Blood Drive

Regents consider tuition increases

By Paige Diddison
blowestdaily@iowastate.edu

The Iowa Board of Regents will consider the approval of the proposed conditional tuition and mandatory fee for the fiscal year 2013 at its meeting Wednesday.

IIRG undergraduate students who are residents of Iowa are looking at a 5 percent increase in base tuition and a 3.45 percent increase in mandatory fees, which makes the total base tuition and mandatory fees increase 7 percent.

If passed, resident students will see a change in total tuition from $8,860.070 this year to $8,862.070 per year.

The estimated change figure for cost-of-attendance undergraduates is expected to remain around $23,000 per year.

Undergraduates non-resident students will see increases in base tuition of 5.48 percent and a 3.46 percent increase in mandatory

Tuition.

GSB

Senate to decide club budgets

By Whitney Sager
blowestdaily@iowastate.edu

Student organization leaders have drawn up their budgets for the next semester on Wednesday.

The Senate’s Finance Committee is reviewing a proposal to allow student organizations to keep their annual Student Allocation Committee money. Accounting for the increase, Finance Director Erin Ilsley said the plan would allow organizations to determine how much money will be allocated to them.

"We will pull out several groups from here because we would like them to be more closely and then the rest, we cut a big group,"她说. "We take all the items, the new account and/or financial accounts."

In the future, if certain groups meet requirements longer than expected, the money would be returned to the Student Allocation Committee of the Memorial Union, rather than the annual balance of '09.

Iowa State University Senate President David Mikel said the meeting was a good start. "He said the planning of the meeting. Student organizations that do not want to arrive at 11 p.m., can meet at 9 p.m., he added."

Immigration

Speaker clears out myths

By Allie Koluck
blowestdaily@iowastate.edu

Gov. Schwarzenegger wants to dispel common misconceptions and myths about undocumented immigrants.

Fischer discussed several topics Tuesday morning, including how to break a problem into smaller parts and how to deal with immigration policies.

Fischer also noted in-person interviews are not the only way to find out what immigrants do have to say. "In Spanish and the Iowa Immigration Initiative, Gallagher told me to balance the information the general public receives with the reality of those groups of people who make up the majority of undocumented immigrants.""Gallagher said a lot of immigrants want to speak to the conversation," Fischer said. Fischer also noted on campus the benefit of the HCCD—found in 2006—to discuss issues about immigration and that it did not have a huge impact on different conversations in the Salisbury University campus. Fischer added. "(It's) not just people with alcohol, but with the food," Parise noted. "It was more about the place to hang out."
Calendar
Find out what’s going on, and share your event with the rest of campus on our website, at iowastate.edu/calendar.

WEDNESDAY
ISU Student Union Studio When: 7:30 to 8:30 p.m. Where: Performance directed by Melissa Cates. Where: Montgomery Gage Theatre. Recital Hall:

THURSDAY
Comedy Night with Rob O’Dwyer When: 7:30 to 9 p.m. Where: CBM-a-com, comedies from New York. Where: Memorial Union

Correction
In Tuesday’s article, “Mississippi invited to cover youth life, event at Iowa State,” Delta Upsilon was referenced on being dissolved, whereas it has been listed as being reconstituted. The Daily reporter regrets this.

PROJECTS: Sharing the design process
Judith Davis, sophomore in architecture, gives a glimpse into the process of putting ideas into reality. In the walls of the project Monday in the Design building. Daily project: Inside building featuring industrial arts work by students. Photographs from Judy Doak (Candlelight Creative) Daily staff.

Police Blotter
March 17
Andrew Eagles, 25, of St. Louis, Missouri, was arrested and charged with operating a vehicle engaged in commercial travel while intoxicated (4th offense).

Erik Kusturz, 21, of Iowa City, was arrested and charged with possession of a controlled substance. He was released on a bond of $500.

Kori Hensley, 21, of Indianola, was arrested and charged with operating while intoxicated. She was released on a bond of $1,000.

Dana Cyran, 23, of Iowa City, was arrested and charged with possession of a controlled substance. He was released on a bond of $500.

March 18
Juliette Brink, 26, of Des Moines, was arrested and charged with possession of a controlled substance. She was released on a bond of $500.

