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Moving made easy
Cover story:

Move easily

Follow these easy tips to make your checkout process a lot easier. Students are encouraged to start moving out as early as possible to avoid the rush at the end of finals week.

By Jessi Wilson
Cover photo: Huiling Wu

Inside:

Principles

College should be more than just job preparation. It should include the morals and perspectives necessary to do the job.

Gymnastics

After an early injury, Michelle Shealy continued to earn the highest-ever finish for the Cyclones at the NCAA Championships.
Many students will move out this week, and there are checkout procedures to make this process run smoothly.

Campustown assistant general manager Alex Sidorowych said the biggest mistake moving residents make is ignoring the move-out packets distributed to tenants.

“They'll provide them with, as far as what the expectation is at move-out,” Sidorowych said.

Packets include information for approved cleaning services, such as how to forward mail and how to get your security deposit returned.

Sidorowych said the most common mistakes made by movers are obvious ones.

“They don't clean their apartment, they leave furniture behind, I mean obvious things. ... For example, we require that carpets are cleaned at move-out time; they don’t provide us with a copy of the receipt notifying us of it.”

Cameron Aisenbrey, communications specialist in the Department of Residence, says his department tries to make the process as easy as possible for students.

“It’s a different process than move-in where we have a lot of helpers there to help you move everything in and grab all your stuff,” Aisenbrey explained. “It really is your responsibility to clean out your room; it’s pretty straightforward.”

Students are encouraged to start preparing for move-out as early as possible.

“There are things you can do before finals or dead week even get here,” Aisenbrey said. “Depending on how close you live or whether you have family visiting or anything like that, you can start moving some stuff out already.”

With nearly all ISU students moving out this week, Aisenbrey recommends students set up checkout appointments with their community advisers as soon as possible in order to choose a time that works best with their move-out plans.

“All week is pretty busy, but the earlier in the week is better typically because most students start leaving more and more as the week goes on,” Aisenbrey said. “Thursday and Friday are probably really our heaviest days, in terms of traffic.”

Madi Linkenmeyer, senior in advertising, recommends students whose finals are done early in the week. She said, “It’s pretty straightforward.”

As a way to assist students with the move-out process, the Department of Residence developed the Save Program, which collects unwanted items and donates them to Goodwill and local food pantries.

“They have drop-off locations throughout campus in most of the residence halls, and...
After a month on the job as the new dean of the College of Engineering, Sarah Rajala still finds herself with a packed schedule on campus while also adjusting to life in Ames.

Since her start on April 1, she has kept busy meeting people and adjusting to her new job.

Now, with a lot of the formalities that come with assuming a new title behind her, Rajala has begun to look forward.

"Over the summer, I hope to spend a little more time thinking about what our highest priorities are, how we should be spending our time and attention," Rajala said.

Given the college of engineering’s recent enrollment growth, which has made it Iowa State's largest undergraduate college, accommodations to match this growth are necessary.

“We’ve had a lot of enrollment growth, and we want to ensure that students get the highest quality of education. So the question is ‘how do we ensure that?’ We know we need more faculty, so we have to work on strategies for hiring more faculty,” Rajala said.

A related goal, which would serve to benefit increased numbers in students and faculty, involves increasing outside funding coming into the college.

“Bringing in resources that are outside of the normal state resources or tuition resources are extremely important these days,” Rajala mentioned.

In terms of where funds will be allotted, providing more opportunities for students is of high importance.

“Whether we see it renovating space, providing scholarships or providing sti-pends for graduate students, all of that is about getting a better education environment for the students,” said Mufti Akinc, interim dean of the college prior to Rajala’s arrival.

A specific example where funds will be used in renovation involves a recently approved renovation of Marston Hall. The project, Rajala said, is worth $20 million, but the college has yet to raise $8 million, which will be a major task.

The renovation will replace Marston Hall’s current heating, air conditioning and elevator systems as well as alter the building’s layout.

The first floor will be devoted to prospective and current students.
Editor: Katelynn McCollough | news@iowastatedaily.com | 515.294.2003

Welcome center for visitors.

New classrooms, as well as new meeting areas for student organizations, are also planned. The second floor will be largely reserved for faculty offices, including the dean’s office.

“We certainly want to maintain the architectural history and features of the building but there will be some realignment of space so it’s used much more efficiently,” Rajala noted.

The renovations to Marston Hall will also seek to be Leadership in Energy and Environmental Design compliant, a recognition deemed by the U.S. Green Building Council for buildings that meet specified environmental guidelines.

“We want to make sure we’re environmentally good stewards, so we’re striving for Gold LEED status,” Rajala said.

Beyond issues of funding and renovations, Rajala also has her sights on promoting diversity within the college.

“At the faculty level, we are all going to be as proactive as we can in terms of searching for certainly the very best quality in terms of the faculty but also a very diverse faculty,” Rajala said.

From a student perspective, a multi-leveled approach to different partnerships will be sought.

“We’ll look at ways in which we can build partnerships with high schools that may have more diverse populations of students. We’ll certainly look at our culture within the college to make sure we’re as welcoming as we can be and should be to anyone that comes to the university,” Rajala said.

Rajala also mentioned that student organizations promoting diversity will be provided for.

One student organization in particular is the Society of Hispanic Professional Engineers.

“We’re working with them to hold a regional convention here, that will help raise awareness and illustrate the importance of diversity,” Rajala said.

Regardless of circumstance, Rajala plans to draw on her breadth of past experiences, which has featured several teaching and administrative positions, to guide her through any challenges that may arise during her tenure as dean.

“There will be new challenges and opportunities, but you always look back at how you solved or addressed a particular issue in the past and how that might influence how you approach it in the future,” Rajala said.
Finals week is one of the most stressful weeks that college students go through in their academic life. But students who have anxiety disorder or depression have to endure it with many other challenges.

