‘THE KING of AFRICA’

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### Cover Story:

**Hope 4 Africa**

Moses Bomett, self-proclaimed “King of Africa,” strives to serve as an example for other Africans and to be part of the solution to political and social problems in Africa.

**By Kelly Madsen**

**Cover Photo: Kelsey Kremer**

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### Inside:

**SUMMER**

Central Iowa plans for entertainment, music and more

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**DESIGN**

Senior design duo wins international video competition with interior design skills and the economy

---

**FLAVORS**

Superfood kale offers everything the body needs

---

**BASEBALL**

Club team uses its ‘double header’ in freshmen Adam and Austin Fichter to its advantage

---

**BLOWN GLASS**

Glamour Glass throws a new kind of party

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**Index:**

**NEWS .............** 4  **BUSINESS ...** 17  **OPINION ......** 19  **STYLE ...........** 25  **AMES247 ......** 27  **CYSTAINABILITY ....** 32  **FLAVORS .....** 34  **SPORTS ......** 36
April 22

Michael Dalen, 22, of Graettinger, Iowa, was arrested and charged with public intoxication at Hawthorne Drive (reported at 1:47 a.m.).

Aric Bradley, 23, of Pella, Iowa, was arrested and charged with public intoxication at Beyer Hall (reported at 1:50 a.m.).

Jesse Halfpop, 21, of Garner, Iowa, and Jacob Penney, 21, of St. Ansgar, Iowa, were arrested and charged with public intoxication on the 100 block of Hayward Avenue (reported at 1:55 a.m.).

Clint Damon, 19, of Eldora, Iowa, was arrested and charged with public intoxication at Hayward Avenue and Lincoln Way (reported at 2:11 a.m.).

Brynn Nedved, 21, of Woodward, Iowa, was arrested and charged with public intoxication at Hyland Avenue and Lincoln Way (reported at 2:26 a.m.).

Terry Harrison, 21, of Des Moines, was arrested and charged with driving under revocation at Bissell Road and Osborn Drive (reported at 2:45 a.m.).

Brice Lukasko, 19, of Estherville, Iowa, was arrested and charged with public intoxication, underage possession of alcohol (second offense), and interference with official acts at Hyland Avenue and Lincoln Way (reported at 2:57 a.m.).

Adolfo Calderon, 20, of Cedar Rapids, was arrested and charged with public intoxication on the 200 block of Welch Avenue (reported at 3:07 a.m.).

Chandler Dailey, 19, 4478 Friley Hall, was arrested and charged with public intoxication and interference with official acts at Friley Hall (reported at 3:14 a.m.).

Jonathan Dezries, 134J University Village, reported the theft of a guitar at University Village (reported at 6:39 p.m.).

Vehicles driven by Kayla Greiner and Susan Anderson were involved in a property damage collision at Union Drive and Wallace Road (reported at 6:54 p.m.).

Joe Jahner, 3431 Wilson Hall, reported damage to a closet door at Wilson Hall (reported at 9:26 p.m.).
“THE KING of AFRICA’

Moses Bomett, senior in economics, stands in front of an illustration of the Hope 4 Africa logo, an organization he started. Hope 4 Africa helps Kenyan children attend school through fundraising and campaigns.

ISU student’s nonprofit has helped change lives of children in Kenya

By Kelly Madsen
@iowastatedaily.com

“You should probably refer to him as Moses ‘King of Africa’ Bomett,” said Kyle Upchurch, Bomett’s long-time friend. “He loves that.”

As a 20 year old studying political science, international studies and economics at Iowa State, Bomett has already inspired thousands of Americans to bring hope to Kenyan school children as the founder of Hope 4 Africa, Inc.

Not only has his organization grown from one to 10 clubs in four short years, but Hope 4 Africa, Inc. has also raised more than $20,000 through fundraising campaigns. The campaigns have allowed American students to donate thousands of textbooks, instruments, computers and money for school fees for other students in Kenya.

“Hope 4 Africa provides an opportunity for American students to bring lasting change and prosperity to the youth of Africa,” Bomett said. “It is all about long-term solutions through education.”

With a grassroots nonprofit as successful as Hope 4 Africa, a second look must be taken at the man behind the magic.

The salesman

From national conferences in Salt Lake City to Iowa State’s Maintenance Shop stage, Bomett can walk into any room and be noticed. It might be his spiky hair or his dark skin people initially see, but when he begins to speak he can capture the attention of the toughest businessman or the smallest child.

“I love speaking,” Bomett said. “If I could speak about Africa for the rest of my life, I would.”

It may have stemmed from years of hearing his father, a pastor in Kenya, speak or years of telling his story as an immigrant from Nakuru, Kenya, but Bomett leaves audiences thirsting for more.

“It is like a game for me,” Bomett said. “I have never written out a speech, I just read the audience’s expression.”
His words are rich with passion, humor and logic. “He oozes with charisma. He is the ultimate salesman,” said Upchurch, junior in political science, international studies and Spanish. “Fortunately he is selling something with incredible meaning.”

The family man

Between boarding schools and life in America, Moses has lived more than half of his life away from his family.

“I think his separation has given him amazing independence, but also fueled his excitement for his trips home or when his family visits him,” said Cheryl Stouffer, Bomett’s host “mom.”

Bomett’s relationship with his host family in West Des Moines, the Stouffers, has grown from being complete strangers into being his “American family.”

“It was a natural transition because he genuinely cared about our family,” said Bob Stouffer, Bomett’s host dad.

While Bomett’s life in America and life in Kenya are often separated, his worlds intersect when he leads his Hope 4 Africa trips back to the schools in Kenya.

“It was amazing when I first saw Moses leading a Hope 4 Africa trip to Kenya,” said Joshua Bomett, Bomett’s 24-year-old brother. “He was no longer my goofy little brother, but a passionate leader.”

Eight ISU students have had the privilege of traveling to Kenya with Bomett to meet the people Hope 4 Africa reaches. These students often are amazed with the similarities between Bomett and his family.

“We never really discuss our thoughts about helping others, but my parents’ kindness just transferred throughout our family,” Bomett said. “I wouldn’t be the way I am without them.”

The dancer

Shakira’s “Waka Waka” comes over the speakers. A big smile fills Bomett’s face as his eyes narrow on the fluorescent television screen. His competitiveness will not allow him to take this game lightly, but the “Just Dance 2 commands begin to come faster than his flailing arms and swinging hips can handle.

“My favorite thing about Moses is that he has so many sides to his personality,” said Bennett Coffman, Bomett’s close friend and junior in industrial engineering. “He can go from a heated debate about politics to dancing like a goof within a matter of minutes.”

When Bomett returns to the primary schools in Kenya, he will be the first to get a heated game of soccer going. Coffman said Bomett acts more like a child than any of the school children.

“We started laughing the first time we met and haven’t stopped since,” Coffman said.

The creator

On a late Sunday night, the Hope 4 Africa executive team sat around the table dreaming up the next fundraising and awareness campaign. A thought came and it was unforgettable: a “hopeful challenge” of selling hope T-shirts between rival high schools at their football game. The idea was simple, and only two weeks later it was planned and the biggest fundraiser at the time.

“Sometimes I just build and destroy thoughts over and over again,” Bomett said.

It is this continued process that allows him to create.

“I am continually amazed by Moses’ fearlessness when thinking outside the box,” said Jon Fleming, vice president of the Hope 4 Africa board of directors and Theta Chi alumni chapter adviser. “He not only generates new ideas, but can organize people and logistics with ease.”

While it would be easy for Bomett to take complete control, he always asks for and implements others’ ideas, Upchurch said.

Not only does Bomett create ideas, but he also creates healthy and inspiring environments.

“He inspires others to be better,” Fleming said. “It is evident in everything I see him do, especially as the current president of Theta Chi fraternity.”

‘The King of Africa’

“Because Moses has done so much with his opportunities already, I know people both in America and Kenya expect him to continue to do big things,” Joshua said.

Bomett’s ultimate goal is to serve as an example for other Africans and to be part of the solution to problems in Africa. He has dedicated the past four years of his life to doing just that and plans to continue.

“I am a light. I shed light and show people what Africa is and that is all I want to do,” Bomett said.
Student support necessary to break cycle

By Hansini.Munasinghe @iowastatedaily.com

The month of April has been a startling reminder that the fight against discrimination is far from over.

It was not only Sexual Assault Awareness month, but April 17 was also Equal Pay Day 2012, symbolizing how far into this year a woman must work in order to earn what a man made over the last year. The suicide of Kenneth Weishuhn, a homosexual teenager from Paullina, Iowa, has gained national attention and has made awareness of the devastating effects of gender-based discrimination.

Gender-based discrimination, or sexism, is being denied of your rights and privileges because of your gender, said Som Mongtin, interim assistant director at the Margaret Sloss Women’s Center at Iowa State.

This “umbrella term” encompasses a wide range of injustices including gender-based interpersonal or relationship violence, sexual assault — from inappropriate touching to rape and inequities in educational and work environments, Mongtin explained.

In its myriad of forms, injustices based on gender cripple individuals and societies.

Speaking of sex-based violence and assault, Mongtin said one of six women and one of 33 men have experienced a completed or attempted sexual assault. The rate is even higher for college women, at one in four.

According to the crime statistics published annually by the ISU Police Department, only nine incidents of forcible sex offences were reported in 2010, while there have been no reported acts of non-forcible sex offenses over the last three years.

Even though these numbers are reassuring, they are probably low because incidents go unreported, Mongtin said. “It takes courage to come forward and report.”

“Our vision is to create an environment where everyone has the potential to be safe,” said Brad Freihoefer, coordinator of the LGBT Student Services at Iowa State.

From misogynistic and homophobic jokes, bullying and harassment to outright violence and assault, individuals of all gender identities and expressions are subject to hate and ostracism.

Everyone should have the confidence to feel safe, Freihoefer said.

A long time has passed since women earned the right to vote and step outside the confines of the domestic sphere, and it may seem as if equality has been achieved, Mongtin said, but “discrimination still exists.”

According to statistics, a woman earns only 77 cents for every $1 earned by a man, Mongtin said, adding that the discrepancy grows if she is a woman of color or of a sexual orientation outside of heterosexual.

Pressure to conform to gender stereotypes — overgeneralized beliefs that males and females must adhere to certain traits, behaviors and attitudes — has trapped modern society in little boxes.

“These stereotypes hurt men too,” Mongtin said.

Fathers are often not seen as nurturers and are expected to sacrifice their families for work responsibilities. Men are pressured to maintain the image of a “macho man” — draining their capacity to be sensitive.

Both Mongtin and Freihoefer said they agree that the underlying mechanism of gender-based discrimination is the inequality of power and privilege, which defines one group as superior to another.

“These privileges are things we either get or are denied. We do not earn them,” Freihoefer said, stressing the unfairness of this rigid system.

Understanding these divisions and the fluidity of human sexual expression and behavior are key to breaking the cycle of oppression.

“I see positive things happening everyday,” Freihoefer said. “Change isn’t easy. If it were, everyone would do it.”

“Even though change is not happening as fast we would like it to, change is coming,” Mongtin said, echoing Freihoefer’s note of optimism.

Fighting gender-based discrimination begins with accepting its existence and recognizing it, not as a problem of the victims and perpetrators, but as “our problem.”

Mongtin believes that targeting educational and awareness programs at young people will set the foundation for “the change we all like to see.”

The path to change has three steps, Freihoefer said. The first is to get educated about the problem, to access resources, whether it be at the LGBTSS center, the Sloss House, in a class on sex and gender, or on the Internet, and have a clear understanding of the issues at hand.

The second step is to share this knowledge. Freihoefer said this requires both patience and courage.

Stepping up against injustice can be as simple as explaining to a friend why a homophobic joke may be inappropriate.

Instead of directly confronting a friend, Mongtin suggests using humor, wit and friendliness to get the message across.

The final step in creating change is becoming an advocate yourself, Freihoefer said.

“The A in LGBTQ stands for allies, and they form a very important part in the community,” he said.

By joining a campus organization or any other group that supports gender equality, students interested in becoming allies can take advocacy to the next level and become an active agent of change.

Echoing this idea, Mongtin said the importance of men stepping up and recognizing the privileges they have been automatically granted by society.

“Encouraging men to speak up against gender-based discrimination will help balance the power and privileges,” she said.

Freihoefer said university policy and support services are strong and comprehensive, but Iowa State needs student support to make visions of equality attainable.

He encouraged students to get informed, to become agents of change and most importantly, seek help when they have been wronged.

Students showcase skills in design video

By Alexandra Smith
@iowastatedaily.com

An ISU duo took second place in the Interior Design Education Video Competition.

Any Robson and Emily Erbes, both seniors in interior design, represented Iowa State in the competition hosted by the Interior Design Educators Council.

In its 50th year, the competition hosted 30 submissions from around the world.

Each year, the contest gives students an opportunity to work on something outside of the classroom to expand their knowledge.

Students were able to bring technology into their studies of interior design.

The theme for this year’s competition was ways the public’s economic well-being is affected by the skills of fully prepared interior design practitioners.

“I was really happy when I found out we placed,” Robson said.

Robson and Erbes video was called “Economic Impacts of a Qualified Interior Designer.” The video described the contributions an interior designer makes to the economy.

The winners were announced at the Interior Design Education Video Competition 2012 Annual Conference in Baltimore in March.

The video had images with voice-overs from each student about the design process: project research, design development and project implementation.

Robson and Erbes showed each aspect and then referenced it.

“We were very confident with the material, and I think that contributed to us placing,” Erbes said.

It took the students about one day to make the video with iMovie in the computer lab and a few hours writing the script, Robson said.

“I wasn’t expecting this outcome at all because I had never made a video before,” Erbes said.

The idea to enter the competition was sparked by the student’s professor, Jihyun Song, in one of their upper level design courses.

Song encouraged all his students to enter the competition.

