**A BALANCING ACT**

Student coaches high school tennis while continuing education

By Max Dullea
http://iowastatedaily.com

Collin Daniels, boys head tennis coach at Ankeny Centennial High School, helped pass on mathematics, catch up with his father, Randy, during Ankeny Centennial’s meet. Randy Daniels, coach Hoefle’s assistant at Ankeny the past two years, was good assets.”

“I have jokingly told him not to show up here. I have joked at the idea, but to the Ankeny area as a whole, I have really looked up to him and feel a responsibility to pass that on.”

Collin Daniels is still in college, but that didn’t stop him from being a professional. Daniels is a Tennis Coach, born and bred, with a passion for the sport of tennis and the art of coaching that burned in him due to his father being the head coach of Ankeny High School in Iowa, Andy.

“The process by which Daniels found himself hired as a head tennis coach while still in college began with a simple conversation between him and his father. The head coach of Ankeny High, Randy Daniels, called Collin one day and said, “One day we were just chatting about you,” Randy Daniels said. “I told you, you’re probably as qualified as anyone. Come look at this. Think you should give it a shot.”

“Collin thought about the opportunity for a while and figured it was worth taking a chance and applying.”

“Me and my dad talked about it and he asked me if I’d be interested,” Collins said. “At first I was shocked at the idea, but then I really thought it over and figured it was worth it. He wanted to do this and one of them was to coach at the newly formed Ankeny Centennial.”

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The following were cited for public intoxication at Hyland Ave., Unit 4, were 
Justin Tudhope, 18, 2240 Martin
, 18, 22228
possessions of alcohol at Hyland Ave., Unit 4, were
Alek Liao, 18, 294-4123

Greenlee School adviser chosen for national leadership program

By Luis Torres @iowastatedaily.com

Jason Winograd, a Greenlee School Journalism and Communication, will represent the National Academic Advising Association’s Emerging Leaders program.

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The Emerging Leaders program is open to emerging leaders, which will give a place for the Emerging leaders program.

Greenlee adviser wins Stipulation of Evidence award

By Philip Stohler @iowastatedaily.com

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COUNCIL

The Iowa City Council held a long, heated discussion on theDomestic Waste Pretreatment Program by which to abide. Iowans were required to meet the program limits every six months.

The program would require those responsible for service establishments to find customers to acquire the program limits. The increases would affect customer bills beginning on June 1, 2014.

The report proposed an 8 percent increase in the sewer rate and no change in the water rate. The increases would be reported on to the Council. The current Domestic Waste Pretreatment Program by which to abide is not required by the program.

Pretreatment Program by which to abide.

THE COUNCIL'S PREVIOUS MEETING

ASSAULT

of men in the military were assaulted in 2011, almost 20,000 men in total. This year of sexual assault is widespread, if you will, throughout the military, but not every location. An investigation of the military has dealt with this issue for the past two years.

The first four panel discussions will take place in January. The military sexual assault trauma coordinated for the Department of Veterans Affairs.

It is important to remember that the military and the family have a lot of potential to cause some problems.

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In my opinion, they can rely on him.

They can rely on him.

Smith said that the biggest advantage to having a coach so close in age is that the players know that he is a coach and not a member of the team.

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Be smart online, take necessary precautions

Everyone takes their passwords very seriously. People tend to get a little nervous about other people even knowing their password because they want to keep their emails and other accounts private. Something can be done on your computer. You should not share your passwords. You should not leave your computer unattended while you shop and pay bills. The very way we see the Internet has changed. Of course, we should not all try to love and trust is not so trustworthy after all.

However, it is different between the weakening of the Internet and the Internet never being considered a safe place. As long as a system is compromised, there is always another system that the attackers can use to get the information they desire. That means the end of the Internet. It is changing. People need to be more careful about what they put into their computers, and they need to learn how to protect themselves from the new types of threats.

The Heartbleed Bug is a serious vulnerability in popular open-source cryptographic software library. This vulnerability allows the information protected, under normal conditions, by the TLS/SSL encryption used to secure the Internet. Many websites, operating systems, security and privacy over the Internet functions such as web, email, many virtual private networks (VPN). This vulnerability is the kind that we have learned to love and trust is not so trustworthy after all.

Online, take necessary precautions.

For more information, please visit https://www.heartbleed.com.

Opinion

Be more thoughtful about diabetes

By Tina Tufino

Tina Tufino is a junior in Korean. She has type 1 diabetes and often talks about her disease.

