GOING THE DISTANCE
See SPORTS p.10

Re-evaluating the Rapture NEWS p.3
Political Experts discuss GOP NEWS p.4

Photo: Manfred Brugger/Iowa State Daily

Karaoke Tuesday
9pm-1am

• $5 For 8 Boneless Wings
(No sides, Dine-in only)
• $1 Tube Shots (9pm-1am)
• $2.25 Spiced Rum and Pepsi (9pm-1am)

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Weather | Provided by weather.gov

A 20 percent chance of showers and thunderstorms after 1pm.

Showers and possibly a thunderstorm. High near 60.

Mostly sunny, with a high near 66.

This day in 1882:
An incredible late season snowfall was noted in southeastern Iowa after a hard frost the previous day.

Daily Snapshot

CelebOr News
Notes and events.

Jennifer Aniston’s not dating Justin Theroux.

Looks like former “Friends” star Jennifer Aniston has made a new pal.

On Wednesday night, the actress was spotted out on the town with “Your Highness” star Justin Theroux at L.A.’s Sunset Towers Tower Bar. Though X17online reported that the duo were on a “romantic dinner date” and are now an item, Aniston’s spokesperson says that couldn’t be further from the truth.

“What X17 neglected to mention was that there were three other people at the dinner,” the rep told Us Weekly. “It was a friends dinner.”

Indeed an onlooker told Us, “[Jen] was romantic with nobody at the table. She had a great time, but was definitely not on a date.”

Expect to see more of the two together, however. Aniston and Theroux co-star in the October comedy “Wanderlust.”

Music: Carillonneur on tour

Residents from the Boone county area as well as from all across Iowa watched Tin-Shi Tam play the mobile bells during the Mobile Millennium Carillon event Sunday at the Iowa Arboretum. Photo: Danielle Harris / Iowa State Daily

Police Blotter: Ames, ISU Police Departments

May 17
Malachi Woods, 21, of Story City, was arrested for probation violation. (reported at 8:34 a.m.).
Vehicles driven by Robert Allen and Carole Begg were involved in a property damage collision at Mortensen Parkway and Welch Road. (reported at 9:30 a.m.).
A Buchanan Hall room sprinkler head was activated, resulting in water-related damage. (reported at 3:02 p.m.).
A student at the 3800 block of Tripp Street reported receiving a suspicious telephone call from a person who was requesting personal information. (reported at 10:06 p.m.).

May 18
Ryan Schall, 24, of Norwalk, was arrested and charged with operating while intoxicated [second offense]. (reported at 12:57 a.m.).
Brent Allen, 26, 1211 East Lincoln Way #1, was arrested and charged with second degree theft, parole violation and third degree burglary. (reported at 5:30 p.m.).
Matthew Laube, 27, of Ellsworth, was arrested and charged with domestic abuse [serious]. (reported at 6:51 p.m.).
Kollin Moore, 24, of 211 Campus Avenue, was arrested and charged with public intoxication at Friley Hall. (reported at 10:51 p.m.).
Michael Parks, 41, 726 Carroll Avenue #1, was arrested and charged with public intoxication at Friley Hall. (reported at 12:57 a.m.).

May 19
Logan Pope, 23, West Lincoln Way #64, was arrested and charged with public intoxication. (reported at 1:39 a.m.).
Marta Phipps, 51, of Boone, was arrested and charged with probation violation. (reported at 2:15 p.m.).
Jeremiah Kimbrough, 18, 1211 Lincoln Way, was arrested and charged with second degree burglary and third degree theft. (reported at 5:30 p.m.).
Xing Zhang, 19, of 209 South Oak Avenue #108, was arrested and charged with driving under suspension on Morrill Road and Osborn Drive. (reported at 6:18 p.m.).
Michael Garrison, 49, of 207 5th Street, was arrested and charged with contempt of court. (reported at 5:30 p.m.).

