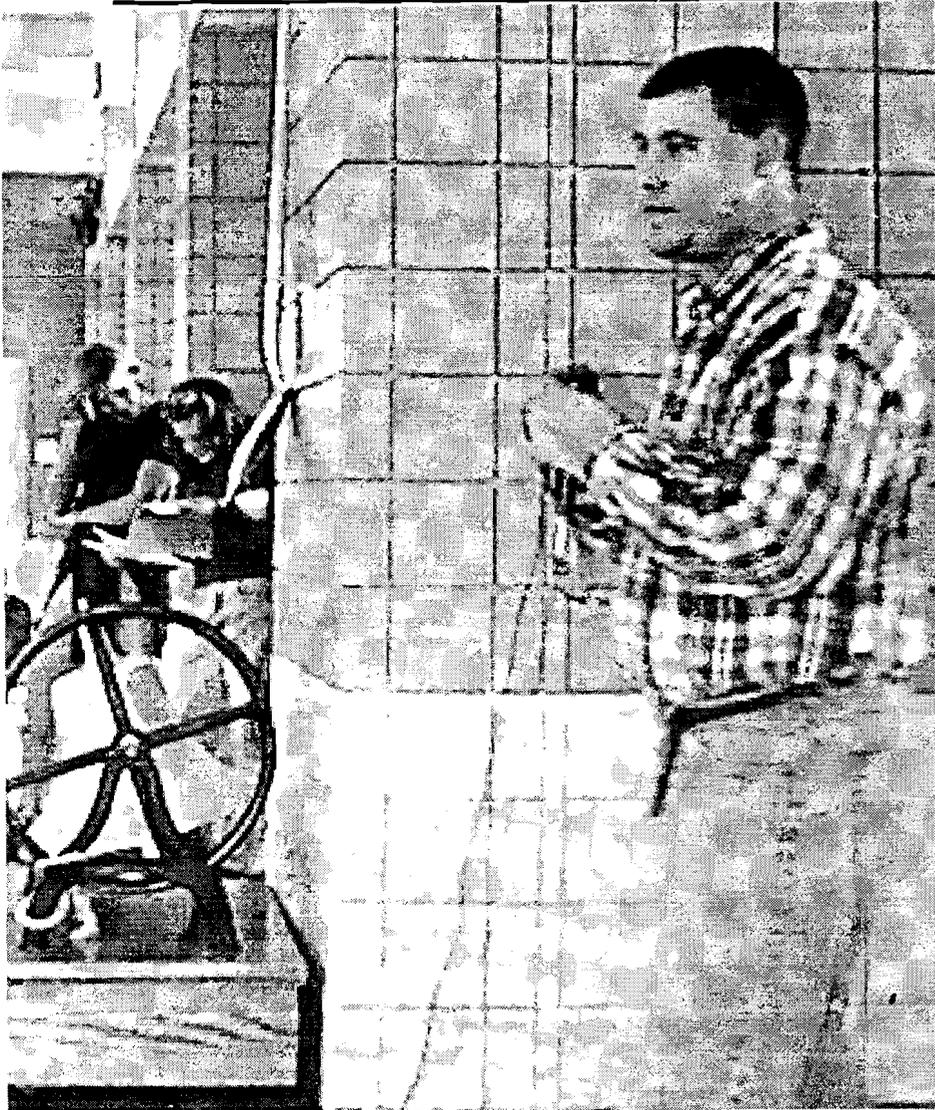
The *Bear Facts* welcomes all letters in an attempt to provide a forum for the many diverse views of the campus. The views expressed in the *Bear Facts* are not necessarily the views or endorsements of Des Moines Area Community College or the *Bear Facts* editorial board.

### Letter Policy

Letters should be no longer than 200 words, signed and brought to the *Bear Facts* Room 210 and slipped under the door 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.

### Staff

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Assistant Editor--Lorraine Powell  
News--Charles Whiteing, Sonia Weigel  
Sports--Jason Pugh  
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Distribution--Moses Lueth  
Columnists--Melinda Gorman, Tuan Trinh, Helmi Jazem, Moses Lueth, Kriss Philips  
Copy Editor--Lorraine Powell  
Advisor--Jan LaVille  
Executive Dean--Kriss Philips  
Printer--Boone News Republican



Scot Smith serenades the Courter Center with a song by Jimmy Buffet during karaoke and chili sponsored by SAB.

