

# IOWA STATE DAILY

Thursday, March 27, 2014 | Volume 209 | Number 123 | 40 cents | iowastatedaily.com | An independent student newspaper serving lowa State since 1890.



Photos courtesy of Amy Fay, Thinkstock Nine College of Design students traveled to Peru during Spring Break to build a micro library. The group worked with students from the Peruvian University of Applied Sciences in Lima.

#### ISU design students construct micro library with Peruvian students

By Carlea.Schuler @iowastatedaily.com

A group of nine ISU College of Design students traveled to Peru during Spring Break to work with students from the Peruvian University of Applied Sciences in Lima to build a micro library for the El Carmen neighborhood in Comas.

The ISU students collected about 660 books in both Spanish and English

for children ages 9 to 12. They also raised money to purchase elementary school textbooks for the micro library.

Amy Fay, senior in interior design, said that working with the students from Peru allowed them to have a

"backstage pass" into the culture.

'We would work with the students all day, and then we would go out with them at night," Fay said. "We really got thrown into the Peruvian culture faster

than you would traveling on your own."

The group of students was enrolled in a class called "Interventions in the Informal Andean City" taught by Clare Cardinal-Pett, associate professor of architecture. It is a studio optioned to architecture, interior design and landstudents each spring semester.

This is the third spring semester the class has taken place in collaboration with the Peruvian university, but this is the first time the students have developed a physical building.

Fay described the architecture of Peru as plain with no ornate features whatsoever. She had never physically built anything with her interior design major, but she was able to catch on

"[Because] it was a simple structure

to build, everyone had a part they could contribute to," she said.

The trip took place March 12-24. The ISU students were able to help finish the building and the stocking of the micro library, as well as tour some

Peruvian sites. The students also toured Cuzco and Machu Picchu, as well as the valley

cities along the Incan trail. Kellen Pacheco, graduate assistant in teaching and research of architecture, said the architecture of the struc tures is impressive because you can see that intensive labor went into them.

The ISU students collaborated with the Peruvian students from the beginning of the spring semester until about a week before the trip.

The students researched micro libraries around the world for inspiration for about a month before they started developing designs for the micro library in Peru.

"We would propose a design; they would give us feedback and then they would take that proposal to the community organization who would give them feedback. And then they would come back to us," Pacheco said. "We went through that process about two or three times.'

The resources in Peru were different from the ones in the United States, Fay said. Since they worked in an poor community, the materials were

plant-based. "As a profession, architecture opso many ways, "I think that this is one of the ways we have to be humbled as students of architecture, because not everything goes according to plan, especially in these kinds of environments."

The ISU students were able to help complete the project, but had to leave before the micro library opened for the children to use. They did, however get to see photos and videos of the inauguration ceremony through their exclusive Facebook group with the Peruvian

# Resource Fair showcases opportunities, student clubs

## Organizations promote diversity around campus

By Jaden.Urbi @iowastatedaily.com

The walls of the Sun Room in the Memorial Union on March 26 were lined with representatives from student organizations and resources dedicated to supporting and promoting diversity on campus for the first Diversity Resource Fair.

From 11 a.m. to 3 p.m., representatives from various organizations stood by tables with poster board displays showing their organization's purpose and main goals. The representatives had information and stories to tell about their experience with the organization and reasons why people should get involved.

Living in Iowa without a lot of diversity, it's nice to see some different perspectives," said Humza Ahmad, sophomore in chemical engineering.

Celia Sepulveda, sophomore in industrial engineering, said she heard about the event through a class she takes for her scholarship. She came to the fair to learn about all the resources available to students - not just of diversity, but for

"It's nice to see diverse groups being represented. Those who attended the event now have the power to tell people about the resources and organizations available, and hopefully the word will spread," said Brandon Jones, freshman in civil engineering.

Each group that presented was asso-



Logan Kahler/Iowa State Daily MSA grad assistant Aja Holmes speaks with members of the International student scholars office, during the diversity fair on Sunday.

ciated with promoting diversity, but they all had their own unique way of doing it.

