Disco Bowl

By Katherine Klingseis

Regents Day:
awareness in the past by stu-
"I think there has been a lack of
Ambassadors, said a common
their concerns. Ben McDonald,
to state legislators and voice
State and other Regent schools
Capitol, students from Iowa
At Regents United Day at the
will be provided.
turn to Ames at 3:30 p.m. Lunch
for Regents United Day at the
students to the Capitol Complex
charter buses to take ISU

Classifieds ......................................... 9
Games ....................................... 11
Sports ......................................... 5

Friday, February 23, 2012

GREEK WEEK: 'Up' nonperishable food
Members of Gamma Phi Beta, Sigma Phi Epsilon and Delta Upsilon consult a picture of the house from the

IDENTITY

By Elizabeth Holmgren

How is race, the campaign against racism has been so far that, although progress has been made, many say the battle is far from over. Media have been identified as an in-

Media prolific influence of racism

Ben McDonald, senior in
"McDonald and his class observed
of the wrong words at the

INSIDE:

Volume 207 | Number 128 | 02 sexy | An independent student newspaper serving Iowa State since 1890 | A 2010-11 ACP Pacemaker Award winner

Syria

By Sevon Werner

For the people in Syria, being killed simply for say-
ning the wrong thing at the wrong time is an everyday
experience. Constant (near) death all the time.
This has opened spirits at Iowa State to stand up and try to make a difference for those people.

The council brought with them a speaker who has
-proved to be a problem in the past, but due to this day
she was forced to her family. She wishes to remain anony-
ous as she talked about grow-

ing up there. She could
never say what was so bad
for five of government

 Hiện, the people live in a state
of constant fear," she said.
"There was a time as hour away from where I grow up that spoke up against the govern-

ment. The people live in a state
of constant fear," she said.
"There was a time as hour away from where I grow up that spoke up against the govern-

By David Bartholomew

Towards, between Israel and Iran hang-

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That is not all that is noticed.

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To quickly recap, Israel, a very close ally of
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Middle East

israeli tensions could lead to a rise in U.S. gas prices

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GAS.p3 33

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ative, the government re-

sponded with tanks and troo-
s along with the 45,000 people who lived there" and

parents couldn’t talk to

about it for five of bring-

thing thatquetplomassists." These protests started in
January of last year, when a work-in rendered the is-
an part of the Arab Spring

movement. Arab Spring is in

a decade of rebellions, Iran continues to insist that its nuclear
program is for strictly peaceful purposes, but has not com-

bined the United States and the European Union, which left Iran

chipped hundreds of sanctions targeting the banking system and all oil production of Iran. However, the Is-
raeli council that even sanctions are not enough to stop Iran's nuclear
program and have threatened they may have to

take actions into their own hands by launch-

GAS.p3 33
Partly sunny and windy with a slight chance for an afternoon thunderstorm.

Sunny with temperatures in the low 70s and light north/northwest winds.

A little warmer with high temperatures around 76.

The Future of African American Studies in Iowa:

James H. Randall taught for more than 30 years in English and African American Studies at Cal State Long Beach, involved in important institutional changes, wrote and edited nine books, and developed a world-renowned international reputation as a scholar. This week, the university of Iowa is hosting a commemoration of his life and work.

When:

FRIDAY

3 to 5 p.m.

Where:

Margaret Sloss Women's Center

Dance Social

Free dance social and Potluck dinner hosted by the ISU Ballet Dance Club.

According to the policy of the Memorial Union, Whitaker is at work closing the book on an era for Dick Tracy. The band is due to be directed by Jason Robert Brown. The concert is part of the school's annual alumni weekends.

Tuesday night at the Iowa State Coliseum, the world premiere of Ben Winecoff's Boy 42 is set to happen, with limited availability to the public. The event is part of the Iowa City Center's annual art festival. According to the policy of the Memorial Union, Whitaker is at work closing the book on an era for Dick Tracy. The band is due to be directed by Jason Robert Brown. The concert is part of the school's annual alumni weekends.

Get the Daily on the go

@iowastatedaily

#instateonly

#isuphoto

#AlmaMxK

The information in the log comes from the ISU and City Police.

The superstar, who turned 26 this weekend in Las Vegas, has been in final talks to play the wife of the 40th president, Ronald Reagan, in an upcoming biopic. Actress -— who's gearing up for a Broadway debut in the spring -— had the role of Allen's wife, First Lady Nancy Reagan, in mind.

The former First Lady was in attendance at the casting call for the biopic, which is set to be directed by Lee Daniels, who was nominated for Academy Awards for his work on Precious and The Help. The film is due to be released in 2013.

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New editor-in-chief chosen for 2012-2013

The new 2012-2013 editor-in-chief for the Student Publications Board, Katherine Klingseis, was chosen Wednesday night as the new editor-in-chief for the coming academic year.

Klingseis said, “I have a lot of experience through several positions over the years serving as a newspaper reporter, specialty reporter, special section editor, news editor and editorial editor.”

The Daily Publication Board chose Klingseis for the position Katherine Klingseis was chosen Wednesday night as the new editor-in-chief for the coming academic year.

Klingseis offered a solution to this sticky situation. “There is work that suggests that exposure to a single image of a black person watching the story uses the descriptors associated with poverty, aggression, etc.,” Blankenship said, psychologically, “At the end of the day, the stereotypes that say, blacks are aggressive, who knows — and even believes — the truth.”

