Sustainability discussed at Great Green Retreat

Craig VandeVenter
Executive Editor

The fight against global warming will shape the 21st century for better or for worse. DMACC’s Green Team met Sunday, Jan. 18 in Bldg. 7 on the Ankeny Campus and pledged to promote a good influence upon our century and centuries to follow.

DMACC is one of three Iowa community colleges that has signed the President’s Climate Commitment pledging to eliminate their campuses’ greenhouse gas emissions over time. In connection with signing the President’s Climate Commitment, the DMACC Green Team planned the Great Green Retreat to gather support and educate individuals on the program’s vision of the future.

It is the hope of the Green Team to do everything possible to decrease the size of DMACC’s carbon footprint, to educate faculty, students, and the communities around the institution’s various campuses, and to protect the environment as best as possible.

The Green Retreat consisted of an educational presentation on what DMACC is doing as an institution and as a leader in its community to be environmentally friendly and reach sustainability. Special guest speaker, Dr. James J. Zaffiro, professor of political science and coordinator of campus sustainability groups at Central College in Pella, lectured on how DMACC could model sustainability programs. He went on to talk about programs that have proven successful for Central College in hope of creating a more sustainable and green institution.

Constructive table conversations of approximately 50 in attendance later followed, allowing attendees to meet others and brainstorm concept ideas of what Operation Green’s next step should be. Nancy Woods, Mel Sadeghpour, and Rebecca Funke put together the retreat, as well as coordinate DMACC’s Operation Green campaign.

VandeVenter named Banner News Editor-in-Chief for Spring 2009

Hannah Quinn
Staff Writer

The Banner News selected its new editor-and-chief, Craig VandeVenter, an ‘08 Valley High School graduate from West Des Moines, Iowa.

“I wanted to impact the Banner Newspaper in a good way and encourage people to be familiar with and regularly read the paper,” said VandeVenter.

VandeVenter, formally a staff writer for the Banner, is a journalism major with a minor in photojournalism. He previously worked as a columnist at Valley’s newspaper, The Spotlight, where he covered sports and politics. While attending Valley, he received the Silver Cord Award for completing at least 40 hours of community service during his high school career, as well as the Presidential Volunteer Service Award for 150 hours of community service over a 12-month period.

VandeVenter has been an Eagle Scout since February of 2008, an active member of PETA and an animal rights activist. In his free time, VandeVenter enjoys listing to a variety of music including Crosby, Stills and Nash. He is also a fan of Led Zeppelin, before they came to America.
Boone students murdered

Greg Laravia  
Assistant Layout Editor

Two DMACC Boone Campus students were found fatally stabbed in Ames in early December.  Shakena Varnell, 34, and Michael Odikro, 32, were found by Ames police on Saturday Dec. 6, 2008. According to a Des Moines Register copyrighted story, Odikro was originally from Ghana and was attending classes at DMACC with a green card. It is always sad when a life is lost. It is especially sad when it hits home at DMACC. Shakena Varnell and Michael Odikro will always be remembered by their friends, family and all of us here at DMACC.

Shakena was also a student at the DMACC Boone Campus, and also a mother of 2 children. Her body was found in Odikro’s apartment but police say that Varnell and Odikro were not connected in anyway.

The man arrested in this alteration was Aiba Spellman, 33, a sophomore at Iowa State University in Ames, Iowa. After a background check was conducted on Spellman it was shown that he and Varnell had a rough relationship in the past.

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It's the beginning of a new semester for students at DMACC. It’s the beginning of a clean start for students with new classes, new teachers, and most importantly new grades. For some of us however it is the beginning of our last semester at DMACC.

Some students will be graduating at the end of this semester and moving onto bigger and better things, but before that can happen it is required that every graduate completes an application in order for them to graduate. These applications can be picked up in the second drawer of the filing cabinet located in front of the front desk or online at http://go.dmacc.edu/handbook/graduation/pages/application.aspx. Students that need to complete and hand in an application must hurry, because the deadline to turn them in is Feb. 2.

The application itself is very simple and can be filled out in only a few minutes time. The first part is very basic. It asks for the applicant’s name, DMACC ID number that is located on their student ID card or their social security number. It also asks for students primary mailing address in which they want their diploma mailed to should they decide not to attend the commencement ceremony. Applicants must also include their primary phone number and E-mail address.

