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Banner News

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**Bear Facts**

**“Too busy to get into trouble”**

Never too busy to write

By Patrice Harson
Bear Facts Staff

Zach Evans, age 16, is a high school sophomore and a freshman on the DMACC Boone Campus.

He’s earning 14 DMACC credits while earning a high school diploma. He’s served as a Junior Delegate for two years to the Iowa State Republican Convention.

During Iowa’s cold months, he swims competitively for Boone High School. In the summer, he teaches swimming lessons, serves as a lifeguard and also swims competitively (something he’s done since age 7) for the Boone pool.

Since his mornings and afternoons will be a little full this summer, he’s considering picking up three or four credits through a night class on Boone Campus...maybe in business law, or, perhaps, in computer programming.

This July, Evans wants to pedal 485 miles in seven days as a participant in the Des Moines Register’s Annual Great Bike Ride Across Iowa.

In addition to his in-home education courses, next fall Evans plans to pick up 12 to 18 more DMACC credits.

Evans says, “My mom likes to think I’m too busy to get into trouble.”

No matter what Mom likes to think, typical excuses that are normally given by teenagers to their parents don’t cut it in the Evans household—he has two instructors who know whether or not the dog ate homework, because they brought this ambitious youth into the world, and Evans respectfully refers to his high school instructors as “Mom and Dad.”

Ron and Jane Evans both taught in the public school system before they started educating their son in the home. “It wasn’t any different then public school,” said Evans. “During my first couple of years, a separate instructor came into my home. Iowa law only requires that you have a certified teacher come in and make sure everything is going all right. Now, since my mom is certified, she oversees other families, as well as teaching in my home.”

Combining family ties with academics must be working for the Evans. Last week, Evans received a collegiate award for three literary pieces that he submitted to the DMACC Creative Writing Contest: a profile paper titled The Kate Shelley Bridge, and two fictional stories, The Tangled Web and The Lion-Tamer.

“My DMACC Composition I instructor, Judy Hauser, told me about the contest, and I figured I couldn’t lose anything by submitting some pieces,” said Evans. “I had written one piece during Comp I, and then I submitted two that I had written before and (Hauser) helped me revise them, so I was excited when I got the call that I placed second overall.”

Evans said, “I’ve been home educated—home schooled—all of my life. Mom is certified kindergarten through 8th grade, and my dad is certified 6-12.”

“I’ve had an interest in writing for a long time,” continued Evans. “I started with a composition class when I was in the 6th grade by writing three or four page-long essays a week. By reading and writing a lot, I developed my writing style.”

Evans’ favorite author is Agatha Christie. “I enjoy her writing style,” said Evans. “Never can figure out who (the murderer) is going to be the end. With most mystery writers, you can kind of get an idea who it’s going to be, but Agatha Christie always stumps me. She can write in a way that she’ll put an obvious clue before you, but you’ll just never know it before the end.”

“My parents have always encouraged me to write,” continued Evans. “They also encouraged me to enter this writing contest. I probably wouldn’t have gotten it in on time if my mom hadn’t strongly encouraged it! They have always been very supportive, and I really appreciate it.”

The $250 scholarship awarded to Evans for the writings he submitted to the creative writing contest will go toward the tuition bill that will be due on the credits he plans to take on the DMACC Boone Campus next fall.

Evans could probably graduate from Boone High now, but he’s holding off until his high school swimming career is over. “I’m a sophomore in high school,” said Evans. “I might skip my senior year and go straight to school someplace else, because that’s when I’ll graduate from DMACC. Or I might go three years at

**DMACC Boone Campus freshman Zach Evans’ love of reading paid off for him this month. Evans received news last week that the three literary pieces he authored and submitted to the DMACC Creative Writing Contest earned him overall runner-up along with a $250 scholarship to be applied toward his tuition next fall.**

**Zach Evans named overall runner-up in creative writing competition**

Boone Campus—DMACC Boone Campus freshman, Zach Evans, was named overall runner-up in this year’s all-campus DMACC Creative Writing Contest.