Bugeja offered a solution to this sticky situation. “The need for diverse voices in the outlets is verified by what they see in their media consumption,” Bugeja said. “People reading the news may be people watching the story, but the heroes are people watching the stories.”

The new 2012-2013 editor in chief for the Student Publications Board, Katherine Klingseis, was chosen Wednesday night as the new editor-in-chief for the coming academic year.

Klingseis said, “I have a lot of experience through several positions over the years serving as a newspaper reporter, specialty reporter, special section editor, news editor and editorial editor.”

The Daily Publication Board chose Klingseis for the position. "I'm very happy and excited to begin as editor-in-chief," Klingseis said. "I have a lot of concepts and plans for next year, and I am excited to see them accomplished."
Focus on ‘rights’ is wrong

Opinion

Authorities compromise harms ‘virulence of debate’

Authoritative compromise harms ‘virulence of debate’. The bill will bring the death penalty in some cases.

By Michael Bolding

Michael Bolding writes for the Iowa State Daily.

Stereotypes slow justice, law and order

When a man... anything we ought to be doing, it's lice do their jobs, and give the case its... Zimmerman, if he... for alarm society has made it out to... that literally accepts so many stu-

By Heath Verhasselt

Heath Verhasselt is a senior in history and political science.

College degrees have lost luster

A college degree no longer guarantees a job in today’s world or that a young graduate will have a shot at a high-paying job. But...tion, such as risks you may or may...products you want, you have to pay for...most, rather than just the characters...such as which rights belong to whom, are an-

By Michael Bolding

Michael Bolding is a senior in history and political science from Story City, Iowa.

Shooting at Trayvon Martin at Sanford is a reality.

for alarm society has made it out to... But the latest numbers out of the...Zimmerman told the 911 dispatcher. That’s...law and order...a grey hoodie and either jeans or...Zimmerman, the main suspect in the...Stereotypes slow justice, law and order....step after high school you must...most, rather than just the characters...such as which rights belong to whom, are an-

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**Sports**

**Postseason OT adopted for regular season**

By John F. Pлось.

Though the NFL has a reputation for playing by its own rules, the league took a step toward standardizing the officiating process this week by adopting an official rule for postseason overtime games.

The new rule would end games after the first overtime period if there is a tie. Under the current system, NFL games continue until one team scores a touchdown or kicks a field goal.

The NFL has been using a similar point-after-touchdown rule in Pro Bowl games since 2009, but the new rule will be implemented starting with the 2012 season.

The league also announced several other rule changes for the upcoming season, including a provision for a dead ball foul in the event of a missed field goal or extra point attempt.

Other rules changes:

- A team can elect to attempt a two-point conversion after a touchdown during the final two minutes of the game.
- A player can legally block a pass as a result of a misdirected snap, but the momentum of the ball carrier will determine whether the block is legal.
- A player who has been penalized for touching the ball carrier will now be penalized for touching the ball, regardless of whether the ball carrier is still in motion.

**Baseball**

**Cy-Hawk rivalry runs another round**

By Clint Cole

The rivalry between Iowa State and Iowa has heated up recently in the Cy-Hawk series.

The 2012 football teams that represent the Hawkeyes on Sept. 22, 2012, will do so for the first time since the 2008 game ended in a 10-10 tie.

The ISU football team beat the Hawkeyes on Dec. 7, 2011; and the ISU men's basketball team defeated the Hawkeyes on Dec. 19, 2011, for the third consecutive win.

"I'm very excited for this game," said ISU head coach Paul Patrino. "We're going to have a lot of fun with our fans and I think they're going to enjoy watching this game as much as we do."

The teams are currently tied for the most wins in their series, with each team having won 15 games.

**Softball**

**Torrescano shines bright**

By Tricia Simms

This season has proven to be a difficult one for the ISU softball team, which is currently sitting in the bottom half of the Big 12 standings with a record of 5-12. However, there is a bright spot in the team’s performance. Senior pitcher Tori Torrescano has been one of the bright spots for the team, demonstrating her skills in every game she has played this season.

"I love the feeling of pitch, catch, and batter," Torrescano said. "I love the energy that comes from it and the adrenaline rush it brings."

"I do feel like it's our year," Torrescano said. "I think we have a lot more talent than we did last year and if we can just stay consistent, I believe we can win the Big 12 championship."

**Tennis**

**Cyclones hope to turn season around**

Team focuses on doubles play to build chemistry

By Michael Schmitt

At the point in the season that the ISU tennis team is currently at, the team would have to win all six remaining matches to finish .500 for the season. But with that said, the team is looking to improve its win-loss record by focusing on doubles play.

