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Banner News

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Phelps notes several changes over last 15 years at Boone

By Joe Siple
Contributing Writer

DMACC recently celebrated its thirtieth birthday. In this ever-changing world, how does an institution such as DMACC Boone Campus adjust? Dean Kris Philips has been at the Boone campus for fifteen years. He says that as the times change, DMACC is never far behind. Without giving it much thought, Philips came up with two definite changes that have occurred at DMACC.

The first is computers. DMACC used to be about the but many computers. DMACC is making progress. Full-time AD

Another change at the Boone campus is the addition of a full-time athletic director. In 1982, DMACC employed a quarter-time AD. Today, the athletic director has more time to devote to intramurals and the effort to expand the number of sports.

Adding course competencies
Other changes include mandatory course competencies. These competencies ensure that the classes taken at other DMACC campuses will be the same as the ones taken at the Boone campus. Classes used to be about the same, but the variation that may have been undesirable is eliminated with course competencies.

It is well known that the world is in an ever-changing state. At DMACC, the goal is to keep up with this change to give its students the opportunities they are looking for.

The lack of funding also makes it hard to keep the colleges staffed with full-time instructors, creating many adjunct or part-time positions filled by those who may seek full-time teaching jobs elsewhere.

SAB. Bear Facts members attend
Out of the twelve Student Action Board members that represent the Boone campus, three members joined Palmer at the state legislature: Theresa Johnson, SAB president, Arnie Herrick, SAB secretary, and Charles Whiteing. Bear Facts delegate along with George Silberhorn, Boone Campus student adviser. Members of Bear Facts staff, Lorraine Powell, Patricia Harson, and Jan LaVille, Bear Facts adviser, also represented the Boone campus.

Legislators have many factors to consider when voting on a bill or amendment. Their own beliefs, the effects it will have on their constituents, as well as the effects on the state as a whole, the positions taken by their party or caucus, and the views of their fellow legislators. When citizens lobby, not only are their voices and opinions being heard on certain issues, they are keeping the legislators educated and informed of the issues concerning their constituents.

"Governments are composed of competing interest groups and factions," said James Madison, the fourth President of the United States and co-author of the Federalist Papers in the 10th Federalist paper: "By a faction, understand a number of citizens, whether amounting to a majority or minority of the whole, who are united and actuated by some common impulse of passion, or of interest..."

Madison realized that factions could not be prevented, but that they would be controlled by the checks and balances system built into the Constitution.

In other words, all citizens have the right to lobby under the First Amendment to the Constitution as the right "to petition the Government for a redress of grievances." Lobbying is not just for professionals, it is for every citizen.

By Charles Whiteing
Bear Facts Staff

In America we live in a democracy. In our democracy sovereignty lies with the people. We the people elect our governmental representatives, then these representatives become our voice within the government. We, in turn, become their constituents. But how do these elected government officials know how to represent us?

Lobbying is defined as attempts to influence the decisions of government. "A lobbyist is someone who encourages the passage, defeat, or modification of legislation by conveying information and opinions to legislators."(Iowa State Legislature guide What is a lobbyist?)

But why are they called lobbyists? The term comes from the fact that lobbying often took place in the vestibule, or lobby, outside of the legislative chamber. Lobbying is most commonly associated with private interest groups, such as representatives of corporations, labor unions, etc. But lobbying can be carried out by private individuals as well.

On Wednesday, March 12, Dave Palmer, DMACC's legislative liaison and assistant to the president, escorted a group of community college students to Des Moines to lobby the state legislature. The student government members from all five DMACC campuses, as well as student representatives from community colleges throughout the state, spoke to their senators and representatives about concerns affecting Iowa's community college system.

One of the concerns brought to the legislators' attentions was the community colleges' lack of state funding as compared to the Regents and K-12 schools. This lack of funding makes it harder for community colleges to keep tuition as low as possible, and by keeping tuition as low as possible community colleges can then create an equal opportunity education, benefiting all their students.

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Computer instructor out for semester

By Lorraine Powell
Bear Facts Staff

Dave darling, DMACC professor of computer literacy classes will not be returning this semester. Darling suffered a fall and a crushed vertebrate in his back earlier this semester.

His classes will continue to be taught by those substitute teachers who have currently been teaching his classes.

Darling intends to return for the fall semester.

Correction

Amy Richards and Staci Tobin, Boone Campus students, were recent winners in the Business Graphics competition at the PBL state conference held earlier this month on the Boone Campus. Their names were inadvertently omitted from the story.