## More than two parties in the elections

By Charles Whiteing  
Bear Facts Staff

This election year seems like it isn't "stirring up" the excitement that elections should. People get tired of seeing all the campaigning, debating, and mudslinging, to the point that they just don't care which candidate stands for what. This discourages people from voting. But remember, when you don't vote, your voice as an American citizen is not heard.

What most people don't realize is that there isn't just two or three political parties out there campaigning, they are just the ones who have become powerful and who can afford to throw around their money. Do you find yourself not fitting in with these traditional parties? Do you find yourself not agreeing with their views? Take a look at this list and do some investigating. Find the party where you belong. Get involved, and remember to vote on November 5!

### Candidates for President

- Frank Barela (People's Revolutionary)
- Charles I. Bell (Neo-Tech Peace & Quiet)
- Harry Browne (Libertarian)
- Bill Clinton (Democrat)
- Charlie E. Collins (Independent)
- Bob Dole (Republican)
- Charles Doty (Independent)
- Ernest Easton (Veteran's Industrial)
- John Hagelin (Natural Law)
- Mary Cal Hollis (Socialist)
- Mildred Howard (Independent)
- Michael Jenkins (Independent)
- Leslie Lummis (Independent)
- Ralph Nader (Green)
- Thomas Owens (Independent)
- Ross Perot (Reform)
- Howard Phillips (U.S. Tax-payers)
- Princevac Sinisa (Independent)

- Wyoming Wolf (Independent)

### Candidates for the U.S. Senate: State of Iowa

- Sue A. Atkinson (Independent)
- Fred Gratzon (Natural Law)
- Tom Harkin (Democrat) -- Incumbent
- Jim Ross Lightfoot (Republican)
- Shirley E. Pena (Socialist Workers)
- Joe N. Sulentic (Independent)

### Candidates for the U.S. House of Representatives: Iowa District 3

- Leonard L. Boswell (Democrat)
- Dick Kruse (Libertarian)
- Mike Mahaffey (Republican)
- Jay B. Marcus (Natural Law)
- Edward T. Rusk (Working Class)

### DMACC Mexico Year 1996-97 Mexico and the United States: Profound Differences, Common Destiny

Each year since 1985, Des Moines Area Community College has selected a country or culture area of the world as the focus of study and celebration. This year DMACC will feature Mexico. Activities throughout the academic year will include presentations and exhibits of Mexican art, music, dance, film and cuisine. Periodically, DMACC will host visitors from Mexico and the Mexican American communities. The celebration will culminate in Mexico Week, April 7-11, 1997, with a series of lectures, presentations, panels and discussions spanning the areas of the fine arts and humanities, business, socioeconomic issues and Mexican and Mexican American culture.

These activities are for the education, enrichment and pleasure of the many communities served by the college.

We will publicize events well in advance of their scheduling. For more information, or to be notified of particular events, contact

Lloyd Miller, Mexico Year Coordinator,  
515-964-6435  
or the office of the Dean, Sciences & Humanities  
515-964-6547

*"Mexico is radically, substantially, ferociously different from the United States, and will remain so for the foreseeable future." Jorge Castañeda*

### [http:// site of the week](http://pdg.lbl.gov/cpep/adventure.html)

"The Particle Adventure" is a newly released site. It is an interactive tour of the inner workings of the Atom and the tools of discovery. "The Particle Adventure" is aimed at students and the general public. It has about 200 pages filled with student graphics, quizzes, humor, and even animations. The Adventure is a good site to introduce students to the multimedia nature of the internet. The Web site can be found at: <http://pdg.lbl.gov/cpep/adventure.html>.

Nancy Woods, Physics  
Boone Campus

Students, staff, and faculty are encouraged to submit their suggestions of "Site of the Week" to be published in the Bear Facts. Our next issue will be in two weeks. E-mail your suggestions to [jrlaville@dmaecc.ia](mailto:jrlaville@dmaecc.ia).

