Iowa State Daily (Spring Nightlife April 12, 2013)

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THE NIGHTLIFE
SPRING 2013

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Models' Hair and makeup
Anani Salon and Spa

Model's clothes
Models' Own

Models
Kearsten Brown, Dani Cranston, Morgan Fleener, Emily Tentinger, Eric Carter, Andrew Johnson, Nick Lucas

Cover photo
Kelsey Kremer
Now that 2013 has arrived, many women will begin to seek out a new hairstyle. Remember to choose a style that reflects your personal look. So what’s next for hairstyles in 2013? The biggest trend is the effortless look for spring.

Loosely curl the hair; this is great for second-day hair. Use hairspray when cutting, then use hair powder to give it a more matte finish. Pull hair into a high ponytail. Backbrush the ponytail — this creates a softer look than backcombing — then wrap into a bun and secure with bobby pins. To make it even more undone, lightly pull out hairs around the hairline.

Lightly curl all the hair in the same direction, using hairspray while cutting. Backcomb the hair at the roots, then smooth the hair with a natural bristle brush to keep the hair soft and smooth with a little added volume. Pull the hair to either side and secure with a hair bungee. Use the same natural bristle brush and smooth out the ponytail.

Take a little hair from the underside of the ponytail and wrap around the bungee, using hairspray as you wrap it around, and then secure it with a hairpin.
Faux Bob

Tools needed for this look:

Using a curling rod, curl the hair in the same direction using hairspray while curling. French braid the nape of hair, securing with bobby pins, then take the hair in three sections.

Starting with the center, secure the ends with a bobby pin and roll the hair under and pin the hair into the braid. Repeat with the other section using a mirror to check balance.

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Now accepting appointments for Spring and Summer items!
With spring right around the corner, everyone is excited to get pampered in preparation for summer, and one of the many favorite ways to do so is getting your nails done. With styles always changing it can be overwhelming to keep up with what is ‘in.’ So here is what to watch out for this spring season.

Shellac — Considered to be a hybrid of the very popular gel manicure, it is currently in high demand because of its natural, long-lasting look. When getting shellac, you have the option to get a manicure with it or just get your nails painted. In Ames, prices range from $15 to $20 and $29 to $32 with a manicure.

Print — From animal print to floral, this trend is currently booming in salons. Since it is not the easiest thing in the world to make cheetah spots on your nails, you can either buy appliques or get them professionally done. The most common trend with animal-printed nails is to paint the majority of your nails a solid color and decorate only one nail with the print pattern.

Geometric shapes — there is so much you can do with this trend and all from the comfort of your own apartment or dorm! All you need is some vibrant-colored nail polishes and crisp tape. These shapes can vary from hearts, squares, triangles and even that chevron pattern we are all crazy about. Be sure to use tape to create a nice crisp edge when creating the desired shape.

Reverse-French manicure — you can never go wrong with a French tip; changing up the color makes it more fun, yet it is still simple. The nail experts decided to change it up a bit when they decided to try doing this reverse-French manicure. You no longer paint the tips of your nails; instead, use a fun, different color on the bottom of your nails, near the cuticle. As strange as this sounds, this style has really caught on.

Glitter — You can never have enough glitter! No matter the season, glitter is always acceptable. The trend with glitter now is putting it on the tips of your nails or painting one nail completely with glitter and leaving the rest of a solid...
Begin with some hold products in the hair, and blow-dry the hair with some volume. Backcomb the hair before cutting each sect of the hair with a curling rod, this will ensure volume and a bit of airiness. Use hair powder all over after the hair is curled to keep the hair light and a matte texture. Finish the look with a balm like grooming cream to smooth the ends a touch.

The makeup in all four looks is neutral with a pop of bright color liner under the eye, such as blue, green and purple. The look was finished with a glossy lip. These looks are simple yet stylish that anyone can do.