Having students from Iowa State win in a global competition is an honor for the school, students and faculty alike.

“I think us placing shows the strengths of the programs at ISU because we used our knowledge from them to compile the information into the video,” Robson said.

The winning videos will receive cash prizes along with recognition in an issue of Interiors & Sources magazine and on sponsoring organizations’ websites.
Faculty Senate proposes new degree programs

By Aimee.Burch
@iowastatedaily.com

Four proposals outlining potential new degree programs will be voted on during this week’s final Faculty Senate meeting for the academic year.

Students may soon be able to graduate with a minor in wind energy. Frank Peters, associate professor in industrial and manufacturing systems engineering, said he thinks an increase in wind-related efforts by a number of faculty as well as increased state initiatives have led to the creation of such a minor.

“We need students with this background,” Peters said. “It will give them an understanding of the issues surrounding wind energy and see how one aspect affects all others.”

Peters said he wants students of all disciplines to know that if they meet the prerequisites stated for acceptance into the program, they are welcome to enroll.

He cited the proposal, where it states that the minor is “primarily intended for students majoring in engineering or meteorology, but will be available to all that meet the prerequisites.”

Beyond two required classes for the minor, students must complete nine credits of electives from 22 designated courses.

Another proposal being voted on this week details the potential creation of a Master of Design in sustainable environments. Clare Cardinal-Pett, associate professor of architecture, said the idea for such a program came from Luis Rico-Gutierrez, dean of the College of Design. Rico-Gutierrez appointed a committee to develop the proposal.

“The College of Design touched on this topic and talked about doing this in the past, but the leadership really got it going,” Cardinal-Pett said.

Cardinal-Pett said a program of this magnitude is needed because the world is continually facing challenges in sustainable management and designers are in a unique position to contribute to a solution.

“This program is designed for people with professional degrees in any design or engineering field,” Cardinal-Pett said. “Many may have been in the workplace and can bring in that real world experience and they can go back to their careers with new knowledge to change ways and practices.”

She went on to say that students coming right out of undergraduate programs will also learn practices that will aid them when they eventually enter the workforce.

“We hope to attract students from all over,” Cardinal-Pett said.

The Master of Design in sustainable environments will consist of three semesters. Students will be required to take six classes to make up 20 hours of coursework, with 15 elective hours remaining. Electives will come from three different categories: social equity, environmental stewardship and economic viability.

The third proposal the Senate will be voting on also comes from the College of Design.

The master’s in urban design, according to the proposal, will be an “advanced, interdisciplinary program of study for graduate students with previous degrees in architecture, landscape architecture and city planning,” or previous professional experience.

This program will also be composed of three semesters where students take 36 credit hours of workshop-focused course study. Eight courses of 30 credit hours will consist of required classes, with six hours of electives making up the rest of the program.

The final proposal outlines a master’s in engineering management. According to the proposal, this program will “prepare engineers for leadership/management positions within their organizations.”

It promises to give students the skills needed to create and manage a team of engineers, scientists and technicians in a constantly changing world of technology.

Students in the program must meet the prerequisite of a bachelor’s degree in engineering. 30 credit hours will make up the program, with 10 required courses creating the bulk of the program.
Researchers at Iowa State have discovered the “bubble boy syndrome,” otherwise known as SCID, in swine.

According to the National Human Genome Research Institute, SCID, or severe combined immunodeficiency, is usually characterized by a lack of the adaptive immune system, a crucial part of the immune system.

“The immune system has two major arms,” said Chris Tuggle, professor of animal science. “The innate immune system, which recognizes when there is a foreign object — such as a sliver — in the skin and goes to work immediately. There’s also the adaptive immune system, which responds very specifically to what type of pathogen is present in the body.”

SCID is a genetic defect found in humans, mice, dogs and horses, but this is the first time SCID has been found in swine.

Jack Dekkers, professor of animal science and one of the researchers on the project, was able to explain how this discovery was a happy accident.

“We were doing research on the feed efficiency ... developing a line of swine that grows faster with less feed, which is important for the swine industry because of the high cost of feed,” Dekkers said.

While testing how the current line held up to a normal disease challenge using facilities at Kansas State University, four piglets died early on in the process, causing some concern. When an autopsy was performed on these piglets, it was revealed they each had a very poorly developed immune system.

“It’s a finding that was totally unrelated to the [feed efficiency study],” Dekkers said, “but when we looked at it carefully, we knew it was something completely new and very important.”

After realizing the piglets were affected by SCID, the team set out to find the exact nature and cause of the immunodeficiency with the help of researchers at Kansas State University.

Because the disease could only be passed down if both parents carried the gene, the search began for the recessive gene responsible for the lack of the piglets’ immune systems.

Emily Waide, graduate student in animal science, works in a lab in Kildee Hall where research is performed in relation to pigs with compromised immune systems. The research aims to give pigs bone marrow transplants.

Emily Waide, graduate student in animal science, works in a lab in Kildee Hall where research is performed in relation to pigs with compromised immune systems. The research aims to give pigs bone marrow transplants.

More research has developed as the disease was found in more piglets. The researchers decided to treat the SCID piglets just as they would a human with the disease by giving the piglets a bone marrow transplant.

“Basically, we give them an immune system through the bone marrow transplantation procedure,” Dekkers said.

Matthew Ellinwood, associate professor of animal science with a background in veterinary medical genetics, had some experience with

Photo: Nick Nelson/Iowa State Daily

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Animal science

Grad digitally observes behavior of piglets

One ISU graduate student has been researching the social behavior of piglets to determine the best method for caring for the animals. Shawna Weimer, graduate student in animal science, conducted an experiment that studied how the behavior of pigs varied with different approaches.

This study involved piglets and two methods of observation: live observation and digital imaging.

Weimer helped with this experiment, which tested if the method of digital observation was more effective in assessing the behavior of piglets, particularly in their willingness to approach a human.

“What initiated this research is that people were noticing that after six hours, pigs would become more lethargic after some vaccines. It was first an observation, but now it’s actually being measured,” Weimer said.

She presented her study “Willingness to approach: Live human observation and digital image” at the American Dairy Science Association-American Society of Animal Science Midwest meeting in Des Moines in March.

A vaccine company hired Weimer to run the experiments at a commercial pig nursery in western Iowa.

“I was brought in to test that the digital image should be taken at time of the measurements to solidify its use,” Weimer said.

For the tests, Weimer would enter the pig pens and set up the camera behind her at the gate.

“I would look down for 15 seconds with my hand stretched out, and then I would look up and take the picture at the same time,” she said.

Weimer, while crouching in the pen, would record the number of pigs making physical contact with her, making eye contact with her or not doing either.

She further recorded whether the pigs making physical or eye contact with her were sitting, standing, laying down, eating, drinking water or “pilling,” which is considered a fearful behavior.

Weimer then analyzed the images she took and looked for the same behaviors.

“I was comparing the numbers recorded between live observation of pig behavior and the digital observation of the pigs,” Weimer said.

Weimer said in a live observation, she would sit there making observations and would only have about 30 seconds to do it, whereas with the digital image, the observations were recorded forever.

The results of the study concluded that either method could be used.

“The more practical method is the live observation, because it’s quickest and doesn’t require a lot of analyzing pictures. The digital image method, though, is more accurate,” Weimer said.

Wildlife animal behavior has been studied for quite a while now.

“Studying animal behavior has been studied in wildlife since Darwin, but food animal behavior wasn’t really taken into account until Ruth Harrison wrote her book ‘Animal Machines’ in 1964,” said Monique Pairis, graduate student in animal science.

In “Animal Machines,” Harrison exposed factory farming for the first time to the public and inspired Britain’s first farm animal welfare legislation, the 1968 Agriculture
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>>PIGS.p9

both SCID and bone marrow transplants in animals.
Ellinwood oversaw the bone marrow transplantation of the piglets. Ellinwood said he was excited to do the procedure because he had worked on transplants in SCID dogs.

“I had done bone marrow transplants before, and when Jack Dekkers came and asked how to do this, I said we would first need to destroy the immune system of the animals to be transplanted,” Ellinwood said. “[Dekkers] said, ‘Well I don’t think we need to do that... because we have SCID pigs.’”

Ellinwood said for this procedure the swine would just have to receive the new marrow. Three SCID piglets from two litters born in January received the procedure.

“We just got the data, and it looks like they are engrafting,” Ellinwood said. “They are all doing clinically well.”

This success gives the team hope for the future uses of this discovery, such as using these swine as a biomedical model for humans.

“This discovery is an incredibly important one,” Ellinwood said.

Jason Ross, assistant professor of the animal science, has researched using animals as biomedical models.

“The majority of human health research has been in rodent models, but they don’t always replicate the human conditions,” Ross said.

While it is more expensive to do research with swine instead of rodents, the similarity to humans is worth the extra money. Ross said rodents do not always demonstrate the same phenotype as humans despite similar genetic mutations such as cystic fibrosis, a genetic disorder that affects the lungs, pancreas, liver and intestines in humans for which there is no good rodent model.

Another issue with using rodents is their comparative size to humans. For example, one of the pig’s eye, which is very similar in size and function to that of a human eye, can make translational research more feasible.

“It’s important to remember that there’s no ‘perfect’ model,” Ross said, “but you need to identify what will be the most useful model to use.”

There are currently no known limits to what this research could lead to.

“With the SCID piglets, we can better study how to treat people who have a weakened immune system from things like AIDS to radiation treatments,” Dekkers said. “SCID mice are extensively used in the study of many human diseases, including cancer. Availability of SCID pig will make such research much more directly applicable to humans.”

>>OBSERVATION.p12

Act.

“She was the first to ask what kind of environment food animals were in and how it was affecting them,” Pairs said.

Now the behavior of production animals is studied in many different ways.

“Food animal behavior can be looked at in three ways: from production aspect, emotional state and natural behavior,” Pairs said.

Pairs, who is currently studying how sickness and lameness affects sows, said that video has become the major way of studying production animal behavior.

“It’s a good way to compare a sick animal’s behavior to that of a healthy one,” Pairs said.

There are other ways of studying pig behavior as well.

“We also use preference testing. For example, if we lay out sawdust and straw and let a pig into the room, which one will they choose that they like better,” Pairs said.

Pairs has also done a study on pig fearfulness, somewhat similar to the study Weimer did.

“I did a test where I would be in a novel room in bright orange, and they would introduce a pig into the room and see how willing it was to touch me. We then reintroduced them into the room with another pig, and we found that if they were introduced with a partner, they were much more willing to come up and touch me,” Pairs said.

This showed that pigs are social animals and like to be in a herd environment.

Findings like these are important for researchers, producers and farmers.

“This is important for people like farmers because they shouldn’t move pigs by themselves because they are social animals,” Pairs said.

“We are trying to present it as producer friendly and as simple and quick as possible, not just a research paper,” Weimer said.

Both Pairs and Weimer agreed on the importance of studying pig behavior.

“Studying pig behavior is important because it is an indicator of welfare, whether it be good or bad,” Weimer said.

Pairs said that the major importance was to combine the three aspects of studying food animal behavior to get the best results.

There are still many things about studying pig behavior that need to be figured out.

“We need to develop methods to measure the behavior,” Weimer said.

There are also a few different aspects of pig behavior that Pairs believes should be studied.

“I think there needs to be more studying in sickness behavior in pigs and whether or not a pig would do better in isolation or in group setting, because they’re so social,” Pairs said.
Freedom of religion still faces oppression

By Michael Finn
@iowastatedaily.com

The freedom to practice religion is one of the liberties protected under the First Amendment. A few weeks ago, an evangelical preacher named Tom Short occupied the front lawn of Parks Library with a Bible in hand. For the last 18 years, Short has been on a pilgrimage to universities across the nation, spreading what he believes to be the “word of God.”

Chris Blackowiak, sophomore in marketing and pre-advertising, witnessed Tom Short’s speech.

“He had some witty comebacks to the crowd’s comments,” Blackowiak said. “He was definitely strong-willed and persistent, even if he was a little extreme in some people’s eyes. But it’s obvious that he wants people to believe what he believes.”

Short, a self-proclaimed “campus evangelist,” might have created controversy with his anti-gay, anti-sex and anti-science messages — but he was exercising his constitutional rights and therefore immune to any legal action.

Other religions on campus do not express their faith as openly as on campus. Nicholas Spyrisson, senior in statistics, is a Tibetan Buddhist and president of the Karma Kagyu Study Group. Spyrisson said his religion does not need to be pushed upon other people.

“Buddhism is not something I wear on my sleeve ... so I don’t announce my religion unless it is pertinent to the conversation,” Spyrisson said.

As a land-grant institution, Iowa State is obligated to promote religious freedom under the First Amendment, and therefore cannot adopt an “official” religion. But Warren Blumenfeld, associate professor of curriculum and instruction, is skeptical of the university’s secular designation.

Blumenfeld pointed out that on this campus and throughout society, the calendar revolves around Christian holidays. There is also a floor-to-ceiling Christian cross in the Chapel of the Memorial Union. ... Evangelical Christians are unceasingly trying to convert people to their own faith, to which Chinese students are sometimes specifically targeted for “Christian conversion by members of the Cornerstone Church on our campus since they are seen as coming from a non-religious culture, and they are, therefore, particularly vulnerable.”

Blumenfeld has experienced hateful discrimination in the past.

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Blumenfeld has experienced hateful discrimination in the past.

This student strongly implied that I will travel to hell if I continued to act on my same-sex desires,” Blumenfeld said. “She even went further by insisting that since I am Jewish and I do not accept Jesus ... I will go to hell regardless of my sexual identity and behavior. Anyone who doubts this, she said, ‘Only death will tell!’”

Hector Avalos, professor of religious studies and an outspoken atheist, said that Iowa State is a Christian-preferred university. Avalos recalled a moment when, a few years ago, the ISU football team had to select a “chaplain” or “life skills assistant.”