The next section of the application simply asks which program students will be graduating from. Applicants must check one box out of a list of boxes found on the back of the application form. The next section asks applicants to indicate what month and year they will be graduating and from what campus they will be graduating. The final section asks if students will be attending the commencement ceremony, if students decide to attend the ceremony there are fitting instructions for their cap and gown found at the bottom of the application.

Elephungeon: A haven for local bands

Live music can be found in a Boone basement called the Elephungeon. The Elephungeon, a mix of the words elephant and dungeon, is located at 922 1/2 8th St. East #, directly across the street from the Boone Fire Department.

The Elephungeon hosts bands two to three times a month on weekends. Shows start at 8 p.m. on week days and 9 p.m. on weekends. A $5 cover charge goes directly to the touring bands. Shows mostly consist of local bands from Ames and Des Moines, opening for national touring bands. A handful of the touring bands may sound familiar because they are from the Boone County and Story County area.

If you or your band would like to play a show at the Elephungeon e-mail them at trent_reis@hotmail.com.

Dates to Remember

February 2      Graduation applications due
February 19     Campus closed-in service
March 9         Midterm Exams
March 16-21     Spring break
March 31        Last day to drop classes
May 7          Last day of class

Drop Dates

February 4      1st 5-week session
February 16     1st half-term session
March 2         1st 10-week session
March 23        2nd 5-week session
April 13        2nd 10-week session
April 20        2nd half-term session
April 24        3rd 5-week session

Are you a part of a group that would like to perform at the Elephungeon? For your special Valentine in care of Banner News? Send us your special messages and photos by Feb 6th and we’ll publish them in our next issue for your Valentine to see!
Langston Hughes: The Dream Keeper

J. Parry

Contributing Writer

The life and career of American writer and poet Langston Hughes, related through photographs, readings from his works and commentary by poets, writers and critics.

“I know only the people I had grown up with, and they weren’t people whose shoes were always shining, who had been to Harvard, or who had heard Bach.” — LH

“Voices and Visions: Langston Hughes, The Dream Keeper” is a video biography that illustrates the importance of Langston Hughes as a poet and as the voice of African Americans and a champion of black artists.

Interviews, music, and dance performances paint a full-bodied portrait of the depth and far-ranging influence of one of America’s most respected writers. From his simple, blues-inspired folk refrain to his epic poems on African, American, and African-American identity, Hughes defies simple categorization.

Writer James Baldwin and Hughes biographer Arnold Rampersad provide commentary. Langston Hughes came out of a very influential artistic era in US history. The works are doubly powerful when read in conjunction with Dr. Martin Luther King’s "I Have a Dream” speech.

On location footage in Senegal, France, Kansas and Harlem chronicles the life and work of Hughes, who achieved distinction in poetry, fiction, and drama. Performances of this poet’s lyrics reveal their inspiration in the music he loved — jazz, the blues, and gospel. Contemporary writers explore Hughes’ broad and varied influence of their work.

If one is a wordsmith or word lover, his writings are a beacon shining in the night. "Voices and Visions: Langston Hughes, The Dream Keeper“ is a video biography that illustrates the importance of Langston Hughes as a poet and as the voice of African Americans and a champion of black artists.

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The Meeting, written by Jeff Stetson, received a Louis B. Mayer Award, eight NAACP Theater Awards and six AUDELCO nominations. Actors from Pin Points Theatre out of Washington, D.C. will be performing the play.

In the 1960’s, Malcolm X became an acknowledged leader of Black Muslim causes of racial separatism and the legitimacy of violence in self-defense. He became a highly sought-after speaker who repudiated the passive non-violent methods of Martin Luther King, Jr.

During the course of his short life, King was honored with many awards, including the Nobel Peace Prize in 1964. He was also criticized by whites for being too radical and by younger and more militant blacks for his stance on passive resistance. But King had a dream of love winning over hate, and it was this vision that sustained his followers and enabled them to endure the beatings, the tear gas, the jail sentences, and the deaths of so many.

The Meeting is available on location footage in Senegal, France, Kansas and Harlem chronicles the life and work of Hughes, who achieved distinction in poetry, fiction, and drama. Performances of this poet’s lyrics reveal their inspiration in the music he loved — jazz, the blues, and gospel. Contemporary writers explore Hughes’ broad and varied influence of their work.

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The performances will be streamed to the DMACC media server at http://media.dmacc.edu.

For more information, contact Rita Davenport at (515) 433-5030.

