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Spring 2011:

HOT or NOT

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Hot or not: Table of Contents

4 Hot: Students road trip through South to Knoxville
8 Hot: Alumnus serves gyros, respect to his customers
9 Hot: ‘American obsession’ changes day-to-day routines, society
12 Hot: Opportunities exist, require students to search
14 Hot: Students share exciting summer job experiences
Hot: Summer season in Ames: awesome or totally lame?
17 Hot: Rentals, activities available on campus

18 Not: Professors explain food price surges, offer advice for students
19 Not: ISU professors share opinions on future of oil prices
20 Not: Parking tickets not so bad if you think comparatively
21 Not: How to keep your money during move-out process
22 Not: The student’s guide to filing your taxes

23 Student Choice Awards
Students road trip through South to Knoxville

By Amy Thompson
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For Spring Break, my two close friends — Eva and Laura — and I decided to take a road trip to my hometown of Knoxville, Tenn., and hit major cities along the way. We entitled our rendezvous “Sippin’ through the South.”

Throughout our journey we encountered everything from a Russian cab driver that spoke like Gru from “Despicable Me”; men in St. Louis who asked us if we believed in love at first sight; and a psychic who turned our lives upside down momentarily.

Oh and I cannot forget the game we created, “Would You Still Be My Friend If...”

Here are the highlights and must-see attractions from St. Louis; Indianapolis; Memphis; Nashville; Knoxville, Tenn.; and Peoria, Ill.

Day 1: Started out early to St. Louis. We did the McDonald’s thing, picked up our rental Toyota Corolla, and hit the road. About six hours later we arrived in the city. Lucky for us, that day happened to be the day of the St. Patrick’s Day parade downtown. Needless to say we were thrilled to hit the town, and get “Sippin’ through the South” off to a great start.

We arrived at the hotel, and chatted up the front desk workers and found out that we needed to call a cab. We hopped in and this short gray-haired man whose name we cannot remember introduces himself. For all of you who haven’t seen “Despicable Me,” the man talked exactly like Gru, the Russian foster father. All we could think about was the cab driver saying “three little kittens.”

Gru took us downtown
Road trip advice

1. Be nice to the hotel workers. They give you good travel tips, and send you to the hippest places. And if you are extra nice, they won’t kick you out if you come back from the bars and start playing “1000 Miles” by Vanessa Carlton on the lobby piano.
2. Don’t bring a credit card. Have cash only and a budget. We were out of money, but we kept charging things to a credit card.
3. If you do bring a credit card, don’t call your parents during the trip.
4. When the rental car agency wants to give you an upgrade say no. The gas is going to be ten times more expensive on a luxury SUV that the rental agent said you just had to have.
5. Don’t always listen to the GPS. Ours was named Mariah, and she liked to make us get off an interstate, and then get right back on the ramp.
6. Tip your cab driver. I still feel sorry for the cab driver that took us home in St. Louis. We had a 30 minute debate about Purina dog food, and he didn’t say one word.
7. Ladies— buy your drinks. It’s tempting to have that nice older gentleman buy you a drink, but be warned. He will not leave you alone.
8. Don’t speed. I got a $159 speeding ticket in Cookeville, Tenn., and it is not going to be fun to pay.
9. Go with the flow. When we started out on the trip, we had no agenda except what cities we were going to go to. We booked our hotels on the way, and if we saw something we wanted to do, we did it. The spontaneity made the trip fun.
10. Refrain from updating your status while out at the bars. The next morning we had to do major damage control.
11. If you are a healthy eater, check it at the car door. I cannot stand the greasy, fried foods, yet McDonald’s was a favorite of the trip.
12. Learn How To Dougie. We came back Dougie’ing champs.

A few facts about Memphis:
- We visited downtown to get lunch at hotels.
- Since we stayed downtown we had to pay for parking everywhere we went including the nights we stayed to pay for parking.
- The house and the premises and that we could charge us $30 for. We got to tour the house.
- The house was about it. Most of it was original, and it was a huge fan of Elvis, so it was a prerequisite of the trip that we go. Let me tell you one thing — it was the biggest waste of money and time. The house was nothing too special that they could charge us $30 for. We got to tour the house and the premises and that was about it. Most of it was original, but we also didn’t get to see the entire house.
- Parking was the huge bummer of the trip. It was $10 at Graceland.
- Since we stayed downtown we had to pay for parking everywhere we went including the nights we stayed at hotels.
- After Graceland we were off to Music City. We got there at a decent hour.

Day 3: Since the night before was easy, we were out of the hotel early and went to Beale St. It was a Monday so it was pretty dead, but just seeing Beale Street, we could tell it would be amazing at night. There were bars like B.B Kings and the Rum Boogie and much like Nashville, there was music pouring out of every establishment.
- We visited downtown to get lunch and shop around, then we went to Graceland, Elvis Presley’s home. Eva is a huge fan of Elvis, so it was a prerequisite of the trip that we go. Let me tell you one thing — it was the biggest waste of money and time. The house was nothing too special that they could charge us $30 for. We got to tour the house and the premises and that was about it. Most of it was original, but we also didn’t get to see the entire house.
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Nuff Said.
time and did the usual; checked into the hotel and chatted up the front desk workers. Throughout our whole trip we stayed at Marriotts and most of them were located downtown — the one in Nashville was the best because it was only about two blocks from everything. When we arrived we even had time for a dip in the hot tub, which conveniently was located right next to our room.

So we got ready and ran to the store to get beverages because we learned that if you go out on the town it is really expensive. Remember college drink deals? Yeah, they don’t exist in the real world. It wasn’t unusual for us to spend $5 on a bottle of Bud Light.

By then we were ready to head to the 2nd Street in downtown Nashville. We cruised a little to scope it out, and then we choose a bar that seemed to be the most happening. We went to at least five bars. I remember the names of two: The Stage and Coyote Ugly. We sang karaoke to “Take me home tonight” by Eddie Money at one bar, and met a dude from Boone, Iowa at the next. We ended at Coyote Ugly and it was empty, so the bartenders let us dance up on the bar and be total tourists. It was pretty awesome.

Day 4: We quickly fell into a pattern of alternating days with drinking and touristy activities. On this day we went back to the Broadway Street in Nashville during the daylight and shopped around. American Apparel and the famous Hatch Show Print Shop are located right on the strip. And of course there are plenty of nick-knack shops along the way as well. There were a ton of boot shops, like the ones where you walk in and can try on an $800 pair of boots. Laura was in heaven. After looking around Nashville, we were broke and ready for Knoxville.

The next few days weren’t exciting. We arrived in Knoxville, visited the hideous gold ball skyscraper thing that is a remembrance of the 1982 world’s fair, andtook a look around the University of Tennessee campus — ours is way prettier, but as far as sporting complexes, UT wins hands down. We got back to my place and just chilled for a few days.

We were basically out of money, but we dropped some spare change
on going to a psychic to get our palms read. Whether you believe in psychics or not, it was very enlightening and humorous at the same time.

Our psychic called us out on things that she should have never known and made wild character assumptions. Even though we didn’t believe most of what she said, we spent a good three hours afterward in my kitchen trying to decode what she said and what we were going to do with the information.

Our St. Patrick’s Day consisted of us lying in the 80-degree sun, multiple booze runs, playing catch with the football and attempting to play some golf in my backyard. Unwillingly, we knew that we had to go back to Iowa so we left Knoxville on a Friday night and drove six hours to Indianapolis. We got in late, so we couldn’t go downtown, but we did end up at the hotel bar, had a drink and called it a night.

The next morning we realized how much we missed by not being able to go out — the city looked amazing. If we go on another road trip it will include a night out in Indianapolis.

Our halfway stop home was Peoria, Ill. It was a pretty city on the river. You could definitely tell that we were getting back to the Midwest by just the size differences. We had a nice lunch there at an Irish pub that had clog dancers. About three hours later we arrived back in Ames, exhausted and not ready to be home. The trip was one of the best trips we all have ever taken; good company, a drink in your hand and the open road.
Hot: Superdogs

Alumnus serves gyros, respect to his customers

Employees ‘deal with a lot’ at unique job

By Katherine Klingseis
@iowastatedaily.com

With the current condition of the economy, some ISU graduates have had to pursue interesting — and sometimes stressful — jobs in order to make ends meet. This is what ISU graduate Trevin Ward did when he placed his application into a tip jar at a food cart on Welch Avenue.

“I was unemployed at the time, and really needed a job,” Ward said. “[My friend] wrote my name and my phone number in calligraphy, and put it on resume paper, and then we put that in the tip jar.”

Two years later, Ward works almost full time at Smiles & Gyros, a small business that operates gyro and Super Dog stands around Ames.

Smiles & Gyros has been in business for almost twenty years. In that time, the business has grown in popularity and size.

Today, Smiles & Gyros operates three food carts and has nearly a dozen employees. These employees, like Ward, have to deal with the stress of having to feed massive numbers of customers.

“It’s a very taxing job,” Ward said. “[Employees] have to work under stressful conditions because if we have a line that goes down to the corner, and something needs to be fixed, it has to be fixed instead of, ‘Oh no, what should I do?’”

Then, there are the late nights. For instance, Ward explained that he usually begins opening his stand at 8 p.m. and on some busy nights, he will not clock out until 5 or 6 a.m.

“Once you’re on the street, you work to the end of the night,” Ward said. “I completely live on a late-night sleep schedule. Even on the nights I don’t work, I am up until 2 or 3 o’clock.”

Beyond having to work late hours, Ward and his co-workers also must work under extreme weather conditions. Smiles & Gyros does have a cold weather policy stating that the stands will open late if the temperature is below 19 degrees at 8 p.m. or will not open at all if the temperature is below five degrees at 11 p.m.

