Make Valentine’s Day your own
What does your relationship status mean?

Before you go changing your status and facing that pathetic broken heart icon or the barrage of comments from people who’ve long been out of your life, take a look at what your relationship status is really saying to the world:

- **Single:** I’m single ... and looking. Seriously. Notice me. Getting a little desperate here.
- **Married to your best friend:** You think you’re too cool for this whole status business, but at the same time, you don’t want to just get rid of it.
- **In a relationship with a bar/job/whatever:** ... actually, this pretty much says it all.
- **In an open relationship:** At least one of you is in denial about where your “casual fling” is going.
- **It’s complicated:** ... really? You wanted to advertise your sucky relationship to the world? Or maybe you’re just a drama lover who didn’t want to address the problem face to face with your sweetheart.
- **In a relationship with (name of sweetheart):** “Hey! Tell us how cute we are! And comment on our album of kissing photos while you’re at it.”
- **Engaged:** OK, this is legit. You’ve got big things going on in your life, and you want the world to know. Congrats!
- **Married:** What’s the point? Everyone probably already knows — even if you didn’t change your name, there’s that other human you’re always hanging around with.
- **No status:** You’re either way too concerned with the off chance that some potential employer might look at your page one day, or maybe you’re just disillusioned with Facebook. Or maybe you think you’re cool and mysterious — a secret relationship perhaps? Or maybe you’re one of the staffers writing this story.

—Daily Staff

Your Facebook relationship status could say more about you than you might think. Are you in a relationship with your job? “Actually, this pretty much says it all.”

Photo courtesy: Thinkstock

Does your Facebook relationship status read, “In a relationship” with your sweetheart? Maybe you’re trying to say, “Hey! Tell us how cute we are!”

Photo courtesy: Thinkstock

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Do it yourself: Create felt fortune cookie valentines

BY AMBER RUSSELL
ISD STYLE WRITER

Valentine’s Day: The one day a year you get to give someone a gift just because they are exceptional themselves.

This little, felt fortune cookie valentine is a creative and different way to tell someone how great they are.

Whether you need to get something for a special someone or just want to show a friend how much you care, this is a crafty way to say whatever you want.

Create as many or as few of these crafty – and cheap – creations for any or all of your valentines.

Read on below to find out how to piece together your own fortune valentine.

Step 1:
Purchase felt in seasonal colors – reds and pinks. I purchased my felt at Hobby Lobby for about a dollar for four.

Step 2:
Trace out circles onto the felt. The size of the circle is ultimately up to you. The bigger the circle, the bigger the fortune. Now cut out the circles with a pair of scissors.

Step 3:
Fold the circle in half and then with a hot glue gun, glue the top edges together. Remember to leave the sides open so you can insert your fortune.

Step 4:
Cut slips of paper to insert into felt cookie and write a fun message on each slip.

Step 5:
Carefully slide fortunes into the felt cookie. Make sure one side is left sticking out.

Step 6:
Now delicately fold the felt cookie so it takes the shape of a fortune cookie. Since we are working with felt pull the fabric until you get the desired shape. With just a little dab of hot glue secure the fold. Now you are finished. Make as many as desired and pass out to your valentines.

Find the best Valentine’s Day gift for him and her

BY ELIZABETH HANSON
ISD STYLE WRITER

For Him:

The emphasis of Valentine’s Day is always on the ladies — so what do you get your boyfriend for Valentine’s?

This Tommy Hilfiger wallet is a great recommendation. They have a sophisticated, classic look made of leather — perfect for any man.

These wallets are a sure upgrade from any old wallet your valentine has had for years, found at Macy’s for a reasonable price of $32 or $46, depending on size.

If you want to add something extra charming to show you care, slip a small reminder in the billfold.

For Her:

Mark my words — you can never go wrong with perfume. Perfume doesn’t die, unlike flowers, doesn’t make you fat, like chocolate and is an elegant gift for a reasonable price.

Men seem to be intimidated to buy perfume.

If you pass any makeup counter at a department store, you’ll more than likely be bombarded by hundreds of scents and clerks.

Here are two perfumes your Valentine will adore.

Lancôme Tresor In Love —
A take on Lancôme’s previous Tresor scent, Tresor in Love offers a soft, floral take. The bottle is elegant and has a fun, black rose poof. The size shown is 2.5 ounces for $72 and can be purchased at Younkers.

Coach Poppy Perfume —
What girl doesn’t love Coach? Let’s be honest, especially for Valentine’s Day.