Creative writers honored at luncheon

By Lorraine Powell
Bear Facts Staff

Lorraine Powell (far right) attended the creative writers luncheon on the Ankeny Campus, accompanied by Dean Kris Philips, (far left). Also at the table are Jim Stick, Humanities District Chair and Rebecca Nau, winner of best poem.

Health fair

By Woo-In Jang
Bear Facts Staff

The DMACC Boone Campus nursing students will participate in the upcoming Health Fair at St. Cecelia’s School in Ames on April 23. The Health Fair is from 8:45 a.m. to 11:30 for the lower elementary and from 12 to 2:30 p.m. for the upper elementary.

Students have been working over a month on these presentations. Students must participate to prepare for their grade, but they enjoy working on the Health Fair with their instructor. Approximately six to ten students are involved in these presentations.

In the morning, the nursing students have a presentation for the kindergarten through the third grade children. The students will teach about blood pressure, bicycle safety, healthy foods and snacks, dental care, germs and hand washing and the importance of exercise.

In the afternoon, the students have a presentation for 4th through 6th grade children about CPR for children, roller blade and skateboard safety, asthma, sport injuries, healthy eating, and alcohol, drug and smoking prevention.

All presentations will be presented through visuals displayed in a health booth. Two or three nursing students will prepare one of the above topics. Usually two or three students present in front of 8 to 10 kids. After that, the students rotate to other kids’ groups.

According to Sandy Chacko, the Nursing Department instructor, “This Health Fair Program is beginning the new communication involved into society.” Kids and children will learn many things from this program presented by the nursing students.

Skunk River needs entries

Anyone wishing to submit essays written for DMACC writing classes to Skunk River Review has until the end of this spring semester to do so. The release forms are available through English teachers. This year’s Skunk will be more diversified due to student submissions of varied essay assignments from English 117, 118, and developmental classes.

American Heritage Publishers will be publishing the Skunk next year with a focus on the students. The amount and number of scholarships will be determined by the number of copies sold, but it is estimated that DMACC will award at least $1000 - $1500 in scholarships.

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Quality and Patient shine through at the 69th Annual Academy Awards ceremony

By Mark H. Williams

The anticipation is over for the millions of fans, who each year eagerly anticipate the Academy Awards. This night, was a night for many of the mainstream studios. This year's show was a new wave of Hollywood favorite, Lauren Bacall. There are just so many things that I could say were the highlight of the trip.

TK (The Kid) - Whitty what might you say was the highlight of the trip?
WB (Whitty Banter) - We do what? Moe... Kid. There are just so many things that I could say were the highlight. It could have been the BDugirls that were out hitchhiking on the way there, it could have been the incredible display of hack-man-ship going down (by the way we got second runner up.), or it could have even been spotting Waldo in the marathon race that was being run as a benefit for Barber Shops Across America (BSSA). But the real highlight was the 19 peaceful people that promised us a spaceship ride, I didn't care for the travel arrangements though.

TK - Where is the petition to lobby hackey-sack as an Olympic sport? It could replace the hammer throw. I mean come on, the only way it would be cool, if it were the MC Hammer throw. Arne and Pauly Shore.

WB - Yeah! What's with that event anyway, I mean when I think of the hammer throw I always picture a couple of carpenters sitting around on their toolboxes drinking a beer, and one says to the other, 'Hey Gus, I betcha a Coke I can throw this here hammer farther than you can.'

TK - My sentiments exactly! So I'm thinking how did you like the 2nd prize award, A white full sized bronco and some Bruno Mali shoes?

WB - I thought it was all right, until I find an old glove under the seat. I think it was some sort of Orange Juice promo because it had O.J. embroidered on it.

TK - Whitty, it has been a pleasure to work with you.
WB - Thanks for everything Kid (that really sounds like the ending of a fifties movie). Until next time Whitty Banter.

TK - I would like to leave you with this safety message: Don't run with scissors and look both ways before crossing. Cheers.

By Patrice Harson

Bear Facts Staff

When I've had a successful week (and by successful I mean the numbers on the scale have lowered; I don't care if it's an ounce or a pound), my determination and spirits are elevated when I reward myself with one purely decadent meal. Whatever I want, be it pizza and a beer or a baked potato smothered, (Yes, Oprah, I said smothered), in butter and sour cream. My pamplet and my soul satisfied, I'm ready for another week of gentle discipline and resulting weight reduction.

Something else I've discovered is that I can deviate slightly from those low-cal, low-excitement foods if I include some exercise into my weight loss program. No, you do not need a private trainer or a fitness center membership; although I must say I wouldn't mind acquiring both. Since my income won't allow such luxury, I enjoy cycling, walking, swimming and even shoot a few hoops when I can.

