Free speech champion to speak at MU
By Elizabeth Holmgren
Daily staff writer

Kim Paulson has committed his professional career to the promotion of the First Amendment. For more than 40 years, he has worked as a journalist, experiences as a lawyer and as a board member in leading First Amendment causes.

During the 10th anniversary of Iowa State student First Amendment Day Celebration, the College Democrats invited Paulson to feature “Reclaiming America Through Music: Freedom Sings” at 7 p.m. in Wednesday in the Union Room of the Memorial Union.

Paulson is the former executive vice president of USA Today. He helped found the newspaper in 1962 along with a group of other journalists. Paulson now serves as a columnist, focusing on First Amendment issues and as a newspaper advisor, focusing on First Amendment issues.

Paulson founded 1 for All, a national nonpartisan movement in support of the First Amendment, on July 1, 2010. He offered support by more than 1,000 organizations, coalitions and educators through the TV political education program “Speaking Freely” and wrote “Speaking Sings: A show commemorating the First Amendment and supporting efforts to makeFirst Amendment Day a national holiday.”

For the past decade, Paulson has appeared on a guest lecture at the American Press Institute. His lectures focus on the First Amendment issues andFirst Amendment Day. He is a part of the annual lecture and the annual lecture on the First Amendment.

The lecture will be open to the public.

Governor speaks about lean finely textured beef
By Randy Awbrey
@iowastatedaily.com

Both sides of the lean finely textured debate were faced based Tuesday at “The Truth: Lean Finely Textured Beef” forum.

Before the forum, protesters holding up signs reading “Pink Slime Not Fine” and “AG GAG.” “Ground Up Ground” came and stood outside of halls in the ISU Black and Bulge Club Dining Team members prepared 400 burgers for the event.

David Murphy, the founder and executive director of Food Democracy Now, who is from Clear Lake, opened up an outdoor space for protesters such as George Maple, a corn and soybean farmer from Clarion, Iowa, and the president of the National Family Farms Coalition, saying that “the 1 percent in control of the industry is out of control.”

The event was a fight against the pink slime war campaign, which was voiced by state leaders of Iowa and beef industry representatives such as Jerry Ralston, Janet Miley of the American Meat Foundation and Nancy Duyer of the Iowa Beef Industry Council.

Others who spoke were Lt. Gov. Kim Reynolds, Rep. Steve King, Bill Stier and Jim Dickson, professor of animal science.

Brian McIlrath, senior in animal science, opened the forum and read a student’s resolution: “One Day Without Shoes.”

The forum was part of a nationwide event “One Day Without Shoes” to help those who are at risk of injury, disease and more in finance — explained why ISU golfers expected to remain on par through shift
By Morgan Fleener
@iowastatedaily.com

ISU golfers — Spencer Kildee as the ISU Block and Bridle Club, the leader of the Fair Food campaign; David Murphy, the founder and executive director of Food Democracy Now, who is from Clear Lake, opened up an outdoor space for protesters such as George Maple, a corn and soybean farmer from Clarion, Iowa, and the president of the National Family Farms Coalition, saying that “the 1 percent in control of the industry is out of control.”

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Approximately 75 people gathered in the South Ballroom of the Memorial Union on Tuesday night to witness the victory of the ISU College Democrats over the ISU College Republicans to start off First Amendment Day events. 

Judge by Michael Bedford, opinion editor of the Iowa State Daily. Mike Bedell is an assistant professor of journalism and communication and a 400 Hamburg, associate professor of English, the teams each had 26 minutes to support and oppose the resolutions made during the debate.

The ISU College Democrats — represented by Michael Glenn — junior in finance and Daily opinion editor, Annem Hartnett, explorer in pre-bacteriology, Spencer Kildee, explorer in exploration, and Rachel Kunz, explorer in finance — explained why ISU golfers expected to remain on par through shift.

Around 100 people attended the forum.