"I think we have a lot of potential in the doubles team," said coach Rod Puebla. "We have a really strong base and we're just looking to build on that."
WEDNESDAY Bacardi Party
75¢ Bacardi Drinks (from 8-10pm)
$1.50 Bacardi Drinks (from 10-Midnight)
$3 Bacardi Bombs (till Midnight)

TUESDAY
Karaoke & 2fer on All Bottles, Draws & Wells

THURSDAY - MUG NIGHT
$3 Draws & $5 Wells

FRIDAY F.A.C.
50¢ Draws & $2 Wells (4-8pm)
Come in before 6pm & get a stamp for
$1 Draws & $3 Bombs (11pm-Close)
Wheel of Deals (8-11pm)

TUESDAY Military Night
$1 Draws of Bud/Bud Light
$5 Pitchers of Bud/Bud Light
$1 Bottles w/ Koozie $2 Wells
$2.50 Bud/Bud Light & other domestic bottles
$5 Pitchers (till Midnight)
$1 Draws of Bud/Bud Light
$1 Dirty Shirley’s with Beer Pong wristbands (from 8-Midnight)

WEDNESDAY St. Practice Day
$3 Car Bombs
$2 Irish Drinks & Shots
$1 Can Beers

FRIDAY
$3 Bombs
$2 Wells
$1 Draws (till 10:30pm)
2fer’s on Wells & Draws (8 to 10pm)
FRIDAY F.A.C.
$1 Draws (4 to 8pm)
$5 Pitchers (4 to 8pm)
Free Papa John’s Pizza (6 to 8pm)

BIRTHDAY THURSDAY
If it’s your birthday week...
bring 5 friends &
GET 21 MUGS FOR $21!
$3 Jacks & Captains

TUESDAY
Cy’s Roost NOW OPEN!
New Specials
New Employees

Birthday SATURDAY
$3 Pitchers for birthday groups (till 11pm)

SATURDAY
2fer’s from 8-11pm

WEDNESDAY Greek Night
$2 Speciality Bombs w/ wristband
$2 off Mugs till 10pm
$1 off Mugs till Midnight

FRIDAY
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SATURDAY
2fer’s from 8-11pm

WEDNESDAY
$1 Whiskey Drinks &
$1 Busch Light Draws
Karaoke (till Midnight)
Mug Night
$3 Draws & $5 Wells
in 32 oz Mugs (10-Close)

You Call It
$3 You Call It
$2 Wells
$1 Draws (til 10pm)

2fer's on Wells & Draws
(till 10pm)

$3 Pitchers for birthday groups
(till 11pm)

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$5 Pitchers 8pm-11pm
$1 Captains 8pm-11pm
$1 Dirty Shirley’s 8pm-11pm

Friday March 30th
Country Rock Group
Dennis Wayne Gang
Performing Live At Outlaws
Starting at 9pm • Doors open at 8pm

Birthday SATURDAY
$3 Pitchers for birthday groups
(till 11pm)

THURSDAY Greek Night
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Calendar

Thursday

Cyrilene Gema: "The Girl with the Dragon Tattoo"
- Where: Center 111
- When: T-Th 9-9pm
- Cost: Free
- Question Friday, Saturday and Sunday

Friday

Katchefro
- Where: M-Shop
- When: 6pm
- Cost: for students, $10 general

Saturday

Obenhoffer w/ Pond
- Where: M-Shop
- When: 8pm
- Cost: Free
- Cost: $7 students, $8 general in advance

Sunday

Amen's Piano Quartet
- Where: Martha Ellen Tye Recital Hall
- When: 3pm, 4pm
- Cost: Free

Monday

Enameling with Rhonda Scott
- Where: The Workspace
- When: 7pm
- Cost: $7 students, $10 public

Tuesday

Open Mic
- Where: M-Shop
- When: 6pm
- Cost: Free

Wednesday

Dive in Movie: "The Adventures of Tintin"
- Where: Main Gym post show
- When: Free for ISU students
- Cost: Free

Friday Night

Katchefro
- Where: Common Kings, K'Town
- When: 8pm
- Cost: Free to ISU students, $10 additional

Dead Larry (21+)
- Where: Lifehouse
- When: 9pm
- Cost: Free

Saturday Night

Obenhoffer w/ Pond
- Where: M-Shop
- When: 8pm
- Cost: Free
- Cost: $3 for students, $10 general

Laysedal w/ Doctor Murdock; Peace, Love, and Stuff
- Where: Clayton Severson (21+)
- When: 9pm
- Cost: Free

Music

One last round for Piano Quartet

The Ames Piano Quartet, an ensemble of ISU faculty members, will perform in their two-to-three-year-old quartet in the Ames Center for the Arts. The group is a local favorite, with performances at various venues throughout the region, including the Center for Performing Arts and the M-Shop.

The ensemble, composed of musicians with diverse backgrounds and experiences, performs a wide range of repertoire, from classical to contemporary. Their programs often include works by lesser-known composers and pieces that have not been performed frequently in the area.

The Ames Piano Quartet will conclude their season with a final concert on Monday, April 24th, at 7:30 pm in the Ames Center for the Arts. The event is free and open to the public.

Events

When: Sunday, April 24th at 7:30 pm
Where: Ames Piano Quartet Concert

Cost: Free

One last round for Piano Quartet

The Ames Piano Quartet will lose two of its four members after a final concert on April 24th. The quartet, formed in 2010, is composed of George Work, cellist; David Derong, violinist; Martha-Elaine Tye, violist; and William David, pianist.

The ensemble is known for its dedication to performing chamber music and for its ability to engage audiences with a diverse range of repertoire. The quartet has performed at various venues throughout the region, including the Center for Performing Arts and the M-Shop.

The final concert will feature works by classical composers such as Beethoven, Brahms, and Mozart, as well as contemporary works by Livingstone and David. The program will conclude with a performance of works by Schubert and Brahms.

The concert is free and open to the public. Attendees are encouraged to arrive early to secure seating and to support the artists in their final performance.
Tony LatB

Interview:

By Olivia Gard

A student was interviewed for the Ames247 website.