Poppy is a youthful, fruity scent. The perfume has a pink tone but comes with a fun gold cap. Found at Coach and Macy’s, you can buy the product in a variety of sizes, differing in price. The photo shown features the 3.4 ounce size for $80.
Gifts that show your heart

By Danielle Stack
AmesEats Flavors Writer

It’s that time of year again. Pink, red and white boxes of chocolate line the shelves at the local grocery store. Every year, people spend ridiculous amounts of money on candies, flowers and smiling stuffed animals.

While these gifts can all be effective, this year try to be more creative and heartfelt when giving a Valentine’s Day gift to a friend, significant other or just someone you care about.

Skip the $10 box of chocolates and make your own heart-shaped food. This can be an easy, fun and meaningful way to tell someone you care.

Sugar cookies are an easy way to sweeten up a Valentine’s Day. They are easy to make with pre-measured ingredients; all you have to do is add water.

After baking, add your favorite toppings, bake a bit more and enjoy.

Any sandwich bread can be cut into the shape of a heart, and you can use the cut-off pieces as an arrow to go through the heart.

Whether it’s peanut butter and jelly, grilled cheese or your own creation, all can be cut into the shape of love. For instance, pizza dough is easy to mold and keeps its shape while baking. Try constructing basic pizza dough into a heart and bake it.

Don’t know how to make pizza dough? Never fear, grocery stores offer boxes of pre-measured ingredients; all you have to do is add water.

After baking, add your favorite toppings, bake a bit more and enjoy.

If you aren’t the baking type, Great Plains on Main Street sells heart-shaped pizza on Valentine’s Day.

Traditions: from chocolates to candy heart confections

By Kelsey Schirm
AmesEats Flavors Writer

Imagine yourself back in elementary school on Feb. 14. It’s Valentine’s Day and you couldn’t be more excited. Neither the parties at school nor the cute Disney character cards from your friends excite you the most, though. It’s the candy inside the cards or the box of chocolates your parents left for you on the table that morning.

What would Valentine’s Day be without candy? Valentine’s Day was first established to honor St. Valentine, a third-century Roman priest. St. Valentine had nothing to do with the addition of candy to the holiday though.

One theory of how the tradition began dates back to the 1800s, according to Sugar Stand, an online candy store.

Nineteenth century doctors used to suggest chocolate as an unorthodox prescription for their heartbroken patients. Doctors hoped the chocolates would soothe their patients’ emotions.

It’s no wonder why it has become a tradition if chocolate can help invoke romance and feisty behavior.

Even Casanova ate chocolate instead of drinking champagne to stimulate romance.

No matter how the tradition of candy was introduced, it doesn’t change the fact that Valentine’s Day just wouldn’t be the same without it.

Here are some interesting facts about Valentine’s Day candy from the National Confectioners Association:

- About 8 billion candy hearts will be produced this year. That’s enough candy to stretch from Rome to Valentine, Ariz. 20 times and back again.
- Chocolate and candy sales reach profits of $1,011 billion during Valentine’s Day, according to Insider Reports.
- More than 36 million heart-shaped boxes of chocolate will be sold for Valentine’s Day.
- Sixty-eight percent of men age 50 or older say they’d prefer receiving chocolate over flowers from their sweetheart on Valentine’s Day.
- Valentine’s Day is the fourth biggest holiday of the year for confectionery purchases, after Halloween, Easter and Christmas.

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“What’s that on the wall?” Mike asked nervously, lying in bed. “I don’t know, looks like moonlight or something,” Sonja responded, tiredly from beside him.

“Well look at it! It’s kinda pretty,” Mike said.

To Mike, the words “Will you marry me?” written on the wall in glow-in-the-dark paint are obvious.

The ring in his pocket feels like it weighs a hundred pounds.

Sonja, however, can only see a blur; she’s not wearing her glasses.

He urged to come to the edge of the bed.

“Read the wall!” he said, “I think it says something!”

Sonja finally got his message, and they’ve been married for eight years.

Today, Michael and Sonja Giles teach their students at Iowa State with the same passion for music that brought them together.

Mike teaches saxophone and jazz studies, while Sonja is an assistant professor of flute.

Their mutual love of contemporary music brought them together for the first time at the University of Iowa.

Mike was working towards his bachelor’s degree in music when Sonja transferred from the University of New Mexico.