National Anxiety and Depression Awareness Week is May 5-11, 2013.

Danielle Levings, senior in psychology, successfully manages both anxiety and depression and has overcome obsessive-compulsive disorder.

“When I was 17, I was diagnosed with obsessive compulsive disorder. I went to therapy, and I got medication, and I beat that,” Levings said.

During finals week, students tend to become more stressed and anxious. There are facilities on campus that are here to assist students that are in need of guidance. The Student Counseling Services has people available to help students through tough times.

Levings first noticed that she had a problem with OCD during high school while at a waterpark. She did not want to touch the same tubes as other people, and it made her very nervous.

She went home and told her mom what she had been feeling and that she had a problem.

She had obsessive-compulsive disorder relating to germs and diseases. She did not want to touch anything that had germs on it: for example, remote controls and doorknobs.

“[My mom] sat on her computer and compiled a list of therapists in the area and said, ‘No matter what it takes, I’m going to help you, and I love you,’” Levings said.

Along with her OCD, anxiety and depression also stemmed from a younger age.

“I had a difficult adolescence; I was bullied,” Levings said. “I was bullied in school because I was different.”

She was picked on throughout middle school and high school. Even her own teammates from the swim team contributed to the bullying.

“My senior year I finally realized how toxic it was, and I said, ‘Enough,’” Levings said.

She took action about her conditions and has been taking medication for the last three years. She said she is doing great on them.

“If you don’t like something, you have the power to change it. You just have to find the avenue of which to do so,” Levings said.

Levings is graduating summa cum laude this year from Iowa State and going onto graduate school at Kansas State in the fall. She plans on studying to become a therapist.

“I want to make other people’s lives better,” Levings said.

Contact Dr. Nebbe

Fax, 515-294-7180
Nurse number, 515-294-3657
Located at 2260 Thielen Student Health Center.

Tips

- Sleep regularly: seven to nine hours every night
- Eat regularly: three times daily, good food, not too much, mostly plants
- Exercise at least five times per week for 30 minutes

Student Services Center

- Open 8 a.m. to 5 p.m. Monday through Friday
- Phone: 515-294-5056

Mental health

ISU student talks about how to deal with high stress

By Ryan Anderson and Miranda Freeman

Finals week is one of the most stressful weeks that college students go through in their academic life. But students who have anxiety disorder or depression have to endure it with many other challenges.

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This finals week marks Levings’ last set of college finals, and she has made it through each one with preparation and focus on her personal wellness.

“I don’t believe in staying up [and] pulling an all-nighter to finish a paper because it’s not going to be good, and you’re not going to feel good,” Levings said.

Her biggest advice to students with anxiety is to take time out of every day for yourself.

“The main message is wellness; take care of yourself as a whole person, mind and body,” said Levings.

Especially during finals week, students feel the growing pressures of school, summer jobs or graduation, leading to the high rate of depression and anxiety in college students.

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you can donate gently used clothing, household items or leftover food you might have,” Aisenbrey said.

The Save Program accepts items in good condition, as well as nonperishable and unopened foods.

Aisenbrey said his biggest advice for students during the move-out process is to clean rooms thoroughly before their checkout appointment.

“Make sure that it is as clean as the day you moved in,” Aisenbrey said. “That can be hard depending on what all happened in your room, but the biggest thing that students have to stay for is cleaning.”

Students are fined if they do not clean their rooms properly, but Aisenbrey said community advisers will warn students beforehand and allow students to fix any problem areas. Cleaning supplies are made available for students to use in hall dens or kitchenettes.

Aisenbrey said it is also important for students to establish a move-out timeline with roommates and be on time for their checkout appointment with a community adviser.

“Respect your roommate; respect your [community adviser],” Aisenbrey said. “It just makes it easier for everyone else if you’re on time and doing what you’re supposed to be doing.”

He also encourages those moving out to remember community advisers are students, too.

“They’re there to answer questions and assist in any way they can obviously,” Aisenbrey said. “But they have finals and other things going on, so that’s important to remember.”

The Department of Residence does offer an alternative to checkout appointments, called Express Checkout. This allows students to leave whenever they want without having to set up a checkout appointment.

For this process, students complete a form and a move-out checklist on their own before turning in it in with their keys at their hall desk.

“Our staff is there to help,” Aisenbrey said. “Especially at this point, we’re here to answer questions and help out as much as we can and just make it so it’s as easy as it can be on the students.”

Key reminders

- Leave your space in good condition.
- Turn in your keys.
- Talk to your roommate(s).
- Take all your stuff with you.

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IOWA STATE UNIVERSITY
Information Technology Services
Editorial:

Ask students later to give back to ISU

Before ISU students even graduate, the ISU Foundation gets in touch with them about donating money for a senior gift. Throughout alumni’s lives, the ISU Foundation will ask for their contributions to the university’s ongoing projects such as scholarship funds and the construction and renovation of buildings.

Students about to graduate and recent graduates, however, are probably the worst demographic group from whom the university’s fundraising arm could ask for money. Iowa residents graduate Iowa State with an average debt load of nearly $29,000. With persistent news about a sluggish economy, that number is scary.

But that’s not to say that the Cyclone alumni who used to shout “For I’, for S’, for ever” at the top of their lungs will never want to give back to a place where they went from wide-eyed 18-year-olds to adults ready to solve the world’s problems.

Given a few extra years without pressure to quickly give back, we would be happy to do so. Youth is wasted on the young, it is said, and far too many of us leave college with a desperate desire to leave college. The sense that these were the best years of our lives will often come to college graduates years down the road as they struggle with work, paying a mortgage, and raising children. It is then, when they yearn for the college atmosphere and have the perspective to understand its joys, that solicitations should commence.