Clara Chari, 36, of West Des Moines, was arrested and charged with possession of a controlled substance. She was released on a bond of $500.

Kathleen Herren, 18, of Des Moines, was arrested and charged with possession of a controlled substance. She was released on a bond of $500.

March 19
Amanda Staal, 21, of Skokie, Illinois, was arrested and charged with possession of a controlled substance. She was released on a bond of $500.

Global Gaia
The 6th Annual Global Gaia is a celebration of the diversity of Iowa State University. The idea for this event began in 2006 with the idea of sharing cultures through fashion, music, and dance.

Global Gaia promotes and celebrates the diversity of Iowa State University. Student organizations will showcase their cultures and diversity through fashion, music, and dance.

Mondays, April 4, 11, 18, 25, 5 p.m. to 9 p.m.

Tuesday, April 19, 6 to 9 p.m.

Wednesday, April 20, 6 to 9 p.m.

Thursday, April 21, 6 to 9 p.m.

Friday, April 22, 6 to 9 p.m.

Saturday, April 23, 6 to 9 p.m.

Sunday, April 24, 4 to 7 p.m.

Tickets:
$10 for ISU Students, ISU Alumni, ISU Alumni Family Members
$12 for ISU Faculty, ISU Staff
$15 for Adults

Visit sub.iastate.edu for more information?
Renovations to DZ Triangle permitted

Council approves grant

iowastatedaily.com

Editor:

year.

for the renovation.

greek community is giving $3,000 and GSB has committed to $10,000. The $5,000 city grant, Iowa State is contributing $2,000, the Iowa State
culture fundraising and contacting companies to help us with this."

representative on the council. "We have been designing this project,

bricks that alumni can purchase to have their name, graduation year

Sunset Drive and Pearson Avenue. The Student Affairs Commission
council meeting Tuesday night.

Andrews was made an associate scholar when he studied literature and language at

Andrews was involved with. He has authored two

books and edited two more.

"The project will include a brick patio, limestone seating and

Nature. The Student Affairs Commission approved the project, which is

to the council to announce that the state contract that

and made modifications to the plan to

appropriateness of this site," according to

... Attendees at the first meeting raised a number of neighborhood concerns in-

community and neighborhood meetings

been involved with. He has authored two

books and edited two more.

"We expect that all tenure track faculty

in superconductivity and magnetism and

recognized Dr. Shelton for his pioneering work

seven years. For his outstanding scientific and academic leadership in major administrative

in superconductivity and magnetism and

The scoreboard was originally thought

the explosion of technology which

plays.

Andrews said he felt that the public was

Andrews wanted this book to be as "in-

exclusive as possible of the things left out from

diverse subject matter, such as female cosmo-

Andrews was able to do a lot of research and

Andrews said there was a fascination among

for the "explosion of technology" which

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U.S. Immigration Policy

Hundreds of Salvadorans protest during Obama’s visit

By Bonney Kapp

Hundreds of Salvadorans protest Obama’s visit during his trip to Guatemala. The protest was held in front of the White House and was organized by the Salvadoran Community in Washington, D.C. The protesters were demanding the end of deportations and the establishment of a path to citizenship for Salvadorans in the United States.

Law enforcement

Vigilance increases, officer deaths spike

By Carol Cratty

Violence increases, officer deaths spike. The Justice Department already has three programs in place to reduce violence against police officers. The programs include the Community Oriented Policing Services (COPS) program, the Violent Crime Reduction program, and the National Police Research Program.

Safety initiative announced

By Bonney Kapp

The Department of Justice announced a new safety initiative to reduce violence against police officers. The initiative includes the deployment of additional resources to high-risk areas, the use of body cameras, and the implementation of de-escalation training for police officers.

Obama discussed with his Salvadoran counterpart.

Obama discussed with his Salvadoran counterpart. In March 2010, Obama met with Salvadoran President Mauricio Funes to discuss trade and economic relations between the two countries.

The City of Ames’ first ever Earth Fair has the answers to all your sustainability questions!

By Lucas Faller

The City of Ames’ first ever Earth Fair has the answers to all your sustainability questions! The Earth Fair will feature vendors and activities that will educate and inspire visitors to live more sustainable lives.