Featured Ames nail salons

Pro Nails:
526 Main St
Ames, IA 50010
(515) 233-1984

Nikki Nails & Tanning:
2714 Lincoln Way
Ames, IA 50014
(515)-292-2220

Happy Nails:
2801 Grand Ave
Ames, IA 50010
(515) 663-9672

You can do a lot with glitter; it’s up to you and your personality how you decide to wear it, so make the style your own and really experiment!

Nail art is all about personality; this is a perfect way to showcase it. Now with Pinterest showing the world so many different kinds of paint jobs and tutorials to make our nails look awesome, it isn’t too hard to keep up. So spend a weekend trying some new nail art!

The makeup in all four looks is neutral with a pop of bright color liner under the eye, such as blue, green and purple. The look was finished with a glossy lip. These looks are simple yet stylish that anyone can do.
INSTAGRAM: FitFam
by GABRIELA BECERRA / gabriela.becerra@iowastatedaily.com

Like her, you just know.

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Everyone has that one friend that Instagrams everything. From the minute he or she wakes up and Instagrams that morning selfie to Instagraming a salad at lunch.

But is Instagram really just about selfies, food and Starbucks? Yeah, pretty much! But everyone uses it a little differently. There are accounts that use Instagram to just post pictures but have links to their blog where they can explain more.

With a number of people having a New Year’s resolution related to being healthier during the year, I looked into different ways to try and stay motivated for more than the first two months.

I came across an account that got my attention: @TEAMNODAYSOFF, with 120,000 followers, is the account responsible for the trending hashtags; #MondayMotivation, #TNDOTransformation, #HumpDayMotivation and #FridayFunFitness.

It is a motivational weight loss account that posts pictures of people who have been successful with changing their life styles, and who have had amazing weight loss journeys as a result.

It also posts a lot of motivational quotes. It is amazing to scroll down its page and just see how many people have been able to accomplish amazing changes through weight loss.

When looking around @TEAMNODAYSOFF’s Instagram, it does a lot of features, and from that you can get to a lot of the people’s personal Instagram accounts. When looking at personal profiles you are able to see their journey through the pictures they have posted.

@running_to_125 says “I stay anonymous on Instagram, but it really does help me stay motivated. Whenever I post a picture, people leave such encouraging comments that it helps me stay focus because I want to keep motivating my followers.”

Another account to look into is @SLIMFITBEAN with 15,000 followers; she is the creator of the hashtags #stopthebinge and #exposethetruth.

Because of her success on Instagram and all the demand she receives from people wanting to know her opinion on something or simply wanting her recipe to one of her foods, she is in the process of finishing up an e-book about those questions.

Her favorite quote is “Eat clean, train mean.”

You can find a lot of more accounts similar to these on Instagram by using the search hashtag #FitFam.

It is a community full of support, with amazing stories to see and journeys to follow.
BARTENDERS GIVE BAR-GOERS TIPS ABOUT HOW TO BEHAVE

by SAIGE HEYER / saige.heyer@iowastatedaily.com

A big reason most people go out to the bars is to have a good time. The bar staff is there to help people do just that. However, bar-goers have habits which make bartenders’ jobs unpleasant.

HERE IS A LIST TO HELP MAKE SURE THINGS GO SMOOTHLY.

1. DO NOT TRY TO GET SPECIAL TREATMENT AT THE DOOR.
   Telling the door guy that you know someone who is working or you were just in there is not going to get you through the door any faster. The bars have maximum capacities they have to keep track of.

2. DO NOT REFUSE TO SHOW YOUR ID.
   If you don’t show your ID, you don’t get in. Don’t assume the door guy remembers you or claim to be a regular; you still won’t get in or served without an ID.

3. DO NOT TAP THE BAR WITH YOUR MUG, GLASS, HAND, ETC. TO GET THE BARTENDER’S ATTENTION.
   Not only is this rude, but they already saw you. Most bartenders work from one end of the bar to the other and will get to you soon.

4. DO NOT CALL THE BARTENDERS BY NAME WHEN YOU DON’T ACTUALLY KNOW THEM.
   Just because you heard someone else yell his or her name does not mean you need to yell it.