"Diversity is pushed through pictures in university flyers and pamphlets, but you don't actually see it that much if you look around campus. The Diversity Resources Fair gave people the opportunity to get involved in real activities that

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## Gala offers culture experiences

#### Groups share heritages with food, activities

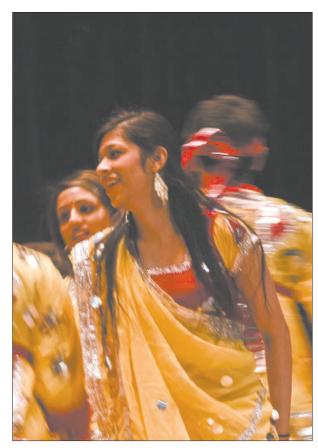
By Dalton.Bergan @iowastatedaily.com

The Student Union Board will host the Global Gala at 6:30 p.m. March 28 in the Great Hall of the

Memorial Union. Global Gala is an annual event put on by SUB that gives student organizations the opportunity to showcase their culture through activities such as fashion, dance and music. This event is free to attend

for anyone. 'Ğlobal Gala is basically Student Union Board's way of having different multicultural students and organizations come and work together to perform one event for the student body," said Kashaan Merchant, freshman in pre-business as well as SÛB member and event planner.

Guests can try food from different countries displaying their heritage at the gala. Various student groups and organizations will take turns showing aspects of their culture on the stage in the Great Hall.



Yanhua Huang/Iowa State Daily FreshmanUrja Rajesh Shah performs on stage at the 2013 Global Gala on Friday, April 5, 2013 in the Great Hall.

"There's singing, dancing, some years there's fashion, so there's a wide variety of what can go on," said Merchant.

performances The will be the main event of the night. Theater seating will be available near the

stage, with round tables in the back for families or guests who are eating. According to Merchant and his partner, Natasha Porizkova, sophomore in public relations, this

GLOBAL GALA p3 >>

## Weather



Cloudy with a chance of rain.



Partly sunny.



Sunny.



Windy and a chance of rain.

Provided by ISU Meteorology Club

### **Police Blotter**

The information in the log comes from the ISU and City of Ames police departments' records

#### March 19

A staff member reported damage to a rest room at LeBaron Hall (reported at 8:18 a.m.).

An officer investigated a property damage collision at Haber Road and University Boulevard (reported at 4:07 p.m.).

#### March 20

An officer investigated a property damage collision at 6th Street and University Boulevard (reported at 12:11 p.m.).

An individual reported graffiti on a building at Friley Hall (reported at

#### March 21

**Kabrina Voigts**, 21, 1320 Wilson Ave., was arrested and charged with operating while intoxicated and driving under suspension at Lincoln Way and Wilmoth Avenue (reported at 2:08 a.m.).

An officer investigated a property damage collision at Lot 97A (reported at 3:11 p.m.).

An individual reported the theft of items from a vehicle at Lot 19 (reported at 3:45 p.m.).

An officer investigated a property damage collision at Lot 29

#### (reported at 7:14 p.m.).

Kristin Berte, 21, 4611 Mortensen Road, Apt. 313, was arrested and charged with public intoxication at the 200 block of Welch Avenue (reported at 1:38 a.m.).

Benjamin Borkowski, 18, 214 Chapel Drive, Unit 8, Ankeny, lowa, was arrested and charged with operating while intoxicated at Lincoln Way and Morrill Road (reported at 1:41 a.m.).

Alessandro Madonna, 20, arrested and charged with public intoxication and providing false identifying information to law enforcement authorities at the 2500 block of Mortensen Road

#### March 23

Shavguan Jackson, 22, 1101 University Village, was arrested and charged with operating while intoxicated, possession of a controlled substance, driving while barred, driving under suspension, failure to prove security against liability and operating a non-registered vehicle at Lincoln Way and Welch Road (reported at 12:54 a.m.).