Rick Chapman, DMACC English instructor and “referee” to the panel of writing judges said, “In Zach’s writing category of the contest, the writer’s ability is not reflected in a single literary piece, but on his (or her) writing ability overall.”

Evans entered three literary pieces, a profile paper titled Kate Shelley Bridge, and two fictional stories: The Tangled Web and The Lion-Tamer which may appear in the 19th volume of the DMACC magazine Expressions. According to Chapman, Expressions will be released sometime toward the end of this semester.

The panel of judges, which included the DMACC editor of Expressions, the assistant editor, the DMACC Art Director and that position’s assistant, along with creative writing instructors from three DMACC campuses: Judy Hauser, Boone, Rosemary Olds, Urban; Jim Stick and Rick Christman, Ankeny, awarded Evans a $250 scholarship to be used toward his tuition in the fall, 1998 semester at DMACC.

Chapman said that an open call for manuscripts will be announced early this month to signal the beginning of the next DMACC Creative Writing Contest.

Evans, accompanied by DMACC Boone Campus Executive Dean Kris Philips, is traveling to a luncheon on Ankeny campus today to receive his award.

**Listen to Holocaust Survivor Peter Pintus**

April 15 7-8 pm
Western Civilization
Room 129
Instructor: Leonard Larson
Open to the Public
New science lab to open this fall

By Ana Ybarra-Rojas
Bear Facts staff

A new science lab is going to be possible in Rm. 209 next fall thanks to the $50,000 donation by the F. William and Leola L. Beckwith Charitable Foundation. This project has been four years in the making. “It takes awhile, but I started justifying it four years ago,” stated Karin Van Meter, biology instructor on the Boone Campus. This project was finally realized with the generous donation made by this foundation.

This lab will be an additional biology lab, but other science classes will be able to utilize this space. This will be a high tech lab with Power Point presentation and projection capability. “For example, if we have microscope slides, we can project them and show students what they are supposed to see in their microscopes,” explained Van Meter. This would make learning in the new science lab a group event.

The tables within this lab will have internet hook-ups so that “eventually when we get more money, we can have laptop computers and a computerized lab.” elaborated Van Meter.

Due to this new science lab, Van Meter feels that the students will have more hands-on experience to greatly benefit student learning. The new science lab will have a capacity of 25-30 students. Tables will promote group work within the lab classes.

This construction will free lecture rooms that are currently occupied by biology lecture. On the downside, DMACC’s Boone Campus will lose their largest lecture room.

Van Meter is excited about all the new doors this lab will open not only for students but also for instructors. Construction will be completed on the lab for Fall ’98.

DMACC just to pick up some extra credits, so I can finish up my last year swimming.” If all goes as planned, Evans will graduate from DMACC with an Associate of Arts degree in the spring of 1999.

At this stage of the game, Evans is far from committing to any particular four-year school, however, with his current interest in law, fueled by a love for politics. Evans is considering Drake University.

One reason why the political life intrigues Evans may be due in part to the Republican conventions he’s witnessed—they are, after all, a bit reflective of his busy lifestyle. Evans said, “I’ve always been amazed by how this big chaotic scene works out so smoothly in the end, and by how such a (largely populated) country such as the United States can have a political system that allows its government to fairly represent so many.”

For DMACC writers interested in entering the next all-campus Creative Writing Contest, Evans suggests that students work with their instructors in polishing the final product before sending it off to Ankeny. Evans said, “My DMACC composition instructors helped me a lot. I think I’ve learned as much as I ever learned about writing from my Comp. II instructor, Jan LaVille, during this second semester. Make sure you get an instructor to help you revise a paper, and take the time to make sure the piece is where you want it before you submit it.”

Summer school registration begins April 13

By Lorraine Powell
Bear Facts Staff

Summer preregistration has officially begun, according to DMACC counselor, George Silberhorn. Official registration begins April 13.