“This winter as far as weekend shifts, there were probably about three or four weekend days that we were not opened; there weren’t very many that we were closed,” Ward said. “Last winter there were entire weeks that I didn’t get to work.”

Ward and his co-workers also have to deal with sometimes unruly customers.

“We deal with a lot sometimes,” Ward said. “Sometimes that means we have to kick someone out of line, tell them that they have to try to get food another night, and sometimes that means just talking to them and they understand.”

The employees of Smiles & Gyros are required to have a positive attitude when dealing with customers. Additionally, the business expects customers to treat employees with the same respect.

“One of the big things Smiles is about is having a positive influence in the community,” Ward said.

Smiles & Gyros also strives to help keep Campus town clean. After closing the stands, the employees walk one block in each direction around the clock tower, and pick up gyro wrappers, deli sheets and other trash left by their customers.
Hot: Technology

‘American obsession’ changes day-to-day routines, society

By Katherine Klingseis
@iowastatedaily.com

Technology has pressed its way into almost every nook and cranny of American society. This complete saturation of technology has changed the way Americans live.

“Technology is important because it affects how we live every day,” said Zach Oster, graduate in computer science. “New technologies quickly transform our everyday routines.”

Technology is not just an American obsession. In fact, almost the entire world is enamored by it. This infatuation has led to heavy competition between countries.

“As technology keeps advancing, technologically advanced countries will always be able to take full advantage of the latest ideas,” Oster said. “Not all of those ideas will succeed in the long run, but the ones that do succeed will produce good jobs and economic growth.”

In the “technological world race,” a few countries are far ahead of the rest. These countries include: Japan, Sweden and South Korea.

Japan

Japan is the world’s technology super-giant. From Nintendo’s gaming systems to Toyota’s Prius, the Japanese have been creating groundbreaking technology for decades. Although Japan’s technological inventions differ as much as the country’s landscape, one branch of technology has continually fascinated: robotics.

A robot is defined as essentially any automatically-guided machine, and can be used for any purpose: from entertainment and sports to rescue and domestic service.

Robots can also come in many different forms. Science fiction works have popularized humanoid robots, machines that look like humans. One of the most recognizable humanoid robots is Honda’s ASIMO, “The World’s Most Advanced Robot.”

Honda engineers have been working on ASIMO for more than two decades. At present, ASIMO can run, walk, turn smoothly, climb stairs and reach and grab objects. With force sensors in its wrist, the robot is able to judge the amount of force needed to shake a person’s hand, to push a cart and to carry a tray.

ASIMO also has stored walking patterns, which control foot placement, turning, acceleration, deceleration and stopping. Posture control helps ASIMO maintain balance and avoid slipping. By using a series of sensors, ASIMO can also identify and maneuver around objects.

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Beyond interacting with his customers, Ward also likes how Smiles & Gyros operates as a business.

“I like working for a business that really cares about its employees,” Ward said. “Smiles & Gyros cares about where it is rather than just about making money.”

As far as interesting and stressful work goes, Ward’s certainly fits the bill. However, even with the late nights, bad weather conditions and unpleasant customers — Ward has found himself at home working at Smiles & Gyros.

**Sweden**

Beyond being one of the “happiest” countries in the world, Sweden also appears to be one of the most technologically-advanced.

The Global Information Technology Report 2009-2010 ranked Sweden as the country with the most networked economy. The report analyzed 133 countries on how the countries use information and communications technology.

In addition to having a well-connected economy, Sweden also prides itself on research and innovation. The European Innovation Scoreboard put Sweden on top of its index in 2008, beating other European Union members, Japan and the U.S. In its history, Sweden has supplied the world with the ball bearing, the safety match, the adjustable wrench, the zipper and the pacemaker. Swedish inventors also created the Tetra Pak, a liquid food packaging system that is found in refrigerators all across the world and helped with the development of the Global Positioning System.

Sweden is particularly strong in biotechnology; pharmaceuticals are one of Sweden’s main exports. Swedish inventors have created asthma medicines, a growth hormone and a stomach ulcer drug. Swedish researchers are especially interested in medical devices, like imaging equipment, ECG equipment and orthopedic implants. The pacemaker, a medical device that regulates the beating of the heart, is one of Sweden’s most influential inventions.

Rune Elmqvist created a small battery-driven pacemaker in 1958. When the device was placed into a human, the pacemaker only lasted a few hours. However, adjustments were made, and the patient lived until 2001.

Since that monumental implantation, the pacemaker has been modified and improved. There are more than 3 million people worldwide with pacemakers, and 600,000 pacemakers are implanted each year, according to the American Heart Association.

With all of the inventions developed in the country, Sweden has proven to the world that it is much more than just “happy.”

**South Korea**

Although the country is often overshadowed by its northern neighbor, South Korea has quietly become one of the world’s most influential countries, largely due to its technological innovations.

The South Korean government decided to spend $1.5 billion to construct a nationwide high capacity broadband network in 1995. At the time, the government was heavily criticized for the decision.

Today, South Korea has the fastest broadband speeds in the world — four times faster than those in the U.S.

In addition to speed, broadband service in South Korea is cheaper than broadband service in the U.S. The low prices are due to the fact that South Korea has many broadband service companies.

The competition between these South Korean companies helps keep prices low. The Organisation for Economic Cooperation and Development reported that the average cost in the U.S. for Internet connection is $145.50. In South Korea, the average broadband bill is about $22.50.

The low prices help increase internet usage in South Korea. According to the Organisation for Economic Co-operation and Development, 94 percent of South Koreans have broadband service. In contrast, the FCC reported that only 65 percent of Americans have broadband service.

The speed and connectivity of the country’s broadband service has helped lure many companies to test their products in South Korea. With such a high level of Internet saturation, companies know that trends spread fast in the country. Companies like L’Oreal, Phillips and Nikon have all taken advantage of product testing in South Korea.

The broadband service has also helped connect South Korean research institutions. This service helps researchers contact one another quickly and easily.

In 2012, the Korean Communications Commission plans to increase broadband speeds to 1 Gbps, 200 times faster than the 5 Mbps DSL connection often sold in the U.S.
Hot: Internships

Opportunities exist, require students to search

Interesting options available overseas, with top companies

By Katherine.Klingseis

iowastatedaily.com

Applying for internships last year, of course the iconic company was on the top of her list.

“I was in Italy at the time, so I was applying for all my internships abroad — called them long-distance and emailed as much as I could,” Torgrimson said. “I heard back from [Ralph Lauren], and then we kept corresponding.”

After a while, the company asked Torgrimson for her portfolio, electronic versions of her projects and a resume and cover letter. The company eventually asked Torgrimson to come in for an interview.

“They offered me the job right after the interview, and I didn’t expect that,” Torgrimson said. “They were just like, ‘So, when can you start?’ and I was like, ‘I have the internship!’”

Torgrimson started her internship in New York five days after returning from studying abroad in Italy.

“I moved from Italy, which is the slowest, most relaxed place,” Torgrimson said. “Then, you get to New York and everyone is pretty much running everywhere you go, and it’s so busy, and so loud, and so hectic.”

At Ralph Lauren, Torgrimson worked in the fabric department of creative design for Women’s Black Label Clothing.

“Women’s Black Label is one step below runway collection,” Torgrimson said. “It’s all much more expensive than I could afford, but it’s cool to see that high-end of clothes.”

Torgrimson had a wide array of responsibilities at Ralph Lauren. From sitting in on vendors’ meetings to preparing boards for presentations, Torgrimson had to be ready for anything.

“I would go down to these different fabric mills [in downtown New York], and they would say, ‘We want this fabric, this weight, this color,’” Torgrimson said. “There would be just rows and rows and rows of fabric, and you would just have to find the one they were talking about.”

Women’s Black Label sources its fabrics from Italy. When the mills in Italy closed at the end of the season, the company decided to move Torgrimson over to children’s wear.

“I had never had any interest in children’s wear,” Torgrimson said.

“Then, I went up there, and I loved it. I got to see a whole other side of the industry.”

From her internship at Ralph Lauren, Torgrimson was able to see how the fashion industry really operates. She also gained confidence in her own abilities.

“You kind of learn that you don’t always have to know how everything works — you learn it as you go,” Torgrimson said. “I learned to trust myself a little bit more than I did at the beginning.”

In the future, Torgrimson hopes to return to New York to pursue her career in fashion.

“Ideally, I would like to move [to New York] in the fall and have a career lined up,” Torgrimson said. “If it’s with Ralph Lauren, I would be the happiest girl in the world, [but] if not, I’m willing to work my way from the entry level position all the way up.”

Melissa Wasserman

Not many ISU students can say they spent the summer interning at a company in Guatemala. However, Melissa Wasserman, junior in apparel, merchandising and design, did exactly that.

“The company is a fair trade company, and they work with Guatemalan textiles that are hand-woven on backstrap loom by women for a fair price,” Wasserman said. “Basically, we buy the fabric straight from them, and have it shipped to Bronx, New York, where it is constructed in a workshop by other individuals who are in need of jobs as well.”

The company where Wasserman interned at is called Goods of Conscience. The company’s goal is to provide a living wage for Mayan India weavers in Guatemala and underemployed sewers in the Bronx.

Wasserman is quite familiar with the country of Guatemala. She has family living in the country, and she visits there almost every summer.

“I’ve always been in love with the weaving there and the women,” Wasserman said. “My friends’ moms — this is how they’re supporting their families, so I wanted to give them an outlet to do that because I saw what

INTERNS.p13 >>
Melissa Wasserman, junior in apparel, merchandising and design, worked in Guatemala interning with Goods for Conscience, designing garments. Photo: David Derong/Iowa State Daily

was going on: They weren’t getting a fair price for the work they were doing.” Wasserman heard about Goods for Conscience from a friend. Due to her interest in textiles and fair trade, Wasserman jumped at the opportunity to intern at the company.

