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Banner News

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Lacy Stevenson, Stacey Walker, Jessica Kinnetz, Lori Harvey, Derrick J. Roffman, and Cainon Leeds

Banner News

Your Life, Your Campus, Your News

Order Up! Cafe starts second semester



Students and staff wait in line to order from the Campus Cafe.

Photo by Lacy Stevenson

By Lacy Stevenson
Staff Writer

The Campus Café is now in its second semester under new management and the menu has expanded to include fried foods.

“It was a rough start to the first semester,” said Jason Vine, manager of the Café. “This semester should be a lot better due to new additions to the menu.”

The addition of a new fryer has allowed new food items to be available including tenderloins, pizza burger, mozzarella sticks, shrimp, onion rings and fried pickles.

Keil Stangland, a student of DMACC who has been a customer of the Cafe said, “I like the menu choices, I am glad that they have Nesquik Chocolate milk, and it is kind of expensive but it is a college and Iowa State is also expensive.

Changes in the Café were made last year because the operation was losing money, said Tom Lee, provost at the Boone campus.

The new company is Consolidated Management Company. “The college wanted a different way to serve our students and campus but at the same time not to lose money,” Lee said.

Going through this company was the best choice for the campus, he said.

The college provides a place for Consolidated Management to cook from and run their business and in exchange they don't

charge DMACC for providing the service, therefore there is no cost to the college.

Lee said “In my opinion they are doing a nice job, have been great listening to students and faculty members about menu selection.”

The Café has done most of the catering for campus events and meetings.

Lee said he is pleased with what they are doing.

Along with Vine, two other employees work at the café, one of them being a student of DMACC who works part-time, said Vine.

The café has the same menu each day along with a different special that is offered.

Prices for the menu are based off those that are at the DMACC Urban Campus, which uses the same company and offers similar items, Vine said.

Lee said some might think it can be a little expensive, “but we hope that the quality of the food makes up for the extra cost.”

The food that is prepared in the café is made right in front of the customers.

Vine said throughout the semester he has gotten to know a few regulars and many students have opened up.

There is a suggestion box near the café window for anyone to give constructive criticism and opinions regarding the café.

One change to the café is the hours. It used to be open until 6 p.m. and now it closes at 3 p.m.

“I'm hopeful they will be back for next year,” Lee said.

Use of campus food pantry down

By Stacey Walker
Editor-in-Chief

Usage of the DMACC food pantry has been down.

“We would love to see more people take advantage of what we have to offer here,” said Jane Martino.

Students are encouraged to access the food pantry at any

time.

“We want students to know that they don't have to be starving in order to receive items from the pantry. We will provide students with supplies without asking any questions,” said Martino.

The food pantry is stocked with cereals, pastas, and canned food items.

While food items are available, students also have access

to toiletries such as deodorant, shampoo and Kleenex.

“As of right now we don't get donations on a regular basis. We were successful with our fundraising this fall, but we're open to accepting contributions”

Anyone with questions about taking from or replenishing the pantry itself should contact Jane Martino, Nancy Woods or Maggie Stone.

If you didn't have class on February 29th, what would you do with your leap day?

Mia Pierson

Jeremy Sigmund

Ashley Martin

Carol Petersen

Andrew Murphy



If there was still snow on the ground, I would definitely go sledding and also play lazer tag.



I would sleep in and do nothing.



I would probably stay in bed, watch basketball and “Big Bang Theory.”



I would stay at home and catch up on things that need to be caught up on.



Fix up my 1981 Datsun 280zx turbo and work on on a computer game my friends and I are making.

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Athletes feng shui



Photo by Jessica Kinnetz

Members of the men's basketball team watch the womens game and listen to music to get ready for their game against NIACC. Having a routine such as listening to music is common for athletes. Many believe that the key to their succes depends on following the same pattenen

By Jessica Kinnetz

Staff Writer

Some may think DMACC softball player Kenzie Alstott is out in left field, but before every game she has to do everything "right."

"I have to put my right stuff on before my left," she said.

Right sock first. Then left. Right ankle brace first. Then left. Right shoe first. Then left.

Alstott, like many athletes, has her own pre-game custom that she feels like she has to follow to succeed.

And it doesn't stop with the right and left. She also follows a specific routine when up to bat.

"When I'm in the on deck circle I have to take eight cuts. Before I go to bat, I have to take three swings around and the three actual swings."

Alstott believes her routine has a direct impact on her success. "I think it's all in my head," she said. "And if I don't do it, I think about it and won't get a hit."

DMACC Psych instructor Jan Martino said she thinks that all people, not just athletes go about things in a certain way or follow pattern that is familiar and consistent.

She said anytime we have a complex task, such as batting we might follow a specific approach. For athletes it's more noticeable.

"They have a set pattern from the dugout to batter's box. Athletes visualize a pattern and repeat it. Second it's a training mechanism. It really improves performance and gives us a sense of control. Valid or invalid it's that thought of control."

Basketball player Ashley Hagedorn doesn't have actions but set clothing.

"I have to wear the same headband and pony tail."

Ann Kennedy who teaches psychology at DMACC and has her own counseling practice in Ames said we have superstition because we look for reasons to explain our success.

"It's not ok to say I worked really hard to do this, we're conditioned not to say this."

We're taught not to brag, she said. Like having the same pair of socks or whatever works, instead of not saying "I'm good at...".

Athletes aren't the only ones who do this. Some coaches are known for having more superstitious acts than the actual athletes.

When softball Coach Bob Ligouri gets on winning streaks he always wears the same clothing he did when they started that streak, plus he always has to hand the ball to the pitcher.

"I think if you play a sport when you grew up we just come a custom to these things. Its kind of a fun thing actually."

Head women's basketball coach Steve Krafcsin said there are several things that he does before a game.

First he listens to the Allman Brothers band sometime during the day. Then before the team leaves the locker room, he shakes the hands of his assistant coaches

One the game stats he never watches the tip.

"I have a piece of gum in hand and I unwrap it. I watch it until it's in my mouth. Then I will look up."

Psych instructor Sean Taylor said these types of patterns give us a sense of control.

"There is so much stuff out there that is out of our control," he said.

"We put on our shoes and think I have a little control over my life now."

Patterns of DMACC players

Baseball player Xander Morris:

"I eat the same meal every home game. I have to draw an X with a bat in the batter's box. And if miss a pitch I look at the left field foul pole."