## Film contest open to amateurs

By Vicki Dillavou  
Bear Facts Staff

Sopris Foundation, Searchlight Films, and Population Communications International announce the **Third Annual World Population Film/Video Festival**, for secondary and college students. Students are to explore the connection between population growth, resource consumption, the environment, and our common global future.

Students are free to use any cinematic form—drama, animation, image-montage, documentary, etc. The pieces can be any length.

Entries are to be postmarked by June 15, 1997. Winners will be announced by September 30, 1997.

Take a few minutes out of your busy schedule and take a closer look at the poster across from the Bear Facts Room to learn more about this opportunity. For more information contact WPFVF, 46 Fox Hill Road, Bernardston, MA 01337.

# Phi Beta Lambda Halloween Bake Sale



Thursday, October 31, 1996  
8:00-3:00  
Courter Center

## International Club meets on Fridays

By Tuan Trinh and Helmi Jazem  
Bear Fact Staff

We have an International Club for the first time on our campus this semester. The purpose of this club is to help any foreign students who just arrived in America. Also, members of the club, American or international students, could help other members to improve their English skills. Not only that, members could learn about many experiences and traditions from other members in the

club.

We have members from Hong Kong, Yemen, Vietnam, Malaysia, Indonesia, Korea, Taiwan, Kuwait, Haiti, and America. We could help translate for any foreign students who need help in translating.

If anyone is interested in joining our club, we welcome all Americans and foreign students. Your help is needed in our club.

We meet every Friday in the Courter Center from 12:10 to 1 P.M.



Photo by Lorraine Powell

Phil Meier, Democratic candidate for Boone County Auditor, speaks to the audience at the Boone Area Candidate Forum sponsored by The Boone Rotary Club and DMACC Rotaract Club.

**CORRECTION**  
Kara Lincoln is PBL Historian/Reporter and Teresa Clark is Vice-president of the chapter and the state PBL club.

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AIDS Coalition of Story County

## Search for the "Best Student Act in America"

Columbia, SC--The "Best Student Act in America" may be on your campus! Student musicians and comedians have the chance to compete in the third annual MASTERCARD American Collegiate Talent Search (MASTERCARD ACTS™) program for the chance to win the \$15,000 grand prize.

MASTERCARD ACTS is designed to discover the most talented student entertainers in music and comedy. More than one hundred campuses will host competitions this fall while students at other campuses are invited to compete via video submission. Students on nonparticipating campuses have the opportunity to submit a five minute videotape of their music or comedy act. One video winner will be selected from each of six regions to perform at a semifinal competition in early 1997. Two acts from each semifinal will win \$1,500 and the chance to compete in the National Final on February 23, 1997 in Philadelphia for the Grand Prize of \$15,000, the opportunity to meet talent agents, and the title "Best Student Act in America."

For complete video competition rules and entry forms, contact 803-214-3433, or email mcaacts@bbs.naca.sc.edu, or send a self addressed stamped envelope to: MASTERCARD ACTS, c/o NACA, 13 Harbison Way, Columbia, SC 29212. All entries must be received by November 25, 1996.

MASTERCARD ACTS was created in 1993 by MasterCard International in partnership with the National Association for Campus Activities (NACA) a national non-profit organization of more than 1,200 colleges and universities and 380 talent firms nationwide.

# Remember: Vote Nov. 5



Gary Stasko, Boone Campus economics instructor, stands in front of an engine from China. Stasko volunteers his time for the Boone & Scenic Valley Railroad.

Photo by Ron Erickson

## "All Aboard" for the Boone & Scenic Valley Railroad

By Lorraine Powell  
Bear Facts Staff

All Aboard! This is the familiar greeting you hear when you ride the Boone & Scenic Railroad located at 11th St. and Division St. in Northwest Boone.

The history of the railroad began in 1893 when the Boone Valley Coal and Railroad Company built a standard gauge line from the coal mines near Pilot Mound which connected up with the Minneapolis and St. Louis tracks and then went on to Dayton. The line was expanded from steam power to electricity in 1906. It began regularly scheduled one hour trips from Boone to Des Moines and from Boone to Fort Dodge.