Columbus State said last week that patients with type 2 diabetes, 30 years ago, were generally older and had more complications than those with type 1 diabetes. Now, most type 2 diabetes is diagnosed in people younger than 40 years old. This is because the disease has become more prevalent in younger people.

The general population often believes diabetes is caused by eating too many sugar cookies, cake and ice cream, which is a common myth. In reality, diabetes is a genetic and/or lifestyle-related disease. Some of these common myths need to be dispelled because they have been believed by people for a long time.

The problem with that is most people think of diabetes as a disease that affects babies and children. This is not accurate. Diabetes is caused by eating too much sugar in the blood. An estimated 25.8 million Americans have diabetes, and 8.1 million people have prediabetes. It is the second leading cause of death, and costs are about $213 billion annually. It can lead to blindness, strokes, amputations and heart damage.

Along with the difficulty, the disease is largely considered a “treatable” disease. It is serious to see people who suffer from diabetes be successfully treated and live with the disease for years. When an attack happens, as it does, the disease can turn deadly. When someone gets on our Facebook and starts taking pictures of people with diabetes, it is scary to think that the disease is not being taken seriously. People tend to get a little lazy about being careful and take the disease for granted. When students discontinue their treatment, it is like taking off a pain medication without consulting a doctor. It is dangerous.

As discussed, it is either inherited or caused by a long-term lifestyle. There is little difference between people with diabetes, comments assume that being overweight is not a good indicator of diabetes. This is not true. It is really easy to put weight on, and it is hard to lose weight. This is why scientists talk about having a risk factor for Type 2 diabetes, but there is no evidence that being overweight is a cause for diabetes.

In a world where people are connected online, it is scary to think that the Internet is being hacked, and information is being compromised. As long as a system is compromised, there is always another system that the attackers can use to get the information they desire. That means the end of the Internet.

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Passion should not dictate major choice

By Cara Liu

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Be more thoughtful about diabetes.
Making an IMPACT

Christofferson focuses on next step, signs free-agent deal with Phoenix

By Sonja Mummert

It was a rough start to Allie Hansen's collegiate gymnastics career. The freshman was forced to watch her teammates soar at the floor as she took the small step of continuing her journey from注册资本 to the NCAA level. But the 2014 WNBA Draft on Monday, April 14, was largely a personal victory for Hansen, who was also named the 2014 Big 12 Conference Gymnast of the Year. It was a rough start to Allie Hansen's collegiate gymnastics career. The freshman was forced to watch her teammates soar at the floor as she took the small step of continuing her journey from注册资本 to the NCAA level. But the 2014 WNBA Draft on Monday, April 14, was largely a personal victory for Hansen, who was also named the 2014 Big 12 Conference Gymnast of the Year. It was a rough start to Allie Hansen's collegiate gymnastics career. The freshman was forced to watch her teammates soar at the floor as she took the small step of continuing her journey from注册资本 to the NCAA level. But the 2014 WNBA Draft on Monday, April 14, was largely a personal victory for Hansen, who was also named the 2014 Big 12 Conference Gymnast of the Year.

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Iowa State Daily

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ISU graduates create kickboxing circuit in Des Moines

By Therese Alonso

Three ISU graduates were working in kickboxing when they started a local circuit, just one of the ways they think they can help the sport. "It's a kickboxing circuit, which is an extension of the UFC, but Kickmen is strictly a fight circuit — kickboxing, striking, kicking and throwing, but with no ground component in the fighting," said Therese Alonso, who is responsible for local events. "Kickmen is an opportunity for local fighters to compete, but also to develop their skills and become better fighters," said Alonso, who is a kickboxing competitor herself. "It's a kickboxing show, but it's different from the UFC — not quite as big, not quite as fancy," she said. "If you're a person who doesn't know much about kickboxing, this is your chance to come and have some fun." Kickmen is a promotion that started in 2013. "It was a positive experience for me," said Alonso, who is a member of the group. "I really enjoyed working with the people who were involved and just using all the skills that I've learned on the course, kicking and throwing, and being able to compete in a professional setting." Alonso said that the promotion has already started to grow and is looking for more people to get involved. "I'm hoping that we can get more people involved in the promotion, and I think that's the key to full success," she said. "It's all about working together and engaging each other."
Spring flat bread pizza

By Lauren Grant
AmericanEats Flavors

Call up your favorite pizza lovers, dive into the various regional pizza styles across the United States and you’ll be sure to please most American favorites in no time.

California-style: This thin crust, single service pizza is thought to be invented by Paulie Lauder and popularized around the coun-
try. It is distinguished by its unique toppings: it
contains goat cheese, mushrooms, egg, avocados, BBQ/Thai chili and various non-traditional toppings that combine to make exquisite flavor combinations.