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Send your letters to letters@iowastatedaily.com.

Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s).

Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

By Michael. Belding
editor@iowastatedaily.com

Character education is just as vital

College should be more than just job preparation

The Memorial Union’s Gold Star Hall serves as a continual reminder of the sacrifices that must be made to survive, with the names of Iowa State students who died in American wars since 1917 engraved on its walls. Above eye level, 12 panels of stained glass windows portray scenes and symbols related to Iowa State, its mission, and the ideals of a virtuous life.

Indeed, the stained glass windows to which our eyes rise after reading the names of the veterans who gave the “ultimate sacrifice” are the qualities for which they fought. The first of those, which is most important for Iowa State and is probably on everyone’s mind this finals week, represents learning.

I won’t belabor the depictions in the glass itself. You can see it yourself, in the facade Iowa State presents to the world, or read the explanatory pamphlet on the MU’s website. “Learning” includes military training, library research, classroom teaching, religious symbols, and the creation of our land-grant agricultural school.

Such inclusion suggests that an education should do more than simply prepare students to obtain a job.

The first president of Iowa State understood this. At the very least, he paid it lip service in his inaugural address. On March 17, 1869 Adonijah Welch said, “Let every earnest youth strive for the attainment of that sort of intellectual power which, while it prepares him for the duties of the citizen, will enable him to do thoroughly and well his special work in the world.” Welch anticipated that the Iowa State Agricultural College would graft onto the liberal education offered by older colleges something that would benefit students as they worked to make a living: an education in agricultural science.
World of possibilities awaits ISU graduates

Just past seven in the evening, the sun is making its departure and its warm rays blanket your body as your fingertips tickle the tall grass. Monstrous, white clouds pock the bluebird sky, casting intermittent shadows across rolling fields of flora swelling in the breeze.

You inhale just as a breeze blows by, taking in a thousand flowers and the scent of a spring morning rain. Dense woods in the distance percolate the soft soil you trod so lightly, barefoot, feeling the dirt, pebble, and grass groom your feet.

A lone cherry tree, atop a cresting hill of grass gives way to some vivid pink blossom with every firm breeze. You slowly, joyously, stroll through the grass and up the hill, making your way towards the cherry tree, not quite sure where you are or where you’re going. The hill stretches on upwards, seemingly growing, making you realize you misperceived the majesty and illusion of this hill. With every step, the cherry tree looms larger, broader.

On top and out of breath, you bask in the shade of this cherry tree, completely absorbed in its greatness. The wind now tests your foot and drowns out the song of birds from below. You place your hand up to the tree and look up, admiring its wonder, slowly strolling around its base grazing every aged crack juxtaposed with its smooth bark, stepping over the roots sinking deep into the Earth.

“What am I?”

Stricken with a smell, your attention is stripped from the cherry tree as if pulled from a dream. A smell so distinct you can taste it under your tongue. It tastes rocky and bitter, like a dry sweat after an afternoon of yard-work.

“What is that?”

You dismiss it and lean your back up against the cherry tree, sliding gracefully down to a seated position to, only momentarily thereafter, have a cherry blossom fall to your lap. You stare at it awhile, as if it was looking at you ... looking at you with the same wonder you look at it. No judgement. No prejudice. No ridicule. And no expectations. Just inquisition.

By Ian.Timberlake
@iowastatedaily.com

Columnist Ian Timberlake presents an optimistic, metaphorical story to encourage students to embrace opportunities and challenges as they enter the real world upon their graduation.
The window in Gold Star Hall, however, epitomizes the liberal education that Iowa State has more or less forsaken in the nearly 150 years since the State of Iowa designated it as Iowa’s land-grant college.

One of the most succinct definitions of a liberal education lives in the Englishman Henry Fowler’s Dictionary of Modern English Usage.

Fowler defined a liberal education as one in which no expense is spared or which leads to broad-mindedness in the student. On the opposite side of the educational spectrum is a technical, professional, or otherwise specialized education.

In The Radicalism of the American Revolution, historian Gordon Wood clarified the point: A liberal education will instill in students the qualities of thinking and acting like gentlemen. Such thinking and acting, he wrote, “implied being reasonable, tolerant, honest, virtuous, and candid, which meant just and unbiased as well as frank and sincere. It signified being cosmopolitan, standing on elevated ground in order to have a large view of human affairs, and being free of the prejudices, parochialism, and religious enthusiasm of the vulgar and barbaric.”

In other words, a liberal education -- such as the one advocated by that monument of artistic glass in the hub of Iowa State -- is supposed to give context to our particular work so that, in single-minded pursuit of the tasks through which we make a living, we despoil neither the natural resources of the world nor the interactions we have with other people.

Perhaps like Karl Marx, who lamented the mechanization of the workplace (“The bourgeoisie ... has pitilessly torn asunder the motley feudal ties that bound man to his ‘natural superiors,’ and has left remaining no other nexus between man and man than naked self-interest, than callous ‘cash payment.’”), I believe that humans are more than unthinking cogs in a machine whose operation has no consequences for the world in which it operates.

Acting in such a way that we are good stewards of the earth, and of ourselves, requires perspective, not merely empirical knowledge. The manner in which we apply the information imparted to us is just as important as the information itself.

Yet, who has known a 20-year-old to make good judgments on a consistent basis? From my own experience, more often than not I have acted recklessly. Truly, youth is wasted on the young. Since it would be too dangerous to allow us to learn morals on our own, someone must (in the words of the Bible) “Train up a child in the way that he should go, / [So that] when he is old he will not depart from it.”

Just as college curricula now should include job training, it should include the morals and perspectives necessary to do that job responsibly.

Michael Belding is a graduate student in history from Story City, Iowa.