“It was a Christian minister,” Avalos said. “No Muslims, Hindus or persons of any other religion were even considered.”

The Muslim population has also faced harsh discrimination, particularly following the events of Sept. 11, 2001. This isolated incident of terrorism committed by a few Islamic radicals sparked widespread fear and distrust of the Muslim population as a whole.

“To stereotype and scapegoat all followers of Islam for 9/11,” Blumenfeld said, “is as invalid as blaming all Christians for the despicable actions perpetrated by Timothy McVeigh, the Oklahoma City bomber [and] a devout Christian.”

Christianity is not inherently oppressive to other cultures and religions. Many Christians at Iowa State remain faithful while still maintaining respect for other people of different religions.

“Every person is equally if not more deserving of my love, my joy, my patience, my kindness, my goodness, my faithfulness, my gentleness and my self-control more than even myself,” said Gabe Noll, senior in advertising and member of the Salt Company Student Fellowship, a Christian organization at Cornerstone Church.

To uphold our freedoms and promote the welfare of others, Blumenfeld said it is important to always be tolerant of others.

“When we begin to think in pluralistic ways — that my way is good for me and your way is good for you — that’s when we will begin to live in a true and cooperative global community,” Blumenfeld said.
Students in Salt Company find more than faith

“It’s like a family, outside of my actual family,” said Brad Cleveland, senior in elementary education. Cleveland has been an involved member of Salt Company Student Fellowship, which is a division of Cornerstone Church focused on students reaching the message of Christ.

With just under 1,000 student members, Salt is one of the largest student organizations on Iowa State’s campus. Some students started going as a way to connect with Christ but found it to be much more than just going to church.

“I like going because it focuses on relationships with others rather than just repeating a practice,” said Angela Upah, junior in global resource systems and a member of Salt.

After getting involved in Salt, Upah said Iowa State has seemed more friendly to her. “There’s about 900 students involved, and I see them...”
all over campus,” Upah said.

Upah had been a frequent attendee to Thursday night services, but decided to get more involved this year after a friend in a class urged her to get more active in Salt’s mission.

“I was at a point in my life where I wanted to grow closer to God,” Upah said.

Upah said the inviting atmosphere of Salt made her stick around.

“They’re the type of strangers who will talk to you when you don’t know each other or when it’s completely silent,” Upah said.

Upah also credited Salt to adding to her group of friends.

“It’s like once I met five people in Salt, I met five, then 10, then 20,” Upah said.

Every Monday and Tuesday, she meets in a connection group, made up of six to 10 people.

During the group meetings they work to strengthen relationships.

Other members of Salt have feelings similar to Upah.

Benjamin Snitker, junior in construction engineering, spends time with friends he has met in Salt outside of Cornerstone Church.

“Basically all my friends are in Salt. We do a lot of stuff like fishing and camping on the weekends,” Snitker said.

Snitker also likes the community service projects that membership in Salt has enabled him to participate in.

“I like the retreats,” he said.

“One of my favorites is actually stadium cleanup, when the weather’s nice, and small group outreaches.”

Although Snitker was not a frequent church attendee in his hometown, he said he finds Salt easy for him to relate to.

“It’s geared toward college kids: There’s not older or younger kids to make discussions awkward; it’s not the same context,” Snitker said.

Although Snitker, Upah and Cleveland all enjoy attending Cornerstone, one event they said they commonly look forward to is Anthem’s performance.

Anthem, the in-house band of Salt has released two Christian rock records.

The band plays weekly at services and features songs of praise along with a message.

“It’s not just like church music. They’re a legit band. They make all their own original songs,” Upah said.

Along with playing music the group posts lyrics so students can follow along.

Anthem, led by Jesse Antelman, formed in 2006. The first “Anthem Night” was held that same year, which brought more than 700 students. In 2009, the group released its first album.

This year, on April 27, Anthem hosted “Pause Night,” to celebrate the release of their second album.

About 1,000 students were in attendance to celebrate the release.

“The music is so good it rattles your bones if you’re in the second row or close to the front,” Snitker said. “It’s awesome.”

The concerts are much like those at a rock venue but with a Christian worship twist.

“There’s people jumping; it’s a lot like an actual rock concert,” Snitker said.

During the set, the Cornerstone Church is transformed.

“They have different lights and smoke that make it look different than normal,” Upah said.

Upah said she looks forward to the concerts as a twist to Thursday night.

“I’ve been listening to them for the past three or four years; their music is as good as what’s on the radio,” Upah said.
Blown glass

Cynthia Shulman, owner of Kil’n Time Studio, created a new consultant-based business that gives customers the chance to throw their own glass-crafting parties in their own homes. From custom jewelry to coasters, Glamour Glass offers a wide array of crafts to make and glass from which to choose.

By Katie DeVore
@iowastatedaily.com

If you’ve ever wanted to create your own blown glass masterpiece, Ames has the opportunity for you.

Owner of Kil’n Time Studio, Cynthia Shulman is the creative entrepreneur behind the new enterprise Glamour Glass.

“Glamour Glass is a new business. It is in-home parties and eventually a consultant-based business,” Shulman said.

In-home parties, offered by companies like Pampered Chef and Mary Kay, provide a relaxed setting where customers can view and buy products in the comfort of their own or a friend’s home. Glamour Glass is new and different because you do not buy their products, you create them.

“Unlike any other in-home party, you don’t have to go and buy the same old bowl, candle or lipstick. You create glass from nothing,” Shulman said.

Customers have included sororities and community groups.

Currently, Shulman is the only consultant for the Glamour Glass business. She is working with a group in Ohio to create a business plan and recruit investors so she can begin hiring consultants.

With the poor economy and high gas prices, Shulman believes this new idea is a way to help others.

“People are looking for a new way to earn money,” Shulman said.

Glamour Glass in-home visits must have six to eight guests. A party lasts one-and-a-half to three hours depending on the size of the group; the cost depends on which pieces are created. In-home parties are not the only way to create Glamour Glass. Kil’n Time Studio offers the experience as well.

Kil’n Time Studio has been on Main Street for seven years and offers paint-your-own pottery, glass fusion, mosaics and parties.
Entrepreneurship

ISU pair wins $5,000 prize for business plan

By Jenna Russell
@iowastatedaily.com

The Pappajohn New Venture Business Plan Competition has given students throughout Iowa the opportunity to work with Iowa entrepreneurs to develop business plans and to compete for three $5,000 prizes.

The winners of the regional competition for Iowa State were graduate students Luke Schlangen and Ashish Joshi with Windblade Solutions, senior William Lohry and graduate Sam Robinson with Structuralize, and junior Colin Hurd and senior Jonathan Schuhwerk with Track Till.

“This year was an especially competitive year for the Iowa State students and alumni who competed, and the judges at the regional competition had to make some tough decisions. They narrowed down a record pool of 28 groups to the three Iowa State regional winners,” said Judi Eyles, program coordinator at the ISU Pappajohn Center for Entrepreneurship.

The final winners of the competition were Lohry and Robinson with Structuralize; Brian Hoyer and Tim Schulte with Recycle Rite Inc. from Northern Iowa; and Ross Johnson, Aidan Murphy and Anith Mathai with Mazira LLC from the University of Iowa.

“It was really exciting to be one of the final winners, and we plan to use the award money to start our business Structuralize, which will be a contracting service that will provide the same quality animations as competing companies at a fraction of the price and with improved usability,” Lohry said.

The UNI and Iowa winners also are looking forward to starting up or expanding their businesses with the money they have won. “Recycle Rite Inc. is currently providing curbside recycling for more than 400 residential and commercial accounts, and we are expanding by adding services such as residential refuse handling and event refuse management,” Hoyer said.

The University of Iowa winners — Johnson, Murphy and Mathai — created a business plan for Mazira. “Mazira is a cloud-based Web service that can be used for storing massive amounts of data and documents,” Johnson said.

“Mazira is unique because of its new search dimension that has an interactive time line that users can use to find information in an organized way,”

This year marked the 13th annual Pappajohn New Venture Business Plan Competition. “All of the prize money is donated by John Pappajohn, who believes that it is very important for students to get real-life entrepreneurial experiences,” Eyles said.

“The wide variety of business plans included everything from Three Fates Games, which is striving to make better board games, to Structuralize, which is a facial motion capture service, from competitors statewide who won at the regional competitions.”

ISU competitors

Senior William Lohry and ISU graduate Sam Robinson

Structuralize provides a facial motion capture service to the video game and film industries. Facial motion capture allows the expressions and movements of an actor’s face to be used to animate digital characters. Structuralize will be a contract service that provides the same quality of animations as competing systems, at a fraction of the price and with improved usability.

Graduate students Luke Schlangen and Ashish Joshi

Windblade Solutions will provide lower-cost, higher-quality composite wind blades to mid-scale turbine manufacturers. Schlangen and Joshi won the Best New Technology/Innovation category at the ISU Innovation Pitch Off Competition and were looking forward to earning the funding necessary to produce and test their first blade.

Junior Colin Hurd and senior Jonathan Schuhwerk

Track Till is a business that revolves around an innovation to reduce compaction caused during planting. After patenting and proving the concept, they want to sell the product as an aftermarket row-crop planter add-on. They plan to start with the state of Iowa and expand throughout the Midwest.

Summer

Main Street, Campustown plan events to showcase local hubs

Cultural district’s attractions range from food to music

By Katie DeVore @iowastatedaily.com

While many students vacate Ames in the summer months, many stay and wonder what Ames has to offer. A farmers market, live music, art and a parade are events the Main Street Cultural District has planned for the 2012 summer.

Other happenings include late-night shopping on Thursdays, new bars, construction and renovation of new and current businesses.

Ames Main Street Farmers’ Market

“This year’s market will be bigger, more dynamic,” said Tom Drenthe, executive director of the Main Street Cultural District.

The farmers market, which began last year, is extended to six months this year, beginning Saturday, and will be open every Saturday from 8 a.m. to noon.

The market includes more than 30 vendors, live entertainment and children’s programs. Stop by the farmers market to buy local goods. Stay for local shopping and dining. “There is more to do when the farmers market is over; we have an entire shopping district and unique restaurants for people to try,” said Mandy McWherter, events coordinator.

Main Street Cultural District Art Walk

“It’s one of the most popular events that we do. Businesses sign up to participate and artists place and perform artwork in the businesses,” McWherter said. Chocolaterie Stam will host the event from 5 to 8 p.m. June 1.

Tune in to Main Street Concert Series

Beginning May 24, local artists will perform a free concert at Tom Evans Park. The concert series also provides sidewalk shopping and food vendors.

Ames 4th of July parade and festival

As many as 10,000 people come out for this parade each year. The event starts with a City Council pancake breakfast and Bill Riley Talent Search before the parade begins at 11 a.m. Local groups, bands and floats move into Main Street. The festival starts after the parade on Burnett Avenue, where food and activities will take place.

Group works to attract Ames residents to area

By Meredith Keeler
@iowastatedaily.com

Campustown Action Association is an organization that works to enhance the Campustown area by cooperating with the city and Iowa State. As the end of the year approaches, many students are itching to get home for a much-awaited break. CAA has big plans for this summer that will begin in June.

“Our goal is to further enhance the Campustown area for all citizens,” said CAA president John Haila.

With big summer plans, CAA hopes to attract more people to the area.

“I think that CAA is really moving forward, and this summer will be a great time for community members who don’t make it down to Campustown a lot to check the area out,” said Chandra Peterson, secretary of CAA.

Summerfest

CAA hosted the first Summerfest last year, and the party will return June 9.

This event is intended to attract all types of people, showcasing local businesses and featuring live music. One of CAA’s goals is to make Campustown attractive to everyone, not just students.

Fill director position

The city of Ames has given $25,000 to help fund a director’s position that will be a part of the Urban Neighborhood District. This will help Campustown become more well-known and successful. Although funding will be available July 1, CAA hopes to fill this position as soon as possible.

Continue to establish CAA

The association is in the process of building a website and reaching out to more Campustown businesses.
**Editorial**

**Make your own experiences this summer**

Sometimes, figuring out what to editorialize on means banging your head against a wall for a while. Then, it might happen that an assistant news editor notes that it’s the simplest things that are funniest.

And that got us thinking.

The four years — more for some, less for others — that we spend in college are a great opportunity to branch out into previously uncontemplated extracurriculars and cultivate abilities you never thought you had. Summer, with its time off, is a similar.

It’s fast paced for some, with short classes, internships and jobs. But if you have the chance to take some time off and do what you want to do (as opposed to what you need to do to graduate on time or build your resume for a career), do it.

You don’t always have to do impressive, large-scale things to have a big experience.

So what if you go home for three months, or stay in Ames over the summer? Studying abroad isn’t everything, nor is landing an internship at your favorite company in New York or San Francisco. For better or worse, for instance, there are students here at Iowa State who passed up offers at the University for instance, there are students here at Iowa or San Francisco. For better or worse, internship at your favorite company in New

abroad isn’t everything, nor is landing an

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The question the very foundation of your feel-

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move on, fall in love again, but know that

we’ll always have Ames.

Throughout the course of the last year, I’ve sworn, yelled, debated and criticized

a multitude of aspects of Iowa State

University for you loyal readers of the Iowa

State Daily. The fees are ridiculous, the

politics are disgusting, the bureaucracy is

in infuriating ... yet I still love it.

I love sitting on Central Campus on

those first warm days of spring. I love cheer-

ing my heart out for the Cyclones whether

they win or lose. I love Campaniling,

avoiding the zodiac, Lake LaVerne and the

plethora of other traditions we have. I love

being able to talk to my parents about our

shared adventures. I love the majestic old

buildings. I love that even though everyone

on this campus can’t agree on pink slime or

LFTB or gun laws or birth control or politics

or plastic bottles, at the end of the day we all

have to agree that we are Cyclones. So that

20 years from now when we meet someone

new, get to talking and find out we are both

proud alums, we can share that pride and

love of Iowa State.