“Originally, [my friend] had given me an article about the company, and I read it, but didn’t really think about it because this was before I was thinking about internships,” Wasserman said. “Later, I got it out, and was like, ‘Oh, this is really cool.’”

During Wasserman’s internship, Goods of Conscience was working on its fall 2010 line. The company gave Wasserman a lot of free reign and even gave her the chance to design garments for the company.

“[My boss] would give me a theme or different images, and I would come up with garments,” Wasserman said. “Then, I would show it to him, and he would tweak it and make sure that it would work, and then I would go pick up different fabrics and finishings and then draw up sketches.” Wasserman would then give all these things to the company’s pattern maker and sewers, and they would construct the garment. Eventually, the garment would then be up for sale.

“It’s still a pretty new company, but they have been featured in Vogue,” Wasserman said. “Cameron Diaz wore a pair of their shorts on the cover, and I think a pair of shorts were worn by Julia Roberts in her ‘Eat, Pray, Love’ movie.”

From her experience at Goods of Conscience, Wasserman learned the importance of organization.

“When we were putting together [the fall 2010] line, I had to have all the looks completely organized: how much fabric was going to be used, how much that fabric was going to cost, how long it was going to take, how many hours it takes to construct that garment, how much do we want that garment to be priced,” Wasserman said.

Now that the internship is over, Wasserman is looking toward the future.

“Eventually, I would like to have my own line, but I don’t think I will be doing that right out of college,” Wasserman said. “[I would like to] either go back to that company or a company similar to it.”

Samantha Liametz

Samantha Liametz, senior in journalism and mass communication, knew that she wanted to intern for a government or a non-profit agency. When she found the Iowa State Fair Blue Ribbon Foundation internship on ISU CMS, she immediately became interested in the opportunity.

“The thing that I loved

INTERNS.p12

Jamie Torgrimson, senior in apparel, merchandising and design, had an internship with the fashion company Ralph Lauren in New York City. Photo: David Derong/Iowa State Daily

INTERNS.p14 >>
Hot: Jobs

Students share exciting summer job experiences

By Kendra Alley
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Make your summer an unforgettable one by finding a job that interests you. Find something you are going to love doing rather than waste a summer being miserable cleaning pools or working at a concession stand selling hot dogs in the hot summer sun. ISU students have found amazing jobs easily through career fairs and online research.

Houston Zoo:
Danielle Axline, senior in animal ecology, spent last summer in Houston, Texas, working with lions, tigers and bears.

“A big part of working in a zoo is providing different daily enrichments to simulate the natural environment. My absolute favorite enrichment was painting. We would put water-based paint all over the floor in the holdings and they would play in it and roll around in it,” Axline said.

The Houston Zoo has a lot of different wildlife conservations from places such as Africa, Asia, North America, Mexico and the Caribbean. It is important to stimulate their senses and make them feel as if they are in their natural habitat.

“The craziest thing that happened was when I was washing the windows on the inside of the tiger exhibit,” Axline said. “I didn’t realize the electric fence — that was there to keep the tigers in — was so close and I touched it with my arm and it shocked through my entire body and threw me on the ground. I have a scar on my arm from where it just barely touched me.”

Axline was also given the chance to come up with a way to raise money for cheetah conservation in Botswana, Africa. In Botswana Cheetahs are being killed because they are eating farmers’ livestock. This donation will provide anatolian shepard dogs to these farmers and provide non-lethal form of protection for their livestock. Axline was able to raise about $1,000 in an afternoon by making an informational display where people could donate.

The internship was offered through Exxon Mobile Community Summer Jobs Program. The company offers positions in 12 different states around the U.S. within 60 different organizations that are hiring.

“It was one of the best experiences of my life. Being less than two feet from a Malaysian Tiger and hearing a roar reverberate in your chest was one of the most awe inspiring and most fearful moments of my life,” Axline said.

You can check out the internships offered by Exxon Mobile Community Summer Jobs Program here, or donate to the cheetah conservation here.

Rockwell Collins:
DJ Soults, junior in aerospace engineering and French, found his co-op at Rockwell Collins at the Engineering Career Fair. Rockwell Collins is an international avionics company for government and commercial systems markets.

“For this position, most engineering majors would be acceptable, and it is desirable if they have some aviation knowledge. Leadership and participation in student organizations is always a plus,” Soults said.

“I work on a systems engineering team for the development of a Japanese regional jet,” Soults said. “I generally work with coordinating the requirements of the customer, Rockwell Collins and the FAA in order to ensure that the avionics system in the aircraft does what’s needed.”

Soults favorite part about working at Rockwell Collins is participating in rig testing.

“It’s like flying an aircraft in a simulator, but there are certain test procedures that have to be followed,” Soults said.

You can check out the internships offered by Exxon Mobile Community Summer Jobs Program here, or donate to the cheetah conservation here.
run in order to make sure that the system is working properly,” Souls said.

Sometimes the simulator is the closest you can get to the aircraft since a lot of the testing is done before production. “I tend to work more behind-the-scenes. As the aircraft that I’m working on isn’t in production,” Souls said.

College of Engineering:

It is never too early to find something interesting to do for a job. Tyler Bell, freshman in computer science, works for the College of Engineering, working with a team creating apps for iPods and iPads. “I love my job with the College of Engineering. I’ve had the opportunity to meet a lot of influential people from within the college and work with a group of great people,” Bell said. “Making useful, practical applications and seeing the project out from start to finish is something that I want to do in my career after [Iowa State]. This is a perfect head start.”

“I’d have to say the coolest app that I’ve worked on would be the one that I am working on now,” Bell said. “It’s an unnamed app, which has many features that will be very useful to any [ISU] student here on campus. Even in just testing the app, I’ve found that I use the features almost every day.”

Bell couldn’t disclose many details about the app since it is still in production. Bell easily found the job with the College of Engineering. Bell followed the college on his Twitter account and the college followed him so he was able to network and find out about the job being offered.

“Anybody can learn how to create applications, and there are amazing online tutorials to help get you started,” Bell said.

Keep an open mind when looking for a summer job and go above and beyond. Begin networking to find a summer job that will give you experience and keep you excited to go to work everyday.

Fortunately for Liametz, she was wrong. A few weeks later, the foundation called her again and asked if she wanted to accept the position.

While interning at the foundation, Liametz had many responsibilities.

One of her biggest responsibilities was to be in charge of the media and marketing of the “Iowa of the Day” program.

“The first thing that I had to do was create a list of places that I was going to send out all of this promotional material,” Liametz said. “Then, I had to make all the promotional materials.”

Liametz also got the chance to do interviews. For one interview, she even got the chance to go into a radio station studio.

“I went into the studio, and they asked me questions, and I had to give my little spiel,” Liametz said. “It was all very intimidating.”

As the fair got closer, Liametz became the assistant to the director of the foundation, John Putney.

Liametz also had to do interviews. For one interview, she even got the chance to go into a radio station studio.

“I went into the studio, and they asked me questions, and I had to give my little spiel,” Liametz said. “It was all very intimidating.”

As the fair got closer, Liametz became the assistant to the director of the foundation, John Putney.

Liametz said. “It was more or less trying to keep on top of everything that was going on.”

From her experience at the Iowa State Fair Blue Ribbon Foundation, Liametz learned the importance of forming good relationships with her co-workers.

Realistically, you have a lot of opportunities wherever you go because the truth is that you make your opportunities,” Liametz said.

“The people that you work with will OK [those opportunities], and they are the ones that will support you.”

While interning at the record label, Bankofskie had many daily duties. Some of these duties included delegating email inquiries and putting together preorders.

“They were really a ton of applicants in the pool.”

Fortunately for Bankofskie, senior in marketing, to intern last summer at Doghouse Records/The Working Group Artist Management in New York City.

“I know the label pretty well,” Bankofskie said. “The All-American Rejects, their ‘Swing, Swing’ album was on there; ‘Say Anything’ was on there, The Get Up Kids.”

Doghouse Records/The Working Group has been interested in alternative music since she was 13 years old. At that time, her taste of music was drastically different than that of her classmates.

“When all those girls were listening to Britney Spears, Christina Aguilera, I was listening to Something Corporate, Fall Out Boy, the Starting Line, Taking Back Sunday,” Bankofskie said. “An older friend, you know how you always look up to people older than you, kind of took me under her wing, and showed me all that music.”

During her college career, Bankofskie has worked at Authentic Records in Des Moines, and has booked bands for Zeko’s in Ames.

Bankofskie, however, knew that she wanted to work in New York City. So, she applied to all the labels she knew in New York City. In late March, Bankofskie applied for the Doghouse Records/The Working Group Artist Management internship.

“I just put in my resume, and they called me back,” Bankofskie said. “I did a quick phone interview, and it was the easiest interview I have ever done. They were like, ‘Alright, sounds good.’”

While interning at the record label, Bankofskie had many daily duties. Some of these duties included delegating email inquiries and putting together preorders.

“Slowly as the internship went on I started becoming more like the new media person, which is what I want to be,” Bankofskie said. “I did more of all the online stuff.”

Among the more exciting aspects of her internship, Bankofskie was able to deliver a never-before-touched CD from the studio to the record label, hire a student director for a music video and meet many musical artists.

“I know the Ready-Set is coming to VEISHEA, and I actually got him sushi and pizza this summer,” Bankofskie said. “I met Cady Groves, Plug In Stereo; we saw Devo walking through the office.”

Bankofskie also enjoyed the laid-back atmosphere of the office. “It almost felt like halfway through the internship that I wasn’t even an intern,” Bankofskie said. “I would actually go out with [the full-time staff], and go to shows.”