The following were arrested and charged with public intoxication, fifth degree criminal mischief and interference with official acts: Casey Howard, 19, 2290 Friley Hall; Adam Casey, 21, 2280 Linden

Place, Erie, Colo.; and Abulikemu Ailikemu, 20, 2290 Friley Hall, at Farmhouse Lane and Osborn Drive (reported at 1:51 a.m.).

#### March 24

Steven Harrington, 25, 934 Mesa Verde Place, was arrested and charged with operating while intoxicated, failure to prove security against liability and operating a non-registered vehicle at Mortensen Road and State Avenue (reported at 1:20 a.m.).

An officer investigated a property damage collision at 13th Street and Haber Road (reported at 8:07

An officer investigated a property damage collision at Pammel Drive and Stange Road (reported at 5:06

An officer investigated a property damage collision at Lot 100 (reported at 7:57 p.m.).

Levi Phillips, 18, 2620 Ridge Road, Marshalltown, Iowa, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Mortensen Parkway and Welch Road. He was subsequently released on citation. A body specimen was requested from a driver who was suspected of operating while intoxicated (reported at 9:35 p.m.).

Andrew Morris, 18, 218 Lyon Hall, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Lyon Hall. He was subsequently released on citation (reported at 11:31 p.m.).

An officer investigated a property damage collision at the 100 block of Stanton Avenue (reported at

#### March 25

Nichole Ruden, 21, 24999 580th Ave, Nevada, Iowa, was arrested and charged with operating while intoxicated, possession of a controlled substance, possession of an electronic communication device while driving at Dickinson Avenue and Mortensen Road. Cody Langloss, 20, 118 Larson Ave, Story City, Iowa, was arrested and charged with possession of a controlled substance (reported at

12:50 a.m.). An officer investigated a property damage collision at Mortensen Parkway and University Boulevard (reported at 5:16 p.m.).

Alex Beach, 19, 141 Freeman Hall, was arrested and charged with possession of a controlled substance and underage possession of alcohol at Freeman Hall (reported at 11:23 p.m.).

# Engineers work together with University of Perugia professors

#### Students, faculty collaborate to improve concrete structures

By Kelly.Schiro @iowastatedaily.com

The future where people can monitor the structural status of bridges, buildings and roads is coming to life through a collaborative research effort between professors at Iowa State

and the University of Perugia in Italy. Using nanotechnology, the students and faculty working on the project are developing materials that sense the stresses, strains, deformations or displacements of structures.

These structures include buildings, bridges, roads and even airplane wings.

University of Perugia's assistant professor, Filippo Ubertini, said, "The next step is full-scale application."

Ubertini said that topic is very hot because of the idea of defining techniques for the health monitoring of structures is important to Western cultures. He said that structures such as bridges are getting older and need to be repaired.

The development of skins and materials that allow for the health monitoring of structures will be instrumental in the future of bridges, roads and aircrafts.

Simon Laflamme is an assistant professor of civil, construction and environmental engineering at Iowa State. Laflamme said with pavement, they are trying to deplore a sensor network system in the pavement that is similar to the nervous system.

Iowa State research on structural sensors focuses on developing skin

sensors while Italian researchers are interested in developing embedded sensors, meaning they create materials that are sensors.

Laflamme is working with polymers to create skins. One of the skins is a styrene-ethylene-butylene-styrene material that is also used in the medical industry for prostheses. He uses the same polymer because it is

Ubertini works on creating a material that is made of cement and carbon nanotubes, which have good electrical properties.

Monitoring the status of structures, pavement roads, bridges and aircrafts is no easy task.

Laflamme said, "It's challenging because it's large.

They are ultimately trying to deploy an entire network that would be cost-effective, while still being able to detect damage over a large surface.

Associate Professor Halil Ceylan said that the I-35W Minnesota bridge collapse, a bridge collapse in August 2007 that killed 13 people and injured 145, could have been easily prevented by the use of embedded and skin sensing systems. The new bridge was created with sensing systems enabling people to monitor the bridge's status.

Ceylan said that the sensing systems enable early detection of strains on structures, as well as helping to prolong the life of the structure. All of this monitoring could be done wirelessly.