Softball player Jayden Ott:

she said she starts the day by getting dressed in a certain order. First right sock then left, compression shorts, jersey, then pants. She has to wear at least two sweatbands somewhere on her body. She has to pack and unpack her bat bag every night to make sure she has everything. On Game days she has to tie the right cleat tighter than the left one. When batting she has to put both batting gloves on, then Velcro them. Whenever she catches, she has to sweep the catcher's box clean because she

doesn't want the other catcher's footprints in there when she's playing and to get a level ground. When at the plate she has to put her back leg in first, touch far side of the plate with the bat and then spin the bat twice and twist it in hand and then point it towards the pitcher. She only does this the first time at every at bat. "My focal point is HOME on the scoreboard no matter what location we play at. I do all these things because somewhere in my career I did things like that and got success with it. I feel as if I don't do it, it will cause me to have a bad game and as long as I do what I did when I succeed I will be successful."

Baseball player Blake Schmit: "I make sure shoes are tried perfectly, like quadruple tied."

Softball player Meghan Daley:

she said her shoelaces have to be tied very tight, her socks have to be perfectly folded down right below the knee. And her hair has to be really tight and then she feels like she's ready to play.

Baseball player Aaron Overbeck:

"I step on home plate when I come into the dugout and I take off my glove at the same time. Also, when I go out onto the field I do the same thing but put my glove on. I touch third base, thank the Lord and look at the sky. During the National Anthem, I say a prayer. If I don't, I feel like I'm going to do bad."

Volleyball player Jordan Leehy:

She doesn't have a pattern to follow. "Every time I try to be superstitious, something goes wrong."

Baseball player Collin Keefe:

He said he never steps on the line.

Golfer Nick Hanton:

he marks all his golf balls with F13. He does this for his cousin who died. Before he goes to tee-off, he spaces himself away from everyone and has a moment.

Volleyball coach Patty Harrison:

"We always go in the locker room as a team and have a moment of silence. We come together as a group and if we can't find a locker room we find a corner or somewhere we can be alone."

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Interested in writing for
the Banner News?

Contact Stacey Walker,
Editor-in-Chief, at
bannernews@dmacc.edu

Bear Briefs

Family Beach Party

There will be a beach party on Sat., March 3 from noon to 1 pm in the Courter Center. It is free to all DMACC students, faculty, staff and your families. There will be free hotdogs and pop for the first 100 people and prizes given for hula hoop and limbo contests. Those who attend this event will receive free admission to the DMACC women's and men's basketball following the party.

If you have any questions regarding this event, contact Steve Krafcsin at sjkrafcsin@dmacc.edu. To learn more about the party, go to www.daverudolf.com. This event is sponsored by the Student Activities Council.

Karaoke

Meet up in the Courter Center with your friends for some good old singing on March 8 from 11 am to 1 pm.

The Students Activites Council will be sponsoring free karaoke. Those who participate will receive a \$3 coupon to the Campus Cafe.

Volleyball Contines

The four on four league will be continuing with another match on March 1, 5 and 8. These will start at 9 pm and will take place in the Boone Campus Gym.

Those who participate in four events, will receive an intramural t-shirt.

This event is sponsored by the Students Activiteis Council.

It's a bug, it's a bird, it's a plane

There will be a paper plane contest on March 7 from 11 am to 12:30 pm. This will be taking place in the Courter Center.

Participate in four events and receive an intramural t-shirt. This event is sponsored by the Students Activities Council.

Four!!!!!!

There will be a golf putting contest on March 14 from 11 am to 12:30 pm in the Courter Center.

Participate in four events and receive an intramural t-shirt. This event is sponsored by the Students Activites Council.

DMACC Documentary Series to present "Papers"

"Papers," a revealing documentary focusing on the undocumented youth and the challenges they face as they turn 18 without legal status, will be shown in the Boone Campus Theatre on March 12 at 7 pm. A brief discussion will follow the film.

Valentine's Day candy jar guess results

The winners of the candy jar guess are: first place - Stacey Walker, second place - Anju Lam-sul, third place - Tammie Foltz.

There were 67 candies in the jar. The highest guess was 417 and the lowest was 31.

Money Talk Workshop

The Money Talk workshop will be held every Thursday, March 1 - 29. They will be at 8:30 at the First United Methodist Church in Boone.

Because of generous local support, the registration is only \$35 (statewide standard price is \$75).

The five topics are financial basics, insurance essentials, retirement realities, investment fundamentals and legal preparedness.

Iowa New Choices offers assistance to single parents and displaced homemakers

If you are a single parent or displaced homemaker (separated, divorced, widowed, or spouse disabled), there could be assistance available to you as a Boone Campus student.

Iowa New Choices, the Single Parent/Displaced Homemakers Center, may be able to offer assistance with child care and transportation costs.

Program coordinator, Maggie Stone, may also be aware of other programs which might be of assistance. Stop by room 124 and visit with Maggie if you have questions or feel that you might qualify. Office hours are Monday - Thursday 8 a.m. - 4:30 p.m.



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Sports Blurbs

Keefe Leads DMACC Baseball Team to Sweep of St. Louis CC


Sophomore Colin Keefe of Woodbury, Minn., had four hits, including three home runs, and drove in five runs to lead the DMACC baseball team to a 17-11 win over St. Louis Community College Feb. 19 at St. Louis, Mo.

DMACC Women's Basketball Team Falls to Kirkwood CC, 60-45

The DMACC women's basketball team suffered through one of its worst halves of the season and ultimately dropped a 60-45 decision to Kirkwood Community College (KCC) on February 18 at the DMACC gymnasium.

DMACC Men's Basketball Team Drops 75-71 Decision to KCC

The DMACC men's basketball team got a 26-point effort from sophomore Nate Mason of Cincinnati, Ohio, en route to a 75-71 loss to Kirkwood Community College (KCC) February 18 at the DMACC gymnasium.



