Iowa State Daily (Finals 05-02-2011)

Iowa State Daily
An equation for the end?

Evangelical broadcaster believes Armageddon is imminent

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Weather

Mon
Sunny with light winds and around average temperatures.

35|60

Tues
Sunny with temperatures in the mid 60s.

40|65

Wed
A chance of rain with mostly cloudy conditions.

48|62

Thurs
Another chance of some showers.

45|58

Fri
Cooler conditions with cloudy skies.

40|55

Today in Iowa weather:
On this day in 1908, unseasonably cold weather plagued the state, with Washta reporting a morning low of 13 F. This remains the coldest reading on record in Iowa in the month of May.

Fun Fact

College of Design: Woods furniture studio projects presented
Deon Soteropoulos, junior in integrated studio arts, presents his final table during a studio critique Friday at the College of Design. The woods furniture studio projects were on display during an end of the semester potluck. Photo: Clark Colby/Iowa State Daily

Daily publication schedule
This is the final print publication of the Iowa State Daily for the 2010-2011 academic year. Print publication will resume May 17. You can continue to check our website at iowastatedaily.com for updates, in the meantime.

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**Police Blotter:**

*Ames, ISU Police Departments*

**Apr. 27**

Samuel Benson, 23, 205 S. Third St. unit 104, was arrested and charged with operating while intoxicated. (reported at 4:47 a.m.)

Kally Scarcello, 26, of Boone, was arrested and charged with theft of computer equipment. (reported at 10:07 p.m.)

**Apr. 28**

Andrew Krech, 21, of Clive, was arrested and charged with operating while intoxicated. (reported at 1:56 a.m.)

Nicholas Pannier, 19, 1802 Ferndale Ave., was arrested and charged with willful injury. (reported at 8:30 a.m.)

A vehicle was towed from a field area. (reported at 8:48 a.m.)

Thomas Nesbitt and Yujin Park were involved in a property damage collision. (reported at 6:35 p.m.)

**TUESDAY**

Nolan Budwig, 1592 Helser Hall, reported the theft of a bike. (reported at 9:58 a.m.)

Vehicles driven by Xiao Ma, 29, 610 Squaw Creek Drive unit B, was arrested and charged with driving under suspension. He was subsequently released on citation. (reported at 10:07 p.m.)

**MONDAY**

Sex Slaves: Texas
1 a.m. MSNBC
True Life: I Have a Fetish
2 a.m. MTV
World Poker Tour: Season 9
3 a.m. RTNW
Law and Order: Special Victims Unit
4 a.m. USA
CSI: NY
5 a.m. TNT

**TUESDAY**

Taboo: Fantasy Lives
1 a.m. NBC
Poker After Dark
2 a.m. NBC
Iron Chef: Cod
3 p.m. COOK
2011 AVN Awards
4 a.m. SHOW
Freaks and Geeks: Discos and Dragons
5 a.m. IFC
Undeclared: Pilot
5:30 a.m. IFC
Mummy Autopsy: Four Severed Heads; The Warrior of Alloa
6 a.m. GREEN

**WEDNESDAY**

Family Feud
1 a.m. GSN
The $25,000 Pyramid
1:30 a.m. GSN
Entourage: Seth Green Day
2 a.m. WGNAMER
Curb Your Enthusiasm: Club Soda and Salt
2:30 a.m. WGNAMER
Any Which Way You Can
3 a.m. HBOF

**THURSDAY**

How the Universe Works
1 a.m. SCIENCE
Entourage: Play’n with Fire
2 a.m. WGNAMER
Curb Your Enthusiasm: When Worlds Collide
3 a.m. HUB
Doogie Howser M.D.: It Ain’t Over Till Mrs. Howser Sings
3:30 a.m. HUB
Summer School
4 a.m. AMC

**FRIDAY**

The Real World: Las Vegas - Guys Who Like Girls Who Like Sex
1 a.m. MTV
Poker After Dark
2 a.m. NBC
Biography: Lindsay Lohan
3 a.m. TNT
Doctor Who: The Fires of Pompeii
4 a.m. BBCA
Home Improvement: Aisle See You In My Dreams
5 a.m. NIK
Shark Vacuum
5:30 a.m. SPIKETV
Looney Tunes
6 a.m. TOON
World Poker Tour Season 9: Five Diamond Poker Classic - Part Two
6:30 a.m. RTNW

**SUNDAY FUN DAY**

$5 One Pound of Chicken Legs + 1 side
$5 Bloody Mary (All Day)
$7 Pitchers of Keystone Light (9PM-1AM)

**MATAMOROS MONDAY**

$4 Margaritas (2PM-1AM)
$11 Buckets of Corona or Dos Equis (2PM-1AM)
$5 Pork Fajitas (All Day, Dine in only)

**KARAOKE TUESDAY**

$5 for 8 Boneless Wings (9PM-10AM, Dine In ONLY)
$1 Tube Shots
$2.25 Captains
Karaoke (9PM-1AM)

**PATIO PARTY WEDNESDAY**

$1 Hamburgers (7-10pm Dine-in only)
$1 Hot Dogs (7-10pm Dine-in only)
10 Beers for $10 (6pm-midnight)
Bags on the Patio

**2FER THURSDAY**

2fer Wells (9-1AM)
2fer Pork Tenderloins (All Day - Dine in only)
Late Night Happy Hour
$2.50 Domestic Pints (11-1AM)

**UNFILTERED FRIDAY**

$1.50 Draws of Keystone Light (2PM-7PM)
$5 Regular Nachos (2PM-7PM) (Dine in only)
$3.50 Pints Boulevard Wheat (7PM-1AM)
$3.50 Craft & Import Bottles (ALL DAY)

**WING IT SATURDAY**

59c Wings and Gizzards (Dine in only)
Choose From Boneless or Original
$10 Domestic Buckets (All Day)

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As students cram for final exams, they should consider the impact stress has on their health. While stress is a normal part of life, too much stress can have a negative impact on the body. Chronic stress can contribute to high blood pressure, heart disease, obesity, and diabetes. It’s important for students to practice coping techniques during stressful times.

The Mayo Clinic suggests these simple stress relievers:

- Stay active. Physical activity releases endorphins and refocuses your mind, which improves your overall mood. A quick walk, jog, or bike ride are all simple ways to increase physical activity.

- Take time to laugh. Laughter produces both long and short-term benefits. It releases endorphins as well as stimulates the heart, lungs, and muscles. Laughter increases circulation and helps relax muscles. As for long-term benefits, laughing can enhance the immune system and produce natural painkillers.

- Meditate. Whether you’re walking, riding the bus, or studying, take a moment to clear your mind. It only takes a few minutes and creates a sense of calm, peace and balance.

- Sleep. The quality and amount of sleep impacts your mood, energy level, concentration, and overall functioning. Sleeping allows your brain and body to recharge.

- Listen to music. It acts as a mental distraction while reducing muscle tension and stress hormones. Iowa State also provides free resources to help reduce stress.

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**Clinic suggests tips for reducing stress**

By Teresa.Riesberg @iowastatedaily.com

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The Biofeedback Center, located in 3062 Student Services Building, uses technology to help students with relaxation techniques, concentration skills and, healthy coping responses. The center also has message recliners, an audio library, guided meditation and mindful activities.

The building is open Monday through Friday from 8 a.m. to 5 p.m.

**Effects of stress**

**On your body:**
- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset
- Sleep problems

**On your mood:**
- Anxiety
- Restlessness
- Lack of motivation or focus
- Irritability or anger
- Sadness or depression

**On your behavior:**
- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal

*Source: Mayo Clinic*
Believers, skeptics ponder May Rapture

By Cristobal Matibag
@iowastatedaily.com

As college students across the country prepare to leave school for the summer, some in the United States are preparing to leave the Earth entirely.

A small but devout group of Christians has embraced the predictions of the California-based evangelical broadcaster Harold Camping, who says the world as humanity knows it will end May 21.

Camping believes a period of divine judgment known as the Rapture is imminent. He and his followers say that during this period, Christ will come again and that all Christians — living and dead — will ascend with Him to the kingdom of heaven. Those who do not follow Christ will, they say, be left behind to witness the earth-destroying Battle of Armageddon.

Camping’s followers distributed brochures written by him in front of the Memorial Union on Thursday.

In one titled “We Are Almost There,” he writes, “The final five months of earth’s history begins [sic] on May 21, 2011 and will end on October 21, 2011.”

The same brochure sets forth the equation Camping used to calculate the start date of the End Times.

The numbers come from specific Bible passages in which themes relating to divine judgment are mentioned in association with certain numbers.

Camping believes that every word and number in the Bible has symbolic significance. He further believes that these symbols have to be understood not only individually but also in relation to each other.

As he sees it, a proper understanding of their relations allows one to decode messages that God has encrypted in the Bible’s text—a practice he thinks he has perfected.

According to a Jan. 1, 2010, San Francisco Chronicle article, Camping determined the number five represented “atonement,” the number 10 represented “completeness” and the number 17 represented “heaven.”

He then took the number of years between Christ’s crucifixion and April 1 of this year (1,978) and multiplied it by the number of days in a solar year — as opposed to calendar year — year (365.2422).

Next, he took the number of days between April 1 and May 21 (51) and added that to the product of his previous multiplication.

When he rounded the sum of that addition to the nearest whole number he got 722,500.

This sum was the same as the product of (5 x 10 x 17) x (5 x 10 x 17) — which, in his method of numerology, is equivalent to the square of (atonement x completeness x heaven).

Simply put, his calculation with dates yields the same number — as long as he rounds one of the sums involved — as his numerological calculation. Camping believes the equivalence of these two numbers confirms the truth of his prophecy.

Brad Barrett, co-pastor at Stonebrook Church in Ames, also believes the Rapture will occur, though he’s reluctant to make as clear-cut a prediction as Camping has.

He’s not familiar with Camping, but said he doesn’t know if it’s possible for anyone to predict the Rapture’s exact date.

Barrett said that in the course of his time as a practicing Christian, he’s heard dozens of “date-and-hour” predictions of the Rapture, none of which have been borne out.

In partial challenge to date-and-hour predictions, Barrett cited the Gospel verse Matthew 25:13, which reads, “Watch therefore, for you know neither the day nor the hour.”

Still, he doesn’t want to wholly dismiss those who try to predict the Rapture. He calls their efforts “a noble task.”

“I’d be all for it,” he said, speaking of the possibility that Camping’s predictions would come true.

“I’m a little puzzled, but intrigued.”

Hector Avalos, professor of religious studies, rejects Camping’s statements about the Rapture completely. He said the “100 percent wrong” predictions of every millennial prophet to date demonstrate how useless it is for anyone to make them.

Avalos believes millennial prophecies are not only useless, but also harmful.

“There are a lot of problems with making such predictions, and there are problems with people who believe those predictions,” he said.

“They often sell their houses. They forgo medical care. They give up their possessions. And when the prophecy fails, they’re left homeless.”

Avalos said that Camping unsuccessfully predicted the Rapture in 1994.

But failures like these, he said, tend not to weaken the faith of those who truly believe in the Rapture.

“What happens when such expectations are decimated in that way is that they extend them,” Avalos said.

“That idea of reinterpreting a failed prophecy goes all the way back to the Book of Daniel.”

Avalos guaranteed that the Rapture would not take place May 21. He advised those who are alarmed by Camping’s predictions to wait rather than acting on them.

“We’ll find out on May 22 if they were right,” he said. “You can judge for yourself.”
Campustown renovation

LANE4 seeks input from students, community

By Micaela Cashman
@iowastatedaily.com

Plans for the looming Campustown renovation are currently on hold as LANE4 still has not presented its ideas to the Ames City Council or signed a Memorandum of Understanding, which would define the two parties’ roles and responsibilities in the project.

Originally, LANE4 was to present to the City Council in January but asked for an extension. Since then, the meeting has continued to be pushed back.

“I think every time that we come back here, you’re going to start to see a little bit more and more detail emerge as we’re able to drill down on some of the big issues,” Hunter Harris, LANE4 director of development, said in January.

Since their last visit to Ames, Harris and senior associate Trip Ross have stressed their need for input from ISU students.

“Once we actually have a plan to show people that will help spark conversation, there will be a lot more engaging with different groups — students specifically, obviously,” Ross said.

Harris said he wants Campustown to be a place students can take pride in and take their parents to and visit as alumni.

He said he views students as partners in the process and needs input for the project to be successful.

The renovation would include creating more green space in the area, building a hotel and pharmacy on opposite corners of Welch Avenue and Lincoln Way and putting up a parking garage.

These plans have sparked controversy in the business community.

Current Campustown business owners are worried they will be run out of the area because they will not be able to afford to stay there.

“The rent will probably go up. That’s what you have to expect when you move from a rundown building built in — oh, probably the early 1900s from what I can tell to newly developed properties,” The prices are going to be some of the highest in Ames; that’s just what happens,” said Matthew Goodman, owner of Fighting Burrito, gyro and Super Dog street vending and Battles BBQ.

“I would guess that almost every business will end up relocating, or they’ll just disappear.”

Ross said LANE4 has been conducting focus groups to see what the community would most like to see in Campustown.

“What this ultimately comes down to is, we need to deliver a project that people want to go to, that they want to support,” Ross said.

“So we’re trying to figure out the best way to achieve that.”

He acknowledged that Campustown has its unique character because of the local businesses and hopes to be able to work with current tenants to find them a place in the area.

Regardless of what happens, it will not be happening for a while as LANE4, the city and the university still need to finalize agreements before going ahead with the project.
“Bouncing Cats”

Film showcases how hip-hop unites Uganda

By Alayna.Flор
@iowastatedaily.com

In Uganda, dance is more than entertainment. It’s helping save children’s lives and uniting the country.

Tyler Stafford, senior in advertising, worked with Red Bull, Hope 4 Africa and the Student Union Board to bring students a free screening of “Bouncing Cats,” a multi-award-winning film showcasing the importance of dance to Ugandan youth.

“Bouncing Cats” is about the youth in Uganda and how one guy, named Abrams, is using hip-hop and break-dancing to inspire these kids to have a better life and an identity outside of the bad things going on there now,” he said.

Abraham “Abramz” Tokya, a Ugandan b-boy and AIDS orphan, created Breakdance Project Uganda in 2006. The dream was to establish a free workshop that would empower, rehabilitate and heal the community by teaching youth about b-boy culture, according to the synopsis on the “Bouncing Cats” website.

“Uganda is in a civil war right now, and children are being used in the efforts,” said Moses Bomett, junior in economics. “Dancing has become a substitute for children getting into crime. They started something small and [it] became big in the youth in Uganda.”

Bomett is the founder of Hope 4 Africa at Iowa State. Hope 4 Africa is a national organization that raises awareness and funds for children in Africa.

“I wanted to get involved with the ‘Bouncing Cats’ event because people don’t know a lot about Africa in general and what goes on,” he said. “It’s a nice way to get out the stereotypes and problems in Africa. It’s also very hopeful and shows there is something better going on.”

The free screening event was made possible with quick organization efforts and use of social media to spread the word. Stafford worked with Red Bull to release the rights to the movie and to allow the screening to be free to the public.

The Student Union Board also helped with room reservations, and Hope 4 Africa introduced the film and gave background information of what is occurring in Africa.

“We also had a lot of support from professors that teach dance classes, offering extra credit to students that attended,” Stafford said. “Dub-H, Iowa State’s hip-hop club, also supported the event.”

Stafford said he is pleased with the amount of student involvement.

“It was a great turnout, mostly because no one had heard of it before and it was mostly under the radar,” Stafford said. “You could see and hear reactions to the film.”

“It’s very hard hitting because the rebels in Uganda have done terrible things to the children and people. You could see the audience crying. Also, at parts, people laughed, and it was light-hearted. It brought out almost every emotion possible during one film.”

Bomett’s experience with the film was different. Bomett came from Africa to the United States four years ago.

“Coming from Africa myself and experiencing the life there, I want to work on getting the true stories out there,” Bomett said. “Things can be misleading because of the media, and this shows the other side of Africa that people don’t see. ‘Bouncing Cats’ shows how people want to change and use the talents they have to be better people.”

For those who did not make it to the screening, Hope 4 Africa aims to work with Red Bull next fall to bring “Bouncing Cats” back.

Film screenings have been occurring nationwide, and many are looking forward to a DVD release within the next year. Students can also check out the website for more information.

“Just watching the trailer was moving. We hope to get the ball rolling with films like this and show more films in the future,” Stafford said.

“My favorite quote from the movie explains how dance and break dancing is being used as an avenue to solve serious problems,” Bomett said. “One of the b-boys said, ‘I’m not a soldier, so I’m not using a gun. I’m not a politician, so I don’t use politics. But I am a b-boy, so I will use dance.’”

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Random Acts of Dancing

Flash mob organization employs element of surprise

By Grace.Gardner
@iowastatedaily.com

Cee Lo Green and Lady Gaga made recent appearances in Ames, but it wasn’t quite the real deal. They were look-a-likes; part of performance by Random Acts of Dancing, a local flash mob organization of more than 100 dancers.

The group recently packed Perfect Games on April 15 for a surprise performance. ISU students Jackson Davidson, freshman in pre-business, and Allison Pederson, senior in graphic design, broke through a crowd and performed the West Coast Swing to the Black Eyed Peas’ song, “The Time (Dirty Bit).”

Onlookers gathered to watch the group dance to three more songs that featured residents ranging from ISU students to stay-at-home moms, to a grandmother and her 7-year-old grandson. Dancers of all skill levels were welcomed to join the event.

Alissa Dietz, creator and choreographer of Random Acts of Dancing, spread the word about the group’s first performance through Facebook. Dietz posted dancing tutorial videos that participants could use to practice the dance routines. The group only met and practiced together once before their performance.

Davison has experience in tap, ballroom and hip-hop dancing and was one of the show’s opening dancers.

“The thing that I enjoy about Random Acts of Dancing is that it doesn’t matter what kind of experience you have with dancing, whether you have never danced before or have danced your entire life,” Davidson said. “The point about this group is that you just leave it all out there on the dance floor and have fun.”

Morgan Tue, sophomore in kinesiology and health, joined Random Acts of Dancing after hearing some friends talk about it. Tue said her only dance experience was lessons she took as a child.

“I enjoyed getting to see everyone’s reaction to our performance and how everyone was really getting into it,” Tue said. “Everyone was so shocked and surprised when we started gradually adding people into the dance. It was a total success and a nice change of pace from the typical Friday night of a college student.”

Dietz also works as a real estate agent for Century 21. Dietz and five of her co-workers, who were also part of the flash mob, experienced the loss of their colleague, Ashley Okland, just days before the event. Okland was murdered at an open house in West Des Moines on April 8.