May 20
Nathan Hughes, 23, of 303 Colorado Circle, was arrested and charged with public intoxication [second offense] at Sheldon Avenue and Union Drive. (reported at 2:25 a.m.).
Michael Garrison, 49, of 207 5th Street, was arrested and charged with contempt of court. (reported at 5:30 p.m.).
Armageddon

Unbelievers throw ‘left behind’ bash

Atheists, freethinkers reject fear

By Ben Theobald
@iowastatedaily.com

The Iowa Atheists and Freethinkers (IAF) held a “left behind” party in Des Moines on May 21, the day which Harold Camping, a broadcaster in California, predicted the Rapture in which all Christian believers would be admitted to heaven.

The party took place at the Underground bar and started at 9 p.m. One of the main organizers of the event was Kyle Bailey, Secretary of IAF.

“One of our goals as an organization is to increase the visibility of the secular community,” Bailey said. “Something as widespread or well known that has so much buzz behind it is clearly a secular versus an extremist position. We would definitely want to come out and make a public statement that we are on the secular side.”

The idea to throw a celebration started after Camping made his prediction.

“As soon as we heard Harold Camping was predicting the end of the world on May 21 we knew that we had to throw a left behind party,” Bailey said.

The event kicked off with a poem, Catacomb Confetti, read by poet Josh Boyd. Boyd believes there is no organized religion.

“Three percent of the population believe in this very specific brand of Christianity,” Uhlman said. “As soon as you hear people talking like that it becomes appropriate to throw a party, get together, and poke fun at organized religion.”

One of the bands that played was The Neverends led by Willy Muse. Muse graduated with a degree in apparel merchandising and design. Muse said, “This is kind of a reunion show. We use to play in Ames and Des Moines.”

Muse graduated with a degree in apparel merchandising and design. Muse saw May 21 as a reason to celebrate.

“I love it, it was an excuse to have a party and prove someone wrong again as [Camping] also predicted it in 1994,” Muse said.

Sabahal Hassan who attended the party saw the Rapture as a way to draw attention.

“We are just disproving someone’s own superstition,” Hassan said.

Hassan came from Bihar in North India to Iowa where he is currently working at John Deere. Hassan believes the May 21 Rapture was far from the truth.

“As per Islam this has not been proven,” Hassan said.
Politics

GOP presidential race a ‘wide open field’

By Scott MacDonald
iowastatedaily.com

The race for the 2012 Republican presidential nomination is heating up. Many candidates have announced their candidacies or the formation of exploratory committees. Some have even bowed out of consideration: Dianne Bystrom, director of the Carrie Chapman Catt Center for Women and Politics, said that the Republican presidential landscape is still a “wide-open field.” However, Dave Peterson, associate professor of political science at Iowa State, feels that it is a “two-person race” between Mitt Romney and Tim Pawlenty.

Peterson and Bystrom gave their input on the current candidates, those expecting to announce soon and some of those who have bowed out of consideration:

- Some people really, really like her,” Bystrom said. “But a lot of people don’t like her.”
- Has expressed interest, but has yet to announce anything.
- Bystrom said that Gingrich “tripped on his tongue out of the gate.”
- Peterson said that Huntsman’s position as “relatively moderate” will turn off Iowa conservatives
- No one should take Herman Cain seriously,” Peterson said, equating him with fellow billionaire and two-time presidential candidate Steve Forbes.
- Paul gets a lot of attention and a lot of money,” Peterson said, “but two-thirds of the party won’t vote for him.”
- He doesn’t have a lot of recognition, which is okay, because there’s a long time to go,” Peterson said.

For more information on the presidential race, see iowastatedaily.com

Political analysis: For more information on the presidential race, see iowastatedaily.com
Ames Visioning forum to take place May 26

Forum for community members

By Ted. Sics
@iowastatedaily.com

The City of Ames is set to hold an open forum, during which residents may share their thoughts and ideas for the future of their community.

The meeting will be part of the Ames Visioning Project, a 19-week program designed to gather information from various constituencies in order to formulate a collective vision for the future of the city.

Professor Douglas Johnston, chairman of the ISU community and regional planning department, said visioning projects are important prerequisites for long-term changes within a community. Citizen feedback is crucial for projects of this nature.