**Q: What have you learned from your experiences with performing?**

A: The biggest thing is how to control my nerves. It's a part of every actor's job. I think the more you do it, the easier it becomes. You do it enough, and eventually you forget you're performing. It's just a way of life. But it's an aspect that I can't imagine doing anything else. I can't imagine just stopping now. Since I came here, it's just kind of taken over. Not in a bad way, but it is what I do, and I can't really imagine doing anything else. It's just the easiest way to go about it. I'm going to continue doing it and hopefully doing something I love, and maybe even make it into something I can do as a living, and not just kind of happen in the day. I don't know what else I find attractive in the world.

**Q: Where do you expect to go from here, for short term and also long term plans?**

A: It's too early to know many of those details, and that will be fun. We've got one last piece to perform this year, and I'm planning on doing a chamber recital in the fall. Hopefully I'll have a recital in the fall, which I haven't done in a while, so why not? And that long term, I really want to graduate from ISU, and go out into the professional world and find my niche, but I've been selected for the upcoming academic year. I don't have to agree. That's the only reason why I'm here. And hopefully I'll go to Chicago and do Northwestern [University], and maybe there's a job, but if it doesn't work out, I'm sure there are a lot of other places, so we'll see. The future is really up to me.
Word of the Day:

Virgo: Don’t let anyone coax you off track.

Daily Horoscope:

Today’s Birthday (03/29/12).

1. Aries (March 21-April 19) -- Today is a 7 -- the easiest day, 0 the most challenging. Be steady on the line, rely on your mates and take it slowly. You don’t mean to just throw caution to the wind. You’re starting arguments (even if tempted). They’re time-wasters.

2. Gemini (May 21-June 21) -- Today is an 8 -- you, too. Explore and study an area of passion. Value true friends. Your family’s there for a treat. Besides, you can feed those who help with a home project.

3. Cancer (June 22-July 22) -- Today is a 9 -- resolve to do what’s right, 0 to do what’s wrong. You’re not swayed. You’ve got it all going on, and besides, it’s for a worthy cause.

4. Leo (July 23-Aug. 22) -- Today is a 8 -- you’re creating a positive buzz. Learn from a friend’s mistake. A creative endeavor launched could be lucrative. Your self-discipline is impressive, but you could allow yourself to be swayed. You’ve got it all going on, and besides, it’s for a worthy cause.

5. Virgo (Aug. 23-Sept. 22) -- Today is a 7 -- don’t let anyone coax you off track. Today is a 7. You’re not swayed. You’ve got it all going on, and besides, it’s for a worthy cause.

6. Libra (Sept. 23-Oct. 22) -- Today is a 6 -- listen to your intuition; you know where to find buried treasure. Find clues all around you, and write down your thoughts. Listen to your intuition; you know where to find buried treasure.

7. Scorpio (Oct. 23-Nov. 21) -- Today is a 7 -- don’t let anyone coax you off track. You’re creating a positive buzz. Learn from a friend’s mistake. A creative endeavor launched could be lucrative.

8. Sagittarius (Nov. 22-Dec. 21) -- Today is a 7 -- don’t let anyone coax you off track. You’re creating a positive buzz. Learn from a friend’s mistake. A creative endeavor launched could be lucrative.

9. Capricorn (Dec. 22-Jan. 19) -- Today is a 6 -- listen to your intuition; you know where to find buried treasure. Find clues all around you, and write down your thoughts. Listen to your intuition; you know where to find buried treasure.

10. Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- you, too. Explore and study an area of passion. Value true friends. Your family’s there for a treat. Besides, you can feed those who help with a home project.

11. Pisces (Feb. 19-March 20) -- Today is a 7 -- don’t let anyone coax you off track. You’re creating a positive buzz. Learn from a friend’s mistake. A creative endeavor launched could be lucrative.

Word of the Day:

Virgo: Don’t let anyone coax you off track.
Friday & Saturday
ONLY!
March 30th & 31st

$1
Suave Shampoo
22.5 fl oz | select varieties

$1
Crest Toothpaste
4.6 oz | regular or whitening

5 for $9
Kellogg's cereal
Crispy, Rice Krispies or Corn Flakes
8.56-12 oz | select varieties

69¢
Michelina’s Entrees
4.5-9.5 oz | all varieties

$1.48
Hy-Vee Orange Juice
64 fl oz | regular or with calcium

$1.88
Fritos or Cheetos
8.5-10.5 oz | select varieties

5 for $10
7-Up Products
.5 liter 6 pack bottles | select varieties

$3.99
Charmin Bath Tissue
Ultra strong or ultra soft
9 large rolls

$3.99
Bounty Paper Towels
3 big rolls

open 24 hours a day
7 days a week
two convenient locations

lincoln center
640 Lincoln Way 232-1961

west lincoln way
3800 West Lincoln Way 292-5543
Start grilling time off with bang with 3 season recipes

By Malena Whetro
@iowastatedaily.com

Cooking

Beer burgers

This recipe from allrecipes.com caters to college students who have champagne taste on a beer budget. These beer burgers are not only cost effective but sure to be a hit at your next grill-out.

What you’ll need:
- 1 pound ground beef
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup beer

Directions:
Preheat an outdoor grill for medium-high heat and lightly oil the grate. Mix the ground beef, onion, garlic, Worcestershire sauce, salt, and pepper in a bowl. Mix in the beer until absorbed by the meat mixture and then form into patties. Cook on the preheated grill until the burgers are cooked to your desired degree of doneness, about 5 minutes per side for well done. Don’t forget the condiments.