These are activities I enjoy and I indulge in at least five times a week. Finding the time seems easy when I consider the bountiful benefits to both myself and my loved ones.

Another pleasant side effect to exercise is the increase of endorphins produced by the brain. Endorphins are nature's anti-depressant. While you're reducing hips and waistline, endorphins are widening your perception of the beautiful person that continues to emerge as time goes by.

The two biggest blocks to weight loss are looking in the mirror and jumping on the scale too often. Cut yourself some slack! Instead of torturing yourself by hanging those size nines in clear view, pamper your gorgeous self with a mind-easing soak in the tub. Let Rosie O'Donnell, Andy Rooney, or whoever you secretly admire supply you with some healthy perspective. Or plug in some music from happier days and ease on down, secure in the knowledge that youth and vitality are alive, well, and safe inside.

I really don't like to tell people how much weight I've lost in the last year and six months. I get this wide-eyed stare and I just know some are thinking, “Gees, lady, how fat were you?” I also recognize there are 25 pounds yet to be shed. Now, as I steadily near my goal, I have discovered the weight loss secret that works for me. What goes into my mouth is not as important as what goes into my mouth.

It's no secret that in order to lose weight, it is necessary to burn more calories than are consumed. However, doing this consistently, day after day, requires a healthy attitude in addition to a healthy, yet flexible, diet. I know many people, myself included, can only munch so many carrots or crunch so many low-calorie, artificially flavored, Styrofoam cakes before our taste buds rebel. And let's not forget, those low-fat cookies in the green box are high in calories. Even healthy doses of those will keep that desired weight out of reach. In a fit of frustration we can easily find ourselves elbow deep in an intoxicating gallon of butterbrickle ice cream and chocolate syrup.

It's at this crucial moment that many of us lose the fight. Some of us are horrified by our shocking demonstrations of lost willpower. Or, even worse, we receive an "I knew you couldn't do it" comment or glance from a significant other that reinforces our loathing. I've found that, no matter how much we weigh, we all just need to lighten up! Lose the disgust, whatever its source, and the heavy task at hand will transform from painful to pleasurable.

By Patrice Harson

Bear Facts Staff

Lose the disgust, whatever its source, and the heavy task at hand will transform from painful to pleasurable.

Good morning America. How are things in the land of free enterprise? Mom's apple pie and Levi's Strauss? It's the melting pot all right. But what good does it do to melt pot?

It's the dynamic duo. No, not Batman and Robin, not Bert and Ernie, LaVerne and Shirley, or Bonnie and Clyde. It's Whitty and The Kid. Kid being my new alias for my youthful antics. Anyhow, it being spring break, Whitty and I merged once again to go on an expedition seeking enlightenment.

It was a long strange trip you might say. We embarked on our journey to the Hacky Sack championship of the world, universe, galaxy! That's right, we loaded up the old V-dub and set forth on the road trip that would later be legendary.

The anticipation is over for the millions of fans, who each year eagerly anticipate the Academy Awards. This night, was a night for Hollywood not to honor its own.

On Monday night, March 24, the golden statues, known to millions across the world where handed out to the winners in the different categories. Most of them went to the predicted winners, but a few went to surprise recipients. The biggest surprise was that of Juliette Binoche, winning out over Hollywood favorite, Lauren Bacall. Out of all the winners, only Uma Gooding Jr., for "Jerry Maguire," could be called an insider, but that film was even made outside of the mainstream studios. This year's show was a show for the new comers, "The stars of tomorrow."

"The English Patient" garnered most of the awards, being that it was the closest in feel to an epic of the old style movie. "Patient" took the lead early in the statue count by winning many of the technical awards, it ended the evening by taking home the big prize for Best Picture.

In the acting fields, the only actor from "The English Patient" honored was Binoche. Best actress went to Frances McDormand, for her portrayal of a

pregnant, no non-sense police person in "Fargo.

Lent we forget, that other award show that happened the night before in LA, "The Golden Razberries." Bringing all wackestom movie fans back to reality by honoring the worst that Hollywood has to offer, and that is no easy task. There are more movies that can fit these categories, but a few went to surprise recipients. The biggest surprise was that of Juliette Binoche, winning out over Hollywood favorite, Lauren Bacall. Out of all the winners, only Uma Gooding Jr., for "Jerry Maguire," could be called an insider, but that film was even made outside of the mainstream studios. This year's show was a show for the new comers, "The stars of tomorrow."