“[City Council is] asking for participation in deciding or trying to characterize the strengths and weaknesses that people associate with Ames,” said Johnston.

The first part of the Ames Visioning Project consisted of an online survey with questions pertaining to the current state of the city and its future. Respondents indicated their favorite aspects of living in Ames, as well as changes they wanted to see enacted.

The results of the survey were released April 19. Approximately 5,200 people from Ames and the surrounding area participated. The results indicated that most people come to Ames to study at Iowa State. Participants described Ames as a leader in research, innovation and education.

Participants frequently described Ames as “safe” and “friendly.” Most said that Ames has a small-town feel with big-city amenities.

Despite these results, the majority of participants felt Ames was a long way from being ideal, and that significant amount of change is necessary. The open forum is meant to allow citizens the chance to react to the results of the survey.

The feedback process is one of the final steps of the Ames Visioning Project. The meeting for it will be held 7 p.m. May 25 at the Ames Public Library.

May is National Osteoporosis Prevention Month

Osteoporosis causes a fracture every 20 seconds.

For healthy bones, choose foods rich in calcium.

• About 99% of your body’s calcium is stored in your bones and teeth.
• If you are not consuming enough calcium, your body withdraws calcium from bones - leaving them weak and brittle.
• The best way to get calcium is always in food, especially low-fat milk, yogurt and cheese.
• Look for the percent of Daily Value (DV) listed for calcium on the Nutrition Facts label. Simply replaces the % with a zero, to determine the milligrams of calcium.
• For more personalized information, contact your Ames Hy-Vee dietitian

Watermelon Smoothie - serves 4

All you need:
2 c. seedless watermelon chunks
1 c. ice cubes
1 6 oz container Hy-Vee fat-free lemon chiffon yogurt
2 tsp Hy-Vee granulated sugar or Splenda

All you do:
1. Place all ingredients in blender. Blend on HIGH for 30-45 seconds or until ice cubs are blended
2. Serve immediately or refrigerate until serving time

Nutrition information per serving:
Calories: 90; Carbohydrates 19g; Cholesterol 0mg; Dietary Fiber 0g; Fat 0g; Protein 3g; Sodium 30mg; Sugar 19g
Daily Values: 6% vitamin A; 15% vitamin C; 8% calcium; 0% iron

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Special Olympics

Olympians have housing options

 Lodging readily available

By Katherine Klingseis
@iowastatedaily.com

Ames will experience a massive influx of visitors this week. According to the Iowa Special Olympics website, approximately 3,000 athletes will travel to Ames to compete in the 43rd annual Special Olympics Iowa State Summer Games.

Conference Coordinator for Iowa State’s Department of Residence Martha Royer helps manage the housing and dining arrangements for these new visitors.

“In training our staff, we mention that this is one of our earliest conferences and our most fun conferences because the group itself is just a wonderful group to have here,” Royer said.

Coaches, chaperones, and volunteers will also be traveling to Ames for the event. In total, approximately 6,500 people will be a part of the event this year, according to the Iowa Special Olympics website. Royer, however, explained that not all of those visitors will stay overnight.

“Well, not all of them will choose or need to stay overnight, so I would guess that we typically accommodate roughly 1,000 and maybe up to, we might of hit 1,500 at some point,” Royer said. “It varies every year, but I would say that it would mainly average between 1,000 and 1,200 each year.”

According to Royer, planning for the annual event is a long process.

For instance, she explained that she must sit down with the coordinators for the Iowa Special Olympics and discuss any changes with the residence halls or dining facilities.

“For example, I might let them know, for a particular summer, that one of our residence halls might be closed for an upgrade or a renovation or a project,” Royer said. “And, I would let them know what residence halls that we plan to provide housing in, and then I would also let them know of any major changes in our ISU dining facilities that would affect them in that particular summer.”

Ordinarily, the Special Olympics participants would stay in Maple Hall, Willow Hall, and Larch Hall.