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Upcoming Events

<p>Women's Basketball Mar. 3, 1 p.m. Ellsworth at Boone</p>	<p>Men's Basketball Mar. 3, 3 p.m. Ellsworth at Boone</p>	<p>Baseball Mar. 3, 1 p.m. Crowder at Neosho, MO</p>	<p>Softball Mar. 4, 2 p.m. Ft. Scott at Ft. Scott, KS</p>	<p>Softball Mar. 11, 9 a.m. Cowley County at Broken Arrow, OK</p>
<p>Women's Basketball Mar. 6, 7 p.m. Regional XI Quaterfinal @ TBA</p>	<p>Men's Basketball Mar. 6, 7 p.m. Regional Quarterfinals @ TBA</p>	<p>Baseball Mar. 4, 1 p.m. Crowser at Neosho, MO</p>	<p>Softball Mar. 10, 11 a.m. Barton County at Broken Arrow, OK</p>	<p>Softball Mar. 11, 3 p.m. Garden City at Broken Arrow, OK</p>
<p>Women's Basketball Mar. 9, TBA Region XI Semifinal @ Marshalltown</p>	<p>Men's Basketball Mar. 8, TBA Regional Semifinals @ TBA</p>	<p>Baseball Mar. 10, 1 p.m. MCC - Longview @ Lee's Summit, MO</p>	<p>Softball Mar. 10, 1 p.m. Seminole State at Broken Arrow, OK</p>	<p>Softball Mar. 11, 5 p.m. Northeastern OK A & M at Broken Arrow, OK</p>
<p>Women's Basketball Mar. 10, TBA Region XI Championship @ Marshalltown</p>	<p>Men's Basketball Mar. 10, TBA Regional Championship @ TBA</p>	<p>Baseball Mar. 11, 1 p.m. MCC - Longview@ Lee's Summit, MO</p>	<p>Softball Mar. 10, 5 p.m. Allen County at Broken Arrow, OK</p>	

Meet the Stars of "The Importance of Being Earnest"

Sean Hanlin



Sean Hanlin, 19, is playing Algernon. He is a freshman here at DMACC and is currently starring in his second play here. He is liberal arts major and is planning to find a four-year school to transfer to after DMACC. He is currently employed at Papa Murphy's. Hanlin enjoys writing and acting. When asked why he tried out for the play, he said that he really likes to act. "I think that this play is really, really nice."

Matt Beyer



Matt Beyer, 24, is playing Jack. He is a freshman here at DMACC and is currently starring in his second play here. He is a history/art history major and is planning on finishing his bachelors and starting his masters after DMACC. He is currently employed at Hy-Vee. Beyer enjoys playing the piano and shopping. When asked why he tried out for the play, he said that he wanted to see everyone again. "I love the puns against civilized society."

Nate Andersen



Nate Andersen, 20, is playing Lane. He is a sophomore here at DMACC and is currently starring in his second play here. He is undecided in his major and is planning to go into the National Guard after DMACC. He is currently employed at the Tik Toc. Andersen enjoys playing video games. When asked why he tried out for the play, he said that he loves theatre and it is a lot of fun. "I think that it is good to get away from murder/mystery."

Rachel Davis



Rachel Davis, 20, is playing Lady Bracknell. She is a sophomore here at DMACC and is currently starring in her fifth play here. She is a nursing major and is planning on going to nursing school after DMACC. Davis enjoys reading, sketching and hanging out with friends. When asked why she tried out for the play, she said it was because she always does. "I really like the British accents in this play."

Abby Brouwer



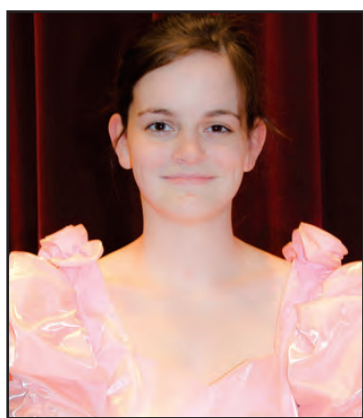
Abby Brouwer, 20, is playing Gwendolen. She is a freshman here at DMACC and is currently starring in her first play here. She is an elementary education major and is planning on becoming a teacher after DMACC. She is currently employed at the Pizza Ranch in Ames. Brouwer enjoys playing video games. When asked why she tried out for the play, she said that she really likes this play. "This play is really funny and is very quick paced."

Rachel Baldus



Rachel Baldus, 20, is playing Miss Prism. She is a sophomore here at DMACC and is currently starring in her third play here. She is undecided in her major and is planning on transferring to UNI after DMACC. She is currently employed at ACE Credit Union in Ames. Baldus enjoys writing and reading. When asked why she tried out for the play, she said that Rachel Davis made her do it. "This play is rather witty."

Kodie Butterfield



Kodie Butterfield, 20, is playing Cecily. She is a freshman here at DMACC and is currently starring in her second play here. She is a human services major and is planning on transferring to UNI after DMACC. She is currently employed at Hy-vee in Boone. Butterfield enjoys fishing, boating and going for walks. When asked why she tried out for the play, she said that she was bored. "It is a lot different than last semester's play and it's a lot of fun."

Nick Bassett



Nick Bassett, 19, is playing Rev. Chasuble. He is a freshman here at DMACC and is currently starring in his first play here. He is an elementary education major and is planning on transferring to Iowa State after DMACC. He is currently employed with helping out on the family farm. Bassett enjoys hunting, fishing and playing adaptive sports. When asked why he tried out for the play, he said it was because he loves to act. "The dialogue is hard in this play, but I like the challenge of it."

Brett Edmundson



Brett Edmundson, 25, is playing Merriman. He is a freshman here at DMACC and is currently starring in his first play here. He is a liberal arts major and is planning to transfer to Iowa and pursue a career as a physician's asst. after DMACC. He is currently employed with the United States Army. Edmundson enjoys snowboarding, reading and playing guitar. When asked why he tried out for the play, he said that he thought it would be a lot of fun. "I really love the wording. It is hilarious and witty."

Chris Shannon



Chris Shannon is playing the Footman. He is currently involved with his fifth play here at DMACC. He is a business administration major. Shannon enjoys being in the plays, Phi Beta Lambda, facebook and selling stuff on Ebay. When asked why he tried out for the play, he said that it is something that he loves to do while he is here at DMACC.

Kevin Langel



Kevin Langel, 19, is one of the assistant directors. He is a sophomore here at DMACC and is currently involved in his fifth play here. He is a journalism major and is hoping to transfer to Iowa State in the fall. He is currently employed at The Lucky Pig Pub and Grill in Ogden. Langel enjoys playing the piano/trumpet, reading and hanging out with friends. When asked why he tried out for the play, he said that he wanted to be a part of another show. "I think that this play has some really good verbal humor."

Stephanie Clemons



Stephanie Clemons, 19, is one of the assistant directors. She is a sophomore here at DMACC and is currently involved with her second play here. She is a nursing major and is planning on starting a career as a RN after DMACC. She is currently employed as a work-study student here at DMACC. Clemons enjoys jet skiing, camping and spending time with family. When asked why she tried out for the play, she said it was because she was doing it as her work-study job. "I like the verbal humor of this show."

Kay Mueller



Kay Mueller is the director. She is in her 27th year of teaching speech and drama here at DMACC. She picked this play because it is a classic and she has seen it many times. "It is an excellent play and I believe the audience will have to listen harder because the witticism is in the lines." Mueller is currently starring in the show, "Father of the Bride," down at the Ankeny Community Theatre. She is playing Mrs. Banks, the mother of the bride. The show is April 13-29.