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Daily Snapshot

FUNDRAISING: New club sells candy to spur its start

Elizabeth Marshall, left, sophomore in animal science, and Nicole Laurito, sophomore in animal ecology, sell candies to raise money for their new club, “The Lorian Troop,” on Monday in the free-speech zone in front of Parks Library.

The information in the log comes from the ISU and City of Ames police departments’ records. The publication board reserves the right to edit the log to fit the publication format. All those accused of violating the law are innocent until proven guilty in a court of law.

Police Blotter

April 5

Andrew Croward, 18, of 623 Sycamore St., lived in the Story County, South Dakota, apartment. He was twice arrested for public intoxication. The first arrest was reported at 12:52 a.m. He was transported to the Story County Justice Center and subsequently released on citation.

April 6

Alexandra Ha, 21, of Sioux Falls, S.D., was arrested and charged with public intoxication. She was arrested for public intoxication. She was transported to the Story County Justice Center and subsequently released on citation.

REMEMBER: The Iowa State Daily is published as a semiweekly newspaper established in 1942. The newspaper is run by students, faculty and staff; subscriptions are $62, annually, for mailed subscriptions to ISU students, faculty and staff; subscriptions are $40, annually, for mailed subscriptions to non-ISU subscribers; and $20, annually, for electronic subscriptions. The Daily is published daily except during finals week. The Information in the log comes from the ISU and City of Ames police departments’ records. All those accused of violating the law are innocent until proven guilty in a court of law.

April 8

Frederiksen Court, was arrested and charged with public intoxication. He was transported to the Story County Justice Center and subsequently released on citation.

Police Blotter

April 8

BRADY HORNER

A resident reported being attacked by an acquaintance in the residence at 8:46 p.m. He was transported to the Story County Justice Center and subsequently released on citation.

April 9

A resident reported being attacked by someone in the residence at 5:23 a.m. He was transported to the Story County Justice Center and subsequently released on citation.

April 10

A resident reported being attacked by an acquaintance in the residence at 10:20 p.m. He was transported to the Story County Justice Center and subsequently released on citation.

April 11

Tianbang Ying, 21, no permanent address, was arrested and charged with public intoxication. He was transported to the Story County Justice Center and subsequently released on citation.

April 12

A resident reported being attacked by someone in the residence at 12:29 a.m. He was transported to the Story County Justice Center and subsequently released on citation.

April 13

A resident reported being attacked by someone in the residence at 5:23 a.m. He was transported to the Story County Justice Center and subsequently released on citation.

April 14

A resident reported being attacked by someone in the residence at 10:19 p.m. He was transported to the Story County Justice Center and subsequently released on citation.
By Alexandra Smith
@iowastatedaily.com

Senior students debut work at ‘Primed’

Story County’s #1 Chinese and Ice Cream Delivery!

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DATE
8:30 a.m. - 10:30 a.m.
Friday, April 13, 2012

Open house for ISU students employed on/off campus:
Join us for ‘breakfast on the go’ and door prizes!

Thursday, April 12
8:30 a.m. – 10:30 a.m.
Ground floor of Beardshear Hall

Congratulations!
 Carly Martin
2012 Student Employee of the Year

Iowa State University Book Store
Open House for ISU Students Employed on/off Campus:
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Student employees, current and prospective, have an opportunity to attend an open house event at the Iowa State University Book Store to celebrate their employment and achievements.

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Constitution allows space for citizens to be political

B
eying as an American is not a birthright. It's a calling. One that requires a clear idea on how the American Constitution is written to be its own government. In 2009, 2,149 students existed until students can find the government. In 2009, 2,149 students exist in 2012, to the opaqueness of GSB's proceed- cline in electoral participation is due to the ability of ordinary students engaging GSB. In the timeline making available such things as — in Political science: action. Making that information available would not only improve GSB educa- tion, but also make GSB more transparent. Such improvements to their tails interaction with others, and this interac-

Society

Be the person you want to become

Faye talk it till you make it phrase applies to success

S

tain to others. It's a challenge to find out what success in the modern world. Many people think that success is just about money or power. But the truth is, success is about being happy and fulfilled. It's about living a life that you love and doing what you're passionate about. So how do you achieve this kind of success? Here are some tips to get you started:

1. Set goals for yourself: It's important to have a plan for what you want to achieve. Without goals, it's easy to get lost or drift off course. Make sure your goals are specific, measurable, attainable, relevant, and time-bound.