>>GOODBYE.p9

Just curiosity.

Eventually you pick up the cherry blossom, feeling its silky smooth petals, its flutes with globules of pollen at the end, its delicacy more than a vase. Bringing the blossom up to your nose, you smell it, but it doesn’t matter because you’re already sitting under the greatest cherry tree of your life. What were you thinking you’d smell?

You remember hearing once that cherry blossoms were edible. Looking at the beautiful flower resting in the palm of your hand, you grimace. But...

“What the hell”, and you eat it. A light, and comfortable taste washes across your palate. Nothing too strong or specific, too crunchy or too soft. Smiling, a happy taste, if that means anything. You laugh.

A gust of wind blows through, you can feel your hair disarranging, but you don’t care... you get a quick shiver down your spine. You taste the bitter in the air again, almost thwarting the happiness of your recent cherry blossom. More inquisitive now, you look over your shoulder and around the tree trunk.

Now, with more attention paid and curiosity gathered you notice a slightly larger hill a good stroll away. This hill was just tall enough to block your view of what lay beyond, it was connected to the hill you sat on by a smooth, grassy loft.

“Hmm.”

Standing up, you look around, doing your best to admire where you are and, somehow, take in your surroundings, and begin your stroll across the loft, slightly down and slightly up to the top of this bigger hill, still barefoot, still taking in deep breaths of flowers, still closing your eyes and admiring the sounds of the rushing wind over the faint bird chirps. The bitterness gets stronger, the wind grows to be confused with a rushing ocean.

You crest up and over this broad, grassy hill with the cherry blossom far to your back.

Awe struck, you say under your breath, “My... That’s a big ocean”.

You look down the now sandy hill at the long, white beach, and see a washed up rowboat, made of wood. It was of chipped white paint and faded red trimmings. In no time, you sink your feet into the warm sandy dune, towards the rowboat, saying nothing less than a smile.

Farewell, graduates.

Ian Timberlake is a senior in aerospace engineering from Chicago.
The 2013 season was Michelle Shealy's best ever, but it almost never happened.

In practice, Shealy attempted what she thought would be a normal routine on the uneven bars. She was supposed to perform a double front and a dismount with two front flips that she has successfully executed for years. Instead, she felt tired and wanted to attempt only one flip, but over-rotated and landed directly on top of her head.

“After early injury, gymnast returns for best season”

By Maddy Arnold
@iowastatedaily.com

The 2013 season was Michelle Shealy's best ever, but it almost never happened.

She made it to the NCAA Championships on April 19, where she competed as an individual all-around gymnast. She tied for fifth on beam, the highest-ever finish by a Cyclone at the beam final.

Last October, the ISU gymnastics team began working on its routines for the upcoming season.

In practice, Shealy attempted what she thought would be a normal routine on the uneven bars. She was supposed to perform a double front and a dismount with two front flips that she has successfully executed for years. Instead, she felt tired and wanted to attempt only one flip, but over-rotated and landed directly on top of her head.

“My perspective 10 feet away was there’s a possibility she didn’t survive that crash,” said ISU gymnastics coach Jay Ronayne. “So all this goes on in my head in a split second: She might be dead, she might be paralyzed, she might be severely injured. Going through the very worst and going back from there.

“I couldn’t imagine anything that was good that was going to happen from this. The first good thing that I heard was her screaming. I knew she was alive. The second thing good I could see, she could voluntarily move her limbs.”

Ronayne and the training staff immediately attended to Shealy after the fall. After she was stabilized, Shealy was allowed to move.

“I’m not going to lie; I thought that I might have been paralyzed,” Shealy said. “It wasn’t until I moved my toe that I was like, ‘OK, I’m good,’ because I knew that I could feel my legs and everything. That was probably one of the best feelings ever because I definitely thought that could have been career-ending.”

Once Shealy was able to walk, she was taken to get medi-
Shealy's accomplishments this season

After her fall in the preseason, junior Michelle Shealy went on to score career highs on two events during the 2013 season. Shealy scored a 9.9 on both the balance beam and the uneven bars.

Shealy was named Big 12 Event Specialist of the Week in March after her performance at UCLA. She won the beam title with a score of 9.875 and scored a 9.9 on bars at the quad meet.

Shealy earned All-America honors on the balance beam for making it to the event finals at the NCAA Championships. She scored 9.8375 and tied for fifth place on beam, the highest-ever finish by a Cyclone on beam finals.

“I am amazed by [Shealy] everyday,” said ISU coach Jay Ronayne. “Even before [the fall] she finds motivation within herself that a lot of athletes don’t. I’m always impressed by that. Now after this incident there is a new fire that is extremely rare. I can’t really even put it into words. She is a very special person and she’s destined for great things.”

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weeks prior in its 13-10 win against cellar-dweller Kansas. The Cyclones found themselves in a 17-point deficit at the beginning of the second half. I sat in the press box with one thought in mind: “Where have we seen this before?”

Iowa State was synonymous with letdowns: It let Texas jump out to a 34-0 lead in the Big 12 opener, let Baylor slip through its fingertips, couldn’t even get going against Missouri and was a doormat to Texas A&M in its Homecoming game.

With those losses in mind, I rolled my eyes out of their sockets at the notion of an upset.

But the Cyclones scaled that deficit, tying the game at 24-24 to send it into overtime.

On the first play from scrimmage in the second overtime, ISU senior Ter’Ran Benton picked off Weeden to officially put my predictions in doubt.

From there, running back Jeff Woody bulldozed through the OSU defense for three-straight carries to touch pay dirt, ending the game in its only victory against a team ranked higher than No. 7.

I scrambled to pick up my jaw off the floor as I sprinted down the side stairs of the Jack Trice Stadium press box for interviews, completely in awe of what had just happened.