The DMACC Boone Campus Drama Dept. will be presenting their spring production, "The Importance of Being Earnest," on March 9 and 10 in the Boone Campus Theatre. The show will begin at 7:30. Admission is \$5 per person and is free to DMACC students with their DMACC One Cards. The show is in three acts, so intermission will be after act two, where refreshments will be served.

The cast and the directors have been working extremely hard over the past month to build the set, block each scene and memorizing their lines to make the play a success.

**Contributed Photos
Page done by Kevin Langel**

**We hope you will
enjoy the show!**



Photo by Kevin Langel

DMACC's Ann Walker goes up for the layup back on Feb. 18 when the Bears hosted the Eagles of Kirkwood. The Bears couldn't pull past the Eagles, losing the game 64-45.



Photo by Kevin Langel

DMACC's Cole Martin goes up for the layup back on Feb. 18 when the Bears hosted the Eagles of Kirkwood. The Bears couldn't pull past the Eagles, losing the game 75-71.

Sports Briefs

DMACC men's basketball team in easy win over Clinton CC, 59-42

The Des Moines Area Community College men's basketball team opened up a 27-13 advantage at halftime and coasted to an easy 59-42 win over Clinton Community College February 15 at Clinton.

DMACC women's basketball team suffers 78-53 loss to SECC

DMACC - The Des Moines Area Community College (DMACC) women's basketball team fell behind 37-22 in the first half and dropped a 78-53 decision to Southeastern Community College (SECC) February 25 at Keokuk.

With the loss, the Bears fell to 21-6 overall and 10-4 in the Iowa Community College Athletic Conference (ICCAC).

Freshman Jordan Wood of Monroe led DMACC with 12

points. Freshman Maci Robeoltman of Rockwell and sophomore Sam Thrapp of Davenport contributed 10 points apiece to the DMACC attack.

The Bears had a 40-39 advantage in rebounding with sophomore Joscelyn Coleman leading the way with 10 rebounds. Wood added seven and Robeoltman and sophomore Kelsey Coots of Bettendorf had five rebounds apiece. Sophomore Ann Walker of Exira dished out a team-high five assists

and Wood blocked three shots and had two steals.

The Bears were hurt by 25 turnovers and connected on just three of 20 attempts from three-point range. SECC, which improved to 23-5 and 10-4, was 10-of-26 from beyond the arc and drained 20 of 25 free throw attempts.

DMACC faces Iowa Central Community College (ICCC) February 29 at Fort Dodge.

DMACC women's basketball team defeats NIACC, 68-52

DMACC - Sophomores Joscelyn Coleman of Shenandoah and Ashley Hagedorn of Irwin combined for 30 points to lead the Des Moines Area Community College (DMACC) women's basketball team to a 68-52 win over North Iowa Area Community College (NIACC) February 22 at the DMACC gymnasium.

Coleman scored 17 points and Hagedorn added 13, including four three-point baskets, as

the Bears improved to 21-5 overall and 10-3 in the Iowa Community College Athletic Conference (ICCAC).

Hagedorn connected on three three-pointers in the first half, helping DMACC to a 40-20 advantage at halftime, and the Bears controlled the tempo throughout the second half. Sophomore Sam Thrapp of Davenport scored nine points and had four assists for DMACC and

freshman Jordan Wood of Monroe scored nine points, grabbed 10 rebounds and blocked two shots. The Bears had a 45-37 advantage in rebounding with Hagedorn and Coleman getting eight rebounds apiece.

DMACC sophomore Ann Walker of Exira tallied eight points and dished out a team-high six assists and Hagedorn came away with four steals.

Balanced scoring lifts DMACC men's basketball team by NIACC

DMACC - Sophomore Nate Mason of Cincinnati, Ohio, led six players in double figures with 20 points as the Des Moines Area Community College (DMACC) men's basketball team handed North Iowa Area Community College (NIACC) an 88-84 loss February 22 at the DMACC gymnasium.

Freshman LaTrece Russell of Naperville, Ill., scored 16 points, sophomore Kurtis Phillips of Adelaide, Australia, had 15, sophomore Rico Saldana of New York City, N.Y., finished with 14, soph-

omore Cole Martin of Omaha, Neb., scored 13 and freshman Latrell Visor of Aurora, Ill., added 10 as the Bears improved to 22-6 for the season and 8-4 in the Iowa Community College Athletic Conference (ICCAC).

DMACC led throughout the game, including a 39-32 advantage at halftime. The Bears led by as many as 14 points in the second half before a late flurry by the Trojans made the game close in the final minutes.

Saldana grabbed 13 rebounds, including 10 defensive

boards, to lead DMACC to a 44-36 advantage in rebounding. Visor and Mason dished out seven assists apiece and Visor added four steals. DMACC shot 50 percent for the game (29-of-58). The Bears hit including 14 of 25 shots in the second half.

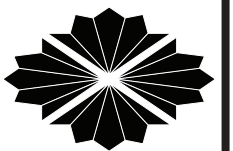
Dejoni Norris led NIACC with a game-high 22 points. The Trojans fell to 14-14 overall and 5-7 in the ICCAC.

DMACC is idle until February 29 when it travels to Fort Dodge to face Iowa Central Community College (ICCC).

Follow the link on the athletics page and now watch
a live broadcast of the game!
WWW.DMACC.EDU/ATHLETICS



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Extra! Extra



Celebrate leap year by learning some fun Feb. 29 facts. Why do we add 24 hours to our calendar every four years? And why the heck is it in February? Plus, learn what stories have leap year plots, what famous faces are "younger" than they look, your chances of having a leap year baby and more. But before you start reading, check out the leap year cocktail — best served on Feb. 29. Shake one up, sit back and read some extraordinary info about this extra day.

— Allison Baker and Jennifer Pritchard, McClatchy-Tribune

LEAP YEAR FACTS

■ Julius Caesar is said to be the "father of leap year." Ancient Egyptians created the basis for the modern-day calendar. But by Julius Caesar's time, it had slipped out of sync with Earth's seasons. The 355-day Roman calendar called for an extra 22- or 23-day month every two years to keep the seasons on track. So he decided to create a 365-day calendar, but the actual calculations were made by Caesar's astronomer, Sosigenes. Sosigenes added one extra day to every fourth February. Why February? It was the last month of the year in Roman times.