5. DO NOT LEAN OVER THE BAR.
   The bar is the bartender’s workspace and getting in his or her way is not going to get you served faster.

6. DO NOT ASSUME YOU GET SERVED FIRST JUST BECAUSE YOU’RE A FRIEND WITH THE BARTENDER.
   You are a customer just like everybody else. When the bartenders go out on their days off, they don’t get served right away if someone else was there first.

7. KNOW WHAT YOU WANT TO ORDER BEFORE YOU GET TO THE BAR.
   There are other people waiting to be served who know what they want. The bartenders don’t have time to wait for you to make up your mind.

8. WHEN ORDERING BEER, TELL THE BARTENDER WHICH KIND.
   There are many kinds of beer to choose from and your bartender, as amazing as he or she may be, is not psychic.

9. DO NOT COMPLAIN ABOUT PRICES.
   We know college students are usually poor. But before you complain about the price of your alcoholic beverage, realize that bars have to pay employees, licensing fees and insurance.

10. IF IT’S YOUR 21ST BIRTHDAY, DO NOT TRY TO GET MULTIPLE BIRTHDAY SHOTS OR DRINKS.
    Most places give you a round of one or the other, not both.

11. DO NOT PUT YOUR DRINKS ON YOUR FRIEND’S TAB UNLESS SAID FRIEND IS WITH YOU.
    It’s not your money, and the bartenders need authorization from the person whose tab it is to charge to it.

12. DO NOT TRY TO GET DIFFERENT OR ADDITIONAL SPECIALS DURING HAPPY HOUR.
    There is no law saying they have to hold a happy hour, so be happy with the specials they’re already giving you.

13. MOVE AWAY FROM THE BAR AFTER GETTING SERVED.
    Again, there are other people waiting to be served, so give them space to place their orders. The bartenders cannot hear them if they’re not right at the bar.

14. BE COURTEOUS AND RESPECTFUL TO THE STAFF AND SHOW APPRECIATION FOR THE SERVICE THEY PROVIDE.
    They are there to serve you, so please let them know you appreciate their effort with a thank you or, even better, a tip. A compliment on how well they made your drink wouldn’t hurt either.

15. PLEASE DO NOT MAKE A HUGE MESS.
    There isn’t a cleaning crew that comes in after the bar closes. The same people that have been serving you all night have to stay and clean up after you have left. Do not make them stay longer than they have to cleaning up your mess.

16. MOVE AWAY FROM THE BAR IF THE STAFF IS TRYING TO RESTOCK IT.
    The bartenders can’t keep serving you if they don’t have their bar stocked with the things they need to serve you with, so please let the staff through.

17. MOVE OUT OF THE WAY IF THE STAFF IS TRYING TO CARRY SOMEONE OUT.
    The bartenders cannot carry a person out of the bar and push through crowds of people at the same time. You can move back to your original spot; they’re not trying to take it.

18. DO NOT TRY TO START A FIGHT IF YOU’RE GETTING KICKED OUT.
    Chances are, if you’re getting kicked out, you were already being unruly. Therefore, trying to start a fight with the bouncer isn’t going to change anyone’s mind.

19. DO NOT SIT AND SOCIALIZE WHEN THE BARTENDER ANNOUNCES LAST CALL OR CLOSING.
    The terms “last call” and “closing time” do not mean “social hour.” Finish your drinks, use the restroom if needed and leave so the bartenders can clean, lock up and go home.
West Towne Pub, located in the Dakota Crossing Retail Center at the corner of Mortensen and South Dakota, offers a unique selection of appetizers, burgers and specialty sandwiches along with an atmosphere that is fun for every sports enthusiast as well as an outdoor patio to relax and catch up with old friends. A full-service bar is on tap to complement an evening out...

See you there!