However, Bankofskie believes that most important thing she gained from her internship was the chance to network with a countless number of individuals in the music industry.

“Especially in the music industry, it’s all about who you know, who will do you a favor to get you into the label,” Bankofskie said.

Next summer, Bankofskie will be interning at another recording label in New York City. The label is called Fueled by Ramen, and it currently manages bands like Panic! at the Disco, Paramore and Cobra Starship. “[Fueled by Ramen] is my dream label,” Bankofskie said. “I’ve been wanting to intern there since I was 14 years old.”
Tradition

What could you give up for 40 days?

Students share what they were willing to go without for 40 days of Lent

By Danielle Gibbons
@iowastatedaily.com

Lent is the period of fasting leading up to the feast of Easter, recalling Jesus’ 40-day fast in the wilderness. Catholic Lent begins on Ash Wednesday and ends right before the evening Masses of Holy Thursday, although Lenten penance continues through Holy Saturday.

In 2011, Lent began March 9.

What are students giving up for Lent?

Halie Mohr
- Junior in communication and advertising
- Gave up chocolate and saying the f-word.
- “I gave (chocolate) up because it's something I enjoy.”
- "It's everything chocolate — chocolate cake, chocolate ice cream etc.”

Erica Even
- Sophomore in communication studies
- Gave up coffee.
- “I gave up coffee because I knew it would be a hard thing to go without because I am so dependent on it every morning.”

Kari Gower
- Graduate in journalism & mass communication
- Gave up swearing and complaining.
- “This Lent my roommate and I gave up swearing and complaining which is a lot harder than it sounds.”

Cassie Barrett
- Sophomore in sociology and psychology at Cornell College.
- Gave up meat and sweets.
- “My suite-mate is vegetarian and she always makes really good food. So I decided to try something new.”

Worship Celebrations
Saturdays: 5:30 p.m.
Sunday Morning Worship: 8:30 and 11:00 a.m.
Saturday Worship is an informal celebration of the experience of God expressed through contemporary music. Sunday Worship speaks to the contemporary situation while making use of all the valuable traditional and new liturgies of the Christian church.

FOOD @ FIRST is a missional service to the people of Ames and Story County who “need a free meal, no questions asked.” All are welcome to eat and all are welcome to volunteer their time and assistance. Go online at www.FoodAtFirst.com for more information.

The First United Methodist Church is always looking for University students to hire or volunteer in a number of ways. If you would like to help out here, contact Pastor Fred Lewis (fred@fumcames.org), or Pastor Sean McRoberts sean@fumcames.org or Ellen Johnsen ellen@fumcames.org

First United Methodist Church
516 Kellogg • Ames, Iowa 50010
515-232-2750 • www.fumcames.org

This historic faith community is also a “Home town church”

Worship Services
Saturdays 5 PM: Informal worship with Holy Communion
Sundays 8:30 AM: Traditional worship with Holy Communion 2nd, 4th & 5th Sundays
Sundays 11 AM: Traditional & Contemporary worship with Holy Communion
Lounge available for study Sunday - Friday 8 am until midnight, Saturdays from 1 pm until 7 pm

St. Andrews Lutheran Church
ELCA
“Committed to Christ and Community”
Come Join Us!
Location: West Lincoln Way behind Colorado Junction just one block north of the Red Cy-Ride Route

Weekly Services
Sunday Worship 10:15 am
Sunday School 9:00 am
Adult Forum 9:00 am

Memorial Lutheran Church & Student Center
2228 WEST LINCOLN WAY
Across the street from the Memorial Union
292.5005
www.memoriallutheranchurch.org

St. Paul Lutheran Church

Palm Sunday Worship Service
April 17 at 8:30 & 11:00 am
With Holy Communion
Education Hour: 9:45 am
Maundy Thursday
With Holy Communion
April 21 at 7:00 pm
Good Friday Service
April 22 at 7:00 pm
Easter Sunday
April 24 at 7:00 & 10:00 am
With Holy Communion
Easter Breakfast: April 24 at 8:45 am
Easter Egg Hunt: April 17 at 1:30 pm

COLLEGIATE Presbyterian Church

Palm Sunday, April 17
9:00 am Traditional Service
11:15 am Contemporary Service
Monday, April 18
6:00 pm Bible Study
Thursday, April 21
7:00 pm Maundy Thursday Service
Good Friday, April 22
12:00 pm Worship in Helser Chapel
Easter Sunday, April 24
9:00 am Traditional Service
11:15 am Contemporary Service
6:00 pm Free Easter Dinner for ISU Students

TCRC is located 5 1/2 blocks west of Hyland, on the south side of Ontario Street.
Summer season in Ames: awesome or totally lame?

Five reasons why Ames in the summer is awesome:

There are no people. Just let that sink in for a minute. No lines at the Hub or the MU. No trouble parking anywhere. Going shopping, to the bars, or out to eat is a breeze.

If you’re a political junkie, there’s a lot going on. For some reason, people in power like to make big decisions about college towns when most of the student population leaves... last summer, Lane4 held several public input sessions for their now-contraversial Campustown proposal, and in August 2011 there will be the Ames Straw Poll.

Hopefully the reason you’re sticking around is because you’ve landed an awesome job. But if you’re still looking, there are definitely opportunities available — most of the competition has left. Try checking with your professors for ideas.

The weather is beautiful. If most of your experience with our award-winning campus happens between August and May, you’re missing out.

There are lots of great opportunities to explore the great outdoors in Ames — bike trails, golf courses and the Furman Aquatic Center, to name a few.

And ... five reasons why Ames in the summer is totally lame.

There are no people. Let that sink in more. Construction, construction, construction, and more construction. The city tries to fit all the road work in before students return in the fall.

If you’re not 21, good luck finding anything to do. There are some things going on, but you have to look to find them.

If you do manage to find something to do on the weekends, good luck getting there — CyRide’s moonlight express route doesn’t run in the summer.

You might be tempted to overload your schedule. Getting some classes out of the way while working sounds good in theory, but finishing an entire course in four weeks can be a lot of pressure if you’ve got other things going on. Take it easy, and remember summer should be enjoyed.

Rentals, activities available on campus

By Joy Wessels
@iowastatedaily.com

Spring is upon us. Soon, grass will be green and dry enough to sit on, skies will be blue and 30-degree temperatures will be a thing of the past. After having spent a solid three months scurrying indoors, most people are ready to get outside and enjoy some beautiful weather.

Though sitting on Central Campus between classes might suffice for some, there are many activities and resources on campus that students should take advantage of.

The Outdoor Recreation Program for example, offers rental equipment to ISU students. The program has several different kinds of camping gear, said Jarrad Moore, junior in anthropology and Outdoor Recreation employee.

“Students can rent tents, sleeping bags if they want, to do some camping,” Moore said. If you’re not sure where to camp, try Ledges State Park in Ames. The park offers 95 campsites as well as 13 miles of good hiking.

The Outdoor Recreation Program also offers different styles of watercraft, including recreational kayaks and canoes.

“Kayaks and canoes can be rented for just 10 dollars a day,” said Moore. Students can also find field sport equipment at the Outdoor Recreation office. “We rent out flag football and disc golf sets,” Moore said. “As well as individual volleyball, basketballs and soccer balls.”

If you’re looking for a good place to play disc golf, try the course on Gateway Hills Drive. And if you want a quick pick up game of flag football, Central Campus is the perfect place for convenience.

Moore also recommends biking as a good springtime activity.

“It’s easy to hop on your road bike and go discover some different trails around Ames,” Moore said. Some of these trails are located south of the stadium and run past the skate park on 6th Street. These trails are popular for joggers and walkers too.

Brookside Park, which is also on 6th Street, has some trails for use. The park offers grills, shelters and sand volleyball courts as well.

If you have a mountain bike, there are trails out at Seven Oaks in Boone that are more of a challenge. For something a little easier, McFurland Park and Peterson’s Pit are other places to check out.

There are also a vast amount of clubs centered on the outdoors that students have can join. Some traditional clubs include fishing, golf, ultimate Frisbee, lacrosse and running. If you want to experience something new and unique, maybe give the ISU Quidditch or Longboarding Club a try.

But you don’t have to join a club or travel far to enjoy the great outdoors.

With a beautiful campus at your disposal, just grab some friends and webbing and set up a slack line between two trees on campus. Or grab a football or Frisbee from your room and toss that around in front of Curtiss Hall.

Either way, it’s that time of year to get outside, soak up some vitamin D, and enjoy the beauty of spring.
Prices of food products have risen by .8 percent, according to a Consumer Price Index Summary released by the United States Department of Labor’s Bureau of Labor Statistics. With food prices rising, careful grocery shopping is one suggestion made by Monte Streit, store director of Lincoln Center Hy-Vee.

He also said that meat and dairy products will be most affected by inflation.

“Meat and dairy could rise by 20 to 25 percent,” said John Beghin, professor of economics. Meat and dairy are not the only produce to experience rise in cost, fruit and vegetable prices are also rising, according to the Bureau of Labor Statistics’ Consumer Price Index Summary.

“Some things go up and some things go down,” Streit said. Beghin said the input of the farmers is higher which causes the farm value of produce to rise. This impacts farmers and consumers differently, depending on how close to the produce source the consumer is. Streit said the expenses of farmers rising can cause prices on the free trade market to rise as well.

“People are being more cautious,” Streit said. Streit said he thought consumers would be more likely to shop advertised items and try to waste less food. Consumers might choose less costly cuts of meat when grocery shopping as a way to save money, Streit said.

