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

Mia Pierson

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

Jeremy Sigmund

I would sleep in and do nothing.

Ashley Martin

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

Carol Petersen

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

Andrew Murphy

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

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 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.
By Jessica Kinnetz

Some may think DMACC softball player Ashley Alstott believes in a set pattern. If you ask her, she’s sure it’s 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 Martinez said she thinks that all people, not just athletes go through certain routines when they do certain things. “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 Haughton doesn’t have actions but set clothing. “I have to wear the same headband and pony tail.”

Athletes aren’t the only ones who do this. Some coaches are known for having more superstitions acts than the actual athletes. When softball coach Bob Li-gouri 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 give up just come a custom to these things. In kind of a fun thing actually.”

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

First he to listens to the All-Man 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. “We put on our shoes and left, then Velcro them. Whenever I do a game, I do the same thing.”

Baseball player Blake Schmitt: “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 Keefer: 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 golf balls with F13.

Volleyball player Jordan Leehy: “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 some-where we can be alone.”

Patterns of DMACC players

Baseball player Xander Morris: “I eat the same meal every home game. I have to draw an X with 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.”

Softball player Kayden Ott: she said anytime we have a game and as long as I do what I did when I succeed I will be successful.”

Basketball player Ashley Alstott: “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. 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.”

DMACC Psych instructor Jan Martinez said she thinks that all people, not just athletes go through certain routines when they do certain things. “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 Haughton doesn’t have actions but set clothing. “I have to wear the same headband and pony tail.”

Athletes aren’t the only ones who do this. Some coaches are known for having more superstitions acts than the actual athletes. When softball coach Bob Li-gouri 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 give up just come a custom to these things. In kind of a fun thing actually.”

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

First he to listens to the All-Man 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. “We put on our shoes and left, then Velcro them. Whenever I do a game, I do the same thing.”

Baseball player Blake Schmitt: “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 Keefer: 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 golf balls with F13.

Volleyball player Jordan Leehy: “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 some-where we can be alone.”

Patterns of DMACC players

Baseball player Xander Morris: “I eat the same meal every home game. I have to draw an X with 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.”

Softball player Kayden Ott: she said anytime we have a game and as long as I do what I did when I succeed I will be successful.”

Basketball player Ashley Alstott: “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. 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.”

DMACC Psych instructor Jan Martinez said she thinks that all people, not just athletes go through certain routines when they do certain things. “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 Haughton doesn’t have actions but set clothing. “I have to wear the same headband and pony tail.”

Athletes aren’t the only ones who do this. Some coaches are known for having more superstitions acts than the actual athletes. When softball coach Bob Li-gouri 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 give up just come a custom to these things. In kind of a fun thing actually.”

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

First he to listens to the All-Man 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. “We put on our shoes and left, then Velcro them. Whenever I do a game, I do the same thing.”

Baseball player Blake Schmitt: “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 Keefer: 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 golf balls with F13.

Volleyball player Jordan Leehy: “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 some-where we can be alone.”

Patterns of DMACC players

Baseball player Xander Morris: “I eat the same meal every home game. I have to draw an X with 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.”

Softball player Kayden Ott: she said 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 dirt on her.”

Many believe that the key to their success depends on following the same pattern, their game against NIACC. Having a routine such as listening to music is common for athletes. Many
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 hot dogs 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 Krafcisin at sjkrafcisin@dmacc.edu. To learn more about the party, go to www.davesrudolf.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 Student Activities 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 be continuing with another match 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 Student Activities 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 3 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 Lamichhane, third place - Tammy 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 3:30 pm 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.

Sports Blurb

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-Ft. Madison on March 3 in Boone, Iowa.

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 Student Activities Council.

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 19 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.

Upcoming Events

Women’s Basketball

The DMACC women’s basketball team will receive an intramural t-shirt. This event is sponsored by the Student Activities Council.

Virtual Book Sale

Thursday, March 8, 9 a.m. to 3 p.m.

The Boone Campus Bookstore will conduct a Virtual Book Sale. This sale is open to all DMACC students, faculty, staff, and winners of the 2012 STEM Grant.