“It was such a heavy, sad week,” Dietz said. “We went to her funeral the day before the performance.”

Dietz decided to go through with the performance and dedicate it to Okland. While Okland’s death was allegedly the result of a random act of violence, Dietz wanted her dancers’ performance to be a random act of love, compassion, and kindness, that would put a smile on the faces of those who participated in and watched it.

Random Acts of Dancing’s next performance will take place June 4 in Des Moines. To find out about joining the group check out their fan page and group on Facebook.

Volunteering

Students share tales of animal shelter assistance

By Briana.Haguewood
@iowastatedaily.com

Allie Bender can still recall the conversation that first inspired her to create a club for students to assist homeless animals and animal shelters in the Ames area.

Bender, senior in animal science, founded the Students Helping Rescue Animals club during her junior year at Iowa State after talking with her roommate, Allyson Caldwell, senior in chemistry and treasurer of the club, about her many plans to help animals in the future.

“She asked me why I didn’t want to just start a club right then,” Bender said. “And I thought, that’s not a bad idea. The club was approved by the school a few months later.”

An idea started forming as the conversation between the roommates progressed.

“I told Allyson I was amazed at people my own age who were making their dreams come true right now, and I had decided to wait since I figured I was too young,” Bender said.

“So I was talking with [Caldwell] about how if other people can make a difference now, I should be able to as well. But I didn’t know what to do. She suggested starting a club that helps shelter animals.”

Bender said that when she was 14 years old, she decided that she wants to open an animal shelter someday.
“When I was 10, I remember getting a brochure in the mail from Best Friends Animal Society,” Bender said. “I believe they are the largest no-kill shelter in the world. I thought that was the coolest thing ever.”

Bender said that to this day, she has no idea exactly how she came to the decision that she wanted to open a shelter.

“I think it was partially that brochure I had received a few years ago, and I had just gotten my dog, Bear, from a shelter,” she said.

Bender’s love for animals shows in every aspect of her life.

“She was the one that inspired me to become a veterinarian,” Bender said. “I’m really passionate about animals and helping them.”

Bender’s goals for the club include expansion of the club and fundraising.

“Since February 2010, Iowa State’s Students Helping Rescue Animals club has been ‘helping animals, one paw at a time.’

“The club does a lot of different things,” Bender said. “We send volunteers up to five times a week to animal shelters such as the Boone Area Humane Society, Story County Animal Shelter and Jewel Animal Hospital. But the club doesn’t just volunteer in the shelters.

“We’re also starting to do adoption events, and we work on advertising for established animal rescue groups,” Bender said. “We do all the planning for adoption events so that the shelters can focus on other things that they need to.”

Caldwell believes Students Helping Rescue Animals is a good group for ISU students to get involved with.

“It’s a great club to be involved with because we’re helping animals who can’t help themselves. It’s not their fault they’re in the situation that they are,” Caldwell said.

“It’s great for any student to take a break from everything else going on and do something actually real like this.”

Andrea Birkeland, junior in animal science, was recently elected to president of Students Helping Rescue Animals.

“It’s a good thing to be involved with just not to put on your resume, but it’s also just so rewarding. I mean, who doesn’t miss their pets from home when they’re at college?” Birkeland said. “And you’re helping the community immensely. It’s one of the most rewarding clubs you could join I think.”

Birkeland likes to hands-on aspect of the group.

“My favorite part is volunteering at the animal shelters,” Birkeland said.

“It’s wonderful just to be with the animals and to know that you’re making a difference in helping them to get adopted.”

After the club was approved, Bender needed to decide which aspects of animal shelters’ needs the club should focus on. She and other members decided that public education, money, and volunteers were all in greatest need at local shelters.

“Public education, especially, is something I’m really passionate about,” Bender said.

“It’s because I believe that most problems with homeless animals wouldn’t exist if the public knew more about issues such as overpopulation or the abuse of animals.”

Students Helping Rescue Animals has set up booths as a part of their on-campus fundraisers with information to give to students about issues such as why to adopt pets from animal shelters, or how to stay safe when dealing with animals.

Bender said that the group brought in Tom and Josh Colvin, representatives from the Animal Rescue League of Iowa, for an education event in March about breed discrimination.

The Students Helping Rescue Animals club holds up to five adoption events each week to local animal shelters.

“We do all the planning for adoption events so that the shelters can focus on other things that they need to,” Birkeland said.

Bender believes the club is the right size for ISU students to get involved with.

“Once I got my driver’s license I started volunteering once a week at a local shelter, and all of my jobs have been animal-related.”

For any student with a passion for animals, Students Helping Rescue Animals works to help local homeless animals and shelters through volunteering, education and fundraising.

Since February 2010, Iowa State’s Students Helping Rescue Animals club has been “helping animals, one paw at a time.”

“Everyone is more than willing to jump in and help as needed,” McCaskey said. “It’s a learning, hands-on experience. It’s a good club that’s led to a lot of good things, and has been very beneficial to us.”

Students Helping Rescue Animals put on a “Be My Valentine Adoption” at Ames Animal Shelter, where the club also sold baked goods and valentines to raise money for Feb. 12.

The club also held a Feral Cat Education Day on campus in March.

In addition to adoption or fundraising events such as puppy chow bake sales outside of the library, SHRA’s first annual 5K “Walk for Wet Noses” took place this year. The event was April 2 and raised $200, to be split directly between several local animal shelters.

During VEISHEA Saturday, Students Helping Rescue Animals held an adoption event on central campus.

Similar to previous adoption events put on by the club, students and members of the Ames community were able to stop by to meet and play with animals from local shelters that are available for adoption.

The club is hoping to put on a dance next fall to raise funds, and possibly pair with the ISU Swing Club or another dance society to do so. The members also have plans to host raffle fundraisers in the future along with bake sales.

Currently, there are approximately 70 active members of Students Helping Rescue Animals. Bender has great hopes for the future expansion of the club.

“My personal goals for Students Helping Rescue Animals would be to become a bigger presence in the community, to have more members participate in events and to be able to donate more money to shelters,” Bender said. “I’d love to be able to send out more volunteers and to give more education not only at Iowa State, but also throughout the entire community of Ames. Just kind of to be a bigger name.”

Bender encourages students of all ages and majors to join, not only animal science or pre-veterinary majors. No prior knowledge or experience is required, only a dedication to helping homeless animals, she said.

“We have a huge variety of people coming through the club. The one thing we have in common is just that we love animals and do every thing we can to help them,” Birkeland said. “The club is a good community. We’re all very passionate about the cause, and are all really close because of it.”

“The tangible aspects of helping local shelters are so rewarding,” Bender said.

“We can help them with things they’d love to do but don’t have the time or resources for. And just today, I was able to drop off a $445 donation to the Story County Animal Shelter. That’ll buy a lot of dog food.”
University projects

Research plays a role in Iowa State’s identity

By Brandon Hallmark
@iowastatedaily.com

Research projects play a huge part in making Iowa State what it is. These are some highlights of research from the spring semester.

Research shows innocent suspects falsely confess to crimes

This research, involving Stephanie Madon, associate professor of psychology, and Max Guyll, assistant professor of psychology, showed that innocent suspects will confess to crimes they didn’t commit because people under pressure will generally do whatever it takes to escape the immediate interrogation or event regardless of the long-term consequences.

The experiment involved asking participants about unethical and criminal behaviors. For each denial, the subject was asked additional questions at a later date. For every yes, the subject would have to speak with a police officer. Most subjects would admit, even if they were lying in order to avoid the immediate consequence of speaking with the officer. However, even when the consequences of the responses were switched, participants would still avoid answering the immediate consequence of the follow-up questions.

Primate aging research compares humans to other species

This study involved several universities including Iowa State and compared mortality rates of humans and other primates. Iowa State’s Anne Bronikowski, associate professor of ecology, evolution and organismal biology, was involved with the study that showed human females fit the model in that they do not differ much in rate of aging and young adult mortality rates than other primates.

However, human males have a lower rate of aging and young adult mortality rates than other primates. This study also showed that although human females live an average of four years longer, they are not much different than human males in rate of aging and young adult mortality rates.

Researchers work toward sustainable organic vegetables

This project was the first of its kind and was conducted by Kathleen Delate, professor of horticulture. The project experimented with ways to make organic vegetables more sustainable.

It experimented with cover crops, which will help prevent soil loss, and in the case of some like harry vetch, can also attract beneficial insect killing wasps.

Mulch was also experimented with in the project to both prevent unwanted plants from growing and to help fertilize the crops.

Titanium dioxide

A research project involving Dusan Palic, assistant professor of biomedical sciences, looked at the effects of titanium dioxide, an element commonly found in many household objects like shampoo, sunscreen, or on fish.

Titanium dioxide, or TiO2, was found to cause the neutrophils — white blood cells that attack bacteria and fungi — to become more prone to die because of NET release. NET release is when neutrophils release their DNA in a net to catch bacteria, and that usually only happens at the end of the cell’s life.

In addition, NET release also releases chemicals that make other neutrophils more likely to be stimulated into NET release. Because of this, the fish have weaker immune systems.

This study was only conducted in a laboratory and no studies have been done about actual environments, although the study did expose fish to environmental levels.

Technology

Course evaluations offered online

The Center for Excellence in Learning and Teaching and Information Technology Services is now offering academic departments the option to do their end-of-semester course evaluations online.

Results of the surveys will be made available to instructors almost immediately after they submit their final grades, rather than a few months into the next semester like with written evaluations.

If professors can get their evaluations back sooner, they will be able to make necessary course changes before their next semester starts.

Forty departments are participating in the online evaluations, and some colleges have decided to conduct evaluations exclusively online.

More information is available online at www.celt.iastate.edu.

By Brandon Hallmark
@iowastatedaily.com
Fitness

ExerCYse is Medicine promotes healthy lifestyle

By Jody Korthaus
Special to the Daily

When people think about getting a prescription, they think of going to the pharmacy to pick up medicine in the form of a pill; but, in the future, doctors could be prescribing students a trip to the gym instead.

Exercise is Medicine is a national campaign that has made its way to Ames and onto the ISU campus. It is an initiative started by the American College of Sports Medicine to promote physical activity, encourage medical professionals to consider exercise a vital sign and prescribe it as a form of medicine.

“When you go to the doctor and they check your heart rate, blood pressure and weight and height, your doctor should also talk to you about exercise,” said Michelle Ihmels, adjunct assistant professor of kinesiology. Ihmels teaches the Health Promotions class in which the students learn to provide health promotion activities to faculty and staff.

“We have brought the campaign on campus at Iowa State and have been trying to reach the faculty and staff,” Ihmels said. “Now we are trying to reach students. We figure with 20,000 to 25,000 students on campus, that’s a large population that we can reach.”

Kayci Guinn, senior in kinesiology and health, helped jumpstart the ISU campaign.

“I was volunteering at the Wellness Center at the Thielens Health Center in 2009 with Emily Decker, a graduate student, who proposed the idea,” Guinn said. “We mostly just researched the initiative and looked at how other colleges had incorporated Exercise is Medicine on their campuses.”

ExerCYse is Medicine held a kickoff event on Central Campus to promote physical activity last week. It consisted of activities such as a hula-hoop contest and a basketball tournament.

ExerCYse is Medicine evolved on campus after Steven Blair’s visit to Iowa State. Steven Blair is a Hilton Scholar chair for the College of Human Sciences and is one of the leaders in exercise science.

“Every year the university lets one department bring in a leading scholar in an area to come and make visits to talk about what they do and spur on their research,” said Greg Welk, associate professor of kinesiology and director of the Nutrition, Wellness and Research Center in Ames. Blair conceived the idea of exercise is medicine and proposed it to the American College of Sports Medicine.

“The goal of the campaign nationally is to promote awareness and get people to take it seriously and get physicians on board. They’ve encouraged campuses to get involved, which is what we are doing by launching our ISU version of ExerCYse is Medicine,” Welk said.

During Blair’s visit, he did a presentation at Mary Greeley Medical Center and invited a number of physicians and people to attend. Welk said the physicians at the Thielens Health Center are already on board and are helping promote it on campus as well.

“We are hoping to make it an ongoing thing,” Ihmels said. “Next semester, we are hoping to make a big focus on the doctors at the Thielens Health Center, especially with the opening of the new recreation facility.”

Ihmels said she hopes the doctors will begin to recommend students to work out or to meet with personal trainers if they’re not really sure what they need to be doing.

“Ultimately, exercise has been shown to reduce risk for diseases, so instead of just prescribing medications, or in conjunction with medications, hopefully doctors will begin prescribing exercise as well,” she said.

“The campaign is designed to reach people of all ages and all segments of society including worksites, schools and communities.

“If worksites promote it within their company, they’ll have healthier companies; if schools promote physical activity, they will have more attentive students; so it has effects on all segments of the population,” Welk said.

National guidelines recommend that adults  

EXERCISE.p13 >>
Social media influences ISU students, world

By Kaitlin Miner
Special to the Daily

 Millions of people use Facebook every day to keep up with friends, upload an unlimited number of photos, share links and videos and learn more about the people they meet.

This statement is the company overview that Facebook lists on its own Facebook fan page. Recently, though, Facebook has expanded beyond the capabilities to “upload an unlimited number of photos” and “share links and videos.”

It now offers the capability of planning parties with more than 3,000 user responses for “attending,” which allowed for Egyptians to get organized in preparation to overthrow their government.

A Facebook event for a VEISHEA block party on Hunt Street garnered more than 3,000 users to respond as “attending,” leading Ames police to shut down the party before it took place.

Paul Naylon, senior in civil engineering and one of the page administrators, said he had originally planned for just a few hundred people to attend. With the assistance of Facebook, though, a few hundred quickly spread to a few thousand, and Ames Police were alerted about the impending block party and took action to prevent it. The students shut down the Facebook page and publicized that the event was canceled.

Not only were ISU students aware of the planned block party, but the event gained even more attention when it appeared on KCCI News Channel 8.

“I think big parties are going to happen, whether people learn about them from Facebook or hear about them from a friend ... but I think the fact that it was on Facebook made it a much more public event and may have led to it getting shut down, whereas it might not have been if it had not been publicized that way,” said Erin Wilgenbusch, senior lecturer of journalism and communication.

Wilgenbusch worked in corporate public relations for 10 years, and now, as a lecturer, has witnessed the changing role of social media in the lives of her students.

“I think [social media use] evolves as students do. They come in young, and it’s a social way to connect with people,” she said. “And then as they progress through and it gets closer to graduating and building their own careers, they see the value of these tools for their professional development.”

Not only does social media’s uses evolve with its audiences’ ages, but it also has evolved into a tool for political change.

Egyptian president Hosni Mubarak resigned from office following protests in Tahrir Square, located in downtown Cairo. These protests were born, in part, with social media.

“After what had been many, many years of oppression for the people [of Egypt] and not advocating democracy, Facebook was one of the main tools that really helped certain voices in the Middle East be heard,” said Nirmeen Fahmy, junior in pre-journalism and mass communication and international studies.

“Afater what happened in Tunisia, they had used Facebook to be able to communicate with a large amount of people as quickly as they could. It’s always really hard when your government is regulating everything to be able to connect to a large amount of people who have the same values and ideas as you who are looked down on by everyone else. Facebook was a huge tool in being able to help everyone communicate with each other and realize ... we need a change and it needs to happen now,” Fahmy said.

Fahmy was able to get up-to-the-minute accounts of what was taking place in Tahrir Square through her family in Egypt’s use of social media.

“My cousins ... would actually use Facebook and Twitter to be able to say, ‘We’re in [Tahrir] Square right now; this is what’s going on. You need to come out here from this time to this time, and you need to make sure you’re standing out here and our opinion is being heard,’” she said.

Fahmy also viewed the Facebook page that was connecting the large group of protestors.

“It was basically just explaining different personal stories people had of being economically unhappy and not being able to support themselves of their families and how the government is responsible for this, and the government is restricting their success for their own futures,” she said.

Although the organization of the protests began on Facebook, the full impact they could have was not the original intention of the Facebook group.

“In the beginning, they were just trying to figure out how many other people had the same views as them — how many other people were starting to realize the oppression they’d been under for so many years,” Fahmy said.

Although social media assisted protestors in spreading the word about the Tahrir Square protests, Fahmy believes many possibilities still exist for social media in rebuilding Egypt’s government.

“I think [Egyptians] will really be able to shape their government now, through the people that they are putting in power who will now use social media to make sure that they are listening to the people,” Fahmy said.

“They’re not putting them back in the same routine of what’s happening. I think even [with] the stability of our country, our leaders are listening to us through social media outlets, as well. It’s nearly impossible for us to be ignored.”

Wilgenbusch believes technology’s evolution has affected our communication.

“I think we’re all much more aware, and we feel more connected to things” Wilgenbusch said. “When I was growing up, we would watch the news at 5:30 and 6 [p.m.] to get your national and local news, and now, not only can I check websites, but I can choose which ones I want to follow, and then they show up on my phone.”

Through these new technologies and the opportunities they offer, Wilgenbusch believes the influence of social media will not decrease anytime soon.

“I think there are so many people who are out there now trying to think of bigger and better things, but I think the sky’s the limit,” Fahmy said.

“I can only imagine what else is going to [emerge] through the Internet and the other outlets that we have now — I think there’s no stopping it.”

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Conference planned for Ames in 2012

By John Lonsdale
@iowastatedaily.com

MLGBTACC, or the Midwest Bisexual Lesbian Gay Transgender Ally College Conference, will be at Iowa State on Feb. 10 to 12, 2012.

The conference began at Iowa State in 1993 and came back to Ames in 2004.

“I mean, it is epic,” said Brad Freihoefer, director of LGBT student services.

Freihoefer said the conference is a two-year planned process hosted by a conference planning committee.

The committee gets assistance from LGBTQAA, LGBTSS, Delta Lambda Phi, Conference Planning and Management and Ames Convention and Visitors Bureau.

This summer, conference-planning objectives entail finalizing the theme, who the guest speakers will be — with options from some of the best LGBT speakers in the world — talking with the city and university about where 2,000 students will go when they need to sleep and eat, as well as fundraising.

Although details are still being discussed, the event’s workshops — which will talk about student identity and social justice — and speakers will be at CY Stephens, the Memorial Union and Central Campus.

A majority of those who will attend the conference are coming from the Midwest, Freihoefer said, but there are still those who come from across the United States.

Despite the $65 ticket to the conference, which will help offset the costs for the speakers, Freihoefer said it is an opportunity of a lifetime and a great way to get involved, make a difference and have fun.