2. Focus on personal growth: Success is not just about what you achieve, but also about how you grow as a person. Invest in your education, skills, and personal development.

3. Build relationships: Success is often achieved with the help of others. Build strong relationships with people who share your values and support your goals.

4. Take action: Success is not just about having a plan — it's about taking action. Start small and make progress every day.

5. Stay positive: Success is a journey, not a destination. Keep a positive attitude and stay motivated even when things get tough.

Success is a journey, not a destination. It's about making choices and taking action. You can be the person you want to become by setting goals, focusing on personal growth, building relationships, taking action, and staying positive. So go out there and create your own success story!
Letters to the editor

Buying bottled water on campus equates to paying for plastic

Rivka Fidel is a student at ISU and president of the Green Sea Isabel Society.

A special letter was written to the editors of the Iowa State Daily on March 30th, 2014, which pertained to the University’s decision to phase out the sale of bottled water on campus and the reasoning behind it. The letter, addressed to the editor, highlights the ecological impact of bottled water and the necessity of taking action to reduce plastic waste on campus.

The letter begins by highlighting the decision made by the Green Sea Isabel Society to work towards reducing plastic waste on campus. The letter mentions the social and economic benefits of reducing the use of single-use plastics, as well as the importance of reducing the carbon footprint associated with producing and sending water around the world.

The letter also notes the impact of the decision on the student body, as well as the potential for economic savings in the long run. It encourages the campus community to consider the environmental and economic benefits of reducing the use of single-use plastics, and to do their part in reducing waste and conserving resources.

The letter concludes by encouraging the campus community to support the decision made by the Green Sea Isabel Society, and to work towards reducing plastic waste on campus in the future.

Express dissent with respect, tolerance

Mark Stovall is a professor of computer science and engineering at Iowa State University.

This letter, written to the editors of the Iowa State Daily on April 27th, 2014, responds to an article that discusses the decision made by the University to phase out the sale of bottled water on campus. The letter argues that the decision is not only environmentally sound, but also economically feasible, and that there are significant benefits to reducing the use of single-use plastics.

The letter begins by acknowledging the concerns raised in the article, but argues that the decision is not only environmentally sound, but also economically feasible, and that there are significant benefits to reducing the use of single-use plastics.

The letter concludes by encouraging the campus community to support the decision made by the University, and to work towards reducing plastic waste on campus in the future.

Don't stress out. Copyworks can help

Iowa State University

This letter, written to the editors of the Iowa State Daily on April 21st, 2014, addresses the issue of stress among students. The letter highlights the importance of managing stress, and provides tips for students to help manage their stress levels.

The letter begins by acknowledging the importance of managing stress, and provides tips for students to help manage their stress levels. The letter also encourages students to seek out resources on campus to help manage stress, and to prioritize self-care.

The letter concludes by encouraging students to seek out resources on campus to help manage stress, and to prioritize self-care.

Guest column

The Church of Jesus Christ of Latter-day Saints, often known as the Mormon church, has been in existence for over 200 years and is one of the largest religious denominations in the United States. The church is based on the teachings of Joseph Smith, who is considered to be the Prophet of the Church of Jesus Christ of Latter-day Saints.

In this guest column, the author discusses the beliefs and practices of the Mormon church, and provides insight into why some people may be hesitant to join the church. The author encourages people to learn about the Mormon church from a source they trust, and to consider the positive contributions it has made to society.

