Dry campus policy prevails at senior send-off barbecue

Leigh Ashman
News Editor

Much to the delight of this year’s graduating seniors the Alumni Association and MSC Foundation announced their intention to hold a Senior Send-Off Party, a party at which alcohol was scheduled to be served for those 21 and over. However, this is no longer the case.

Robin Schruers, director of alumni relations, said it was believed that the proper course of action had been followed in order for alcohol to be served on campus. “We thought we had followed all of the proper channels in order to have alcohol, but we hadn’t followed all of them,” Schruers said. She said the idea came from other campus’ that held the same sort of events for departing students. A major difference between those events and this, MSC is a dry campus.

According to MSC president Dr. Michael Gallagher a request for alcohol to be served on campus must be approved with his signature. However, because so many events at which alcohol is served are held in the College Center on weekends and in the evenings, Gallagher had given College Center director Patti Picha the authority to sign for any alcohol served in the College Center. The paperwork for the Senior Send-Off Party, which alcohol was scheduled to be served for those 21 and over, however, this is no longer the case.

John Fitzgibbon, Vice President of Financial Affairs said, “Now funding is based on a two pronged methodology.” The first method is based on inflation. Since MSC enrollment is “flat” this will not help the school substantially. However, the other component is based upon the school’s performance in the Quality Indicator System.

The first method is based on the size of the institution, enrollment and performance results. These guidelines were passed Friday, March 29.

For the past five years the state funds for higher education have been distributed via the Budget Allocation Methodology, or BAM. Fitzgibbon said this method was created before the idea of performance funding and does not have the capability to recognize a school’s performance as a method of determining funding. All funds had previously been awarded based upon enrollment and inflation. Under the new method, approximately half of the total state allocated funds will come from performance, the other percentage will be based on not only enrollment and inflation, but also on financial aid. “Performance funding is going to be the largest of any single component,” Fitzgibbon said.

This new system means MSC will receive a substantial increase in funds from the state. In 2000, the school will receive $568,000 from the state. In 2001, this figure will jump to $771,000, Fitzgibbon said.

“It’s a good thing this pool is out there because our enrollment is flat. This new system will really help MSC and all of the state colleges, all of whom did pretty well on the QIS test,” Fitzgibbon said.

At this time Fitzgibbon said the State Board of Trustees appears to be interested in discussing an alteration in the BAM or a possible replacement for the program. “It will take lots of work to determine what will change or what will replace BAM,” Fitzgibbon said.
Editor-in-Chief bids farewell to Mesa State, Crite

Overall, this year has been good for me. It has been a time of constant change, unexpected situations, and crisis. I started out at Mesa State as a walk-on for the Lady Mavs basketball team. It was a great year; I actually thought I was busy and stressed out. What I wouldn’t give to go back to that year. I spent my sophomore year trying to pull myself away from athletics and find a new calling in life. It’s funny how I don’t remember much of last year, but this year has made up for it.

This year has been a very interesting year for me. I have been fortunate enough to have worked with some of the best friends I have ever had. Some of the best friends I have ever had.

The excitement builds the light at the end of the tunnel for, others working for a cause that very few truly appreciate, let alone understand for which how much has been sacrificed. Being a student journalist is like showcasing your work, good and bad, for the world to criticize.

I make mistakes everyday, like showcasing your work, good and bad, for the world to criticize. When I’m tired, I make even more mistakes. I apologize to any of those who I’ve offended while running on three hours of sleep (especially KMSA radio which can be found at 91.3 FM). My apologies to my roommates for living at the Graff instead of at home, where all their fun was.

Have patience, get through college experience in about four years, not too much less. Don’t try to grow up too fast, my parents always told me to slow down, but I just wouldn’t listen. While I’m glad I’ve accomplished my goal of graduating early, I’m going to miss this life. I encourage students to get involved in any extracurricular activity you can. You have so much to offer, and you will learn so much. Never stop learning...

College is a time for growth, getting to know yourself and those around you. The unique thing about the relationships that are built is that they are m o i n g you, and will continue to mold you long after you leave them behind. True friends remain in your heart through the years, no matter what paths you choose. Some of the best friends I’ve made have been through my church activities (Shoe, Jolie, Joe, Jacci, etc.), and the Criterion. I want to especially thank President Gallagher for allowing us to hold church on campus like other churches do. I would also like to thank him for taking the time to chat with the news editor every week. Without communication, little can be accomplished.

As I sit here eating Diorio’s at 3 a.m., I contemplate the position I’ve held this semester. The experience of being in charge of a student organization equates with putting your neck out on the line for others, working for a cause that very few truly appreciate, let alone understand for which how much has been sacrificed.

The staff has done this work after week, working, learning, being criticized, and praised. Unfortunately we often pay more attention to the criticism than the cards of appreciation. They deserve the praise and ten times more for their effort, sacrifice, and patience. If there is one thing I want to remember when I was hyper, instead of when I was tired, pull out the phone and give them a call. We could make a difference.

To the Sports department, Michelle and Ryan all the love; quiet fighting, you do great work (when you finally get it done!). To Mike in the Opinion section, thanks for listening to feedback and good luck next year as Editor. For the Features department, way to do a great job despite your crappy computer; Kim you’re a great stress counselor and friend.

To the News crew, let’s do this next year. I don’t know how you do it, kiddo, but you’re amazing, and experience will only make you better.

Jaime, you’ve been a great copy editor, and a blast in the office. Photoboy, thanks for your hard work and devotion, and especial thanks to Scott for your patience and cooperation with the section editors and myself on Tuesday nights. Things are all dandy, and will never forget the times we’ve shared. You will forever remain in my heart.

So farewell to the mass communic program, with thanks for what I learned. Good luck filling in the gaps to offer future students more. Thanks to professors, everyone getting us have free reign over the paper, but for always giving advice.

Farewell Mesa State and all of the friends and acquaintances I’ve made. And thank you Jon/Mitchell for the job, you helped me find a new passion.
State of Colorado offers more than attractions

The places you periodically visit and to which you retreat can have a profound effect upon your state of mind. For me, living within the state of Colorado for a year and a half, this is the case. 

I was introduced to an environment where the mountains, the Rocky Mountains, dominate the horizon. The climate is "in the dark" as far as the mountains are concerned. This mountain range has had a profound effect upon my life. The scenery is beautiful and awe-inspiring. It has made me stray from the norm and have a greater appreciation for nature.