Students travelled to Ann Arbor, Mich., for the conference last year.

Freihoefer witnessed how students found pride within themselves at last year’s conference and how they felt like they were in a great, safe environment.

“Talking with students,” Freihoefer said, “it’s a life-changing event.”

Choose your adventure at camp

Program gives students chance to be leaders

By Mary-Kate Burkert
@iowastatedaily.com

Brooke Palmer, junior in history, skipped moving home for the summer after her freshman year.

Instead, she joined Camp Adventure Youth Services, a summer program run by the University of Northern Iowa in which college students have the opportunity to travel to American military bases to serve children.

This summer will mark Palmer’s third in the program.

“I joined Camp Adventure when I was an itty-bitty freshman at Iowa State,” Palmer said. “Initially, what attracted me the most was the opportunity to travel the world, but what kept me around were the kids and other camp counselors that I got to work with.”

Palmer said she grew from the experience.

“This program has forced me to be resourceful, open-minded and a leader,” Palmer said. “I use the word resourceful because there had been quite a few times when my fellow counselors and I would have to scrap together ideas last minute.

“I choose open-minded because you are most likely going overseas to a brand new place with people you have never met,” she said. “Lastly, I picked being a leader because it is impossible to participate in Camp Adventure without having to lead an activity.”

Camp Adventure is about more than stepping out of your comfort zone, but jumping into a whole new culture, Palmer said. Individuals must be courageous and driven to fully devote themselves to the youth services program.

Simon Pena, sophomore in political science, will participate in Camp Adventure for the first time this summer in Daegu, South Korea. He joined after he realized his original plans with the Air Force ROTC fell through.

“I began looking for a meaningful and earnest program to participate in to fill up my empty upcoming summer,” Pena said. “When I first heard about Camp Adventure, I was somewhat skeptical, as I didn’t think there was any way that past participants could truthfully speak so glowingly about it. However, I decided to attend a few informational sessions and interview with them at an event called a Leadership Assessment Center.”

But the people who led Camp Adventure swayed him.

“The zeal and excitement displayed by the Camp Adventure veterans there was overwhelming at first, but as I was accepted into the program and started going through the three months of training, it became more and more contagious. I haven’t even gone to my placement yet and I’m bursting with excitement about it,” he said.

“I have yet to meet a Camp Adventure counselor that I did not like, and I am eagerly looking forward to putting my three months of training into effect and working to create magic moments in the lives of the kids that I’ll be working alongside all summer.”

Jennifer Lyon, senior in elementary education, will be stationed in Stuttgart, Germany, at Robinson Army base. She didn’t know what she was getting into at first.

“I had been looking for traveling opportunities that were relatively inexpensive,” Lyon said. “I got an email about Camp Adventure and saw that we get a living stipend while we work with kids overseas. It seemed too good to be true, but I went to the informational meeting anyway and asked a lot of questions.”

Lyon investigated further.

“I still wasn’t convinced so I drove to Cedar Falls [University of Northern Iowa] to see what it was all about,” she said. “I filled out some paperwork, not knowing what I was getting myself into. Then the next thing I know I’m running through the tunnel of the Exercise Assessment Center.”

“I love working out at KOSAMA. The coaches are really great...motivating and encouraging. I’ve lost 35 lbs in the past 8 weeks and I have more stamina than ever. My favorite workout is circuit because it works all muscle groups as well as my heart and lungs.” — Allison Watson

Session begins May 30th! Call for student rates.

EXERCISE.p11

get 150 minutes of moderate exercise a week, which equals about 30 minutes every day.

There is a misconception when it comes to exercise, however.

“Many people think you have to hit it hard, feel the pain and be drenched in sweat,” Guinn said. “Really, all it takes is getting up and take a walk around the library every half hour to an hour or walking to class instead of taking the bus.”

Wolk said even with the busy lifestyle of a college student, it’s easier for them to get 30 minutes of exercise just by walking to and from class.

“It’s the average adult who drives to work and plunks themselves down at a desk and then goes home and plunks themselves down on the couch that doesn’t get those simple 30 minutes a day,” Wolk said.

In the future, ExerciseIsMedicine plans to continue to put on events to provide momentum in raising awareness about the benefits of exercise and have that percolate out into the community.

Student involvement is encouraged, and student organizations on campus such as the Health Promotion Club and the Alliance for Health and Fitness Professionals are also helping to promote the campaign.

Anyone who is interested in getting involved can contact Ihmels at mihmels@iastate.edu. For more information on the Exercise Is Medicine campaign, visit their website at www.exerciseismedicine.org.
Tea Party posed to play role in upcoming elections

By Hilary Bassett
@iowastatedaily.com

In 2009, the Tea Party movement came out in force and left a significant impression on Iowa politics as many incumbents got the boot and newcomers, many of them Republicans, took their place.

“I think it was incredibly instrumental in the Republican takeover of the House in the 2010 elections,” said James McCormick, professor and chairman of the political science department.

The Tea Party movement began because of a negative viewpoint of the current political party system, particularly on lowering government spending and promoting a smaller government.

“We had dramatically overreaching policies that were taking us off a cliff and still will if we don’t do something,” said Ryan Rhodes, member of the Iowa Tea Party.

Having recently gone through an election, Gov. Terry Branstad understood the use of the Tea Party movement and how it can really impact a campaign.

“We were able fold Tea Partiers into our grassroots organizations,” said Tim Albrecht, Branstad’s communication director.

But some see the movement as having a negative impact, especially within the Republican Party.

“I think the biggest effect the Tea Party has had is within the Republican Party itself,” said Sam Roecker, communications director for the Iowa Democratic Party. “It’s created two wings of the Republican Party: one that’s traditionally more fiscally focused and then the Tea Party wing, which has kind of taken off into this radical social wing of the party.”

McCormick agrees that this impact has occurred, but argues that this will have little effect in the 2012 elections coming up.

“There is a common opposition to [President Barack] Obama and I think that will ultimately serve as a rallying cry for them,” McCormick said. “I don’t think that Obama will be able to generate the intensity that he did in 2008.”

But McCormick also noted that the Obama campaign is known for raising a lot of money.

“That is probably going to dwarf any kind of action that the Republican nominee can engender and I think that will also impact what the Tea Party can do as well,” McCormick said.

Members believe the party’s impact will continue into the 2012 elections.

“The Tea Party will have a dramatic impact on this next election because the issues we have are the issues that resonate with the average American and that’s something that I think presidential candidates are going to need to address if they want any credibility whatsoever,” Rhodes said.

But critics argue this may not be true and that the movement might instead be decreasing.

“It seems like their activity has kind of leveled off now,” Roecker said. “The crowds that they had a couple of years ago or last summer aren’t there anymore; it’s more of a small, local movement now.”

Overall, it is generally agreed that it is too soon to tell the type of impact we will see when the 2012 election begins to gain steam.

“I don’t think the Tea Party has identified the one candidate they want to rally around,” McCormick said. “Until there’s a Republican nominee that the Tea Party embraces, I think only then can we tell what kind of impact they’re going to have.”

Iowa parties struggle to find compromise on state budget

By Addie Olson
@iowastatedaily.com

Democrats and Republicans of the Iowa Legislature are having difficulty compromising on a budget for next year, but they agree on one thing: Finding a solution will take longer than expected.

Friday marked the 110th day of Iowa’s 2011 legislative session, meaning lawmakers will no longer receive compensation, but they can’t head home until they come up with a budget that will satisfy both parties and win the approval of Gov. Terry Branstad. Tim Albrecht, spokesman for Branstad, said it will take compromise from both sides to end the budget debate.

“Republicans just took over the house this year and have an overwhelming margin, and the Democrats still control the Senate by a slight margin, and of course a Republican controls the governor’s office,” Albrecht said. “But that just means all sides, all parties need to come together and find a workable solution.”

It will take a lot of negotiation before a feasible spending plan can be created and each side has asked for something different.

The first cause of controversy that needs to be decided upon is the overall size of the budget. Branstad has asked for a $6.1 billion budget, but Republican legislators are wanting to spend less.

Rep. Lisa Heddens, D-Ames, is a member of the Appropriations Committee and said that Democrats would like to see more money for critical services.

“We’re looking at just the overall funding of critical services such as education funding,” she said. “We also want to make sure that we are funding our critical services for health and human services.”

Heddens is a ranking member of the Health and Human Services Appropriations Subcommittee and she said one example of funding they would like to see is a reform of Iowa’s mental health and development system.

“We are looking at redoing our whole mental health and developmental disabilities system,” Heddens said. “We’re just going to need an infusion of new money to sustain and expand that particular system.”

Several other committees are also hoping their projects and financial needs will be recognized, but in order to create a sustainable spending plan some will receive decreased funding or be cut all together.

“There is a significant amount of tax relief type of measures which then take the money out of the general fund to maintain some of these critical services,” Heddens said. “It’s really trying to figure out how all of that fits into the equation.”

Both Republicans and Democrats have said that creating next year’s state budget will take more time. It will take a lot of negotiation before a feasible spending plan can be created that appeases both parties. File photo: Iowa State Daily
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It’s time to graduate and Iowa State University Bookstore has everything you need to make your graduation memorable.

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Jennifer Lyon, senior in elementary education, traveled to Naples, Italy, with Camp Adventure last summer. Courtesy photo: Jennifer Lyon

Camp Adventure Youth Services is a summer program run by the University of Northern Iowa in which college students have the opportunity to travel to American military bases to serve children. Courtesy photo: Jennifer Lyon

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fun, which consisted of two lines of people in khaki shorts, tall white socks and T-shirts that said, ‘Camp Adventure.’ I was a little scared, but loved it right away.”

Last summer, Lyon traveled to Naples, Italy, with Camp Adventure.

“Every week we had ‘Cream the Counselor.’ We used it as a reward system for kids that were listening and following directions,” Lyon said. “Each age group got to pick a kid and counselor to cream. We just used whipped cream on a plate.”

“It was so sticky and since we were at an outdoor camp where it was black flag days almost every day, the whipped cream spoiled almost as soon as it hit your face and started to smell really bad.

“One day we ran out of whipped cream so we used cream cheese instead. The kids ran off the bleachers to the counselors who got creamed, just so they could have a taste, as if they haven’t eaten cream cheese before.”

“Training is now mostly over, and I’m still alive, so the training is obviously very doable,” Pena said. “In addition, the trainers and directors are very understanding and helpful, so while I often felt swamped during the training, I never felt helpless or hopeless.”

“Camp Adventure faculty are very much willing to work with each and every counselor undergoing the training, and they are very supportive as they do so.”

Pena feels the opportunity can’t be matched.

“Many of these children are looking for something beyond an average summer camp experience, and Camp Adventure more than delivers by setting a high standard for their counselors to make every moment magical by vastly exceeding all expectations,” Pena said. “To this end, counselors always try to create magic moments that last a lifetime — and not just with the group of children, but with each individual child as well.”

“However, most importantly, we accomplish this by genuinely caring for each and every child — as compassion and love are the purest and truest routes to ministering to a child’s heart.”

Camp Adventure Youth Services is a summer program run by the University of Northern Iowa in which college students have the opportunity to travel to American military bases to serve children.

Jennifer Lyon, senior in elementary education, traveled to Naples, Italy, with Camp Adventure last summer. Courtesy photo: Jennifer Lyon
Young girls win award, prepare to patent invention

By Frances Myers
@iowastatedaily.com

A group of young girls have proven that sometimes the most innovative ideas do not have to come from the minds of seasoned engineers.

Six young girls, Courtney Pohlen, 11, Gaby Dempsey, 11, Maria Werner Anderson, 11, Zoe Grost, 12, Mackenzie Grewell, 12 and Kate Murray, 12, teamed up when they got a call from recent ISU construction engineering graduate, Claire Bassett.

“I was in the National Association of Women In Construction and they were contacted by Girl Scouts of Greater Iowa to provide coaches and mentors for all girls teams,” Bassett said. “I said that I would be happy to coach a team if there was one conveniently located for me in Ames or nearby. GSGI contacted local troop leaders and girls from three different troops joined the original team.”

As soon as the team came together in 2009, Bassett and Melissa Murray, mother of member Kate and leader of the Girl Scout Troop, immediately began working to prepare the girls for a FIRST Lego League competition.

A year later, the team brought in another coach, Zach Pachol, freshman in civil engineering.

“This year was more of a step back for me to see how things are done and what needs to be done,” Pachol said. “Next year I’ll be more involved with the coaching role and will be stepping up a lot more. During the brainstorming process I helped with thinking of ideas on what could be used. However it was most of the girls’ idea and that is what really impresses me because they came up with it.”

For Inspiration and Recognition of Science and Technology is a non-profit organization that was started as a way to “inspire young people to be science and technology leaders, by engaging them in exciting mentor-based programs that build science, engineering and technology skills, that inspire innovation and that foster well-rounded life capabilities including self-confidence, communication and leadership,” according to the official website.

FIRST Lego League is a competition that “introduces younger students to real-world engineering challenges by building LEGO-based robots to complete tasks on a thematic playing surface.”

The Ames-based Girl Scout troop, the Flying Monkeys entered a regional FIRST Lego League competition in Des Moines in early December. However, they began preparing for the competition a bit before that.

“The girls came in and we found that this year’s theme was ‘Body Forward,’” Murray said. “So we started coming up with ideas that would improve or heal the human body. The girls thought about doing a prosthetic so we decided on a prosthetic hand and began researching support websites and looking at people’s real-life problems.”

When we started the team, we focused a lot of time and energy on learning how to program Lego Mindstorms and experimenting with different robot designs,” Bassett said. “I helped them apply math to programming their FLL missions. This past season, Body Forward, we focused more on the research project and arranged several field trips for the girls to meet local professionals.”

After doing their research for the prosthetic hand, the girls found a little girl named Danielle from Duluth, Ga., who was born without fingers on her dominant right hand.

Claire Bassett shares the excitement of competition with Mackenzie Grewell and Courtney Pohlen at the State LEGO Leauge Championships held in Howe Hall on Jan. 15. Courtesy photo: Mike Murray

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Communication Center assists students with writing

By Ben Theobald
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Business students are being criticized for their lack of skills in writing and presentation, according to the Wall Street Journal. Iowa State is responding by improving these skills at the Communication Center.

“There are a lot of reasons that have compounded this scenario. For one, there has been a distant rise in technology to communicate,” said Abhijit Rao, director of the Communication Center. “A lot of times we have that impression that makes technology accessible but not necessarily high quality.”

Rao has been working at the Communication Center for six years. He helps business students on improving their communication skills.

Business students have goals that they are expected to meet. “Disciplines have become very specialized,” Rao said. “Each discipline has its own distinct way to communicate. Different business cultures expect their employees to communicate in a certain way, and those skills need to be taught to students.”

Communication has more than one type of skill to cover now. “Communication has become very multi-modal, not just writing or oral skills, but all of these different modes of communication are coming together,” Rao said.

Business students have to be able to present their information clearly.

“The job of a business professional is going to be to take their expertise and communicate it to audiences who might not have the same expertise as them,” Rao said. “It is very important that they learn those communication skills.”

The Communication Center is put together where instruction can be augmented with communication.

“We provide them with the knowledge,” Rao said. “Not only learn their field but how to communicate it to the public.”

The staff work with students by having them coming to the center or going to their class.

“We work with students one-on-one on their assignments or oral presentations,” Rao said. “We also go to their classes and do presentations on specific communication topics such as developing team skills.”

Rao hopes the Communication Center can attract more students in need of assistance whether they come to them or he comes to them.

“Face time we get with the students is what hinges the success of the center,” Rao said. “It’s really important that we get the opportunity to meet with students.”

Graduate business students work on their communication skills as soon as they are admitted.

“Students we admit tend to have pretty good written communication skills,” said Mark Peterson, director of graduate career services. “We begin working with them right away on verbal and presentation skills. In business the focus for MBA is developing leadership and communication skills, which we drive as part of our curriculum here.”

Jordan Bergman, junior in finance agrees that business majors do struggle with writing and presentations.

“I think a lot of it is attributable to Facebook, Twitter and text messaging,” Bergman said. “There seems to be a use to abbreviating and talking that isn’t professional. People seem to have difficulty separating those two worlds and becoming more professional when you need to.”

He said students need to learn how to express their thoughts in a more professional language that is more appropriate.

“Most employers nowadays have communication at the top,” Bergman said. “Everybody who has a degree has those skills to an extent, but if you can’t express them then you can’t really go anywhere.”

Female engineers create ‘Civil Ladies’ outreach program

By Jessica Johnson
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The College of Engineering has welcomed a new student group to campus.

Civil Ladies is a diverse female club making a splash in the college by teaming up with the American Society of Civil Engineers to secure a grant to develop an energy-related outreach program.

Civil Ladies is reaching out to third and fourth graders across the state, posing the question, “How do wind turbines work?”

The club has successfully reached children in Farley, Council Bluffs and Ames, hoping to keep building their resume with new schools next semester to continue reaching other students.

The program consists of four different stations helping children identify the different aspects of a wind turbine. Proper demonstrations will engage children’s thoughts in engineering, sustainability, renewable energy and how to keep it going.

The first demonstration is the geo-tech station, which highlights the turbines’ foundation. The demonstration shows how water weakens soil and why a good, deep foundation is important to a turbine’s success. Next up for discussion is the electrical and mechanical side of the turbine.

“We have a model set up that they can actually blow on a blade and a volt radar then measures the wind,” said Samantha Spiering, senior in civil engineering. “Then we show them the path it takes for the energy to get to their house. This illustration helps a student understand how they use energy and why energy is important to them.”

The third station demonstrates the turbine’s center structure. Children will learn why the tower for the wind turbine is a cylinder, what materials are used to construct turbines and how the blade shape helps catch wind gusts.

“We give them a piece of balsa wood and tell them to try and break it, so it will snap in half showing the difference in properties,” said Jessica Heine, graduate in civil engineering.

The final stop of the display is transportation and construction. In this station students get to race to see who can build a turbine the fastest.

“We try to give them the idea of just how big the blade is,” said Allison Machtemes, graduate in civil engineering. “They know how big a minivan is so we tell them it is eight of those which equal two semis, which equal one semi with an extended bed to fit just one blade on it.”

Civil Ladies targeted third and fourth graders because of a high interest to learn and understanding larger concepts.

“It is cool to see their eyes get big and just sit down. The teachers get surprised that they sat down for us,” Heine said.

“We wanted to give more of an impact than just about wind turbine energy, we wanted them to understand and to think that maybe I can go into engineering when I grow up,” said Rachel Franz, senior in civil engineering and ASCE outreach chairwoman.