Silberhorn reports that there are two summer sessions. The first includes three accelerated classes, Interpersonal & Small Group Communication and Introduction to Computer Literacy are being offered May 11 through May 22 on an everyday basis from 8:00 a.m. - 12:30 p.m. and 8:00 a.m. - 2:30 p.m. respectively. Microsoft Word is being offered May 26 through June 1 on an everyday basis from 8 a.m. - 2:30 p.m. The ten-week summer term begins June 3 and goes through August 13.

Silberhorn wants students to direct their attention to the adaptor classes which are being offered this summer. They are found on page 19 of the Summer 1998 Credit Schedule. Although they do not count toward graduation, they are used to determine credit load and grade point average, and in addition, they can prepare students for regular college classes in the fall.

He also reports that there are open entry, open-exit classes being offered. These classes are office classes which students can register for at any time and work on during lab hours. Once a student has completed the required course work, the course is over. Class hours can be arranged with Pat Thieben, Office Technology instructor, Room 131, Extension 5080.

Silberhorn encourages all students to register as soon as possible.
Page Notes

By Erin Kiley
Bear Facts Reporter

Before beginning my job as a page in the state House of Representatives, I assumed that I would be a glorified gopher. I was right. Actually, I am part gopher, part messenger, and part secretary, although they investigate your life to a degree usually reserved for secret service candidates.

I love the job, although it is not one that I want for the rest of my life, and to ask me to fetch you a Diet Coke on my day off would be hazardous to your health. Yes, I’ve learned the basics of copying and faxing, as well as the preferred sodas of many representatives.

On the other hand, I have also learned a lot about the realities of government. There is rivalry everywhere — between political parties, rural and urban legislators, and even the House and the Senate. (According to the Senate pages, they work the country club, and house pages are zoo keepers.)

I expected such rivalries, but what I didn’t expect was the often friendly, even playful attitude that the rivalries often take, or the way in which differences are often left behind at the end of a controversial bill.

I always pictured the legislature as a boys club of older white males, and for the majority, it is true. Although there are more young men than I pictured, and even a few more women, the minority representation is disappointing.

The number of women and minority members is far less than representative of the state population. Even so, the women are not discouraged. In a breakfast to encourage women in legislature, they spoke of hope and confidence that women in politics are growing in number and accomplishments. They say that if you hear it is a man’s world, chances are that you are talking to a man.

Every day I get the pleasure of seeing ordinary people take a stand to protect their rights and promote their interests. Just last week a large group of teens came to display their support of a skate park (for skateboarding). It felt good to see members of our so-called apathetic generation speaking out and taking a hand in a government made to represent us all.

Lehmkuhl says, “You can’t be awarded if you don’t apply.”

Boone Foundation scholarship deadline today

By Patrice Larson
Bear Facts Staff

“You are in demand and we have thousands of jobs to prove it.

Find them in the Des Moines Sunday Register on April 5, 1998.

Lehmkuhl says, "You can't be awarded if you don't apply."
Odd behavior plagues campus

Story and photo by Moses Lueth
Bare Facts Staff

In an unforeseen turn of events, the United States National Guard declared a state of emergency at the DMACC Boone Campus due to mayhem created by technical difficulties on the campus computer system.

According to witnesses, Executive Dean Kriss Philips was seen talking to DMACC Computer LAN specialist Ron Erickson. A heated debate ensued, and at one point Philips waved his executive pen across the face of Erickson which emitted a red flash. Since then, Erickson and the computers have not been the same.

Erickson has been seen stripping computer wires and showing signs of memory loss. The computer system seems to have acquired a mind of its own, and currently panic-stricken and anxiety-ridden students, staff and faculty are running amuck while being forced to use free hand.

NIACC’s rejection becomes a DMACC reflection

By Patrice Harson
Bare Facts Staff

The refusal by North Iowa Area Community College’s administration to allow George Carlin to perform his comedy from NIACC’s “publicly-funded” auditorium has become DMACC students’ opportunity to raised consciousness.