■ Anthony, Texas, is the self-proclaimed Leap Year Capital of the World. In 1988, the Chamber of Commerce in the little town on the border between New Mexico and Texas voted to sponsor the Worldwide Leap Year Festival and Worldwide Leap Year Birthday Club. Partiers celebrate with a parade, hot-air-balloon rides, a carnival and a gathering of people born on Feb. 29. To learn more about the festival go to www.leapyearcapital.com.

■ Greek superstition claims that bad luck will come to couples that marry during a leap year. Allegedly one in five engaged couples in Greece will avoid planning their wedding during a leap year.

■ Leap day is also when women were once officially allowed to step outside of tradition and propose to their beaux. According to legend, St. Bridget complained to St. Patrick in 5th century Ireland about women having to wait for so long for a man to propose. St. Patrick's solution was to allow women one chance that only came around every four years to take the initiative. In 1288 Scotland supposedly made the tradition a law and any man who declined a proposal in a leap year had to pay a fine ranging from a kiss to payment for a silk dress or a pair of gloves. Today Americans call this tradition "Sadie Hawkins Day," invented by Al Capp in his cartoon strip "Li'l Abner," but there is debate over whether it's Feb. 29 or Nov. 15 — the date the cartoon was first published.

LEAPLINGS

Someone born on leap day may be called a "leaping." They usually celebrate their birthdays on Feb. 28 or March 1 in common years.

BLESSING OR CURSE

Being born on leap day isn't always fun and games. In non-leap years certain countries legally recognize Feb. 29 birthdays on Feb. 28 or March 1, resulting in hassles with birth certificates, driver's licenses and entry fields on websites.

But many leap day babies report benefits to playing the "leap day card," receiving free meals, free admission and discounts.

FAMOUS BIRTHDAYS

In 1988, TIME magazine proclaimed Superman to be born on Feb. 29, making the superhero a leap day baby!

1980 — Simon Gagne, Canadian hockey player and NHL All-Star.

1976 — Ja Rule, American rapper and actor.

1972 — Saul Williams, American rap poet and actor.

1972 — Antonio Sabato Jr., Italian-born soap star whose credits include "The Bold and the Beautiful," "Melrose Place" and "General Hospital."

1968 — Bryce Eric Paup, football player, named NFL Defensive Player of the Year in 1995 and a four-time Pro Bowl selection.

1952 — Sharon Dahlonga Raiford Bush, America's first African-American weather anchor.

1944 — Dennis Farina, ex-Chicago policeman turned actor with memorable roles in "Get Shorty" and "Law & Order."

1940 — Billy Turner, a successful trainer of thoroughbreds including Seattle Slew, winner of the U.S. Triple Crown in 1977.

1940 — Gretchen Christopher, vocalist and songwriter who founded "The Fleetwoods," one of the '50s most popular doo-wop groups.

1936 — Jack Lousma, this astronaut was a crew member of the Skylab 3 flight in 1973 and Columbia Space Shuttle in 1982.

1932 — Newel Kay Brown, wrote the children's song, "I Hope They Call Me On A Mission," which every child in the Church of Jesus Christ of Latter-day Saints (often called Mormon) has sung since 1970.

1916 — Dinah Shore, American singer, actress and television personality.

1904 — Mr. Wolfe Plus 585 Sr., person with the longest official name. With a name for every letter of the alphabet, his full name is Adolph Blaine Charles David Earl Frederick Gerald Hubert Irvin John Kenneth Lloyd Martin Nero Oliver Paul Quincy Randolph Sherman Thomas Uncas Victor William Xerxes Yancy Zeus Wolfeschlegelsteinhausenberdorff Sr.

1904 — Jimmy Dorsey, prominent American jazz clarinetist, saxophonist, trumpeter and big band leader.

1736 — Ann Lee, founder of the Shaker movement, which she brought to America in 1776.

1712 — General Montcalm, hero of the French and Indian War.



CALENDAR EXPLAINER

A leap year is a year in the Gregorian calendar with one extra day added to the end of February, making the month 29 days long. The day was established to keep the seasons and the calendar in sync. A year is measured by the amount of time it takes the sun to return to the spot directly above the Earth's equator. Although it actually takes 365.2422 days, we round it to 365. But this results in an error of 0.2422 days, or almost 6 hours, per year. After 100 years this calendar would be more than 24 days ahead of the seasons, but leap day makes up for the inaccuracy. Years that end in "00" would only be a leap year if they are divisible by 400. So 1900 was not a leap year, but 2000 was.

BY THE NUMBERS

■ The chances of a leap birthday are 1 in 1,461 — long odds for getting the short end of the stick. Imagine waiting four years for your real birthday and hearing endless jokes about being 3 when you're really 12.

■ The longest time between two leap years is 8 years. The last time this happened was between 1896 and 1904 and it won't happen again until 2096 to 2104.

■ There were five Fridays in February 2008 — the month begins and ends on a Friday. Between 1904 and 2096, leap day occurs on the same day of the week every 28 years, so the last time February had five Fridays was in 1980 and next time will be in 2036.

■ According to the 2000 U.S. Census, there are about 200,000 Americans born on Feb. 29 and 4.1 million people worldwide.

■ Norway's Henriksen siblings are recognized by the "Guinness Book of World Records." The three siblings were born on three consecutive leap days. Heidi Henriksen, 1960; Olav Henriksen, 1964; and Leif-Martin Henriksen, 1968.

■ The Keogh family has three consecutive generations born on Feb. 29. Peter Anthony was born in Ireland in 1940; his son Peter Eric was born in the United Kingdom in 1964; and his granddaughter Bethany Wealth was born in the United Kingdom in 1996.

LEAP YEAR PLOTS

A leap year birthday plays an integral part in one of Gilbert and Sullivan's most famous operas — "The Pirates of Penzance." As a child, Frederic was indentured to a band of pirates until his 21st birthday.

But once the day arrives, the pirate king announces that Frederic has served only five birthdays, not the 21 required, because his birthday is Feb. 29. Here are some other leap year-related stories:

■ "Leopold's Long Awaited Leap Year Birthday," by Dawn Desjardins.

■ Disney's "Leap Day: No Bouncing, Jumping or Leaping Except on Leap Day."

■ "Leap Day," by Wendy Mass.

■ "The Leap Year Girl," by Berta Ruck.

■ "It's My Birthday ... Finally! A Leap Year Story," by Michelle Winfrey Whitaker.

■ "Leap Year Book," by Barbara Sutton-Smith.

THE LEAP YEAR COCKTAIL

The leap year cocktail was created by head bartender Harry Craddock in 1928 for the leap year celebrations at the Savoy Hotel, London. Author of "The Savoy Cocktail Book," Craddock wrote, "The drink is said to have been responsible for more proposals than any other cocktail that has ever been mixed."