To this day, I admit I was wrong. If that game was played 100 times, Oklahoma State would win 99.

But all it took was one to show me that nothing is impossible in sports.

2. Rome wasn’t built in a day

As an enthusiastic freshman reporter, I was assigned to cover the ISU wrestling team in what turned into my first big break.

That year, Jackson’s first as coach, the Cyclones were ranked No. 2 in the nation during the regular season and placed third at NCAAs with national titles from Jake Varner (197 pounds) and David Zabriskie (heavyweight). After that, it all went downhill.

Reader won the national title at 174 pounds in 2011, but even that wasn’t enough to keep Iowa State from finishing 20th at nationals. That was followed by an injury-plagued 35th-place finish, the program’s worst-ever showing at NCAAs.

Coaching changes happen, but some don’t always pan out. Cael Sanderson found success at Penn State winning the last three NCAA titles, so Jackson’s tenure at Iowa State was comparatively not as bright.

However, there’s something a lot of disgruntled Cyclone fans forget when it came to Jackson’s arrival: Coaching grown men on the U.S. national freestyle wrestling team, as Jackson did from 2001-08, and coaching college kids are two completely different tasks.

The maturity levels between them are rarely similar and once Jackson figured that out, the success followed considering the talent he had recruited.

In every dual meet since their loss to Iowa last December, Jackson’s Cyclones wrestled with a tenacity that was almost absent the past two years combined.

All 10 wrestlers were aggressive, shooting for ankles and legs even if they already had a comfortable lead.

Aside from a few hiccups at nationals, Iowa State’s newfound swagger produced three All-Americans and an 11th-place finish. This gave Jackson’s team some ground with a youthful group vying for a better finish next year.
It may not have been the first four years ISU fans had hoped for, but as they say, Rome wasn’t built in a day.

3. You can’t be afraid

This last segment was originally titled “No cheering in the press box” in reference to former ISU information director Tom Kroeschell’s famous declaration over the sound system in the press box at Jack Trice Stadium before kickoff. “None, nada, nyet.”

But I’d like to offer the most important piece of wisdom to anyone reading this: You can’t be afraid.

After the ISU football team’s 52-17 shellacking to Missouri on Oct. 15, 2011, anyone wearing cardinal and gold in Columbia, Mo., was in an awful mood.

Quarterback Steele Jantz failed to spur a single offensive touchdown in three quarters. So ISU coach Paul Rhoads decided to put in redshirt freshman Jared Barnett to start the fourth.

That quarterback change was the question of interest for reporters after the game, but no one wanted to ask it.

So I did.

Exactly 1:53 into Rhoads’ interview, I finally chimed in: “Coach, could you talk about Jantz and why he was pulled in favor of Jared Barnett?”

After a three-second pause, he answered.

“Because we were a good bit behind and still hadn’t led a touchdown drive,” Rhoads said, glancing at me to his left. “So I didn’t think I’d consult with you, I just thought I’d make the decision myself and put Jared Barnett out there and see what he could do with our offensive football team.”

I admit I’m not the smoothest talker and some of my questions can be awkwardly worded. I don’t blame Rhoads for giving the answer he did, his team had just gotten its face smeared in the dirt. But my question still opened the topic up for others and that’s really all I wanted.

However, that was one of the few times that I truly felt fearless, that I could do something without over-thinking the repercussions as I had so often done.

That’s why you can’t be afraid.

As Ferris Bueller once said, “Life moves pretty fast. If you don’t stop and look around once in awhile, you could miss it.”

That it does, folks. That it does.

>>GOODBYE.p14

Jake Calhoun is a senior in journalism from Urbandale, Iowa.
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Iowa State Center reveals new Performing Arts Series

By Nicole Presley
@iowastatedaily.com

The Iowa State Center recently announced the lineup for its Performing Arts Series for the 2013-2014 year. The Iowa State Daily sat down with Mark North, executive director of the Iowa State Center, to discuss what goes into lining up these shows.

Q: First of all, as a general manager at Stephens Auditorium, how do you go about lining up any of the shows?

The Performing Art Series is a process that begins in the prior fall. I attend a booking conference and then meet with a number of agencies and bring back probably upwards of 100 possible attractions to look at.

I then share that information and links with the Performing Arts council, which is made up of students, faculty, staff, community members, and subscribers and donors to the Performing Arts. They provide input and opinion on shows, and we meet mostly from September through February, in which time we get that list of 100 plus down to a manageable number of 15 to 20 or so.

Q: Do you contact people or do they contact you if they want their show at Stephens Auditorium?

It happens both ways. Like I said, I meet with the agents at the booking conference and they provide me with what's available in general routing periods when it's coming through the Midwest. Then you have to take a look at when they're coming through and how that lines up with the home football games. We try to stay away from music department events, graduations, semester breaks. All those kinds of things come into play when we program our events.

Q: What can people expect from the shows?

From our series I think the first thing people can expect is high-quality national touring acts. It's all professional. This year we've got just a great mix of things.

Comedian Bill Cosby kicking it off, the Broadway musicals this year, is a good lineup. We start off with Memphis the musical which is great music, great choreography. We have a comedic musical theater show, “The Addams Family,” which is about the sitcom “The Addams Family.” That'll be the first time it's played in Central Iowa.

There are returning gigs of “Beauty and the Beast” and “Mamma Mia!” and then we're also doing “Bring It On: The Musical,” which was just nominated for two Tony awards: best musical and best choreography.

From a musical standpoint, Jazz at Lincoln Center with Marsalis and some bluegrass people: Bela Fleck and Abigail Washburn and Del McCoury. The Ten Tenors Broadway is a great show, and of course we've got our usual classical music lineup. Estonian National Symphony and the Australian Chamber Orchestra. A fun show I think people are really going to enjoy is the Ukulele Orchestra of Great Britain.