**Good Food, Good Friends, Cold Beer!**

**Matamoros Monday**
- $4 Margaritas 2pm-1am
- $11 Buckets of Corona, Dos Equis & Landshark
- $5 Pork Fajitas

**Unfiltered Friday**
- $3.50 Pints Blvd Wheat
- $5 Regular Nachos 2-7pm
- $1.50 Keystone Light Draws
- $3.50 All Craft/Import Bottles

**Karaoke Tuesday**
- $5 for 8 Boneless Wings
- $1 Tube Shots 9pm-1am
- $2.25 Spiced Rum and Pepsi 9pm-1am

**Wing it Saturday**
- 59¢ Wings and Gizzards
- $10 Domestic Buckets All Day

**White Trash Wednesday**
- $2 Spam Sandwiches 7-10pm
- $2 Tator Tot Casserole 7-10pm
- $2 PBR & Keystone Tall Boys 7pm-12am

**Sunday Funday**
- $5 Pound of Chicken
- $7 Pitchers of Keystone Light 9pm-1am
- $5 Bloody Marys

**2-fer Thursday**
- 2-fer Pork Tenderloins All Day
- 2-fer Well Drinks 9pm-1am
- Late Night Happy Hour
- $2.50 Domestic Draws 11-1am

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OFF-CAMPUS
BAR SCENE

by SAIGE HEYER / saige.heyer@iowastatedaily.com

SOME STUDENTS, PARTICULARLY OLDER STUDENTS AND GRADUATES, ARE GETTING TIRED OF THE PARTY SCENE THAT CAMPUSTOWN BARS PROVIDE. TO HELP THOSE STUDENTS, HERE IS A LIST OF THE BARS OUTSIDE OF CAMPUSTOWN. THESE BARS ARE FOUND ON MAIN STREET AND IN SOMERSET VILLAGE AND NORTHERN LIGHTS.

MAIN STREET

DEANO’S 119 MAIN
Hours: Monday – Saturday 6 a.m.–2 a.m.; Sunday 8 a.m.–2 a.m.
Beverage offerings: Beer, hard liquor
Happy Hour: Monday – Friday, 6-11 a.m. and 4-7 p.m.
Specials: Daily Specials
Food: Frozen pizzas, pre-packaged sandwiches. Outside food is allowed.
Entertainment: Karaoke – Saturday 9 p.m.–1 a.m.
Parties: Large groups are welcome but everyone must have an ID or they aren’t allowed in.
Other information: This bar runs on a cash-only basis; ATM available.

SPORTSMEN’S/SPORTSMAN’S
Hours: Monday – Thursday 2 p.m.–2 a.m.; Friday – Sunday 12 p.m.–2 a.m.
Beverage offerings: Beer, hard liquor
Specials: Daily specials
Food: Snacks, catered food for special occasions. Outside food allowed.
Entertainment: 16 pool tables, 12 TVs, dart boards, pinball, pool leagues and tournaments, free pool on Sundays
Parties: For large groups, call ahead so they can section off an area.

DG’S TAPHOUSE
Hours: Monday 7 p.m.–2 a.m.; Tuesday – Saturday 4 p.m.–2 a.m.; Closed Sunday.
Beverage offerings: Beer (domestic only), hard liquor
Food: Frozen pizza. Outside food allowed.
Behind the bar: Local bands often play.
Parties: Afternoon hours available but no weekends. Contact via email to check on hours.
Other information: To contact about parties, booking events, etc., send an email to dgstap@gmail.com.

DELLA VITI
Hours: Monday – Tuesday 2-10 p.m.; Wednesday – Thursday 2-11 p.m.; Friday – Saturday 2 p.m.–midnight.; Sunday 2-9 p.m.
Beverage offerings: Wine, beer, hard liquor
Happy Hour: Wine: 2-7 p.m. daily
Specials: Daily specials, all specials apply on Sunday
Food: Cheese, crackers, cured meats, stuffed hot peppers, olive mix, sometimes chocolate. Outside food allowed.
Entertainment: None
Parties: Groups of 10 or more, please call and give a heads up.
Private events can be hosted Sunday through Wednesday.
Other information: The wine machines allow you to sample different amounts of wine before deciding to buy a bottle to drink there or take home. Wine is sold at retail prices and special orders can be placed. Wi-Fi is available.