“There’s typically a core set of residence halls,” Royer said. “We generally start with [Maple, Willow and Larch] first because they are together, in close proximity, and they’re air conditioned.

However, Royer said that Willow Hall is undergoing renovations. Therefore, participants will stay in Oak-Elm Hall instead of Willow.

For dining accommodations, the Special Olympics participants will eat at Seasons Marketplace.

“We have staff [at Seasons] who either have worked with that group before and they’ve always had good records in what they need to do to set up for each conference group, so they have pretty good information in the book with what the special needs are for Special Olympics,” Royer said.

The Special Olympics Iowa State Summer Games run from May 26 to May 28. Although their stay is short, the Special Olympics participants make a big impact on Royer and her staff.

“The Special Olympics participants are very upbeat and positive, very appreciative,” Royer said. “Our staff really, just sincerely love working with the guests here, and it’s a great experience for us to be able to host the Special Olympics Iowa here on campus.”
Games limit car parking options

By Katie. Miner
@iowastatedaily.com

Several roads will be closed from May 26 through May 28, for the Special Olympics Iowa State Summer Games, held at Iowa State.

Beach Avenue will be closed from Lincoln Way to Wallace Road on Thursday and Friday from 7 a.m. to 10 p.m., according to Inside Iowa State. The roads will be barricaded, and only those with permits will be allowed entrance.

On Thursday, South 4th Street will be closed from Beach Avenue to west of the stadium and at all entrances from 8 a.m. to 5 p.m., however access to the stadium parking lots will still be available.

The stadium parking lot will serve as the commuter lot, as all commuter parking will be in the stadium parking lots-S3 and S8—on Thursday and Friday. The Iowa State Center parking lots will be closed Thursday and commuter lots A3, A4, B4, B5, and B6 will be closed Friday.

Parking lot 50A, by Forker Building, will be closed to all except those with Special Olympics or handicap permits on Thursday and Friday, as well. From 7:30 a.m. to 5:30 p.m., those with reserved permits for lot 50A are asked to park in the upper deck of the east campus parking deck for free or in general staff parking.

“We keep all of Lot 63, which is by Maple-Willow-Larch, is used for all the people who are staying on campus. The rest of them will have to ride the commuter stuff in,” said Aaron Steffen, Parking and Transportation Enforcement Supervisor. “The rest of them, we’re asking to park in the stadium lots and ride the buses in.”

On Thursday and Friday, CyRide will move its usual stop at the commuter lot to the stadium parking lot.

Also on Friday, Lot 3 will be closed from 7:30 a.m. to 5:30 p.m. for aquatics being held at Beyer Hall. Only those with Special Olympics or handicap permits will be allowed to park in Lot 3. Those with reserved permits in Lot 3 are asked to park in Lot 21 at the Armory without being required to pay.

No parking will available at Lied Recreational Center except to those with Special Olympics or handicap permits, as Lots 57 and 100 will be saved for use by the Special Olympics Summer Games. “It’s kind of unique with Special Olympics just because they have to use so many buildings... And it’s conveniently during the summer and no one’s really housed at Maple-Willow-Larch so you can use that large parking lot to fit a lot of people in,” said Steffen.

Parking in Richardson Court will also be limited to those who have only Special Olympics and handicap permits.

Special Olympics: Check out iowastatedaily.com all week long and throughout the weekend for coverage and updates from the Special Olympics in Ames.
Religion should soothe, not terrify

Beginning in 2010, Christian broadcaster Harold Camping stirred up an apocalyptic frenzy with his prediction that the Rapture would occur last Saturday. His fear-mongering and doom-saying were directly opposed to what religion is supposed to be about: giving people hope. Fortunately, the damage he wreaked appears to be reversible.

Camping plucked arbitrary numbers from the Bible, plugged them into an equally arbitrary equation and pointed to its product to support his prediction of the end of the world. This led people to sacrifice their entire lives — family and job abandoned, money squandered on propaganda — in order to help others prepare for the supposed return of Jesus Christ.

Whether Camping is a con man or just dangerously deluded, men like him must be ousted as the charlatans they are.