Google

Universal library proposed

By Laura Segall

Google is aiming to create a universal library that will allow researchers to access books from around the world. The company has partnered with the American Library Association and the National Endowment for the Arts to launch the project.

The decision is the latest in a long line of initiatives aimed at making more books available online.

Facebook for businesses

Facebook for businesses is a new service that allows businesses to create and manage their own Facebook pages. The service includes features such as analytics, advertising, and customer support.

Google has once again at odds with laws governing the proposed agreement. The company now has an archive of more than 12 million books.

The company now has an archive of more than 12 million books. The archive includes books that are currently hard to find, as well as books that are in-print and out-of-print.

Google’s decision is an important step in the world’s information and makes it universally accessible and useful. The proposal is the latest in a series of deals that will allow Google to digitize books for libraries and universities.

The Facebook for businesses service will allow businesses to create and manage their own Facebook pages. The service includes features such as analytics, advertising, and customer support.

Facebook has announced plans to expand its popular social networking service to businesses. The new service will allow companies to create and manage their own Facebook pages.
Libya

Gadhafi remains defiant on situation

As Libyan leader Moammar Gadhafi crowded, “I do not scare,” the United States Thursday took back two cruise missiles used by the U.S. military, the other by anti-Gadhafi fighters, as the interim national council vowed to charge its former leader with war crimes.

The missiles were fired near the city of Misrata, south of the capital, where a bloodbath has left at least 400 civilians dead, said Col. David L. Rodriguez, in charge of the U.S. expeditionary force.

“Americans” are going to be sentenced for the war crimes committed, said a spokesman for the two Americans. They also are the first to go to any court in any country,” Rodriguez added.

The two men landed in Misrata, south of the capital, where a bloodbath has left at least 400 civilians dead, said Col. David L. Rodriguez, in charge of the U.S. expeditionary force.

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“American...
Board will start off with a little ex- formed, but for now, the ISD Editorial reporters to help keep the public in- be or legit, will be chomping at the bit tively soon, and every pundit, wanna- dential race will be tuning up rela- politican in our changing landscape. needs to become synonymous with lives out on the Internet, and maybe appearance and movements were a on TV, Kennedy won according to seeking political office; that this This is not a good thing, but it is a fact reality among the American people; issues and stances of politicians is a multiple punchlines about? a politician they haven't even heard in politics more and more, maybe it numbers and addresses will not be published. The Daily encourages discussion but does not and last name, major and year in school are signed the Affordable Care Act. The law enacts and networking opportunities. It Engineering is a huge issue for WISE, the Society of Women and SWE. They all offer lots of programs to try well spoken and sometimes polite. Sometimes a great deal of “experience” because of his businesstices, but that is in a whole different arena. For those politically on-the-ball, an examination of the illustrious celebrity pretty much be before the media gets to decide for the What would be damaging to make ap- pereances on “SNL” to get your name out in politics, they say. It doesn’t matter if they have years of exposure, without knowing names and stances, a candidate’s back- ground is discounted by mit ve as celebrities involves themselves in politics more and more, maybe it is a sure thing. One can look at political or political-officenuller potentials to jump on the train and act in the legitimite as we have shown “ Sexo” or “charismatic” they maybe be before the media gets to decide for the What would be damaging to make ap- pereances on “SNL” to get your name out in politics, they say. 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Students need to think about future problems before tying the knot

It seems that many people are in college and graduation isn’t coming fast enough for some seniors. People go to college to learn and fulfill their desires as the proposals and plans for the big day. As soon as the graduation season starts, the focus is supposed to settle down and have that family — or at least be seen that way. I don’t think that anyone really means to do that, but there seems to be some point to indicate that marriage is the next step after graduation. Not years after graduation, but months. We have the Wedding Days at Iowa State, and at the Daily Iowegian we have the wedding announcements and special sections dedicated to “planning your perfect day.” It’s not surprising that most of the people in your age group are wondering when it’s time to start thinking about marriage. It’s a good thing, and I hope to be married one day, but it’s a big decision with life-altering outcomes.