■ 2 ounces gin

■ 1/2 ounce Grand Marnier

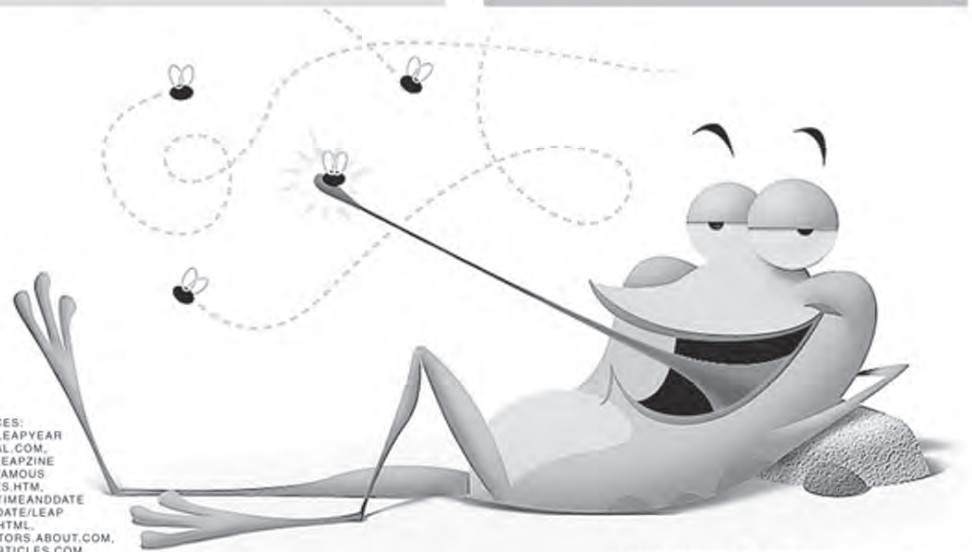
■ 1/2 ounce sweet vermouth

■ 1/4 ounce fresh lemon juice

■ 1 lemon twist, for garnish

Shake and strain into a chilled cocktail glass. Add garnish.

SOURCES:
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February is Heart Month

By **Lori Harvey**
Health Writer



February is heart month. With cardiovascular disease quickly becoming the #1 killer of women in the U.S., we need to take a look at what we can do to make our lives more heart healthy.

Nicole Arnold, RD, LD, offers clients who come into the Hy-Vee grocery store ways to change

their diet & their lifestyle. 30% of the clients that Nicole helps have some sort of heart disease. They are looking to reduce their cholesterol naturally without medications.

Nicole recommends these kinds of foods to avoid cardiovascular disease.

Fiber - Fruits & Vegetables along with whole wheat products

Potassium - dark, green fruits & vegetables

Folate - Dark green produce

Heart Healthy Vegetables would include - Asparagus, bell peppers, bok choy, broccoli, carrots, garlic, onions and shallots, leeks, leafy greens, potatoes with skin, sweet potatoes with skin, tomatoes & squash.

Heart Healthy Fruits are apples, apricots, bananas, berries, cantaloupe, oranges, grapefruit, kiwi, papaya & peaches.

Some heart healthy grains would include barley, brown rice, bulgur, flaxseed oats and wheat germ.

Legumes that are heart healthy are black beans, black-eyed peas kidney beans and lentils.

Heart Healthy soy foods are soy milk, soy cheese, soy nuts and tofu.

Other proteins to include in your diet for heart health would be tuna, salmon and natural nut butter.

Most people don't get the 2-3 servings per week of fatty fish.

You can get Omega-3, which helps fight inflammation, from flaxseed oil.

If a person has cardiovascular disease, she has the following recommendations.

Know your numbers so that you have a starting point. These numbers would include your weight, blood pressure, sugar levels & cholesterol numbers. She says to challenge yourself to improve these numbers daily by making small changes in your life.

Exercise will improve your good cholesterol. Adding a fish oil will improve your triglycerides. Increasing your consumption of fruits & veggies, whole grain products, oats & beans will help your health if you already have

heart disease.

You can also help improve your dietary lifestyle by scheduling a grocery store tour with a dietician at your local grocery store if they offer this service. This may be a complimentary service. This will help you make the correct food choices instead of some bad food choices you are currently making.

Nicole is going to be offering cooking classes during the month of March. Customers interested in taking classes from Nicole can check her schedule online or check her schedule in-store. Or you may contact Nicole at the Boone Hy-Vee at 432-6065 or email narnold@hy-vee.com

A Struggling Student

The System-Good, bad, or indifferent?

By **Deffick J Roffman**
Columnist



At one point or another we are all stressed out when we first get to college. It's a change from what we are used to. Eventually people adapt and fit themselves into the system. I am not one of those people. I have always been slipping through cracks and non-conformist to any system.

I have been going to college now for four years. Really close to a degree, and didn't really know what I wanted to do. Up until a few months ago I was going for a Master's Degree in Kinesiology and trying to do research in Biomechanics.

I would set my goals a little lower because I can't keep going to school for the next 4 years. I can't afford to in this economy. So I changed my mind and looked at something quicker and something I thought I could do. I looked at becoming a Physical Therapist.

Now I am in my second month of this new plan and I am looking for something even quicker that I can do to get a basic job and work towards other goals in the process. So I found out that DMACC in Ankeny trains Emergency Medical Technicians, or EMTs. That is my new goal. After four years and many credits I am looking at getting a job before 2013.

Before this realization I

would always get bored after a few months in school and wonder why I am under so much stress and I would want out. Now that I have a plan, something to work for, it makes it easier having a tangible goal.

If you don't know what you want to do, then college is more stressful. I understand people that want to force college kids into making a decision with what to do with their life before this point. They may be more likely to graduate is a good hypothesis.