With the better roadways and greater usage of automobiles, the lines were later abandoned.

Hearings were held in Boone regarding the abandonment, and through the efforts of two local businessmen, George Eckstein and Aaron Keller, a campaign was started to buy up part of the railroad.

On June 9, 1983, a contract was signed to purchase 11 miles of track for \$50,000. Charter memberships in the Boone Railroad Historical Society that had been set up and 3000 passengers in one month, paid the purchase contract.

Ticket sales were begun in 1983 in a downtown Boone office, then, moved to a tent on the property, and later, the new depot was built. The Depot houses an Iowa Railroad Museum and a gift shop.

In 1988, arrangements were made to purchase a steam engine from Datong, China.

That is the engine that is currently being driven by one of Boone Campus' professors, Gary Stasko.

Stasko qualified for the engineer job in September, 1987. It required making a certain number of trips with qualified

engineers. This is Stasko's ninth year as engineer.

When asked what made him choose such a side light career from teaching, he said: "I'm a train buff. It was natural to get involved over there."

Stasko's favorite scenic point of the trip is the high bridge. Operationally though, his favorite time is when the train stops at the end of the line in Fraser and the engine is brought around to be placed at the front for the ride back.

There are up to six cars that can be hooked to the engine. Each car holds about 75 seats. The season opens Memorial Day weekend and lasts until the last day of October. There are 3 trains on weekends: 11 A.M., 1:30 P.M., and 4 P.M. During the weekdays there is 1 trip at 1:30 P.M.

The railroad draws school children and people from all over Iowa since it is unique to this state. With the exception of about five people, the whole operation is volunteer, including jobs in the gift shop, snack bar, tour guides, brakemen, firemen and engineers.

The advice of someone who has enjoyed the breathtaking view from the high bridge with all the changing fall colors is to head on down to the Boone & Scenic Railroad before the season ends.

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# Depression will strike many as the days shorten

By Moses Lueth  
Bear Facts Staff

As we make the transition from fall to winter, many things are going to be changing. We no longer will be blessed with good weather. The pace of classes will speed up, along with assignments. It will be difficult to juggle activities, be it work, school, or family time.

"Students feel like they are in a jam", says Psychology instructor, Jane Martino. The stress from being bogged down with many things to do, can lead to depression.

There are four types of depression. There is mild, moderate, chronic, and major. The difference between the four types is the duration and intensity that the individual is suffering. Symptoms can range from a feeling of inadequacy to being apathetic and feeling pity for

oneself. Other symptoms are insomnia, minimal communication, fatigue, undereating or overeating, and neglect of personal hygiene.

Depression is a factor for everyone in varying degrees. Professor Martino has a few tips on how to avoid the perils of depression. First, if you are feeling down for more than a week, get help from a professional. Second, at all cost, stay away from drugs and alcohol. They do not remedy the situation. They only bring on more problems. Lastly, talk to someone. Communicating your problems is a major step. It means that you are aware of something wrong and are taking measures to solve the problem.

Those are a few things you can do to help depression. Do not let depression slow you down. Instead, learn the steps to follow to keep it from reoccurring again.

## Antidepressants: Your choice

Among the drugs prescribed for depression, the tricyclics are some of the oldest and most thoroughly studied. Their mechanism of action and their effective dosage are well known, as are their side effects, including headaches, dry mouth, constipation, dizziness, and, in a small number of cases, cardiac arrhythmia. One of the newer antidepressants, Prozac, is thought to cause fewer side effects. But is it more effective?

A group of researchers led by Gregory Simon of the Center for Health Studies in Seattle randomly assigned 536 adults who were beginning treatment for depression to take either a tricyclic antidepressant (desipramine or imipramine) or fluoxetine (the generic name for Prozac). As reported in the *Journal of the American Medical Association* (June 26), patients'

mental health, general health perceptions, and side effects were assessed at regular intervals.

Analysis of the first six months of data finds no significant differences among the three drugs in terms of overall effectiveness, length of time needed to become effective, or total health care costs. The patients taking tricyclics did experience more side effects; about 27 percent of them discontinued their medication early, as compared with 9 percent of those taking fluoxetine.