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In the acting fields, the only actor from "The English Patient" honored was Binoche. Best actress went to Geoffrey Rush, for his portrayal of the mentally disturbed pianist, David Helfgott, in "Shine." Best actor went to Whitty Banter, for his portrayal of a

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Long time DMACC counselor to retire

By Moses Lueth
Bear Facts Staff

After 26 years at DMACC Boone Campus, Rich Finnestad, Coordinator of Student Services, will retire at the end of the 1997 spring semester. "He will be greatly missed," said Sharon Blaskey, office assistant, "not only by his office co-workers, but the faculty and students."

Finnestad duties include counseling, registration, records, and testing. "My job is to help students get into the right classes for their majors," said Finnestad. In over two and half decades at Boone Campus, Finnestad said that he has enjoyed working with students, and has never had any difficulties in dealing with them. Finnestad said, "Seeing students going into many majors and building their careers through many changes said Finnestad. There are now around 1000 students compared to about 400 in the days of Boone Junior College. Also there are more courses available for students.

Finnestad believes that the most profound change was the emergence of data processing and computer technology, which enables students and faculty to reach more people and access information speedily. Another change, according to Finnestad, is the preparation of students to handle the rigors of college structure. Finnestad believes that the Academic Achievement Center has helped many students prepare and study for life at DMACC.

Jodi Blaha a student at DMACC who has Finnestad as counselor said, "He's a great counselor, I will miss his helpful advice." Dean Kriss Philips adds, "I am happy for him, yet at the same time it will be missed."

Since he will no longer be required to be at school at 8 a.m. everyday, Finnestad plans to "play a little more golf, and do a little more fishing and hunting." Finnestad also plans to spend time with his wife and four daughters and enjoy some traveling. "I have really enjoyed it here. It's going to be different."

Finnestad said of his retirement, "It is time to let younger people do these things."

Just like the DMACC van "Internet "travel" on college responsibility of individual

By Patrice Harson
Bear Facts Staff

Recognize this? Have you read it, and do you understand it? When a DMACC student signs on to the Internet, there is a screen that logs the student in. This gateway screen is a summary of DMACC Internet policies—it is only a summary.

Following the words "...certain material by minors," there is additional, important material to investigate. Among other things, the agreement goes on to say that "Persons accessing Internet Services are exclusively and individually responsible for the information viewed, down-loaded or printed," and that "Use of the Internet Service is a privilege, not a right, which may be revoked at any time on an individual basis for illegal or unauthorized use." These words disregarded can cost students their DMACC computer privileges for a time determined by Kriss Philips, Dean of Boone Campus.

Two weeks ago, two adolescent children were on the DMACC Boone Campus with their mother, who is an instructor here. After unsuccessfully trying to log in with their mother's password, another DMACC student, who was in charge of watching these children, purposely pulled up Hustler Magazine from the campus Internet Service. The student then promptly called the children over to his screen to show the children the obscene material. All this was done without the knowledge and consent of the DMACC instructor.

The Supreme Court is hearing a case now concerning the 1996 Communications Decency Act. The law was enacted last year but was blocked by a Philadelphia court shortly after its conception. According to CNN, this July the Supreme Court is expected to "determine the constitutionality of the law, which bans 'indecent' material from the Internet." How the court rules may determine how college campuses dictate future Internet policies.

When students use the Internet, they are responsible for reading the DMACC policy and procedures governing Internet Service and "all current state and federal laws, rules and regulations included but not limited to provisions related to patent copyright, privacy, pornography, discrimination, harassment, hostile environment, prohibited dissemination of creation material to minors, and prohibited acquisition of certain material by minors."

When it comes to DMACC property, students and employees are treated equally, and DMACC computers, i.e. DMACC equipment, are DMACC property.

DMACC’s technology policy and procedures are available on every campus. Students may ask for them in the library. If students choose not to go to the library and read the policy and procedures, students will not be allowed to use the excuse “I didn’t know” if caught abusing the Internet.

DMACC Assistant to the President and General Council, Gordon Greta said, "When you are driving a vehicle, it is your responsibility to know the traffic laws. Not knowing the laws is not an excuse for breaking them and will not dismiss a charge for disobeying those laws."

Greta said that DMACC’s Internet Services are considered a college resource, just as college vehicles are. Internet services are in the same category as all other college property. A student or employee would not be allowed to use a DMACC vehicle to go on a personal vacation or trip. Nor would a student or employee use the DMACC Internet for such personal uses, such as planning a personal vacation or trip.