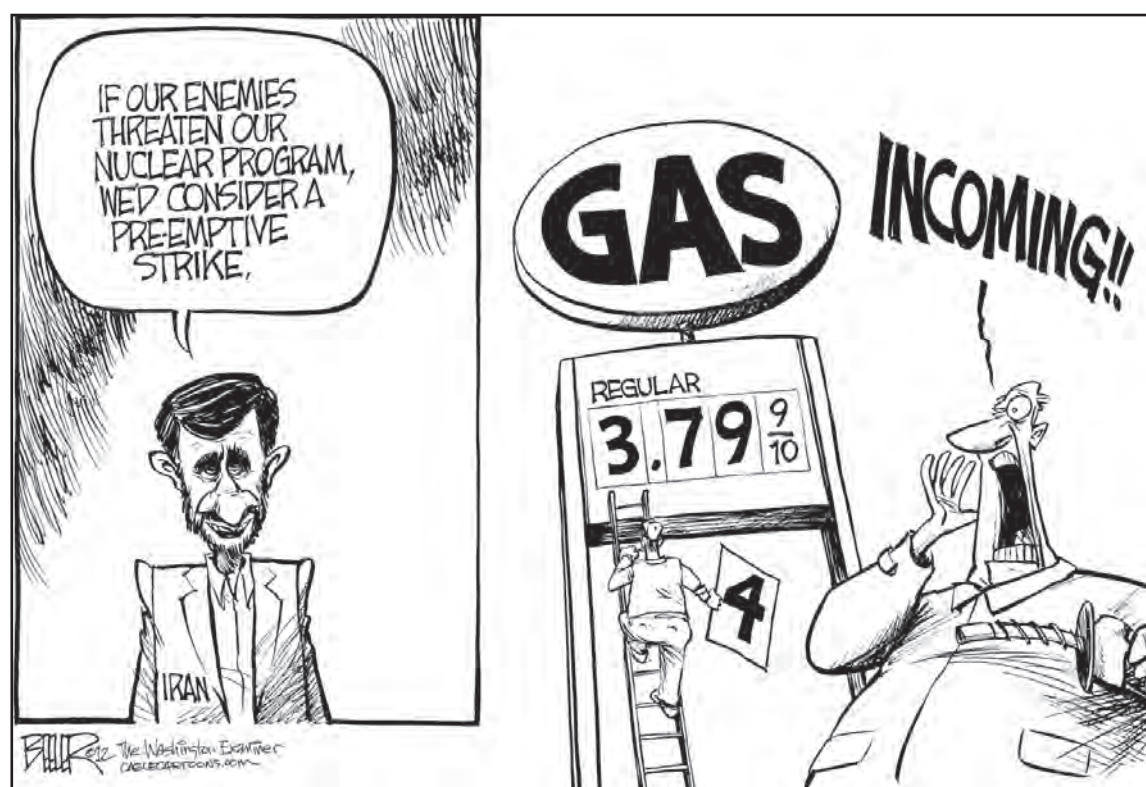
Finding a career path is important in order to get to that point where you are willing to incorporate yourself into "the system." I hope I have found my muse in this new career path and can finally adapt to the system and feel good about jumping through hoops and playing the game.

I have something else to concentrate on, a light at the end of the tunnel; instead of how the system no longer teaches for the sake of learning, but has become a factory on to jobs.

At this point in the continuing downturn of the economy, what kinds of jobs are available? One reason I chose something quick and dirty to start me on a career path and some income.

I will still be taking a few classes to work towards physical therapy, but the price of gas is going up so fast. There are also few job prospects to make much money for a part time job to supplement financial aid.

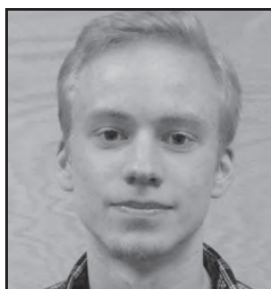
So if you are just arriving at college and finding it hard to adapt, take a look at the bigger picture. Because you are not going to change the way the system is set up. Look for a goal, a light at the end of the tunnel you can hold on to and keep your eye on.



MCT

The Iowa caucus continues March 10

By **Cainon Leeds**
Columnist



The Boone County Republican Convention, where delegates from Boone County's 16 precincts will meet and carry the Iowa caucus process forward, is coming up on March 10.

The DMACC Boone Campus gym was the site where some of the Boone County delegates were selected on January 3. At that same time the party platform was discussed and the presidential preference poll was conducted.

While all of that was going on here at DMACC in Boone, I was taking part in the same process in the cafeteria of Stratford Elementary School, which is in Hamilton County. All the voters from my precinct cast their preference poll votes, brought up issues for the party platform and se-

lected delegates in that cramped cafeteria. After our poll votes were cast on little pieces of paper, elected counters gathered up the ballots and counted the votes.

The winner was announced and then party policy was considered. Everyone was given a chance to hand in a separate piece of paper with thoughts on what the Iowa's Republican Party platform should be. The chairperson read each piece of paper and everyone voted on it saying either "yea" or "nay". The majority votes won.

Once that was over, the chairperson announced that 10 delegates needed to be selected for our precinct. The man sitting next to me said he was a delegate once and that I ought to give it a try while I'm still young, so I signed up too. In some precincts, more than 10 people wish to become delegates. In that case, another "yea" or "nay" vote would be held to settle the issue. But in our precinct, we only had 7 delegates come forth.

Although the delegate selection, party platform adoption and preference poll are important, the delegates are the ones who represent Iowa at the Republican

National Convention in Tampa, Florida. They are the ones who help to officially nominate the Republican candidate who will go on to the general election in the fall.

So is voting in a preference poll worthless?

Maybe. Maybe not.

On the one hand, the poll can help undecided delegates choose whom to support at the county, district, state and national conventions. In addition, media coverage of the poll's winner can boost support in future primaries. In primary states, the delegate selection is based on the poll vote, and the result is legally binding. But on the other hand, as far as decided delegates in Iowa are concerned, they can nominate whichever candidate they want at the county convention. In a non-binding caucus, the delegates are not selected with regards to the preference poll and they are not bound by law to vote for whom-ever won the poll.

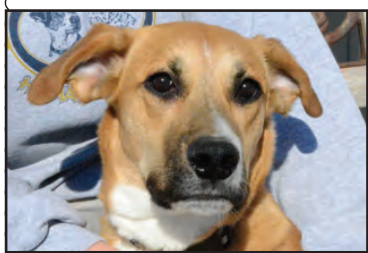
The Boone County Republican Convention delegates will be meeting at 10 a.m., March 10, at the Boone High School Auditorium.

We're interested in what you have to say.
Feel free to make submissions to the
Banner News



Pet Feature

Skeeter



Skeeter is about 10 months old. We think he is a hound/lab mix of some sort. He is in need of socialization for his extreme shyness, but is an absolute doll once he gets to know you! He is an active dog but loves to cuddle as much as he loves to play.

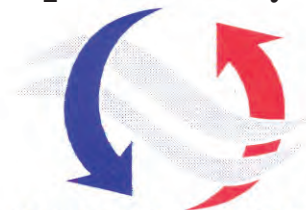
Calli



Calli about 2 years old and very pretty Torbie patterned coat. She is very sweet and loves to talk to you. She seems to get along with just about everyone and would make a great addition to any family. She gets along with other cats, dogs and kids!