Campus groups
Religion’s effect on physical, mental health

New study claims prayer could help curb aggression

By Thane Himes and Lea Petersen

How do you deal with anger? According to a new study, prayer might be a healthy solution.

Reverend Whit Malone, pastor of the Collegiate Presbyterian Church in Ames, doesn’t know whether he agrees with the study or if it simply doesn’t surprise him.

“As a Christian, I think of prayer as our primary way of bringing ourselves into the presence of God,” Malone said. “I believe that whenever we bring our daily issues and struggles to God, God receives them and gives them back to us with a new perspective.”

Much of the study was conducted at Ohio State University and co-authored by Brad Bushman, professor of communication and psychology, who has conducted a great deal of research focused on religion’s relationship to violence during the course of his career. He conducted the research with Ryan Brenner, graduate student at the University of Michigan, and Sander Koole of the VU University in Amsterdam.

Malone said this doesn’t mean that he may not have had good reasons for anger, nor does it mean that God always sees anger as a bad thing. Malone pointed out that the Book of Psalms in the Bible depicts many of God’s people praying out of their anger.

“The point is that they’re bringing it to God rather than striking out against the offender,” Malone said. “I believe that whenever we bring our daily issues and struggles to God, God receives them and gives them back to us with a new perspective.”

The first study involved 22 men and 31 women, all of which were American college students. The students completed a Profile of Mood States test to measure emotions of anger, fatigue, depression, vigor, and tension. The participants were then given five minutes to write an essay about an event that made them feel very angry. The essays were given to an unseen partner for evaluation. All the participants received negative ratings on their essays, and a comment was written on all of them saying, “This is one of the worst essays I’ve ever read!” This method came from one of Bushman’s previous studies, and was used to provoke anger in the participants.

After the participants were provoked by their evaluations, they read a newspaper article about a student named Maureen with a rare form of cancer in order to induce empathy in the participants. They were asked to imagine themselves in Maureen’s shoes, and then randomly assigned to either pray for her or simply think about her for five minutes. To keep participants from catching onto what the study was about, they were not asked to report on the content of their prayers or thoughts.

Before the study began, extensive research was conducted in which participants were asked to reveal what they prayed and thought about after reading the article.

“I told God that this really touches me, I prayed that I hope that God will help Maureen because she really needs it,” said a participant in the early study. “A girl like this does not deserve something this bad, so I hope that many people will be willing to help her.”

“I felt compassion for Maureen and her family, what this poor girl and her loved ones must be going through,” said another participant from the early study, who was asked to simply think about the student. “I find such things really unfair.”

After the prayer and thought period, the participants retook the test, along with questions about their religions, how often they attended church or worship services, and how often they prayed. While tension, depression, fatigue and vigor remained unchanged, anger was significantly lowered, as Bushman expected.

The second experiment tested if prayer reduced actual aggressive behavior, as opposed to simply angry feelings. The study involved 29 men and 53 women, all of which were American college students. Some of the students were provoked by negative feedback in a similar method as used in the first study, while others wrote about the layout of their campus instead of an event that made them angry, and were given positive feedback from their unseen partners with the written comment, “Good job. Nice essay.”

The students then prayed or thought about their unseen partner for five minutes, which they were told was to help them form a more valid impression of the person. After this, the participants competed with their “partners” in a test of reaction time. The students had to press a button as quickly as possible several times, and the slower participant would hear a loud, punishing noise through headphones. The students controlled how long the noise lasted, as well as its volume. Provoked students were more aggressive with the noise, and provoked students who had prayed for their partners showed a normal level of aggression, potentially cancelling out the earlier provocations.

The final experiment was conducted at a Dutch university with 18 male students and 38 female students, all of which were specifically required to be Christian. Students were again randomly selected to be secretly provoked or not provoked, and they again either received criticism for their essays on a situation that angered them, or received praise from their essays about a meal they enjoyed.

In the second part of the study, both groups of students were asked to think about or pray for a friend in need. They were then asked to judge the likelihood of several life events, ranging from things caused by specific people, like missing a flight because of a bad cab driver, to events that cannot be blamed on one person, like losing all your money because of a recession. The provoked students who simply thought about their friend still had angry responses when judging the hypothetical events, whereas the provoked students who prayed for their friend didn’t have anger-related views. Malone was touched on a personal level when he read about the study.

“I get angry at people like everyone else,” Malone said. “And yet, I know that Christianity is at least as much about the other person as it is about me and my anger. Jesus teaches us that.”

Malone said Jesus’ teachings focused much of the time on turning the other cheek and praying for those who persecute us.

“So whenever I feel like I am unjustly hurt or wronged, I do try to pray for the person who hurt me,” Malone said. “And yes, I do find my perspective changed and my level of anger decreased.”

However, the study is not without its problems. Malone is concerned that those that read about the study could interpret prayer to simply be a verbal aspirin, and simply added to a list of anger management techniques. Malone said prayer is much deeper than that.

“Though I appreciate scholars studying things like this, I hope that folks read this and find an invitation into something more than just an ‘anger management technique,’” Malone said. “I hope folks will want to go further than that.”

Hector Avalos, professor of religious studies and faculty adviser to Iowa State’s Atheist and Agnostic Society, is concerned with the study itself, and cited the potential lack of religious diversity in the study as an explanation for why the study might be biased.

“The study does not seem to appreciate the rich and complex theological history of prayer, which can range from cursing enemies to pleas for God to forgive enemies,” Avalos said. “So, can
College of Design

Industrial design program shines in first year

By Nicole.Wiegand
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As spring semester comes to a close, so does the inaugural year of the College of Design’s industrial design program.

The program, which was approved by the Iowa Board of Regents in the fall of 2010, is one of only 10 industrial design programs in the Midwest and 60 nationwide. It seeks to provide students opportunities in a wide range of disciplines under the umbrella term of industrial design—a subject so broad that it is sometimes hard to define.

“The program is hard to describe because it includes so many things,” said David Ringholz, associate professor of art and design and director of the industrial design program. “At its heart, it is structured creative activity.”

Ringholz explained that the main objective of the program is to teach students to design “products, services and systems to be sold that meet specific commercial objectives.”

“There’s always a business or commercial angle, as well as an engineering angle,” he said, noting that the mass production of such products must be taken into account.

The program allows for students to choose an area of concentration within industrial design that aligns with their future career goals.

Some of the current sequences of classes include courses in textiles and clothing, materials engineering and systems engineering.

In the future, Ringholz said the program is looking to add emphases in aerospace engineering and perhaps entrepreneurship.

“We have a formal relationship with the College of Engineering,” Ringholz said, “but we’re always looking to open the doors with other colleges.

“We’re specifically looking for more ways to interact with food science and agriculture since those programs are such an important part of the university,” he said.

Ringholz referenced the department of food science’s recent work developing bio-based polymers as one specific area in which the two programs could intertwine.

Though the program has progressed rather smoothly over the course of the past year, implementing it was not without the occasional obstacle.

Ringholz explained that one obstacle was fine-tuning the curriculum as the year progressed.

“It’s hard to write and define a curriculum at the same time you’re applying it,” Ringholz said.

He noted that one of the most useful resources over the course of the year was direct feedback from students.

“Their feedback helps to minimize the gap between idea and execution,” he said. “The curriculum is all very fluid.”

Luis Rico-Gutierrez, dean of the College of Design, recognized this as a typical characteristic of new curricula.

“Curriculums are living organisms,” he said. “They must respond to the needs of students and faculty.”

One of the more tangible challenges in implementing the program, however, was the lack of adequate fabrication facilities.

While planning is under way for the construction of a state-of-the-art industrial design fabrication laboratory in the Armory, the absence of such spaces certainly affected the curriculum during its first year.

“I taught things differently and required different things from students [this year] than I would have had we had the fabrication lab,” Ringholz said.

Plans for the lab’s safety measures, power and ventilation are currently being refined and construction will begin over the summer, Ringholz said.

While the entire renovation will likely not be complete until the end of 2011, he said portions of the lab will be functional for students by fall semester.

Theoretically, if there are 20 total machines going in, I’ve said, “These are the 10 that need to be done by the end of the summer,” Ringholz said, emphasizing what an important step the construction of the fabrication lab is for the future of the program.

“The money given to us by the university [for the construction of the laboratory] represents a very serious commitment to the industrial design program,” Ringholz said.

“We want to show that we’re thankful for their support and that we’re smart with how we spend the money.”

According to Rico-Gutierrez, though, each of the obstacles the College of Design faced in the implementation of the program paved in comparison to what the program has accomplished in its first year.

“These challenges were not huge or unexpected,” Rico-Gutierrez said. “We are facing challenging times in general. I expected having to put some extra work into making certain aspects of the program function.”

One of the more positive surprises that faculty encountered over the course of the year was the unexpectedly high interest in the program by not only undergraduates in the Design Core, but high school students as well.

“I am definitely seeing more students identify industrial design as a major pre-college than ever before,” Ringholz said.

Rico-Gutierrez echoed this sentiment.

“I knew there was a trend of people becoming interested in industrial design, but I didn’t expect [the program to attract so much attention] that quickly,” he said.

The program currently enrolls up to 20 students in each year of coursework. Last spring, the program saw 25 students apply for admission. This spring, however, Ringholz expects as many as 50 to seek admission.

“While expanding the program’s enrollment may be an option in the future, administration is currently focused on ensuring adequate space for each studio.

“The biggest constraint to expanding the program is space,” Rico-Gutierrez said.

“This can be daunting, but there is nothing you cannot do if you have the will and the drive— and we have the will and the drive to serve our students.”

In addition to such high interest in the program, Rico-Gutierrez noted another positive in that the faculty heading up the program could not have been better selected.

“Seda [Yilmaz, assistant professor of art and design and industrial design program faculty member] and David [Ringholz] fit the ideal profiles for a director and faculty member,” he said. “We had high expectations for them in the beginning and they have exceeded them.”

Outstanding faculty flanked by dedicated students turned out the be the perfect equation for the program’s success.

“Any student that signs up for a program that isn’t really there is special,” he said. “They’ve been a delight to teach and have been very resilient.”

Department of Residence

SAVE lightens load for moving home

By Emily.Banks
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- Simple action, vital effect.
- SAVE is a program set up by the Department of Residence that allows students to donate unwanted items they don’t want to take home or move.
- Items that can be donated include clothing, shoes, household items, furniture, small appliances and non-perishable food items.
- Students are able to drop off items starting April 21 through Wednesday.
- Donations are accepted at 13 locations in residence halls across campus, making it easy for students to lighten their load before heading home for the summer or moving to a new apartment.
- After the items are collected from students, they will be taken to Goodwill and local food pantries for members of the Ames community. The university is collecting items to save students a trip to these places and to save them some time.
- According to the Department of Residence website, by donating items you can:
  - SAVE hauling stuff home that you really don’t want anymore
  - SAVE the landfills by not tossing good items into the trash
  - SAVE our planet by reducing, reusing and recycling items
City Council

Representatives stay busy with projects

By Kayla Schantz
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The Ames City Council and city staff have been busy this semester with several projects involving the community and university.

In February, the City Council discussed and approved the new 2011-2012 city budget, which covers an estimated $193 million in expenditures.

In addition, the City Council voted to give $8,000 to VEISHEA for the pancake feed and supported Greek Week and VEISHEA by approving road blocks during these events.

The City Council also approved the construction contract and final plans for the Intermodal Facility, set to be operational by June 2012. The facility will be constructed on Hayward Avenue where Lot 60 was, and will include space for transit buses, intercity buses and bicycles.

This semester, the city also hired visioning consultant company Brand Endeavor of Marina del Rey, Calif., to create a city-wide vision.

Brand Endeavor began the 19-week-long project in February by conducting interviews with various city sector representatives to learn about Ames’ current image.

The company sent out an online survey in March to get individual opinions and perceptions of the city. Almost 6,000 participants completed the survey, and the results were presented to the council April 19. Brand Endeavor will complete the project in June with a final city vision presentation.

The City Council also approved a $5,000 grant to renovate DZ Triangle, a piece of land located in the Greek community that has in the past been the site of vandalism and couch burning.

The project will include a brick patio, limestone seating, pillars and shade trees. Construction will begin in late April and is set to be completed next year.

Finally, the city redesigned the city of Ames website. The new website includes a page just for students, where they can learn about relevant information such as bike registration, parking tickets and city ordinances.

Murray said that they decided to make the hand for Danielle to use so she could write and draw. They named the device BOB-1.

“The BOB-1 hand device is a great, inexpensive invention that follows the KISS (Keep It Simple Silly) principle beautifully,” Bassett said. “It has helped a little girl in Georgia color and write, and more importantly, started her thinking about how else she can use her unusual limb. The Flying Monkeys have already re-engineered the BOB-1 once to improve it for Danielle, and are now planning to make a similar device for her newly adopted brother.”

From the regionals in Des Moines, the Flying Monkeys advanced to the state championship at Iowa State in January, where they won the innovation award — $20,000 — to put toward patenting their device.

“Right now we have what is known as a provisional patent,” Murray said. “This is a year-long patent that protects the device until we can get a utility patent. About 60-70% of patents get approved so we’re hoping for good results.”

Future plans for the Flying Monkeys include attending the North American Open next month in San Diego, Calif., and competing against 76 other teams from across the country.

Since graduating in December, Bassett has acquired a job two hours away but still keeps up with the team.

“I will be traveling with them to San Diego for the North American Open and to DC for the Global Innovation Award Ceremony,” Bassett said.

“Imagine an experiment that included members of Fred Phelps’ church in which prayer is supposed to express anger toward those who don’t follow God’s word as they understand it,” Avalos said. “Would the results be similar?”

Avalos pointed out that the study alluded to the disparity in the study that religion always had positive benefits, with no studies listed that found other results that may have contradicted this belief.

Get more online: Read more reactions to this new study on our website at iowastatedaily.com/news
Next fall, there will be one more choice for Iowa State students when looking at future housing options. This new complex offers features that are sure to stand out to renters.

The Grove, 715 S. 16th St., is a new apartment complex that promotes the motto “fully loaded college living.”

“I think it’s a great place for college students because we offer a lot of amenities that not all the other apartment complexes offer,” said Kaitlyn Harms, leasing agent for the Grove and sophomore in journalism and mass communications.

“It's a lot like a community.”

Some of the amenities that are available at The Grove are a 24-hour fitness center, free tanning, game room, pool, Wi-Fi, coffee bistro and a library with free printing.

“You are going to know the residents and the people that work here because you will be spending time in the community with everyone enjoying all the amenities,” said Mike Meehl, sales manager.

Last week The Grove hosted a Grovefest,” Meehl said, which included a casino day with lots of black jack and other fun games, allowing participants the opportunity to win a bunch of different prices.

The Grove wrapped up the week with Fish Friday.

“There are 27 Groves all over the country and six being built right now,” Meehl said.

“We stand out because there is nothing really like us already here in Ames.”

The Grove accommodates up to three-bedroom apartments, that range anywhere from $475 a person for a three-bedroom, to $520 a person for a two-bedroom.

These prices will go until April 30, then the prices will continue to rise as the apartments fill up. The Grove also deals with renter fees differently than other companies.

“We do not do a security deposit, it’s just easier that way,” Meehl said. “We do a guarantor or co-signer and just bill you for additional damages later.”

Although no short-term leases are currently available, The Grove does have the ability to match up anyone who might be studying abroad in one semester with another person who will only be around for the other semester.

“That way they essentially share a lease and just split it up,” Meehl said.

“That is one way we found to accommodate people who are just going to be here for a portion of the time and still be at our year lease.”

Another added bonus is the Cy-Ride shuttle stop directly in front of the location.

Julianne Bacon, manager, and Meehl will be living above the clubhouse with community assistants in each building to assist any resident with a problem.

“It is not like the dorms,” said Tyler Till, senior in agricultural studies and leasing agent.

“We are not going to write you up or anything to get you in trouble. We are just there if someone needs something.”

“I am excited for this coming fall,” Till said. “Basically everyone that has signed here has been pretty upbeat, the typical college student. It’s kind of nice.”
Letter from the editor in chief

College newspapers are unique, because a new editor in chief steps in every year, if not every semester. I learned a great deal from the editors before me, and I’m excited to turn the Daily editorship over to Jake Lovett.

I want to thank you all for picking up the Daily — whether it’s for a Just Sayin’ or for a front-page story. I hope we’ve made it worth your time.

The Daily is a learning environment, and it’s no secret we make mistakes — some more noticeable than others. We appreciate your understanding that mistakes help us grow in our goal of giving you the news, opinion, sports, entertainment and niche content that matters to you as ISU students and community members. But I believe we get it right more often than not, and that’s thanks to the hard work of our amazing staff.

In this job, I’ve had the privilege of working with some amazing people, along with meeting some of the most interesting people in Ames. It’s been a pleasure getting to know you all.

Best of luck on finals, and have a great summer. Thanks for reading.

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Socialism: not an interchangeable term

Socialism has a tarnished reputation in the United States; not because of its ideological precepts, but because it has been portrayed as something other than what it is.

Socialism is neither communism nor fascism, despite many people — frequently right-wing propagandists — using those terms interchangeably and simultaneously. The context in which those terms are used tends to be one of generic political criticism, which is to say that people use the words “socialist,” “communist” or “fascist” as synonyms for “bad guy.” This, I believe, is an effort to portray a realistic alternative to laissez-faire capitalism as pure evil by lumping it in with failed ideologies of the 20th century.

Communism does not permit individuals to own property or means of production privately; it implies central planning when implemented on the national level and enforces economic equality.

Socialism propounds that economic activity should not be carried out to the detriment of national interests. It posits that sectors of the economy involving essential national interests ought be regulated, if not nationalized, to ensure that the health of the state is not undermined by industry.

While socialism does call for the redistribution of excessive wealth, it does not imply everyone should be paid the same wage or own the same amount of property; rather that there ought to be some restraint upon wealth to prevent private interests from seizing a disproportionate amount of control in government. Of course, every economic ideology redistributes wealth in some form or another; including capitalism. To be perfectly clear: Socialism is not against the ownership of property or relative inequality of wealth. Fascism is an extreme extension of nationalism; it calls for single-party rule as well as the purging of those ideas — and often individuals — deemed incompatible with whatever “pure” conception of the world the fascist holds.

It is sometimes contended that the Nazis, since they called themselves “The National Socialist Workers’ Party,” were socialist as well as fascist. This simply is not true; sticking feathers up your butt does not make you a chicken. If you are inclined to believe Nazis were socialist because they used the word in their description, then you must also acknowledge Egypt to be a republic and North Korea to be a democracy. In any case, socialism is not fascist because it does not draw upon nationalism, nor does it require a single party or person to be in control of the government. Socialism is almost the polar opposite of fascism.