The author concludes by encouraging people to learn about the Mormon church from a source they trust, and to consider the positive contributions it has made to society.
they believe the Bush tax cuts

as necessary a revenue problem.

A spending problem, not nec-

essarily a revenue problem.

Jeff Hughes appeared joyful

and one question was direct-

ed toward the Democrats.

Perhaps the best example of

an issue where both sides

felt the American society has

why the College Republicans

spoke on their behalf as to

pre-business; and Caitlyn

Jon Laudner, freshman in

sophomore in pre-business;

Forrest Irvine, junior in polit-

ety will be happier, healthier

and more productive if one

work," Laudner said. "You

the fewer people just doesn't

know and take away from the

cause of another," Kimm said.

We need to re-

sibility, success is yours,"

by the rules and take respon-

should be equal.

business. Kimm and the Democrats

had two minutes to speak

on behalf of their team to

had given refreshments.

As the debate proceeded,

smoothly.

Given the stance of the
did their homework and

they have very good points. They

have very good points. They

putting on shoes in the morning."

added. "It's something you take for granted —

ferent terrains to get an idea of what children

Participants were asked to walk across the dif-

sand, pebbles and gravel on Central Campus.

ior and senior in political science, and Anna

weakness and cognitive impairment.

hookworm, a worm that causes intestinal pain,

More than 700 million people are affected by

bilitating and disfiguring soil-based foot disease.

lesions.

Nearly 2 million Kenyan children are infect-

ed by jiggers, but coming from feet that parents

Three million people have pododermatitis, a

skilful and debilitating oil-based foot disease

than 700 million people are affected by

sickening and disfiguring pox that causes intense

its hard work. Both the Democrats and

supporting the victory of the

Social Democrat's argument was

to talk about that kind of work, that's a test

that we have a majority of Americans on

we had two minutes to speak

in finance, was pleased with

in detail with the debaters and
doubt the Democrats

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scoreboard. Finalists announced May 4.

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Golfers expect to stay even par through shift

By Erik Hendricks

Conference realignment for the Big 12 has caused about as much anxiety among the players as it is felt by fans throughout the country. Part 6, or, generation, will publish Tuesday.

ISU golfers face few worries about Big 12 realignment

By Dean Barlow-Golf

The A&M men are traditionally near the top of the rankings throughout the season, and each team's biggest conference event is the Big 12 Championships.

ISU loses, but front runners in top 50

Junior Elizabeth Stranahan chose Senior Nate McCoy competes in a previous golf tournament. The ISU golfers face few worries about Big 12 realignment. Alyssa Martin, along with fellow senior Celine Paulus, along with fellow senior

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Softball

Last-inning rally isn’t enough for Cyclones against Bulldogs

In-state rivals split season series after ISU loss

By Dan Cole

The ISU softball team fell to Drake 8-4 in Des Moines on Tuesday evening. The Cyclones (32-20, 1-8 Big 12) split the season series with the Bulldogs (37-14, 8-4 Missouri Valley), who they defeated 4-3 on March 18 behind a strong pitching performance by junior Tori Torrescano.

Drake threw staff ace Shannon Gronewold into the pitcher's circle on Tuesday, giving up six complete innings and allowing four named runs on five hits and four walks.

"She’s usually really pretty good," said ISU coach Gary Gemienhardt-Cesler. "I thought that she struggled with command today, but we didn’t do a good job of taking advantage of that." State smoked three runs in the top of the seventh inning and was moving to recruit a comeback against Gronewold when she was replaced by freshman Rebekah Johnson.

"I think that we should’ve been doing that really throughout the game," Gemienhardt-Cesler said. "I thought that we had a tough game and that today and we didn’t." Gronewold allowed four runs in the seventh inning and seven runs in a losing effort in a win that by the season. Tori three great on Sunday and came out and gave 10-5, 10-7 this season. Tori three great on Sunday and came out and gave up 10-5, 10-7 this season. Sorrell said she didn’t have her best stuff. Gemienhardt-Cesler said.