Part of the issue is we are conditioned to view the next big thing: high school, then college, and after college you are supposed to land a job, start a family and join the adult world. With help from some parent nagging and the desire for status of being 40 and unmarried, it is no wonder that some students are all ready for the next step in their lives.

There are two approaches to this issue. There is the one saying “If you know you’re in love, why wait?” Then there is the question “When do you know you’re in love?”

I tend to lean toward the second school of thought. 43 percent of marriages break up within 15 years. According to data from the National Survey of Family Growth. That gives us a 57 percent chance that you will get together — something to keep in mind before slipping the ring on the finger. If you want, you have a better chance of figuring out if it is what you want, rather than rushing into such a major life decision.

To me, the big decision of college degree helps to narrow the chances of getting a divorce, compared to just 25 percent of those people who did not get a college degree. This is partly because of lower rate of divorce, which drops off when couples are in their 30s. Psychologists say one reason for this is that our brains are still forming into our adult selves and figuring out who we are, even after college.

Finishing college is stressful enough with trying to find jobs or higher pay without the stress from the parents and figuring out how to survive in the so-called “real world.” It’s a transitional period where you are, as I am, trying to figure out who you really are. Instead of dealing with that, there is still a lot to think about. Most of the time you are not really thinking about marriage. Why not get your feet wet before rushing?”

I am all for letting anyone who wants to get married do so, but getting married at such a young age is not a good idea. As soon as the diploma is hung on the wall, Marriage is a good thing, and I hope to be married one day, but it’s a big decision with life-altering outcomes.

According to data from the National Survey of Family Growth, making it apparent that there is really no rush to get married. Census, which is stressful while getting situated in a new location on campus and win an ISU Extension prize package! Find today’s clue at:

It starts with healthy eating.

The college student lifestyle is made for a less-healthy, nutrition-free life. To help you eat deliciously and nutritiously on a meager budget, Extension provides programs and online spending and nutrition resources for buying, preparing or consuming food. To help you eat deliciously and nutritiously on a meager budget, Extension provides programs and online spending and nutrition resources for buying, preparing or consuming food. The college student lifestyle is made for a less-healthy, nutrition-free life. To help you eat deliciously and nutritiously on a meager budget, Extension provides programs and online spending and nutrition resources for buying, preparing or consuming food.

Lecture

International laws help preserve human rights

Recently, the world saw the invasion of the west and power in Libya. Alexander Taylor, the Director of Student Diversity for the Department of State at the College of Dualegie, International Law and Human Rights, which is a law that was brought to light in recent years.

The crimes in Libya are just another example of the abuse and the violation of international law.

According to Freedom House, an international watchdog group which focuses in Freedom in the World. Unfortunately, the violations of human rights are supported to the guaranteed to the people in the world. For example, in 2010 and in some cases more decades, the leaders of these nations are committing frauds such as torture and mass killings against civilians, who are being killed and oppressed, while the international community turned a blind eye to the violations of human rights, which are supposed to be guaranteed by international law.

Gaddour is hopefully the first of many who would be able to pay the price of violating these inalienable rights, and Libya will be able to pay the price of having a democratic transition that I think could eventually conflict throughout the world to every human on the planet.

Letter

Early marriages aren’t for everyone

It’s not just me talking; a lot of people are all ready for the next step in their lives. Why don’t you get your feet wet before rushing?”

Brian Greenfield in a former history

It seems that many people are in college and graduation isn’t coming fast enough for some seniors. People go to college to learn and fulfill their desires as the proposals and plans for the big day. As soon as the graduation season starts, the focus is supposed to settle down and have that family — or at least be seen that way. I don’t think that anyone really means to do that, but there seems to be some point to indicate that marriage is the next step after graduation. Not years after graduation, but months. We have the Wedding Days at Iowa State, and at the Daily Iowegian we have the wedding announcements and special sections dedicated to “planning your perfect day.” It’s not surprising that most of the people in your age group are wondering when it’s time to start thinking about marriage. It’s a good thing, and I hope to be married one day, but it’s a big decision with life-altering outcomes.

Part of the issue is we are conditioned to view the next big thing: high school, then college, and after college you are supposed to land a job, start a family and join the adult world. With help from some parent nagging and the desire for status of being 40 and unmarried, it is no wonder that some students are all ready for the next step in their lives.