The sensor receives data that measures a voltage. The voltage is calibrated based on the allowable strain of a structure. They run tests to monitor the status of the skins or material.

Laflamme said that the sensors first look at the structure globally through vibration signatures. Each structure has a unique vibration sig-



Tomhas Huhnke/Iowa State Daily

Halil Ceylan, associate professor of civil, construction and environmental engineering, shares about monitoring the health of concrete pavement structures which he co-authored.

nature. If the vibrations are found to be abnormal, there has to be further investigations into damages.

Industry is interested in using this technology in roads. The Iowa Department of Transportation wants to use embedded sensors to monitor road conditions, as well.

Ceylan said that knowing the road conditions will help to identify the iciest spots during winter months, too. This would make salting roads more efficient by identifying the worst places first.

"This is a very interdisciplinary project," Ceylan said.

There are collaborative efforts between electrical, computer, material, structural and mechanical engineers on campus, as well.

Ceylan said these sensors will make structures more safe, affordable and reliable in the future.

# Three in running for gubernatorial race

### **Candidates** to debate in June primary

By Varad. Diwate @iowastatedaily.com

Gov. Terry Branstad will face Tom Hoefling in the GOP primary and Sen. Jack Hatch as his Democratic opponent in the upcoming gubernatorial race Nov. 4.

The Iowa Secretary of State announced that would be on the GOP primary ballot in June while Jack Hatch would be the only Democratic candidate. All the candidates had to gather a minimum number of signatures from 10 counties to be on the

party ballot. Jonathan Narcisse, who failed to get his name on the Democratic primary ballot said he'll contest the Iowa Secretary of State's decision.

On completing his

sixth-term, Branstad would be the longest-serving governor in the United States. According to Iowa Poll by the Des Moines Register, Branstad was leading with a 63 percent job-approval rating.

"He has been a very successful governor," said David Andersen, assistant professor of political science. "He has been somewhat lucky that the economy is doing very well. Iowa really doesn't have any major problems right now.'

includes an emphasis on the economy, increasing private investment in the state and his project for military veterans: Home Base Iowa. The Branstad-Reynolds reelection campaign has been highlighting the budget surplus of the state and a low unemployment rate.

'They are focusing on Home Base Iowa which is their initiative to make Iowa an attractive place to live and retire for veterans," said Tommy Schultz, spokesman for Branstad's and Lt. Gov. Kim Reynolds' campaign. "Part of that is job creation, by partnering with businesses to hire veterans. They have set a goal of hiring 200,000 veterans."

The Branstad-Reynolds campaign anmillion nounced \$4.1 cash-on-hand in January and collected signatures from all 99 counties.

'We gave him a balanced budget to begin with. This state was not in any financial mess he came here," said Jack Hatch in an interview with the Daily. "That's a huge myth.'

Hatch, a legislator from Des Moines has served in the Iowa Senate from 2003 and has previously been House representative and State Director with U.S. Sen. Tom Harkin. Hatch said he'll focus on lowering college debt, economic growth with small businesses and implementing better healthcare and mental services.

Hatch said Branstad lacks a vision for the state and made mistakes by cutting taxes on businesses for a few jobs and having voluntary water standards in the state.

"He has set such low expectations this year that even the Democrats agreed with his agenda. I think people are wanting more," Hatch said.

Hatch has previously has also been a real estate developer.

"The first challenge [for Hatch] is that he has to just introduce himself to the people of Iowa. He has to increase his name recognition," Andersen said. "Then, he has the very difficult task of convincing people that there's a reason to replace Branstad."

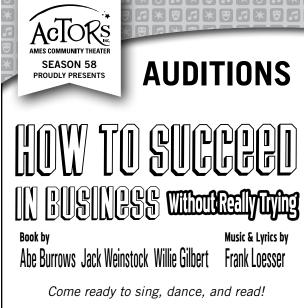
Hoefling Lohrville has challenged Branstad for a series of five debates leading up to the mmary.