In addition, more than 40 percent of the patients who started out with a tricyclic switched to another antidepressant, as compared with 20 percent of those taking fluoxetine. But at the six-month mark the rates of clinical remission of the three groups showed no significant difference, leading researchers to conclude that the choice can be left to the patients' and physicians' preference.

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# Bike for your health

By Lorraine Powell  
Bear Facts Staff

For anyone who has not walked into the gym area recently, it would be beneficial for your health if you did so. DMACC has bought, for the benefit of all students, faculty and staff, two exercise bicycles and a walking machine. There is also a ping pong table, just waiting for interested players.

So, don't let the pool table and television be the only activities enjoyed. Walk a little further and increase your health and endurance. It will be especially valuable when the snow covers the roadways and biking and walking are difficult to do outside.

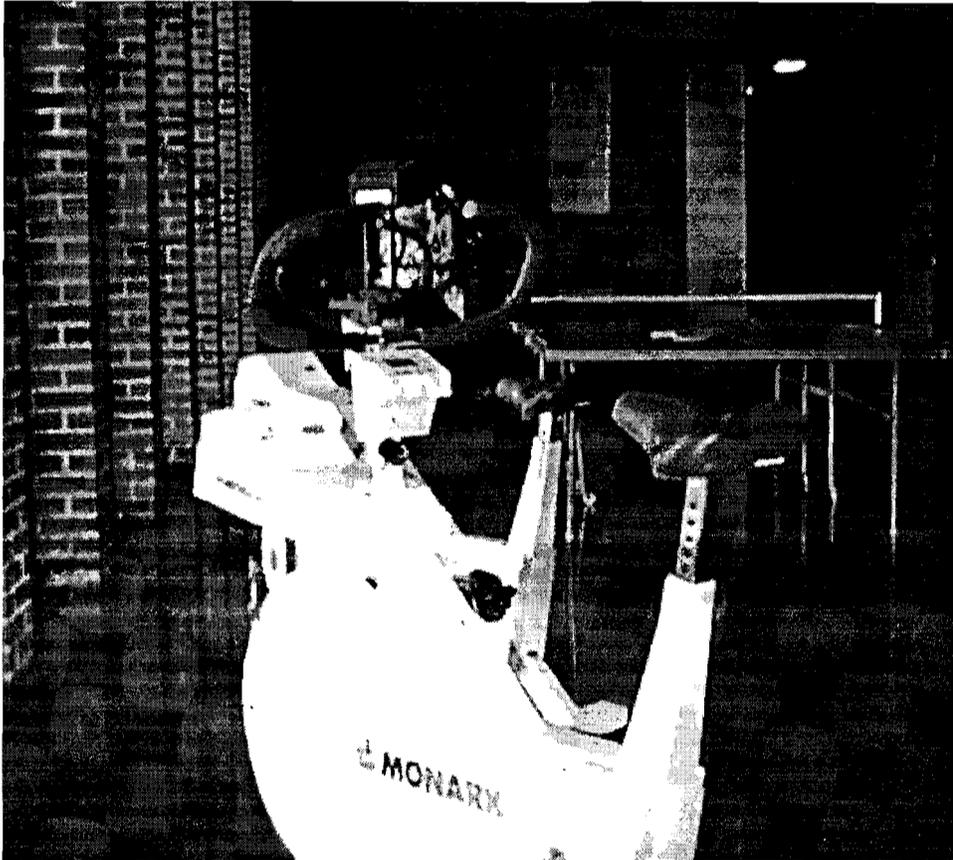


Photo by Lorraine Powell

## Weather Cancellation Awareness

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

Listen to the following area radio stations for weather cancellations:

- KWBG - AM (1590) BOONE**
- KCIM - AM (1380) CARROLL**
- KKRL - FM (93.7) CARROLL**
- KDLS - AM (1310) PERRY/JEFFERSON**
- KDLS - FM (101.7) PERRY/JEFFERSON**
- KLSN - FM (98.9) JEFFERSON**
- KEZT - FM (104) AMES**

Cancellation announcements will also be recorded on the Boone Campus telephone system. The announcements on the telephone system can be accessed by dialing 432-7203 directly or by contacting the Boone Campus through the toll free number 1-800-362-2127 and pressing 3 for Boone Campus.