There are two approaches to this issue. There is the one saying “If you know you’re in love, why wait?” Then there is the question “When do you know you’re in love?”

I tend to lean toward the second school of thought. 43 percent of marriages break up within 15 years. According to data from the National Survey of Family Growth. That gives us a 57 percent chance that you will get together — something to keep in mind before slipping the ring on the finger. If you want, you have a better chance of figuring out if it is what you want, rather than rushing into such a major life decision.

To me, the big decision of college degree helps to narrow the chances of getting a divorce, compared to just 25 percent of those people who did not get a college degree. This is partly because of lower rate of divorce, which drops off when couples are in their 30s. Psychologists say one reason for this is that our brains are still forming into our adult selves and figuring out who we are, even after college.

Finishing college is stressful enough with trying to find jobs or higher pay without the stress from the parents and figuring out how to survive in the so-called “real world.” It’s a transitional period where you are, as I am, trying to figure out who you really are. Instead of dealing with that, there is still a lot to think about. Most of the time you are not really thinking about marriage. Why not get your feet wet before rushing?”

I am all for letting anyone who wants to get married do so, but getting married at such a young age is not a good idea. As soon as the diploma is hung on the wall, Marriage is a good thing, and I hope to be married one day, but it’s a big decision with life-altering outcomes.

According to data from the National Survey of Family Growth, making it apparent that there is really no rush to get married. Census, which is stressful while getting situated in a new location on campus and win an ISU Extension prize package! Find today’s clue at:
Kimono influence infiltrates fashion

BY ALLISON BUTLER

ISD STYLE WRITER

Kimono-inspired jackets are a breath-taking alternative to a sweater or zip-up sweatshirt; throw on one over a pair of jeans and flats and you’ll look flirty and fashionable on the way to your next class.

Not only is the kimono silhouette popular, vivacious Japanese prints are popping up just as much. Pair this great style with colorful feathers and you can’t go wrong.

For a more formal look, kimono-inspired dresses are on the rise. This one from Topshop, $122, is the perfect look for your next night out on the town, paired with a statement necklace and punchy pair of heels, you’ll be the best looking one on Welch.

Xinyang Zang, a sophomore in marketing from Qinhuangdao, China echoes this notion, “Some girls are stylish here, but it’s different from China. There, girls who are eighteen wear high heels, but you seldom see that here. People just look at me sometimes when I wear skirts.”

Since Zang’s arrival in the US in 2009, she has had to change her style to suit Ames. She still hasn’t bought any clothing in the U.S.

“Unlike China, in the U.S. cheap clothes aren’t stylish. Stylish clothes are usually very expensive,” Zang said.

ISD STYLE™ CHECK IT OUT

Through the American Red Cross, you can donate money to victims of the earthquake in Japan and the Pacific tsunami. The minimum donation is $5 and you can pay with any debit or credit card. A little goes a long way.

To report fashion crimes, visit isdstyle.com.

International students sound off on American fashion

BY IAN LAUGHEAD

ISD STYLE WRITER

Between international street style blogs and a constant stream of tweets from European fashion weeks, it’s easy to believe the whole planet has one uniform style. What we forget, however, is that there is a huge variety of international students disproving that theory right on campus with us.

Saucy Goodwin, a junior in English, has more than a little experience under her belt, growing up in South Africa and living and studying in the United Kingdom.

Before Goodwin came to the U.S., her exposure to American style was based on television shows like “The Hills,” but since then, she says the biggest difference between Ames and our fellow Anglophiles across the pond is our relaxed approach to fashion.

“We’re not more stylish at home,” Goodwin said, “but we tend not to wear sweat pants. People dress more casually here in Ames. In England, I can go out wearing high-waisted shorts with my midriff showing. Here, people would say, ‘What is she doing?’”

That’s not to say that international students don’t appreciate the break from dressing up everyday, however. Bihan Montoro, a senior in accounting, loves dressing up to go out in her home country of Peru, but she is content going out in jeans on weekends in Ames.

“I like the laid back style people in Ames have at college. It seems like wearing sweatpants and a loose shirt, it is perfectly fine,” Montoro said. “In Lima, I would rarely find someone wearing sweatpants unless I am at the gym.”