Kris Philips, Executive Dean of DMACC’s Boone Campus, said, "What may be offensive to some may not be offensive to me. People seem to go to extremes when addressing this issue. Do we allow everything to come over the Internet, or will the regulation of certain information made available through the Internet be considered censorship?"

Philips said, "Anything accessed on the Internet should be educationally related. I don’t want anything done on the college computers that could be considered offensive to someone else."

DMACC student access to the Internet began last fall, and four students have been disciplined since last fall for improper use of the Internet. These students’ Internet privileges were removed for a period of time determined by the dean.

Common sense guides students on
property

**Commentary**

**The Civilized Majority**

*By Patrice Harson*

**Bear Facts Staff**

It's 11:00 a.m. on a Wednesday. The DMACC computer lab on Boone Campus is busy--only four open screens in the room.

Two students are carrying on a light-hearted conversation, but they are doing so softly. Only three students have computer games up on their screens, and since no one is standing at the door waiting for a chair, that's cool. There's even a lab assistant at the front of the room making a sincere effort to solve one of those computer mysteries for a confused student.

This productive, concentration-inducing atmosphere is what those students who take their education seriously call "computer lab heaven."

Unfortunately, the scene just described is not depicted as often as we'd like. Sure, there are times--especially on Friday afternoons--when some of us feel a little crazy and exchage laughter and loud words in this room normally reserved for quiet study. As long as the noise level isn't too high--and we limit these escape-valve moments needed from time to time by stressed-out students--no one seems to object.

However, there are too many occasions when some of us want to ask certain students sitting next to us if they know the meaning of the word "courteous." We wish questionable conversations would be taken out into the hallway. "Feel free to politely request quiet and conversations would be taken out into the hall--although it may make you feel better, the noise level isn't too high--and we limit these escape-valve moments needed from time to time by stressed-out students--no one seems to object.

And by the way, the next time you're tempted to call up something on the Internet that is totally obscene and undoubtedly violates DMACC policy--be aware that one very effective, evidence-producing eye is watching--"Would I? Probably not. I've found that most students are accommodat- ing--"So, what class are you in that requires you to call up this obscene material?"

When our homework is complete, the majority of us can't log out fast enough when politely asked to clear a computer chair. The majority of us realize that we do at home on our own computers, as long as innocent children and our constitutional rights are protected--and no state and federal rules and regulations are broken. But while on DMACC computers, our common sense tells us that DMACC time is not a good time to pull up anything undoubtedly obscene or to sexually harass or deceive anyone, whether that person is sitting next to us or is many miles away.

We're not brown nosers, we're adults. We're not angels, we're people of good judgment.
"Set your mind to do something and make it happen."

**Jamieson talks about his life before DMACC**

By Lorraine Powell
Bear Facts Staff

Everyone knows Terry Jamieson as the DMACC Athletic Director. But, do you know that at one time Jamieson was a state trooper in Arkansas?

Jamieson worked as a state trooper in Arkansas during the years that President Bill Clinton was Governor Clinton and when Jim Guy Tucker was still in office. Jamieson says about Tucker, “He began his career as a crooked lawyer and remained one.”

In the course of his two-year career as a trooper, Jamieson spoke personally with state trooper Roger Perry who was one of the main sources who leaked to the national publications Governor Clinton’s private liaisons with women. Perry, in fact, was Clinton’s driver on several of these occasions. Jamieson states that in Arkansas, “It was common knowledge that Clinton was a lady’s man and exemplified a lack of morals.”

Jamieson adds, however, that “I’m down on politics as a whole. To me, Bill Clinton and Newt Gingrich are the same thing. Politics has had foul persons with little or no moral character.”

Jamieson believes that the only president who has not carried around any baggage is George Bush. But, as for the rest of politics, he believes that it is a “business of large scale corruption or what is commonly known as the ‘good ole boy syndrome’.”

Jamieson adds that Hillary Clinton is a very independent thinker and very career-minded with her own objectives she hopes to carry out. She is the first President’s wife who has stepped forward and introduced legislation in the U.S. Congress.

He thinks that “politicians are afraid to take a stand. They are out for their own personal advancement in the political arena rather than looking after the needs of the many. They follow the green.”

He reports that in this nation “money can buy you justice.” From his own personal experiences as a state trooper, he can attest to the fact that attorneys and prosecutors have tried to buy him off. In Arkansas, the state police are the most powerful influence in the state, said Jamieson.

Jamieson loved the fast pace and excitement involved with being a state trooper. He worked with some great people. He remembers his sergeant with deep reverence who looked at him with penetrating eyes and said: “You can’t have a temper. You must be cool under pressure. You must let your mind dictate to your body.”