Tequila shrimp

MarthaStewart.com provided this simple, mouth-watering recipe. For a little more pocket change, treat your taste buds to some savory seafood. Add a side of fresh vegetables from the local farmer’s market. Throw them on the grill, too, and attach to shrimp using skewers.

What you’ll need:
- 1 pound large shrimp, peeled and deveined
- 1/4 cup silver or white tequila
- 1/4 cup lime juice
- 1/4 cup fresh orange juice
- salt and ground pepper

Directions:
Mix together shrimp, tequila, lime juice and orange juice. Leave with salt and pepper, then cover and refrigerate for about 20 minutes. Throw the shrimp on the grill for about four to six minutes on medium-high, or until completely cooked.

Margarita chicken

Perfect for an outdoor fiesta-themed party, this margarita chicken recipe from food.com is a great way to entertain you and your roommates. Pair this recipe with some grilled fruit, such as pineapple, for the best combination.

What you’ll need:
- 4 boneless chicken breasts
- 1 cup margarita mix
- 1/2 cup tequila
- 1/3 cup lime juice
- 1 teaspoon garlic powder
- black pepper, season to taste

Directions:
Marinate chicken breasts in margarita mix and tequila for 2 hours. Bake and season chicken breasts with black pepper to taste. Grill approximately 5 to 6 minutes per side.

Warm weather means it’s time to enjoy your favorite seasonal foods again. Students enjoy their selections at Seasons Marketplace.
By Ashley Hunt
<mailto:ahunt@iowastate.edu>

With the winter months behind us, students begin to look for ways to get out of their house, apartment or dorm to do something fun. Visiting the Ames Farmers’ Market is just one way to do so.

The Ames Farmers’ Market has been an indoor and outdoor market for community members to enjoy. “The indoor market, located on Main Street, runs from 9 a.m. to 2 p.m. and starts April 2,” Norine Black, owner of Black’s Heritage Farm, said. “The outdoor market will run each Saturday from 8 a.m. to 1 p.m. until Oct. 27.”

Norine Black, owner of Black’s Heritage Farm, said the market holds many benefits to those who choose to shop there. “Black’s Heritage Farm sells their produce at the Ames Farmers’ Market,” Black said. “Everything is either homemade or homegrown. From the jams we sell it is homemade.”

Black said this makes the Ames Farmers’ Market unique. “Everything at the farmers market is local and supports local businesses in Ames,” Black said. “There are things sold here that you probably couldn’t buy from K-Mart.”

Although shopping at the market is connected with many benefits, there are difficulties. Demand of goods tends to be the biggest factor, Black said. “Sometimes we run out of things,” she said. “The grocery store has everything 24/7, and we don’t have that.”

Besides the numerous benefits from shopping locally at the market, it is a creative way to spend your time and have fun. “The Ames Farmers’ Market also has special days, some of which coincide with popular holidays. One recent Saturday in member discount day. This is used as a tool to recruit new members. To become a member, one must pay a fee of $15. Then, during the designated days, many items purchased at the market are discounted for members.”

One year, the market puts on a Festival of Foods, which allows the market and enjoy a feast of foods and try a lot of free samples of a wide range of products.

Holidays are fun times to visit the farmers markets. Farmers’ market supplies a fun day for the Main Street event. “There’s an Easter Egg Scavenger Hunt that brings people out,” Black said. “There are tons more and it is also open to those with a $100 value offered.”

Another popular day for the market during the spring is around Mother’s Day. “On Mother’s Day, we hand out little plants for free,” Black said. “Even if you don’t get out and enjoy the benefits of the farmers market market, you might be enjoying them without even knowing it.”

Sign reading “Buy Local, Buy Fresh” can be seen lining the ISU Dining centers. Fresh fruit and produce to buy from the dining centers are bought locally at the Ames Farmers’ Market.

Whether attending the indoor or outdoor market, or even just shopping locally, it is a creative way to support the Ames Farmers’ Market and “Buy Local, Buy Fresh.”

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Sunburn, scorpions return during warm weather

By Lea Peterson @iowastatedaily.com

Summer’s seductive song is not the only thing students’ senses are being bombarded with as spring moves in. Common spring and summer ailments are also stirring from the season. Be aware of what issues the new season brings.

Summer

“Sunburn is a topic that comes up a lot as spring and summer begin,” said Laura Knowles, nursing director at Thielen Student Health Center.

Knowles explained that sunburn can be prevented by applying of sunscreens and following the products instructions. She said Common has already experienced the effects of sunburn on students; there are a couple of cases for heat, depending upon the severity of the burn.

General symptoms will likely cause skin and hurt to the touch, but may be treated at home,” Knowles said. “With burns, smokers and blisters, contacting a health care provider is advised.

Insect bites

Students are not the only ones enjoying the beautiful weather — bees and other insects are on the prowl for new forms of nutrition.

“Insect bites are very rarely prone to danger, but in some circumstances, medical treatment is necessary,” said Dr. Scott Meyer, associate director for Clinical Services at Thielen.

Meyer said people should seek immediate medical treatment if they have a history of severe allergic reactions to insect stings, such as anaphylaxis.

Blisters and scorpions

For common and very mild spring ailments, such as a blister from those desirable spring shoes you just had to buy or mosquito bites from your daily bug-repelling tactics, students can check out WebMD for simple at-home solutions for less serious injuries.