The Meeting is sponsored by the DMACC Diversity Commission and the Student Activities Councils on the DMACC Ankeny, Boone and Urban Campuses in conjunction with Black History Month.
Bears can’t survive Ellsworth in overtime

Justin Mitchell
Staff Writer

Ciera McGaughy had the crucial steal and hit the big shot to tie the game, Ellie Ritscher dominated the boards, and Marni Jacobsen provided support off the bench. Despite those resilient efforts, the Bears (14-4) fell short to the Ellsworth Panthers (10-6) in overtime Saturday afternoon.

The outcome was not the one the Bears and Coach Steve Kraf-cisin had hoped for. The Bears were up 37-28 and were looking to pull away, but 4 turnovers in 6 possessions helped the Panthers shrink the deficit to 2 points with 12 minutes left to play in the 2nd half.

Ellsworth Head coach Ed Gietz pointed out this game’s significance. “That was a big win and a great way to end our road trip. We look forward to going home and improving on what got us this tough win today,” Gietz said.

Kristin Rasmussen scored 21, Danielle Ballard added 12 points on 6 of 12 shooting from the field, and Carla Koch helped out with 11 for the Panthers who were looking forward to returning home after a rough road trip.

Rasmussen’s free throw gave the Panthers a one-point lead with 3:22 to go. Ellsworth scored 18 points off of 21 Bear turnovers and lead 54-47 with 1:47 left in the 2nd half.

Good defense and rebound-ing would help the Bears cut the lead to 54-49 with 1:31 left before McGaughy would go to work. A steal and a lay up later the Bears were down by three before another Panther turnover gave McGaughy the opportunity to hit the big shot to tie the game. She did not disap-point. The game-tying three-point shot came with 46.4 seconds to go in regulation.

McGaughy notched 12 points, 7 rebounds, and 2 steals before fouling out in overtime. Jacobsen tied for a team high 12 points and Ritscher went for 9 points and 10 rebounds for the Bears who have lost 2 of their last 5 and played in their second consecutive overtime game.

In overtime the Panthers would go on a 10-3 run to beat the Bears 64-57.
College scholarships available from Iowa Hospital Association

$336,000 given to Iowa health care students since program started

DES MOINES – The Iowa Hospital Association’s scholarship program for college students studying for health care careers is now taking applications.

The program, administered through the Iowa Hospital Education and Research Foundation, awards scholarships of $3,000 per year for a maximum of two years to students enrolled in an accredited program leading to registration, licensure or a clinical laboratory science undergraduate or graduate degree.

In exchange for that financial support, students who accept the funds agree to work one year in an Iowa hospital for each year they receive an award.

Since 2005, when the first scholarships were awarded, 112 students have received IHA’s Health Care Careers Scholarships, with a total value of $336,000.

Not all health care career areas are eligible for the scholarship; IHA focuses on careers that address the highest current needs in Iowa hospitals. Scholarship information and application packets are available at financial aid departments at all Iowa colleges. A link to application materials is also available on the home page of the IHA Web site, www.ihaonline.org (click on “Health Careers”). The application deadline is March 13.

Hospital leaders from all parts of the state will evaluate the scholarship applications, which will be judged on grade-point average, a written personal statement, letters of reference, and extracurricular, community and health care-related activities.

Foundation receives $25,000 from Prairie Meadows

DMACC—Des Moines Area Community College Foundation has received $25,000 in grant funds from Prairie Meadows Racetrack and Casino through its 2008 Community Betterment Grant Program.

Grant funds will support two programs—Adult Literacy and Emergency Grants for DMACC Students. The purpose of the DMACC Emergency Grant is to provide eligible enrolled DMACC credit students with a short-term means to meet an emergency that may otherwise prevent them from continuing their enrollment at DMACC. The Adult Literacy Program provides opportunities for adults in need of literacy skills and refresher basics in reading, writing and math. This program will support students taking Cen- tral Equivalency Diploma (GED) exams who have a high level of financial need.

The Prairie Meadows Grants Advisory Committee, comprised of education, religious and business leaders from the greater metro area, reviews all grant requests and recommends funding levels.

“The emergency grants will keep students in school when they are faced with life’s challenges such as car repair or loss of employment,” said DMACC Foundation Executive Director Ganesh Ganpat. “The funds to support our Adult Literacy program will help about 220 students take the GED exam this year. We are extreme- ly pleased to have received this funding from Prairie Meadows this year.”