But outing them will not change the minds of those poor souls who were desperate for hope. What might help those preyed upon by these wolves in sheep's clothing is the aid of the merciful.

It is the duty of every compassionate human on this planet to help those led down the primrose path to get back on their feet. You don't need to give money or go far out of your way, just show some compassion.

Instead of laughing at or insulting those that have been hoodwinked, be nice to them. Enlighten those who might be vulnerable to the ravings of false prophets. Above all, be a caring human. And that is something people have to be reiterated again and again to tease out.

Stop texting and start living

By Gabriel Stoffa

Recently I was graced with the insight — thanks to a friend who read Cosmo or Maxim or some other useless magazine — that 52 percent of people under the age of 35 think dumping someone via text message is OK.

Dumping people by text is one of the most lame, cowardly and idiotic methods of ending it I can think of. And people believe this is OK? Ugh.

Another wonderful friend was busy touting the marvels of meeting "nice" men online — the kind she "knew" wouldn't be like the jerks she meets times and again at parties.

Sure, having categories to sort potential beaus into might make dating easier, but those people are just putting their best side forward. You can't get a true read on people until you actually meet them. Besides, whatever you learn about them online can be gleaned from five minutes of actual conversation.

I shouldn't act so surprised. Contemporary American daters are so scared of person-to-person interaction that they'd rather sit and text for minutes on end at bars, clubs and house parties than talk to the person next to them. They speak more online with people they hardly know on Facebook or Chatroulette than they converse with the people they come across in real life.

Yes, social media is the way of the future. It is a boon to the entire world — but one that has little place in dating.

"But wait," the Internet-dating masses say, "I met my girlfriend/boyfriend/booty-call buddy while using X-Date and we are now happily married with 2.5 kids."

Yep, or those sites are fine crutches that have little place in dating. You don't need to give money or go far out of your way, just show some compassion.

Instead of laughing at or insulting those that have been hoodwinked, be nice to them. Enlighten those who might be vulnerable to the ravings of false prophets. Above all, be a caring human. And that is something people of all faiths should do for others.

Columnist Stoffa argues that breaking up with a significant other via text is "one of the most lame, cowardly and idiotic methods of ending any relationship.

Photo illustration: Karuna Ang/Iowa State Daily

Columnist Stoffa argues that breaking up with a significant other via text is “one of the most lame, cowardly and idiotic methods of ending any relationship.”
Guest columnist Witte calls many of Newt Gingrich’s claims “disingenuous,” saying Gingrich is not an outsider after spending 20 years as a US representative. Photo: Dani Harris/Iowa State Daily

Washington political elite as a member of think tanks, public-policy teams and other political entities.

At one point, Gingrich spoke about a “Tenth Amendment initiative.” He was vague about the specifics of this initiative, saying only that more legislative power would be transferred to the states under his presidency. I was able to personally ask Gingrich about this after the speech, citing the enormous legislative powers already accorded to the states.

I reminded him that everything not explicitly outlined for the federal congress to do is reserved for the states by the Tenth Amendment, and that almost every interaction with law that people have on a day-to-day basis is in the form of state legislation. His response was that I should go “ask a state legislator how much power they really have” before moving on to the next person in line.

My contention is that Gingrich wants to form a confederation of states with a weak central government. This has been tried before under the Articles of Confederation, the disastrous system of government that only worked for only five years here in America before the Constitution was drafted.

Another one of Gingrich’s proposed initiatives is the elimination of the “death tax,” known to some as the estate tax. This proposal roused the audience in a way that nothing else in his speech did. I am not particularly sure why, as the repeal of the estate tax would affect only millionaires and billionaires. Maybe they were well-represented at Olde Main.

The estate tax was created to affect only the super-rich, a measure against a concentration of wealth that would make America look like an aristocracy.

Sen. Charles Grassley just demonstrated a regrettable lack of courage at a time when all Iowans needed him to fight for their interests.

