With the cold winter months offering no reprieve from damaging winter winds and bone-chilling weather, students have been bundled up and the sight of bronzed skin may have looked like something from the past. With spring break around the corner, some students were tanning for that mucho-skinny look and have turned to tanning salons in order to get in line with spring warmer weather.

“Tanning is like a couple times a year,” said Haley Clifford, sophomore in kinesiology. Clifford, who has tanned since she was 17, said her parents both have the Sizzlin’ Cabana tanning bed and she enjoys tanning because she says it makes her feel and look better. While chestnut brown skin brings in demands to tanning beds laughing with friends and nights that can never be forgotten for some, it calls forth a much more sinister thought.

Tanning dramatically increases the risk of skin cancer, said Dr. Leslie Christenson, a dermatologist at the Mayo Clinic Medical Center in Iowa. “There’s such a thing as a good tan,” Christenson said.

“I don’t think there is a thing as a good tan,” said Clifford.

In the short term, tanning dramatically increases the risk of skin cancer, said Clifford.

The UV rays found in both sun and tanning beds can cause unwinking sunburn. Christenson said tanning has also been shown to increase the probability that someone can develop some form of skin cancer. According to the U.S. National Institutes of Health, in 2013, the United States spent $2.36 billion on the treatment of non-melanoma skin cancers. Dr. Christenson said $1.5 billion was spent treating melanoma, one of the deadliest cancers.

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“Tanning dramatically increases the risk of skin cancer,” Christenson said, explaining that this includes exposure from artificial tanning beds.

“Never the less, the number of people who choose to tan is on the rise. As of late 2013, the rates of Florida official had tanning salons than McDonald’s fast food restaurants, Christenson said. Part of the reason more people are choosing to tan may be due to skepticism about its dangers and also unregulated tanning salons that are known for unsanitary conditions.

“It’s not as dangerous as the medical community makes it out to be,” said Craig Carroll, owner of the Sizzlin’ Cabana, which has locations in both Campustown and west Ames.

“Tanning, in my opinion, close to moderation, is just told for you,” Carroll stated. Carroll, however, went on to recognize the importance of sunscreen.

“I’m not here to tell you tanning is a 100 percent safe,” Carroll said. John Elmore, the owner of the Sizzlin’ Cabana, said: “I have to say, I go a couple times a year.”

The Sizzlin’ Cabana owner went on to stress that regardless of the inherent risks he cannot control, his establishments put the safety of its clientele first.

The Development Relief Foundation is a group of ISU students gathered in Carver Hall on Tuesday to talk about undocumented students who want to attend college and the challenges they face. The Development Relief Foundation is a group of ISU students gathered in Carver Hall on Tuesday to talk about undocumented students who want to attend college and the challenges they face.

NEITHER RIGHT NOR WRONG

Potential dangers and health benefits of tanning explored

City Council discusses development, CyRide use

The Ames City Council mentioned to support a city-wide transit access. If you are not aware of the CyRide system, it is the main source of transportation in the Ames area. The sites were based on a cost scale, ranking, average, and low.

Masten locations included:
- Central 
- Northwest 
- Northeast 
- South 
- West

One idea Diekmann said the council was concerned was with the location of the developments as CyRide. High density developments are more challenging for riders but average locations are a quarter of a mile from a bus stop. The CyRide routes follow a mile of a mile away from a bus stop. Diekmann said the city was part of the decision in determining the CyRide high-density housing would be. The city didn’t look at which avenues to grow in these areas, but which roads always had CyRide on it.

“If we added hundreds and hundreds of more riders, that would be an issue,” Diekmann said.

“CyRide is really in danger,” said Craig Carroll, owner of the Sizzlin’ Cabana, which has locations in both Campustown and west Ames.

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Gov. Branstad released from hospital Tuesday

Gov. Terry Branstad was released from the hospital Tuesday following a series of strokes causing cardio-pulmonary arrest in Johnston, Iowa at 12 p.m.

On Tuesday, Branstad was taken by ambulance to Iowa Methodist Medical Center in Des Moines and was “conscious and alert during his stay,” according to the press release. It noted that he was dehydrated and displaying symptoms of a mild stroke.

CUMED
A real finish is in the works as the ISU Women’s basketball team will be announced Feb. 4. ...
ISU researchers and the Swine Medicine Education Center are in the process of collaboratively researching new and humane ways to administer painkilling drugs into piglets before their tails are docked.

Dr. Johann Coetzee, professor of veterinary diagnostics and production animal medicine, said, “It is inefficient to medicate piglets before tail docking. The research may help pig producers get ahead of industry to get things right. It is unlikely that swine producers will follow in the footsteps of the beef industry to get ahead of the Swine Industry to get ahead of PETA and FORCE.”

Bates has several years experience working with Coetzee as part of the research team. Bates, who worked with Coetzee on the study while he was a junior, said the research team was interested in “measuring piglet behavior in response to pain during tail docking.”

Bates explained that the FASA has not approved any painkilling drugs for use in meat animals, but federal and international studies have shown that the most humane way of doing it is to administer painkilling drugs through the mother’s milk.