I have talked to many people who have visited the mountains in Colorado and have not been impressed. However, I have talked to others who have been deeply impressed. They have said that the mountains are a "living" environment. They have said that the mountains are always changing and that you can always find something new to explore.

Conclusion: I encourage everyone to visit the mountains in Colorado and to experience their beauty firsthand. It is an experience that will last a lifetime.​

WRITE TO THE CRITE!

Have an issue you would like to see addressed over the summer or next fall? Let us know about it. The Critereon is always looking for letters to the editor. We will return in the fall with a whole bunch of pages to fill, so we will see you next year!

This column is produced by Colorado On-Line Commerce and is published by the Criterion for entertainment purposes only. Its contents do not necessarily reflect those of the Criterion or its staff.

Dear Lance,

I have a problem. I had a premonition/dream that I would marry a really, really fat guy. I only know one person who fits that description but we're not going out. The guy I'm going out with is thin but is very gifted if you know what I mean. I don't know what to do to solve this dilemma.

Margaret, age 20

Dear Margaret,

To solve this problem you are going to have to get rid of that nasty appendage on your man. He must be more appealing to you if you are to stay with him. After all, looking good is better than feeling good, right? Of course. So, take him to the doctor and have him remove the nasty growth from your boyfriend, and you won't have to start over in another relationship with this large man. After all, starting a relationship is very difficult, but plastic surgery is easy.

Love,

Lance

Dear Lance,

More questions and answers on page 4

MESA STATE

RITERIO

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DEAR EDITOR,

I am an avid baseball fan. You will find me sitting in the stands at almost every Mavs home game. You will also hear me ride the umpire now and then when I disagree with the call he has made. Riding the umpire and perhaps riding the players is just part of the fun. "Hey Blue! SPM..."

Sincerely,
Dr. Luis Lopez

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- Family planning education
- Medications

We will be closed May 12th and remain closed throughout the summer.

SEE YOU IN THE FALL!!!!

Congratulations Class of 2000!

LETTERS TO THE EDITOR

Dear Editor,

I would like to put a few questions for her. First, who was guilty of holding other peoples' kids hostage? According to the 11th Circuit Court of Appeals decision of April 19, the INS placed Elian in his great uncle's care upon arrival in Florida. Furthermore, when Elian's application for asylum was submitted, the INS designated Lazaro Gonzalez to act as Elian's representative and to ensure his well-being. Secondly, what body of legislation are you referring to, when you say Elian's relatives are rebelling against said body? Referencing the court of appeals decision again, the court did not, as stated by none other than President "rule of the law" Clinton, order that custody of Elian be transferred to his father. The court did, however, rule that all parties involved are entwined from aiding or assisting removal of Elian from the United States. I have one last question. What do you consider as more asinine, a protest in response to heavily armed federal agents forcibly removing Elian from the arms of one of the men who plucked the boy from the sea, or the violent outbursts of supporters celebrating when their team (the ones who make more than the average blue-collar) does what the players are paid to do, ie win their respective title game?

Sincerely,
John Reed

Gonzalez controversy continues

DEAR LANCE,

My friend just got a divorce from a very bad man, and now I want her to get even. Got any ideas?

MORE ASK LANCE

DEAR LANCE,

Dear Vengeful Vixen,

First of all, you should never take the law into your own hands. Aren't you thankful that your friend is not with you anymore? What kind of friend gets even? A bad one. Any a bad friend? It looks that way to me. "Hands on hips" I think you need to sit down and mellow out. Are you just a little too rowdy? Besides, if you can't think of anything, you'd probably just get busted if I told you anything anyway.

Love,
Lance

DEAR LANCE,

I have lots and lots of money. I'm handsome and debonair and I still can't seem to find a girl that likes me. Now what?

DEAR LONELY BALONEY

Lonely Baloney

Let's see, handsome, debonair, lots of money, can't find a girl...I think I know what your problem is...you are a ler. If you were all these things, I know that there would be women standing in electrical lines to be with you, so you must be lacking. You should sit down and take a hard look at yourself and face reality for a change. You know the reason that women don't like you. Now all you have to do is change. Know that it may take as long as a decade, but the longer you wait, the longer you will be lonely...and that's no bologna!

Love,
Lance

THE CRITERION IS LOOKING FOR AN ADVERTISING DIRECTOR.

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NOW AVAILABLE

The Office of Housing and Residence Life has a position for a resident director for the 2000-01 academic year.

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For any questions regarding this available position, please contact Diane Brittingham, assistant director of housing at the Housing and Residence Life Office at 248-3536.

The position is for ten months. Benefits for the position include a single bedroom apartment, a $425.00 meal allowance per semester, a $600 per month stipend and a tuition waiver for 6 hours, in-state. Training for the position begins in early August.
Recognition ceremony honors, praises 'brightest stars' of MSC faculty, staff

Robert Feuerborn  
Staff Writer

Mesa State's professors of the Natural Sciences and Math department were busy cleaning house last Wednesday. At this year's award ceremony honoring the outstanding staff and faculty of MSC, all of the distinguished faculty awards were carried out by professors in the Natural Sciences and Math department.

Dr. Bruce Bauerle was given the award for Overall Distinction in Faculty. The award for Outstanding Achievement in Scholarship went to Dr. Lee Dyer. Edwin Hawkins took home the award for Outstanding Achievement in Service, and Dr. Walter Kelly, the award for Outstanding Achievement in Teaching.

For the third year in a row, MSC held the reception to honor "our brightest stars," MSC President Dr. Michael Gallagher said. The program was held the afternoon of April 26, in Liff Auditorium and acted as a forum for recognizing the length of service and outstanding contributions made by MSC's faculty and staff.

The program combines several separate banquets and other functions that used to celebrate different areas of the college. "Faculty and staff should celebrate their accomplishments together," Joyce Lambert, assistant to the president, said. The reception allowed for this, as well as for acknowledging promotions and tenure achievements not celebrated before.

The reception also took note of those members of the staff and faculty who are retiring after this year and marked the years of service of those who have been at MSC for 5, 10, 20 and 30 years.

Philip Swille
Institutional Research

Jesse Stiles  
Staff Writer

Director of Institutional Research Philip Swille has served at Mesa State since 1988, and will retire at the end of this year.

Swille was director of financial aid at Western State College from 1973 until 1988 when he accepted the same position at MSC. In 1994 he assumed his current position in Institutional Research. Swille has been responsible for internal and governmental reports for everything from student demographics to faculty member productivity.

Maggie Robb
Theater and Speech

Jesse Stiles  
Staff Writer

Theatre and Speech Program Director Maggie Robb plans to spend time with her husband, children and grandchildren after retirement.