OLDE MAIN BREWING CO.
Hours: Monday – Sunday 11 a.m.–2 a.m.
Beverage offerings: Beer, hard liquor, wine
Food: Order from kitchen – Full menu until 10 p.m., appetizers 10-11 p.m.
Entertainment: Pinball, shuffleboard, arcade games, TVs
Parties: Private parties can reserve the balcony in the pub but will not be served full meals.

LONDON UNDERGROUND
Hours: Sunday – Thursday 4 p.m.–2 a.m.; Friday – Saturday 3 p.m.–2 a.m.
Beverage offerings: Beer, hard liquor, martini menu
Happy Hour: 4 – 7 p.m.
Specials: Daily specials
Food: Popcorn. Outside food is allowed.
Entertainment: None
Parties: Will not close for private parties.

WHISKEY RIVER
Hours: 11-2 a.m.
Beverage offerings: Beer, hard liquor
Specials: Daily specials Monday - Thursday
Food: Full menu, kitchen open late (depends on need)
Entertainment: Golden Tee golfing, foosball, punching bag, pool (free on Sunday and Tuesday). TVs
Parties: Make reservations for upper section.

DANGEROUS CURVES
Hours: Monday – Saturday 4 p.m.–2 a.m.
Beverage offerings: Beer, hard liquor
Happy Hour: 4-6 p.m.
Specials: Daily specials 6-8 p.m.
Food: Appetizers. No outside food allowed.
Entertainment: Bikini club, free pool, VIP dances $20 per song.
Parties: No need to call ahead.
Other information: There is no cover, but you are required to buy at least one drink. Ages 21 and older only.

5 AND DIME
Hours: Sunday – Saturday 1 p.m.–2 a.m.
Beverage offerings: Beer, hard liquor
Specials: Daily specials
Food: Pizza, pickled eggs.
Outside food allowed.
Entertainment: Karaoke Friday and Saturday.
Parties: Will not close for private parties but can divide in half because of horseshoe bar.

**TIP TOP LOUNGE**
Hours: Monday – Sunday 7 a.m.–2 a.m.
Beverage offerings: Beer, hard liquor
Happy Hour: Monday – Friday 7-10 a.m. and 5-7 p.m.
Food: Chili.
Entertainment: Karaoke Wednesday 8 p.m.–1 a.m., Saturday 9 p.m.–1 a.m., Sunday 4-8 p.m.; darts, arcade games
Parties: Will not close down for private parties. Can reserve a section.

**NORTHERN LIGHTS**

**THE BAR**
Hours: Monday – Thursday 4 p.m.–midnight; Friday – Saturday 4 p.m.–2 a.m.; Closed Sunday
Beverage offerings: Beer, hard liquor
Specials: Daily specials
Food: Can make some food.
Outside food allowed.
Entertainment: Bands or Karaoke on Fridays, some room to dance, arcade games.
Parties: Will close for private parties.

**SOMERSET VILLAGE**

**BREWER’S**
Hours: Monday – Wednesday 4 p.m.–2 a.m.; Thursday – Saturday 4 p.m.–1 a.m. (last call 12:30)
Beverage offerings: Scotch, Martini menu, bottled beer, hard liquor
Specials: Beer buckets
Food: Bar food, steak, burgers, pizza, appetizers
Entertainment: Occasional live music
Other information: Ages 21 and older only.

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WHY NOT TO DRINK (AND ALTERNATIVES)

by GABRIELA BECERRA / gabriela.becerra@iowastatedaily.com

Not drinking on the weekends can be just as fun as going out with your friends to party. There are a lot of reasons why not drinking is just as much fun as drinking. Do you think you’d find it hard to not drink on a night out? It’s one thing to enjoy having a couple of beers, but it’s another to feel you need it to get through a night. Recently I have been opting for rum and Coke minus the rum and have discovered not drinking is completely underrated. Here are only four of the many reasons why not drinking is just as fun as drinking.