Q: What do you expect from the line-ups that are coming this fall?

I'm optimistic that it will be received well and also that people are [going to] come out and see the attractions that we offer. Our ticket prices are very affordable, especially for ISU students. Tickets are generally $20 or $25 and they can buy a three punch card for $60 this year. We hope that the ISU students would take time and come out and experience these things. It's good entertainment.

Q: How are you able to make ticket prices affordable to the local community?

Some fundraising, that helps keep or prices low and for the ISU students, the Government of the Student Body buy down between the adult prices and the ISU student price. So it's coming out of the student fees that they pay. It's something that they really should take advantage of.

Q: Are the staff excited about any particular show?

I think in general they're pretty pleased with everything we have on this series. It was a nice surprise that this past Tuesday that to hear that Bring It On was nominated for two Tony’s [Awards], we hadn’t expected that. That's a nice little feather in that show’s cap. It's always fun to bring a show to central Iowa for the first time. The Addams Family fits that bill and Mamma Mia! is a feel good musical and everybody knows the music and it's just a good time.

Q: Do you have any words of wisdom for ticket buyers?

Subscription sales have started now, and if you order three or more shows before Sept. 9, you’ll get the best prices. After that you’ll end up paying the single ticket prices, which is higher. If you order five or more by Aug. 2, you get two free tickets to a selected show. My advice to ticket buyers is purchase now, check out the shows on our website www.center.iastate.edu and enjoy the series.
Google Glass has been in the news a lot in the days leading up to its launch. While many people will not get Glass for quite some time, a select group of pre-orders are about to reach their customers’ doorsteps. For one ISU student, the waiting game is almost over for what could be the year’s most talked-about product.

Allistair Lee, who is pursuing his masters of science in crop production and physiology, ordered his wearable computer last year at Google’s annual I/O, a conference where the company addresses current/future plans and product news.

“I’ve been interested in Google Glass since they released their concept video on YouTube, Project Glass: One Day,” Lee said.

“The main reason for me to be one of the early adopters is because I wanted to develop my own Glassware [app for Glass]. And also, being a techie for almost all my life, I couldn’t pass up on having this futuristic device now, can I?”

Lee said that having information in front of him whenever he needs it is the most compelling feature of Glass.

“Not to mention that Glass also has the ability to take photos and record 720p HD video. No more searching and fumbling for my phone just to miss an important picture moment,” Lee said.

Since the cost of Glass is in the neighborhood of $1,500, making sure the device is secure is a priority for Google. Lee said that Glass has an ability to identify unnatural movements, such as sudden jerks or quick removal, and then immediately lock the device, rendering it unusable until it is in the right hands. Because of the device’s built-in location sensors, tracking it is easy.

Lee has had extensive experience with Google and their products. While familiar with Android since Version 1.5 (called “Cupcake”), Lee is also co-organizer of Ames’s Google Development Group.

“Basically, [Google Development Groups] are for developers who are interested in Google's developer technology; everything from the Android, App Engine, and Google Chrome platforms, to product [application programming interfaces] like the Maps API, YouTube API and Google Calendar API,” Lee said.

Lee encourages anyone who wants to develop using Google technology to join the Google Development Group. The group has monthly meetings and its information can be accessed on Lee’s Google Plus profile.

Google Glass has not arrived for Lee and other customers quite yet, but stay tuned to the Iowa State Daily for updates.
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Progress Being Made at Your West Ames Hy-Vee
Ames offers variety of different favorites

By Caitlyn Diimig  
AmesEats Flavors writer

College is about expanding your knowledge and trying new things, so why not do that with food. Here is a list of my favorite restaurants in Ames. There are many restaurants I never got the chance to dine at – Cafe Grove, Aunt Maude’s and West Street Deli are next on my list – but take the time to explore Ames and its food. Go beyond favorites like Jeff’s Pizza and Hickory Park (although you’re not a true Iowa Stater if you’ve never eaten there) and give other local eateries a chance. Skip out on McDonald’s and other fast food places and order something you’d never try in a million years – for me that was Cafe Beaudelaire’s Beirut burger, and I’ve never regretted it since.

The Cafe (2616 Northridge Parkway)

The menu changes with the seasons to bring you the freshest local ingredients. The mac ‘n’ cheese is a local favorite, but try their flavorful pizzas made with fresh veggies. Their “after five” menu, which can be pricey (but worth it) also provides down-home options with a foodie twist to bring a typical steak or pork chop to the next level. The wait for a table can usually be long so grab a seat at the bar (to the left of the bathrooms) for fresh mojitos and sangrias while you wait.

Vesuvius Wood-Fired Pizza (1620 S. Kellogg Ave.)

Sure, you’ve probably had your fill of wings from Pizza Pit or smotherella sticks for Jeff’s, but venture out for authentic wood-fired pizza from Vesuvius. Skip out on the greasy pizza slices and enjoy fresh mozzarella, baby greens and prosciutto, plus a lightly salted golden crust. They also have vegan-friendly options.

Indian Palace (120 Hayward Ave.)

There’s no better lunch buffet than Indian Palace’s, which is Monday through Saturday for $8.50. Start your meal off with naan, which is light and filling with a subtle butter flavor. If you’re new to Indian food, try their tandoori chicken wings. For those who love the heat, try their lamb curry.

Stomping Grounds (303 Welch Ave.)

A perfect place to stop for breakfast with fresh quiches and bold brews of coffee. The meals are light, reasonably priced and perfect portions that won’t leave you feeling stuffed. Their tomato-basil bisque is a perfect pick-me-up on a summer afternoon, which has a spicy kick with every spoonful.

The Spice (402 Main St.)