“Maybe it will cause consumers to eat less nutritiously or maybe it will drive people to cook at home,” said Peggy Martin, the Extension To Families Specialist for the Family and Consumer Sciences Extension. Lisa Egenberger, freshman in animal science, said she hoped meal plan rates do not rise beyond the previously proposed one percent increase in response. Egenberger also said next year she will have a seven meal plan despite living off campus. One option she liked is a hanging garden. She planned on growing tomatoes to use when cooking for herself.

“Do you shop more carefully or spend time growing your own food?” Beghin said when asked about consumers growing their own produce. With food prices rising and Iowa State’s budget cuts, programs like Farm to ISU could suffer. Farm to ISU allows Iowa State to support organic, alternative and local producers while providing fresh foods.

“It is healthier and can be more economic, but production is more costly,” Beghin said when asked about the Farm to ISU program. Consumers should keep in mind that food prices fluctuate and they are not set rates, Martin said. Martin said she hoped it would encourage consumers to learn more about eating nutritiously, and she suggested Spend Smart, Eat Smart as a useful resource.

Students could save money by growing some of their own food. Growing your own food can be cheaper than buying vegetables at grocery stores and it could also be a healthy addition to students’ diets. There are several options for students to grow their own food on a small scale whether they live on campus or off.

On campus, Schilletter and University Village Apartments offer patio space for students to grow small flower or vegetable gardens. Off campus there are apartment complexes that allow for small hanging gardens that are capable of growing vegetables like tomatoes, lettuce, herbs and other smaller produce.

“People can grow vegetables and fruits, it is healthy and saves money,” said Monte Streit, store director of Lincoln Center Hy-Vee. Hy-Vee offers advice for gardeners on its website Get Growing as well as carrying the products needed to start and maintain a garden.
Not: Paying at the pump

ISU professors share opinions on future of oil costs

By Brandon.Hallmark
@iowastatedaily.com

Driving to Ames every day, I am painfully aware of the recent increases in oil prices. Far from the twenty to thirty bucks I shelled out a couple months ago, I recently deposited over forty dollars into the money black hole most of us know as the fuel pump. And now that Spring Break is over, most of you are probably also painfully aware that gas prices have gone up. But the question on everyone’s mind right now is probably about the same: Will gas prices ever go back down?

Dr. Jim Bushnell, associate professor of economics, said we are currently in a temporary shock caused by recent events.

In contrast, Dr. Igor Beresnev, professor of geophysics, indicated that prices will only continue to increase.

Like most of you, I am hoping for the former. But the future of gas prices, and how long supplies will last, is the subject of many heated debates.

“Everybody’s got their own pet theory about what’s going to happen to oil prices,” Bushnell said. “There’s been much debate going on.” Beresnev said. “There are different views, but what I tell my classes is that the consensus among scientists and the U.S. Geological survey is that we only have enough oil left for forty to fifty years.”

Bushnell however believes we are far from running out of conventional fossil fuels, and even if we do, there are alternative sources like coal.

“Generally my colleges and I like to say we’re going to run out of air before we run out of oil,” Bushnell said. “Even if what we think of as general crude oil does deplete, there are vast amounts of alternative forms of crude oil like coal and shale.”

But who’s right? Oil prices depend on several factors. As Bushnell stated, gas prices are affected by current events.

“There’s less oil in the short run because of things like the revolution in Libya, but once it’s resolved in a couple years, oil supplies will be back,” Bushnell said.

However, Beresnev said the general trend indicates prices have and will, on average, continue to rise regardless of short-term spikes and dips.

“I think that trend will eventually overshadow everything else because when there’s less and less oil available to produce, prices will increase,” Beresnev said. “My claim is that they will keep increasing until people are forced to burn less gas. People will be forced to make economic decisions to burn less gas.”

Both however agree that oil production could have negative effects on the environment, and Bushnell said drilling in places like the Arctic National Wildlife Refuge would not have a significant effect on oil prices. They also both indicated that some alternative sources like the Tar Sands in Canada are far more disastrous to the environment than they’re worth.

“Tar sands are used extensively now in Canada and they are an environmental disaster,” Beresnev said. “They’re relatively cheap, but forcing the oil out produces a desert behind them, and there’s nothing left.”

“I don’t think it’s a matter of running out of oil, I think it’s a matter of how high the price is going to go before we switch to alternatives,” Bushnell said. “Yes, there’s a fixed amount out there, and over the last 100, 200 years we’ve used a lot of it, but there’s still a lot out there and once you go beyond conventional petroleum there are all sorts of other ways to make oil that at $100 to $150 a barrel are likely to be worth the money.”

“I think there’s little doubt that fossil fuels are unsustainable beyond the 21st century,” Beresnev said. “If humanity is to survive the next 100 years, we must come up with an alternative to fossil fuels.”

So, the real cost of fuel isn’t just the number paid at the pump, but also the impact on the environment, and for our future. Events such as the Deep Water Horizon incident in April can also be precipitated by our unquenchable thirst for oil.

1. Drive less aggressively. According to the U.S. Department of Energy, aggressive driving can lower your gas mileage by up to 33 percent. Additionally, aggressive driving is more likely to cause an accident.
I've always felt that the ISU Parking Division and I have a love-hate relationship: They love to give me tickets, and I hate them for it. I've received more tickets just in the last semester than I have my entire time at Iowa State.

Sure, some of it is sheer laziness on my part — not wanting to put in an extra quarter or just not caring enough to pay at all. But then there are other times when the Pay and Park takes my change and spits it right back out at me, or is just entirely too slow for me to put up with.

Either way, I have to be honest when I say that I'm not a fan of having to dig for change to park at a university I already pay thousands of dollars to as it is.

But at the same time, there is a reasoning behind the ongoing war I have with Parking Division.

It turns out that those yellow envelopes we hate to see on our cars actually cost less than at the majority of other Big XII schools, parking manager Mark Miller said.

“Iowa State has the second lowest rates for fines and permits of the schools in the Big XII,” Miller said. “And those rates are approved by the Board of Regents and a Transportation Advisory Council made up of several students, faculty and staff.”

While ISU students paid $108 for a parking permit in 2010, schools like Nebraska and Texas paid $924 and $677, respectively. Though I don’t have a parking permit this year, it’s nice to know students have the option of getting one for a lot less here than they would at other schools.

And even though it stings a little each time I pay for a ticket, I now know that the money they squeeze out of me has some benefit.

In 2010 permit sales brought in $1.78 million from faculty, staff and students. Photo: David Derong/Iowa State Daily

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While ISU students paid $108 for a parking permit

In 2010 permit sales brought in $1.78 million from faculty, staff and students. Photo: David Derong/Iowa State Daily

Parking tickets not so bad if you think comparatively

Iowa State has second lowest fines in Big XII

By Joy Wessels
@iowastatedaily.com

While ISU students paid $108 for a parking permit in 2010, schools like Nebraska and Texas paid $924 and $677. Photo: David Derong/Iowa State Daily
How to keep your money during move-out process

By Kendra.Alley
@iowastatedaily.com

Spring means it is time to clean your place for the end of the year and take care of any damages that may have occurred during your time there. Many students living in apartments have trouble getting their deposits back from their property owners due to damages, and those in residence halls are subject to fines if rooms aren’t cleaned.

Managers and office staff are in charge of inspecting the housing after the tenants move out. They are uniformly trained and used an inspection sheet that shows charges for each area in the housing and the inspector circles the correct condition the area is left in.

“The charge is the amount of labor required to clean or repair an item,” said Alexander Sidorowyich, assistant manager of Campustown Property Management. After the inspection is finished the form is given to management who decides the final deductions from the deposit. The management team compares the “pre-existing condition sheet” that residents filled out at move in with the form the inspector of the residence completed and final deductions are made.

“Turn in your pre-existing condition sheet at move in, this shows the condition of the unit at move in and is compared at move out by the managers so that there are no unfair charges,” Sidorowyich said.

He said this is the best way to ensure you don’t end up losing money. It is common for residents to forget to fill these out and then they are charged for damages they did not do.

When move out time comes, strictly follow an inspection sheet that outlines how to leave your housing. Your property owner should provide expectations of the housing after move out.

Tips to get your deposit back

- Get carpets cleaned, and vacuum all flooring
- Clean in, out, around and under refrigerator and stove
- Clean inside and outside of kitchen cabinets
- Dust all surfaces: ceiling fans, blinds, baseboards, vents and light fixtures
- Clean all surfaces in bathroom extremely well
- Clean windows and screens
- Replace burnt out light bulbs
- Remove all nails, screws and hooks in walls
- Get carpets cleaned, and vacuum all flooring
- Smoke damage

Damages that deduct from your deposit

- Holes in walls
- Broken doors
- Carpet damage
- Stains, tears and smell from pets
- Scruffs on walls
- Smoke damage
- Leaving items behind
- Furniture or garbage
- Poorly cleaned areas of the residence
- Messy kitchen and bathrooms
- Messy bathroom
- Pets

Students living in apartments often have trouble getting their deposits back from property owners. Make sure to fill out and turn in your pre-existing condition sheet, as it is used at move out to make sure there are not unfair charges. Photo illustration: Abby Gilman/Iowa State Daily

Tips to get your deposit back

- Get carpets cleaned, and vacuum all flooring
- Clean in, out, around and under refrigerator and stove
- Clean inside and outside of kitchen cabinets
- Dust all surfaces: ceiling fans, blinds, baseboards, vents and light fixtures
- Clean all surfaces in bathroom extremely well
- Clean windows and screens
- Remove all nails, screws and hooks in walls
- Replace burnt out light bulbs
Filing taxes can be difficult and obnoxious for students who haven’t done it before. To determine whether you need to file taxes, you can visit the IRS website www.irs.gov. Students can file taxes by themselves, or through a certified tax preparer. Photo illustration: Yue Wu/Iowa State Daily

If you’re up for the challenge of doing it yourself, take advantage of the free filing software available at www.irs.gov. However, if you made more than $58,000 in the last year, buying software such as TurboTax or H&R Block at Home is necessary.