Carlin’s denied entrance was, as NIACC Vice President for Academic Affairs Michael C. Morrison put it, “...proper and consistent with strongly held values.”

Upon hearing of the NIACC student’s misfortune, Bare Facts reporter, Moses Lueth, made some quick phone calls to his Boone Campus Student Action Board members requesting they investigate the possibility of inviting the rejected Carlin to DMACC.

The SAB immediately requested a drop in funding previously reserved for off-campus activities and not only offered Carlin free rent of the DMACC Boone Campus gymnasium, but offered him a few bucks to boot.

Not such a bad exchange for, as NIACC’s Logo’s reporter Bob Sansgaard stated, “...intelligent comedy... comedy) that makes you think of the fallibility of man and how simply ridiculous we all can be as people.”

Daily Grind

By Moses Lueth
Bare Facts Staff

Hey, Moses what do you think about Iowa? It doesn't make sense to me.

All day you sit around and do nothing, unless you have to go milk the cow or churn the butter. But if you have a television, then you never get your chores done cause of Jerry Springer.

Yeah, I know most of the people around here like a good laugh, but I don't care, I'm not ever going sit there and make fun of my relatives. I had one guy say to me, "Hey, this is the third time my uncle's been on, and every time it's been about a new subject. Gee Whiz I would think you wouldn't want to say anything, especially then, if the title for the day was, "MY NEPHEW IS INTO SHORT-SKIRTS AND I LOVE TO LOVE HIM." I don't know what this world is coming too. A man can broadcast anything these days...as long as they get the money. Dave from sweet home Alabama

Yes, indeed in this country basically everyone can make money from a gimmick. My new gimmick will be a talk show called WHEN ANIMALS ATTACK TALK SHOW GUEST. And if that does not work, I suppose I could make a fortune from my new invention The Beer Glove. Yes, I have already sent in the patent papers and given my notice for two weeks for my day job. Free enterprise the essence of America.
DMACC Bare Facts editor...
**Had sex with President Clinton, too?**

Boone Campus—An undisclosed, somewhat inebriated source reported to a sober DMACC journalism adviser Jan LaVille Saturday night that Bare Facts editor Patrice Harson sent an e-mail to the office of Mr. Starr stating that she, too, now joins the long list of those admitting to keeping questionable company with President Bill Clinton.

In this personal, non-DMACC related e-mail, Harson stated, “Back in the 70’s while inhaling what Bill didn’t, I had a weak moment—a very weak moment. Yes, I must confess that the person I had sex with some 20-odd years ago was, indeed, or, at least, I think, our very own President Clinton.”

“Hey, I was told the guy was just a used car salesman from Arkansas!” continued Harson. “I didn’t know he’d someday hold a political office where his right to privacy, along with his right to litigation, would be forsaken. Do the terms ‘McCarthyism’ and ‘witch hunt’ strike a chord with anyone?”

In a desperate attempt to regain viewers lost by the highly publicized “60-Minutes” interview with former White House volunteer Kathleen Willey, “20/20” executives supposedly telephoned Harson to ask why anyone should care about her questionable tale.

Harson responded, “Women of this country who have admitted to and learned from their mistakes and the mistakes—or atrocities—of others, are now being slapped in the face by some who, comfortable with holding our female citizenry in the familiar arms of victimization, are more interested in obtaining notoriety, power and/or financial gain than they are concerned with what is true.

“Until substantial evidence, not hearsay, emerges that can prove, beyond a shadow of a doubt, that our president lied under oath or used his power to aggressively violate another human’s right to dignity, let’s leave the union of Hillary and Bill to Hillary and Bill. Americans have a moral obligation to allow this couple to examine, in private, any personal misjudgments that may or may not have been made. After years of torturing this man—this human—let us, finally, allow him to lead our country in an honorable manner.

“I live in a county that lays claim to the highest occurrence of domestic abuse in my state. Many of our youth think that brain-cell-robbing and soul-stifling celebrities such as Jerry Springer, Marilyn Manson and Ricki Lake are ‘cool.’ It’s time to get a grip.