With this philosophy in his mind and heart, Jamieson graduated first in his class at the police academy. However, after two years and several close calls, he sat down and evaluated his life’s priorities. In doing so, he realized that what was the most important to him were his wife and children. With his life prioritized in this way and led by a spiritual force, he took the job at DMACC.

Jamieson does not consider himself just an athletic director. He has tried to involve himself in activities for everyone. Although life at DMACC may not be as exciting as life as a state trooper, it has its rewards. He enjoys working with the athletes and hopes he can give them a step in the right direction.

What would Jamieson consider a bad quality about himself? “I don’t care what anyone thinks of me.”

What does he consider his best quality? “I’m not afraid to admit I made a mistake.”

To sum up his philosophy of life in one sentence, Jamieson said, “When I believe in doing something, I set my mind to make it happen.”

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**Rezoomers Offering Scholarships**

Boone DMACC’s Rezoomers club is offering two $150 scholarships for summer courses. The deadline for submitting applications is April 18. Applications must be marked Rezoomers.

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**Correction on free “eats”**

In the Student Action Board update “Smith to organize fling” (March 12), we reported that TAVCO would be coming to the Boone campus to hand out free concessions such as “pop, popcorn, cookies, etc.” On April 7, TAVCO will be coming but will hand out free popcorn and pop from 11-2 in appreciation for Boone Campus’ business. (TAVCO operates the vending machines on campus.) Bear Facts apologizes to Pat Healey and the people at TAVCO for the error.

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**Talk Back**

What are your reactions to the recent innovations in cloning?

Suzanne La Brot

Why do people want to clone? If they are talking about increasing the population, we don’t need any more people in the world. If they are cloning for a super race, that would create a very uninteresting world with less personality differences.

Kara Jacob

It’s bad because they expose too much of the information to the public. It will hurt the coming generations.

Denise Moore

I think it shouldn’t be done. Let nature take its course.

Tom Buchwald

I think it’s bad. There’s going to be deformities and mutations from it. Just like Jurassic Park, children may be coming out with 6 fingers.
A player's journal

DMACC baseball 5-5 on spring break trip

By Joe Siple
Contributing Writer, baseball player

3/22/97

The phrase "bright and early" doesn’t even apply in this situation. The alarm clock woke us up shortly after 4 a.m., and the sun was yet to rise. The scheduled leaving time was 5:30, but we were required to be there at 5 to load the three vans we took.

Kansas City was the first destination. We all tried to get comfortably situated to catch up on some sleep. The vans were not cooperating. No leg room and frequent bumps were doing their best to prevent us from sleeping.

When Kansas City finally welcomed us with sunny skies and 70° weather, we prepared for a double header. Longview C.C. out of Kansas City was our first opponent. We blew a two-run lead in the last innings to fall by a score of 7-6. I'm sure it will be gone tomorrow.

Seven o’clock came early, but not as early as usual. After all finished showering (only one shower), we went to Wendy’s for breakfast. I don’t think I can afford at this time, the baseball station down the road to call the family.

The rest of the trip through Missouri and Oklahoma was also sleepless, but scenery provided some entertainment. Once we arrived in Miami, OK, we waited around for an hour and a half before finding out where we got to stay. I don’t think we were expected!

We did things like shaking the vans and chasing each one around for amusement until we were told we could move our stuff in. Once inside, there was a mutual reaction, a combination of shock and disbelief. We attempted to move four mattresses into a 10’X14’ “prison cell” as the players called it.

DMACC Baseball/Softball April 97 Schedule

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We moved from the upstairs to the downstairs. Although “nice” may not be the right word, it is at least more sanitary than before. The best part of the trip so far is the weather – 80° and sunny today.

I think I’ll read a book until I turn in.

3/24/97

The days seem to be getting less eventful now. We went to Crowley, MO, for two games today. The first against Kirkwood was a 13-4 victory. Then we played Crowley C.C. They had some huge guys and pretty much took it to us. I don’t remember the final score, but it wasn’t pretty.

After the hour drive back, we had the rest of the evening to ourselves. After supper, I read my book and wandered around the campus. Nice weather again today, mid 70s, but the wind was an unreal 50 mph – not gusting – but consistent throughout the games. Tomorrow is supposed to be rainy and cooler. Only one game scheduled for 11 a.m.