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

## Bears baseball players working hard

By Jason Pugh  
Bear Facts Staff

The DMACC basketball teams are not the only teams that have been hard at work. The Bears baseball team has also been spending time preparing for the upcoming season. Even though the practice month of September went well, the team still has a long way to go, according to Coach John Smith. I asked Coach Smith exactly how he thought the first month of baseball went. Coach Smith replied, "It appears at this time that we will be pretty good in the spring. We had the No. 1 community college player of the year in '96, and it appears that there are plenty of players wanting to take over that title." According to Coach Smith the early strong points of the team appear to be pitching and a number of good infielders. Coach also added that the end of Fall practice looked very promising beating Grand View's Varsity 6-1.

At present the team is made up of 34 players, eleven of which are returning and transfer Sophomores. In order to achieve greatness Coach Smith has to recruit the best team possible no matter where he has to go to get players. The '97 team consists of four players from Minnesota, eight from Wisconsin, three from North Dakota, three from South Dakota, two from Nebraska, three from Ohio, five from Canada, and the rest are from here in Iowa.

The baseball program here at DMACC has a long tradition of winning. Even if the team still has their work cut out for them with winter practice starting November 4th, they should not have any problems carrying on the tradition if they keep working as hard as they have been.

## Sports & Recreation Briefs

By Jason Pugh  
Bear Facts Staff

As an athletic fund raiser there will be an all day 3 on 3 basketball tournament set for Saturday, December, 14. The entry fee is \$30 per team and the winners will receive T-shirts. The required age of 18 and older for this tournament. Players will required to sign a waiver form. A rule sheet will be provided upon entry. If you have any questions please see Mr. Jamieson.

\*\*\*\*\*

DMACC Boone Campus students will participate in the first annual Brain Bowl on Monday November, 18 at 7 p.m. in the Campus Theatre. Three person teams representing the various departments on campus will answer questions provided by the faculty. The winners will receive a trophy and other prizes for their department. Admission is free and the public is invited.

\*\*\*\*\*

The DMACC basketball programs conducted a trash pick up in Boone on Saturday, October 19 as a fund raiser for the upcoming season. Athletic Director, Terry Jamieson, and a group of players, walked Story Street, a portion of McHose Park, and other streets collecting trash. Individual businesses supported the fund raising efforts. The funds will be used for purchasing basketball shoes.

\*\*\*\*\*

There will be a press day at the DMACC Boone Campus on Saturday, November 16, at 11a.m. The public is invited to meet the new players of the new basketball program.

## Intramural team to compete in state championships

By Jason Pugh  
Bear Facts Staff

The champions from last months flag football season were Geoff Majors, John Dennis, Joe Kladke, Ben Vanderstein and Kevin Selway. Their team will be participating in the state tournament being held at Drake University.

Geoff Majors talked about what he expects of the competition at state: "I think it will be much greater than what it was here at DMACC because it will be at the state level. Even though we will be going head to head against better athletes, I think we have a good chance of winning the state title."

The team finished with an undefeated record here at DMACC. According to the team members, with a little hard work, they should remain unbeaten.

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## Melinda's Musings

*Ding dong, Trick or treat.* Is it a dying tradition? Perhaps it should die.

"Trick or treat, smell my feet, give me something good to eat." Is there a child on any American playground who hasn't at least heard this rhyme? For some of us, it stirs memories of planning a costume for at least a month, dressing up and going door-to-door till all hours of the night. Then the candy would be brought home, spread on the kitchen table, and counted. The object was to get more candy than anyone else in the family. Oh, and heaven forbid anyone get more candy or take a piece. Mother would say, "Don't eat all that candy; you'll make yourself sick."