"I've learned more from my students through teaching and directing that I have ever learned from anywhere else," she said. "Mesa is a beautiful campus with great opportunities for students."

During her 26 years at MSC, she has been involved in approximately 60 theatrical productions.

Swille said he feels honored for the nomination. "I was very flattered." Please see HONOR, page 7

G.J. Chamber honors professors

Simon Cropp  
Staff Writer

Two Mesa State professors and one from UTEC were honored at the 2000 Teacher Recognition Banquet hosted by the Grand Junction Chamber of Commerce. The ceremony held on April 18, highlighted MSC faculty Teresa Garner and Gig Leadbetter and UTEC professor Elizabeth Gallagher for their excellence in teaching.

Dr. Karen Tuinstra  
Teacher Education

Jesse Stiles  
Staff Writer

A professor of teacher education, Dr. Karen Tuinstra, has been at MSC since 1989. She started out in Academic Services and in 1991 moved into teacher education. She has since been the coordinator of student placement for teaching jobs.

Tuinstra will retire from MSC at the end of the semester.

"Working with the students is what it's all about," she said. "Mesa is a beautiful campus with great opportunities for students."

She said a variety of factors led to her decision to retire and that she finds the intrusion of legislation in education disconcerting.

Tuinstra said she plans to relax, spend time with friends, play tennis and ride her bike after retirement.

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Budget Advisory Task Force utilizes ‘the balanced scorecard’ to save money

Jaime Banks
Copy Editor

Campus flora isn’t a high priority when it comes to budgeting—it has been suggested by the Budget Advisory Task Force (BATF), chaired by John Fitzgibbon, vice president of financial affairs, that the contract for indoor plant maintenance not be renewed, along with some other institutional programs.

The BATF, in only its second year, is charged with recommending for potential reallocation a sum of funding equivalent to one percent of the college’s general budget. As the total budget for the 2000 fiscal year is around $27 million, the task force has suggested $270,000 in cuts from a variety of college programs.

Other items possibly on the chopping block are:
- the insurance policy for excess risk insurance for cash theft, the deletion of which would provide a savings of $2,500.
- the replacement of retiring faculty members with other full-time, tenure-track professors. Having part-time professors would save $75,000.
- the currently implemented program alterations in the area of public safety that would conserve $100,000.
- the current alternative financial aid office personnel assignments that have saved a total of $31,000.
- current photocopy operations, alterations of which would increase efficiency and save $50,000.

Fitzgibbon wrote in a memo to MSC President Dr. Michael Gallagher, “Since the BATF was in its second year, the process has not yet reached analytical or methodological maturity.” However, he feels the group has made great advances in understanding the college’s internal and external funding processes.

The suggestions were based on a two-fold method of costs and services analysis. “The Balanced Scorecard” approach investigates levels and quality of services provided by the Finance and Administrative Services area, as well as incorporates benchmark information available from such organizations as the National Association of College and University Business Officers and the College and University Personnel Association.

In addition to this inquiry system, the 1998-1999 budget unit managers, directors and deans were requested to identify funding priorities in two budget revision situations: if there were a 15 percent increase or a 30 percent decrease. As last year’s task force’s efforts were harnessed due to a lack of spending pattern information, the priority requests along with an accumulation of three years of academic program cost history provided a foundation for this year’s BATF recommendations.

GREG, from page 5
Director at UTEC for four years.

I’ve had a variety of experiences here at Mesa, and they have been enjoyable,” he said. Greg plans to travel, work on careers and build furniture upon retirement.

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The KMSA Phat Card will get you discounts from all sorts of businesses! Get yours today at KMSA in the College Center room 123!

C.A.B. Club Announcements

Cycling Club: Mountain bike group meets Fridays at 4 p.m. behind Outdoor Program in the parking lot.
The MSC Juggling Club: Meeting Wednesday at 2 p.m. Come join us! Beginners welcome. We will teach you!

Student Art League: Meeting Wednesday at 5:30 p.m. at Common Grounds! If you have any questions call Susan Padget at 248-1851.

Christian Challenge: Meets every Thursday in Weldon Lecture Hall at 7 p.m. Live music and good fellowship are waiting for you! Call 241-7009 for details.

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BEER, from page 1 to be held on the west practice field near Saunders Fieldhouse, was not given to Gallagher and he was, until recently, unaware of the barbecue plans. This is the first year for the senior party and Schruers said, “We believe earning a degree is a significant event and deserves some fun recreation to celebrate.” Nearly 750 invitations were sent to all graduating-students, inviting them to the event and telling them of the plan to serve alcohol. When Gallagher learned of the plan, he told Alumni and Foundation officials that alcohol was not to be served on campus without his permission and that it had not been given in this case. “If it were to be held off campus that would be another thing, but as a rule if students are to be present at the event, alcohol is not served at all,” he said.

The mix-up caused additional work on behalf of the Foundation and Alumni Association. Invitations were re-sent and those students who had already sent in their RSVP were contacted by phone, notifying them of the change. Schruers said that the number of students upset by the change has been “very minimal.” She said that some students were glad alcohol was no longer to be served, others did not care and would eat no matter what. There was a small percentage of students who were planning to attend only because the alcohol was to be served. Schruer said a few hundred people are expected to attend, though the goal is for 600 or 700 to appear.

The celebration is scheduled for May 11 at 7 p.m., west of Saunders Fieldhouse on the practice field. Entertainment will be provided by “Jose Cruz and the Cruzin’ Machine.” The barbecue is free to all graduating students and each student’s guest. Door prizes will be given away throughout the evening. All attendees must bring a valid picture ID. For more information call 248-1295 or 248-1525. Those planning to attend must RSVP no later than May 5 at 9 p.m.

Schruers said it was a goal of the Alumni Association to host more events for students and that student input and involvement is always appreciated.
HONOR: award ceremony, from page 5

He feels it is great the community recognizes hard work, but also stated there were many other educators who deserved the honor as well.

Teresa Garner, assistant professor of art, was given a teacher recognition "celebrating excellence in education." She was chosen for the work she has done with students during her career as well as her helping hand in the community. Garner has been a graphic art instructor at MSC for six years.

Elizabeth Autry was out of town and unavailable for comment. She has worked five years at UTEC as a marketing instructor and also helps students operate the Just For Kids store in Mesa Mall from October to December. With this program, students are given a hands-on chance at learning the ropes of marketing.