No matter what method you chose, filing taxes doesn’t have to be a complicated process. Take advantage of the many resources that are available to assure that you get the most out of your tax return.

When filing taxes, you first need to determine your status. And no, the government doesn’t operate like Facebook and they really don’t care if you’re complicated, engaged or in a committed "bromance." What they do care about though is if you’re single, married, have a dependent or are widowed. Use the following information to determine your personal status:

- Single (applies to most college students) — File as a single if you’re unmarried, or have been divorced by the end of 2010.
- Married filing jointly — If you are married and wish to file jointly use this status. Filing jointly gives you more tax benefits than filing separately. In order to qualify you need to have been legally married by the last day of 2010.
- Married filing separately — If you are married but wish to file separately, use this status when filing. Filing separately doesn’t give couples the advantage of filing jointly, but there are some circumstances that require a couple to file separately.
- Head of Household — Use this status if you are unmarried but can claim a dependent or have been caring for a dependent for more than 6 months of the year.
- Widow/widower with dependent — This status is used if your spouse has died within the past two years, you haven’t remarried and you can claim a dependent.

If you are still confused, concerned with, or have more detailed questions about filing taxes or taxes in general, there are many services available to help.

www.irs.gov is a great resource because there is a section on the website dedicated with helping individuals through the process and answer common questions.

Tax preparers and other certified specialists or computer software are trained and designed to help people get the most from their tax returns and make the process less painful.

Although space is limited, Financial Counseling Services can assist current students, just be sure to make an appointment.
2011 {best of} student choice awards

who did you vote for?

The Iowa State Daily’s Student Choice Awards recognize the best businesses, services, locations and more in Ames and on the Iowa State University campus. The winners are chosen by the student population through online voting at iowastatedaily.com. 2011 marks the first ever Student Choice Awards - a project the Daily plans to hold annually.
and the winners are...

Food and Beverage
Student Choice Place for Pizza – Jeff’s Pizza Shop
Honorable Mention: Great Plains Sauce & Dough Company

Entertainment
Student Choice Bar – Paddy’s
Honorable Mention: Es Tas, Welch Ave. Station

Health and Beauty
Student Choice Tanning Salon – Electric Beach
Honorable Mention: Sizzlin’ Cabana Tanning Salon

Shops and Services
Student Choice Place to Work Out – Ames Racquet & Fitness
Honorable Mention: Lied Recreation Athletic Center

Student Choice Dentist – Dentistry at Somerset
Honorable Mention: Stoltze & Stoltze Family Dentistry, Dr. Donald L. Good, Consamus & Hampton Dental Clinic

Student Choice Place for Food – Golden Wok
Honorable Mention: Vee, Flowerama

Student Choice Sandwich Shop – West Street Deli
Honorable Mention: Jimmy John’s

Student Choice Place for Coffee – Caribou Coffee
Honorable Mention: Grounds Shop – Stomping

Student Choice Place to Get a Late Night Meal – Hickory Park
Student Choice Sit-Down Restaurant – The Café
Honorable Mention: Hickory Park

Student Choice Coffee Shop – Stomping Grounds
Honorable Mention: Caribou Coffee

Student Choice Margarita – El Azteca
Honorable Mention: La Fuente

Student Choice Delivery – Jimmy Johns
Honorable Mention: Jeff’s Pizza Shop

Student Choice Breakfast – Perkins Restaurant & Bakery
Honorable Mention: The Café

Student Choice Chinese Food – Golden Wok
Honorable Mention: Panda Express

Student Choice Mexican Food – La Fuente
Honorable Mention: El Azteca

Student Choice Italian Food – Ge-Angelo’s
Honorable Mention: Lucullan’s Italian Grill

Student Choice Appetizer Menu – Applebee’s Neighborhood Grill
Honorable Mention: Legends Bar & Grill

Student Choice Sandwich Shop – West Street Deli
Honorable Mention: Jimmy John’s

Student Choice Happy Hour – Es Tas
Honorable Mention: Chasers, Club Element

Student Choice Chinese Food – Golden Wok
Honorable Mention: Vee, Flowerama

Student Choice Wings – West Cyde Wings
Honorable Mention: Buffalo Wild Wings

Student Choice Chinese Food – Golden Wok
Honorable Mention: Vee, Flowerama

Student Choice Happy Hour – Es Tas
Honorable Mention: Chasers, Club Element

Student Choice Karaoke – West Towne Pub
Honorable Mention: Capone’s

Student Choice Happy Hour – Es Tas
Honorable Mention: Chasers, Club Element

Student Choice Chinese Food – Golden Wok
Honorable Mention: Vee, Flowerama

Student Choice Happy Hour – Es Tas
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Student Choice Karaoke – West Towne Pub
Honorable Mention: Capone’s

Student Choice Health Care Center – McFarland Clinic
Honorable Mention: Thielen Student Health Center

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Student Choice Happy Hour – Es Tas
Honorable Mention: Chasers, Club Element

Student Choice Karaoke – West Towne Pub
Honorable Mention: Capone’s

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Student Choice Karaoke – West Towne Pub
Honorable Mention: Capone’s
Food and beverage

Student Choice Sit-Down Restaurant
The Café

The Café is nothing short of delicious! The chefs not only take pride in their food, but they also take pride in their community. The Café purchases its food from local farmers and purveyors. These high quality ingredients are transformed into wonderful meals that anyone can enjoy. From its famous Mac N Cheese to their amazing wraps, the Café has a meal to meet your taste buds’ desires.
- 2616 Northridge Parkway
- 515-292-0111

Honorable Mention: Hickory Park

Student Choice Place to Get a Late Night Meal
Fighting Burrito

When those late night cravings hit, there is nothing better than a wholesome burrito. At Fighting Burrito, guests treat themselves to a delicious bundle of four food groups that is packed with fresh ingredients. Not only does the food taste great, but it is sure to leave you satisfied.
- 117 Welch Ave.
- 515-292-2222

Honorable Mention: Jeff’s Pizza Shop

Student Choice Coffee Shop
Stomping Grounds

Just a walk down Welch Ave., the Stomping Grounds Restaurant and Café offers a large variety of beverages, including many selections of coffee, tea, wine and beer. Along with a full menu, wireless internet and indoor and outdoor seating, Stomping Grounds is the perfect place to catch up on some homework or meet with friends.
- 303 Welch Ave., unit 101
- 515-292-5258

Honorable Mention: Caribou Coffee

Student Choice Margarita
El Azteca

El Azteca is the premier spot in Ames for a happy hour margarita special. Try a “Best in Town” or “Texas Margarita” served in four sizes and prepared to fit your budget. For the hungy guests, El Azteca also offers fresh ingredients in their authentic Mexican dishes.
- 2727 Stange Road
- 515-292-9494

Honorable Mention: La Fuente

Student Choice Delivery
Jimmy Johns

With “subs so fast you’ll freak” it is no wonder Jimmy John’s was voted the best delivery place in Ames. Known for their gourmet deli sandwiches and fresh ingredients, Jimmy John’s is a great place to grab a quick bite to eat.
- Multiple locations

Honorable Mention: Jeff’s Pizza Shop

Student Choice Burger
Hickory Park

Known for its barbeque and whopping portions, Hickory Park also has more than 15 juicy burgers. Whether it’s a traditional cheeseburger or the loaded garbage burger, you are sure to satisfy your carnivorous cravings — just save room for ice cream!
- 1404 S. Duff Ave.
- 515-232-8940

Honorable Mention: B-Bop’s

Student Choice Wings
West Cyde Wings

With 21 wing sauces, bone-in or crispy boneless styles, and dine-in, carry-out, and delivery options, the possibilities are endless at West Cyde Wings! It is also the perfect place to catch all the sports action year round with numerous TV’s and a huge projection screen.
- 3706 Lincoln Way
- 515-292-8406

Honorable Mention: Buffalo Wild Wings

Thank you!

U.S. Bank is proud to serve the students of Iowa State University.
Thank you for naming US the best bank in Ames!
All of us serving you.

Thanks for voting the Main Street Cultural District...

Best Shopping Center in Ames!
Student Choice
Chinese Food
Golden Wok
Located in the heart of Campustown, Golden Wok combines great service and traditional Chinese food to making it the top spot in Ames for Chinese food. If you aren’t within wok-ing distance, no problem! The Golden Wok is the only Chinese restaurant in Ames that delivers.
223 Welch Ave. unit 201
515-292-2658
Honorable Mention: Panda Express

Student Choice
Mexican Food
La Fuente
Endless options for food, drinks and more, La Fuente offers a variety of drink options ranging from popular margaritas to the well-liked cervezas. At La Fuente, you’ll find quick, friendly service with great flavors that’ll take you straight to Mexico.
217 S. Duff Ave.
515-233-6696
Honorable Mention: El Azteca

Student Choice
Italian
Ge-Angelo’s
Ge-Angelo’s Italian Restaurant and Lounge offers traditional Italian recipes prepared the same way “Nana” did four generations ago. Available for dine-in or carry out, Ge-Angelo’s signature dishes include their notable pizza with hand stretched and tossed crust.
823 Wheeler St. unit 9
515-233-0959
Honorable Mention: Lucullan’s Italian Grill

Student Choice Appetizer Menu
Applebee’s Neighborhood Grill
While adding new menu items constantly, Applebee’s has the best variety in town when it comes to starting your meal off right. They have around 15-20 options on their appetizer menu, depending on which location you choose to dine at. Another great thing about these appetizers, they are half price after 9 p.m. right here in Ames!
105 Chester St.
515-233-6452
Honorable Mention: Legends Bar & Grill