**By Jessica.Bruning**

@iowastatedaily.com

State has given me. It has given me a reason to fight and find my voice. It has given me a reason to love and create. It has given me the ability to be a person with developed thoughts, feelings and opinions.

I relied on Iowa State in a way that I seldom like to admit. I needed that constant support, knowing that the idea of the inspiring place I came to four years ago was always there, even when we disagreed.

So maybe this stage of our relationship is over. On Friday, we will part ways saying, “Really, it’s not you, it’s me.” We’ll stay friends, I’m sure; I’ll come back to visit, and we’ll smile at the memories we had. I’ll move on, fall in love again, but know that we’ll always have Ames.

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Jessica Bruning is a senior in political science and apparel merchandising design and production from Castana, Iowa.

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**Retrospective**

**A love affair with Iowa State**

We’ve been together for four years and known each other since my birth. It is by far the longest relationship I have ever had.

It all started out so innocent: football games on crisp fall afternoons, cherry pies at the Veishea parade.

Then, one sunny afternoon in the fall of 2007, I saw Iowa State through the wide, naive eyes of a high school senior and fell in love. My family certainly approved of the blossoming relationship and I knew that it just had to last.

The distance for those first few months was hard, but we made it through, and when we were reunited that fall, the bond was stronger than ever. Every day I walked around in the splendor of young love. Iowa State could do no wrong. I reveled in the pleasant fall days, the excitement of homecoming, the Hilton Magic.

That first semester came to an end, and I had made those first steps into growing up, though I had a long way to go. I declared my majors, picked myself up after a less-than-stellar grade report and dove into the spring semester.

A couple of years went by before we started having problems. The bureaucracy and competition started to get to me. I continued to see my fees and tuition rise while my classes were cut and professors let go. How could my lover have become so shallow? What happened to those days of exciting traditions and the integrity of education?

I suppose most relationships go through these stages. These bits of time where you question the very foundation of your feelings. The moments when you feel as if this place has broken you. But it always comes back to the same reasons you originally fell in love.

Looking back four years, I wonder if I’ve really grown any in this relationship. After all, I’m still as lost in terms of a career path as ever. But then I think about what Iowa
Abortion

Inconclusive evidence calls for allowing choice

Cut this column out of the newspaper or cut and paste it from online, because from here on out whenever somebody asks me about my views on abortion, I’ll refer them here. This way, I don’t have to waste my breath and they don’t have to waste theirs in a heated and pointless debate. I’ve discovered that in most debates and discussions on abortion, both sides walk away pissed off. These are my last words on abortion.

First of all, both federal and state governments should leave the laws and statutes on abortion as they are. The war against Roe v. Wade continues. We’ve seen a rise in the number of bills and laws in various state legislatures attempting to limit or outlaw abortions in the last couple of years. For many people, including lawmakers, banning abortion is more important than state and federal fiscal reform, more important that funding education and infrastructure, let alone supporting women’s rights.

Furthermore, I also understand that women’s rights are not necessarily the central issue. The real question is: Does a fetus have rights?

And this question opens up a whole host of questions. Is a fetus alive? Viable? If so, then does life start at conception? Or sometime later?

I don’t know.

These questions shake the foundations of our understanding of what life is. These questions force us to deal with the great mystery of life and the greater mystery of death.

For these answers, some turn to science; others, religion; and still others, both. Science can give us some answers and so can the Bible, but many of these answers dance around the issue of abortion. Science can determine if a fetus is “viable” but has yet to discover the “soul.” The Bible has some interesting verses (like Exodus 22 and Numbers 5:11-29) that seem to confuse the issue. But can either science or religion provide us with definitive answers?

I don’t know.

Thus, if both science and religion fail us, then all we have left is choice.

By Stelios Vasilis Perdios
@iowastatedaily.com

But can either science or religion provide us with definitive answers? I don’t know. Thus, if both science and religion fail us, then all we have left is choice.

Stelios Vasilis Perdios is a graduate student in history from Ames, Iowa.
Letters to the editor

ISU students, Ames residents must properly dispose of trash

Following the fun and mayhem of this year’s Veishea activities, one thing seems more apparent than the previous years: Garbage and debris blanket much of the commonly trekked areas throughout Ames, cluttering up the campus and polluting College and Squaw creeks.

Red cups, wrappers and broken glasses are found in abundance on the sidewalks of Ames; the creek beds are suffused with castaway rubber tires and discarded beer cans, while Lake LaVerne is spotted with countless cigarette butts.

The real shame is that Ames is a beautiful community, and Iowa State was named one of the top 25 most beautiful campuses in the nation, but with the incessant littering, this title may be in jeopardy.

Several initiatives exist that address consistent trash deposits in Ames and Iowa State. Among them are Live Green!, which promotes environmental conservative lifestyles, and the annual Clean College Creek day, which addresses trash build-up in College Creek.

Another project that ties to general conservation effort is the Keep Iowa State Beautiful campaign, which through the Adopt Campus project, seeks to keep litter off university grounds. These programs, while useful in cleaning up large concentrations of trash, cannot adequately meet the demands that consistent littering presents.

For more consistent and effective results, the real issue that needs to be addressed is facilitating a desire of students and Ames residents to throw away their garbage, in place of casting it aside on some road or waterway.

The solution to this problem is quite simple and requires little effort — each person needs only to properly dispose of his or her own garbage.

If permanent and transient citizens of Ames alike decide, as individuals, to throw the garbage into trash bins and other proper disposal units, Ames can continue to provide a hospitable and welcoming home for those who live here and those to come.

Religion more complex than faith

When I saw the title and blurb for Michael Glawe’s opinion piece “Religion and science can coexist,” I was somewhat excited to read a riveting philosophical discussion. However, what I found was a condescending rebuttal to a viral Internet blurb.

As a devout Christian who also loves science, I found the whole thing a bit disappointing. First off, the “Cory Jones” photo is not a good representation of theistic philosophy — I myself found that particular argument for the existence of God pretty unimpressive, lacking a proper understanding of a naturalistic worldview. As such, coming to the conclusion “leave faith to religion, and leave the evidence to science” — as if tearing down this argument was tearing down all logical arguments for the existence of God — was disappointingly simplistic. On top of that, referring to the logic of the “Cory Jones” argument as “adorable” was unnecessarily condescending, and that type of rhetoric really has no place in a scholarly newspaper.

My reasoning for belief in the divinity of Christ and the literal, historical truth of his resurrection would likely require a five-page rant, but I could (very poorly) summarize it this way: I can’t read the words “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’” you would have asked him, and he would have given you living water,” and see that as a result of historical misunderstanding or social delusion. I’m not here to argue about science. I understand that a theory, by definition, can never be proven, and that the theory of evolution has quite a lot going for it. I believe almost everything in the observable universe is going to have a natural scientific explanation — that’s what amazes me so much about God. I don’t see belief in God as either scientific or unscientific, logical or illogical. It’s deeper than logic, but it’s also much more complicated than “blind faith.” It’s not emotional dogma I’m holding onto out of fear of the unknown. It’s also not the conclusion of objective logic — and let’s be honest, there’s no such thing as pure objectivity. It’s humanly impossible.

Everybody puts their trust in something. I’m putting my trust in the man who said, “I am able to destroy the temple of God, and to rebuild it in three days.” I’m putting my trust in the God who said, “Before Moses was, I AM.”
Planned Parenthood

**Infiltrating clinics provides false information**

People really are watching too much TV these days.

Planned Parenthood clinics in 11 states have reported more than two dozen fake visits in the past couple weeks. Chloe Cooney, spokeswoman with Planned Parenthood, described in an interview in the Huffington Post that “a woman walks into a clinic, claims to be pregnant and asks a particular pattern of provocative questions about sex-selective abortions, such as how soon she can find out the gender of the fetus, by what means and whether she can schedule an abortion if she’s having a girl.”

Tactics involving questions like the ones above are part of something some anti-Planned Parenthood groups have done before, including disinformation groups such as Live Action. The groups hire actors to secretly videotape the answers then re-cut the recording to make the answers appear to support gender-based or race-based abortions and other nefarious activities.

Maybe they should go ahead and start a new “Punk’d” show, but only punk women looking for medical assistance. I can imagine the look on some poor, unsuspecting girl’s face when the program has actors pose as nurses. They could offer to show the girl an ultrasound of her unborn child, and instead of just the creepy little fetus thing, it is an even creepier image of a fetus that turns its head and suddenly says, “Don’t kill me, I am alive.”

Maybe it could have an anti-Obama button too; I don’t really know how far some of these tinfoil hatters would go.

National Right to Life president Carol Tobias is one woman working to keep the madness going. In a recent article in National Right to Life News, she said, “In 2010, more than nine out of 10 PPFA’s services going specifically to pregnant women were abortion. Roughly half of those abortions are performed on unborn girls. That’s the real war on women.”

Did it take an army of pro-lifers working around the clock to decide to say half of abortions are on girls, so clearly that is a war on women? That means there is a war on men by their logic, as the other half of abortions are performed on unborn boys.

Great Scott, this means there is a war against men and women going on because there are abortions, and abortions mean war? Isn’t a war on men and women a better headline?

Wait, no, there is no war. Much like in a “Scooby Doo” episode when the monster is unmasked to reveal a crotchety old person, there is no war on women being waged by Democrats or Republicans;

Tobias is just trying to rally more to her flock, trying to get them riled up through “clever” words.

As to the nine of 10 services going specifically to pregnant women being abortions, come on; this is even more word misdirection.

There are a limited number of services you can offer to “specifically pregnant women,” one of them is abortion. Many hospitals don’t offer abortion services, which is maybe why nine out of 10 times the pregnant woman is at a clinic. I’m kind of curious what those nine out of 10 numbers add up to.

I’m guessing that because those numbers aren’t offered, it seems a lot less impressive than the empty understanding of nine out of 10.

If you believe life begins when a sperm hits an egg and a zygote is formed, fine, you can believe that. If you want to believe life doesn’t begin until later, that is fine, too.

But when you have to resort to hiring actors to try and set up clinics providing health services for free, maybe you should stop and ask a few questions, such as: “If these places are so evil, why do we have to try to falsify evidence in order to show the evil to others?”

Joking aside, Planned Parenthood provides a legal service. Maybe the government should be funding it, maybe it shouldn’t; that will hopefully be debated further by elected officials whose job it is to make those decisions.

So if you honestly think abortion should be illegal, go protest in a big group similar to the Occupy movement. It received plenty of media coverage and support from uninformed people that barely understand what they are protesting. Maybe you can too.

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**By Gabriel Stoffa**

@iowastatedaily.com

People represent the organization 40 Days for Life outside of the Chamberlain Street Planned Parenthood. Abortion critics should organize into a large protest group.
NASA’s exploration will feed culture of innovation

It is not news that the U.S. economy and its job growth are deficient, and it is not news that innovation drives a productive economy. Overseas jobs, talks of tariffs and trade negotiations are a direct result of lack of innovation within our own country.

A greater investment in NASA and space exploration would not seem like an impactful or intelligent solution, but it is a case that must be made and affirmed.

Neil deGrasse Tyson, who has been featured on such shows as “The Daily Show with Jon Stewart” and “The Colbert Report,” among others, is a leading proponent of the position that an investment in space exploration today is an investment in tomorrow’s broad economic cultivation. If you have not done so already, watch his inspiring testimony at the Senate Commerce hearing online. This letter paraphrases that testimony and many other words of Tyson.

The 1960s were a turbulent decade with the civil rights movement, the Cold War, the Vietnam War and campus unrests, but in contrast, the decade also had the great space race. The NASA missions crossed boundaries and advanced frontiers never before possible. Every week or month, advances in space took the headlines because there was something new to talk about that resonated with our deep exploratory instinct.

Anyone who watched Neil Armstrong land on the moon in 1969 was compelled to do great things regardless of their profession, and thus created a national culture of innovation and creativity. However, that era has long passed, and we no longer have an inexhaustible drive to dream of tomorrow.

In today’s economy, you might say, “Let private industry take over the role of NASA.” Unfortunately, the business model of private industry will never allow for difficult, dangerous and seemingly unprofitable ventures. If a business will not make a direct profit from going to Mars, then it will never be funded. The key word in that statement is “direct,” and an indirect effect on the United States is where NASA has been adept.

Today, the NASA budget is roughly a half penny on the tax dollar. In comparison, defense spending is 20 cents on the tax dollar.

Consider doubling NASA’s budget to one penny on the tax dollar, and it would allow NASA to go beyond orbit, back to the moon, to Mars and other planetary moons within mere decades. The investment is not a handout to a special interest; rather it is an investment that drives the culture of innovation that pays out more than what was put in.

Extending NASA’s exploration into the unknown does not only invigorate engineers and scientists, but it energizes us as nationalists to dream of tomorrow again. Push for increased funding of NASA, and the enthusiasm from advancing a space frontier will reverberate through our public and distill into our own economic progress.

Coming back to Tyson’s words, he said, “Epic space adventure plants seeds of economic growth because doing what has never been done before is intellectually seductive.”

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Robert Jaeger is a graduate student in mechanical engineering.
Illicit activity

Weed out criminalization of weed, other drugs

Let’s talk about weed. Yes, the kind of weed that some would prefer to call marijuana, while some notorious users have called it “ganja.” Well, don’t get too excited: No one is getting high yet.

My introduction of this weed debate is an attempt to make up for the lost opportunity following President Barack Obama’s recent visit to Colombia, which culminated in a “weed-chat” with that country’s leader, Juan Manuel Santos. The two presidents expressed their concerns over the long-running border troubles with Colombian drug cartels that are feeding America’s insatiable appetite for weed — currently outlawed, except for medicinal purposes in given states.

Unfortunately, Obama and Santos’ talking points on this matter were hijacked by the more juicy reports implicating some Secret Service agents with Colombian hookers. Well, they got laid and also laid off, which then leaves us in a good shape to hook up some weed.