“The leader of the free world is, through sensationalism and under the guise of piety, under attack by a society whose most comforting words of advice seem to be, ‘Don’t fret... just sue for damages or, at the very least, schedule a television interview then make a book deal.’

“20/20” hung up.

**Bare Facts News Brief**

DMACC Boone Campus instructor to appear on the Oprah Winfrey Show—

DMACC Boone Campus faculty, students and staff may want to keep an eye on their television schedules for an upcoming Oprah Winfrey show featuring Boone Campus economics instructor and author Gary Stasko.

A source using the alias of “Library Ann” reported to Bare Facts Staff reporter, Andrea Fester, that Winfrey will be honoring Stasko by naming his book titled *Marketing Grain and Livestock*, her “April Book of the Month.”

Winfrey’s enthusiasm for the book was witnessed in various bookstores throughout the nation this week.

Critics reported Winfrey may be attempting to regain her popularity with the agricultural community after her recent lawsuit win in Texas.

**Mueller wins Oscar**

DMACC instructor is Best Supporting Actress

Story and photo by Ana Ybarra-Rojas
Bear Facts Staff

Kay Mueller was recently awarded the Oscar for Best Supporting Actress by the Motion Picture Academy of Art and Sciences for her portrayal of Betty Johnson in the production of *Funny Money*.

Mueller described her character as a best friend turned other woman. An always flamboyant Mueller was ecstatic about the award and said, “I would like to thank my cats for their loving support, and of course, for all the purring.”

Congratulations to Ms. Mueller, on receiving this award for her outstanding performance.

**Why they call us the “B"s**

...A pretty true story!

**Editor’s Note:** For readers new to the college newspaper, we’ve included visuals to aid you in reading your first news feature. Please go to the Academic Achievement Center for assistance with the big words.

Once upon a time a student came to DMACC wanting to become a Boone Campus student. However, a student who was teaching math at the time, told the Executive Director that he didn’t believe we should allow us to enroll on this campus. After all, Boone Campus wasn’t accessible; there were no parking spaces, and it would be downright unfeasible for this new student since we didn’t even offer French as a second language.

However, an instructor teaching in the Nursing Department, reminded the Executive Director that we would be in violation of a new law, recently passed by the state, if we didn’t allow the student to register for classes. So, the student working in the front office (who had already taken a liking to the idea of having found it a home in Boone) enrolled the student in the course, Appreciation, Introduction to French and, of course, Appreciation.

So, kids, now you know the story of how Boone Campus became known as the home of the “B’s. And that’s the truth!
Cast, crew work together to present play to the public

Current production, Bone-Chiller, to open next weekend

By Andrea Fester
Bear Facts Staff

The spring production of “Bone-Chiller” will open next weekend with cast members hoping to sell plenty of tickets at the door to fill the 250-seat auditorium.

Kay Mueller, director, said that the rehearsals are going very well, with most of the cast available when required. Mueller feels that the current cast brings together a nice mixture of talent from students of all ages. New members may or may not have performed in front of an audience, but several performed here on campus before.

Making the decision for production of this play, Mueller humorously said that if she were a student reading for a part, the character she would have the most in common with is Flame Fondue. Since she is the director, however, she chose the following members to portray the characters:

**Bone-Chiller Cast List**

- Derrick Gorshe
- Charity Peterson
- Neal Garvey
- Dorothy Broder
- Taunya Winters
- Kathleen Brice
- Michael J. Chow
- Ana Yborra-Rojas
- Allisa Wellendorf
- Carla Wood
- Josi Penfold
- Katie Niemants
- Alan Fredericksen

Behind the scenes

When not conducting rehearsals, Mueller is also busy working on other aspects of the production. If time permits, she will research music for opening and closing scenes, feeling that the music adds a nice touch. Lighting will only be worked on a small amount, as in the past there has not been an adequate lighting system for the auditorium.