All year long, what do we tell our children? "Don't talk to strangers." "Don't take candy from strangers." "Don't go out after dark." Then on Halloween night, all the rules go out the window. There was a good reason for these rules in the first place, wasn't there? What are we teaching our children? Are we telling them that rules are only obeyed as long as it's convenient? Granted there are parents who personally take their children out trick or treating to strangers' houses. Perhaps our neighbors wouldn't be strangers if we took the time to get to know them. Who does that anymore?

Many parents have found alternatives to trick or treating. Some have parties instead. They can celebrate fear by renting a frightening movie and scaring the wits out of their children. Some Christian families choose not to celebrate Halloween at all. They consider Halloween a religious holiday of someone else's religion. They don't send their children to school on the day of the Halloween party. In the evening, they take their children out for pizza or a non-frightening movie. This, though, sometimes leaves the child feeling left out.

Somewhere there must be a Happy Halloween.

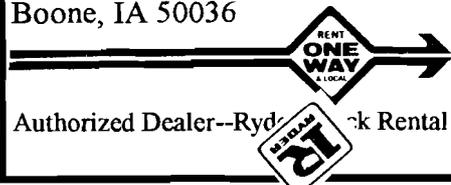


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# HOROSCOPES

By Sonia Weigel

**Aries** (22 March-20 April) Rethink a troublesome situation. Important details may be overlooked.

**Taurus** (21 April-21 May) Take time out to listen to an opposing view. It may be worthwhile.

**Gemini** (22 May-22 June) Stick to your guns, this time you are right.

**Cancer** (23 June- 23 July) Be prepared to show your sensitive side.

**Leo** (24 July- 23 August) Make plans for a much needed vacation; you have earned it.

**Virgo** (24 August- 23 September) All of the hard work pays off. Friends reward you for your thoughtfulness.

**Libra** (24 September-23 October) You may have been helpful to a friend, but remember. Life is not always fair.

**Scorpio** (24 October-22 November) Dilemmas are quickly resolved.

**Sagittarius** (23 November- 22 December) Be patient, difficult times will pass with time. Your patience will be rewarded.

**Capricorn** (23 December-19 January) Ask for that long awaited raise. Things are looking up for you.

**Aquarius** (20 January-19 February) Be careful when speaking your opinion, you may be caught with your foot in your mouth.

**Pisces** (20 February-21 March) Do not let your friends lead you down the wrong path.

## DMACC scholarship deadline Oct. 28

### Geological survey internship offered

If you are an undergraduate or graduate student studying geology, geography, computer science, computer graphics, oceanography, civil engineering, biology, chemistry, or related fields, the U.S. Geological Survey (USGS) Earth Sciences Internship Program offers you the unique opportunity to do hands-on research with some of the nation's top scientists at one of the numerous USGS facilities throughout the United States. The program is administered by Oak Ridge Associated Universities (ORAU).

The Department of the Interior sponsors this program in order to prepare college students and recent graduates for careers in areas of interest to USGS. The USGS's mission is to provide geologic, topographic, and hydrologic information that contributes to the wise management of the nation's cultural resources and promotes the health, safety, and well-being of the people. Appointments provide opportunities for interns to participate in USGS mission-related programs, projects, and activities.

Participants will gain valuable experience during their internships with USGS, interact with outstanding professionals, and become familiar with national issues while making personal contributions to the search for solutions. Stipend levels range from \$19,000 to \$38,000 per year depending on the academic status of the students. Opportunities for approximately 100 students will be available during the coming year.

Appointments are available for all levels of education ranging from two years of college training to the postdoctoral level. Eligibility is limited to student and recent graduates (within one year) of accredited U.S. colleges and universities. Individuals interested in an internship should submit an application consisting of:

- ◆ Resume
- ◆ Three reference letters sent directly from the sources (not by the applicant) to ORAU (address specified below).
- ◆ Unofficial transcripts from all postsecondary institutions (official transcripts may be required at a later date).
- ◆ Detailed list of computer skills.

Internship opportunities become available on a continual basis, so application materials are accepted throughout the year and kept on file to be considered for future openings.

Send all application materials to:  
Oak Ridge Associated Universities  
Attn: Ernestine Friedman  
P.O. Box 117  
Oak Ridge, TN 37831-0117