Both presidents expressed concern over the dangers posed by marijuana, especially to the United States where the demand is overwhelming and creates an incentive for the illegal Colombian supplier. The answer to the problem of drugs may not be total or instant legalization. However, more scientific and forward-thinking policies in Europe have shown there is a better solution than an outright ban.

What has made drugs more appealing to the swelling community of users is largely the criminalization. Thus, the first step to addressing the marijuana problem would be the decriminalization of its use. After decriminalization, the restricted, taxed and appropriately regulated sale of drugs might follow.

Obviously, politicians bent on harvesting political capital would complain, thus making it hard for any change agents to swing into the issue and slowing the implementation process.

Hopefully along the way, there would be a common ground as the benefits slowly but steadfastly draw near home to the skeptics, thus drawing a support base built on sobriety.

The widely tolerated policy of criminalizing drug users will one day be considered, by future readers of history, as a bizarre attempt to solve a complex social problem. First used by Richard Nixon in 1971, the phrase “war on drugs” summarizes the blinkered and dogmatic approach taken by governments throughout the world toward the misuse of drugs.

It has been responsible for an untold degree of human suffering, both in the United States and elsewhere. Considering that the first international treaty on drugs was signed a century ago this year — and also that a number of states in the United States are considering legalizing weed — it is high time that we considered whether our current policies are fair or appropriate.

Politicians in Europe are even more concerned about loosening the legal noose on some of the drugs topping the abuse charts. The House of Commons, for instance, is considering reforming the United Kingdom’s policy on drugs and codifying them to depict health relations.

“‘Drugs are illegal because they are harmful.’ By that argument, alcohol should also be prohibited due to its harmful nature, or perhaps even fatty foods.”

And Portugal is a success story. Over the last decade, no one has been jailed for a drug-related offense following decriminalization. Portugal’s legal reforms were accompanied by campaigns that increased awareness of the harms of taking drugs and by health initiatives such as syringe exchanges. The effect was a success, and it showed a viable alternative to the approach taken by the U.S. government.

In 2009, David Nutt, a British scientist, compared the risks involved in taking ecstasy with the potential harms of horseback riding, stating that one in 350 regular horse riders will die or develop brain damage from the sport, whilst one in 10,000 users of ecstasy will die from the drug. His findings were based upon years of research and were grounded in evidence.

Criminalization apologists often waft lines like, “Drugs are illegal because they are harmful.” By that argument, however, alcohol should also be prohibited due to its harmful nature, or perhaps even fatty foods, which can lead to significant health problems. Admittedly this argument is as cliched as an undergraduate writing about the legalization of drugs, but it is true nonetheless.

If alcohol were discovered tomorrow, it would be considered Class A. It’s addictive and physically harmful. Yet due to its prominence in our history, we accept it as a cultural norm and celebrate its effects in our social rituals. With alcohol, however, a balance is found between the state’s duty of caring for its citizens and the rights of these citizens to harm themselves.

The government’s restrictions on alcohol are created accordingly. Most drinkers in any pub would acknowledge the damage alcohol abuse and addiction can cause, yet very few would advocate an outright ban, if only because history has shown us the undesirable effects of prohibition.

Benson Amollo is a graduate student in journalism and mass communication from Nairobi, Kenya
Finding the perfect pair of sunglasses for your face can be a challenge. We’ve all taken dozens of quizzes in popular fashion magazines, most of the time completely doubting the results.

Thanks to help from visions specialists at Pearle Vision, this quiz has been put together based off key questions to identify the right shape for your face. Is your face round, long, or square? Should you rock big, round sunglasses like Mary Kate and Ashley Olsen or a more hipster look like Nicole Richie?

Sunglasses come in a variety of prices, but if you don’t have on the right style, it doesn’t matter how much you pay — it still won’t look right. These key questions will reveal the right style for your face as well as your personal style.

So, go ahead, answer these few simple questions and you’ll be on your way to looking fabulous this summer. Appropriate shade style in hand, you can confidently head out on a quest for your perfect pair of shades.

Always feel lost in a sea of shades? Choosing the right shape for your face and personal style can be a daunting task; follow these recommendations and you will be sure to get the right pair.

### Which shades flatter your face?

#### Shoe you can’t live without?
- a. Anything Louis Vuitton, gotta have that red sole
- b. Sperry, I like to keep it casual
- c. Rainbow sandals, ultra comfy
- d. Nike Dunks, ballin!

#### Favorite hairdo?
- a. Sleek ponytail, simple and clean
- b. Messy bun with a headband, classic
- c. However it looked when I woke up
- d. Crimps, I like my hair a little funky

#### What’s your face shape?
- a. Long and lean
- b. Square, especially my jaw
- c. Round
- d. I really don’t know...

#### Dream vacation getaway?
- a. All-inclusive resort in Mexico
- b. Getaway in the mountains
- c. Backpacking through Europe
- d. Summer concert road trip

#### Must-have accessory?
- a. Dainty flower headband
- b. None, my hair speaks for itself
- c. Leather headband
- d. Neon hair clip-ins

#### How long does it take you to get ready?
- a. As long as it takes to look perfect
- b. A half of an hour
- c. No more than 10 minutes
- d. Not sure, I don’t really pay attention

#### What’s your favorite flick?
- a. “Sixteen Candles,” so romantic
- b. “Blues Brothers,” so swanky
- c. “Top Gun,” love me some Tom Cruise
- d. “Step Up,” sick dance moves

#### Dream job?
- a. Working in a high-rise building in New York
- b. PR for your favorite rock band
- c. Never at a desk, always on the go
- d. Making money doing nothing

Now tally up those results and see which shades flatter your face

**Mostly As: Oversized Glam**
You’re all about the glam. Finish your next fashion forward outfit with a oversized shade like these from Juicy Couture.

**Mostly Cs: Aviators**
A white tee and jeans are all you need to look fashionable. Pair your effortless style with a pair of aviators to look flawless.

**Mostly Bs: Wayfarer**
Classic Wayfarers are the right direction for you; whether you pair them with a spring dress or touseled in your messy bun, you are sure to look amazing in any light.

**Mostly Ds: Shutter Shades**
Complete your personal style with a pair of shutter shades. They are the perfect compliment to your spunky attitude.
why we love:
ROUGE

Photo courtesy of Lancome

Editor's note:
The author of this article worked as a public relations intern for Lancome last summer.

By Elizabeth Hanson
ISD Style Writer

My experiences with trying long-wear lip wear have led to heartbreaking disappointment. Product after product, brand after brand promising me hours upon hours of use only to come off after my first cup of morning coffee.

It was the Monday of all Mondays. From noon to 6 p.m., I had class, studying, a group presentation, a quick workout then dinner with friends. This busy day, I thought, would be perfect for putting Lancome's newest creation, Rouge in Love, to the true test — would it last?

To be fair, my last task before jetting out the door was applying the product. To my pleasant surprise, the lipstick left my lips feeling moisturized. An hour later, I found myself in need of an energy boost, so I ordered a cup of coffee. After I finished it, I looked in the mirror and voila. My lips had just as much color upon application.

As I continued onto my daily grind, I checked up on the wear two hours later after a quick workout. Rouge in Love didn't disappoint. When it was finally time to meet my friends, I was pleased to say the color had lasted the entire day.

Whether you're a young professional, a college student with a packed schedule or just a girl that needs a lipstick to last her the entire night, Rouge in Love by Lancome will not let you down. With more than 21 shades to choose from ranging from corals to berries to neutrals, you’ll find the perfect pigment that suits you. You can find the product online or at your local Lancome counter.

CLOTHING

Grind or obtain nothing in career

ISU alumnus creates clothing company in spare time after work

By Elizabeth Hanson
ISD Style Writer

As we realize during our senior year of college, it’s rare to actually be able to do what you want after graduation.

Not for ISU alumnus Ryan Schilling, who decided to not stop working after his 9-5 job.

Schilling graduated in May 2011 with a degree in architecture and a minor in digital media.

Throughout his college classes, he realized that creating logos was his true passion.

Today, Schilling ends his marketing communications job in Minneapolis at 5 p.m., then works on his clothing company, Goon.

Goon stands for “grind or obtain nothing,” a motto that stands close to Schilling’s work ethic that his father instilled in him. “He has always been an idol of mine and raised me with the mindset that you must work hard for what you want,” Schilling said.

Schilling works on Goon.co completely alone. He said his workload “gets overwhelming sometimes, but I love it. I get great support from family and friends, couldn’t do it without them.”

It took two full months for Schilling to put the brand together.

“I wanted to make sure I had a variety of designs and choices available, my website looked complete and functioned correctly, and all of my social media marketing tools were ready to go,” he said. “But pushing a brand and keeping it up-to-date is 24/7, 365.”

Today Schilling gets home from work around 6 p.m. and works in everything and anything Goon.co related until 1 or 2 a.m.

Clearly, it’s Schilling’s strong passion that keeps him this motivated.

You can purchase Goon’s designs off their website. All of the designs/logos are 100 percent unique, not to mention cheap.

You’ll find tees and tanks for around $20 and some sweatshirts for only $26.30, and they embody Goon’s youthful work hard, play hard attitude — grind or obtain nothing.

Find it online

- check out the website: goonco.spreadshirt.com
- Check out the tumblr goonco.tumblr.com
- Follow the company on Twitter @GOON_co.
Events

Fun in the summer sun

Central Iowa plans for music and more

By Vincent Geerts
Ames247 writer

Though Ames' population declines heavily during the summer, plenty of outdoor music festivals in the area still draw in students and residents alike.

Anyone looking for live entertainment this summer season will have no difficulty finding a wide variety of events.

Ames Main Street Farmers’ Market

The 2012 Ames Main Street Farmers’ Market will be hosted each Saturday morning for six months beginning May 5 and ending Oct. 27 in downtown Ames.

While plenty of produce is sold by local farmers, the Main Street Cultural District and the Ames Chamber of Commerce are working together to provide live local entertainment as well.

When: 8 a.m. to noon Saturdays, May 5 to Oct. 27
Where: 400 Block of Main St. in Ames
Cost: Free

LAZERfest

Des Moines’ rock station LAZER 103.3 hosts this year’s annual heavy rock festival LAZERfest at the Central Iowa Expo in Boone, Iowa. Famous national rockers Shinedown and Five Finger Death Punch will headline with many other big names from the rock scene taking one of two stages throughout the day.

When: Sunday, May 13
Where: The Central Iowa Expo, Boone, Iowa
Cost: $30 to $50

Nitefall on the River

Veridian Credit Union presents Nitefall on the River, an annual summer concert series hosted in
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Chex, Bugles, Gardetto’s or Cheerios Snack Mix
6-8.75 oz | selected varieties

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Regular or Tuscano, Pepperoni, Sausage or Cheese

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11-16 oz

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Preparing for finals in a musical way

By Michael Still
Ames247 writer

Finals week is finally upon us, and while most students are doing last minute cram sessions and pulling all-nighters to study for their exams, students in the theater department are preparing in a slightly different way.

This week, students taking Brad Dell’s directing and musical theater classes will be presenting their final projects for audiences at the One Act Play Festival and the Musical Cabaret.

The two classes have been hard at work all semester, and now the work will be displayed for everyone to see.

However, these performances will not be for entertainment purposes only, because they will also serve as the students’ final exams.

In Directing II, students have been spending most of the semester preparing for this final project.

Their assignment was to choose, cast and direct their own one-act play.

A one-act play is a production that contains a complete plot structure, but is significantly shorter than a full-length play.

Although one-act plays are shorter than regular plays, they still require just as much work.

Diana Wohl, freshman in performing arts, practice a block of sophomore Brent Leblanc’s one-act play production.

“We have normally been rehearsing at least two or three times a week, but since this week is the final stretch, we have been rehearsing every day,” Wohl said. “I was expecting to put in a lot of work, but the amount of hours that go into making a good and captivating production are a lot different than the hours it takes to simply memorize something.”

The extra hours they put into perfecting their productions and solidifying their visions are what will earn these student directors an A when it comes to performance time.

The directors are not the only ones doing hard work this semester.

For the actors, there is an added pressure on top of memorizing pages of lines and blocking.

“There’s a sense of accountability,” said Scot Renz, freshman in performing arts. He was cast in a one-act play and has felt the pressure to work his hardest to not let his director down, because the directors are counting on the actors to make their one-act plays come to life.

Meanwhile, in musical theater, students are preparing their final projects as well. Over the course of the semester, the students have been perfecting songs from musicals in hopes of putting their best work into the final showcase.

Danielle Levings, senior in psychology, has been working hard on her music for the class.

“Our final is the Cabaret, where we each perform two individual songs and some group numbers,” Levings said.

“We have been learning the music in class, and practicing the harmony parts on our own. We also work on songs we’ve learned throughout the semester, and the goal is to have our best performances at the final.”

Kelsie Hardison, junior in liberal studies, has also been working hard to prepare for the musical theater final.

Hardison said she enjoys the class because she feels comfortable with her fellow performers.

“The support from our classmates is great,” Hardison said.

“It’s not just Brad, but everyone who contributes, and we are all helping each other and giving feedback from different perspectives.”

Much like Directing II, the students in musical theater put in a lot of hours outside of class to perfect their final projects.

“We have to set our own schedule and pace of learning these songs, like finding time to meet outside of class with our accompanist, and run through it a few times before performing it in class,” Hardison said.

With the Festival and Cabaret approaching, it is time for the students to show off all their hard work.

They have not had to memorize any key terms, take notes or make numerous flashcards, but they have been working countless hours to put together a “performance ready” piece that will determine their final grade.

“I think the most exciting part will be when everyone finally gets to see what we’ve been working on,” Wohl said.

“I think it will be really fun to see what everyone else has been doing, because there are so many talented people participating in these showcases.”
Summer classes

Students design art for burning festival

By Patty Clark
Ames247 writer

During the Burning Man Festival, students bring art pieces they have created to showcase, then disassemble on the last day of the event.