With a need for equipment to provide proper lighting of a production, the campus has purchased in the past year new dimmers and lights that have helped. Mueller said that they have been working towards achieving better lighting, further stating that the campus needs to “upgrade what is installed in the theater from equipment that has been there since 1969,” so lighting needs can be fulfilled more efficiently.

In order to complete their transformations into character, actors need costumes and makeup. Members are encouraged to create their own costumes with final approval by Mueller.

Members often pool their own resources for items including props. Additionally, Mueller is an accomplished seamstress and upholsterer herself, and items such as furniture can appear over and over in different fabrics to create different looks. Costumes sewn or purchased are easily recycled from production to production. “But a lot of times you have to hunt ... go through Goodwill, Salvation Army,” Mueller commented, “and a lot of times create (the effect we need).”

Opening night is April 17 at 8 p.m. followed by a performance on April 18 at the same time. Summing up the production progress, Mueller reminds all to attend as the production should be enjoyable: “It has great endings at each act, a nice little mystery setup and nice humor if you like bad puns.”

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**April 6-10, 1998**

**Italy Year Week**

**Des Moines Area Community College**

**Boone Campus**

- Thursday, April 9, Lee Lourdeau, author & film critic 1-2 p.m. Theatre -- Free Lecture
- Friday, April 10, Italian Luncheon -- 12-1 p.m. Room C108-109. Tickets can be purchased in advance for $3 in the Academic Achievement Center, Room 102

**Malinda’s Musings**

By Malinda Geman, Bear Facts Staff

Spring Break. Ahh, ha-ha-ha-he-he, freedom! Speaking from the point of view of a mother who’s children had spring break the week before!

The sitter, their grandmother had to deal with them during their spring break. My spring break, the only child I had to deal with was the toddler and that was enough.

Monday, day one, I lounged around in my pajamas all day, watching TV. The sitter, their grandmother had to deal with them during their spring break. My spring break, the only child I had to deal with was the toddler and that was enough.

Tuesday, day two, I figured I’d had my lounge day, so I started tackling my homework, in front of the audience, but a backstage crew, lighting, costumes and makeup complete the performance. Students taking a course in theater production fill the 250-seat auditorium.

Costumes sewn or purchased are easily recycled from production to production. “But a lot of times you have to hunt ... go through Goodwill, Salvation Army,” Mueller commented, “and a lot of times create (the effect we need).”

Opening night is April 17 at 8 p.m. followed by a performance on April 18 at the same time. Summing up the production progress, Mueller reminds all to attend as the production should be enjoyable: “It has great endings at each act, a nice little mystery setup and nice humor if you like bad puns.”
DMACC baseball team successful on spring break trip to Oklahoma, Missouri

By Joe Siple
Bear Facts Staff Writer

3/22/98
We left this morning a day later than scheduled due to a few inches of snow in Oklahoma, but everything looks fine now. It feels about like it did for those few days before the snow storm in Boone. We arrived tonight and have just been getting settled in. Five of us in my room are sleeping on mattresses and brought-from-home sleeping bags. Tomorrow starts what we came down here for. We go to Crowder up in Missouri for a double header.

3/23/98
Disappointing as it was, we had to settle for a split against Crowder. We took a one-run lead into the last of the seventh but couldn't hold it. We dropped a tough 7-6 loss in as many days. I guess you have to give them credit, they clawed their way back into a game that, in the third inning, they appeared to be out of. We will play them again and have better luck, I'm sure of it.

We broke for an early supper and came back at six to play our final game of the day. North Central Missouri College was no match as we cruised to an 11-0 five-inning win. It was a beautiful day around 70 degrees. Tomorrow is supposed to be up near 80. The first signs of sun burn are evident and tomorrow will cause more. Tomorrow also gives us a chance to redeem ourselves against NEO.