Many teachers were nominated from School District 51, MSC and UTEC. The ceremony was organized by the Business Education Committee associated with the Grand Junction Chamber of Commerce. These groups were responsible for determining which of the nominees would receive the awards.

ROBB, from page 5

learned at any school," Robb said. "I have also been privileged to work with some of the most talented faculty members and students on the planet and it has been beyond wonderful! Who needs New York?"

SWILLE, from page 5

utility classes, to surveys.

Swille's plans for retirement include "traveling, fishing, and golf. But not necessarily in that order," he said. Swille will also get to enjoy time with his wife, a school district worker who also will be retiring this year.

"Meeting all the different faculty and students has been great," Swille said. "The people have made my stay enjoyable."

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Red Swingin' Blues; dancin' night away

Featuring jazz, swing, tap and Latin dancing in addition to loads of comedy, the Schmidt Dance Theatre and the Cabaret Dinner Theatre present Red Swingin' Blues. Dancers from across the Grand Valley as well as Mesa State students will perform their entertaining routines.

There will be performances at the Cabaret May 11-13, May 18-20 and a special Mother's Day matinee performance May 14. Tickets are $12 in advance and $15 at the door. For more information, call the Cabaret at 255-0999. They can be found on 7th and Roed.

Hard work goes noticed

When it comes to classwork, sometimes it seems like you put a lot of work into it, but nobody will even see it to appreciate it. Mesa State College Digital Photography students have received the opportunity to show off their semester's worth of work. On display on the third floor of Tomlinson Library through next Tuesday, their artwork, along with some layout and design projects from the Mass Communications 440 Desktop Publishing class, can be seen. A computer monitor accompanies the display flipping through a slideshow of more than 500 photographs. All photographs were shot with a combination of a Nikon 950 digital camera and 35 mm cameras. Any manipulation was done in photoshop on Macintosh computers. Photos were printed on Epson/Photo 780 printers.

Not so foreign, Cabaret provides quality entertainment

Meaghan Blanchard
Asst. Features Editor

"Do I have to go?" and "I'm going to sleep the whole time," were two of the sentences my husband kept uttering to me the day we were going to see the "Foreigner" at the Cabaret Dinner Theatre. He knew he was trapped and there was no way out, but he wasn't going to be a cooperative theatre patron.

We walked in after the dinner portion of the evening was over and arrived just in time to get a good view of the scenery and to listen to one of the waiters do a little opening bit. We sang happy birthday to a couple of men and congratulated one couple on celebrating their thirteenth wedding anniversary. We also got there just in time to order dessert to eat at intermission. All desserts were provided by the Cake Cottage.

The setting was a very modest lodge, with only a counter, a bar, a kitchen table and chairs, as well as stuffed geese and moose hanging around the place.

The play begins with men stomping out of the rain and into the lodge. One of the men, Froggy (played by Peter Frankland), is obviously familiar with the place and knows the owner very well. Charlie (Todd Ankerman), on the other hand, has never been to this lodge and lets it be known right away that he is boring. Even his wife, who is speaking in her death bed, thinks he is boring. He doesn't want to talk to any of the other guests at the lodge, because he gets tongue-tied when he talks to strangers.

The play did get off to a somewhat slow start, but once the characters were introduced, the fun began. Betty (played by Jeannie McConnell), the maid character to enter the lodge, is the owner of the lodge and tells her good friend Froggy that the place is about to be sold. She also tells him that she wishes she had seen more than just the small town she had always lived in. She wished that she had traveled the world like Froggy had.

Froggy then proceeds to tell sweet old Betty that Charlie is a foreigner, and that he can't speak a bit of English. This of course excites Betty, her very own foreigner! Froggy then leaves the lodge for the weekend as well as leaving Charlie to fend for himself.

Right from the beginning, Charlie hears things he is not supposed to hear, but since he is a foreigner everybody assumes he can't understand anything that they are saying. Charlie then puts it up upon himself to better the situation.

Each of the characters adds a personal element to the play. There's the Reverend David Lee (Shawn Clingman), his fiancee Catherine Simmons (Kori Palmer) and the owner of the lodge, Betty (played by Trevor Adams).

This mix of actors makes this play a winner. The faces Ankerman puts on the characters are comical as he pretends he can't understand conversation. McConnell made every scene memorable, with her shouting and off-the-wall remarks to her little foreigner Charlie.

Nathan Adams is a truly entertaining character, his innocence and clumsiness were one of a kind. When he was teaching Ankerman how to say words like "Foo-Ork" it was hysterical, but the fun didn't stop there. Nathan taught Ankerman his version of bush, brick, counting John and other various items in and around the lodge.

Palmer was cast as a button and the reverse is true for Adams. Palmer gave a great overblown performance of a horror movie woman. One second she was tall and the next she was sweet and happy as could be.

Clingman was cast as a member of the Khmer Klen Plann who wasn't even half as evil as she was plain stupid. His layout and design projects from the Mass Communications 440 Desktop Publishing class, can be seen. A computer monitor accompanies the display flipping through a slideshow of more than 500 photographs. All photographs were shot with a combination of a Nikon 950 digital camera and 35 mm cameras. Any manipulation was done in photoshop on Macintosh computers. Photos were printed on Epson/Photo 780 printers.

Please see FOREIGN, page 11
Spend your summer in style; find new job

Meaghan Blanchard
Asst. Features Editor

This summer you could pump gas, wait tables or flip burgers across town like nearly everyone else you know. Or you could find a summer job that you never even thought was possible. Several job opportunities exist around the world. The pay might not be great, but the experience will last a lifetime.

You could work for a cruise ship and travel around the world. Companies in places such as the Caribbean are currently looking for employees to work for their cruise ships. Virtually every occupation that you find ashore can be found on modern cruise vessels: photographers, waiters, bartenders, electricians, security officers, cooks, activities directors, fitness instructors, casino dealers, hairdressers, pursers, stewards, cleaners, busboys, men, sanitation experts, room attendants, and almost 100 occupations.

There are several possibilities for a job, and even if you don't get the cruise job of your dream, any sea job you do get will be better than one on land. You could work for a hot air balloon company in Europe. Bom bard Balloon Adventures in France, Switzerland, Austria and Italy is currently hiring. The ground crew position requires physical fitness and strength, a cheerful personality, responsible driving skills, and the ability to live with others. Compensation for this job only includes lodging, food and a small wage.