1. SHAME:
How many times have you buried your head in your pillow in shame the morning after a big night out as you replayed your actions in your head? Feeling shame is just one of the reasons not drinking is just as much fun as drinking.

2. FRESH:
As everyone around you starts getting sweaty and girls’ mascara starts running, you and your not-drinking self will remain as fresh as you were when the night began.

3. MONEY:
Drink beer, wine, vodka or any other alcoholic beverage all night, and your wallet will pay. Of course you spend more at the bar, but those weekends when you only spent $15 on a handle of Hawkeye do eventually add up.

4. THE SOBER CARD:
The sober card is like your get-out-of-jail-free card. It means you have the final word when it comes to any disputes about the night. When you don’t drink, it immediately makes you the most responsible person at the party. How you choose to use that newfound title is entirely up to you!

So what else can you do when you don’t want to be the sober friend at the party? You can hit up Cyclone Cinema and watch a movie, go bowling and play laser tag at Perfect Games, or go to the M-Shop and listen to a local band play. The Student Union Board has a calendar full of events not only for the weekend, but throughout the entire week as well. You can check out their website for more information on time and dates.

There are also a ton of Workspace classes offered at the Memorial Union that attract many students each semester. Be sure to check out the Student Activity Center for more fun activities!
A GUYS’ NIGHT IN

Every guy has their own idea of what a great night in with friends looks like. For college guys, a common night with friends might consist of pizza, soda (or beer if you’re 21) and video games. However, it doesn’t take much extra effort to turn the average guys’ night in, into a much more memorable one.

Find more activities

For men who live on campus or in a fraternity, it can be easy to forget about the ping-pong, foosball and pool tables that we have available to us. Don’t forget to add those to your list of possible things to do.

Another great option is board games including newer games like Settlers of Catan or a classic game like Monopoly.

Be competitive

Men usually build their relationships by doing activities with each other such as working out, going to a football game or competing against one another.

To make your guys’ night more memorable, try having a round-robin tournament involving different activities available to you. For example, you can break up your friends into teams of two or three and play pool, ping-pong and a video game (for round-robin tournaments, a game like “Super Smash Brothers” or “Mario Kart” may be good choices if you have them).

Each event will have a team champion and with that will come bragging rights and calls for a rematch.

Finish the night relaxing

To end the night, return to the familiar. Order a pizza, break out the chips and salsa, turn on the game, put in a movie or keep playing video games. After all, one of the best things about hanging out with friends is to do what you enjoy by simply having time to relax, so be sure to make it a part of your plans.
UNIQUE DATE IDEAS

by SAGE HEYER / seth.heyer@iowastatedaily.com

EVEN THOUGH VALENTINE’S DAY IS OVER, YOU CAN STILL PLAN A FUN, CREATIVE, SWEET OR ROMANTIC DATE FOR YOUR SPECIAL SOMEONE. SOMETIMES IT IS HARD TO THINK OF THINGS TO DO, SO HERE ARE A FEW IDEAS FOR NOT ONLY COUPLES, BUT GROUPS AS WELL.

PARTY PACKAGES

These are for groups with six or more people. Each price listed below is per person. There will be a 15 percent suggested gratuity and tax. Please book beforehand by calling Jaimee at (515) 598-2695.

BASIC - $14.95. Two hours of bowling, shoes, unlimited soda and single-topping pizza. Add-ons are available (arcade card, laser tag, alcohol, food).

BOWLING BASH - $7.99. One game of bowling, shoes, $4 arcade card and soda.

KINGPIN FUN - $12.99. One game of bowling, shoes, $7 arcade card, two slices of single-topping pizza and soda.


PERFECT PARTY - $16.99. One game of bowling, shoes, one game of laser tag, $9 arcade card, two slices of single-topping pizza and soda.