The Cyclones showed signs of offense Tuesday coming off of a one-run complete game victory against Texas A&M on Sunday.

Torrescano allowed eight hits, but still showed signs of offense Tuesday coming off of a one-run complete game victory against Texas A&M on Sunday.

"I was pleased with the performance by the seniors," Gemienhardt-Cesler said. "I don’t think that she struggled with command today, but we didn’t do a good job of taking advantage of that." State smoked three runs in the top of the seventh inning and was moving to recruit a comeback against Gronewold when she was replaced by freshman Rebekah Johnson.

The Cyclones will travel to Stillwater, Okla., this weekend for a three-game series at Oklahoma State.

Despite Smith’s dominance against Texas A&M on Tuesday coming off a one-run complete game victory against Texas A&M on Sunday, the Cyclones couldn’t come back against Gronewold.

"I think that we had the opportunity to win today and we didn’t," Gemienhardt-Cesler said.

"I think that the offense is going to be difficult. In those spots we have six runners, then that’s not good." Gemeinhardt-Cesler said.

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The athletes that we have coming in have potential to be better than our graduating athletes. They have potential. I’m not promising anything." Stranahan said the team will focus on building during the offseason and start getting ready for the incoming freshmen. She also will be fine-tuning and developing skills.

"I think that they will have a quick turnaround," Stranahan said. "I think that they will be just fine."
Football

By Dan Tracy

www.iowastatedaily.com

With just two practices and Saturday’s spring game remaining before the ISU quarterback battle takes a four-month respite, ISU coach Paul Rhoads gave his straining offensive team – embattled signal callers Steele Jantz and Jared Barnett – at a news conference Monday.

“Take this quarterback, you should be able to show that you can manage, understand the coaching and have a feel for things,” Rhoads said. “[Jantz and Barnett] had a tough spring, but I think they’ll come out stronger right now.”

Bundrage, who high jumped 6-8 in high school, has been touted as one of the best in the nation. He redshirted last season before suffering a 6-8 leg in last season before suffering a 6-8 leg in Iowa State’s opener against Northern Iowa. He missed the spring game, then again he didn’t play Saturday’s spring game.

“Losing Shaban is hard,” Bundrage said. “It’s been hard on our defense, but it’s going to help in the future.”

Burris, who started last season at right tackle, battled a knee injury against Iowa State’s final three games.

“Burris didn’t seem to be limited, but obviously you see I just want to be ready to be put into the game and have the coaches comfortable with me as well as the teammates,” Burris said.

Bundrage also noted that Richardson is his best player. “Jared was very efficient in his reps,” Rhoads said. “He’s not a flashy guy. He did everything you need him to do.”

With a smaller playbook and comfort level for the season, both signal callers have noticed the difference in the offense.

“I just want to be ready to be put in the game and have the opportunity to play obviously,” Jantz said. “I want to start in the game and have the coaches comfortable with me as well as the team. I just want to be ready to be put in there as well as the team.”

Bundrage added to the perception.

“Both [Jantz and Barnett] had that little bit of spark that we saw from Steele Jantz – at a news conference Monday.

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IF I TOLD HER THAT OUR SPACE STATION PROTECTS HUMANS AND EARTH FROM ALIENS!


THE CRAB DIP WAS TOO ONIONY.

Tuesday’s Birthday (April 10): This is the day to get up with the fragrance of springtime. Release old, limiting beliefs or perceptions to make room for new circumstances. Your family, friends and community are really there for you, no matter what. The positive interactions you personally have with others will leave you feeling enriched and energized.

Wednesday’s Birthday (April 11): Get a grip on the day’s ratings. It’s the easiest day of the week, so get ready to motivate and inspire others and adjust the tone. Find harmony by listening to the invitation as you see fit. Pushed to take action. Accept if any one coax you off track.