Student Choice
Sandwich Shop
West Street Deli
If you’re tired of chain-restaurant sandwiches, then you need to wander down to West Street Deli. This casual sandwich shop offers its guests a choice of specialty menu selections as well as made-to-order choices where you can choose your own bread, meat, veggies, cheese, spreads and more. The sandwich shop also has soups and a daily special that is created by its staff members.
2810 West St.
515-268-4605
Honorable Mention: Jimmy John’s

Student Choice Place for Pizza
Jeff’s Pizza Shop
Jeff and Chris Uetz own Jeff’s Pizza Shop, located in the heart of Campus-town. Jeff’s Pizza Shop is open until at least 1 a.m. every night. On weekends, it stretches its hours to 3:30 a.m. Jeff’s convenient location and long hours provide an option for pizza lovers with late-night cravings. Ames was selected as a new location for Jeff’s Pizza shop, with the original housed in Menomonie, Wisc.
2402 Lincoln Way
515-292-2321
Honorable Mention: Great Plains Sauce & Dough Company

- Air Conditioning Recharge Service
- Automatic Transmission Fluid Service
- Battery Testing & Replacement Services
- Belt Replacement Service
- Brake Fluid Service
- Cabin Filter Replacement Service
- Cooling/Radiator Fluid Service
- Differential Fluid Service
- Fuel Filter Replacement Service
- Fuel Injection Cleaning Service
- Gear Box Fluid Service
- Light Bulb Replacement Service
- Manual Transmission Fluid Service
- Power Steering Fluid Service
- Rain’s Windshield Treatment Service
- Serpentine Belt Replacement Service
- Spark Plug Replacement Service
- Tire Rotation & Balance Services
- Vacuum Service
- Wiper Blade Replacement Service

$18.99 Xpress Oil Change

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Thank you for voting LOF-Xpress™ best oil change and best place to get your car serviced!
Entertainment

Student Choice Bar
Paddy’s
Paddy’s is a guaranteed good time, but it offers so much more. The bar has great music, drinks and plenty of room to sit or dance. The atmosphere at Paddy’s is very easy going, and this makes for a great time with friends. Other favorite features to Paddy’s include great prices, peanuts, and pool- got to love that!
- Address: 124 Welch Ave.
- Phone: 515-296-1400
Honorable Mentions:
Es Tas
Welch Ave. Station

Student Choice Hole in the Wall Bar
Thumbs
Thumbs is a great place to relax, hang out with your friends and enjoy good service and great drink specials. Thumbs also has live darts, pool and foosball tables. Mondays are classic beer nights, plus every Thursday guests can enjoy $0.75 gin and tonics! Your college experience wouldn’t be complete without spending a few evenings unwinding at this cozy West Street bar.
- Address: 2618 West St.
- Phone: 515-268-1556
Honorable Mention: London Underground

Student Choice Karaoke
West Towne Pub
Known for their Karaoke Tuesday’s, West Towne Pub is the place to show off your vocal capabilities or have some laughs with some friends. During Karaoke Tuesday’s, West Towne Pub offers $5 (8) Boneless Wings all day, $1 Tube Shots (9 p.m.-1 a.m.), $2.25 Spiced Rum and Pepsi (9 p.m.-1 a.m.), Karaoke (9 p.m.-1 a.m.)
- Address: 4518 Mortensen Road
- Phone: 515-292-4555
Honorable Mention:
Capone’s

Student Choice Happy Hour
Es Tas
Voted best Happy Hour, Es Tas is known for their all you-can-eat taco buffet during lunch and for having the best and cheapest Jager Bombs around. With great specials day and night, Es Tas is a great place to hang out any time of the day.
- Address: 302 Stanton Ave.
- Phone: 515-296-0001
Honorable Mention:
Chasers, Club Element

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West Towne Pub
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- Address: 302 Stanton Ave.
- Phone: 515-296-0001
Honorable Mention:
Chasers, Club Element
Student Choice Tanning Salon
Electric Beach
Forget the sand and beach towel, your perfect tan is available in Ames! Electric Beach Tanning has a variety of tanning options for all skin types. With two convenient locations, this salon is open seven days a week and accepts walk-in clients and appointments.

Multiple locations
Honorable Mention:
Sizzlin' Cabana Tanning Salon
Student Choice Haircut Studio 7 Salon and Spa
Voted best place in Ames to get your haircut, Studio7 prides itself in offering high quality services at a college-student’s budget. With men’s cuts starting at $17 and women’s costing $24, you can’t afford not to get your hair done at Studio7.

2624 Northridge Parkway
515-269-1693
Honorable Mention:
Leedz Salon
Student Choice Salon Studio 7 Salon and Spa
Studio7 Salon and Spa offers a wide range of services. Waxing, tanning, make-up, spa, hair, and massage – Studio7 has it all. With all of these top quality services, it is no wonder Studio7 was voted the Best Salon in Ames.

2624 Northridge Parkway
515-269-1693
Honorable Mention:
The Salon, Leedz Salon, Finesse Spa Salon

Student Choice Spray Tan Studio 7 Salon and Spa
Studio7 offers a variety of services including spray tanning. Studio7 uses an all-natural tanning solution that has been voted “Best of Beauty” by Allure magazine for three consecutive years. South Seas® is the most widely recognized brand of high quality spray tanning solutions in the industry and delivers a flawless tan, with a perfect mahogany color for all skin types. These custom tans cost $30 for a single session or $99 for four sessions.

Address: 2624 Northridge Parkway
Phone: 515-269-1693
Honorable Mention:
Tanworld

Student Choice Place to Work Out Ames Racquet & Fitness
The staff of Ames Racquet and Fitness has a commitment to quality – quality of facilities, quality of programs and quality of service. This commitment and their three convenient locations in Ames make Ames Racquet and Fitness the students’ choice for the best place to work out. Multiple services, including an indoor pool, tanning beds, massage therapy and personal training are offered by Ames Racquet and Fitness along with tennis and racquetball courts.

Multiple locations
Honorable Mention:
Lied Recreation Athletic Center

Student Choice Chiropractor Rebarcak Chiropractic Back Care Center
Rebarcak Chiropractic offers people a natural approach to health while avoiding the use of drugs or surgery. This office is equipped with three extremely educated doctors: Dr. Rod Rebarcak, Dr. Ben Winecoff and Dr. Matthew Cross. The chiropractic center is open Monday through Friday from 8 a.m. to 5:30 p.m. and most Saturdays from 9 to 11 a.m. Walk-in patients are welcome anytime.

Address: 205 Clark Ave.
Phone: 515-233-2263
Honorable Mention:
Elbert Chiropractic Clinic, Bridges Chiropractic Clinic

Student Choice Dentist Dentistry at Somerset
The dedicated staff at Dentistry at Somerset is committed to making patients feel relaxed and at home.
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Beauty

Dr. Jason Niegisch, DDS has been practicing for more than 12 years, spending three of those years as an active duty dentist in the U.S. Navy. Dr. Niegisch and his supporting team of professionals are committed to providing patients with compassionate, individualized care.

- 2720 Stange Road
- 515-268-0516

Honorable Mention: Stoltze & Stoltze Family Dentistry, Dr. Donald L. Good, Consamus & Hampton Dental Clinic

Student Choice Health Care Center

McFarland Clinic

When you’re dealing with your health, you want someone you can trust. That’s why the McFarland Clinic has been voted the best healthcare in the Ames area. The McFarland Clinic prides itself on being the best. Therefore, it offers many different specialty clinics to meet any patient’s needs.

- Multiple locations

Honorable Mention: Thielen Student Health Center

Student Choice

Dr. Jason Niegisch, DDS has been practicing for more than 12 years, spending three of those years as an active duty dentist in the U.S. Navy. Dr. Niegisch and his supporting team of professionals are committed to providing patients with compassionate, individualized care.

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- Multiple locations

Honorable Mention: Thielen Student Health Center

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- Multiple locations

Honorable Mention: Thielen Student Health Center

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- Multiple locations

Honorable Mention: Thielen Student Health Center

Student Choice
Shops & Services

Student Choice Shopping Center
Main Street Cultural District

Entertainment, food and culture, all in one place. This is the spot to find the best shoes, clothing and accessories in town, plus all of these great businesses are chunked together to remove the hassle of traveling from one place to the next. Enjoy this shopping experience with the rest of the Ames community who has been enjoying the Main Street Cultural District since 2004.

- Main Street – office at 312 1/2 Main St., unit 201
- 515-233-3472

Student Choice Place to Buy Apparel
Ayden Lee
Ayden Lee describes its apparel as “affordable and trendy women’s and men’s clothing.” Tia Ricklefs and Brett Folkerts, Ayden Lee owners and ISU graduates, opened the store in June.
- 1614 South Kellogg Ave., unit 115
- 888-212-1911

Honorable Mention:
Express, Target

Student Choice Place to Get ISU Gear
University Bookstore
Centrally located in the heart of campus, the ISU Bookstore offers far more than textbooks and school supplies. They have a large selection of red and gold Iowa State apparel, featuring top brands such as Under Armour and Nike. The bookstore also offers many coupons and discounts to make showing your school spirit fun and affordable.
- 2229 Lincoln Way
- 515-294-5684

Honorable Mention:
Dogtown

Student Choice Grocery Store
Hy-Vee
Having a “helpful smile in every aisle” clearly makes shopping at Hy-Vee grocery store an enjoyable experience as Hy-Vee was voted the best place to get groceries in Ames. Hy-Vee is a great source for all your grocery needs and also provides catering, floral and bakery services.
- North Grand Mall, 2801 Grand Ave unit 305.
- 515-663-4163

Honorable Mention:
Payless ShoeSource

Student Choice Florist
Coe’s Floral & Gifts
Coe’s Floral & Gifts may have changed locations a couple times in its almost 80 years in business, but it still carries the same high quality flower arrangements and gifts. Coe’s offers a 100 percent satisfaction guarantee to help build and maintain long-term relationships with its customers.