HOISIN MUSTARD DIPPING SAUCE

INGREDIENTS:
• 2 tablespoon hoisin
• 1 tablespoon soy sauce
• 1 clove garlic
• 2 teaspoons stone-ground mustard
• 1 teaspoon ginger, grated
• 1 teaspoon rice vinegar

DIRECTIONS:
Combine and let sit 10 minutes. Dip a variety of vegetables to find what you like.

RICE RISOTTO

INGREDIENTS:
• 2 large carrots, julienned
• 3 green onions, julienned
• 1/2 red pepper, julienned
• 1/3 cup Napa cabbage, julienned
• 1/3 cup bean sprouts, blanched
• 1 tablespoon olive oil
• 1/4 cup fresh cilantro, minced
• 1/4 teaspoon fresh ground black pepper
• 1 pinch Kosher salt
• 1 (3 ounce) package dried bean thread noodles
• 16 rice paper rounds, softened in hot water
• 1/8 cup mint

DIRECTIONS:
1. Boil carrots, bean sprouts and cabbage in salted water. Shock in an ice bath and pat dry. Combine vegetables with green onions, olive oil, cilantro, salt and pepper. Toss well.
2. Let marinate at room temperature for 10 minutes, stirring frequently. Meanwhile, place the noodles in a medium bowl. Cover with boiling blanching water and soak for 10 minutes or until the noodles are softened.
3. Drain well. Soften the rice papers in warm water until they are soft and pliable. Place about 2 tablespoons of the noodles and about 2 tablespoons of the vegetable mixture about 1 inch from the lower edge of each rice paper round. Sprinkle with mint leaves. Fold the bottom edge over the filling. Fold in both sides and roll up tightly. Press to seal.

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WANT TO LEARN SOMETHING NEW WHILE SPENDING TIME TOGETHER? TAKE THE APPLE OF YOUR EYE OVER TO FORKER BUILDING, ROOM 213 FOR SOME FUN WITH CYCLONE SWING SOCIETY.

The group meets every Thursday from 6:30 to 7:30 p.m. It’s all right if you’ve never swing danced before; they are more than happy to teach you the basics. You can go one time or every week of the semester and it’s completely free.

You can either dance in your socks or wear dancing shoes if you have them, but street shoes are not allowed on the dance floor.

In April, the group will be doing aerials. A waiver will need to be signed for this, and group members said they take safety very seriously when trying new moves.

Cooking together is a great way for both of you to get involved, and it helps take the pressure off whoever was in charge of the meal. Chef Cori Albers from Lincoln Center Hy-Vee offers these ideas. They all take enough preparation that there’s something for both people to do.

VEGETARIAN VEGGIE SPRING ROLL

INGREDIENTS:
• 1 pinch Kosher salt
• 1 (3 ounce) package dried bean thread noodles
• 16 rice paper rounds, softened in hot water
• 1/8 cup mint

DIRECTIONS:
1. Boil carrots, bean sprouts and cabbage in salted water. Shock in an ice bath and pat dry. Combine vegetables with green onions, olive oil, cilantro, salt and pepper. Toss well.
2. Let marinate at room temperature for 10 minutes, stirring frequently. Meanwhile, place the noodles in a medium bowl. Cover with boiling blanching water and soak for 10 minutes or until the noodles are softened.
3. Drain well. Soften the rice papers in warm water until they are soft and pliable. Place about 2 tablespoons of the noodles and about 2 tablespoons of the vegetable mixture about 1 inch from the lower edge of each rice paper round. Sprinkle with mint leaves. Fold the bottom edge over the filling. Fold in both sides and roll up tightly. Press to seal.

SWING DANCING

Want to learn something new while spending time together? Take the apple of your eye over to Forker Building, Room 213 for some fun with Cyclone Swing Society.

The group meets every Thursday from 6:30 to 7:30 p.m. It’s all right if you’ve never swing danced before; they are more than happy to teach you the basics. You can go one time or every week of the semester and it’s completely free.

You can either dance in your socks or wear dancing shoes if you have them, but street shoes are not allowed on the dance floor.