Another option is to become a wind surfing or cat sailing instructor in Zanzibar, Maldives, Kenya, Cuba and Egypt. Plantotel S.A. is currently hiring. You must have experience in teaching windsurfing or sailing. The position's main activities are to organize daily collective windsurfing lessons; to accompany guests on short cat sailing excursions next to the island reef; to provide guests with masks and fins for snorkeling; to provide guests with canoes, paddles and life jackets; to run the water sports center; to maintain all equipment; to organize night events for vacationers. You will be paid monthly and receive commission from snorkeling excursions and water skiing rides.

You could become a camp counselor. Plenty of camp counselor positions are available in Colorado, but if you want to get really adventurous, work as a camp counselor in Europe. Village Camps is currently hiring. They are looking for people over the age of 21 who have experience working with children. The pay is not very much. You receive room, board, accident insurance and allowance. How many people get to be outdoors of the UK, Switzerland, France, Holland and Austria?

Why not spend your summer running the rapids of the mighty Colorado River or leading a kayak paddle tour through Glacier Bay? These are great fun jobs for anyone who loves people and wants to work outdoors. So start looking, around the Grand Junction area too. You won't

Please see JOBS. page 11

Mesa State College Athletics would like to thank the following businesses and individuals for their generous participation in the 1999-2000 Athletic Partnership Program.

$10,000 & Up
Swire Coca-Cola
Mesa State College
Housing Dept.

Community Hospital

FCI Constructors, Inc.
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KQIL Sports Radio AM 1340
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Alpine Bank
Big O Tires
B & B Electric
Dan Geer Insurance Agency
Daily Sentinel
Days Inn
Dos Hombres
Jim Fuoco Motor Co.
Earth Grains Bakery
Grand Junction Pipe & Supply
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Mesa National Bank
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Applebee's
American Medical Response
B & H Sports
Budget Host Inn
Dr. Michael Corbett
Eberhart Electric
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Mama Longo's
Mesa County Teacher's Federal Credit Union
Quick Temps, Inc.
Ramada Inn
Reynolds Polymer Technology, Inc.
Shiners Car Wash & Quick Lube
Trophy Case
Webb Crane

$500 - $999
Ario's Sign Design
Arizona West Financial Services
Country Inn
Don Teets Investments
Western Freight Handlers, Inc.
Edward James Olmos visited the Grand Valley this week. In addition to speaking in some private settings, a speech and reception was held in the Robinson Theatre at Mesa State College Tuesday, May 2.

While also an Academy Award and Oscar nominee, Olmos launched a nationwide multimedia project last April called “Americanos: Latino Life in the United States.”

The film is a celebration of Latino culture through photography, film, music and the printed word. It is designed to inspire Latino pride and to build bridges among Latinos and others.

On average, he speaks at 150 schools, charities and juvenile institutions every year and was instrumental in the clean-up efforts following Los Angeles’ riots, the 1993 earthquake and the aftermath of Hurricane Andrew in Florida.

Edward James Olmos
Closing the school year, the Mesa State College Jazz Band is sending off year-round. The concert will also feature a group of student vocalists from the Mesa State Chamber Choir. Tickets are available at the door for $5 for adults and $3 for students and senior citizens.

For more information, call the Music Publicity Office at 248-1788.

**FOREIGN, from page 8**

The following are some of the books changing editions; the old editions will NOT be bought back, except for those with **. (** old editions used this summer, bookstore is buying a few at reduced prices). (* old editions that this summer, bookstore has overstock and is not buying any.) This is only a partial list of the biggest titles that this summer.

**OLED EDITIONS**

Business
Acct 201* Needles Financial Accounting, 6th
Acct 321 Kieto Financial Accounting, 2nd
Acct 331 Hooper Cost Accounting, 9th
Acct 422 Delaney Miller CPA Exam Review, 26th
Acct 441 Hoffman Indiv. Income Tax
Acct 451 Hoffman Corp. Partnership, Estates, etc.
Bisp 211* Gufey Ernst of Business Commun., 8th
Bisp 249 Oter Contemp. Business Commun., 3rd
Bisp 249 Bipp Копар Personal Finance, 5th
Ch 101 Parker West’s Bus. Law, 7th
Ch 131 Grauer Understanding Computers
Ch 142 Schaefer System Analysis & Design, 4th
Econ 201 Arnold Macroecon., 4th
Econ 202 Arnold Microecon., 4th
Econ 301 Roberts Microecon.
Econ 202 Ledger Econ. of Public Issues, 11th
Mar 301 Keenan Law of Real Property
Mar 302 Moorhead Org. Behavior, 5th
Mar 471 Chace Contemp. Entrepreneurship
Mar 491 Thompson Strategic Mgmt., 10th
Mark 432 Ellich Marketing 9900
Old 101 McGee College Accounting 1-13, 6th
Trav 201 Kavanagh Superv. in Hospital Industry, 2nd

Education
Edu 305 Ryan Those Who Can Teach, 8th
Edu 305* Salcido Effective Multimedia, 3rd

Foreign Language
Plays 2909 Wheelock Latin, 5th

Humanities
Art 115 Wilkins Art/Paul/Paul Art, 3rd
Art 121 London Short Course in Photography, 3rd
Eng 111 Axten stencil St. Martin’s Guide to Writing, 5th
Eng 113 McQuade Writer’s Presence, 2nd
Eng 491 Thompson Short Course in English Lit., 6th Vol.1
Eng 411 Richter Falling into Theory
Eng 411 Escalda Language Awareness, 7th
Eng 112 Lonsford Everyday Writer
Eng 122 Rosenberg World Mythology, 2nd
Eng 125 Altamirano Norton Anth/Eng Lit., 6th Vol.2
Eng 421 Richter ENTENDIAGNE
Eng 411 Escalda Media & Culture
Mass 110 Campbell Media & Culture
Mass 201 AP Assoc. Press Styleb & Libel Man., 7th
Mass 300 Zerbi Video Basics 2
Mass 435 Wilcox Pub. Relations/WorldMedia Tech., 3rd
Phil 110 French Purde, Paradoxes
Phil 373 Palmer Looking at Philosophy, 2nd
Spc 102* Devine Soc. & Soc. Religion, 2nd
Spc 102** Lucas Art of Public Speaking, 6th
Spc 205 Larson Persuasion, 8th
Tha 145 Barnes Types of Drama, 7th
Tha 451 Hodge Playwriting, 4th
Tha 457 Cohen Acting Professionally, 5th

Jobs, from page 9

Now offering up to $12,000 enlistment bonus

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Did you know that you can earn a "degree" in your field through the Community College of the Air Force? We’ll also pay you to go to college!!