Prairie Meadows Community Betterment Grants are given to projects in one of four categories: arts and culture, economic development, education, and human services. Since 1996, Prairie Meadows has contributed more than $399 million to promote education, economic development, agriculture, jobs and tourism in Iowa.
Is the Lost and Found Lost to Students? The lost and found is conveniently located in the campus library where it is creatively displayed on a bulletin board behind the library’s circulation desk. An array of CDs, books, gloves, nametags, and flash drives are uniquely placed on the board to attract the student’s attention. When asked how many students came to claim their belongings, Librarian, Donna Kelly said, “Only one or two students come a day, and it’s really sad because so much stuff is lost and turned in.” If students want to claim something they believe they lost, they might want to hurry because at the end of the month the wall is being cleared.

6 p.m. on NBC

Super Bowl? What Super Bowl?
Roberto Ramirez Sports Writer

Now that the league’s top two teams are straight, Arizona’s high-flying offense and Pittsburgh’s top-ranked defense will clash this Sunday in Tampa. Now just saying Cardi- nals against Steelers your brain might trick you to believe that Super Bowl XLIII might just be a one sided game. On the contrary, it might be the recipe for a sec- ond instant straight Super Bowl classic.

Defensive backs James Harrison and Troy Polamalu, who helped Pittsburgh to allow only 244 yards per game during the regular season, enforce the Steel- ers second-ranked defense. Pitts- burgh’s offense is lead by their battle-tested Quarterback Ben Roethlisburger, a top 5 leader in passing yards during Pittsburgh’s AFC playoff run.

Meanwhile, the 6 ½ point underdog Arizona Cardinals, are known to be the newest version of the St. Louis Rams. The “Great- est show on turf”, is anchored by the timeless Kurt Warner, who led the Rams from 1999 to 2003. While with the Rams, War- ner won his first ring in Super Bowl XXXIV and was awarded the Most Valuable Player. Warner went from bagging groceries to playing football for the University of Northern Iowa and later onto the National Foot- ball League. Now Warner brings his high-powered offense to this year’s playoff run for the Cardi- nals.

Warner’s top offensive weap- ons are receivers Larry Fitzgerald and Anquan Boldin. They are as- sisted by the one-two punch of running backs Tim Hightower and Edgerrin James. The teams, who have benched for most of the regular season, has emerged as Arizona’s leading rusher.

One of the x-factors to con- sider for this game is the health of Arizona’s Wide Receiver Anquan Boldin’s hamstring. Also, the franchise’s lack of post-season ex- perience, as they play in their first ever Super Bowl, gives the Cardi- nals a “nothing to lose” approach on Sunday by their highly- criti- cized defense, which has stepped up late in the playoffs.

The Steeler Curtain might be too hard to get through for Ari- zona if the reigning AFC champs play as sharp as they have been consistently playing all year long. A healthy Willie Parker should help establish a running game against the Cards and help Pittsburgh get their sixth Super Bowl win in franchise history.

Apple Job less
Greg Laraia Assistant Layout Editor

Cofounder and CEO of Apple Inc. Steve Jobs has been suffering from a malignant pancreatic tumor for quite some time now. Since 2004 Jobs has been undergoing treatment to help cure his illness. In late 2008 Jobs announced that he would be taking a leave of absence from the Apple due to his hormonal imbalances. There have been concerns that Jobs’ deficiency will boost sales out of buyer’s sympathy and pity.

I don’t think that enough people know who Steve Paul Jobs really is. I didn’t know who he was until I watched a keynote video about the new Macbook. I believe that Jobs’ illness will not boost sales because consumers do not have the kind of money to simply buy a new computer because it’s the most important thing for it’s CEO. The economy is not doing too hot right now and Americans are more concerned about their personal finances rather than owning the new ipod or Macbook.

Steve Jobs is legitimately sick. A hormone imbalance affects the entire body and can be life threatening. Jobs’ imbalances is caused by a lack of protein in his daily diet. This has caused him to become weak, lose weight, and not be able to work as hard. Despite Jobs’ health problems, Apple Inc. sales have continued to rise over 2 percent. I think consumers will continue to buy ipods and upgrade their personal computers but not at an alarming rate. Many consumers already own the ipods and the advances in their technologies are typically minor space upgrades.

The media will continue to create stories about Apple’s constant success and generate reasons why Apple does so great. The tales of Apple’s success due to Jobs being under the weather will not end soon. I continue to believe that Apple’s achievements are owed to it’s outstanding products and genius ideas-not the pity given to it’s CEO.