For more information, contact the shelter at 432-6112.

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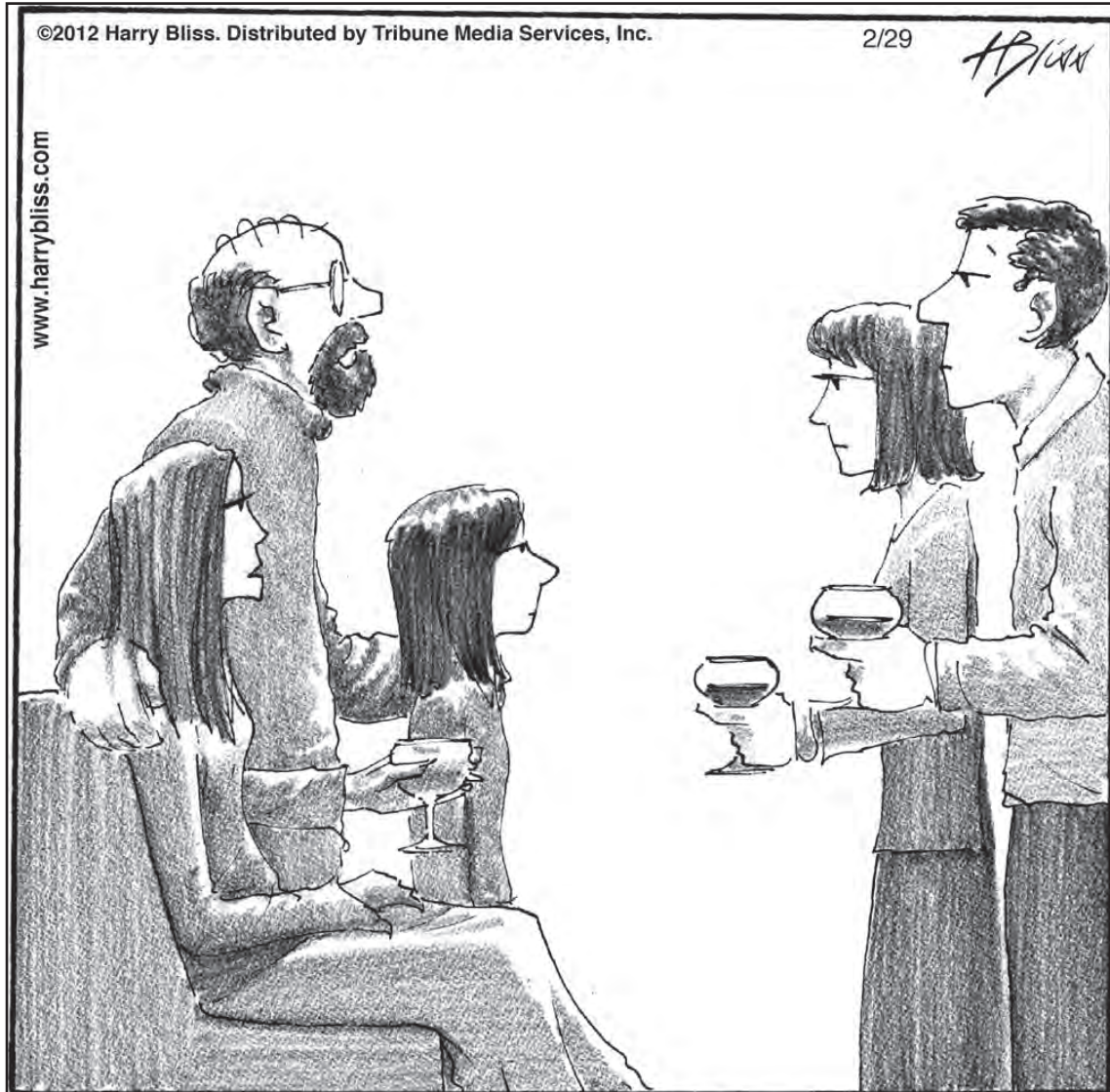


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"We don't own a television — we have three iPads, two iPhones, three Kindles and two laptops."

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This week's horoscopes

Today's (02/29/12). Use your dreams to push you into unexplored territory. What's calling you (for the next four years)? Your network provides a solid anchor, but diligence and dedication take you wherever you can imagine. Craft a budget. Get inventive. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is an 8 -- Review your notes, and fill in the blanks. Do the research for any missing answers. Get outside to clear your head, and take time for yourself. Make leap year wishes.

Taurus (April 20-May 20) -- Today is a 7 -- Authorities may need persuasion, so articulate the benefits of your plan. Changes could seem abrupt to others. Confer with dreamers, and prepare for later launch.

Gemini (May 21-June 21) -- Today is a 9 -- You surprise everyone. Help a partner stand up to critics. Don't ignore facts; present your insights. Accept advice from someone who's blazed that trail.

Birthdays

Cancer (June 22-July 22) -- Today is a 5 -- Your nurturing helps with any anxiety today. An invention from afar brings income. Include futuristic design. Envision the road ahead. A quiet evening relaxes.

Leo (July 23-Aug. 22) -- Today is a 7 -- Enjoy this extra day! Avoid arguments (even if you think you'll win). Stop for a minute, close your eyes and listen to silence. Be patient with a loved one. Go for peace.

Virgo (Aug. 23-Sept. 22) -- Today is an 8 -- Get ahead in your career by accessing your ambition. There's no need to travel; let your fingers do the walking. Email the people you most want to work with.

Libra (Sept. 23-Oct. 22) -- Today is an 8 -- The adventure's just beginning. You end up with something different than you expected. What will you discover? Flexibility and patience are key.

Scorpio (Oct. 23-Nov. 21) -- Today is an 8 -- Obligations may force a delay. Stay in communication, and keep track of the details. Don't overspend, and postpone socializing. You can handle it. Rest up after.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 9 -- Your partner helps you traverse the difficult parts of the day, when you're most likely to make a silly mistake or feel insecure. All you really need is love.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Press the pedal down to make things happen. Keep your hands on the wheel, but not too tightly. Look into the distance for upcoming obstacles. Zoom on by.

Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- Build a solid foundation of trust. Raise walls of inspiration, and add a friendship roof to protect from bad weather. It doesn't have to cost an arm and a leg.

Pisces (Feb. 19-March 20) -- Today is a 7 -- Your loved ones believe in you more than you do. Trust them. They're probably right this time. Stay patient and thrifty. Eat well, rest up and go outside.

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