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**JOBS**

**FEATURES**

**OLD EDITIONS**

The old editions will NOT be bought back EXCEPT . . .
Lady Mavs peaking at right time of year

Brendan Einstrom
Staff Writer

After going 2-2 in a series against New Mexico Highlands, however, the Lady Mavs are back on track. They traveled to Alamosa to play a four-game series against Adams State. After a close first game of the series (7-6), the Lady Mavs needed to prove its ability in the second game and that they did. They shut the Grizzlies out (7-0). After establishing that the field was not in great condition, despite Mesa State coach Kris Merri advising that the field may be dangerous to play on, the game went on. The Lady Mavericks then went on to put together a fresh clinic for ASC. The list of instructors included senior shortstop Kristi Weeks, with two homers netting, five points. Then there was junior third baseman Noble with a solo shot, Junior outfilder Kelly Adams with a two-run homer and sophomore infielder and basement Jamie Dunn with a solo homer. The Lady Mavs took the first two games (8-5), and (12-4). The field in Alamosa was just like any other Lady Mavs game. Mesa was scoring steadily and heading toward yet another win until the last inning. That, in which they stepped up a notch. In that one-inning, the Lady Mavs managed to score nine runs, including homer by Chen. By the end of the inning, the Lady Mavs were on their second trip through the batting order. After sweeping ASC (4-0) last weekend, the Lady Mavs are headed into the Rocky Mountain Athletic Conference playoffs with a (28-8) conference record. They are in the second place spot in the RMAC. The Lady Mavs will play their first playoff game against the winner of the game between number three seed New Mexico Highlands, and number six seed Regis. Mort said that she would rather play against New Mexico because she would like to have a shot at them on a regulation last pitch field.

Mesa State takes three out of four from Mines

John Troumble
Staff Writer

This season, the Maverick ball club has won its ups and downs. Low-lows, with a 1-7 start and being swept two weekends in a row, and its high-highs, sweeping series of its own and battling back from injury. Through this versatile roller coaster ride, the Mavericks have still managed to find themselves in the middle of the pack with the possibility of grabbing second place. This weekend was no different as the Mavs went to Golden to square off with the Orediggers of Mines. Still hurting from some key injuries, the Mavs took the field in good shape, two (7-8) in an eight-game skid. Junior pitcher T. Jay Gilpatrick picked up where he had left off as he threw his second shutout of the year and had seven runs on six hits behind him in support as the Mavs won on 7-0, 7-0.

Four Mesa State errors in game two allowed Mines to get the better of the-Mavs. Senior catcher Guido Paganelli gave the Mavs the lead in the third inning, but it was up to pitcher Nate Miller to throw game four. "I was excited to get the opportunity to give my team the chance to win another ball game," said Miller. By going the distance and adding seven strikeouts, Miller quieted both the crowd and the bats of Mines to take the series finale, 8-5.

"We get some players healthy and back in the lineup, and usually those kind of streaks don't last very long," coach Chris Hanks said about the team's performance this prior weekend.

To close out conference play, the Maverick's hit six home runs against New Mexico Highlands this upcoming weekend. This is a critical series for both teams as the Cowboys of Highlands are sitting right behind Mesa State in the conference standings. The Mavericks need to at least split the series against Highlands to finish in third place.

The Mavs start the series with a nine-inning game on Friday, May 5 at 7 p.m. at Suplizio Field for record-breaking attendance night. Mesa State will come back for a doubleheader on Saturday beginning at 2 p.m. and then conclude the series with another nine-inning game on Sunday at noon.

Maverick baseball team attempts to break NCAA attendance record

Michelle Sullivan
Sports Editor

For the second straight year, the Mesa State College baseball team is attempting to make its mark in the National Collegiate Athletic Association conference record books.

On Friday, May 5, the Mavericks will attempt to set the Division II single date, campus attendance record at Sam Suplizio Field. The current record of 2,176 fans was set in Chico, Calif. The Mavericks played in that regional tournament game on May 26, 1997.

Coach Chris Hanks came up with the idea for the record-breaking evening because "we've got a great facility and we have a town that supports a Junior College World Series, but they don't support anything else. So we're trying to do an event that's a fun place to be and fun things going on and kind of expose them to Mesa State baseball," he said.

There will be a number of events in addition to the game itself. A pre-game barbecue from 5-7 p.m. will kick off the festivities. "The people on meal plans have to get dinner that right over at the ballpark," Hanks said. The barbeque is open to the public.

During the middle of the fifth inning, Alpine Bank is sponsoring a "Dash for Cash" in which $300 will be spread around the field and children ages 10 and under will be turned loose to music to gather as much as they can.

Walmart has donated several gift certificates, including a $250 certificate for the 2,177th fan. There will also be drawings for ב riot baseball team returns to the RMAC.

The people on meal plans have to get dinner that right over at the ballpark," Hanks said. The barbecue is open to the public.

During the middle of the fifth inning, Alpine Bank is sponsoring a "Dash for Cash" in which $300 will be spread around the field and children ages 10 and under will be turned loose to music to gather as much as they can.

Walmart has donated several gift certificates, including a $250 certificate for the 2,177th fan. There will also be drawings for Rockies tickets and free peanuts for every person who attends the game.

"We just picked one of the last series of the year. We get into better weather because it's going to be a night game. We are trying to make our mark in the National Collegiate Athletic Association attendance record books," Hanks said.

"Please see RECORD, page 14
**People ask ‘Who are the Outlaws?’**

Lynn Jett  
Special to the Criterion

That’s a question that has been on many minds since the avalanche of Outlaw flyers have recently decorated Houston Hall. Not being one to enjoy ignorance, I decided to find out who they were. The Outlaws are a semi-professional football team that is governed by the Colorado Football Conference. (These players won’t take anything away from our Mavs as they do not even play in the same league.) On my fact-finding expedition, I had to go deep undercover. I had to call upon all of my investigatory skills; I had to... call the number off the flyer. So anyway, I spoke with Donnie Holmes, assistant coach and player for the Outlaws. (We like him, guys — he used to be a Mav.) He also played for six years in the National Football League.

“The Outlaws are a family—we’re a bunch of guys whose love for the game didn’t fade after high school, college or the NFL,” Holmes said of the team. “Our mission is to bring respectability to the Western Slope, as training camp meaning if you call or show up at Redlands huh guys?) Holmes went on to say, “We have a lot to prove.”