The research team will be comparing the level of stress and pain the piglets experience before tail docking with the painkilling drugs administered to meat animals before castration and tail docking. The study will be done in 2012.

“Pig producers are already using these medicines for pain relief in other procedures like dehorning and castration in pigs. The data we are gathering will give us confidence that we are doing the right thing by the animal,” Coetzee said.

Work study puts more money in students’ pockets

By Madeline Gould, contributor to the Daily

&nbs
Horoscopes by Linda Black

Today’s Birthday (1/28/15)

When a new client comes this year, there will be a strong connection. Expect new avenues to pursue, new people to meet, or new challenges to face. Before launching any creative collaboration after Feb. 15, travel and research may reveal valuable data. Objurgate, sign, and make progress prior to October revolutions, and you’ll be ready to launch commercially valuable ideas.

Tomorrow. An important message would come through where you can’t hear it, unless you listen closely. A long shot pays off.

An important message would come through where you can’t hear it, unless you listen closely. A long shot pays off.

Cancer - 8

(June 21-July 22)

Midweek finds you meeting with profitability ideas. Watch your budget. It’s time to fine-tune.

City Council

On Monday for public works, brought up the need of building a bridge on Grand Ave. to make it safer for citizens, important for floodwaters.

The goal is to get the water away from Ames and prevent flooding. "The Grand Ave. is in need to be higher, causes there is a solution to get water away from Ames," Carroll said.

The bridge on Grand Ave. will be located outside the 2,000-foot floodplain. More information can be found on the City of Ames website. It is usually in the winter season to get information on concrete.

The Sizzlin' Cabana is a business in Ames that serves food and drinks. Carroll's business also does business in Columbia, South Carolina.

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Library

- Sep. 7 - Oct. 31

Eight to 14 days, you will be able to benefit from the formation of new settings where you can make significant connections, and where you can’t, there will be a long shot to pay attention.

Capricorn - 8

(Dec. 21-Jan. 19)

Along with good fortune, you will have the opportunity to make significant connections, which will benefit your career.

Aquarius - 7

(Dec. 21-Jan. 19)

This is a week when you can make significant connections, which are important to your career.

Pisces - 8

(Mar. 20-Apr. 19)

You will have the opportunity to make significant connections, which are important to your career.

Auditions for "The 100" are taking place in Los Angeles. The pilot is set to air in May 2015.

Cancer - 8

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Renewed relations right for United States, Cuba

By Stephen Snyder

President Obama’s recent decision to move toward normalized relations with the island nation of Cuba is the beginning of a new chapter in United States-Cuba relations. America has been out of the picture in Cuba more than 50 years, but it’s time to restore some semblance of normalcy. The Cold War-era embargo that sanctions Cuba, invalidates any political need for that approach.

T his book of life doesn’t have one set author. It’s a collective effort of parents, siblings, in-laws, and even pets. Rules are changed, added, and taken away. It is then handed down from generation to generation for parents to use to raise their children.

The ideals and beliefs of parents pass down to generation for parents to use to raise their children. Those parents pass down to their children. Those parents passed down to their children. The ideals and beliefs of parents are passed down to generation for parents to use to raise their children.

Although opinions are often shared between parent and child, Colonel Woods encourages youths to develop their own logic, other than blindly agreeing with their parents.

By Zoe Woods

The 54-year suspension of the United States' embargo on Cuba, which began in 1960, is about to come to an end. The future of Cuba, as well as the role of the United States in the region, will be determined by the outcome of the talks.

The Cuban Missile Crisis of the 1960s made the embargo a logical outgrowth of the Cold War. The embargo has been in place for more than 50 years, and its purpose has been to punish the Cuban government for its support of terrorism and human rights abuses.

The embargo has been a failure. It has not punished the Cuban government, and it has not improved the lives of the Cuban people. The Cuban government has become more authoritarian, and the standard of living for the Cuban people has remained low.

The embargo has also had negative consequences for the United States. The embargo has cost billions of dollars in lost trade, and it has damaged the United States' reputation as a global leader.

The United States has never been able to achieve its goals with the embargo, and it is time to move forward. The United States should work with Cuba to improve the lives of the Cuban people, and the United States should seek to normalize relations with Cuba.

The United States and Cuba should work together to improve the lives of the Cuban people. The United States should provide aid to Cuba to help improve the standard of living for the Cuban people. The United States should also work to improve human rights in Cuba.

The United States and Cuba should also work to improve relations on the economic front. The United States should provide incentives for private investment in Cuba, and the United States should work to improve trade relations with Cuba.

The United States and Cuba should also work to improve relations on the political front. The United States should support a democratic government in Cuba, and the United States should work to improve human rights in Cuba.

The United States and Cuba should also work to improve relations on the cultural front. The United States should support cultural exchanges between the United States and Cuba, and the United States should work to improve education and health care in Cuba.

The United States and Cuba should also work to improve relations on the environmental front. The United States should support environmental initiatives in Cuba, and the United States should work to improve environmental protection in Cuba.

The United States and Cuba should also work to improve relations on the security front. The United States should support the Cuban government in its efforts to improve the security of its citizens, and the United States should work to improve security in the region.