In preparation for the event, Iowa State offers an annual Burning Man Studio to teach skills that can be applied in class and to life outside.

The course is taught by Samantha Krukowski, assistant professor of architecture, who has only been teaching the class for three years but has participated in the Burning Man experience for five years.

“It is on the list of 12 things to do before you die,” Krukowski said of the festival. “It’s amazing; 65,000 people on the land and they just leave. Things disappear after seven days.”

Krukowski said the course is the only one in the world currently and is supported by Iowa State.

The course is divided into two sections in the summer. The first section is from May 16 to July 8, where the students are to develop and produce a project for the playa.

The studio is in the Armory, where the students have 24 hour access to work on their art and store their supplies.

The second section is between Aug. 29 and Sept. 5, when the students make the trip to the Burning Man Festival.

“Staying in the Armory, where the students have 24 hour access to work on their art and store their supplies,” Parry said.

“What it means to be in a community, to participate in it will be redefined; expected to work with intensity and dedication, experiment, make magical things, teach, and help each other,” Krukowski wrote.

Along with the idea of working together as a community, class also sets the bar for students to learn about themselves. The syllabus states the student artist must know that the “understanding of the nature of creativity and self-expression will change along with the way you look at yourself and define who you are as a maker.”

The course starts out with the students learning about the history of Burning Man Festival by purchasing books and viewing films. This then leads to the 10 Burning Man Principles, including self-reliance, self-expression, communal effort and civic responsibility.

When it began, the course was originally titled “Shifting Sands: Transient Architectures in the Desert” and it later changed to “Burning Man Studio,” alluding to the purpose of the second half of the course where students take a week long trip to Black Rock City, Nev., in which the students get to experience the building of a town that ceases to exist after the week is over.

Krukowski described the occasion as being different from “an art exhibit where name and promotion are of importance.”

Aside from learning all of the principles and then being able to create something with them, the course allows the students to experience an opportunity where all the skills they have been building up throughout the course get to be displayed at Burning Man.

Front man Alex Erbert joins the crowd of screaming fans during the Edward Sharpe & the Magnetic Zeros performance held July 2, 2011 at 80/35.

>>SUMMER.p27

downtown Des Moines at the Simon Estes Riverfront Amphitheater. The initial line-up announcement includes dates from Minneapolis band Hairball as early as late May and Wisconsin band the BoDeans in late July.

When: May 26 to July 26
Where: Simon Estes Riverfront Amphitheater, Des Moines
Cost: $15 to $35

Ames on the Half Shell

The 10th annual season of Ames on the Half Shell begins June 1 and runs for eight consecutive Fridays in Bandshell Park. It costs $4 to get in to the park during any of the concerts, and Olde Main brews are only $3 during the show. Anyone under 21 needs to be with a parent, spouse or guardian.

When: 5 to 8 p.m. Fridays, June 1 to July 20
Where: Bandshell Park, Ames
Cost: $4

Ankeny Unplugged

This four Saturday concert series doubles as a fundraiser for the nonprofit volunteer organization, the Ankeny Junior Chamber. Local artists like Parlours, Christopher the Conquered, Patrick Tape Fleming and many more will perform in the Ankeny Bandshell throughout June. Concessions are sold onsite and help support the event, and it runs rain or shine.

When: 4 to 9 p.m. Saturdays, June 2 to 23
Where: Wagner Park, Ankeny, Iowa
Cost: $3 single event, $10 pass to all 4 shows

Roosevelt Summer Sundays

Ames families and artists gather at Roosevelt Elementary School in the middle of town for live music on summer Sunday evenings.

The announced lineup has multiple genres among the local artists: soul, indie pop, rock, jazz, bluegrass and more. Bring a chair, your family and friends for a free show in the heart of Ames.

When: 7 p.m. Sunday s, June 3 to Aug. 12
Where: Ninth Street and Roosevelt Ave, Ames
Cost: Free

Summerfest in Campustown

Businesses in the Campustown Action Association will work to bring a day of activities and live music this June. Summerfest in Campustown will feature activities in front of many businesses on Welch and Chamberlain, as well as live music from local artists like Leslie and the Lys, Ladysoa, Pennyhawk and more.

When: Noon to 9 p.m. Saturday, June 9
Where: Campustown
Cost: Free

80/35

During the two-day festival, big names like Death Cab For Cutie, The Avett Brothers, Dinosaur Jr. and more will play Western Gateway Park with local groups like Leslie and the Lys and Mumford’s. VIP tickets have already sold out for 80/35, arguably the largest music festival in Iowa this summer.

Day-of tickets are pricier, so order in advance to ensure you get to see a local favorite or national idol.

When: July 6 and 7
Where: Western Gateway Park, Des Moines
Cost: $30 to $65 (http://80-35.com/tickets/)
Recycling

Dumpster diving gives trash 2nd chance

By Elisse.Lorenc
@iowastatedaily.com

There is a saying that one man’s trash is another man’s treasure. It’s the green thing to do to reuse an item versus throwing it away, but what does that mean for students Dumpster diving on campus? 

Dumpster diving is the act of sifting through residential and commercial garbage to find items that still have some use in them. It cuts down on waste and provides a way for students to save money.

But who does the trash rightfully belong to?

Some might argue that whatever they throw away is still their property, but Judy Parks, assistant city attorney for the City of Ames, said otherwise.

“The container itself and where it sits, whoever owns that property does have the rights to control who has access to it,” she said. “If they have given some kind of notice either with signage or with directly telling somebody, ‘You don’t have permission to go through this,’ then whoever is notified should respect that.”

However, students who are interested in retrieving something they’ve thrown away have a chance to reclaim their property.

“[Students] can go in to recover [their trash] once thrown in [the Dumpster],” Parks said.

Campus Services is responsible for collecting all the trash on campus. On average, 4,750 tons of refuse is collected per year.

Lester Lawson, manager of Facilities Planning and Management, explained how trash can be sorted into two categories.

One form of trash can be sent to the Ames Resource Recovery Center, where it is shredded and sent to the power plant for electricity. The other form cannot be sent through the shredder and therefore does not get used as fuel. Items that aren’t burned at the Ames Power Plant would include pallets, furniture and metals.

With so much trash being thrown away, it might sound tempting to sift through a receptacle, but Parks warned of the safety hazards involved with Dumpster diving.

“People may get hurt by the condition of trash that’s in Dumpters, particularly materials that are noxious to handle,” Parks said.

“I’ve heard of people getting into [Dumpters] that are large, they get stuck in there, they can’t get out and of course when the trash people come they just back their truck up to it, it automatically dumps in and it goes into a crusher type of vehicle.”

While Dumpster diving reuses waste, there are other outlets to reduce the amount of waste collected on campus. Merry Rankin, director of sustainability, listed a few.

Freecycle is a free online program where students can enter whatever items they want to throw away.

Dorm Dumpster is another program that allows students to sell things online.

Rankin also encourages students to donate items to Goodwill or the Salvation Army.

Education

English 250 course tackles water scarcity issue

By Rebecca.Chamberlin
@iowastatedaily.com

Water scarcity, a topic of debate worldwide, is hard to relate to living in Ames, where water resources seem ubiquitous. Unfortunately, water resources are not spread out equally across the world. 884 million people worldwide do not have access to clean water, but in the United States, where water is easily accessed, citizens normally do not think about the amount of water they use or how their activities may pollute local water systems.

In an effort to educate students about water resource scarcity and the social problems that may arise from this, Iowa State offers two sections of a water sustainability-themed English 250 course each spring. The course has been offered for a few years, and as an agriculture learning community course, it is primarily for agronomy majors. The sections operate on a first come, first serve basis, opening up first to agriculture majors and then filling the remaining seats with students with similar majors.

The course is geared toward agriculture students because farming practices have a tremendous effect on water resources.

“We wanted a topic that was relevant to agriculture and also very current and important in the world. Many students go home to farm or work in an agriculture industry,” said Allison Greenwald, lecturer of English who teaches the course. “To expose them to ethical issues in fertilizers, ethanol and soil erosion that effect water resources is important.”

The course takes a diverse approach to the water issues discussed from local issues like the Skunk River cleanup to well-building in Uganda so as to spark an interest in all students.

Jeremy Withers, lecturer of English who also teaches the course, said in-class discussions about reading assignments are emphasized and students are encouraged to take on a critical lens and formulate good arguments with ample evidence. Students also are encouraged to write about topics that directly effect them and to formulate solutions that are both applicable and realistic.

Faculty lecturers also are invited from a wide range of water-specific expertise to get students engaged and excited about water sustainability. Past speakers have included Jim Colbert of the ecology, evolution and organismal biology department discussing Skunk River Navy and Dustin Brooks, president and founder of the Clean Water Movement.

Although this course currently operates as a learning community for agriculture majors, the English department is considering expanding the theme to other majors.

“[Water resources are] obviously something that everyone takes for granted,” Withers said. “One of the challenges is getting people to dare in a not-so-distant future, ready access not being there or in another country where it isn’t readily available. It’s something that everyone should be thinking about.”

Water resource scarcity is something that is not far off and may cause serious social problems. Students should embrace opportunities to learn how to manage water at a sustainable pace.
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Call Beth Clarke Studio of Dance at 232-8908 For Registration and Information

Each session is $40.00 plus tax. Take two or more classes per session and receive a 10% discount. Multiple family members also receive a 10% discount. Vacation credit is available.

Students influence sustainable practices

By Moriah Morgan
@iowastatedaily.com

Some ISU students have decided to take their ideas about sustainability off campus.

Students such as Samuel Bird, senior in global resource systems, have started on their way to influencing policies by attending conferences such as the U.N. Commission on Sustainable Development through organizations like the International Association of Agriculture Students.

The two-week conference took place last year in May at the U.N. headquarters in New York. Here, Bird and his fellow ISU students participated in negotiations for sustainable development by following and discussing policy options with government delegates from U.N. member states.

This June, students will be attending another conference known as Rio +20, the U.N. Commission on Sustainable Development. They will travel to Rio de Janeiro for the 20th anniversary of the original U.N. Commission. The group of ISU students attending have worked hard in hand with other young people across the globe in preparation for the conference.

Rio +20 will focus on a green economy by poverty eradication and sustainable development. To better prepare themselves for the conference, university students in global resource systems recently took a Rio +20 class taught by Bird and fellow senior Sagar Chawla.

“Science is easy, people are tough,” Rio +20 supervising teacher John MacDonald had to say about the goal of the class.

Outside of the classroom, another group is also preparing to send students to the Rio +20 conference. The student-led group, Students on Ice, has put together a platform and is in the process of receiving a presentation spot in the conference.

Students on Ice plans to address the environmental, economic and social challenges that are facing the polar regions by encouraging long-term sustainability through education and collaboration with groups such as the Major Group for Children and Youth.

Students on Ice has inspired many students, including junior in environmental science and political science Alexandra Gustafson, who joined the group because it allowed her to advocate and become engaged as a young adult. The group hopes the voices of students will have a rejuvenating effect on the delegation and result in benefits to the earth, increased arctic protection and the eventual eradication of poverty through sustainability.
Kale: Everything the body needs

By Janey Rose Kinley
AmesEats Flavors writer

We are all searching for the one food that will magically fix all our problems: clear our skin, lower our blood pressure and reduce our waistlines.

While it seems such a food is impossible to find, search no longer.

All you have to do is toss a few bunches of kale in your cart the next time you mosey through the produce section.

Kale is a leafy green vegetable that comes from the same family as broccoli and has recently been gaining popularity in the worlds of dietitians and foodies alike.

WebMD deems kale as “one of the healthiest vegetables on the planet.”

What’s so great about kale you ask? One cup of this superfood is only 36 calories and packed full of vitamins, minerals, antioxidants and phytochemicals. That means kale can not only help you manage your weight, it also can prevent illness and disease.

One cup serving of kale contains more than 1,000 percent of your daily value of vitamin K, thus reducing your risk of cancer.

Although most vegetables are abundant in the summer months, kale thrives in cooler weather and can be found throughout winter and spring as well.

When purchasing kale at the grocery store, choose a bunch with firm, deeply colored leaves and hardy stems. Your kale can be stored in an air-tight bag in the fridge just like spinach or any other dark greens.

Not only is kale good for you, but it’s tasty too.

Kale can be incorporated into a variety of dishes from soup to salad to — get this — chips.

Sour cream and onion kale chips

1 8-ounce bunch kale
1 ½ cups raw cashews, soaked for 2 to 3 hours
4 tablespoons lemon juice
1 ½ tablespoons apple cider vinegar
¼ teaspoon salt
1 small red onion
⅛ cup water

- Rinse kale and strip the leaves away from the stems before tearing into 2- to 3-inch pieces. Discard stems.
- Combine soaked cashews, lemon juice, vinegar, salt and water in a blender (or food processor) until creamy and smooth. This mixture should have the consistency of salad dressing. Add more water if needed.
- Thinly slice red onion and toss with kale and sauce until thoroughly combined. If you have a dehydrator, lay kale pieces on dehydrator sheets and dehydrate at 105 degrees for about 12 hours. If not, place kale in a single layer on parchment-lined baking sheets. Bake at 300 degrees for about 20 minutes or until crispy.
More kale recipes

Sweet apple walnut salad

**Salad**
- 1 8-ounce bunch of kale, rinsed, stems removed and shredded
- 1 small head radicchio, shredded
- 2 tart apples
- 1 cup walnuts, coarsely chopped

**Dressing**
- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- ¼ cup pure maple syrup
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon

Combine kale, radicchio, apples and walnuts in a large bowl. In a separate bowl whisk together the olive oil, vinegar, syrup, nutmeg and cinnamon. Toss together and chill before serving.