The Outlaws will begin their third season of play in the Foothills division with their opening game at 8 p.m., May 6, at Stoker Stadium. The semi-pro group is accepting sponsorships and players for their summer season in the Grand Junction area. Players must be 18 years or older and dedicated in order to join the squad.

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**MESA STATE FALL/WINTER SPORTS YEAR IN REVIEW**

**FOOTBALL** - 6-5 overall, 4-4 RMAC  
Big wins: MSC 52, Panhandle State University 7 (September 4, 1999 @ Stucki Stadium)  
MSC 26, Fort Hays State 14 (October 9, 1999 - Homecoming)  
Leading Rusher: QB Andy Coryell (805 yards)  
Leading Passer: QB Andy Coryell (60-138 for 966 yards, eight TDs)  
Tackles Leader: LB Paul Foreman (92, eight for a loss)  
Sacks Leader: DE Jordan Sweet (11)

**VOLLEYBALL** - 12-17 overall, 9-10 RMAC  
Big win: MSC defeated UC-Davis, 3-2 (September 3, 1999 in Davis, Calif.)  
Kills Leaders: OH Lindsay Dumas and MH Jeannette Croachie (270)  
Assists Leader: S Erin Peack (1,125)  
Digs Leader: OH Lindy Casselman (293)  
Blocks Leader: MH Jeannette Croachie (84)

**SOCCER** - 9-10 overall, 5-7 RMAC  
Big win: MSC 3, Metro State 2 OT (October 29, 1999 @ Dixon Field)  
Goals Scored Leader: MF Annie Brewster (6)  
Assists Leader: MF Brianna Figal (6)  
Points Leader: MF Brianna Figal (14)  
Saves Leader: G Danielle English (67)

**MEN’S BASKETBALL** - 17-11 overall, 12-7 RMAC  
Big wins: MSC 66, Western State 57 (February 15, 2000 in Gunnison)  
MSC 71, Southern Colorado 68 OT (March 3, 2000 in RMAC tournament semifinals)  
Scoring Leader: G Dutch Johnson (397, 14.2 average per game)  
Field Goal Pct. Leader: F Jeff Boese (.534 - minimum 100 attempts)  
Rebounding Leader: G Dutch Johnson (151, 131 defensively)  
Assists Leader: G Eric Bryant (64)

**WOMEN’S BASKETBALL** - 17-10 overall, 13-6 RMAC  
Big wins: MSC 66, N.M. Highlands 54 (February 11, 2000 @ Brownson Arena)  
MSC 80, Western State 70 (February 15, 2000 in Gunnison)  
Scoring Leader: C Telli O’Day (379, 14.0 average per game)  
Field Goal Pct. Leader: Allison Gordon (.473 - minimum 100 attempts)  
Rebounding Leader: C Susan Luccke (234, 177 defensively)  
Assists Leader: G Jennifer Montoya (67)

**Maverick athletics end and begin the millennium**

Ryan Keim  
Asst. Sports Editor

Another year has come and gone for Mesa State athletics, and it is time to look back on the year each sport and its athletes have had. The Maverick football team jumped out to a 2-0 start and finished with its first winning season since 1990. A major highlight during the season was ending a six-year losing streak in Homecoming games with a 26-14 victory over Fort Hays State. The Lady Maverick volleyball team did not have the best of seasons, as the year closed with the Lady Mavs in eighth place in the Rocky Mountain Athletic Conference. A couple bright spots for the Lady Mavs were their winning record at home and that everyone on this year’s team will be back next year.

The Lady Maverick soccer team did not experience the success that it had over the last two years, but 17 freshmen and sophomores will be looking to regain the soccer team’s success next season.

The men’s and women’s basketball teams both captured 17 wins over the course of the season, while each won the RMAC West Division. The Lady Mavs ended their season quicker than expected with a first-round loss to Regis University, while the men were only one victory away from reaching Division II’s regional tournament. The Maverick baseball team is currently in third place in the RMAC, but still has a chance to overtake Metro State for the second seed in the conference tournament.

The Lady Maverick softball team has 18 more wins than last year and will go into the RMAC tournament as the #2 seed. It was a tough season for the men’s and women’s tennis teams this season and, unfortunately, it ended with both teams being eliminated in the first round of the RMAC tournament. Wrapping it up, the women’s golf team found success with two top-three finishes and one sixth-place finish.

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Photo courtesy of Lynn Jett

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Please see OUTLAWS, page 14
more into the traditional baseball season in the spring, so it's easier to get fans' out," Hanks said.

Currently the Mavs hold the single date, regular season attendance record with 2,005 fans. This was set during last year's drive for the single date on campus record. Mesa State won that game against the Regis University Rangers, 3-2 in 10 innings. Come out and support the Mavs as they host New Mexico Highlands and try to become part of history. Tickets for the game are $5 for adults and $3 for children ages 12 and under. All Mesa State students, faculty and staff get in free with their gold cards.

**MESA STATE SPRING SPORTS YEAR IN REVIEW**

**BASEBALL**
- 30-22 overall, 14-10 RMAC
  - Big wins: MSC swept Fort Lewis College in a four-game series, outscoring the Skyhawks, 46-1 (March 25-26 @ Bergman Field)
  - MSC split a series with the division-leading Lopers of Nebraska-Kearney (April 1-2, 2000 in Kearney, Neb.)
  - Batting Leader: C'Anthony Bonacquista (.447)
  - Home Runs Leader: OF Guido Schena (9)
  - RBI leader: P/DH Bill Weinbrecht (36)
  - Pitching Leaders: Anthony Lopez - 7-3 with a 2.98 ERA and 34 strikeouts
    - Mike Herman - 7-4 with a 3.65 ERA and 57 strikeouts

**SOFTBALL**
- 38-10 overall, 28-8 RMAC
  - Big wins: MSC swept Colorado Christian, 5-4 (April 20, 2000)
  - MSC won Shotgun Trophy series against the University of Northern Colorado, 3-1 (February 26-27, 2000 @ Suplizio Field)
  - MSC 24 University of Utah 10 (March 3, 2000 @ Suplizio Field)
  - Batting Leader: C'Anthony Bonacquista (.447)
  - Home Runs Leader: OF Guido Schena (9)
  - RBI leader: P/DH Bill Weinbrecht (36)
  - Pitching Leaders: Anthony Lopez - 7-3 with a 2.98 ERA and 34 strikeouts
    - Mike Herman - 7-4 with a 3.65 ERA and 57 strikeouts

**MEN'S GOLF**
- Top finishes as a team:
  - Third place at the Bear Spring Invitational (April 16-17)
  - Sixth place at Bronco Spring Invitational (March 13-14)
  - Third place at the District Championship (April 28-29)

**WOMEN'S GOLF**
- Top finishes as a team:
  - Fifth place at the District Championship (April 28-29)

**MEN'S TENNIS**
- 1-7 overall, 1-5 RMAC
  - Defeated Colorado Christian, 5-4 (April 20, 2000)

**WOMEN'S TENNIS**
- 3-4 overall, 2-4 RMAC
  - Defeated Colorado College, 5-4, Fort Hays State, 9-0, and Colorado Christian, 5-4.