Working on her master’s degree, Sonja decided to follow her flute instructor to his new position in Iowa.

“You work one-on-one in music,” Sonja said.

“If I’m going to work with a professor for eight semesters, it’s imperative that I like him,” she said.

In retrospect, Giles said she’s glad she decided to move to Iowa.

If she hadn’t moved, she never would have known Mike or given him flute lessons.

“I needed flute lessons as a saxophonist for jazz band,” Mike said. “It turns out I’m a terrible flutist, and we got distracted during those lessons.”

“He’s a terrible student,” Sonja said.

When Sonja moved to Minneapolis in pursuit of her doctorate, Mike quit his job at the University of Wyoming to follow.

“I couldn’t bear to be without Sonja, to see her on a regular basis,” Mike said.

They’ve been keeping each other busy ever since.

“We go to all of our children’s sporting events; that would probably constitute our entire lives right now. We’re either doing stuff with our students here to get them ready for performances and competitions, doing our regular teaching or performing ourselves,” Sonja said. “It’s very encompassing.”

Mike said he’s interested in photography and he likes to exercise.

Sonja is an avid reader. Both agree that music is essentially their life. It has formed a deep connection between them, Mike said.

“It’s something that you feel deep in your heart you’re connected to, artistically. And you have it in common,” he said.
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Attachment

Differing styles alter romantic connection

By Katherine Klingseis
@iowastatedaily.com

Throughout history, no one has ever truly figured out why some relationships last while others end. However, research suggests that a person’s attachment style may heavily affect the successfulness of his or her relationships.

The adult attachment theory is a concept that describes how people behave in romantic relationships, said Carolyn Cutrona, ISU professor and department chair of psychology.

She said there are three different attachment styles: secure, anxious and avoidant.

“Happily, about two-thirds [of the population] appears to be secure,” Cutrona said. “The final third is kind of divided up between avoidant and anxious.”

When a person has a secure attachment style, he or she is comfortable with being close to others. Cutrona said these people often experience very little jealousy and have few insecurities.

“People with a secure attachment style trust easily, and they believe in true love,” Cutrona said. “That kind of person usually has the most success in romantic relationships.”

As stated above, not everyone has the luxury of having a secure attachment style. For example, a few people have an anxious attachment style.

“People with an anxious attachment style] really crave love, but they never quite believe that the person loves them enough,” Cutrona said. “They’re often very insecure, and very demanding.”

Cutrona said people with an anxious attachment style are usually very uncomfortable with trusting their partners.

“They’re always grabbing at you for more, more, more, and [saying] show me you love me, prove that you love me, prove that you’re not cheating on me,” Cutrona said. “That’s just a tough, tough partner to have.”

Cutrona said people with an anxious attachment style often have an unstable family background.

“With anxious attachment style, what research suggests is that their parents were inconsistent,” Cutrona said. “So, sometimes [the parents] were very loving and responsive and caring, and sometimes they were rejecting or ignoring.”

Similar to an anxious attachment style, an avoidant attachment style often stems from having a less-than-perfect childhood, Cutrona said.

“What the theory says is that [an avoidant attachment style] comes from parents who were rejecting,” Cutrona said. “This person as a child learned that you can’t turn to other people for comfort or for security because they never experienced that as children.”

People with an avoidant attachment style find it very hard to open-up and trust another person, Cutrona said.

“There’s research that avoidant people, when their partner is distressed, they back off more.”

“Think how frustrating that is: You turn to your partner when you need them most, and that sort of scares them to death and they back off more.”

However, those who have an anxious or avoidant attachment style can become more secure by being in a relationship with a person who has a secure attachment style, Cutrona said.

“The good news, if you are lucky enough as either an avoidant or an anxious person to partner with a secure person, who is very trustworthy, who is very consistent, you can change and become more secure as a result of that relationship,” Cutrona said.

Conversely, being a secure person who is in a relationship with, for instance, an anxious person can be very difficult.

“Issues can come up over privacy: you know, ‘I don’t want you in every aspect of my life. Sometimes, I just want to be with my friends’,” Cutrona said. “And that can be very hurtful and threatening for the anxious person.”

Likewise, a secure person may find it difficult to be in a relationship with an avoidant person.

“An issue that may arise is that the secure person is going to say to the avoidant person, ‘You never tell me your feelings, you never tell me what’s on your mind, I don’t feel like I really know you,’” Cutrona said.

If a person realizes that he or she has either an anxious or avoidant attachment style, and it is causing problems in his or her relationship, there are things he or she should do.