Sen. Grassley was one of 48 Republican senators to block a vote to remove $2 billion of tax subsidies for Big Oil. It would have reduced oil executives’ first-quarter combined profit from $365 billion to $363 billion. You read that right: billion, not million.

Back in the days of the Bush administration, representatives of five oil companies said if oil exceeded $55 per barrel, they would no longer need subsidies. Yet now, with the cost almost double that, they just have to have them.

This is a no-brainer. Big Oil is still raking in record profits. But Sen. Grassley receives more than $200,000 worth of support from Big Oil, so did he have the courage to tell Big Oil that this $2 billion subsidy is unneeded?

No, he did not. He must believe we will buy some lame excuse that reducing $365 billion in profits to $363 billion will cause gas prices to rise. We are not so gullible.

My goal is to send a letter to the editor to every newspaper in Iowa, urging readers to tell Sen. Grassley how ashamed they are that he lacked the courage to say no to Big Oil.

Please call or write him today. His primary office is at 721 Federal Building, 210 Walnut St., Des Moines, Ia. 50309. Its phone number is 515-288-1145. He has five other regional offices as well.

Let him know Iowans will remember his lack of courage.

Andrew Leheny of Preston, IA

Editor: Michael Belding | opinion@iowastatedaily.com

Tuesday, May 24, 2011 | Iowa State Daily | OPINION | 9
Autistic athlete shoots for victory

By Zach.Gourley
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Joshua Ullestad stood in the middle of the Iowa Falls-Alden High School track with shot put in hand, preparing for his final throw of the practice.

Ullestad shuffled his feet forward with the shot put wedged between his neck and his right shoulder. A grimace crossed his face as his arm exploded forward, sending the 12-pound shot put into flight.

“32 feet! Great throw, Josh,” said a volunteer who was measuring each throw.

It was Ullestad’s longest throw of the day by five feet.

“Wait, did she say 32 feet? Seriously? That’s crazy,” said Zac Hunt, a recent graduate of Iowa Falls-Alden, who was observing the day’s practice.

Ullestad, a 16-year-old sophomore at Iowa Falls-Alden, has autism and is preparing for the Iowa Special Olympics.

“I’m a little nervous, but with all this training we’ve been doing, I think I might do all right. I mean, once the Olympics get started, it’s just fun,” Ullestad said. “To tell you the truth, my mom dragged me to the first one, but then it turned out to be a really good experience.”

Ullestad’s mom, Robin Sampson, acts as both a cheerleader and a coach during competition.

“She’s kind of like my coach and she is one determined person, but sometimes she can be a little stubborn. That’s good though because I know she wants me to do my best,” Ullestad said. “I get a little nervous sometimes, but when someone is cheering for you, you get a little more confidence.”

With the help of Iowa Falls-Alden special education teacher Cynthia Brown and several trained volunteers, Ullestad and seven other Iowa Falls-Alden students were able to qualify for Special Olympics.

During recreational time, Brown and her volunteers do trials with each participant, recording the results of each attempt. After many different trials, Brown sends the collective results to the people at the Special Olympics Central District, who categorize the participants according to their skill level.

Participants from the Central District, such as Ullestad, then compete at a regional event in Marshalltown, IA. for the right to go to the statewide Special Olympics.

“I think it’s just a really great way to get kids who wouldn’t normally be involved in athletics to be able to compete, because they just don’t get those kinds of opportunities in their regular high school, so it’s just a really cool thing,” said Sampson. “You get to see a lot of people that are in the same situation so it’s a great deal. You see some people that are excited just to finish, even if they finish last. You see them jumping up and down and giving high fives, so it’s pretty cool.”

As for Ullestad’s shuffling shot put technique, he credits the throwing coach for the Iowa Falls-Alden track team, Derrick Elman, with inspiring it.

“It’s actually called the shuffle. Mr. Elman taught that to me when he practices with me after school,” Ullestad said. “He was my fifth grade teacher a long time ago, and he is a pretty good guy. He’s probably one of the nicest guys I know.”

Former Cyclone selected for World Team Trials

By Darrin.Cline
@iowastatedaily.com

His time as an Iowa State grappler may be over, but Jon Reader continues to carry the banner for Cyclone wrestling.