What’s on your mind? All letters to the editor will be considered for publication. Letters should be submitted to bannernews@dmacc.edu.

Craig Rages
Borgen Square – Snow Removal

Nothing is worse than slipping and falling on a fresh patch of newly formed ice on your way to class at eight o’clock in the morning. Waking up for classes is already hard enough for some students, let alone trying to navigate an unplowed parking lot on your way to class.

After three days of constant precipitation, the amount of snow- fall that had accumulated by the time of the DMACC-owned Borgen Square Apartment’s parking lot had be- come overwhelming.

As the weekend was ap- proaching, the snow had stopped falling, but the snow that occu- pied most of the parking lot still had yet to be moved.

I’m sure most students would agree with me in saying that I find being housed doing the three days that the almost foot and a half of snow was sitting around the apart- ments untouchable. The lack of ef- fort displayed by both housing and the snow removal company in the completion of moving the snow was extremely disappointing.

The snow removal service that housing promises all residents cleared only a tiny portion of the parking lot. Yes, they did clear off the West part of the lot so driv- ers can now at least find the yel- low lines to park within, but they have yet to address the amount of snow still occu- pying most of the eastern part of the lot.

On top of missing snow in the parking lot, the sidewalk sur- faces students use to walk out of the apart- ment buildings and to and from classes were not cleared for four days after the last snow fall.

This did a number of things. It created packed slick ice on sidewalks around the apartment complex, making walking to class a dangerous task, let alone trying to drive in the muck. The snow outside of the exterior doors was tracked into the building, creating wet soggy puddles and hazards for residents walking in and out of the doors.

The reason it took so long for the snow to get moved might never reveal itself. However, one thing is for certain, if this is a situa- tion that will recur in the future, housing and the snow removal company should be more con- siderate of the residents living in Borgen Square Apartments.

If the housing officials and DMACC make its difficult for stu- dents to make it to classes, then the attention and the新车 owners should not be as strict. If it is hard for students to go to class, then they will not go. It is as simple as that.
Horoscopes
By Shane Meier

Aries (21 March-20 April) Don’t go to the chocolate factory you have been invited to. There is too much temptation to resist and you will break your resolution in less than a month.

Taurus (21 April-21 May) An annoying customer service rep will repeat the same thing over and over again. Luckily, you have time to think of a new way to ruin their day while you’re on hold.

Gemini (22 May-21 June) When keeping a Cabbit as a pet always remember these three simple rules: feed them lots of motor oil, keep it away from your mother-in-law, and most importantly never allow them to turn into a ship in the house.

Cancer (22 June-22 July) Do not go to the zoo this week for the monkeys are plotting to take your wallet, steal your identity and buy themselves a trip back to the Congo.

Leo (23 July-22 August) This week you will discover that you are your own grandpa because that hot girl you just married is our grandmother from the past.

Virgo (23 August-22 September) Your friend is being annoying this week. The best way to stop him is to put him in a crate and mail him to Siberia—the cold will shut him up.

Libra (22 September-22 October) People will choose to stand in front of what you want to buy at the grocery store. No matter what aisle you go to, they will be there—just standing there. Some will shop, others will just be obvously blocking your way, and yet others might fall in front of you and cause a chain reaction knocking all the shelves over, which you will be blamed for.

Sagittarius (21 November-21 December) Despite all your attempts to turn lead into gold, you will however figure out that gold is not the answer to all your problems.

Capricorn (22 December-20 January) Beware this weekend, for if you’re not, you might enter the zone where normal things don’t happen very often. It’s like the twilight zone and yet others might fall in front of you and cause a car to swerve and hit someone, as well as causing a seven car pileup.

Aquarius (21 January-19 February) Despite your own grandpa because that hot girl you just married is our grandmother from the past.

Pisces (20 February-20 March) Despite what you might have heard from rabid Mac users, you are better off with PC.

Crossword Puzzle

Word Search

Riddles

Two Strings

Q: You have two strings whose only known property is that when you light one end of either string it takes exactly 30 minutes to burn. The rate at which the strings burn is completely random and each string is different. How do you measure 45 minutes?

A: Light the ends of both strings. When it finishes light both ends of the second string.

Lateral Thinking

Q: You are driving down the road in your car on a wild, stormy night, when you pass by a bus stop and you see three people waiting for the bus.

* An old lady who looks as if she is about to die.

* An old friend who once saved your life.

* The perfect partner you have been dreaming about.