Socialism can be thought of as a political movement, aimed at changing the structure of government, but it can also be thought of as guiding ideology for economic policy. It is this second concept of socialism I am talking about: economic socialism, an alternative to capitalism.

There is nothing inherently American about capitalism. Nowhere in the Constitution did the founders, or amenders for that matter, stipulate a system by which the economy is to be run.

The Constitution is an enumeration of powers and an acknowledgment of rights; it does not bind us to any economic destiny. Our economic destiny is at the forefront of national- and state-level political debates. We are in the midst of an enduring financial crisis that is the sum of many complex causes, and there is no shortage of narratives as to how we got here. I do not presume to fully understand the causes of this crisis, nor will I be so arrogant as to try to pin them down specifically, but there are some things apparent to everyone to see.

The actions of a powerful few individuals in the financial sector have contributed greatly to the economic status quo, but many of those individuals have prospered personally as a result. The division between wealthy and poor is becoming sharper as those in the middle class are sliding downward, while the rich are ascending to even greater levels of affluence; opportunity for economic mobility has been substantially diminished.

What this tells me is that when economic activity is not ordered to the common good of the nation, it will be shaped to serve the private good of the few at the expense of the many; and that those few, with their ever-growing wealth, will exert their considerable political might to ensure the continuance of this destructive process. In turn, it becomes increasingly unlikely a person of modest means will ever be able to improve his or her economic status, no matter how hard he or she works; the deck is stacked, and capitalism is the mechanism that stacks it.

When legislators propose policies to regulate economic activity, to raise taxes on the wealthy, or to fund programs that address a common concern — e.g. health insurance reform — they are often
Poeticism

Mere entertainment dilutes culture, society

Working mechanisms such as Facebook and Twitter and reality television, we Americans have become obsessed with broadcasting the details of our private lives, somehow hoping our own individual problems will be resolved if only the wider public — people who have no interest in the resolution of the struggles of our inner selves — can be made aware of them.

The expectation is that people who are unrelated to us, who are not our confidants, will for some reason or other care. And so when we write words, words, words on paper, or when we say words, words, words on a stage, or when we write notes, notes, notes on a blank music score, they should reflect things that tie us to other people. We should be in the habit of taking great care to make sure that our statements are not irrelevant to our interpersonal connections.

Modern pop artists are all very entertaining: Lady Gaga fairly regularly surprises and astonishes us with something she says, wears or does. There are some media personalities we love to love, and some we love to hate.

Think of the music you hear on the radio. Think of the songs you remember from day to day. Think of the ones you get stuck in your head, and enjoy their presence there. They make you feel emotions; they make you think of other people, other places or something bigger than yourself.

Culture should be concerned with crafting the most poetic, most romantic, most sentimental and most inspiring objects for our attention. Pursuit of mere entertainment — the instant gratification of our base desires — leads us toward wholesale corruption. Pursuit of emotions we experience individually, without others, leads us only into isolation and out of interconnectedness.

— Chad Brewbaker

The following comments were left in response to the April 22 story, “ISU community works to end sexual assault”:

“Chad ... your comment is itself an example of rape culture. By calling the rape that happened at Iowa a ‘dorm orgy’ you are ignoring the fact that what really happened was a violent sexual assault and down-playing the seriousness of the offense. If you want proof that rape culture exists, turn on the radio, the TV, or just listen to some of the conversations that take place around you on a college campus. Ever notice all the jokes about rape on ‘Family Guy’? If not, that’s because rape has been normalized. It’s something to laugh about in our culture. So many people don’t even realize how gruesome the thing that they are laughing at is. And if you do notice the jokes about rape, it’s probably only because you or someone you know has been affected by this serious issue. Ever listen to a group of guys playing ‘Halo’? If you have, I can almost guarantee you that you heard at least one of them say, ‘I just raped that guy!’ when they got a really good kill. Or, maybe when walking out of a really tough final, one of your classmates commented, nonchalantly, ‘I just got raped by that calc test!’

This is what happens when you live in a society permeated by rape culture. This sort of entertainment/conversation becomes commonplace. And I think even someone like Chad Brewbaker, who believes that rapes statistics are being inflated, can agree that normalizing rape in a way that leads society to condone assaulting women is something that needs to change.”

— Libby Vickers

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Italian Grill
Barack Obama is full of arrogance, sound, fury

By Brandon.Blue@iowastatedaily.com

What a Wednesday we had last week in post-racial America. After Obama released his long-form birth certificate, a national game of nanny-nanny-boo-boo began. Naturally, the left began their “I told you so crusade,” believing that they, in fact, had their “I told you so crusade,” nanny-nanny-boo-boo began.

After Obama released his long-form birth certificate verifying it just like the rest of us. That said, why all the shell games? But who knows, maybe those are all just faulty defenses. Maybe our Commander in Chief really did just throw his ball at the bullies and stomped home.

That’s the most interesting fact of all. Trump won.

As the Daily Beast’s Howard Kurtz observed, “Bragging aside, it does make Trump look like he is driving the agenda and forced the White House to react.”

When a guy with that kind of comb over has the White House scrambling for cover, it’s game over, folks.

Of note is the mantra so oft-repeated by my ears bleat at it, that we need to “refocus” on “better stuff to do.”

What issues? Immediately after he gave his impression of a dentist telling us to floss, he hopped on his jet to joke around with Oprah. Then he took Air Force One back to New York for a fundraiser. So much more important than sideshows and carnival barker, references that I might add were poignant in the roaring ’20s and have become thin references to Donald Trump as of late.

The presumption that if not for so-called “birthers” our country would be able to achieve his every expectation as an opinion we enjoy with near boundless impunity.

For most of us who care, the rise of hot rods and milkshakes, surfing and rock and roll, the contours of economy in our everyday life, the modern college experience, and an innocent outlook on his circumstance.

Yet for some reason, the certificate he released is layers, editable in Adobe Illustrator and needlessly so. There’s also an absence of “chromatic aberration,” halos that appear around black text on color printers. As far as I can tell, and I’m no graphic designer, there’s no reason for this to be.

That’s disturbing to me. Why not just scan the paper, upload it and call it good?

I have no doubt that Obama is both a natural-born U.S. citizen and has a birth certificate verifying it just like the rest of us. That said, why all the shell games? But who knows, maybe those are all just faulty defenses. Maybe our Commander in Chief really did just throw his ball at the bullies and stomped home.

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Novel relates feelings of life in 1950s

By Adam.Bohl@iowastatedaily.com

I was contacted by notable 1964 alumnus of the Iowa State Daily Gary Sutton, following an article I wrote about classic literature for the modern college student. I was delighted when he asked me if I would like to read his first, recently published, novel entitled “Oskaloosa Moon.” After reading “Oskaloosa Moon,” I asked Sutton if I could write about if for the Daily. As an opinion columnist, I will provide something very similar to a normal review, though a bit more expansive.

“Oskaloosa Moon,” follows the titular character Moon, a deformed, illegitimate child born to Catholic and Nazarene parents, through life as he grows from boyhood, attends our own Iowa State, and moves from career to career seeking acceptance in spite of his deformity. It is set in the late 1950s and depicts very colorfully and honestly the culture and space of small town Iowa, a picture that proves both enduring at times and horrifying at others.

Moon grows up in Oskaloosa amid the rise of hot rods and milkshakes, surrounded by a close minded, religiously sheltered community that neither accepts his deformed face or his bastard birth.

Sutton’s protagonist bears this in his younger years with a meekness that could only come from ignorance of his true value and in later years with a tempered view the modern freedom of thought and opinion we enjoy with near boundless impunity.

It is also an eye-opening read with regard to changes in the standard of living. In one scene at the dinner table, Moon describes a meal that most these days would find beneath them.

It transcends his every expectation as he portrays it with his usual innocence, “I ate a hot roast beef sandwich, chewing real slow, and that thing tasted so good I wished it could last forever. It wasn’t really a sandwich, but a slice of white Wonder Bread on the plate, a slab of beef with hardly any gizzard and a scoopful of mashed potatoes on the top, plus brown gravy ladied across the whole thing. It cost us all two bits, for crying out loud... The King of England had nothing over me that day.”

Being an ISU alumnus himself, Sutton brings a reality to the pages of “Oskaloosa Moon” that can only be imbued in an author through personal experience. I am excited to see to what will come next from Sutton and to see his writing style mature. “Oskaloosa Moon” sits in my mind as a book that will interest readers from many backgrounds, but resonate most strongly with those of us that still hear the echoes of rural America in our speech and the traditions of economy in our everyday lives.
Don’t just decrease the suck; increase the awesome

By Rick Hanton

It seems that politicians are constantly coming up with new ways to reduce suck in the running of our state and country.

“We’re going to decrease the budget deficit” they say. “We’re going to improve health care.”

“We’re going to remove legal restrictions for businesses.”

“We’re going to prove/disprove that President Obama is an American citizen,” and so on.

While reducing the ways that the government or life in general sucks is admirable, I think that politicians as well as you and I should also focus our efforts on increasing awesome in the world.

My inspiration for this column comes from one of the video blogs I’ve been watching that were created by the Vlogbrothers otherwise known as Hank and John Green on YouTube.

The two brothers have spent the last four years creating an online army of “nerdfighters” whose stated goal is to increase awesome and decrease suck in the world. If you’re interested, you should definitely check out the Vlogbrothers YouTube channel or their nerdfighters networking site. In any case, these two guys do a great job at making entertaining videos about nerdy topics and world events.

In the case of Hank’s latest video, the topic is NASA. NASA is one of a small number of government agencies that are particularly aimed toward increasing awesome rather than just decreasing suck in the world. If you look at agencies like NASA or the National Science Foundation, they aim to go out and solve tough problems and in the process they come up with tons of awesome new things.

You can thank NASA for things like bar codes, advanced robotics, crucial baby formula ingredients, novel injury treatments, basic surgery tools, weather satellites and much, much more.

It’s amazing that many of those things were developed or discovered as NASA studied technology they needed for something else, but that’s precisely what makes them awesome.

There are tons of other agencies out there in government that are simply trying to decrease suck. Maybe that suck is terrorists attacking innocent people in the U.S. or your grandmother fighting the aches and pains of growing older. Many people in the Middle East have decided their governments suck, so we have done what we can to help them decrease that suck, too.

As you head off to take more classes or work at a company once the semester ends, think about how you can help increase awesome and/or decrease suck in the world today.

Maybe you can do something simple like volunteer some time for others, or maybe you want to do something complex like cure a disease or build a better world. There are tons of ways that you can help reduce suck or increase awesome every day.

However you do it, please continue to seek out ways to decrease suck and increase awesome, because if we don’t help the world become a better place to live in, there’s no guarantee that anyone else will.

Comment of the day

The following comment was left in response to the April 27 story, “LANE4 seeks student, community input for Campustown renovations”:

“Campustown is meant to serve students, not East Ames. It’s a tiny part of Ames that serves students, why are we trying to take that away from students? Is it so bad that a part of Ames is there to take care of our needs?

Adding a hotel is going to do nothing to serve the needs of the students. Why is the focus being shifted from the main customer base away from students? Is it so bad that a part of Ames is there to take care of our needs?

“Campustown is meant to serve students, not East Ames. It’s a tiny part of Ames that serves students, why are we trying to take that away from students? Is it so bad that a part of Ames is there to take care of our needs?”

— Brett Elliot

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After a bit of thinking, I’ve realized I have learned the most not from my classes, but from my experiences outside of the classroom. I don’t advocate involvement because of the typical reasons you hear from your advisers and parents — not for reasons such as improving your resume, learning skills valuable to your future career or learning time management and organization strategies. Although all of these are valuable skills, I advocate involvement because through my extracurricular experiences, I have had the privilege of meeting an individual who has contributed more to my personal growth, maturing, and general passion for life than I could have ever found in a classroom or textbook.

I’ve volunteered at the Women’s Center since I’ve been a student at Iowa State. I love the atmosphere, the passion and the people. I’ve always identified as a feminist and enjoyed reading and learning about feminist causes. However, this year I have gone through a definite personal transformation.

After taking many social justice-related classes and being involved with many extracurricular organizations and committees related to social justice, lobbying, writing letters to representatives and attending public forums and rallies, my education began to hit me full-circle. I began to realize I wasn’t the same person I was when I began my time at Iowa State.

It struck me at once; I had done a whole lot of growing up in a very short period of time. I had finally begun to realize I didn’t see the world around me the same way I had when I first came to Iowa State.

This realization came with some troubling implications. I had realized my friends from high school and the friends I had chosen my freshmen year at Iowa State no longer understood me; Hell, I didn’t even understand me. But I knew we no longer saw the world through the same lenses. I saw their eyes glaze over when I talked about issues that were important to me. I was hurt when they wouldn’t attend an event I had worked on all of first semester. I was frustrated when I’d have to listen to them talk about “how disgusting that gay couple on ‘Grey’s Anatomy’ is.” When I brought up aspirations of going into politics, they “couldn’t see me being elected for something.”

As I grew as an individual and found out who I was, I realized the social circles I had aligned myself with when I was younger and when I first arrived at Iowa State no longer aligned with me in the way they once had. Feeling misunderstood and frustrated, the Margaret Sloss Women’s Center, where I volunteer, has been my haven since the beginning of the year. It was a place I could go where I knew I could find an incredible sense of community and understanding that is unmatched by anything else. In particular, I found Liz.

I met Liz, graduate assistant at the Women’s Center, this year when she started her assistant position at the Women’s Center at the beginning of her second year in the Educational Leadership and Policy Studies program.
Humanity

Put the world in perspective, it is all we have for now

By Claire.Vriezen@iowastatedaily.com

It’s humbling to think of how small we really are. Astronomers estimate the Milky Way contains 200 billion stars. Yet, our galaxy is but a speck in the immense void of space. Another 100 billion galaxies are said to exist, each containing several 100 billion more stars.

Even when we speak about the estimates, the numbers are so mind-bogglingly huge that the human mind usually fails to comprehend the billions upon billions of stars that surround us.

Given the sheer amount of stars in the universe, it seems unlikely to me that we are the only living beings in existence. With all the galaxies contained in the universe, it is probable that other planets will hold similar relationships with nearby stars as we do. We have found other planets in distant galaxies that harbor these conditions for life, though whether they contain this life remains a question.

It’s nothing new that reports from around the world tell of violence and hate. Humans seem to be surprisingly adept at causing pain to others. Wars continue to be fought, crimes are still committed, and people are still killed. With no other inhabitable planet known, we are stuck on Earth, for better or worse.

When we look at all the suffering that occurs because of petty human disputes over land, government, cultural or religious differences throughout Earth’s history and put them on the cosmic scale of the universe, it all has taken place on a tiny pale blue dot.

The famous picture from the Voyager spacecraft that depicted our planet from 6 billion kilometers away prompted well-known astronomer Carl Sagan to reflect on our own perceptions of the world.

In his book, “The Pale Blue Dot,” Sagan wrote, “Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves ... Like it or not, for the moment, Earth is where we make our stand.”

It may sound “hippie-esque,” but perhaps if more people understood and held this perspective — that in the grand scheme of things, we are alone — we might try a little harder to make our brief time on Earth a sustainable and peaceful one.

We war and fight among each other about, sometimes, the most ridiculous things. On a personal level, our petty disagreements, when held up against the universe, become so infinitesimally small.

If this planet contains all known life to us, why do we persist in destroying both it and ourselves? As cliché as it may sound, can’t we all just try and get along? We will remain on this planet together with our limited space and limited resources for an unknown amount of time.

World peace is a rather unattainable goal, but perhaps we can move toward it. We are so completely focused on our “now” that we fail to add a bit of perspective into our views.

We may one day soon drive ourselves to extinction. Perhaps that fate can be held off for awhile if we take our responsibility to our small corner of space seriously. We have become the caretakers of this planet and it’s inhabitants. We hold in our hands the power to destroy it if we so choose.

Hopefully, it will never come to that.
Change

What will you contribute to the next big revolution?

As I end my junior year, I am in the process of thinking about graduate school and life. I know what I want to do with my life, and that is the easy part. The question I struggle with is the how.

It’s a question I see everywhere, but no one seems to have an answer. In the future I want to help people’s lives. The cause isn’t important, what is important is finding out the best way to help people.

How can someone truly impact another individual life and make it better?

I think about working with the government to help create policies and laws to better help people who need it, but the system seems slow and ineffective with policies never making it past sub-committees or being held back by unnecessary pork. With so many problems, and so many needs and loopholes, how will the common person be helped? Elected officials say so much, but sometimes it seems like little of their talk becomes action. Law allows for reinforcement and change to be implemented, so it’s not all bad. I agree that people should know the system to help fix the system, but is law the best way to solve the problem?

Then I look at the power of writing and wonder: Can silly columns in newspapers, huge books or blogs really make an impact for people to learn? Those who are too busy texting or stuck in their own ways to open their minds — how can people help, but will donations make people take you seriously or will they continue their own beliefs?

How can we educate without isolating others’ thoughts and ideas? Money is used to solve problems and to help, but will donations make people follow in the footsteps of others to help lend a hand? There is always education, but money does not necessarily lead to more action or necessarily change in the system, sex education and world hunger are just a few. Surely there is not one clear-cut solution to finding the best way to help people. But at the same time, no one person can do everything. It is a continuous struggle, just because someone has made progress doesn’t mean that progress will last. There are successes and there are failures for every type of helping.

I don’t have an answer to any of the questions I posed. All I know is that one person can spark a movement of change, but it takes masses of people to truly make a huge difference. It won’t stop me from making small differences in people’s everyday lives, because I know by doing that, I could change that one person’s world. The final question I pose is, how will you help for your cause’s revolution?

Columnist Barefoot poses questions students will need to answer upon graduation. Courtesy photo: Wikimedia Commons

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Letter

**Steve Gregg’s comment missed the point of Kruzic’s argument**

Steven Warden, junior in History.

This letter is in regard to the comment posted in the Daily by Steve Gregg on April 28.

He blasts the author, Ahna Kruzic, for “whining about how the world doesn’t conform to her beliefs” and in that statement he has totally missed the point her article was trying to make.

She has no problem with Victoria’s Secret making money from women, all she is asking them to do is bear the responsibility that it has to protect women in this culture from being stereotyped. We all know that in today’s culture the skinny model ideal is winning out and that is fine, people are allowed to have their own preference.

She only asks that they also put out the message that women are beautiful in all shapes and sizes; and sexy might not be putting on the tiniest pieces of lingerie.