**GOLF**
- Top finishes as a team:
  - Third place at the Bear Spring Invitational (April 16-17)
  - Third place at the District Championship (April 28-29)
  - Sixth place at Bronco Spring Invitational (March 13-14)

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**OUTLAWS,**

Middle School at 6 p.m. on Tuesday or Thursday nights, you can attempt to become an Outlaw. The "try-outs" end after everyone plays in the first two games that take place in May. After that, it is decided whether or not the players have earned a uniform. Another plus is that the games are scouted by the NFL.

Damian Gilbrunt, a retired Mavs' player, said, "Our biggest problem is coming up short with the number of players. If you want to knock some heads, have fun and commit to the game, then the Outlaws have a place for you." For more information, you can call Jerry Harris at 241-5666.
Wednesday, May 3, 2000

Classifieds

Classified advertisements are free to students for the first 25 words! While this is the last issue of the Criterion until next fall, stop by the Criterion office in the College Center, Rm. 113 next year to place an ad.

Help Wanted

Work for Steamtunnels Magazine

If you like to work with your hands, you could work for an award-winning magazine in the redlands. Steamtunnels magazine is a printed insert in your college newspaper and on a web site (www.steamtunnels.com) with local links for your college and cross links with over 120 colleges, and our magazine has a circulation of over 1.5 million readers.

Steamtunnels is hiring Campus Representatives in each of its affiliated colleges. The Campus Representatives will provide weekly e-mail updates, local links, and photographs of jobs available on Steamtunnels.net.

Campus Representatives should have a good understanding of college culture and political stance, and be well grounded in basic computer skills, including Internet and email.

Campus Representatives will work approximately 3-5 hours/week, and will be paid a $70-100 weekly salary.

Anyone interested in applying to be a Steamtunnels Campus Representative should email their resume and cover letter to jen@steamtunnels.com, or fax to (719) 577-9885.

Help wanted: M.S. Graduate, Marketing Dept., is now accepting applications for summer employment. Apply at Fasilitcs Dept., 1175 Texas.

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For Sale

Photography by Jack Heiniford 970-523-9200, heiniford@bg.net


Ponder American Standard Stret, brand new, fixed bedhead. Ashley furniture Maple floorbed $500, Call Jike 854-8754.

Bedroom set: Queen sized waterbed set with headboard, mattress, two dressers, and TV stand. Must sell! Call Brandon 526-3517.

8 month old futon selling for $105, originally $400. Green Condition! Must and moving to long in a week. Call 245-8935 for details.

Embrosera Tetorium, 133 Mibe, 31424 H0, 33435, 16MB Seaberry built textile with sewing machine, 325-365-3645, and a computer, dishes, beds, and other items. Contact @248-9158.

Huge Moving Sale! May 5-8 from 9 am to 5 pm. Serious items include: dressers, entertainments, picnic computer, chrome dishwasher, dishes, appliances, baby clothes, movies, etc. Will negotiate must go! 3140 Walnut Ave. #17.

Need extra cash? Tired of paying rent? Want to build equity? Buy your own land/today by buying a house, condo, or town home and renting out extra rooms to the roommates of your choice. Many houses to choose from. Call today! Meg Owen, Mike Keller, Keller Williams Reality, 970-525-2801.

Cheap car: '94 Chev Cavalier, clean, runs OK, a little noisy $250 OBO. Call John at 245-9153.

For Sale: Parallel port scanner $30, antique love seat $100. 434-4999 after 6 p.m.

Summit Child Care wanted: 3-4 days/weeks for 3 and 10 year old in the Redlands area. Must have a car. Call evenings 265-5751.

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Must be able to work nights, weekends and holidays.

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To get the best results from exercise, it is important to remain in your target heart rate. This is when your body burns the most fat and your heart gets the greatest workout.

Use the chart to find your target heart rate. The screened area between not fast enough and too fast is your target heart rate. The normal heart beats between 65 to 70 beats per minute. To exercise your heart, you need to make it beat faster than its normal rate, but not so fast that it is unsafe.

For example, for a thirty year old man the target is 115—160 beats per minute. In other words, for a thirty year old man to get the full benefit of his exercise, his heart needs to beat at least 115 times a minute, but no more than 160 times a minute.

Learning how your body feels
There are two ways to find whether or not you are in the range of your target heart rate. Both are simple and practical to know.
Begin by taking your pulse:
\(\checkmark\) Use a watch with a second hand.
\(\checkmark\) Count your heart beats before exercising.
\(\checkmark\) Immediately before or after stopping your exercise, place one or more fingers on one side of your Adam's apple or inside your wrist at the base of your thumb. Find your pulse beat. Count your pulse for six seconds. Add a zero to that number to get your heart rate. (Thirteen beats in six seconds would be 130 beats a minute.)

Take your pulse often during the first few weeks before exercise, in the middle and again immediately after you stop exercising.

As you exercise and take your pulse, you will gradually learn another way to tell if your heart rate is in your target—by experience.

After a while, you will know if you are in your target range by how your body feels.

When you are in your target, you will be breathing hard, breaking into a sweat, but feeling good and able to continue for twenty minutes.

If your heart rate is too low to be in your target, you will not feel as if you are working very hard. If it is too high to be in your target, you will have to stop to catch your breath or rest. When you have a good sense of how it feels to be in your target, you probably will not need to take your pulse more than once a week.

This article is not intended to provide individual advice which should be obtained directly from your health care professional.

FINDING YOUR TARGET HEART RATE

Above row \(\checkmark\) your heart is beating too fast
(a) 170 165 160 155 150 145 140 135 130
\(\downarrow\) YOUR TARGET HEART RATE \(\uparrow\)
(b) 120 120 115 110 105 100 095
\(\downarrow\) Below row \(\checkmark\) your heart is beating too slow
\(\downarrow\) 70 Resting heart rate

Campus Recreation Services wishes all students good luck with final exams and a fun, healthy summer.