Knowing that there can only be one passenger in your car, whom would you choose?

Q: Your car gets stuck in snow. Your friend and you are both in the car. The old lady: “I have no legs, just hug me and I’ll be fine.” You can give your keys to your friend, but with your foot warmer, can you help your friend or the old lady?

A: The old lady: “Just hug me and I’ll be fine.” You can give your keys to your friend and you can keep the foot warmer.
Hunziker professor opens British food market

Derrick J. Roffman
Page Editor

Do you enjoy trying different foods from around the world? While Ames has food stores representing many different cultures, one store very few people know about is Ames British Foods. Students due to study abroad love to come in and find different things to try so that they can become a little bit accustomed to the foods that they will soon live with. Other types of companies include well traveled and ex-military that have been stationed in Britain and just people who are curious and like to try new foods. The store carries a range of products including chocolate, biscuits (cookies), bangers, meat pies, candy, cooking supplies and much more.

The owner of Ames British Foods is Adjunct Math Instructor Marcus Johnson who came from Sussex, England to America 12 years ago to be a scientist and work for Iowa State’s Center for Nondestructive Evaluation and the DOE’s Ames Laboratory.

Johnson started his own engineering design and training business in 2002, which he operated out of his basement. Johnson moved to a commercial property this past year, which enabled him to open his food store. “It has always been an ambition of mine,” Johnson explained. “My father was a store man, I guess it runs in the family.”

Johnson says, “It’s perfect, just when I’ve had enough of electronics and computers, somebody comes into the store and I get to talk about food and travel.” While I was there I got to sit down and share a cup of tea with Johnson and purchase a few things. I personally tried the Hob Nobs, which are cookies with chocolate on them and PG tips English black tea and I thought they were delightful together. “We have a fascinating cross-section of people come into our store – I love it. I pride myself on providing a very personal service, some folks just come in for a packet of biscuits and we may chat for an hour or more. It’s how a store should be – a friendly place to go.” Says Johnson.

Johnson invites the college students from DMACC to join him for a free cup of tea and hang out and play a game of cribbage or bring your laptop and surf the net for a while. The Ames British Food Store is located near the DOT/East Hy-Vee. Turn North on N. Elm by the BP gas station and turn immediately right.

Marcus Johnson, store owner and adjunct math professor for DMACC, sits in his shop with his computer workshop in the background and his British foods area in the front his shop.

Epic battle between man & old man winter

Greg Laraia
Assistant Layout Editor

Winters in Iowa are harsh. Everyday life becomes a constant hassle trying to fight the chill of the icy winds, drifting snow, and sub zero temperatures. However, winter does not have to be this bad.

Planning ahead before you go outside will help keep you warm, and even more importantly safe.

Ways to stay warm include
- Dress in layers
- Wear a heavy winter coat with a hat and gloves
- Wear a hat because a person loses the most heat through the top of their head
- Purchase feet and hand warmers if you will be spending prolonged amounts of time out in the cold

Many students commute each day to the DMACC Boone Campus from surrounding areas. Driving along the interstate it is impossible to not notice the mass amounts of cars that have ended up in the ditch. When commuting commuters should be prepared for the worst when it comes to winter weather. To be completely prepared a car should have some emergency survival necessities.

An easy way to always be prepared while driving is to keep a Tupperware box in the trunk of the car. By having a box full of survival supplies always in the trunk of your car you and any passengers riding in your vehicle will be safe if a problem ever arises. A list of things to put in that survival box is:

- First Aid kit
- Bottled water
- Non-perishable food
- Emergency Blanket
- Flashlight
- Batteries
- Exra hats and gloves
- Fares
- Hand warmers
- Socks
- Boots and shoes
- Ice scraper and shovel

Although the winter can be quite a downer with feet of snowfall, delayed schooling schedules, and wind burnt faces, there are a lot of leisurely activities that can be done to make the winter season a fun and enjoyable time.

There are recreational areas such as Seven Oaks and Sleepy Hollow, which offer services such as tubing, skiing, snowboarding, and cross-country skiing. These facilities are open throughout the winter and create their own snow so there is never a dull moment. The prices range from $18 all the way up to $50 depending on the activity or your choosing.

Such activities as skiing or snowboarding are good sources of exercise and positive ways to relieve the stress of those winter blues.

Ames British Foods’ view as you walk in.

Biscuits, tea pots, snacks, and juices are a few of the items the British Foods has to offer.

Photo by Derrick J. Roffman