- North Grand Mall, 2801 Grand Ave unit 305.
- 515-663-4163

Honorable Mention:
Fareway

Student Choice Shoe Store
Journeys
If you’re in need for some new kicks, Journeys is the place to go. Journeys focuses on providing stylish shoes for a young, hip market. The store carries a variety of name brand shoes, including Converse, Vans, Adidas, UGGs, Dr. Martens and much more.

- North Grand Mall, 2801 Grand Ave unit 305.
- 515-663-4163

Honorable Mention:
Payless ShoeSource

Thanks for voting us
“Best Place to Work-Out!”

Join today and get:
50% off joining fee
One FREE personal training session
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(Limited Offer - New members only)

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Best Place to Get a Late-Night Meal!
★ STUDENT CHOICE AWARD ★
Shops & Services

At Coe’s you’ll find the freshest flowers along with a caring and professional staff to meet all your floral needs.
- 2619 Northridge Parkway
- 515-292-5432
Honorable Mention: Hy-Vee, Flowerama

Student Choice Bank
U.S. Bank
Because its partnership with Iowa State, students can combine their student ID card with their U.S. Bank Student Checking account. This special service allows students to use their ID card as an ATM/Debit card too. Along with student checking accounts, U.S. Bank offers many more services, including savings accounts, loans, free Internet Banking and Bill Pay.
- Multiple locations
Honorable Mention: Wells Fargo

Student Choice Pet Store
The Ark Pet Shop
The Ark is your one stop pet shop. It has a great selection of reptiles, freshwater and saltwater fish, exotic birds and other small animals. Cat and dog lovers can stop by to purchase food and supplies, plus grooming appointments are available for all breeds. The staff is very customer-friendly and passionate about what they do, which makes shopping an enjoyable experience.
- 118 Hayward Ave. unit 11
- 515-292-4646
Honorable Mention: Dyvigs Pet Shoppe

Student Choice Jeweler
Ames Silversmithing
Ames Silversmithing, a jeweler who has been open for over 25 years, was voted the Best Jeweler in Ames. From classic designs to unique one-of-a-kind creations, the jewelry at Ames Silversmithing is created with attention to detail and quality.
- 220 Main St.
- 515-232-0080
Honorable Mention: Kay Jewelers

Student Choice Tattoo Parlor
Asylum
This tattoo parlor is a favorite among many Iowa State students and Ames residents. Located on Welch Avenue, The Asylum has been in business for over 13 years and employs an experienced, friendly staff.
- 111 Welch Ave.
- 515-268-9000
Honorable Mention: Heroic Ink Tattoo

Thank You for voting us Best Jeweler for 2011 in Ames!

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220 Main Street • 515-232-0080
www.amessilversmithing.com

The Ark
At least two of everything!
Voted Ames #1 Pet Store

118 Hayward Ave • 515.292.4646
Serving the community for 26 years
Shops & Services

Student Choice Liquor Store
AJ’s
Conveniently located near campus, AJ’s Market provides specialty Mexican food items along with beer and liquor products. Run by A.J. Singh and her husband, Ben, the market also sends money to other countries for their customers.
In addition, AJ’s provides calling cards and the ability to put money on pre-paid phones in any Central and South American country. This eclectic mix of services and products is topped only by the staff at AJ’s Market, which has a reputation for being friendly and helpful to customers.
- 129 Welch Ave., unit 101
- 515-268-1722
Honorable Mention: Hy-Vee

Student Choice Place to Get Your Car Serviced LOF-Xpress
LOF-Xpress, named for its available lube job, oil change and filter, is a private company catering to the motorists of Ames with efficient, quality oil changes and car servicing. Drive to a LOF-Xpress service bay to get your oil changed within minutes without ever having to leave the vehicle.
- 520 S. Duff Ave.
- 515-232-5639
Honorable Mention: Jiffy Lube

Student Choice Best Oil Change
LOF-Xpress
LOF-Xpress, named for its available lube job, oil change and filter, is a private company catering to the motorists of Ames with efficient, quality oil changes and car servicing. Drive to a LOF-Xpress service bay to get your oil changed within minutes without ever having to leave the vehicle.
- 520 S. Duff Ave.
- 515-232-5639
Honorable Mention: Jiffy Lube

Student Choice Gas Station
Kum & Go
Refresh and refuel at a nearby Kum & Go and feel good about it. Every year, Kum & Go shares 10 percent of its profits with charitable and educational causes. Named after its founders, W.A. Krause and T.S. Gentle, the company started in 1959 during our
country’s massive shift to suburban life. Today, K&G remains steadfast in its promise of ease and convenience.  

Honorable Mention: Casey’s General Stores  

Student Choice  
Car Wash  
Lynn’s  
Need to wash your car and your pet? Well, Lynn’s Car Wash and Pet Wash is the place for you. It offers touchless laser car washes, a self serve car wash, a large vehicle car wash and a self serve pet wash. Lynn’s is also environmentally friendly and passionate about the Ames community by offering fundraising opportunities. This is the one stop shop for your cleaning needs.  

- 204 Clark Ave.  
- 515-232-3207  

Honorable Mention: K&G  

Campus  

Student Choice Lecture Hall  
Curtiss Lecture Hall  

Agricultural Hall, as Curtiss Hall was first known, opened its doors in 1912. Characterized by its massive staircase and series of pillars, Curtiss Hall holds a prominent position on central campus and is also the home of the College of Agriculture and Life Sciences.  

Honorable Mention: LeBaron Hall  

Student Choice Place to Nap on Campus — Parks Library  

Parks Library provides visitors with views of Grant Wood murals, statues by Christian Petersen, multi-tier stacks and endless resources, along with plenty of comfortable chairs and quiet corners. The additions, launched by President W. Robert Parks and his wife Ellen, made the library more than four times its original size and has provided students plenty of room for dozing.  

Honorable Mention: Central Campus  

Student Choice Place to Eat on Campus  
Panda Express  

Located in the Memorial Union, Panda Express is a popular dining hot spot on the ISU campus. At Panda, students can expect quality Chinese food served in a fast, casual environment — perfect for a delicious lunch on campus. Panda Express is part of the Panda Restaurant Group, which has around 1,200 different restaurant locations in 36 states. The first Panda Express opened in the Glendale Galleria in California in 1983.  

Honorable Mention: Union Drive Community Center  

Student Choice Professor  
Barbara Mack  

Even though Barbara Mack won’t let her students get away with sleeping, texting, talking or using Facebook during class, that didn’t keep her from winning the Student Choice Award for best professor. During her 24 years as an associate professor for the Greenlee School, Mack commonly teaches JLMC 101, JLMC 460 and JLMC 462. After taking partial retirement and a break from teaching this spring, Mack will return to teaching for the Fall 2011 semester.  

Honorable Mention: Doug Walker  

Student Choice Building on Campus  
Gerdin Business Building  

Made possible by a ten million dollar donation from Russell and Ann Gerdin, the Gerdin Business Building completed construction back in 2003. Its site had once been considered for the Design Building, but now provides the home for the College of Business.  

Honorable Mention: Memorial Union  

THANK YOU for voting us BEST Tanning Salon!  
Electric Beach Tanning  

Radiant Glow UV  
Free Spray Tans  
Buy One, Get One FREE!  
Expires April 30, 2011  

131 Welch Ave.  
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809 Wheeler St. (North of the mall)  
233.2844  
www.electricbeach.biz  

THANKS FOR VOTING US BEST KARAOKE  

KARAOKE TUESDAY  

$5 for 8 Boneless Wings  
*No Side-Dine-In Only  

$1 Tube Shots (9pm-1am)  

$2.25 Spiced Rum and Pepsi (9pm-1am)  

809 Wheeler St. (North of the mall)  
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Thanks for voting!

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1520 S Dayton Ave • 515-232-0116

Thank you for voting us “Best Pizza Place”

JEFF’S PIZZA SHOP
292-2321
2402 Lincoln Way
On the Corner of Lincoln Way and Stanton

Student Choice ISU Tradition
VEISHEA
As one of Iowa State’s oldest traditions, VEISHA is the annual weeklong spring celebration held on campus to showcase the university. During Veishea students can enjoy a variety of events, including the Parade, Stars Over Veishea, Veishea Village, Taste of VEISHA, live concerts and much more. The letters in Veishea represent the colleges at Iowa State when the celebration first started in 1922. Those colleges were Veterinary Medicine, Engineering, Industrial Science, Home Economics and Agriculture.
Honorable Mention: Campanilling

Student Choice Class to Take at Iowa State
JLMC 101, Mass Media and Society
JLMC 101, or Mass Media and Society, is a three-credit course offered by the department of journalism and mass communication. According to the course catalog, the class discusses the following topics: communication models and their application to the mass media; the mass communication process; organization, characteristics and responsibilities of the mass media and media-related professional operations.
Honorable Mention: HDFS 276, Human Sexuality
Discounts? We Have Discounts.

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Think 
SPRING
All the essentials for outdoor get togethers.

1.97
Amana 100% Natural Boneless Bacon Wrapped Sirloin Fillets
5 oz | limit 10 please

2 for $5
Lay’s Potato Chips
10 - 10.5 oz | select varieties

14.99
Keystone Ice or Light
12 fl oz | 30 pack cans

4.99
Hy-Vee CharKing Charcoal
16.6 lb

Prices effective March 31 - April 5, 2011

open 24 hours a day • 7 days a week • two convenient locations

lincoln center
640 Lincoln Way 232-1961

west location
3800 West Lincoln Way 292-5543