The United States and Cuba should also work to improve relations on the legal front. The United States should support the Cuban government in its efforts to improve the legal system in Cuba, and the United States should work to improve legal protection in Cuba.

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Iowa State looks past injuries to focus on creating positive team dynamic

By Kyle Heim
@Iowastatedaily.com

It’s a called a field event, but when watching the ISU women’s jumpers, it looks more like an air event.

Two meets into the 2015 season and the jumpers on the ISU women’s track and field team have already risen to new heights.

In the group’s most recent performance at the Big 12 Duals on Saturday, ISU athletes swept the top three spots in the high jump and added the title of team champion.

While ISU athletes are making waves in their respective events, the group as a whole is trying to find its identity.

The team will next compete at the Razorback Team Challenge Feb. 27 to 28 and the NCAA Championships on March 13 to 14, the NCAA track and field team has only a month and five days before looking for another opportunity.

Because the group is taking care of the smaller goals right now, like getting enough sleep, eating healthy and showing up healthy and fit for the next week, the athletes believe they will be ready to tackle their biggest goals at the end of the season.

“Our goals start with Big 12,” Willis said. “We take care of conference first and then see where you can go from there. We’re very team focused. It takes each individual’s work ethic and dedication to make our team successful.”

The track and field team will next compete at the Razorback Team Challenge Feb. 27 to 28 and the NCAA Championships on March 13 to 14, the NCAA track and field team has only a month and five days before looking for another opportunity.

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Students travel to powerlifting competition

Several members of the ISU weight club will travel to Dubuque, Iowa to join about 75 lifters from across the Midwest at the 2015 Raw Midwest Powerlifting Championship on Saturday and Sunday.

Some of our lifters will potentially break some of the records in this particular federation of powerlifting. Others will simply be trying to set a personal record,” said Samuel Redd, graduate in civil engineering, and vice president of the ISU weight club. “Raw powerlifting means the lifter is only using their body to lift the weight.”

In a typical powerlifting competition, lifters may wear a belt around their abdomen or wraps around their knees for extra support. “To sum the process up, a lifter will pick a weight they are confident with to start training,” Redd said. “Two particular lifters started their squat training with 365 pounds about 16 weeks ago. They have made good progress since then. They are able to squat 500 pounds now. They are a personal record,” said Keegan Dwyer, junior in mechanical engineering and vice president of the ISU weight club.

According to Dwyer, the powerlifting meets consist of three lifts: squat, bench press and deadlift. “This two-day event organized by the United Powerlifting Association will take place Saturday for men ages 23 and younger and Sunday for men ages 24 and older. Events will begin at 9 a.m. both days. “UPA is one of several federations that organize powerlifting meets across the nation,” said Keegan Dwyer, junior in mechanical engineering and vice president of the ISU weight club.

Students interested in joining the ISU weight club are encouraged to contact a membership representative from the club’s website.

Where: Cardinal Room
Second Floor at the Iowa State Memorial Union
Time: 9 A.M. - 5 P.M.
Sponsor: Student Activities Center

The two-day powerlifting championship will host about 250 powerlifters, from across the Midwest, including members of the ISU weight club.
Crop Scouting
Internship
Eastern Iowa
For more information call 800-727-2688 or bradb@crop-tech.com
Stop by our booth at the Ag Job Fair, located at the MU February 4th.

Free Baby Clothes!
Free Pregnancy Testing
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IRTHRIGHT of Ames, Inc.
108 Hayward Ave. | www.birthrightames.org
birthrightames@gmail.com | 515-292-8414

Lincoln Center Dietitian
Amy Clark, RD, LD
515.450.0508
aclark@hy-vee.com

West Lincoln Way Dietitian
Nicole Arnold, RD, LD
515-292-5543
narnold@hy-vee.com

Jackson Cleaning Service
Call us at 231-0548
Need to
SUBLEASE
YOUR PLACE?
HELP WANTED
Jackson Cleaning Service is looking for more people to help clean the Ag Job Fair at the MU February 4th. Call us at 231-0548.

10% off Wellness Wednesday
Receive 10% off your purchase of items from the Health Market at your local Hy-Vee!

Recreation Services
INTRAMURAL SPORTS
OPEN FOR REGISTRATION:
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TEAM BOWLING
HEARTS CARD TOURNAMENT
DUE JAN. 28
DUE FEB. 4
DUE FEB. 4
JOIN US FOR
TRX GROUP FITNESS CLASS
TRX Suspension Training” is a revolutionary method of leveraged bodyweight exercise which offers an amazing workout without lifting weights. No prior experience is necessary to join this group fitness class. Participants work at their own pace and intensity.
Classes are located in Beyer Hall Room 3430 and open to all ISU students or Rec Pass holders.
TUESDAY AND WEDNESDAY AT 12:10PM - 12:50PM
MONDAY AND THURSDAY AT 5:00PM - 5:50PM
A FULL GROUP FITNESS SCHEDULE CAN BE FOUND ON OUR WEBSITE
www.recservices.iastate.edu
ISURecreationServices
ISURecS