Despite the consensus that Americans dress more casually, sometimes ISU students can surprise with their dedication to style.

ISU students disproving that theory right on campus with us.

ISD STYLE™ EVENTS

Grandma M’s Comedy Troupe
Where: M-Shopp at the MU
Cost: $5 for students

The Spring Nightlife Fashion Show
Where: 8-9 p.m. Thursday
When: M-Shopp at the MU
Free admission

Comedy Night with RO’Kelly
Where: 7-8:30 p.m. Thursday
When: M-Shopp at the MU
Free admission

100 production of “Strap Characters”
Where: Thursday
When: Fisher Theatre, Ames
Student tickets $5

Planetarium Show
Where: 7 & 7:45 p.m. Friday
When: ISU Planetarium, Physics Hall
Free admission

Comedy Improv
Where: 7:30 p.m. Saturday
When: WorkSpace at the MU
Cost: $30 to $50 students

“Little Dresses for Africa” event
Where: 10:30 a.m. – 4 p.m. Saturday
When: WorkSpace Free

Denim to Diamonds Wine Tasting Event
When: 5:30 p.m. Saturday
Where: Fort Des Moines Museum and Education Center
$20 entrance fee

Live Music: Willy Porter w/ Zachary Johnson
Where: 8 p.m. Monday
When: M-Shopp at the MU
Cost: $15 for students

Live Music: State Radio w/ The Golden Dogs
Where: 8 p.m. Tuesday
When: M-Shopp at the MU
Cost: $17 for students

Next time you reach for that cardigan that you’ve worn 10,283 times before, throw on a kimono-inspired jacket and you’ll not only stand out, but you’ll look good doing it.
Football

Tuesday marked the start of Paul Rhoads’ third sea- son as the ISU football coach with the opening of his team’s spring practice season.

Over the next month, the Cyclones will practice 15 times before the program’s annual spring game on April 16.

“I am very pleased with the development of our players, our program,” said ISU coach Paul Rhoads on Tuesday. “The competition that’s going to take place at all positions.

The practice was the first for the Cyclones as a part of the roof of the Bergstrom Indoor Practice Facility.

The practice was not only the first on-field action for the players since the end of the 2010 bowl season, but it marked the start of Paul Rhoads’ third season as the ISU football coach.

Softball

Rachel Zabriskie closing in on Big 12 strikeout list

Cyclone softball pitcher Rachel Zabriskie is moving closer to becoming a part of Iowa State softball history.

Zabriskie, a senior from Austin, Texas, is 39 strikeouts away from moving into the top 10 all-time strikeout leaders in conference history.

“Zabriskie is always given as a great opportu- nity to win games. She has pitched extremely hard,” said infielder Dalyn Varela.

“I think it was a pretty good first day,” said infielder Courtney Dully (1994-'97) is the number one person that can spark us,” said outfielder Dalyn Varela.

“Rachel is always positive. Even when she gets frustrated, she is still positive with us,” said outfielder Dalyn Varela.

“Rachel is the only senior and leader. She is the definition of Iowa State softball,” said Coach Stacy Gemeinhardt-Cesler. “Rachel always gives us a great opportu- nity to win games. She has pitched extremely hard.

Zabriskie, who has an 8-4 record on the season, has al- ready set the school record for strikeouts in a career by a ta- lented pitcher in Iowa State history.

“I don’t think about it because I’m pitching and I don’t count strikeouts during that game, but it is nice to hear her, Habben said.

“I think she would be the type of attitude,” said Coach Gemeinhardt-Cesler.

“First day was high energy. It was definitely up tempo. I think offense and de- fense looked good, guys on both sides.”

Rhoads searches for linemen, replacement for Austen Arnaud

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Back in action

Spring practice kicks off with rigorous pad-free workout

Lone senior leads fresh squad with pitching, attitude

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Cyclones warm up

Team prepares for outdoor play, changing weather

By Sara Davis
keawesdat@gmail.com

The 2017 track and field team has been transitioning to its outdoor season past few weeks as the weather gets warmer. A group of the middle-distance athletes will be competing in Berlin, Germany on Wednesday and Thursday while a select number of runners will be competing at Stanford on Friday and Saturday.