However, if you start running a fever or have any concerns that your almost-invisible sting is more than just a sting, do not hesitate to seek medical attention. There will be help on campus from pharmacists or doctors to help you remain more or less under control, or issues rising up in the future.

For more information about the symptoms and treatments for these ailments, visit the American Academy of Dermatology website and the Des Moines Area chapter of the American College of Sports Medicine.

Health

Save your pet from hot weather worries

By Ashley Hunt @iowastatedaily.com

With nice weather approaching, pet owners are giving their animals more outside time. Taking your pets outside during extreme weather poses several health threats to your pet.

Dyvig’s Pet Shoppe and the Ark offer本质的 advice on how to keep your pets healthy during the spring and summer months.

Fleas and ticks

Taking your pets outside exposes them to fleas and ticks. Dale Dyvig, owner of Dyvig’s Pet Shoppe, recommends flea collars for your dog or cat to prevent fleas and ticks.

Flea collars are available in several flavors. Metcalf said “When it’s really hot, we do chill out and they like the smell.”

When asked if there were any other health concerns, with the warmer weather is the possibility of heat exhaustion.

One simple way to avoid heat exhaustion with your pet is to make sure not to keep your pet out in the sun. If you have to keep your pet out outside, make sure it has access to a cool, shady spot, Dyvig said.

Also important is making sure your pet has access to water at all times. Dyvig said to always bring a water bottle with you when taking your pet on a walk during warmer weather.

Metcalf recommended doing this as well. He said he and his family bring a spray bottle and spritzing your pet during warmer days. It can take anywhere from 90 minutes to two hours, sometimes less, for your pet to cool down.

Metcalf said that sometimes people forget to keep your pets cool in extreme temperatures.

“People can forget how hot it gets during the summer months,” Dyvig said. “In a matter of minutes, it heats up quick enough so you could lose your pet.”

It’s important to take advantage of the cooler weather and to take your pets outside.

The heat can even affect pets both indoors in apartments or houses with air conditioning. Metcalf said that “If you take your reptile outside, it will get hot in the summer months.”

Dyvig said that “People should make sure pets are in a shady spot, as the most important thing is keeping your pet healthy.”

Metcalf said that “If you do this, use a breakaway collar so your pet does’t get hyped up like it’s on its second or third floor of the building.”

Dyvig said that sometimes people forget the dangers of keeping their pets locked up in cars during warmer weather:

“People can forget how hot pets can get in the summer months,” Dyvig said.

In a matter of minutes, heat can get hyped up like it’s on its second or third floor of the building.

Metcalf said that “If you do this, use a breakaway collar so your pet doesn’t become more active when out in the warmer weather.

If your dog or cat does get fleas, Dyvig recommended Frontline for your dog or cat. Metcalf also said to keep your cat healthy during the warmer weather.

“My owners said to keep my cat healthy during the warmer weather, but with this, the fleas will actually jump off the skin. The medicine actually repels the fleas,” Metcalf said.

“Frontline is another good medicine,” Metcalf said.

Metcalf recommended doing this as well. He also said that bringing a spray bottle and spray your pet during warmer days.

“It’s a great time to enjoy your pet outside, but it’s the way God designed them — to be outside,” Dyvig said.

As a pet owner, the most important thing to your pet is the most important thing is keeping your pet healthy.

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Spring is everywhere in downtown Ames!

Shop these area businesses:

- **ACTION. BEER. BALLS.**
  - **SUNDAY:** Free pool happy hour all day
  - **MONDAY:** Monster Monday $2.00 Captain Morgans
  - **TUESDAY:** $1 off Domestic & Imports
  - **WEDNESDAY:** $1 off pitchers
  - **THURSDAY:** $1 off Domestic & Imports

- **Firehouse Books**
  - Used, Rare & Out of Print
  - 308 Main Street
  - 515-232-0322

- **Olde Main**
  - 316 Main St
  - 232-0553
  - OldeMainBrewing.com

- **The Salon**
  - 323 Main Street
  - Ames, IA 50010
  - Call now to make an appointment!
  - 515-232-2235
  - Students, Faculty, Alumni receive 20% off with ISU ID!

- **Skunk River Cycles**
  - 308 Main Street • (515) 232-0322
  - www.skunkrivercycles.com
  - We’ll have the right bike for you.

- **The Loft**
  - Buy, Sell, and Trade Your Clothes
  - Now expanded to 2 floors!
  - Corner of Kellogg and Main • 515-232-9053 • www.theloftames.com

- **405 Kellogg Ave.**
  - 515-232-6609
  - Buyback Textbook Books
  - Used, Rare & Out of Print
  - Buy, Sell, Trade, Search

- **Step into Merrell for Spring!**
  - 215 Main Street
  - Ames, IA
  - 515.232.3473

- **FIREHOUSE BOOKS**
  - USED, RARE & OUT OF PRINT
  - BUY, SELL, TRADE, SEARCH

- **Spring is here!**
  - 316 Main St
  - 232-0553
  - OldeMainBrewing.com

- **It’s the Spring Thing!**
  - We’ll have the right bike for you.

- **THE LOFT**
  - Buy, Sell, and Trade Your Clothes
  - Now expanded to 2 floors!
Plan perfect picnic with your pals

Pack basic foods, supplies to impress guests
By Joy Wessels
@kelsey.rosslech

Spring has arrived, and nothing says spring better than enjoying a picnic outdoors. Dress it done and keep it casual with your friends or enjoy it up to make it memorable! Here are some tips on planning a successful picnic.