3/25/98
Redemption is ours! As are two more wins, as we played good baseball today en route to a 24-4 out scoring of our two opponents. In the first we took care of the Missouri team 18-3 by way of the three inning, 15 run mercy rule. In the second, we got our revenge against NEO by getting a 6-1 lead and holding it. Everyone looked good today. Our pitchers are all throwing well, and the bats are really coming around.

After our games we stuffed ourselves at the campus cafeteria and a few of us found a swimming pool to cool off in. It was 79 degrees today, but I hear there was an inch of snow in Boone yesterday. I'm not looking forward to going back to that. Two games tomorrow before we head back home. I hope it is as nice as it was today.

3/26/98
We ended our spring trip tonight with a 5 and 3 record. We fell to the Crowder ball club 573 in a tight ball game. If a few plays turned out differently, we would have had the win. In the second, against NEO, we got our win. It was an exciting, well-played ball game all around. We squeaked out a 4-2 victory after a two run home run in the bottom of the sixth tied the game for them. But Mike Laesch answered in the top of the seventh with a round tripper of his own. Chad Clary came in to wrap up the bottom half in relief of Bryan Swaneopole. It was beautiful weather, under the lights, and a competitive game; we couldn't ask for more.

It's back to Iowa tomorrow where I hear the weather is nice. It's been a great chance to play a lot of competitive baseball in nice weather. A practice and two games each day should help get us into form. Despite the fact that lodging conditions were anything but luxurious, I think we are all happy we came.

Running It's a way of life for some

By Cory Williams
Bear Facts Staff

Imagine its 10 degrees out with a wind chill of 5 below, and you think to yourself, who would want to go outside? Only the crazier runner would go out and run. I guess I fall into that category and anybody else who runs.

I run in all sorts of weather. The cold brisk air fills my lungs and helps me run faster. Everybody has a certain temperature to run in. Some love it really hot so they can lose a lot of weight, while others prefer moderate temps to just enjoy an evening run.

Just make sure the weather isn't too extreme. You may cause damage to many parts of your body. Make sure you're wearing the right type of clothing, do a lot of stretching, drink plenty of fluids and get plenty of rest between the days you don't run.

Running in all four seasons has its advantages and disadvantages. If you're out for many sports, it's good to run on a regular basis. It keeps you young, healthy, and strong. It's like anything else that you do, you have to be motivated to do it.

What really motivated me was the Lord and my dad who gave me inspiration to lose some baby fat, run faster, and to enjoy life in a different perspective. I talk to many people who run marathons and other races and they tell me one thing that is very important. Don't drink or smoke at all. Smoking takes your oxygen away and it palpitates the heart faster.

The first thing to do is to get a physical. You don't want to go out and have something go wrong on the first day. After that, go to a special shoe store that can fit you with the right type of shoe. It's very important to get the right shoe; everybody has a different style of running. Make sure you don't get 'ripped off' when you buy a shoe. It should feel right and have plenty of cushion.

I used to like Nike Air, but they cost so much and don't feel right when I run. I have tried many different running shoes, and the best pair of shoes I've worn were Aspikes. They felt so good, like I was walking on air. Another good pair of...
Point/Counterpoint

This is fourth in a series of articles related to pressing moral issues faced by our society. It is the Bear Facts’ intention that this column stimulate informed discussions among readers and ignite on campus a legitimate concern for the decisions made in our country. Exercises in freedom of speech through thoughtful and responsibly written letters to the editor are welcome.

By Terry Jamieson
DMACC Athletic Director and Bear Facts Guest Writer

I believe there to be no greater injustice in our nation than the denial of Christianity in our education system. Looking at our society leaves me cynical and wondering at what point our moral decay will stop. This nation was founded on the fundamentals of Christian faith, and to say different is to live in a state of denial. Do you want a society with unlimited rights and no government to decide limits? Do you want to raise children who have no concept of accountability? Do you wish for a religion that allows you to live your life with no rules of conduct? Guess what? I have just described the American society and its journey toward unlimited freedom.