3/25/97

Today was quite a bit cooler. Turtle-necks were necessary to keep warm on the field. Rains from last night delayed the game until 3 p.m. We played one game today -- dropped a game we should have won, falling to 7-4 overall. This time we get the chance to redeem ourselves ‘cause we play the same NE Oklahoma team tomorrow.

Excessive amounts of free time resulted in some made-up games, like golf that involves baseball and bats with a tree as the “hole.” Tomorrow is supposed to be nice again. Just passing the time now until we go to sleep.

3/27/97

Didn’t write yesterday, but we got our redemption against NE Oklahoma, only to fall to Sauk Valley, IL. It was much nicer and the majority of the team was out getting an A. I’m sure it will be gone before long when we get back to Boone.

We are finished with all our games now. We ended up with a disappointing 5-5 record on the trip. Had we played up to our potential, I believe we would have only lost one game. I guess we will chalk it up as a learning experience and move on. In any event, it was great to be able to play ball in a climate like this.

3/28/97

Back in Boone now. We drove straight through, and this time I slept. I think it was Smitty’s music that did it. All in all, it was a trip worthwhile. Although it was much more expensive than I can afford at this time, the baseball was great!

Nearly 14% of DMACC Boone students from outside Iowa

By Joe Siple
Contributing Writer

There may be some unfamiliar faces in the crowd for the natives here at DMACC Boone campus. This is because there is a surprisingly high number of out-of-state students attending. DMACC is filled with students who are from parts far away from Iowa.

Chadd Clary is one example. He was born and raised in Rochester, MN, where he attended high school. This is about three hours away from Boone by car. He found out about DMACC through John Smith, the long-time baseball coach for the Boone Campus.

Nearly six-hundred miles from Boone is a town called Oconto, WI. That is where Ryan Ziesmer calls home. He too, found out about DMACC from John Smith when Smith offered him a baseball scholarship.

Chris Braun, of Van Baren, Arkansas, has over a nine hour drive to his hometown. At present, he is a basketball player for DMACC. His discovery of DMACC is different than the others. While living in Arkansas, he met Terry Jamieson. At the time, our Athletic Director was a state trooper. Jamieson ended up recruiting Chris after being hired at the Boone Campus Athletic Director.

The DMACC girls softball team ventured down to Panama City, Florida, where they expected to play in a softball tournament. When the team arrived, they discovered that wasn’t to be the case.

They drove hundreds of miles and checked into a hotel that was only five minutes away from the field the team believed was the tournament field. Apparently there was a mix-up in communication about the field to be hosting the tournament. The hotel the team thought was only five minutes from the game field was actually three and a half hours away.

The team that was hosting the tournament wasn’t there either. They left to play in another tournament. “They told me that they mailed the different location to me, but I never got it,” said head coach Kim Carlson.

But the team was able to make the best of the situation. They enjoyed their spring break in Florida although they would have liked to have played the softball tournament that they traveled for.
**Bear Facts**

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Letters should be no longer than 200 words, signed and brought to the Bear Facts Room 210 and dropped under the door, e-mailed to jrlaville@dmacc.cc.ia.us or mailed in care of the college. The Bear Facts reserves the right to edit as necessary for libelous content, profanity, copying, grammatical or spelling errors and clarity.

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**Melinda’s Musings**

By Melinda Gorman

Bear Facts Staff

Allow me to introduce the toddler, Jennifer Gorinan, who has been referred to many times through out the year.

Jennifer, alias "Jail break Janna," so named by her brothers, can escape from her crib in 19 seconds. She says phrases such as "Daniel did it," of course, Daniel did everything, "Butthead," and "What are you doing?"

She does toddler things like opening a bottle of lotion, dumping it out on the bed and smearing it in her hair. That’s one way to get a bubble bath, one of the things she loves to do. Every bath she decides among jasmine, vanilla, or raspberry scented bubble bath. A child can be kept happy a long time with a five dollar bottle of bubbles.

It’s proven that all toddlers go out of their way to make messes. They pull the stuffing out of things, dump cereal on the floor, shove books and papers onto the floor, spread food on the floor, and throw stuffed rabbits in the toilet.

It’s also such a joy when they do things like help big brother put laundry in the basket or bring you a book to read to them and actually listen to it.

Jennifer is all girl. She wants to wear mom’s lipstick and blouse. She prefers to wear dresses and her good shoes. It’s a joy to watch her grow up. I just wish she didn’t do it so fast.

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**Beef**

**It’s for dinner**

By Woo-Im Jang

Bear Facts Staff

Most Americans enjoy away-from-home food. Almost half (48%) of Americans eat at home, but 52% eat away-from-home.