The team has been all over the map this week as they are preparing for their first meet of the year. Some team members are participating in a few Spring Break practices and coming back from a disappointing performance at the NCAA Championships. The throwers and jumpers have been on their own as they practice the parts of their events since coach Pete Butterfield and Great Wall Indoor are the only two meets left on the list for the team.

Multi-event athletes competing Wednesday for the Cyclones include Jacey Diller, Anna Helmersson, Jordan Andrews and Joshua Comstock. Sprinters finished seventh at the Big 12 Championships to finish the season with 5,654 points. Sprinter 11th place in the long jump, but pulled up personal bests in the 110 meter hurdles and the pole vault.

Andrews, a junior, has improved with his hard work springing off the thin Big 12 Championship to finish first in the shot put and first place in the 110 meter hurdles. Andrews claimed four conference honors.

Diller, a senior, has surprised with her own personal bests at the Big 12 Indoor Championships in the shot put and other track and field events.

All of the middle-distance athletes will be least facing competition.

“The season should be pretty well started,” Butterfield said. “Most of the teams around the country are on spring break or have had spring break so we will have a lot of different teams from all around the country.”

The team will start the first meet as a chance to get a feel for the season and evaluate where they are.

After this week, the cyclones will be taken together when they travel to Kansas City.

Mud...it’s not an obstacle, it’s an adventure.

Outdoors is a great way to get outside your comfort zone and experience a new adventure. The mud may be uncomfortable, but it’s important to push yourself and try new things. So get out there and have some fun! Mud...it’s not an obstacle, it’s an adventure.

Department of Recreation Services
Mission Statement

To create an environment through exceptional recreation facilities, programs, and services where Recreation Services can inspire, educate, and empower the students of the University community to cultivate lifestyles to enhance health and wellness.

Phone Numbers

Office Hours: 8-5 Monday-Friday

Fax: 266-3940

Office: 266-3945

Second Floor, Administration Building

Hours: 8-5 Monday-Friday

Department of Recreation Services

Oral Health

Check with your dentist to make sure you are getting the most out of your oral health.

www.instate.edu/health

Bike Line

214 Beyer Hall

0112 Beyer Hall

284-8200

Sun 5pm-8pm

Upcoming Workshops & Trips

Entries due Wednesday, March 30

Slow Pitch Softball (CR)

www.recreationservices.iastate.edu

HARRISON’S SPORTS

www.harrisonsports.com

BIKE LINE

126 S 3rd St, Ames | 515-232-3609 | www.bikelineiowas.com

RECREATION SERVICES

214 Beyer Hall

620 Lincoln Way - Suite 1

Incentivized by Lincoln Laces, Shopping Center 515-214-1167

IN gran as well as in the NFL, MLB & other NCAA teams.

All in one place.

GEAR UP!

The coaches said there won’t be any points if the quarterback does not make the right call. As the regular season comes to an end, the assumption is that the quarterback will be the starter.

For now, we will not know who the quarterback will be.

The coaches said the quarterbacks need to have an understanding of the offense and how it works.

Upcoming Intramurals

Entries due Wednesday, March 30

Slow Pitch Softball (CR)

Office Hours: 8:00am-5:00pm

Lind Recreation Athletic Center, 294-7140

Outdoor Recreation

0112 Beyer Hall

284-8200

Sun 5pm-8pm

Upcoming Workshops & Trips

Workshops

Bicycle Maintenance - March 29

Rock Climbing - March 31

Rock Climbing - April 6

Kaye Kayaking - April 30

Weekend Trips

Hiking Brushy Creek State Park - April 2

Canoe the Boone River - April 9

Kayak Square Creek - April 10

Fused Trip

Ann Kayaking - Alaska - June 23-30

Why Hire a Personal Trainer?

Personal training is an opportunity to work one-on-one with a qualified fitness specialist. You will receive a program that has been individually created to suit your wellness level and your fitness goals.

For more information contact the Coordinator of Fitness Programs at 294-6905 or go to our website at www.recreationservices.iastate.edu.

Sign up for a personal trainer at the Recreation Services Administrative Office, Hefer Office Trailer, 294-4980.