I realize that a great argument could be put up against allowing one religious faith to be the master faith of an entire country. All nations on this planet were founded for specific reasons, and most because of a seeking of personal freedom, of which Christianity was a part of the reason we broke away. It could be said that our founding fathers did not have modern people in mind when they wrote the Constitution, and nor did they mean for one religion to rule our nation. They were equally clear about the separation of church and state.

So what is the basis of my argument that Christianity has a place in the classroom? Ask yourself, what is the greatest education you could ever give a child? I feel it is a gift when a teacher covers such things as humility, honesty, integrity, work ethic, compassion, unselfishness, and does not tell me that it is covered in other subjects in modern classrooms. I have spent five years in teaching at the public school level and there is no inkling of God in the classroom, and because of it, I saw a complete lack of respect for humanity.

Our nation has undergone a powerful change for the worse, and it is due to this generation of people who find the following things easy to do. Get a lawyer and get even. Take and not give. Place the blame on others. Allow unlimited sexual freedom. Say, wear, and do whatever you feel. Commit abortion but protect endangered animals.

I could list countless other things, but I will close with this. Being a Christian requires discipline, and I believe that word scares people. No one expects perfection, but it is fair to ask for integrity. Since discipline is hard for us, and since we live in a country that allows us unlimited freedom of expression, we have taken Jesus Christ out of the lives of classroom children because he is the living example of supreme discipline, something we do not want to be made to pursue. Our country will pay dearly for the moral decay which is taking place, and I would like nothing better than to have teachers in public classrooms who devote one period a day to covering those items which touch on morality, and if you want to do it without mentioning the name Jesus, that’s only because his discipline and sacrifice intimidate our culture of lazy, selfish, greedy, glutinous, dishonest people.

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TRUTH OR CONSEQUENCES

Faithfulness begins with us

By Lorraine Powell
Bear Facts Staff

We hear much discussion of what constitutes unfaithfulness between spouses, friends and family members. The shooting in Jonesboro, Arkansas, had to do with a boy allegedly getting revenge on girls who he believed had been unfaithful to him.

On the other hand, faithfulness is also a very important issue in today’s world. The key to promoting faithfulness in relationships is honest communication. The key to honest communication is building self-esteem in boys and girls as early as possible. In all of us lies so much untapped potential and hope for the future in terms of our children.

We all want to be treated with love and respect. Our children want to feel secure about their love from their parents and friends. The world as a whole is built upon relationships. What we all need to ask ourselves is what we can do to promote faithfulness in our own families, in our own communities and then in our whole world.

We need to realize the importance of learning to empathize with the suffering that others who are less fortunate than ourselves are undergoing throughout the world. No doubt how we relate to those closest to us spreads out and reaches the whole world at some point. Caring thoughts span all space and time.

The key to this developing kind of empathy is to find out what others are undergoing. We must listen, really listen, to what people are saying in order to develop patterns of honest communication.

Perhaps if someone had been listening to what these boys in Jonesboro were really saying, this tragedy could have been averted.

Peace and hope begin with us where we are right now.

Opinion
April 1, 1998

America's moral decay stems from disregard of the Christian message. The teaching of the Christian message in the classroom would bring back the values of America.

By Patrice Harson
Bear Facts Staff

A quick glance at these headlines from last weekend's Des Moines Register fully supports the belief that our nation is, indeed, experiencing social turmoil. Many students of all ages on our campus have told me that they don't read a professional newspaper on a regular basis simply because the news is so depressing. That statement in itself testifies that many of us truly are in a state of denial when contemplating the state of our union.

However, to say that it is only through Christianity that one can find humility, honesty, integrity, work ethic, compassion and unselfishness is an open invitation to prejudice. To suggest that high moral traits are difficult to find in any other religion besides Christianity is equally false. Faithfulness is also a very important issue in today's world. The key to promoting faithfulness in relationships is honest communication. The key to honest communication is building self-esteem in boys and girls as early as possible. In all of us lies so much untapped potential and hope for the future in terms of our children.

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