“If your attachment style is really causing problems in your relationship, I would head right over to the student counseling service, and say, ‘You know what, relationship after relationship I’m having a really hard time and I think I’m driving people away,’” Cutrona said. “That would be one really good step.”

Cutrona also recommends for people to just be aware of what attachment style they possess and to try correcting some of their negative behaviors.

Although relationships end for a variety of reasons, many psychologists, like Cutrona, believe that attachment styles do affect a person’s romantic relationships.

“I think the [psychology] field is convinced that [the adult attachment theory] is pretty important,” Cutrona said. “On a scale of one to ten, I give it an eight.”
Don’t spend Valentine’s Day wallowing in self-pity

By Joy Wessels
@iowastatedaily.com

In a few short days, some will have eyes adorned with a certain twinkle. Steps will have an extra spring in them, and hearts will be filled with warm, mushy feelings for a significant other.

While some await this day with great anticipation and excitement, there are others that don’t feel quite the same.

Some view it as the official day and reminder of being completely and utterly single. Hearts are rumored to turn black and any public displays of affection can result in direct nausea. The reason for this phenomenon? Two words: Valentine’s Day.

I must admit that I do belong to the second group of people described. I’ll also admit that this will be the first Valentine’s Day I’ll spend single in a very long time. And to be quite honest, I can’t help but be kind of excited about it.

I know you’re probably thinking I’m just saying that to make myself feel better, but trust that I am being completely honest.

Think about it, some of us won’t have to worry about buying a gift. No sniffing out hundreds of different colognes or having to guess if she’d rather have a necklace or bracelet. It’s not like we can afford to drop 50 bucks for the sake of an overly-commercialized holiday anyway, we’re all poor college students.

Unfortunately though, some of us won’t be getting all dolled up to go out on a date. And though I may harbor some unkind feelings toward St. Valentine himself, the guy never said we had to sit and wallow in our self-pity.

Go out and do something. Hang out with your roommates. Buy each other chocolate and play ridiculously upbeat music that you can dance to with your best friends.

Here’s an idea: Go to the ice skating rink. I know it seems like the central place for couples to go, but get a ton of your friends and let loose on skates. There’s no way you can’t laugh at least a little bit while watching others slip and fall.

I know some people are genuinely upset or angry about being single on Valentine’s Day. So why not release some of that pent up frustration on a heart shaped pinata with friends? That’s what I’ll be doing on the big day, and it is probably a lot more rational than socking the first couple you see kissing in public.

If you’re in the mood to just sit and not focus on yourself, go to a movie. Steer clear of the sappy chick flicks that girls will be dragging their boyfriends to. Try a movie that has absolutely no signs of love or heartbreak.

Every year the greeting card and chocolate industries exploit Valentine’s Day for everything it means, and frankly we should too. We have the rest of our lives to enjoy romance and the essence of the holiday with a significant other, so spend this one with the other people you love — your friends. Happy Valentine’s Day everyone.
Sex

Hook-up culture creates social phenomenon

By Amy Thompson
@iowastatedaily.com

Hooking-up isn’t the typical Valentine’s Day topic. In fact, the topic could be depressing considering most people define hooking-up as something that’s not a commitment and usually involves large amounts of alcohol.

Whether directly involved or not, hooking-up is a part of every college student’s life. Veronica Rau-Mason, graduate student in the department of sociology, has always been fascinated by the sexual practices of college students.

She has decided to write her thesis on “Understanding How and Why College Students use the Term ‘Hook-Up’ to Describe their Sexual Encounters”.

“The hook-up culture is an interesting social phenomenon. I wonder what implications these types of sexual encounters will have on future generations,” Mason said.

Mason’s research interest is intimate relationships and inequalities.

Hooking-up has become a common element in many college students’ lives. Graduate student Veronica Rau-Mason is performing research to figure out the meanings the term “hook-up” is associated with. Courtesy photo: Thinkstock

She’s what’s considered a non-traditional student.

She is married with a child, so the hook-up culture really intrigues her because it isn’t something she’s familiar with.

There has been plenty of research nationwide regarding hooking-up, but Mason and her professors decided the idea of how the term is used has not been addressed.

“By using in-depth interviews with college students at a large Midwestern University, this study explores links between the meanings students associate with the term hooking-up,” taken from the abstract.

The questions she is trying to answer are: what is the significance of the term hooking-up and how does it benefit/detriment the people who do or don’t use it.