Reader was recently selected as a wild card to participate in the World Team Trials in Oklahoma City, which will take place June 10 and 11. Reader, a three-time All-American and 2011 NCAA Champion for Iowa State, earned his place at the trials with a runner-up finish at the Northern Plains Regional Championship.

At the qualifying tournament, Reader placed second in the 185 pound freestyle bracket behind former two-time NCAA champion Chris Pendleton.

Iowa State was also represented in other weight classes at the Northern Plains Regional Championships. Redshirt freshman Ryak Finch, who has yet to wrestle in an ISU singlet, took second at 121 pounds. Nate Carr Jr., a recent Cyclone grad, placed third at 163 pounds.

Reader and his nine fellow wild-cards will join the race for the world team.

The collegiate national champion will have a chance to improve on his fourth-place performance from 2009 and take his talents to the world stage.
Basketball

Vanderbeken tries out at pre-draft workout

By Dan.Tracy
@iowastatedaily.com

MINNEAPOLIS -- Jamie Vanderbeken is a realist.

Sixty names will be called in this year’s NBA draft. Unless his draft stock skyrockets between now and June 23rd, the name of the former ISU center won’t be among them.

“If I can land on an NBA team that’d be great, but I’m a realist, and with my style of play I’m more likely going to play overseas. But hey, I’m going to bust my butt until a decision comes,” Vanderbeken said following his workout in Minneapolis on Sunday.

At the first of three pre-draft workouts to be held at the Life Time Fitness facility in the Target Center, the Minnesota Timberwolves’ home arena, Vanderbeken and five other NBA hopefuls — Jacob Pullen from Kansas State, Blake Hoffarber from Minnesota, Paul Carter from the University of Illinois-Chicago, Cameron Hodges from Minnesota State-Mankato and Andrew Albicy from France — competed in a variety of individual and team drills under the direction of the Timberwolves coaching staff.

The 6-foot-11-inch Vanderbeken, who as a Cyclone was known primarily for his perimeter shooting, averaged 11.1 points and drained 42.5 percent of his 3-pointers last season, the fourth-best three-point field goal percentage in the Big 12. In the NBA, however, players of Vanderbeken’s height usually roam near the basket — something that Vanderbeken needs to get better at if he wants to continue his basketball career.

“I’m not gonna lie to anyone and say that I’m a big bangar. That’s definitely not me, but I’m willing to work on whatever aspect of my game that I need to,” Vanderbeken said.

Members of the media were allowed to view the final portion of the workout, which featured a three-on-three scrimmage. During the scrimmage, Vanderbeken guarded the 6-foot-8-inch Carter and was instructed on numerous occasions to run a pick-and-roll with Albicy. Afterward, Vanderbeken admitted that he was much less familiar with the pick-and-roll than other post players.

He said he’d learned to retreat to the three-point line after setting a pick rather than rolling to the basket.

“I came in here with really no expectations or anything — just to go out and play my game. I think I could have played a little better out there, but I left it all out there on the floor, and that’s about all I can do,” Vanderbeken said.

Vanderbeken listed his post presence, his conditioning and the need to extend his shooting range from the NCAA to the NBA three-point shot distance as his main pre-draft concerns. He will be traveling out to Las Vegas, Nev. later this week to begin training at the Impact Basketball facility with other draft prospects.

In case he is not picked in the NBA draft and does receive an offer to play overseas, the Belleville, Ontario native may cross the Atlantic. He thinks his pick-and-pop shooting may be better suited to the European style of play.

If he does go to Europe, Vanderbeken has little cause to fear culture shock: he played in Milan, Italy as a teenager and learned a bit of French at Iowa State.

“I did take some French classes [at Iowa State] but come two months from now I probably won’t remember any of it,” Vanderbeken said. “I like different cultures, though and it’s a different style of basketball.”

If he goes undrafted, Vanderbeken’s next step will be to play for the Canadian national team. The team’s training camp will begin in Toronto on July 15. It is scheduled to participate in camps in Italy and the Czech Republic, as well as a summer tournament in Argentina.