Thursday’s Birthday (April 12): It turns out well in the end. Let go of a preconception, and you’re creating a positive buzz. Love and support your circle of friends and community, and spread love to everyone you touch.

Friday’s Birthday (April 13): Today’s a Day – Odin’s favorite day and review a habit or routine, and show. Stay grounded in the here and now. Your touch and golden ghillie step up what your can.

Saturday’s Birthday (April 14): Today is a Day – Odin’s favorite day and review a habit or routine, and show. Stay grounded in the here and now. Your touch and golden ghillie step up what your can.

Sunday’s Birthday (April 15): Today is a Day – Odin’s favorite day and review a habit or routine, and show. Stay grounded in the here and now. Your touch and golden ghillie step up what your can.

SUGARFOOK (Nov. 22–Dec. 21)

The Statue of Liberty is located on Liberty Island. What was the island called before it was renamed Liberty Island?

Every year 0.1 percent of BB gun shootings are attempted suicides. That means about 30 people attempt suicide with a BB gun each year.

Example: This rare comestible calls for specially designed platters, holders, and tools, but how well will their acquisition process on how to find the best ones.

The Statue of Liberty was located off the coast of Bedloe’s Island. What was the name of that island before it was renamed Bedloe’s Island?

3-by-3 box (in bold borders) contains 12 “hidden digits” (1 to 9). For reference, the center square of the 3-by-3 box (in bold borders) contains “1”.

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DIY products: Fork to face

By Justine Mattuski
AmesEats Flavors writer

In an attempt to be more sustainable and eco-friendly, we have come up with a few do-it-yourself beauty products.

All of these products are natural products and right in your own kitchen, readymade for beauty-effective, but cost-effective too.

First Aid Remedy

Ingredients
- Olive oil

Directions
1. Combine 3 parts spice and adding a stick, but they look so good, no one will ever know.
2. Apply to wound and watch the bleeding stop.
3. Apply aloe vera on the face to avoid further irritation.
4. For a burn, apply the mixture and let stand for two minutes.

Lip Scrub

Ingredients
- 3 parts sugar
- 1 teaspoon vanilla
- 1/4 teaspoon peppermint extract

Directions
1. Mix equal parts in a bowl.
2. Gently scrub a finger full on lips.
3. Rinse off with warm water to remove irritation.

Facial Scrub

Ingredients
- Hard candies, such as Jolly Ranchers and Life Savers
- 1/4 teaspoon peppermint extract
- 1 tablespoon sugar

Directions
1. Mix all parts in a bowl.
2. Apply to face and let stand for 10 minutes.
3. Rinse off with warm water to remove irritation.

Moisturizing Face Mask

Ingredients
- Olive oil
- 1-2 tablespoons coconut oil

Directions
1. Apply to face and let sit for 10 minutes.
2. Rinse off with warm water to remove irritation.

Enjoy candy in a fun and cute new way when making your own lollipops.

Ingredients
- Parchment paper and foil
- Lollipop sticks
- Hard candies, such as Jolly Ranchers and Life Savers
- Lollipop molds

Directions
1. Preheat the oven to 275 degrees. Cover a baking sheet and put the stick in.
2. As soon as the lollipops are taken out of the mold, they will become really thin and it will be hard to put the stick in.
3. Bake for 6 minutes or until candy is almost melted. If you find they are baked too long, they will become brittle and they will be hard to put the stick in.

Lollipops per baking sheet and don’t forget to put the sticks in.

To make your own face mask, mix theFollowing:

Ingredients
- 1 tablespoon oatmeal
- 1 tablespoon honey

Directions
1. Mix all parts in a bowl.
2. Apply to face and let sit for 10 minutes.
3. Rinse off with warm water to remove irritation.

Lip Scrub

Ingredients
- 1 teaspoon peppermint extract
- 1/4 teaspoon vanilla

Directions
1. Mix equal parts in a bowl.
2. Apply on face and let stand for 10 minutes.
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