The basics
You'll need something to carry all of your food, so if it's a hot summer day, any type of the-cooler will do. But if you want to be well-prepared, Target sells a wide range of picnic baskets, like its metro basket priced at $35.

Students enjoy a meal outside on campus on a nice day. Take advantage of the warm weather to simply lay out and study in the sun.

The food
The success of your picnic relies primarily on what you bring to eat, so make it as practical and easy as possible. For this, by selecting finger foods to take with you, sandwiches, fresh fruit (like apples, grapes or watermelon), chips and fries in spill-proof containers. To impress your date, bake some homemade coleslaw to bring along and consider buying glass-bottled soda.

Don't forget to bring a small trash bag to throw all of your garbage afterward.

Outdoors

Volunteering

Students work to change world during Spring Break travels
By Kelsey Roehrich
@kelsey.rosslech

Spring Break is a time that most students use to relax and recharge in the sun, but Iowa State gives students opportunities to spend their week off changing the world.

This year, Iowa State's study abroad shorts travels to Belize over Spring Break to offer aid and see the world. Students mix cement to create a base for a solar-powered latrine. Eighteen students from Iowa State traveled to Belize over Spring Break to offer aid and see the world.

Ciara McCarty, freshman in kinesiology, attending the trip to Belize.

"Each person gets something different out of it," McCarty said. "To truly appreciate life here and get an idea of what we have and what the starving, poor country that many may be- lieve it is. She says it is very fun-loving and the people there don't feel deprived, but are grateful for the help they are receiving.

Not only did the students get to learn about a different culture, but they also got to provide services to the people of Belize.

"If you want to look well prepared, consider buying glass-bottled soda in spill-proof containers.

Dine in...
Get outside, get active

By Joy Wessels
@iowastatedaily.com

Recreation

Thursday, March 29, 2012  |  Iowa State Daily

It might not give way to the ocean, but at Peterson Pits, you can enjoy the sandy beach and even swims. There’s a boat ramp here as well, so grab a group of friends and hit the “beach” for a day.

Seven Oaks Recreation

Find the need for some biking, but you’ve already exhausted the trails in town? Well, you’re in luck, because Seven Oaks is here, just a few miles from town, and offers seven miles of mountain biking trail. Hit the trails for only $4 per day.

Ledges State Park

Also running through Boone is Ledges State Park. You can camp in designated areas and also go 13 miles of trails. If you’re feeling ambitious, take a paddle down the Des Moines River which runs along the western edge of the park.

Gray’s Lake

If you haven’t been to Gray’s Lake in Des Moines, put it on your spring bucket list. In the heart of Des Moines metro, Gray’s Lake mixes city lights with nature. You can go fishing, sail, fish and even swim. There’s also a quarter-mile walking bridge that goes over the lake, and a newly opened 2-mile running trail circling Gray’s Lake.

Lions won 18-11.

Ambitious Lions player Jan. 16 at State Gym. The Ambitious Lob City team members, wearing red, swarm a driving

Fees are published on their website.

Intramural offer chance to spring into action

By Nick Andrade
@iowastatedaily.com

Spring is finally here. What better way to celebrate the warmer weather than to participate in some intramurals?

With more than 20 different intramurals, Nathan Pick and Linda Marticke, intramural coordinators, have been busy this semester.

Intramurals are designed so that people of all skill levels and abilities can participate, so that people of all skill levels and abilities can participate, and they are open to everyone. “Anyone can participate as long as they are current students,” Pick said.

On the ISU Recreation Services website, there is a list of open intramurals. You can sign up online.

Intramural softball [start- ed] on Monday, March 25, and two-person best shot golf tournament will be played on April 19 with a nine-hole design.

If students want to get involved in an intramural, they can sign up using their Net-ID. There are some upcoming intramurals that will be taking advantage of these warmer temperatures.

If you’re looking for something to do outdoors this spring, you don’t have to look very far. Ames—and towns just beyond here—offer a wide range of activities for your outdoor endeavors.

A student enjoys the sunshine and recreation at Ada Hayden. The park offers fishing, boating, walking paths, bike paths and picnic areas.

The lake offers boat access. Boat rentals are $5 per half hour of use. With only six weeks of school left and busy this semester, the more popular ones,” Pick said.

Intramural softball [start- ed] on Monday, March 25, and two-person best shot golf tour-

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By Nick Andrade
@iowastatedaily.com

Spring is finally here. What better way to celebrate the warmer weather than to participate in some intramurals?

With more than 20 different intramurals, Nathan Pick and Linda Marticke, intramural coordinators, have been busy this semester.

Intramurals are designed so that people of all skill levels and abilities can participate, so that people of all skill levels and abilities can participate, and they are open to everyone. “Anyone can participate as long as they are current students,” Pick said.

On the ISU Recreation Services website, there is a list of open intramurals. You can sign up online.

Intramural softball [start- ed] on Monday, March 25, and two-person best shot golf tournament will be played on April 19 with a nine-hole design.

If students want to get involved in an intramural, they can sign up using their Net-ID. There are some upcoming intramurals that will be taking advantage of these warmer temperatures.