The 2011 NBA Draft will begin 6 p.m. June 23 in Newark, New Jersey.

Track and field

Cyclones take off for NCAA regionals

By Zach.Gourley
@iowastatedaily.com

The Cyclone track and field program is sending 19 athletes in 12 different events to the NCAA West Regional in Eugene, Ore., which will take place from May 26 to May 28.

Expectations at regionals have been high for the women’s distance runners since the tandem of Betsy Saina and Dani Stack finished 1st and 2nd, respectively, in the 5,000-meter race at the Big 12 Championships.

“We have to get in the top 12 to make it to nationals, so that’s where we want to be,” Stack said. “We’re going to go out there, compete hard and run together again, and work hard to make sure we both get in.”

The 10,000-meter race, which Stack, Saina and fellow Cyclone Semehar Tesfaye will run together this week in Eugene, did not work out the way the duo had hoped at the Big 12 Championships.

The pair of Cyclones took an early lead and held it for most of the race, but when the rest of the field made a move, they were unable to respond. Stack held on to finish 2nd, while Saina fell back, finishing 4th.

Stack said there were lessons to be learned from the way the pair finished.

“We had a talk with Coach Ihmels and we asked him what he wanted us to do, and he said not to lead it because we led the 10,000,” Stack said.

“We decided that we were just going to hammer it halfway through and try to drop the field, and that’s what we did.

The 10,000-meter race, which Stack, Saina and fellow Cyclone Semehar Tesfaye will run together this week in Eugene, did not work out the way the duo had hoped at the Big 12 Championships.

The 2011 NCAA Track and Field Championships will take place May 26-28 in Eugene, Ore.
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**Fast Fact: Shopping**

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Weekly Horoscope: by Nancy Black

Aquarius: Be cool!

Week of May 23-May 29, 2011

Aries, March 21-April 19
Slow down and contemplate. Be sensitive to what others want, and discover inspiration in the process. Stay close to home and plan your next strategy.

Taurus, April 20-May 20
Socially, things are hopping. Schedule meetings with teams, lunch dates and get-togethers with friends who want to play. Extra housecleaning may be in order.

Gemini, May 21-June 21
Use what you've acquired to go further. Pay attention, as the next few days bring testing and accountability. Follow the rules, and play full out. Someone's noticing.

Cancer, June 22-July 22
Learn quickly from a loved one. You'd rather play, so consider an adventure or plan a vacation for later. Discover a new source of revenue. You'll find the funds you need.

Leo, July 23-Aug. 22
Money's coming in, but threatens to go right back out again. Keep an eye on the details. You have the patience to monitor finances. Listen to an outrageous suggestion, but don't fund it yet.

Virgo, Aug. 23-Sept. 22
Unleash your imagination. Create partnership for best results. Compromise may be necessary, even if you don't think so. A caring soul is there to help you.

Libra, Sept. 23-Oct. 22
Productivity is high and business is jumping. Put yourself into it completely to make best use of the energy and momentum. Striving for perfection leads to satisfaction.

Scorpio, Oct. 23-Nov. 21
Love is a many splendored thing. The roses are blooming, and it's a good time to be with friends. Be flexible, easy-going and discover the romance of simple gestures.

Sagittarius, Nov. 22-Dec. 21
Your spiritual practices clear your mind and provide peace. Figure out how to make wonderful things happen. Believe you can attain the skills you're after.

Capricorn, Dec. 22-Jan. 19
A partner helps you complete the next level. Your ability to concentrate will be enhanced for the next three days. It's difficult to determine what you're worth.

Aquarius, Jan. 20-Feb. 18
Be cool; you're attracting attention. A new assignment brings in more income. Don't just buy what your friends want. Stay close to home and prepare for that slow day.

Word of the Day:

assay - a-SAY
verb
1: try, attempt
2: to analyze for one or more specific components

Example:
A certified laboratory will assay the samples of gold and silver to determine their levels of purity.

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