As a society are we not responsible to hold those who dictate norms accountable or does Mr. Gregg just have a problem with plus size women getting respect from a clear flaw in our society. He should try re-reading the article because it is not about marketing product it is about empowering people and bettering society as a whole.

You just keep right on putting women down Mr. Gregg and labeling anyone who wishes to empower people a “liberal.” You are the one who seems to be whining.

**Steve Gregg’s original comment:**

“Ahna Kruzic, If you want a women’s wear store like the one you described, why don’t you open one and call it Ahna’s Lingerie instead of whining how the world doesn’t conform to your beliefs and badgering them to do so? Put your money where your mouth is.

The reason why Victoria’s Secret is so popular is that customers buy what they sell. The market is voting for Victoria’s Secret brand and everything it represents.

The annoying thing about liberals is their control freak nature. They’re always demanding somebody else conform to their view. They always want to place the burden on somebody else, not themselves. Take the burden upon yourself, Ahna. You’ve got a university full of young women to test your marketing concept. If you can’t sell it to them, the general market won’t buy it either. If you want to change the world, start with the girl in the mirror.”

**Comments of the day**

— Rob Stone

The following comments were left in response to the April 28 editorial, “Put the president’s birth issue to rest”:

“Obama was born in America, which every sensible person knew from the beginning. The evidence was presented years ago and remains conclusive. There simply is no rational argument against Obama being a native American. The birther movement was all about making an irrational case against Obama. Basically, if you repeat Obama was born in Kenya over and over, more and more people will come to believe it…”

— Steve Gregg

“While I agree that the issue of the president’s birth should be put to rest, the fact that it was an issue in the first place should be a point of embarrassment for our society. No other president has had to prove his citizenship. Moreover, how many regular citizens have had to prove their citizenship more than once?

Donald Trump deserves no credit for exploiting a non-issue for shameless self-promotion. He deserves to be ignored. If all the far right fringe has is something shiny that distracts us from reality then they have nothing. Why should we pay attention to nothing?”

— Graham Ambrose

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Let Iowa State be your home, enjoy your adventure

By Gabriel.Stoffa@iowastatedaily.com

Van Wilder said, while standing pantless next to the freshman: “But you know what I’ve learned in my seven years here at Coolidge... Timmy? I’ve learned that you can’t treat every situation as a life-and-death matter because you’ll die a lot of times. Write that down.”

Much like the illustrious Van Wilder, my seven years of college have culminated at Iowa State with stories and experiences I cannot begin to write about here due to obscenity and general debauchery.

OK, fine, I am only graduating because I ran out of money from FAFSA and other sources. Funny thing, you can max out all of that loan money potential; it takes about seven years, but I did it.

When I began college, I went to the University of Iowa. I went there simply because a few friends of mine were there and all I wanted to do was party.

After only a semester — where I spent five days a week partying — I found that skipping classes in order to have fun was fulfilling, but not good academically. I finished with an F, two Cs and a D. Pretty good in my mind considering the same way I had become tired of being a barfly with going to classes and selecting classes that weren’t awful or taught by professors that offered terrible or unfounded answers, the professors would allow me to challenge it, and every-thing else I saw.

I thought I was a failure, doomed to mediocrity, and realized I was not ready for the college life. Well, I also realized that some academic advisors have few skills at assisting freshmen with class choices, and assume any class will do, but I digress.

I returned to my hometown of Ottumwa to attend Indian Hills Community College. There I continued to party regularly, joined a punk band and received an A in all but three courses I took there in a year and a half to earn my Associate of Arts degree. With my GPA fixed and a better understanding of how to handle college, I returned to the University of Iowa.

Now I found myself over-prepared and lacking direction. I knew how to balance being a barely with going to classes and selecting classes that weren’t awful or taught by professors that have little regard for a sense of humor or their students.

After taking every art course possible at the community college, I decided at Iowa to focus on theater and film. I had been acting for years and I was, and still am, a film fanatic.

One semester later I decided theater was not my bag and I went over to English and film. Certainly a better match. But no, I was having more fun at bars than taking these prerequisite classes that by all means should be skipable.

In that year at Iowa, I learned more about life and people and how to succeed while partying at bars and house parties than I learned in any class. I was set on leaving college in the dust to try my hand at the real world. I set off to work on indie films with some friends and found myself totally involved in the early “biz” world.

I even went on a romp around the country a year later for a few months, bouncing from New York to Florida to Texas to Los Angeles to Indianapolis and back to Iowa, the whole while working on film and auditioning and pitching script ideas — partying a whole hell of a lot too.

The education I gained in a few months was better than anything I had learned in college. I couldn’t figure out why anyone would want to waste time in college when they could just experience the world without restraint.

Then it struck me all at once one day after what I will refer to as a “real trip.” I found myself walking home as the sun was rising and I realized I wasn’t really happy with my frivou- lous lifestyle. Yes, I had been on more adventures than I can begin to relate, but I felt as if my life lacked forward progression. Much in the same way I had become tired of being a musician years before in a punk band, I wanted more.

Columnist Stoffa believes students need to enjoy their time at Iowa State, take advantage of their freedom and embrace the college lifestyle. Courtesy photo: National Lampoon.com

Then a friend asked me, out of the blue, why I didn’t just try going to college at Iowa State. As my entire life had been spent up to that point following whatever direction fate pointed me in, I applied and left for Ames with no real plan in mind other than trying my hand at college again.

For the first time I met an adviser that was helpful. I decided to grab a communication studies degree, because I had no idea of what I wanted and communications is a relatively easy degree to get for anyone willing to do the assignments.

I continued to party and meet people and travel to work on films, but I found myself attending classes and becoming interested in arguing with professors thanks to meeting some that were interested in actually teaching students.

After two years, I was able to graduate, but I was not remotely done with my college career, as I had discovered what my friends had known all along: I was a political fiend.

I was convinced to take a political science class during what I though was my final semester, and it hooked me. Finally there was something I could argue with and when people offered terrible or unfounded answers, the professors would allow me to challenge it, and everything else I saw.

I love to argue. It is a sport to me the same as baseball. I don’t care what side I am on, I just like to make people go beyond obvious statements and validate their responses.

I signed up for the second major of pol sci and never looked back. I was spending less time at bars — even though I was working at one — and attending classes, for the most part, with excitement about learning.

At the same time, I was learning from the remarkable staff Iowa State has in its political science department. I found myself, finally, with a direction and somewhat of a purpose.

Now, I am graduating. I never found an interest in VEISHEA — apart from the drinking — or in the various campus activities or clubs, but I was able to find myself at Iowa State.

I still party, and I still travel and work on films and go on crazy adventures that hardly sound true, but in all of that, I am thankful for the opportunities Iowa State provided for me to learn and find direction.

I will still tell anyone that asks that they need to take time away from college to discover the amazing and terrible things the world has to offer.

I will still advise being wild and crazy and making ton of mistakes along the way. And, as I have been accepted as a graduate student at Iowa State, I will advise spending as much time as you can enjoying the freedoms of the college lifestyle, and letting Iowa State be a home base for your studies and travels.

Cheers.
I'd like to say I didn't need affirmation from anyone. I'd like to say I've been self-assured enough this whole year to pursue social change without affirmation in the face of criticism, hate mail, complaints and disagreements.

However, as I've just recently realized, Liz was the exact person I needed to get me through this phase of uncertainty and growth. I needed someone to tell me they saw something in me, because I wasn't sure that I saw that much potential in myself. I needed someone to tell me what I was doing was making a difference, because running on two hours of sleep and trying to stay awake to catch up on the latest bill attacking Planned Parenthood can be incredibly difficult to do.

I needed someone who I knew saw eye-to-eye with me, because after a full day of having your best friends question you for the sake of argument, your professors using "rape" as a verb unrelated to the word's definition in lecture, your grandparents defining success for you as finding a "good husband," your friend getting sexually assaulted, and a random stranger commenting on the physique of your legs or some other body part, sometimes I just needed a little old-fashioned venting time and support from a person who completely understood me.

Though I've only known Liz a year, she entered my life at exactly the right time and support from a person who completely understood me.

It was my reality: I faced criticism, questioning and apathy regarding my reasoning and logic for actually caring about social justice. This was my reality: I faced criticism, questioning and apathy regarding my passions every day of my life. Liz has given me the confidence and optimism to truly face these criticisms.

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**Seniors’ favorite recipes**

**Light and fluffy pancakes**

By Kelsey Bulat
AmesEats Flavors Writer

I know what you’re thinking. “Your favorite recipe is for buttermilk pancakes?” Yes it’s true and yes, they really are that delectable. These pancakes are pure perfection. Thank you Cooks Illustrated for the recipe.

- 2 cups buttermilk
- 2 cups unbleached all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 large egg
- 3 tablespoons unsalted butter melted and slightly cooled
- Oil for frying

Mix all the wet ingredients together and all the dry ingredients together. Combine the wet and dry together until just mixed. Let the batter sit for a few minutes and then make your pancakes.

**Whole wheat pancakes**

By Kathleen Kohlhaas
AmesEats Flavors Writer

Here is a pancake recipe that I’ve been using all throughout college. I love it because it’s healthy, I can whip it up in about five minutes, it makes a relatively small batch, great for one or two people, and I’m always making substitutions to it such as throwing in cinnamon, blueberries, flaxseed, ripe bananas or my new favorite, pumpkin. I usually top them with some greek yogurt and honey and often eat them with an egg for added protein. Plus I’ll eat them for breakfast, lunch or dinner.

- 1 egg
- 1 cup whole wheat flour
- 3/4 cup milk
- 1 tablespoon canola oil
- 1 tablespoon brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt

Beat the egg until fluffy. Add the milk, oil and brown sugar and mix well. In a separate bowl, mix the flour, baking powder and salt and then add to the wet ingredients. Add in any extra ingredients blueberries, ripe bananas, pumpkin, etc. Grease a skillet or griddle and bring to medium heat. Pour small amounts of batter on the skillet or griddle and flip when bubbles appear on the surface and the underside is golden. Once both sides are cooked, enjoy with your favorite pancake toppings.

**Black bean and corn quesadilla**

By Kate Adams
AmesEats Flavors Writer

Here is a recipe I just kind of made up one day, but it has become a staple in my busy college life.

- 2 whole grain tortillas
- Shredded cheese
- 1/4 cup black beans
- 1/4 cup corn
- 1 tablespoon chopped onion
- 1 turn of olive oil
- Dash of red pepper flake, garlic, chili powder (or whatever spices you like)

Sautee the black beans, corn, onion, and spices in the olive oil for one to two minutes, longer if the corn is frozen. Remove from the pan and place one tortilla in the pan, cover with 2/3 of the cheese, corn and bean mixture, then the rest of the cheese. Place the other tortilla on top and flip once the cheese starts to melt. You can add chicken, shrimp or anything else you like.

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**www.AmesEatsFlavors.com**

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Bucket list for class of 2011

By Jill Wedeking
AmesEats Flavors Writer

It’s about time for the class of 2011 to pack up and take on the real world. To help make sure you’ve experienced all Ames has to offer, we’ve compiled the top 11 places for the class of 2011 to try before shipping out.

☐ The Cafe: It’s menu changes with the seasons to get that fresh quality all customers deserve. Stop in for an amazing one-of-a-kind experience.

☐ Wheatsfield Grocery: Shop for local, natural, and certified organic groceries, come in for wine tasting or attend a class, this store offers it all. Check out the website for wine tasting schedules, a calendar of classes and special deals going on.

☐ Cupcake Emporium: Featuring six different flavors daily, this one-of-a-kind shop is perfect for satisfying that sweet tooth.

☐ Grove Cafe: Serving breakfast and lunch daily, this establishment was voted best breakfast for the State of Iowa in Food Network Magazine last summer. Stop in and try the mouth watering top-secret pancakes.

☐ Olde Main Brewing Company: If you haven’t experienced Olde Main’s beer this isn’t a suggestion, it is a Wednesday night must. Stop in from 5 p.m. to 2 a.m. on a Wednesday to get $1 pints of any Olde Main Brew.

☐ Ames Pizza: Black Market Pizza, Great Plains Sauce and Dough Company, Jeff’s Pizza and Vesuvius Pizza: Yeah, we cheated and put four places in one bullet, but we couldn’t leave out any of these great pizza experiences. Black Market Pizza is known for its originality turning common sandwiches into pizzas. It also offers a Hot Pizza Challenge that you must check out. Great Plains’ made-to-order pizza is freshness you can’t pass up. Jeff’s, well that should be enough said. It has crazy daily deals with mouth-watering flavors such as chicken Alfredo pizza. Vesuvius offers that traditional wood-fired Italian pizza that nobody can quite match.

☐ Hickory Park: If you haven’t eaten here while in Ames you’ve missed out on one of the oldest Ames traditions. Its specialty includes a variety of hickory-smoked meats that you can smell from a mile away. Stop in hungry because the generous portions will leave you filled to the brim and you’ll be sad if you leave without room to try one of the old-fashioned sundaes.

☐ West Street Deli: One of a kind, mouth watering, amazing sandwiches are created here. It’s close to campus making it an easy check off this list during your lunch break.

☐ Headliners Smokehouse: Try this newly opened steak house for a smoking good time with great prices. Find them on Headliners on Facebook to see daily deals.

☐ The Spice: Owner and ISU alumnus Methiyapun, brought this fine Thai food dining experience to Ames. It was voted Best Restaurant on amesbeat.com; you must stop for a taste.

☐ The Open Flame: This one-of-a-kind steak house and lounge resides in the small town of Gilbert straight North of Ames, and is too good to keep off the list. Here you can enjoy a drink while grilling your own choice cut of meat to personal perfection on their big open-flame grill. Don’t worry, if you aren’t a grill master the cooks can do it for you.

Check us out online at www.AmesEatsFlavors.com to find the address and website link to each establishment featured in our bucket list.

Celebrate with Brunch!

Celebrate graduation or Mother’s Day (or both!) with ISU Catering’s annual brunch in the Memorial Union on Sunday, May 8. Enjoy a gourmet buffet with lemon garlic shrimp, a carved sirloin station, a buttermilk pancake station, desserts and much more!

Find more details and make your reservation at www.dining.iastate.edu or by calling 294-2103 ext 1
**It’s Not Too Late To Expect More**

This summer, as many Iowa State students head home or off to internships and opportunities around the globe, the Greek Community will be hard at work recruiting its next cohort of members. If you are interested in Greek life, it’s not too late to join one of the fraternities and sororities within the four governing Greek councils at Iowa State.

For the Collegiate Panhellenic Council (CPC) sororities, Formal Recruitment is the best opportunity to join. Formal recruitment is a weeklong event held before fall semester classes begin (August 13-18) where interested women and chapters are paired through a mutual selection process.

Potential new members are invited to attend open houses during the four-day affair which culminates with women finding out what chapter they will be joining in the ceremonious Bid Day held on Central Campus. Of the 15 CPC chapters, 13 have physical houses. If women are interested in joining a CPC chapter, registration for Formal Recruitment is available at www.greek.iastate.edu/join/how/women/. Email sorority@iastate.edu for more information.

For men’s Interfraternity Council (IFC) chapters, recruitment is a year-round process occurring throughout the summer. Potential new members are invited to various informal events during the summer months and can be offered a bid or invitation for membership. With there being 28 fraternities, interested individuals are encouraged to reach out to chapters and get in contact with the recruitment chairs so they can participate in these summer events. Of the 28 IFC chapters, 27 of them have physical houses. For more information, please email gogreek@iastate.edu with general questions or to receive specific chapter information.

Iowa State is also home to a number of Multicultural Greek Council (MGC) and National Pan-Hellenic Council (NPHC) fraternities and sororities. Both MGC and NPHC chapters use a unique process called “intake” for their recruitment efforts. During this process, interested individuals introduce themselves by attending informational meetings sponsored by each chapter and are geared specifically for those seriously considering membership. These individuals must then fill out an application and meet all requirements before being asked to join. All of these organizations require a minimum college GPA in order to join. Both MGC and NPHC also host an open house each semester called “Meet the Greeks” where potential members can meet with all fraternities and sororities from both MGC and NPHC. Interested individuals are asked to contact individual chapters or the specific council of interest: MGC (goMGC@iastate.edu) or NPHC (goNPHC@iastate.edu).

Greek students at Iowa State not only foster lifelong relationships with one another, but also maintain exceptional scholarship while participating in community service projects and leadership opportunities. There is truly a chapter for everyone; no matter what you are looking for, there is a fraternity or sorority where you will feel at home.

The Office of Greek Affairs and council leaders are here to help interested individuals through this process. Feel free to stop in to the Office of Greek Affairs, Memorial Union 0355. If you are interested in joining a chapter, it’s not too late to expect more.
Students Awarded for Leadership and Service

Each year, at the end of Greek Week, the ISU Greek Community holds its annual Vespers Awards Ceremony. During this ceremony, several awards are given to outstanding fraternities and sororities as well as exceptional members for significant achievements.

The Fraternal Award of Excellence recognizes those chapters excelling in multiple areas valued by the Greek Community. Points are given based on the extent to which the requirements are met for each category. Chapters must meet requirements for academics, recruitment, retention, leadership, risk prevention, and overall administration.

In addition to chapter awards, individuals are also recognized at Vespers. These awards include the Carolyn Ullestad Unsung Hero Award, the Interfraternity Council President of the Year, Collegiate Panhellenic Council President of the Year, Interfraternity Council Man of the Year and Collegiate Panhellenic Council Woman of the Year.

These five awards are given to individuals who live the values of their organization on a daily basis and whose contributions have made a difference to their chapter and the Greek Community as a whole. These awards show how the Greek Community is recognizing individuals that go above and beyond what is asked of them.
Congratulations Seniors!

Justin VanWert
James Cornelius
Zak Drescher
Andrew Schneider
Blake Woebbeking
Brad Grangeorge
Josh Manternach
Seth Newton
Mitch Geisking
Alex Ryan
Ben Bentley
Michael Fosdick
Zack Preston
Levi Johnson
Alex Ogren
Nick Andresen

Congratulations Alpha Chi Seniors!

We are so proud of you, and can't wait to see where the future takes you!

Alpha Chi Love!
By Kelsey Schirm
AmesEats Flavors Writer

Calling all seniors. After many long years of hard work, graduation day is finally within reach. Of course getting that diploma is the main focus, but why not let loose a little? It’s time to start planning that graduation party, the final farewell to all your friends. As college students, time and venue can be an issue. Here’s an idea: rent out a party room at a restaurant.