Do you know what kind of food they choose away from home? They usually select more chicken and pork than beef. Why does American choose less beef? Because they think beef has more cholesterol and high saturated fat.

Actually, beef has less cholesterol and has almost the same saturated fat when comparing 3 oz. lean beef and chicken breast according to National Cattlemen’s Beef Association Ad Department.

Also, beef increases the flavored in turky ham. If you choose loin and roast beef, it’s good for your health. However, you need to avoid rib or chuck beef for avoiding the cholesterol and saturated fat level in your blood. You can enjoy beef in your dinner.

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An easy beef recipe for your dinner takes around 30 minutes:

**Satay style beef and pasta**

1-1/4 pound boneless beef top sirloin or top round steak, cut 1 inch thick.
5 tablespoons teriyaki sauce
2 tablespoons creamy peanut butter
1/8 to 1/4 teaspoon ground ginger

1/8 to 1/4 teaspoon crushed red pepper
6 ounces dry vermicelli or thin spaghetti
2 tablespoons vegetable oil
1/2 cup seeded and chopped cucumber

1. Cut beef steak lengthwise in half and then crosswise into 1/8 inch thick strips. In medium bowl, combine beef and 2 tablespoons teriyaki sauce; toss to coat.

2. In small bowl, combine remaining 3 tablespoons teriyaki sauce, peanut; 1 tablespoon water, ginger and red pepper; Cook pasta in salted boiling water according to package directions; drain and rinse. Toss pasta with peanut butter mixture to coat; keep warm.

3. Meanwhile, add red onion, soy sauce, ginger and red pepper to beef; cook and stir 5 minutes or until meat is no longer pink. Serve over pasta.

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**Horoscopes**

(predictions for fools during a backward month)

by Nnylrahc

**Capricorn**

What a mess! Not only is your life topsy turvy right now, but you have to deal with living in the fast lane. Let me help you out. PILE IT ON! Do a lot in a little bit of time. Believe me, soon enough you will burn yourself out and then you will have time to enjoy yourself.

**Aquarius**

If strange voices are whispering in your ear to expand your horizons, just ignore them. It is just easier to shut yourself off and hide in your bedroom closet. Make sure you avoid running in the eye, they won’t attack. Wear a lot of browns and greens to blend in your surroundings.

**Pisces**

Once again, you’ve been hit with that motivation bug. Cut it out! At this rate you will become some sort of do-gooder out to save the world. Here’s some advice; the world doesn’t need any more bleeding hearts, so just go hug a tree somewhere and leave the rest of us to our troubles.

**Aries**

Go ahead. Ignore the money. You know it just grows on trees, so spend, spend, spend. Money always finds its way back to you. Use whatever resources and means necessary to just have a good time. Go ahead and lose those responsibilities and have a little fun. I dare you.

**Taurus**

There are some angry people out there trying to cloud up your day. They are all around so be on the look out. When you find them, this is what you should do: 1) Install their toilets. 2) Punch them twice in the nose and once in the stomach. 3) Run away. This should do the trick.

**Gemini**

It’s time to stop smelling the roses. You need to wake up, get your head out of the clouds, and jump into the now. Nothing comes from any kind of imagination so just accept the fact that creativity is not necessary for success. This advice should take you far. Especially on the job.

**Cancer**

What can I say to a crab that it doesn’t already know? Think about it.

**Leo**

Once again you’ve let your feelings run amuck. Haven’t you already learned that nothing comes from self expression? Apparently not because you just keep trying to make friends when you know you shouldn’t. You were meant to be alone.

**Virgo**

Disillusionment is setting in and you are becoming the zookeeper to the wild animals of life. Don’t allow yourself to be such a sucker. By helping others you are missing out on having your own good time. Go ahead and lose those responsibilities and have a little fun. I dare you.

**Libra**

This is your month to become a star. You need to do what you can, step on who you can and scratch your way to the top. Whether it’s local, national, or universal, you are going to be the biggest thing to hit the scene since the food dehydrator! Take my word for it.

**Scorpio**

This month you will be forced to make a large decision. When you come to the proverbial fork in the road you will need to choose between the road “less traveled” and one more common expressway. I say take the expressway and don’t try to be a hero. There is no need for any heart-stopping, gut-wrenching decisions when you can just take someone else’s answer.

**Sagittarius**

If you decide to take the advice of loved ones you will be falling into a trap. It is best to just stand like a stick in the mud, and try not to attract attention to yourself. If you don’t look them in the eye, they won’t attack. Wear a lot of browns and greens to blend into your surroundings.

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