Vegetarian kale soup

- 2 tablespoons extra virgin olive oil
- 3 cups vegetable broth
- 2 cups water
- 1 cup white wine
- 1 onion, diced
- 4 cloves garlic, minced
- 1 cup carrot, chopped
- 1 cup celery, chopped
- 1 bunch kale, stems removed and chopped
- 3 potatoes, chopped
- 1 (16-ounce) can cannellini beans, drained and rinsed
- 1 small red chile pepper, seeded and chopped
- ½ teaspoon rosemary
- ½ teaspoon sage
- ½ teaspoon thyme
- Ground black pepper to taste

Heat the olive oil in a large pot over medium heat. Cook and stir the onion until translucent, about 5 minutes.

Stir in the carrot and garlic and cook for about 5 more minutes.

Pour in the vegetable broth, water and wine.

Stir in the potatoes, celery, rosemary, sage and thyme. Bring to a boil and reduce heat to medium-low; cover and simmer until potatoes are tender, about 20 minutes.

Add beans, kale, chile pepper and black pepper; simmer covered for about 30 more minutes.

Grill out after a long winter

**Spicy black bean burgers**

By Janey Rose Kinley
AmesEats Flavors writer

This time of year the kitchen is far too toasty to turn the stove on and your grill is begging for a little attention after a long and lonely winter.

Once you dust off the grill, add some spice to your life with black bean burgers.

Not only are these burgers vegetarian-friendly, but they are loaded with nutrients.

Black beans are packed with protein and fiber without the heavy calories and cholesterol found in ground beef.

Plus these burgers are full of enough fresh vegetables to make even the strictest of mothers proud.

Not only will your body thank you for eating these burgers, but your taste buds will have you running back for more.

**Ingredients:**

- 1 (15-ounce) can black beans, drained and rinsed (low sodium/no salt preferred)
- 1 medium onion, finely chopped
- ½ cup red bell pepper, finely chopped
- ½ cup corn (fresh or frozen)
- 3 garlic cloves, minced
- 1 jalapeño pepper, seeded and finely chopped
- 1 ½ cup bread crumbs
- ½ cup whole wheat flour (or oat bran, wheat bran, wheat germ, etc.)
- 2 teaspoons cumin
- ½ teaspoon curry powder
- ¼ teaspoon cayenne pepper
- Salt and pepper to taste

**Directions:**

Place the onion, red pepper, corn, garlic and jalapeno pepper in a microwave-safe dish. Drizzle olive oil over veggies, cover and microwave on high for 5 to 7 minutes or until limp.

Combine the vegetables and black beans in a large bowl. Mash together until well combined. Add the remaining ingredients and mix well. This mixture should be lightly moist but not sopping. If too wet, add more bread crumbs or flour. If the mixture is too dry, add a little lime juice to moisten it up. The burgers should keep their shape when formed into patties.

Place burgers on a greased, foil-lined, hot grill until fully browned on each side.

**Tip:**

These burgers are more delicate than traditional beef burgers and should be handled carefully.

If needed, chill the mixture for an hour before forming the patties.

If you’re feeling really ambitious, drizzle a little olive oil on sliced potatoes, rutabagas, turnips, carrots or any veggie of your liking and wrap in foil.

Throw your veggies on the grill while the burgers are going and serve as a side dish.
Anthony Young still doesn’t know why he was unable to finish his football career at ISU.

A senior defensive back last season, Young was one of six players announced by coach Paul Rhoads as “no longer a part of our program” at a National Signing Day news conference on Feb. 1.

Injuries sideline Young for senior season

Before last year’s ISU spring practices began on March 22, 2011, Young tweaked his knee while going through noncontact defensive back drills at the Bergstrom Practice Facility.

The ISU training staff diagnosed Young’s injury as a minor iliotibial (IT) band injury on the outside of his right knee and he missed no time, participating in all 15 practices and the annual spring game on April 16, 2011, where he registered three tackles and forced a fumble.

Although Young was informed by Greenwald to rest his knee for three days, Young was called by Associate Athletic Director of Athletic Training Mark Coberley to come to his office the next day so he could take a look at his knee. The training staff told him they weren’t sure, but be-
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lieved the injury could be hamstring tendonitis. Young said Coberley informed him he would like to undergo what he deemed an “accelerated rehab.”

“[Greenwald] told me it will probably be an eight- to nine-week process,” Young said. “But the training staff, in their eyes, it’s more like five weeks to try and get you back out on the field.”

Young agreed to the rehabilitation regimen and within one week was already submitting his knee to leg slides on a wall and abbreviated weighted exercises.

Despite wariness of the speed of his recovery, Young stayed in Ames during the first week of August when players had the opportunity to go home before beginning practice on Aug. 5.

“I thought it was going too fast,” Young said. “I knew what my body could take and I wasn’t sure what was going on.

“But I was just putting trust in their hands [that] they’ve been there, they’ve dealt with a lot and I’ve got total respect for them. But at the same time I was like, ‘It’s not going too well.’”

Young made it through the first three practices in August before his knee began to swell.

Young scheduled a meeting with Rhoads and told him that, both mentally and physically, he felt it was the best for him to use his redshirt for the 2011 season. In that meeting, Rhoads told him he would assess the redshirt at a later date when there was more certainty with the injury.

In the final week of August, Young’s knee, which he said felt like a tight knot, continued to swell. The training staff injected Young’s knee with two shots that he was told were anti-inflammatories.

Young sat out the next three weeks before receiving another shot — this time cortisone — that allowed him to practice during the team’s bye week from Sept. 19 to 23 before hosting Texas on Oct. 1.

Young’s knee again swelled up and he did not practice for the entire month of October, but still participated in upper-body workouts, attended practices and joined the other defensive backs for film sessions.

Young went back to Greenwald in November to have an exploratory scope on the knee, which Greenwald determined that hamstring tendonitis was the cause of the knot.

“My point of view what I was getting from [Young] was basically that [the training staff] was just trusting that he was just lying and didn’t want to play or whatever the situation was,” said Kristen Morris, Young’s mother. “He wouldn’t have come all the way to Iowa if he didn’t want to play football.”

Had he been healthy during last season, Young felt like he would have been a starter in the ISU secondary. Young, who began fall camp behind senior Leonard Johnson at the right cornerback position, battled with junior Jeremy Reeves before the 2011 season and felt that his experience from playing nine games in 2010

While Anthony Young said his departure from Iowa State is unfortunate, he has no regrets about coming to the program.

Young denied redshirt, told to transfer or play through pain

After it appeared evident that Young would not be able to recover in time to play last season, Young said he and Rhoads met in November to discuss whether Young would be granted a redshirt for the season.

“Young said Rhoads told him, “There’s no reason why I shouldn’t redshirt you because you have done nothing to [hurt] the program or the team, you haven’t caused any problems and your grades have picked up.”

Young left the meeting feeling good about his chances to receive a redshirt. The next day however, Young was called to another meeting, this time with Rhoads, then-secondary coach Bobby Elliott, Coberley and other members of the football team’s training staff.

What Young said Rhoads told him in the meeting: “Anthony, I’ll give you your redshirt. But if I give you your redshirt, you’re going to have to graduate in the spring and take your talents to another program, or you can come back this season and help this team out.”

After hearing that, Young left the meeting in frustration without giving Rhoads an indication whether he planned to stay or transfer.

“I was upset with why I had to redshirt and then go to another team,” Young said. “It was already hard for me trying to run and I’d been trying to practice. It wasn’t like I was just sitting out and thinking I’m just going to take my redshirt year; there’s nothing I can do about it, but I tried to come out and practice multiple times and even after that, I still tried to come out and practice and I couldn’t come back.”

At this point, Morris contacted Rhoads and expressed concern more for her son’s health than for his playing career.

“I felt as though he was just trying to appease the situation,” Morris said in reference to her conversations with Rhoads. “When I was talking to him I told him, ‘I’m so far beyond the point of Anthony playing football, I’m talking about my son’s knee. The way I sent my son to you is the way I want him to return to me.’”

During the next two weeks, Young said he continued to attend practices, position meetings, team meetings and workouts and even traveled with the team in late December to the Pinstripe Bowl in New York City.

On that trip, Young was treated just as any other injured player, receiving all of the apparel and gifts the bowl provides. While he was in New York, Young said, there was no indication from anyone on the coaching staff that he was no longer a member of the team.

On Jan. 2, two days after the Pinstripe Bowl, Young went to work out at the team’s weight room facility in the Jacobson Athletic Building, but was told by Yancy McKnight, director of strength and conditioning, that McKnight had been told by Rhoads that Young was no longer allowed to use the team’s facilities.

Young went to Rhoads’ office and found out he was out recruiting and would not return until Wednesday. Young tried to contact Rhoads via phone but could not get a hold of him. Young met with Rhoads in his office on Wednesday morning.

Young said he told Rhoads at that meeting that he came to Iowa State to play, not to transfer to another school.

“I did everything I could to try to show him that I wanted to be here and that I don’t want to leave,” Young said. “I told him all of that and he told me, ‘Anthony, if we would have had this talk earlier then things could have been different, but the team and the program has moved on without you.’”

Rhoads told Young the team didn’t have a scholarship available for him because the 21 members of the 2012 recruiting class — which includes five defensive backs — were to sign their letters of intent in one month.

Young said he stood up from his chair, punched the door of Rhoads’ office — breaking the window — and walked out.

“I never had a real reason for why I had to leave Iowa State,” Young said. “Unlike other people on the team that got dismissed, they have a certain reason and know why. But mine, I really don’t have a reason besides I look at it as that since I couldn’t come back and play that I have to leave.”

Rhoads and Coberley did not respond to emails from the Daily in regards to this story.

McKnight directed the Daily to Tom Kresschell, ISU associate director for athletics communications, who informed the Daily that all three would not be commenting on this story. Attempts to
contact Elliott, who is now safeties coach at Notre Dame, were not returned. “I felt as though they just threw my son away as if he was a piece of trash,” Morris said.

‘Football is what I love ... I don’t plan on stopping’

NCAA rules allow any student-athlete who has eligibility remaining who earns an undergraduate degree — Young will graduate this weekend with a degree in liberal studies — the ability to transfer one time to another school and be eligible for the next athletic season.

Despite checking with the academic staff two to three times a week in January, it took more than a month for Young to get his transfer papers prepared and signed by Iowa State. In that time, the Feb. 1 National Signing Day had passed, meaning most schools had already decided where their football scholarships would be allocated.

Young, who was restricted from transferring to all other Big 12 schools, Iowa and Northern Iowa, contacted four schools — Arizona State, Middle Tennessee State, New Mexico State and Utah State — prior to his transfer papers coming through and after they did, only Middle Tennessee State remained interested in him.

Young was medically cleared on Feb. 15 to return to training, but on Feb. 28, while doing agility drills on one of the basketball courts at State Gym, his knee gave out on him again, and Middle Tennessee State rescinded their interest.

Young was medically cleared on Feb. 15 to return to training, but on Feb. 28, while doing agility drills on one of the basketball courts at State Gym, his knee gave out on him again, and Middle Tennessee State rescinded their interest.

Young was no longer allowed to have an MRI covered by the football team, so he was forced to wait until mid-April to fly back out to California in order to meet with a knee specialist.

The Ontario, Calif., native is currently back home meeting with another specialist with the hope that he can determine the extent of his reinjury in late February, Young said he may have torn the remaining cartilage in his meniscus.

“I’m not going to stop playing football just because of the situation that happened,” Young said. “Football is what I love and it’s something I’ve been doing for a long time, so I don’t plan on stopping.”

Young attended the ISU spring game on April 14 and sat alone in the stands, supporting his roommate, redshirt senior wide receiver Jerome Tiller.

While Young sees his departure from Iowa State as unfortunate, he said he has no regrets.

“I feel like when you regret something, you feel that you didn’t do enough and I feel like I did everything I could personally to communicate with the coaches,” Young said. “We had a number of talks and I got the feeling that [Rhoads] just wasn’t being straightforward with me in those talks.”

Young said he “never had the fact that I’m leaving Iowa State in my head” before his meeting with Rhoads in January. Young enjoys the devoted base and believes a winning mindset is being developed.

“The team is in a great position and I just wanted to be a part of something like that,” Young said. “If I would have been able to come back for the 2011 season, I would have come back; all the great things that we’d done, it would have been something great to be a part of.

“I was there [in 2011], but I wasn’t really a part of it because I wasn’t out there on the field. I really wanted to come back to prove myself, [that] I am who they recruited and also to be a part of the whole fun base and just play for Iowa State.”

Young will visit Central Michigan on May 9 and has also received interest from Football Championship Subdivision team Murray State and Division II New Mexico Highlands University.

Morris knew the distance would be difficult when her son left California for the first time in 2010 to play at Iowa State, but felt confident after an in-home visit from Rhoads and former ISU secondary coach Chris Ash that her son was making the right decision.

A year and a half later, Morris, a single mother of four, will be helping her son pay for medical costs as he tries to find another school to play his final season of college football.

“If they would have told me, ‘Well, I just want you to know that if Anthony gets hurt, he’s not going to be able to play for our team,’ I’d get that,” Morris said. “All I got was, ‘We’re going to take care of him, oh yeah, hooh, he’s a great kid and we’ve heard multiple great things about him and we can’t wait to get him on our team and this, this and that, but that if he didn’t produce, we don’t want him, forget it.’”
Olympic experiences live on in champions

5 ISU wrestlers have won gold on world stage

By Alex Halsted
@iowastatedaily.com

As the final seconds ticked away, Cael Sanderson smiled, threw his clinched fists into the air and jumped into the arms of Kevin Jackson, his dream complete.

In that moment, Sanderson, who was the only wrestler to go undefeated in NCAA history, had become the fifth ISU wrestling alumnus to win an Olympic gold medal.

Sanderson had won four high school championships in Utah and another four NCAA championships during his time in Ames. But now, he had put himself on top of the world.

“There’s really no feeling like it. It’s been a life-long dream and you get close and you realize it’s going to be a challenge and a lot of guys have the same dream,” Sanderson said of winning the gold medal. “For it to happen is pretty special.”