Hands down the best calamari I’ve ever had – crisp, not greasy, and a boldly sweet sauce to dip into. Thai cuisine newbies should try their pad Thai with deliciously savory peanut flavors. Their drunken pasta is also a favorite. The best part about The Spice is that you can customize the heat level. Most dishes come with a mild, spicy kick, but up the ante by ordering one, two or three-star heat levels. But beware, I was sweating after the one-star heat level.

Olde Main (316 Main St.)

The lovely people that brought up Pint Night can’t be left off the list. Homemade beers are the reason to come here. Dinkey Wheat is a personal favorite as I’m partial to wheat beers, but during the cold winter months, the Reindeer Fuel with its chocolate notes is a great pick. But order their food as well – their meatloaf gives my grandma’s recipe a run for its money. Their steak options are an easy pick for most, but their breaded fish sandwich is also a favorite of mine.

Shogun (3704 Lincoln Way)

Sure, you’ve probably been to Fuji Japanese Steak House and tried their sushi (which is a favorite of mine, don’t get me wrong), but don’t forget to try sushi at Shogun. The decor needs a little work, but their sushi is just as flavorful and well prepped as the other popular sushi venues, but your wallet will thank you. The spicy tuna rolls are a personal favorite — it’s flavorful, but without overpowering the fish. Also, be sure to visit on your birthday. Hint: light-up disco ball. You’ll thank me later.

Cafe Beaudelaire (2504 Lincoln Way)

Come early and enjoy discounted Long Islands on Friday night, but they are no joke and have sent me home early many nights. Although my first trip to “Cafe B” was for the Long Islands, I now go for the food. Their Spanish burger is killer – laced with smoky paprika and oozing with Muenster cheese and fresh bell peppers. The Beirut burger is another must-try; it’s topped with a fried egg and peas, not too mention the piping-hot fresh potato wedges served with mayonnaise. Vegetarians can try their garlic pasta coated in olive oil and seasoned.
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With the semester winding down and summer approaching, many of us are getting antsy for that elusive three month break. While some students will be relaxing in the sunshine, there are many ISU students who are gearing up for their next task — a summer internship. Internships are a great opportunity for anyone looking to amp up their resume, visit new places and meet new people.

As excited as we may be for this next step in our professional journeys, we know that a common concern among future interns lies within the dress code. Even if the company is clear about their environment, it can be hard for an intern to find their place.

“Should I be more casual since I’m just an intern, or should I be dressing for the future job I want?” you may ask.

Fitting in with the company dress code can be a tricky thing. We’ve found that you should play it safe for the first week, erring on the side of too formal rather than too casual. Observe what your peers and supervisors wear and follow suit. Until you have the chance to observe, here is a general idea of what acceptable intern-wear is for your first few days on the job.

**Business formal internship**

In a formal environment, one definitely needs to be cautious about color and cut. It’s better to play it safe — after all, you are dressing more for your peers than for yourself. Go for a tailored, single-breasted blazer. Pair it with a pair of slim, bootcut dress pants or a knee-length pencil skirt. Be sure to wear a modest top under your blazer, such as a lightweight blouse or button-down. Slip into your most comfortable pair of black flats or pumps, and get ready to be on your feet all day.

**Business casual internship**

Business casual can be especially tricky since it’s very subjective depending on the company. To be safe, it’s better to dress one step below business formal. It’s best to go with dress pants and skirts and pair them with different types of blouses and cardigans. In this environment, it’s much safer to play with color, but don’t let it be distracting. As a rule of thumb, wear 75 percent neutrals, with only 25 percent color.

**Fashion internship**

Depending on the company, they may want you to dress formally or in all black to fit the brand image. If you happen to be in a more casual environment, you can have a bit of fun with it. It’s okay to wear trendier, edgier styles, but remember to still look polished. If you don’t look put together, you won’t be taken seriously. Feel free to let personal style show through while still representing the company.

For example, if jeans are acceptable, don’t wear any distressed pairs. Keep tops modest and leave the shorts and bandage skirts at home.
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Weekly Horoscope by Jennifer Shepherd

**Aries**
March 21-April 19
Group situations will be good for you. A social moon is reminding you that it’s fun to mingle. Get out and explore your options. You’ll want to flirt with strangers and show off that fiery personality. Along the way, you might encounter friend.

**Gemini**
May 21-June 21
Venus will be in your sign for several weeks. This will turn you into a romantic fool. You could be daydreaming about a former flame, wondering if you should get back together. Or you might be hung up on somebody sexy who recently crossed your path.

**Leo**
July 23-Aug. 22
A solar eclipse is bringing you manic energy. It’s a good time to join a gym, start biking, or go for long walks. You won’t want to be tied down to just one person – or just one place. This isn’t the best time to get engaged, get married, or move in with someone.

**Libra**
Sept. 23-Oct. 23
You could become infatuated with someone who is either very different from you or who lives far away from you. You’ll want to reach across a distance – a literal one or a figurative one – to connect with a special person. This could be a complex.

**Sagittarius**
Nov. 22-Dec. 21
A relationship has an on and off feeling. Venus is created some melodrama in your personal life. Pent-up issues might surface, and you’ll have to find a positive way of dealing with them. It’s a good time for healing your body and your mind.

**Virgo**
Aug. 23-Sept. 22
Career energy is good for you. Mars is encouraging you to market yourself and put yourself out there. You’ll start to bring in better income. You might not be so interested in dealing with relationship stuff, and that’s okay.

**Scorpio**
Oct. 22-Nov. 21
With a bunch of planets opposite your sign, your energy might be low. Be gentle on yourself. If your love life is stressful, take a break and spend time with friends. If your career is bothering you, get outside and spend time enjoying Nature.