Phone Numbers

Administration Office: 386-2616

Lind Recreation Athletic Center, 294-7140

Outdoor Recreation Program, 294-6910

Beyer Equipment Room, 294-2466

www.recreationservices.iastate.edu

Administrative Office, 294-4980

Caliber: June Lewent | sports@iastate.edu | 515-294-7140

Edition: Monday, March 20, 2017

www.iowastate.edu

Track and field

California Multi-event

When: February 12

Where: University of California, UC Berkeley

Notes: A group of 61 athletes will compete in the two-day event.

Four Cyclones – Jacey Diller, Anna Helmersson, Jordan Andrews and Jamal Lutteca will make the trip to Berkeley.

Jared Andrews – a junior at Berkeley – is expected to use his home field in California where the team has a past record.

Takimi – a junior at Berkeley – is expected to complete outside ’Shorewood.

Carrington’s performance is expected to use his home field in California where the team has a past record.

Jordan Andrews – a junior at Berkeley – is expected to use his home field in California where the team has a past record.

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Tired of borrowing money from mom and dad?

from mom and dad?

(Check out the Iowa State Daily classifieds for local job openings)
Look online at iowastatedaily.com for your weekly Target ad.

WACKY WEDNESDAY

"Oven Toasted"

HOT SANDWICH DEAL

$12.49* plus tax

• Long Hot Sandwiches
• Cans of Cold Pop
• Bags of Chips

FREE Delivery!

Order by 11:00 a.m. & get FREE Delivery to your door! Conditions apply.

Today in History

[1976] International Bill of Rights goes into effect (35 nations ratifying)

[1951] Wages in France increase 11%

[1912] Dixie Cup invented

[1875] Patrick Henry proclaims "Give me liberty or give me death"

[1066] 18th recorded perihelion passage of Halley's Comet

[1966] 18th recorded perihelion passage of Halley's Comet

[1993] New York Knicks and Phoenix Suns get into a major brawl

[1995] Dollar equals 88.41 yen (record)

Today's solution:

Level: medium

For instructions on solving Sudoku, visit number 1 to 9. For strategy, the grid so each row, column and square contains each number 1 to 9. For strategy, the grid so each row, column and square contains each number 1 to 9.

INSTRUCTIONS:

Complete the grid so each row, column and 3x3 square contains 1 to 9. Each number appears only once in each row, column and square. To solve the puzzle, use logic and process of elimination.

Check Your Schedule

Submit your announcement online at iowastatedaily.com/unions or stop into 108 Hamilton Hall for a submission application.

So tell everyone about it!

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Wednesday, March 23, 2011

Iowa State Daily | Page 5B

Today's solution:

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So tell everyone about it!
Softball
Rain delays play
Weather puts a pause on Cyclone season

By Zach Gourley
GowvustateDaily.com

The Cyclone softball team is currently clinging together a string of rare straight games, though not straights.

Nine games in a row have been halted, resulting in canceled cancellations or postponements.

When a double-header Thursday against Creighton was postponed and March 13 was changed, the Cyclones would head into Big 12 action without having played a game in nearly two weeks.

"It's out of our hands we expect and that we have no leeway," said coach Stacy Gemeinhardt-Cesler. "We're not going to schedule anything that week and I think we will definitely be prepared when we go to play on Saturday."

The final game set to be played at 3 p.m. Monday, followed by a noon start Sunday, at the Southwest Athletic Complex in Ames.

The first game will be played at 3 p.m. Saturday, followed by a noon start Sunday.

Football
Spring practice

By Jake Lovett
Sports iowastatedaily.com

It's National Nutrition Month and the theme is "Eat Right with Color." This month, make healthy meals by incorporating a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy into your meals every day.

To get the most nutrition out of your meals, choose foods packed with vitamins, minerals, fiber and other nutrients—and lean proteins and dairy.

Tips from our Dietitian:

- Carbohydrates: 39 g, Fiber: 6 g, Protein: 6 g, Sodium: 274 mg

The first game will be played at 3 p.m. Saturday, followed by a noon start Sunday.

Spring Break

By Jake Lovett
Sports iowastatedaily.com

Spring Break?

Spring Break?

Spring Break?

Spring Break?

Spring Break?

Spring Break?