Baseball

Mar. 3, 1 p.m.
Crowder at Neosho, MO

Baseball

Mar. 4, 1:30 p.m.
Fort Scott at Ft. Scott, KS

Softball

Mar. 4, 3 p.m.
Cowan at Broken Arrow, OK

Softball

Mar. 9, 11 a.m.
Bellville at Broken Arrow, OK

Softball

Mar. 10, 11 a.m.
Barton County at Broken Arrow, OK

Softball

Mar. 11, 1 p.m.
Cowan at Broken Arrow, OK

Softball

Mar. 10, 5 p.m.
Garden City at Broken Arrow, OK

Softball

Mar. 11, 9 a.m.
Northeastern OK A & M at Broken Arrow, OK

Special Orders Welcome

40,000 + New & Used Books

Literature

Children’s Books & more

2012 Calendars

$5.00

9078th St., Boone 515-230-7433
Meet the Stars of “The Importance of Being Earnest”

Rachel Baldus, 20, is playing Miss Prism. She is a sophomore here at DMACC and is currently starting 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 really funny.”

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 go into the National Guard after DMACC. He is currently employed at Papa Murphy’s. Edmundson enjoys playing video games. When asked why he tried out for the play, she said it was because she always does. “I really like the British accents in this play.”

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 hang- 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.”

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.

We hope you will enjoy the show!

Contributed Photos Page done by Kevin Langel
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 Krotak.

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 Robeitman of Rockwell and sophomore Sam Thripp of Davenport contributed 10 points apiece to the DMACC attack.

The Bears had a 40-39 advantage in rebounding with sophomore Joseylen Coleman leading the way with 10 rebounds. Wood added seven and Robeitman and sophomore Kelsey Coos of Bottendorf 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 - Sophomore Joseylen 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 Thripp of Davenport scored nine points and had four assists for DMACC and the Bears had a 40-39 advantage in rebounding with sophomore Kelsey Coos of Bottendorf leading with four steals.

DMACC - Sophomore Ann Walker of Exira tallied eight points and dished out a team-high five 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.

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
Celebrate leap year by learning some fun Feb. 29 facts. Why do we add 24 hours to our calendar every four years? And why is the heck 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

- Greek superstitions claim that bad luck will come to couples who 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 stay outside of marriage and propose to their lovers. 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 choice that only came around every four years to take the initiative. In 1588 Scotland supposedly made the tradition a law and any man who declared a proposal in a leap year had to pay a fine ranging from a loss to payment for a silk dress or a pair of gloves. Today Americans call this tradition “Saint Bridget’s day.” inspired by Al Capp in his cartoon strip “Li’ Abner,” but there is debate over whether it’s Feb. 29 or Nov. 15 — the date the cartoon was first published.

LEAP YEAR PLOTS

- “Leap Year” by Wendy Mass
- “The Leap Year Girl” by Betty Rock
- “It’s My Birthday... Finally” A Leap Year Story by Michelle Winkelman
- “Leap Year Book” by Barbara Sotton-Smith

THE LEAP YEAR COCKTAIL

The leap year cocktail was created by head bartender Harry Craddock in 1928 for the leap year celebration 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 ounce Grand Marnier
- 1 ounce sweet vermouth
- 1 ounce fresh lemon juice
- Lemon twist, for garnish
- Shake and strain into a chilled cocktail glass. Add garnish.

LEAPINGS

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

BLESSING OR CURSE

Being born on leap year isn’t always a blessing or a curse. In non-leap years certain countries legally recognize Feb. 29 birthdays for Feb. 28 or March 1, resulting in bashes with birth certificates, driver’s licenses and entry fields on websites. But many leap year 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. 28, making the superhero a leap day baby!
- 1880 — Simon Gagne, Canadian hockey player and NHL All-Star.
- 1975 — In Bida, American rapper and actor.
- 1972 — Saul Williams, American rap poet and actor.
- 1970 — Antonio Sabato Jr., Italian-born soap star whose credits include “The Bold and the Beautiful,” “Melrose Place” and “General Hospital.”
- 1958 — Bryce Eric Papp, football player, named NFL Defensive Player of the Year in 1995 and a four-time Pro Bowl selection.
- 1952— Sharon Duhugues Ralph Rod, America’s first African-American weather anchor.
- 1945 — Dennis Farina, ex-Chicago policeman famed on TV and movies roles in “Citizen Khan” and “Law & Order.”
- 1940 — Gretchen Christopher, vocalist and songwriter who founded “The Honeycombs” one of the ’70s most popular doo-wop groups.
- 1939 — Jack Lowman, this astronaut was a crew member of the Skylab 3 flight in 1973 and Columbia Space Shuttle in 1991.
- 1933 — 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.
- 1944 — Mr. Wolfs P55 Sr., person on the longest official name. With a name for every letter of the alphabet, his full name is Adolph Elmore Charles David Earl Frederick Gerald Harold Ivan John Kenneth Lloyd Martin Oliver Paul Quincy Randolph Sherman Thomas UCSU Victor William Xeres Yance Zeno Wolfsheepichoosehassassinekwe J9 SR.
- 1944 — Jimmy Dorsey, prominent American jazz clarinetist, saxophonist, trumpeter and bandleader.
- 1736 — Ann Lee, founder of the Shaker movement, which she brought to America in 1774.
- 1712 — General Montcalm, hero of the French and Indian War.