“Answering those questions is my goal, but since research is an emergent process, I want to also let my participants tell me their stories. I love to do the interviews, they are my favorite part of researching,” Mason said.

Many students have received an e-mail asking for participation in Mason’s experiment.

The e-mail requested help from students who have engaged in at least one hook-up.

Mason cannot disclose her findings, but thus far she has finished 10 of her 20 interviews. The interviews will be equal, meaning 10 men and 10 women.

The interviews are pretty in-depth, and there are a few main questions that Mason asks. Beyond those questions, she lets the interview go wherever it may. Like she said before she wants to let the participants share their own stories. A few of the main questions she asks are:

- What does hooking-up mean to you?
- What are the benefits/consequences of using the term hooking-up?
- What are your experiences with hooking-up? [Most recent or memorable hook up]
- What piece of advice would you give to a new ISU student about hooking-up?

The latter is her favorite question because she gets a variety of responses. For a negative case analysis, Mason will conduct four interviews, two men and two women, which will be used to compare the meanings of those who do hook-up and who don’t hook-up.

“I haven’t found any studies that analyze the use of the term for those who engage in sexual practice. This is a major difference between my research and prior studies, so I am open to letting participants share their stories to better understand what’s going versus focusing on my interests,” Mason said.

If there are any questions regarding Mason’s research, contact her at vlrau@iastate.edu.

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Instant Dating Club

Event offers activity for singles

By Kendra Alley
@iowastatedaily.com

Valentine’s Day can be a downer when you are living the single life, but there is something for all the single ladies and gentlemen to do that will put a spring back in their step. The Instant Dating Club will be hosting a Valentine’s speed-dating event.

“The cool part of Instant Dating is not only do you meet a lot of other singles in one night, but it is a lot of fun because you meet a variety of people you wouldn’t normally have met on campus or wouldn’t normally have talked to,” said Heather Patterson, president of the Instant Dating Club.

Upon arrival, participants get a nametag and a number, which helps your dates remember who you are and if they want to take you on a second date.

The blind dates are three minutes long, so having some questions prepared to ask your suitors may be wise.

‘I didn’t think it was hard to strike up a conversation, although sometimes it got monotonous with the typical ‘Where are you from? What year are you? What’s your major?’ type of questions,” said Haley Wakefield, senior in hotel, restaurant and institution management who has participated in Instant Dating before.

Valentine’s Day is the biggest speed dating event for the club, expecting more than 200 students.

So, there are decent odds that you will meet a guy or gal you are interested in or possibly the man or woman of your dreams to ride off into the sunset with.

“We have tracked the success of the event in the past and found that 85 percent of all people who attended had at least one mutual match. Within two weeks after the event at least 60 percent of the participants had been on at least one date with a match,” Patterson said.

As long as you bring yourself and some good conversation to the event, you have a good chance of ending up with a date. However, if things don’t work out you don’t have to worry about feeling rejected because the club does all of the matching after the event has ended.

“I had one match, and we ended up going on a coffee date. Things didn’t work out between us, but it was fun while it lasted,” Wakefield said.

“As we say, ‘Come for fun, stay for love.’ If you’re single on Valentine’s Day, Instant Dating is the best place to be,” Patterson said.

Fun facts

Did you know: history, culture of holiday

By Sarah Clark
@iowastatedaily.com

1. 15 percent of U.S. women send themselves flowers on Valentine’s Day.
2. The red rose was the favorite flower of Venus, the Roman goddess of love. The color red stands for strong romantic feelings making the red rose the flower of love.
3. Juliet, from Romeo and Juliet, receives over 1,000 letters every Valentine’s Day.
4. About 1 billion Valentine’s Day cards are exchanged each year.
5. Approximately 110 million roses, the majority red, will be sold and delivered within the three-day time period around Valentine’s Day.
6. Hallmark has over 1330 different cards specifically for Valentine’s Day.
7. Only the U.S., Canada, Mexico, France, Australia and the U.K. celebrate Valentine’s Day.
8. Wearing a wedding ring on the fourth finger of the left hand dates back to ancient Egypt, where it was believed that the vein of love ran from that finger directly to the heart.
9. Teachers receive the most Valentine’s Day cards.
10. Women purchase 85 percent of all valentines.
11. In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.
12. In the United States, 64 percent of men do not make plans in advance for a romantic Valentine’s Day with their sweethearts.

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