When thinking graduation party there are three main ingredients: food, fun and friends and family. Now where is a place all these could combine? Fuji Japanese Steak House is the answer. Here’s a breakdown of what you should expect from Fuji:

Food: Fuji Japanese Steak House is a traditional Japanese grill. The party room that can be reserved is for hibachi style cooking. A hibachi is a type of grill large enough to seat many people around it. They serve a variety of things including poultry, seafood and steak. A typical hibachi meal consists of soup and salad, rice, veggies, a shrimp appetizer and an entrée of your choice.

Fun: Hibachi style cooking is an experience in itself. The food you order gets cooked right before your eyes. Not only do you get to watch your food be prepared, but you also get a show in the meantime. Trained professionals spend the whole dinner doing all sorts of tricks to entertain you and your guests. They’ll throw eggs and spatulas while telling jokes to make you laugh.

Friends and Family: The party room is large enough to fit your closest friends and family. It seats up to 45 people. Your guests will be seated around hibachi grills all in a secluded room. The room has housed many events including wedding receptions, meetings and birthdays so it is the perfect place for a get together.

For reservations, call Manager Yudha Batara at 515-232-8383. Don’t hesitate though. Fuji Japanese Steak House is a hot commodity, so the room books quickly. There is no charge for reserving the room, and depending on the day you reserve it for, there may be a great special going on. They’re best special is Wednesday’s “buy one hibachi get the second one half off” deal. They also have deals such as daily happy hour from 4 to 6 p.m., a 10 percent off student discount and sushi and martini night Tuesdays. For more information about specials call 515-232-8383 or visit them at 1614 S. Kellogg Ave. 101.

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Kappa Alpha Theta

Congratulations 2011 Seniors!

Jerrica Bein
Ashley Boal
Angie Bunde
Nicole Conetzky
Ryan Davidson
Sarah Hedberg
Alyssa Howlett
KyleAnne Kiraly
Lauren Miller
Leigh Nelson
Kacy Netherland
Natasha Oren
Erin Rickert
Libby Schreiner
Casy Scott
Kelly Siebert
Abby Vance
Erica Velasco
Kara Whited

Best Of Luck To You All
In Your Future Endeavors!

Scholarship

Jack Trice award winners announced

By Hilary Bassett
@iowastatedaily.com

Chris Celania, junior in materials engineering, and Adriana Marie Dubbelde, freshman in agricultural business, were awarded the $800 Jack Trice Scholarship this year.

The scholarship was created by the Government of the Student Body in honor of Trice, for students who exemplify the standards set by Trice during his lifetime.

Trice became a member of the football team in 1923 and played as Iowa State’s first black athlete.

In a game against Minnesota, the opposing team treated Trice in a vicious manner, forcing coach Sam Williamson to pull him from the game several times.

During one play, Trice ended up on his back and was trampled by members of Minnesota’s team, but Trice continued to play anyway.

Two days after the game, Trice died from hemorrhaged lungs and internal bleeding, becoming Iowa State’s first and only athlete to lose their life while competing.

Applicants for the scholarship were required to write two essays that describe an experience they had showing their personal dedication to the ideals set by Trice and their contributions made to both the Ames and ISU community.

“They had extraordinary experiences and they really expressed those in their written essays,” said John Solomon, chief of staff for GSB and leader for the scholarship’s selection committee. “They did an excellent job of describing those to the point of being much better than the other ones written.”

Living up to the legacy left by Trice is hard, but these students showed they could do it.

“It was really difficult because I knew that my experiences were completely different from his, so trying to relate was pretty difficult, but I feel like we all have at least one moment in our life where we can relate to trying to hold up to what everybody thinks we can do and trying to reach that moment,” Celania said.
The population of Ames may drop during the summer, but warm weather and grooves draw crowds throughout Ames at summer concert series.

Summerfest in Campustown
When: 1 to 8 p.m. June 11
Where: Welch Avenue
Cost: Free

Blues artist Matt Woods will headline the Saturday event hosted on Welch Avenue, sharing his brand of Chicago and Mississippi hill country blues. Chandra Peterson, an organizer for the all-ages event, said Woods will start at 6:30 p.m. and they are working on booking local bands to play throughout the day.

Peterson said Welch will be blocked off from Lincoln Way to Chamberlain, and from Chamberlain up to Stomping Grounds for the free event. Beyond music, there will be free games and booths hosted by Campustown businesses and the city of Ames. This is the first year the Campustown Action Association has put on the event, and hopes it will draw people from the whole community to get a taste of the diverse array of businesses Campustown has to offer.

Tune Into Main Street
The Main Street Cultural District hosts Tune Into Main Street every Tuesday evening from May 26 to July 28 at Tom Evans Park. Although the lineup has not been released yet, previous years have featured local artists like Trouble No More and Mike Giles and the 3 X 5.

During the event, many Main Street businesses remain open late into the evening.

Ames on the Halfshell
When: 5 to 8 p.m. Fridays
Where: Bandshell Park
Cost: $3, individuals under 21 must be accompanied by an adult

Ames on the Halfshell has been bringing live and local music to Bandshell Park for eight years, and gives attendees a chance to relax with a few drinks and tunes to kick off the weekend.

Roosevelt Summer Sundays
When: 7 p.m. Sundays
Where: Roosevelt Elementary School
Cost: Free

Residents in the Roosevelt School area enjoy each Sunday night with tunes and free concerts for the enjoyment of the community. Along with local artists, the series also puts on one night showcasing youth talent Aug. 7.

Trouble No More plays at Tune In To Main on June 17. File photo: Iowa State Daily
Regional music festivals

80/35 Music Festival
Where: Western Gateway Park, Des Moines
When: July 2 and 3
Cost: Advance – $125 VIP, $45 two-day, $35 one-day (on sale now)
Regular – $150 VIP, $60 two-day, $35 one-day
Day of – $80 two-day, $40 one-day

Big Country Bash
Where: Water Works Park, Des Moines
When: June 26
Cost: $32.50, $50 at the door (cash only)

Nitefall on the River
Where: Simon Estes Amphitheatre, downtown Des Moines
When: July 3
Cost: $12 to $25

Maha Music Festival
Where: Lewis & Clark Landing, Downtown Omaha
When: Aug. 13
Cost: $129 ($225 VIP)

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Kanrocksas
Where: Kansas Speedway, Kansas City
When: Aug. 5 and 6
Cost: $179 (two day), $359 for VIP (two day), $225 the day of the concert

Red Sky Music Festival
The first Red Sky Music Festival is set to take place July 19 to 24 in downtown Omaha. The six day event will feature music from all genres. Performances are yet to be announced.

Cost:
- $79 ($157 VIP)
- $32.50, $50 at the door (cash only)

July 2:
- Girl Talk (headline)
- Galactic
- Edward Sharpe and the Magnetic Zeros
- Titus Andronicus
- Jessica Lea Mayfield
- Thankful Dirt
- The Poison Control Center

July 3:
- Grace Potter and the Nocturnals
- Parmalee
- Bitch
- The Giving Tree Band
- Bear Hands

Nearly 50 acts will perform. More of the lineup will be announced soon.

Muse (Saturday headline)
Primus
A Perfect Circle
The Flaming Lips
A Perfect Circle

More will be announced soon.

Keller Williams ($25, $20 advanced)
Matisyahu w/ The Wailers ($25, $20 advanced)
Monsters, Toots & Maytals ($25, $20 advanced)
Here Come The Mummies ($25, $20 advanced)

Meat Puppets ($25, $20 advanced)
Eminem (Friday headline)

May 5:
Here Come The Mummies ($25, $20 advanced)

June 3:
Hairball ($23, $18 advanced)

June 9:
Big Head Todd and the Monsters, Toots & Maytals ($25, $20 advanced)

June 20:
Natalia Bedingfield ($20)

June 24:
The Nadas ($20, $15 advanced)

June 30:
Todd The Wet Sprocket ($25, $20 advanced)

July 1:
Umpireys McGee ($25, $20 advanced)

July 2:
Big Deeks ($25, $20 advanced)

July 28:
Keller Williams ($25, $20 advanced)

More will be announced soon.

Guided By Voices
Matisyahu
Cursive

Koyote
Runnin On Empty
Bucky Covington
Jerrod Niemann
Clay Walker
Josh Turner
Lady Antebellum
**Pitchfork Music Festival**

**Where:** Union Park, Chicago  
**When:** July 15 to 17  
**Cost:** $45

**July 15**  
- Animal Collective  
- Neko Case  
- Guided By Voices  
- Thurston Moore  
- Battles  
- James Blake  
- Das Racist  
- Curren$y  
- tUnE-yArDs

**July 16**  
- Fleet Foxes  
- DJ Shadow  
- The Dismemberment Plan  
- Destroyer  
- No Age  
- Gang Gang Dance  
- Zola Jesus  
- Twin Shadow  
- Toro Y Moi  
- Woods  
- Cold Cave  
- Wild Nothing  
- OFF!

**July 17**  
- TV on the Radio  
- Cut Copy  
- Deerhunter  
- Superchunk  
- Ariel Pink’s Haunted Graffiti  
- OFWGKTA  
- HEALTH  
- Kurt Vile  
- Yuck  
- The Fresh & Onlys  
- Radio Dept.

**Summerfest**

**Where:** Henry Maier Festival Park, Milwaukee  
**When:** June 29 to July 10  
**Cost:** $8 for noon to 4 p.m., $15 for after 4 p.m. and weekends

**June 29**  
- Peter Gabriel and the New Blood Orchestra  
- Saving Abel  
- Matisyahu  
- Buddy Guy  
- Jack’s Mannequin  
- Hall & Oates  
- Meat Loaf  
- Max Weinberg Experience

**June 30**  
- Kanye West with Kid Cudi  
- Better Than Ezra  
- Owl City  
- Neon Trees  
- Panic! at the Disco

**July 1**  
- Toby Keith with Eric Church  
- Girl Talk  
- Los Lonely Boys  
- Los Lobos  
- Anberlin  
- St. Slox  
- Third Eye Blind

**July 2**  
- Maroon 5  
- Stephen Marley  
- 100 Monkeys  
- Loretta Lynn

**July 3**  
- Kid Rock with Sheryl Crow, Leroy Powell and The Messengers

**Lollapalooza**

**Where:** Grant Park, Chicago  
**When:** Aug. 5 to 7  
**Cost:** $215, $850 for VIP

- Eminem  
- Foo Fighters  
- Coldplay  
- Muse  
- Girl Talk  
- Pretty Lights  
- Kid Cudi  
- My Morning Jacket  
- Deadmau5  
- A Perfect Circle  
- Cee Lo Green  
- Damian Marley & Nas  
- The Cars  
- Ween  
- Bright Eyes  
- Arctic Monkeys  
- Big Audio Dynamite  
- Deftones  
- Beirut  
- Explosions in the Sky  
- Death From Above 1979  
- Ratatat  
- Crystal Castles  
- Flogging Molly  
- Atmosphere  
- Cold War Kids  
- Lykke Li  
- Cage The Elephant  
- OK Go, Local Natives  
- The Kills  
- White Lies  
- Portugal the Man  
- Two Door Cinema Club  
- Ellie Goulding  
- Delta Spirit  
- Beats Antique  
- The Mountain Goats  
- Sleigh Bells  
- Manchester Orchestra  
- Smith Westerns  
- Best Coast  
- Grace Potter & The Nocturnals  
- The Drums  
- Black Lips  
- Fitz & the Tantrums, the Pains of Being Pure at Heart  
- City and Colour  
- Ryan Bingham & the Dead Horses, Cults  
- Noah & The Whale  
- Sam Adams  
- J. Roddy Walston and the Business  
- Tinie Tempah  
- Lissie, Dom  
- The Vaccines  
- Foster the People  
- Titus Andronicus  
- Mayer Hawthorne & the County  
- Chico Trujillo  
- The Naked and Famous  
- Phantogram  
- Rival Schools  
- Friendly Fires  
- Dale Earnhardt Jr. Jr.  
- Reptar  
- Maps & Atlases  
- Fences, Tennis  
- An Horse  
- Young the Giant  
- Los Bunkers  
- Imelda Bay, Grouplove  
- Wye Oak  
- The Joy Formidable  
- Lord Huron  
- Disappears  
- Walk the Moon  
- Gold Motel  
- Iron and, Ryan Leslie  
- T.A.B the Band  
- Skylar Grey  
- Christina Perri  
- Black Cards  
- The Pretty Reckless  
- Boy & Bear  
- Patrick Stump  
- Kids These Days  
- Young Man  
- The Kingston Springs  
- Lia Ices  
- The Chain Gang of 1974  
- Ximena Sarinana  
- Typhoon  
- Electric Touch  
- Kerli  
- Ruby Jane  
- Julia Eastern  
- DJ Mel  
- Afrojack  
- Chuckie  
- Super Mash Bros  
- And several others
Stylish summer shoes for every occasion

BY ALLISON BUTLER
ISD STYLE WRITER

Wedges, sandals and Sperrys. Three perfect options for all of your spring and summer shoe needs. Whether you’re heading to class, going on a date or just spending time with friends — we have the perfect shoe for you.

Want to be slightly dressier? Pair your dress or trouser shorts with these salmon cork wedge heels by Rachel Rachel Roy from Macy’s, $139, to complete your look. With its platform wedge these are stylish yet comfortable. Grey and tan rope detailing set these shoes apart from most traditional wedges.

Need a pop of color? Add these fun floral sandals by Style & Co. from Macy’s for $29.98. These strappy sandals have a fun light floral band on the front to get that special someone’s attention.

Welcome to the Jungle

BY ELIZABETH HANSON
ISD STYLE WRITER

Leopard print is a staple in many courageous closets. Sometimes the print gets a bad rep, but if done correctly leopard is just as timeless as a little black dress. Free your feet from your fur-lined winter boots and flaunt them this spring with these alluring picks.

Need a last minute go to? Try Sperry Topsiders, always fashionable and never out of style. Spice things up with a fun print like these two from Nordstrom. Get into the spirit of summer with a traditional plaid pair with fun rope detailing. The two are $74.95 and $79.95.

Sam Edelman — $139.95.
Sam Edelman — $159.95.
Michael by Michael Kors — $129.95.
Chipped nail polish seems to be an inevitable part of my weekly routine. After seeing stars like Katy Perry sporting dainty, adorable nail tattoos, I was immediately intrigued when I spotted Real Nail Polish Strips by Sally Hansen Salon Effects at Walmart.

There are three collections to choose from including: Shiny Neons, High-Shine Metallics and High-Fashion Patterns. Within the three collections featured, there are a total of 24 different colors and patterns.

The sticker-like strips exceeded my expectations. The $9.99 package includes 16 strips in various sizes, a cuticle stick and a mini buffer. Getting all excess nail polish and oils off your finger nails before applying the strips is very important. I recommend rubbing alcohol over each nail after using nail polish remover to be sure the surface of your nail is clean. If your hands are not warm when applying the strips it is difficult to stretch them to the corners of each nail and they will most likely rip.

To apply the strips, measure each finger nail to the appropriate size. I would also recommend looking at each end of the strip to match the size of your nail bed. Place the strip as close to the middle of your nail bed as possible and gently pull the edges to the corners of your cuticle. Smooth the strip over the top of your nail and make a crease at the tip with the extra strip. Use the buffing side of the nail file to remove the extra.

After each nail is covered, I like to trim my fingernails to create a nice clean edge. I noticed that after a few days the strips became a little bit dull, so I applied a clear top coat to recreate the polished finish. I have gotten anywhere from 10 to 17 days of wear out of the strips without any chips. When you are ready for a new color or design the strips are easily removed by any nail polish remover.
Wrestling

Finding a home

ISU wrestling club struggles to find space to practice, faces scheduling conflicts

By Jake Calhoun @iowastatedaily.com

Without a facility on campus to use, the ISU wrestling club is learning about flexibility in preparing for its inaugural season of competition.

The club, which was founded in 2006, has yet to compete for an entire season. However, that has not stopped club president Zach Byrnes from trying to compose a season schedule to compete next fall as part of the National Collegiate Wrestling Association (NCWA).

"What we want to be doing is being a competitor in the NCWA so that we can give wrestlers a chance who aren’t on the all-star level to wrestle for a state university to continue wrestling after high school,” Byrnes said.

Limited space

In trying to find a place for his team to practice, Byrnes got a job cleaning the mats of the ISU wrestling room, which allowed him to develop a rapport with ISU coach Kevin Jackson and his staff with hopes of gaining access to the facility while his team was not using it.

However, the ISU coaching staff told Byrnes that they were not responsible for the usage of the room and the athletic department ultimately denied the club use of the facility.

"We collectively came to the conclusion that in this particular case it just wasn’t going to work out,” said ISU facilities director Chris Jorgensen. “[The ISU wrestling team] will be using that facility in some fashion nearly year-round. Scheduling was a big concern in allowing our athletes the flexibility to use that facility when they need it, so that was a primary concern for declining the request.”

The club has since been holding practices at Ogden High School’s wrestling room and will continue to do so next year.

Despite not being able to practice in the wrestling room in Lied, the club was informed by the ISU Recreation Services that there is a chance that it could be granted space for practice after the completion of the State Gym renovations in Spring 2012.

"We have a kind of set program for what’s going to happen in State [Gym] and Beyer and continue to do so next year.

Commentary

Hoiberg must keep control of team

By Jeremiah Davis @iowastatedaily.com

It’s been a tumultuous year for ISU men’s basketball coach Fred Hoiberg to say the least. The former NBA player and Cyclone hoops star made his return to the place that gave him his nickname, with the mission to rebuild a struggling program.

He brought people to Hilton Coliseum in droves for much of the season, and had hopes high before a Big 12 season that surely gave the 38 year-old a few gray hairs.

He also, despite the struggles late in the 2010-11 season, gave Cyclone fans hope for 2011-12 with all the transfers and recruits he brought into the program.

He assembled a coaching staff for his rookie coaching season that few people disliked, but lost what many considered the anchor of his staff in Bobby Lutz to NC State. Lutz’s replacements were named quickly, and confidence in the program didn’t lose much steam.

But during the season, Hoiberg had...
Success on the track and on stage

By Dan Tracy
@iowastatedaily.com

Athletes and singers perform on different stages. ISU sophomore Brian Sandvig performs on both.

He’s a sprinter that specializes in the 400-meter dash and 600-yard run on the ISU men’s track and field team. He’s also a tenor in the on-campus a cappella group All in Moderation.

Before Iowa State

Sandvig, a Fort Dodge native, started running in races when he was in third grade and started singing in choir when he was in fifth grade. By the time he hit sixth grade, he had auditioned for and been accepted to the Iowa Choral Directors Association Opus Honor Choir.

“My family always encouraged singing, it was just something that I always kept up with; I always enjoyed it and I was OK at it,” Sandvig said.