ILLUSTRATIONS BY JOHN CORBETT / CHICAGO TRIBUNE

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 number of times the Earth makes a complete orbit around the sun and this number varies slightly from year to year. The extra day is added to leap years to keep the Gregorian calendar in sync with the solar year. A leap year comes about every four years. But in order to keep the calendar in sync with the solar year, leap years occur every four years, except for century years that are not 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 1,601 — 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 1996 and 1994 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 29 years, so the last time February had five Fridays was in 1980 and next time will be in 2016.
- According to the 2000 U.S. Census, there are about 200,000 Americans born on Feb. 29 and 4.1 million people worldwide.
- The scribes’ Henry’s Horoscopes are recognized by the “Guinness Book of World Records.” The three scribes were born on these consecutive leap days, Heinrich Henkelmann, 1984; Max Henkelmann, 1964; and Leif-Martin Henkelmann, 1968.
- The Keyes family has three consecutive generations born on Feb. 29. Peter Anthony was born in Ireland in 1840. His son Peter Eric was born in the United Kingdom in 1964; and his grandchildren Bethany Wealth was born in the United Kingdom in 1996.
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 cho- lesterol naturally without medica- tions.

Nicole recommends these kinds of foods to avoid cardiovas- cular 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, car- rots, garlic, onions and shallots, leeks, leafy greens, potatoes with skin, sweet potatoes with skin, to- matoes & 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 len- tils.

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. Those numbers would include your weight, blood pressure, sugar levels & cholesterol numbers. She says to challenge yourself & try to improve these numbers daily by making small changes in your life.

Exercise will improve your good cholesterol & your workout 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 di- etician 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 Hy-Vee in Boone at 432-6065 or email narnold@hy-vee.com

By Cainion Leeds
Columnist

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

The DMACC Boone Cam- pus gym was the site where some of the Boone County delegates were selected on January 7. 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 pro- cess in the cafeteria at Stroud Elementary School, which is in Hamilton County. All the voters from my precinct cast their prefer- ence poll votes, brought up is- sues 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 con- sidered. 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 chair- person read each piece of paper and everyone voted on it saying either “yes” or “no.” The ma- jority 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 want to be- come delegates. In that case, an- other “yes” or “no” vote would be held to settle the issue. But in our precinct, we only had 7 del- egates come forth.

Although the delegate selec- tion, 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 worthwhile?

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 se- lection 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 Republic- an Convention delegates will be meeting at 10 a.m., March 10, at the Boone High School Auditori- um.
Pet Feature

Skeeter

Calli

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 is 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!

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

Sponsored by:

DUNCAN HEATING & PLUMBING INC.
PLUMBING • HEATING • AIR CONDITIONING
706 Allens Ln.
Boone, IA 50036
515-432-5762
800-685-9162

Now a distributor of Kent pet foods

Word Search

TEDORVEMCMORRISFR
RTVIDMNISSANFNTA
OOAODLANBORGHINIRELEASSDRFIATPA
AUFLEKIUEOIOOREO
NRAUSCHBDRDWARHGERTFRIWAAAGAMGY
EVSOREMOTATRRTENEU
ROMIRHIVGRSUGIONOREUROSOCOOOTTDT
VDOMAEIVIEENESLAE
ENLPRENAULTNEAPI
RARHIMITSUBISHI
DLSAABRGRVAXUHALL
GVMERCESDESBENZTI
MOUNCADILLACVIIRF

Alfa Romeo
Aston Martin
Augusta
Citroen
Daihatsu
Dodge
Ferrari
Fiat
HSV

Hyundai
Lamborghini
Land Rover
Mercedes Benz
MG
Mini
Mitsubishi
Morris
Nissan

Peugeot
Range Rover
Saab
Subaru
Triumph
Vaughall
Volkswagen

This week’s horoscopes

Today’s Birthday (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.

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.

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.

Skeeter

Aston Martin

Now a distributor of Kent pet foods

“We don’t own a television — we have three iPads, two iPhones, three Kindles and two laptops.”

MCT

“WONDERFUL!”

I INSTALLED A FILTER ON YOUR TELEVISION THAT BLACKS OUT ALL SEX AND VIOLENCE.

MCT

“CALL ME”

WE’LL TURN ON THE TV!

IT IS ON!

MCT