Building an Olympic legacy

It was 1948 when the first Cyclone wrestler won an Olympic gold medal. That year, in London, Glen Brand stood on top of the podium as an Olympic champion at 24 years old.

It would take another 24 years before another Cyclone would claim gold, but that year — 1972 in Munich, West Germany — two more wrestlers added their names to the exclusive list.

Ben Peterson had just won an NCAA championship at 190 pounds during his senior year as a Cyclone, and at the age of 22 years old he found himself on the top ledge of the podium at the Olympics.

At just 23, the man who had gone 118-1 at Iowa State, with the lone loss in his final collegiate match, Dan Gable dominated his way to the gold medal. Gable did not allow a single point in his six Olympic matches en route to the gold.

With three Olympic gold medalists, Iowa State was leaving its mark in the international world of wrestling.

“I think Iowa State has obviously one of the richest wrestling histories,” said Bobby Douglas, who would become the coach for both Iowa State and the U.S. Olympic freestyle team in 1992. “The history of American wrestling is closely associated with Iowa State.”

Carrying on the Olympic dream

In 1992, Douglas took reign of the U.S. Olympic freestyle wrestling team, and when he traveled to Barcelona, Spain, ISU alum Kevin Jackson was right with him.

Following a fight with a Spaniard earlier in the games and then a controversial call in his final match, Jackson heard boos from the crowd as he earned his gold medal. But what he remembers most, Jackson said, are the chants of “USA!” from the country’s faithful.

Those same chants rang most recent, and for the fifth time for a Cyclone, in 2004. After becoming the first collegiate wrestler to finish a career undefeated with more than 100 matches, Sanderson beat South Korea’s Moon Eui-Jae to capture gold.

Sanderson said there is no greater feat.

“It’s the pinnacle of pinacles to be an Olympic champion in wrestling just because of how many youth wrestlers there are in the world,” Sanderson said. “And they break it down to seven [weight classes].”

Douglas, who wrestled in the Olympics himself and coached both Jackson and Sanderson to gold medals, said the feeling of the Olympics is equivalent to any person’s greatest memories.

“It’s just like when you’re a kid getting ready for the night before Christmas,” Douglas said. “The first time you can remember Christmas, that’s how it felt for me.”

Lasting memories, gold medal bond

Since 1948, five ISU alumni have won gold medals at the highest level in wrestling and others have competed too.

The winning, and the experiences, will forever connect the gold medalists.

“We’ve walked in each other’s shoes,” Jackson said. “We’ve walked in probably the same steps to a wrestling room [at Iowa State].”

Sanderson said carrying the torch from past Cyclone champions was special and important.

“You’re not trying to do something that hasn’t been done before — I knew there were four other gold medalists...
Faculty athletes

Administrators, coach reflect on past successes

By Stephen Koenigsfeld
@iowastatedaily.com

A Division III national champion, a member of the 1994 national champion cross-country team and an Olympic bronze medalist. These three titles are also associated with faculty members at Iowa State.

Iowa State is known for having produced national championships, conference championships and a plethora of All-Americans.

However, some members of the administrative faculty have had athletic success of their own as well.

One ex-collegiate athlete that contributes his time and work to Iowa State is Athletic Director Jamie Pollard.

Jamie Pollard

Pollard attended the University of Wisconsin-Oshkosh, where he continued his track career.

Pollard was a distance runner throughout college, running anywhere from the 800-meter run to the 5K. However, Pollard said he preferred the atmosphere of indoor track.

“I loved indoor track, my favorite by far,” Pollard said. “I loved running the mile indoors because of the stimulation of the crowd.”

Pollard achieved his Division III title in the 5K at North Central College in Naperville, Ill. For three or four weeks prior to the event, Pollard said everything he touched was a personal best.

“It was the only time in my life that I got into the mindset that I felt I was unbeatable,” Pollard said. “I just knew I was going to win.”

Pollard said the whole 5k was slow and he became nervous because he felt he was going out too fast. So with 1,200 meters to go, Pollard kicked and went for the win.

“I was completely alone the last lap. It was quiet,” Pollard said. “It was a weird feeling because you don’t think of winning like that at nationals.”

Pollard said he is still actively involved with track and field as the athletic director at Iowa State.

By Stephen Koenigsfeld
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Baseball

Club team uses ‘double header’ to its advantage

By Clint Cole
@iowastatedaily.com

They didn’t know what to expect from a club baseball team or the National Club Baseball Association, but they’ve turned into two of the Cyclones’ go-to guys for the starting lineup late in the season.

Freshmen Adam and Austin Fichter, twins from Shenandoah, Iowa, both stand at 5 feet 10 inches and weigh 150 pounds, and they have found their way into the starting lineup for at least one conference game per weekend by the end of the season.

“They’re probably the two most fundamental players on the team,” said ISU coach Aaron Hinnah. “They’ve both got great vision at bat, very selective in their pitches.”

When the Cyclones played at Northern Iowa on April 7 and 8, Hinnah made a point of putting them in the starting lineup for at least one conference game.

“I always have someone to just go out and play catch with,” Austin said. “Sometimes we could yell at each other a little more than we would to other people just because we knew that we were just trying to make each other better.”

The brothers played high school baseball at Shenandoah High School in the Hawkeye Ten conference, and described their team’s situation as being a “small fish in a big pond.”

Freshmen Adam and Austin grew up playing baseball their whole lives and have always been there for each other.

Despite the team’s struggle to win, Adam was able to pick up all-conference honors as an infielder his senior year. Austin, who was a captain his junior and senior year, received all-conference honorable mention his junior and senior years as an outfielder.

Now that they are college students at Iowa State, they said they find baseball to be a relaxing end to their day.

“I’m taking 18 credits, but you can always find time for baseball,” Austin said. “It’s something fun to do every day.”

Adam said he likes the idea of the club baseball team in the absence of an NCAA team.

“I think it’s really a cool thing we have going here,” Adam said. “It’s great that we can still play baseball here at Cap Timm and keep it going.”

Both Fichters are majoring in agricultural business, economics, international agriculture and finance. On top of having four majors, they both live in FarmHouse fraternity.

“I think that’s the connection, that’s the bond.”

When the wrestlers take to the mat this summer in London, another ISU alumnus — four-time NCAA finalist and two-time NCAA champion Jake Varner — will work to become the sixth Cyclone to win gold.

No matter what happens, the memories of winning gold will carry on for all those who have achieved it.

“It’s something that lives with me forever,” Jackson said. “I can always find a smile or happiness or enjoyment out of just reminiscing about that moment.”
Ihmels can say he is a distinguished alumnus. His children run track.

Ihmels was an All-American long-distance runner as a freshman on the 1994 cross-country team that won a national championship -- the school's most recent title in the sport.

“I was fortunate to be around a tremendous coach and a great group of teammates,” Ihmels said. “It was an era where when I got here, there was a lot of success and a lot of tradition. I was fortunate to have that five-year experience and that’s something you don’t forget.”

Ihmels, a four-time All-American in cross-country, was a sub-4:00-minute runner who earned conference championships in the mile and 1,000-meter run.

Ihmels put the year into perspective that all around, the main goal was to go to nationals and win. With a depth of extremely athletic runners, Ihmels said there wasn’t a way they weren’t winning.

“That year, we put everything into being the best,” Ihmels said. “[Coach] Bill Bergan was man of few words — he was a motivator, but he wasn’t going to give halftime speeches like Paul Rhoads.”

As a coach, Ihmels has helped Iowa State produce more All-American runners as well as professional competitors and Olympic hopefuls such as Betsy Saina, Grace Kempey and Lisa Koll.

Ihmels has propelled his women's team into the No. 25 position in the nation poll for track and field, as well as a 10th-place finish at the cross-country nationals last fall.

Last but not least is maybe one of the most prominent ex-athletes Iowa State employs — Vice President of Student Affairs Tom Hill.

Tom Hill

Hill was chosen to represent the United States at the 1972 Summer Olympics in Munich, Germany, where he won a bronze medal in the 110-meter hurdles.

Hill said he had a life-changing moment when Arkansas State offered him a scholarship to run hurdles at the peak of the civil rights movement and racial discrimination in the South.

“When I got there, my coach had this thing in his head that he was going to make me into a really good hurdl er,” Hill said. “I thought if [my coach] was paying for it, whatever. You could make me a shot putter, I don’t care.”

Hill said he described his attitude as an “if you want me to do it, I’ll do it, and I’ll be the best at it” attitude. By the end of his first year at Arkansas State, Hill had dropped his hurdle time down to 14.2 seconds, a full second off his entrance time.

And then there was the world record.

“I went from 15.2 my first race to 14.2 freshman year,” Hill said. “I ended up running 13.6 my sophomore year, then I run 13.2 my junior year, which was the world record.

“It was just crazy. I was having fun and I wasn’t that knowledgeable about it, so I didn’t know you weren’t supposed to do that.”

In 1972, Hill returned into the spotlight of the track-and-field world and made the trip to Munich for the Olympics. After the 110-meter race, Hill said he had a surreal moment as he watched the names flash on the scoreboard.

“It was like a dream come true,” Hill said. “They put Rod Milburn first, Guy Drut second, and then they stopped. And there was this long pause. Then they flashed ‘Hill, USA,’ and I jumped about 30 feet in the air.”

After winning the bronze medal, Hill said he talked with his teammates and about how unreal it all felt.

Hill said the experiences he encountered would be with him for the rest of his life. Not only did he learn how to be a world-class athlete from the Olympics, Hill said, but a world-class person as well.

“Sure, I would have loved to have won, but I also have to understand that everybody can’t win and you need to learn to compete,” Hill said. “And if you can walk away knowing you gave it your best, then life’s good.”
Aquarius: you could hear from a former flame.

Week of April 25-May 1, 2011

Aries: March 21-April 19
Someone who isn't your usual type could express an interest in you. Don't ignore this person. Even if he or she isn't the "right" religion, ethnicity, or race for you, you could be wrong. The moon says be open-minded.

Taurus: April 20-May 20
A friendly sun is turning you into a babe magnet or a guy attractor. People are asking you out wherever you go. Strangers are hitting on you more than usual and casual friends are acting like they want to date you. Talk about sexual mojo.

Gemini: May 21-June 21
Your honey might be in a bossy mood. Usually, you're a pacifist, and temper tantrums don't bother you. But with Mars stirring up some stress at your end, you might find yourself tempted to talk back and act cranky. Remember to count to 10 first.

Cancer: June 22-July 22
Pay attention to your dreams and listen to your intuition. Neptune is increasing your natural ability to pick up on signs and signals. You could foresee something in your romantic life that will help you and your honey experience healing.

Leo: July 23-Aug. 22
You're ready to show off as the moon turns you into a total exhibitionist. You'll wear a low cut top or tight jeans and flash your body on the dance floor. Or you'll engage in flirty public displays of affection with a hot friend.

Virgo: Aug. 23-Sept. 22
The moon has you playing the skeptic, wondering if your current relationship has staying power. But don't let a bad day or a stressful week put you in a negative mood. You and your partner can still make things work.

Libra: Sept. 23-Oct. 23
You're great with words, and you could be inspired to write a love note or compose a song in honor of a special someone. The moon is increasing your creativity and giving you some great ideas about how to please your honey.

Sagittarius: Nov. 22-Dec. 21
Flirty Mars has you getting into trouble. You'll call up a coworker and ask him or her out, even though dating at work is always complicated. Or you'll try to seduce a married friend, even though you know it's a bad idea.

Capricorn: Dec. 22-Jan. 19
You and your partner are working together as a team, getting things done. A businesslike sun is helping you create schedules, divide up chores, and create a better household budget. Just remember to leave a little space on your calendar for some fun.

Aquarius: Jan. 20-Feb. 18
You could hear from a former flame out of the blue. Just when you thought you were over this person, those old feelings are starting to come over you again. The moon says don't make any sudden moves. Just notice what you feel and analyze your reactions.

Pisces: Feb. 19-March 20
An emotional moon is encouraging you to ask for lots of hugs, kisses, and massages. You'll release stress better if you can receive lots of nurturing touch from your honey. Allow tension to move through you and out of you and remember to breathe deeply.
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**Level:**

1 2 3 4

- Answer

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Across
1 Short trips
20 Daylong march
31 10 Baseball cards unit
42 15 Stereotypical
dog name
50 54 Average marks
61 62 Plane 66 “See ya”
67 68 Sugar pies
71 72 Heat-resistant
glassware
82 83 Out of control
91 92 “We’re in!”
100 101 Mess up
109 110 More than a
misdemeanor
119 120 Hard tennis shot
128 129 Screwball
138 139 “Your Song”
singer John
148 149 Fur tycoon
159 160 Zubin with a baton
169 170 Green Hornet’s
sidekick
180 181 State west of Minn.
190 191 Get-up-and-go
200 201 Income __

Down
2 1 Taloned bird
10 2 Pacific island
19 3 Hard copies
28 4 Contentious
confrontation
37 5 Directional ending
46 6 Dental whitening agent
55 7 French order-
carrying craft
64 8 Former coin of Spain
73 9 Cockney’s “in
this place”
82 10 Strict observance
of formalities
91 11 Warning
100 12 Brief acting role
109 13 Familiar
119 14 Only planet with
exactly one moon
128 15 Sensei’s teaching
138 16 Scored a
hole-in-one on
200 17 Unit of reality?
210 18 Only planet with
exactly one moon
220 19 Outstanding, like the
heart in a Poe title
230 20 “We’re in!”
240 21 Mess up
250 22 More than a
misdemeanor
260 23 Hard tennis shot
270 24 “Your Song”
singer John
280 25 Fur tycoon
290 26 Zubin with a baton
300 27 Green Hornet’s
sidekick
310 28 State west of Minn.
320 29 Get-up-and-go
330 30 Income __

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Sudoku

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Answer

Answer

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