Sandvig’s parents, Doug and Karen, sang along with their three children — Michael, Kristen, and Brian — to the soundtracks of musicals such as “Les Miserables” and “Miss Saigon” on several road trips to places like Missouri, South Dakota and Florida.

“We were just always encouraged to sing a lot and we sang a lot as a family, not like the Partridge Family sitting around with guitars, but we’d go through full CDs,” Sandvig said.

Sandvig attended St. Edmond Catholic High School in Fort Dodge where he was an All-State competitor in both basketball and track and field and sung in the choir and show choir all four years.

“The kids have always been involved in music and sports and it’s two totally different things but it’s a fun way for them express themselves,” Karen Sandvig said.

He ended his high school career winning six state titles in track and field and anchoring the 4-x-400 meter relay team that set and still holds the Class 2-A state record. On stage, he performed in supporting roles and in the chorus of four musicals, “Godspell,” “High School Musical,” “Jesus Christ Superstar” and “Guys and Dolls.”

“We all ran track and we’ve all done music so I think it’s important in all three of our lives,” Kristen Sandvig said.

While many college athletes discontinue their high school extra-curricular activities, Sandvig wanted to stay with both.

“[Running track and singing] was something I’ve been always been able to balance so I figured that I could keep doing it here,” Sandvig said.

Student balances college activities

By Dan Tracy
@iowastatedaily.com

Sandvig is also a member of the on-campus a cappella group All in Moderation.

On the track, on the stage

Scheduling snafus have become routine for Sandvig.

Take April 25 as an example. With track and field practice scheduled at 3:30 p.m., an interview with an Iowa State Daily reporter at 5 p.m., a final exam at 6 p.m. and a concert at 7:30 p.m., he needed to make some changes. After contacting Professor Thomas Chacko, who was administering his Management 370 exam, he was able to reschedule the final for 4 p.m.

However, before he could take the exam, Chacko requested that the sophomore in marketing and management sing him a quick excerpt from a song.

“It was just 10 seconds at best, nothing serious, I just wanted to see he could do,” Chacko said.

Just over three hours before he’d take the stage in the Great Hall of the Memorial Union, Sandvig agreed to his professor’s request and sung a snippet of Tommy Tutone’s “867-5309/Jenny.”

“I’m not a music coach but it was pretty good,” Chacko said of Sandvig’s pre-exam performance.

Following his exam, he was off to the Lied Recreation Athletic Center where he spends several hours every week with his coaches and teammates training for his next race. With his first two years on the track as a Cyclone coming to a close, Sandvig has finished fifth place or higher in 14 events, highlighted by a fourth place finish as a member of the distance medley relay at the 2011 Big 12 Indoor Championships.

At practice, ISU sprints and hurdles coach Nate Wiens sees a certain focus and discipline from Sandvig as he increases his strength and sharpens his technique.

Sports Jargon of the Day: Icing

A penalty called when the puck its passed across at least two of the rink’s red lines.

DEFINITION:

The momentum really shifted after that poorly time icing against the Penguins.
RD.Ä.35x45 to 269x216

The player who left the team midseason after not seeing much the season. Junior college transfer DeMarcus Phillips was suspension for the second offense. Two-game suspension midseason, and is under an indefinite and charged with disorderly conduct. His freshman season. He was first charged with OWI after a traffic stop in Ohio. That’s five less-than-stellar news events for the ISU men’s basketball program under Hoiberg’s short term as coach. Keeping players on your roster who make mistakes is obviously far from uncommon, and granting people second chances is certainly admirable in certain situations. But how long can Hoiberg let things like this keep happening? How many arrests are too many? Cyclone fans have always prided themselves in the fact that Iowa State wasn’t the home of thugs and felons like people assume is the case in Iowa City. Fans and students like to believe that while Iowa State may not have seen the success that programs like Iowa and Nebraska and others have seen, it doesn’t have players and coaches getting in trouble all the time. If Hoiberg doesn’t nip these situations in the bud, things could get out of hand quickly. He could very easily lose the trust of the fan base and make people think he doesn’t actually have control over his program. Guys like Jim Tressel, Kirk Ferentz and Bruce Pearl have gained that reputation. How does that seem to be working out for them? I don’t think Hoiberg has lost control. I just think the situation could spiral out of control if he isn’t careful. He has the hopes and dreams of Cyclone basketball fans on his shoulders. That can’t be easy, but he had to have known that was what he was getting himself into when he signed on. He has guys on the roster coming into next season with histories that aren’t exactly spotless, but he’s assured every one he believes his players will stay on the straight and narrow. He’d better hope he’s right.
**Student shares close call in farm accident**

By Dan Kassan
@iowastatedaily.com

It was a sunny September afternoon. The unexpected plentiful harvest gave Aaron Hinnah and his family a lot to work with on their 2,000-acre farm in Sigourney.

Aaron, along with his dad and brother Wes, set up a makeshift apparatus using a hopper and an auger to transport corn. They used older bins that hadn’t been touched in years.

Aaron, then a sophomore in high school and a three-sport athlete, stood trying to hold the wobbling hopper in place. But he got too close to the auger, a metal corkscrew inside that spun and carried the crop up.

“Before I knew it, it was pushing my hand in,” Hinnah said.

Hinnah’s right hand got caught underneath the spinning auger. He managed to release his hand in time.

Wes, watching the whole thing, saw his younger brother simply stand there, holding out an intact but now torn up, bloodied hand in front of him.

“He kind of just stood there in shock, didn’t realize the pain,” Wes said.

Wes ran toward his mother for help while their dad swiftly tore off his shirt and wrapped a makeshift bandage around the injured hand. After a quick analysis of the injury by everyone including Aaron’s mom, an experienced paramedic, they made the decision to drive to an Iowa City hospital, an hour’s drive from home.

The diagnosis and treatment wasn’t bad: 32 stitches and a few broken bones in Aaron’s pinky finger. The damage was done but could’ve been much worse. Had Aaron been on the other side of the auger, his hand might have and probably would have been sucked into the spinning blades, causing much more damage than some stitches and a broken finger.

Aaron spent a month in a cast and has since fully recovered, save for a few visible scars and minor flexing issues in his fingers. Now a junior majoring in psychology, he said the accident gave him a new outlook on life.

“I feel really, really fortunate,” Aaron said. “When this happened, it kind of opened my eyes and it was just like ‘OK I finally get it now.’ It made me pay a lot more attention to the way I treat people.”

His brother has noticed the change as well.

“It defines who he is, defines how he acts,” Wes said. “Definitely saw a change in him. It was definitely good for him and made him the person he is now.”

Aaron has spent the past three years as a pitcher on the ISU club baseball team, using his mended right hand to throw home.

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**An up-and-down season**

Players share thoughts about inconsistent performance

By Dean Berhow-Goll
@iowastatedaily.com

This season for the ISU men’s golf team has been a roller coaster ride of ups and downs.

The Cyclones played well enough to set the ISU record 54-hole score, and poorly enough to finish last in tournaments they could win.

“Some meets we played really well, but we struggled in a lot of them,” said junior Nate McCoy. “I thought it was a disappointing year, really. We played well a few times, but I know that we’re a lot better team.”

---

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at the time in which design was going through, wrestling was not on the docket to provide specific space for,” said Michael Giles Jr., director of ISU Rec Services. “But it is our obligation and our opportunity to work with any number of student groups to try to provide them access or resources that they need.”

Giles said he could not confirm the wrestling club would have a space upon State Gym’s completion, but he was quick to point out that his department would work with the club in the future.

“We will do our best to provide them with possible space for their practice to meet their needs,” Giles said.

Wanting something more

In high school, Byrnes tore his ACL 10 matches into his senior season at Riceville High School, leaving him unfulfilled in terms of his participation in wrestling.

“That’s part of the reason that’s fueling me to carry through with this,” Byrnes said. “I don’t feel fulfilled yet and I’d like to do something to fill that empty space.”

One of the major benefits that the wrestling club would like to provide is finding ways for high school wrestlers who chose not to wrestle for a school-sponsored team in college to continue competing without the full-time commitment.

The NCWA was formed to sponsor competition wrestling for schools that had to discontinue their wrestling programs due to a range of reasons from financial constraints to compliance with Title IX — a federal law that requires equitable participation for men’s and women’s collegiate athletics in a public institution.

However, the NCWA also allows schools with NCAA Division I programs to have club teams at the Division II level of the organization, allowing them to compete and operate on campus while the school maintains its NCAA Division I team.

“This is something that I think anybody can see a benefit from,” Byrnes said. “I mean it’s a farm team for Iowa State, they can send people down here if they have a roster that’s full and they’d like to keep somebody around.”

Once in a lifetime chance

In February, the club was close to sending one of its athletes, junior Anthony Campbell, to the ISU wrestling team to fill the void at 141 pounds when Chris Drouin sat out nine-consecutive dual meets due to a concussion.

Assistant coach Eric Voelker called Byrnes on Feb. 1, three days before the Cyclones’ home dual against Northern Iowa, asking if there was anyone in the club who could compete in Drouin’s absence. Byrnes sent him three names, and the coaching staff ultimately chose Campbell.

“They had expectations that I probably should get beat, but I mean if you can go out there and put up a fight,” Campbell said. “Basically they wanted anything I could do to not get pinned that would count as a win for [the opponent], so in a close dual, that could actually be helpful.”

Had Campbell competed for the Cyclones in those dual meets, the team would have only given up three, four or five points instead of giving up the full six points for the forfeit as they had done in Drouin’s absence. Of course, this would have only worked in the Cyclones’ favor if Campbell would have kept himself from getting pinned.

The team had all of the appropriate paperwork filed for Campbell to join the team, but the NCAA brushed it off to the side until after the Cyclones’ duals that weekend.

“I think this was just a one-time thing for him,” Byrnes said of Campbell.

“Whether or not they asked him back, he chose not to wrestle in college for a reason, he fully took advantage of this experience because he thought it was cool.”
used to – the coaches.

A brand new coach and assistant coach would be running the golf team for the 2010-2011 season. Andrew Tank was accompanied to the job by new assistant coach Patrick Datz.

Tank spent his last eight seasons as the associate coach at the University of Minnesota, and was the captain of the 2002 team for the Gophers. Assistant coach Patrick Datz also is from the University of Minnesota. Datz was a member of the 2006 team that placed third at the NCAA Championships, and also a part of the 2007 team that won the 2007 Big Ten title.

To deal with the lack of a leader, the coaches decided not to choose a captain, which would give each golfer equal responsibility in the leadership role. Even with no captain, McCoy and sophomore Borja Virto took charge of the team.

In the fall McCoy was the medalist at the VCU shootout, and at the next meet McCoy and Virto both tied for fifth, leading the Cyclones to a second-place finish at the Wichita State Invite.

Then in the spring, at the Desert Shootout, the Cyclones set the school record for 54 holes and finished second, led by Tom Lathrop’s sixth place finish.

McCoy and Virto weren’t the only Cyclones pulling their weight around. Throughout the year five Cyclones led the team in a tournament, and five golfers had at least one top-10 finish.

“This year certainly had its peaks and valleys,” Datz said. “With Nate medaling, breaking the school record, and having several guys finish in the top-10, it’s been a positive year.”

As for the 2011-12 season, the Cyclones added a trio of standout recruits from their respected areas. One of those three recruits is the Waukee native Collin Foster. To wrap up Foster’s impressive career he won the 4A state individual title by five shots.

Another recruit is Scott Fernandez from Spain. Fernandez has been a member of the Spanish National Team since 2007, and is ranked as the No. 2 U-18 player in Spain.

The last recruit is the New Zealand native Duncan Croudis. He has compiled an undefeated record the last three years, and was the medalist in the U-19 New Zealand Championship.

Along with those three solid recruits the team returns the four starters in McCoy, Virto, Lathrop and Wuertz. They may have had a tough season, but they feel like they’re going to make some noise next year.

“We should be good enough to make it to Regionals without struggling too much,” McCoy said. “It’ll be interesting to see how the new guys do coming in and adjusting, but I think we’re going to be fine.”

Christy Martens

Iowa State Women’s Head Golf Coach

College: Northwestern

Martens, who is in her seventh season as the head coach with the Cyclones, saw her rebuilding project come to fruition in 2009-10, as ISU recorded one of its finest seasons in school history. Martens’ squad placed in the top-five in six tournaments and finished fourth at the Big 12 Championships and the NCAA Championships. The Cyclones have broken numerous team records under Martens’ watch, including shattering the school mark for best 54-hole score of 867 at the 2009 Challenge at Onion Creek.

ISU’s performance eclipsed the old record by an incredible 17 shots, thanks to a school-record 67 fired by Phuntumabamrung. Eight out of the 10 times an ISU golfer has shot in the 60s and five of the six top 18-hole team scores in ISU history have occurred in the Martens era.

>>HINNAH.p53

Teammate and fellow pitcher Jeff Peterson has been with him every step of the way and has noticed his demeanor on and off the field.

“He’s a very hard worker, has lots of dedication, always at practice,” Peterson said.

“He has offered lots of suggestions to us this year and is a constant source of feedback for our team, which is good.”

Wrapping up another season on the club team, Aaron may not have major-league talent, but he does have a new energy and focus that is undeniable.

“[After the accident] I'd read stuff on the inside of my hat that would say, ‘Hey, you're fine, you're lucky to be throwing a ball, you should be happy to be out here.’ And that would kind of relax me,” Aaron said.

>>GOLF.p53

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The ground smells like worm B.O.

• • •

Ladies, chivalry is not an indication that the guy is boyfriend material. Do not be fooled!

• • •

To the girl outside of Oak-Elm who’s freaking out about how some other girl is such a bitch, please take your immature hissy fit elsewhere... you are really annoying!

• • •

Franzia is like the Kool Aid of the wine world and I love it for that.

• • •

I’ll kiss you and bake you brownies if you’ll walk under my umbrella with me. To the guy on the 2nd floor of the library on Tuesday: if you don’t stop breathing so loud I might have to come over there and punch you in the throat!

• • •

Seriously? Grow up and just tell me you don’t want to go out. You don’t have to delete your facebook and say that you need some alone time.

• • •

While in jail for Veishea, my dad asks “what the hell did you do?” I lived life dad. I lived life. Just sayin’

• • •

Professors except us to be on time, they should be on time for their office hours. Just Sayin’

• • •

I wish the horses penned up along Stange Ave had shelter from the weather. They stand out in the rain and snow every day.

• • •

Oh adderall. You make my college experience soo much better. If only you didn’t make me turn every chat into a 30 minute conversation

• • •

Why do we pay an arm and a leg to be stressed for 4 years of our lives to maybe get a good job at the end of it?

• • •

College---a unique place where someone’s social status is based on the number of Facebook pictures he/she has with a drink in hand.

• • •

My stepmother is a loud obnoxious idiot. Way to go dad

• • •

To my Soc. 134 professor, YOU ARE HOT and I would rather stare at you than a “glowing screen” - Just sayin’

• • •

Really? You can’t shut up despite being surrounded by “Quiet Study” signs? You failed pre-school, didn’t you?

• • •

Your bag does not need its own chair put it on the floor. I promise the floor will not attack it.

• • •

I never did get my welcome mat back.

• • •

If a No. 2 pencil is so popular, why is it still No. 2?

• • •

To my roommate that I haven’t talked to in almost a month. Thank you. It has been like a month-long orgasm. I cannot wait to move out. Just Sayin’

• • •

skateboarding in a suit?!?!? very nice.

• • •

Unsmooth moment: rolled up to the bar (in rollerblades)

• • •

almost died during dead week just sayin

• • •

just because your FB wall is covered in posts it doesn’t make you popular.. especially if its from only one person..

• • •

i have been traded in for american idol.. great

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Games
Weekly Horoscope: by Nancy Black and Stephanie Clements

Taurus: Do it now!

Week of May 2–May 8, 2011

Aries: March 21–April 19
You’re being pulled in two directions at once, thanks to a schizophrenic moon. You might be thinking about a former flame while, at the same time, you’re pursuing a brand new flirtation. Give yourself time to sort it all out.

Taurus: April 20–May 20
A passionate full moon is bringing hidden feelings to the surface. You could be tempted to make a confession to someone. Maybe you’ll finally tell that cute neighbor or sexy coworker that you’d love to go out with him or her.

Gemini: May 21–June 21
It’s important to deal with schedules, budgets, and lists this week. Saturn is reminding you that sometimes you have to work within certain restrictions. The health of your family and your romantic relationship depends on it.

Cancer: June 22–July 22
Don’t be intimidated by technology, even if your cell phone, your GPS system, and your DVD player give out on you at once. Uranus is reminding you not to be so focused on toys and machines. Take a break and enjoy some private time with your honey.

Leo: July 23–Aug. 22
Mars is increasing your need for instant gratification. If your sweetheart has to work late, you’ll demand that he or she call in sick to spend time with you. Or if your partner is tending to a friend or relative, you’ll want your share of attention.

Virgo: Aug. 23–Sept. 22
You’re enjoying your lover without worrying too much about tomorrow. A sensual moon has you focused on loving touch and intimate moments. You’re trying not to project into the future or put definitions or restrictions on your romance.

Libra: Sept. 23–Oct. 22
An on again, off again relationship could pick up steam as Venus increases the sexual intensity. You’ll be wondering if this person might even be a soulmate. It’s probably too soon to tell for sure, but have fun investigating.

Scorpio: Oct. 24–Nov. 21
You could be under pressure to date someone other people want you to be with. Maybe your parents are playing matchmaker or your friends are trying to hook you up with a nice acquaintance. The moon says it’s okay to check it out.

Sagittarius: Nov. 22–Dec. 21
A moon opposition has you making a list of your partner’s flaws and failures. Meanwhile, you’re feeling restless about your own achievements and wondering if you need to make a change. Evolution is happening, and it’s good to ask some deep questions.

Capricorn: Dec. 22–Jan. 19
Pay more attention to your intuition and emotions. The moon is encouraging you to get in touch with what you really feel instead of being “efficient” and “hard working” every moment of the day. You’re allowed to want, to desire and to dream.

Aquarius: Jan. 20–Feb. 18
You could encounter someone whose force of personality and sense of humor astound you. The moon is stirring up powerful feelings of attraction to a new friend, colleague or neighbor. You could find yourself comparing this person to people you’ve dated in the past.

Pisces: Feb. 19–March 20
Don’t worry if you’re in hermit mode. The moon is making you extra sensitive, and it’s important for you to heal and find balance. You won’t want to spend time with a lot of people. And you might want to avoid dating or intense interactions with a sweetheart for a bit.
Games

SUDOKU

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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Level: 1

SOLUTION TO MONDAY’S PUZZLE

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