In April, the group will be doing aerials. A waiver will need to be signed for this, and group members said they take safety very seriously when trying new moves.
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DIRECTIONS:
1. Heat the butter and olive oil in a saucepan.

2. Add the onion and cook until translucent, 2 to 3 minutes.

3. Add the rice and stir until the rice is well-coated with butter. Do not brown.

4. Add the wine and let it fully absorb into the rice. Stir several times.

5. Add the stock one-third at a time, letting it fully absorb each time before adding more.

6. Stir the rice frequently so it develops creaminess and does not stick to the bottom of the pan. Once all the liquid is absorbed and the rice is al dente, remove from the heat.

7. From start to finish, the risotto should take 18 to 20 minutes.

8. Add the cheese and butter.

9. Season with salt and pepper, stir, add in sautéed spinach, lay out flat on sheet pans lined with plastic wrap. Cool completely.

FOR MORE RECIPES:
Go to http://www.hy-vee.com/meal-solutions/recipes/

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ALL-TIME FAVORITES
IOWA STATE LOVES

WHAT PART OF VEISHEA ARE YOU MOST EXCITED FOR?

- The parade: 6%
- The concerts: 15%
- The parties: 74%
- The tournaments: 2%
- Other: 3%

WHAT IS YOUR FAVORITE CYCLONE SPORT?

- Basketball: 27%
- Football: 59%
- Hockey: 5%
- Other: 6%

WHAT IS THE BEST WAY TO LOSE CREEPY DRUNK PEOPLE?

- Run away: 21%
- Talk to friends: 28%
- Ignore them: 11%
- Other: 11%

WHERE CAN YOU FIND THE HOTTEST GUYS/GIRLS?

- Greekland: 27%
- Campustown: 40%
- Dorms: 5%
- Around Campus: 28%

WHAT IS THE BEST SPOT TO PEOPLE WATCH?

- In front of Parks Library: 36%
- Campustown: 22%
- Memorial Union: 29%
- Other: 13%
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WHAT IS YOUR FAVORITE TYPE OF ALCOHOL?

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1% 9% 17% 14% 16% 5% 3%

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Superdog

WHAT IS THE BEST DRUNK FOOD TO GET IN TOWN?

31% 14% 36% 15% 5%

WHAT IS YOUR FAVORITE TYPE OF ALCOHOL?

37% 24% 36% 3% 0%

Light Liquor
Dark Liquor
Beer
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WHAT ISU TRADITIONS HAVE YOU PARTICIPATED IN?

Campaniling 23%
Curtiss to Beardshear 16%
Other 16%
This Year 9%
This Month 9%
This Week 6%
Last Week 6%
Never 33%

WHAT IS THE BEST WAY TO CURE A HANGOVER?

Drink plenty of water 55%
Drink plenty of gatorade 23%
Keep drinking alcohol 9%
Sleep all day 7%
Exercise 3%

WHEN WAS THE LAST TIME YOU SAW A SHOW AT THE M-SHOP?

This Week 6%
Last Week 4%
This Month 7%
This Year 27%
Never 56%
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Monday Night Madness
- $1 Domestic Draws
- $8 all you can bowl
- 9 pm - Midnight

2 for Tuesday
- 2-for-1 Wells
- 2-for-1 Slices of Pizza
- $2 Bowling
- $2 Show Rental
- FREE POOL
- 9 pm - Midnight

Wednesday Bowl for Cash
- 3 games for $10
- Free shoe rental
- Progressive Domestic Pitchers Starting:
  9 pm - 10 pm $4
  10 pm - 11 pm $6
  11 pm - 12 pm $8

Disco Bowl Thursday (Live DJ)
- 6 pm - midnight, 2 games for $8 (includes shoes)
- 3 sessions for price of 2 laser tag
- 2 fer 8” or 16” pizza
- 2 fer domestic draws

Family Sunday
- 3 pm - 9 pm kids bowl free paying with adult
- 1/2 price arcade and redemption games

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