**Capricorn**
Dec. 22-Jan. 19
Mercury is putting in a sexy mood. You’ll want to spend intimate time with your honey. If you’re single, you’ll be open to the idea of meeting people. Don’t let your shy nature prevent you from getting to know somebody wonderful.

**Aquarius**
Jan. 20-Feb. 18
You and a friend could be getting closer. This might be a coworker, neighbor, or acquaintance, and you’re learning that the two of you have a lot in common. Venus is putting a romantic energy in the air. Your heart is starting to feel warm, tingling things.

**Cancer**
June 22-July 22
Don’t take things too personally. Neptune is making you super sensitive, and you’ll be tempted to take offense. Don’t lash out at your boyfriend in a bad mood. Don’t break up with your lady friend just because of a bad day at work.

**Taurus**
April 20-May 20
Mercury is reminding you that you need to clear the air in a relationship. Maybe you’ve been afraid to speak up about something from your past. Or perhaps you’re nervous about what’s going on with money. Talk it out.

**Scorpio**
Oct. 24-Nov. 2
With a bunch of planets opposite your sign, your energy might be low. Be gentle on yourself. If your love life is stressful, take a break and spend time with friends. If your career is bothering you, get outside and spend time enjoying Nature.

**Pisces**
Feb. 19-March 20
A powerful solar eclipse is bringing you creative energy. You could be inspired to write a love poem, compose a romantic song, or send a humorous email. Use the power of your imagination to do something special.
Fun & Games

1 Soak up like a sponge
7 Iranian leader toppled in 1979
11 Chicago transit trains
14 "Hear heart"
15 Roll down the runway
16 "Hear hear!"
17 Kind of deli roll
18 Squadron, e.g.
19 Bedevil
20 Blew a fortune
22 Twittering bird
25 Affectionate squeezes
26 Bat mitzvah scroll
27 Comedian’s asset
28 Comedian’s bit
29 "Consarn it!"
30 Emcee’s opening
32 User trying to get through a firewall
35 Prim and proper sort
39 Stretch (out), like a dog in the heat
40 Burning crime
45 Letters on a tinkering’s kit
47 Email attachment format
48 See-through
49 Test answer in a blue book
50 Scouts do good ones
51 Watery expanse
52 Protector of the president
55 Bi- minus one
56 Close margin at the track
57 "__ Fideles": carol
60 Mohawk-sporting muscleman
61 “The Wind in the Willows” hero
62 “Hold your horses, will ya?”
63 Watch closely
64 “The...the limit!”
65 Emphatic refusal, and words that precede the ends of 20-, 35- and 40-Across in a restaurant warning

Across
1 Help for the poor
5 Florida resort, familiarly
10 Buffalo bunches
13 Quick look
14 German sub
15 Cowardly Lion actor
17 Old Sinclair Oil rival
19 Canal
20 Defend a position
23 Bind with a band
24 Pinup’s leg
25 Water under the bridge
26 Cultivates
27 Thing of the past
28 Soap Box Derby city
29 Ask for Friskies, maybe
30 Accelerate, as an engine
31 Licorice-flavored seed
32 Stands up to
34 Competent
35 Cradle-to-grave stretches
36 Metallic mixture
37 Homie
38 Honda compact
39 Fast-talking
40 Explodes with rage
42 PC panic button
43 Rounded hammer end
44 Filled flagjack-like food
45 Amtrak speedster
46 Pierre’s school
47 Isle off Tuscany
48 Cambodia neighbor
49 Revise copy
50 “Joy of Cooking” writer Rombauer
51 Study all night
52 Suffix with buck
53 Emperor after Claudius I
54 Show fatigue

Solution

Across
1 Tarzan” characters
2 “...we forget”
3 Glimpses’...Verde National Park
4 Toon fry cook in the Krusty Krab restaurant
5 “Just go along with what I said”
6 WWII investment
7 “When in...”
8 River projects
9 Walk drunkenly
10 Come into one’s own
11 Hawaii’s most populous island
12 Stubble spot
13 Yankee slugger, familiarly
14 Bridget Jones’s book
15 Was on the ballot
25...fright
26 Billiards bounce
30 Preempted
33 Walk-off home run, often
35 Horne of jazz
36 Metallic mixture
37 Barista’s concoction
38 Jerk’s concoction
40 Doctor’s advice
41 Uses a mouse wheel
43 Poe’s “...and the Pendulum”
45 Amtrak speedster
46 Pierre’s school
47 Isle off Tuscany
48 Cambodia neighbor
49 Revise copy
50 “Joy of Cooking” writer Rombauer
51 Study all night
52 Suffix with buck
53 Emperor after Claudius I
54 Show fatigue

Down
1 Pose, as a question
2 Poser’s neckwear
3 Heel type named for a dagger
4 Welles of “Citizen Kane”
5 Is sorry about
6 Big 23-Down cannon
7 Hurt, like a barb
8 Underwear brand
9 Revolving point
10 Calls it a night
11 “Mistress of the Dark” film hostess
12 German sub
13 Conflict that ended Nov. 11, 1918
14 Phone sound
15 Defend a position
16 “Mistress of the Dark” film hostess
18 Squadron, e.g.
19 Bedevil
20 Blew a fortune
22 Twittering bird
25 Affectionate squeezes
26 Bat mitzvah scroll
27 Comedian’s asset
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62 “Hold your horses, will ya?”
63 Watch closely
64 “The...the limit!”
65 Emphatic refusal, and words that precede the ends of 20-, 35- and 40-Across in a restaurant warning

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**Solution**

1. *Spar*
2. *Yard sale caveat*
4. *Litter box trainee*
5. *Fine-tune*
6. *Seafood restaurant freebie*

**Solution**

1. *Spar*
2. *Yard sale caveat*
4. *Litter box trainee*
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6. *Seafood restaurant freebie*

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Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk
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