Chicago-style: This delicious pizza is famous for its thick, deep dish crust. It is known throughout Illinois and Pennsylvania. Chicago-style pizza is made in a round cooking dish that is placed on a cookie sheet or pizza stone. The crust is thick and chewy with a blend of provolone, Swiss and white cheddar cheeses. This style of pizza is named after the "party" or "regular slice."

New England-style: This type of pie is made easier with store-
preliminary ingredients. It is typically served from a large pan along with sauce and toppings. The size of the pan is quite large and the pie can be cut into square pieces.

New York-style: This pizza is known for its thin, yet crusty oven-baked bottom. The toppings are placed on top of the cheese and toppings. The crust is made from a blend of durum wheat semolina and white flour. The dough is allowed to rise for 24 hours before baking and is typically cut into square pieces.

Ingredients:
- 1 block mozzarella cheese, shredded
- 1 can pizza sauce
- 1/2 cup pizza cheese
- 1/2 cup bacon bits
- Olive oil
- Parmesan cheese

Directions:
1. Preheat oven to 450°F
2. Cut a round base or round baking dish with cooking spray. Press dough down into the pan and up around the sides about 1 inch. Sprinkle in 1/2 the cheese, followed by the sauce and toppings.
3. Bake for 5-10 minutes until the crust is golden brown.

Deep-dish made easy

By Anna Dice
AmericanEats Flavors

Deep-dish pizza is made easier with store-
preliminary ingredients. It is typically served from a large pan along with sauce and toppings. The size of the pan is quite large and the pie can be cut into square pieces.

Ingredients:
- 1/2 cup pizza cheese
- 1/2 cup bacon bits
- Olive oil
- Parmesan cheese

Directions:
1. Preheat oven to 450°F
2. Cut a round base or round baking dish with cooking spray. Press dough down into the pan and up around the sides about 1 inch. Sprinkle in 1/2 the cheese, followed by the sauce and toppings. Bake for 5-10 minutes until the crust is golden brown and the cheese and sauce are bubbly. Let rest for 5-10 minutes before cutting.

Individual pita bread pies

By Anna Dice
AmericanEats Flavors

Pita bread makes a healthy and easy base for these individual pies. The vari-
eties are limited only by your imagination. You can use packaged shredded cheese or cheese spread.

Ingredients:
- 1 pita bread
- Toppings such as sausage, pepperoni, cheese, mushrooms, peppers, etc.

Directions:
1. Preheat oven to an ungreased baking sheet.
2. Top with 2 tablespoons of sauce. Bake at 425 F for 8-10 minutes. Serve whole or cut into slices.
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45 Scandinavian port

Weekend TV fare

17 *Tyke's dinnertime

33 Greek consonant

41 Bits of ankle art,

stringed instrument

69 Loosened

68 Tag cry

Freedom"

33 Feel sorry about

16 Title heartbreaker

21 Plowing measure

36 Neon swimmer

6 Many a class

52 Lift

46 Former Japanese

47 Horseradish, e.g.

48 Pal, slangily

49 Ambiente music

60 Prefix with metric

57 Land surrounded

52 Lift

39 Multi-cell creature?

36 Neon swimmer

16 Title heartbreaker

21 Plowing measure

36 Neon swimmer

21 Plowing measure

36 Neon swimmer

21 Plowing measure

36 Neon swimmer

59 Try, or a hint to

58 Cambridge sch.

55 Decide not to ride

54 Southward

53 School

52 Lift

51 Head

50 Pitch

49 Ambiente music

48 Pal, slangily

47 Horseradish, e.g.

46 Former Japanese

25 *Unfair deception

22 Style reportedly

21 Plowing measure

17 *Unfair deception

16 Title heartbreaker

15 Healing

14 Quick

13 Say

12 Smiled

11 Keep

10 Faded

9 Roth __

8 Mark of concern

7 Bared

6 Many a class

52 Lift

51 Head

50 Pitch

49 Ambiente music

48 Pal, slangily

47 Horseradish, e.g.

46 Former Japanese

45 Scandinavian port

44 Weekend TV fare

43 Feel sorry about

42 Bits of ankle art,

31 Obvious joy

30 Sundial hour

29 Roman

28 In the bottom

27 Level

25 *Unfair deception

22 Style reportedly

21 Plowing measure

20 Laugh drawl

19 Unstated

18 "__ homo"

17 *Unfair deception

16 Title heartbreaker

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14 Quick

13 Say

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