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State Gym

Originally built in 1911, the gym has been upgraded significantly with all of today’s newest equipment. Amenities include a swimming pool, a track, three regulation-sized basketball courts, and a rock wall. The new cardio and strength equipment and a rock wall.

Find fun in sun around Central Iowa

Take break from semester stresses, unwind at local eateries, parks by Malena Whetro

Now that Spring Break is over, the countdown begins until students finish their final class for the semester. Many students are consuming books to study for exams, complete final projects, and earn final grades required for graduation. But too much work and no play can prove to be strenuous. Consider bookmarking that biology page or clicking save on your English paper and go out and enjoy what Ames has to offer this spring.

Ledges State Park

Ledges State Park is another outdoor favorite. The park, located outside of Boone, is widely known for its hiking trails, amazing scenery, wildlife, and campgrounds. Enjoy spectacular views while climbing over canyons before camping overnight in one of the 94 offered campsites.

Principal Park

Feeling adventurous? Buck up you and your friends and head to Principal Park in Des Moines to cheer on Iowa Cubs baseball. General admission tickets are $7 in advance and $8 on game day. Admission is free. It's the perfect and much-needed way to relax after a hard day of studying.

Be sure to take a break from studying and take a day of studying.

Lied Recreation Athletic Center and Southwest Athletic Complex

Lied Recreation Athletic Center hosted a special event for students to get a better challenge. The new 40-foot climbing wall is built for students to get a better challenge. The new 40-foot climbing wall is built for students to get a better challenge. The new 40-foot climbing wall is built for students to get a better challenge. The new 40-foot climbing wall is built for students to get a better challenge.

Stable Run Disc Golf Course

Stable Run Disc Golf Course offers 18 holes and plenty of room to practice your discing skills. Invite some friends and spend an afternoon on the course.

Stable Run Disc Golf Course is not to be confused with your go-to coffee spot.

Hickory Grove

If Des Moines is too far to travel, Hickory Grove is a quaint lake located about 20 minutes east of Ames. Springtime visitors can picnic, hike, hunt or camp. Camping is $12 to $17 per night. It's the perfect opportunity to break out the grill and cook up hamburgers and hot dogs.

Main Street Farmers Market

Main Street Farmers Market is the perfect place to grocery shop for snacks while hitting the books.

Starbucks

Starbucks is located at the intersection of Old Highway 60 and the 15th Street extension, right off the campus. It's the perfect opportunity to break out the grill and cook up hamburgers and hot dogs.

Hot Yoga + Pilates

Hot Yoga + Pilates is located at 2707 Stange Road in Ames, IA 50010. They offer high-heat hot yoga, hot yoga + Pilates, and Barre + Pilates classes. They also offer a variety of Pilates equipment and a pool for guests to use.

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Reiman Gardens

Reiman Gardens is the largest public garden in the state of Iowa. It features a 2,500-square-foot butterfly exhibit. ISU students are able to visit this beautiful display of flowers and garden art for free. It's the perfect and much-needed way to relax after a hard day of studying.

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**Fashion**

**Incorporate tangerine in spring wardrobe**

**By Jamie Lauten**

**Satisfy your film fix with these 5 movies for spring**

1. "The Raven" — April 27

   @iowastatedaily.com

   Feeling preppy this spring? Shoes are the perfect way to be nautical and rock your spring fashion color. The shoes can change that, in a good way.

   **Shoes**

   Inconvenient Truth," "Food Inc." and "Waiting for Superman" to make an effort to at least learn about this film. I recently saw "Avengers" coming out the same weekend, I think people should there for Robert Downey Jr. as Tony Stark anyways.

   "The Raven" comes from that fact, because it has already been released and most fans have probably already seen it. So with that, here’s my list of what you should look out for this spring, in order of release.

   "The Raven" — April 27

   A serial killer takes inspiration from the stories of Edgar Allen Poe and uses them to commit gruesome murders. To stop these horrific crimes, Detective Fields and Poe must work together to catch the murderer.

   "Dark Shadows" — May 11

   "Dark Shadows" is actually an old television show that ran five seasons on ABC from 1966 to 1971. The story was revived in 2011, with Johnny Depp’s portrayal of Barnabas Collins, the vampire turned into a human by the witch who cursed him. The story was picked up for the big screen by Disney.

   "Dark Shadows" hits theaters May 11.

   **Dresses**

   Tangerine is here. Check out Anthropologie’s Torchon Embossed Ponte and their Pleated Optic Maxi dresses to wear to your sorority’s chapter meeting? Have no fear: Looking for something even friendlier to your wallet? Sperrys are the perfect way to be nautical and rock this spring’s hottest color. The classic "Drifter" from Sperry Top-Sider comes in tangerine and is only $56.95.

   **Homewood Golf Course**

   **Ratings:**

   9 Holes:
   - Weekly rates: open til 3pm - $16
   - Double motorized cart rental - $18
   - Single motorized cart rental - $12
   - Double motorized cart rental - $18
   - Weekend rate - $16

   Spring student pass (April & May) - $120

   Fall student pass (August - December) - $130

   Please call ahead for tee times.

   Drive in Style with a Club Car!

   We are an authorized dealer for Club Car!
Think Spring!

Everything You Need
All in One Store!

Pharmacy  Wine & Spirits  Floral  Red Box

Starbucks Coffee  Cyclone Apparel  Bakery

Midwest Heritage Bank | Optical | Health Market | Catering
Photo Processing | Dry Cleaning | Meat Market | Garden Center

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