"The word election means choice. When I saw that no one was challenging governor for the primary, we stepped up to give [the people] one," said Hoefling.

Hoefling said he disagrees with Branstad's policies on accepting Common Core standards and economic development. Hoefling's plan includes getting rid of the state income tax like some other states and opposing subsidies. He said his plan implementing local control is attracting supporters across the political spectrum.

Hoefling said he is running on a grassroots movement. "We got to this point with no money. [People] are tired of money-driven politics," he said.

The candidates plan to visit all 99 counties during their campaign.



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PERIODICALS POSTAGE

# Lend for America gives microfinance initiative training

By Colby.Siebersma @iowastatedaily.com

As the semester draws to a close, college students look for a productive way to occupy their time and make money during the summer.

Although getting a summer job can be a great way for students to make money, there are alternative opportunities for that may be more beneficial to developing valuable skills while still making money.

Lend for America, a program for college students to start microfinance initiatives in the community outside their university, holds a fellowship every year.

The Fellowship is a paid, summer opportunity for students interested in developing local small businesses.

Through this program, selected students have three opportunities. Vanessa Carter, executive director of Lend for America, said the program kicks off with training course.

"First we bring in experts in micro finance from partner organizations to give fellows some context on the industry,' Carter said about the program.

Carter added that this three-day classroom-based course is also meant to help fellows develop a broader idea of what campus-based micro finance programs look like, and show them what they can accomplish as fellows.

Next, fellows are sent off to their host

"Basically," Carter said, "fellows go and spend eight weeks working full time with an existing microfinance organization: The Intersect Fund, the Capital Good Fund or the Community Empowerment

Lend for America places fellows at one of these three existing microfinance organizations because students founded them. Carter said fellows are then able to learn from and build a relationship with an executive director that started a campus initiative when they were a student.

Lastly, fellows return from working full-time all summer on the outline of the campus microfinance initiative they want to start with the skills and confidence to actually launch their campus initiative.

"Lend for America strongly supports students who are starting campus initiatives in a variety of different ways," Carter

Charity Yoro, program associate at Lend for America, said the main way Lend for America provides training, support and funding for students is through the fellowship.

Yoro added that aside from the substantial experience, leadership skills and valuable networking opportunities that the fellowship provides, fellows also receive a \$2,500 stipend and paid travel expenses to their host site.

Lend for America, founded in 2009, has been holding the fellowship for three years. Carter said they accept applicants

who they truly believe will be successful because starting a campus microfinance initiative can be extremely difficult.

In terms of success, Carter said the fellowship has seen incredible achievement from students who have actually founded their own microfinance initiative. The first year, five of the same fellows went on to launch their own campus

Fund 17 at Tulane University and JIFFI at Notre Dame are examples of microfinance initiatives that students have

Andy Rushenberg, sophomore in pre-business, said that helping people is the main reason why he chose to pursue a major in business, and believes this opportunity can help students do just that.

Through something like this, students like myself who are passionate about making a difference would develop the skills needed do so, while making connections along the way," Rushenberg said.

# Undergraduate students face difficulties understanding TAs

By Katharina.Gruenwald @iowastatedaily.com

In the spring and fall semester, 3000 students went through Biology 211 and 212 and the labs connected to these courses. This can require a number of up to 30 teaching assistants, known to most students as TAs, involved in teaching these labs, and approximately a third of them are international students.

These graduate students are teaching in a language that is not their native language, which can in some cases be difficult to fully understand, especially in subjects like chemistry or mathematics.

Elizabeth Wells, sophomore in chemical engineering, attended a chemistry lab last semester in which she said she was confused very often.

"Our TA would sometimes have trouble understanding our questions or then answering in a way we understood," Wells said.

In the normal class, Wells said she understood the concepts. But in the lab she had trouble following what the teaching assistant was trying to have them do.

The knowledge of material doesn't seem to be an overall issue. A student in chemistry who wished to remain anonymous said that he could ask a really advanced chemistry question, and the teaching assistant would know the answer.

"I think they sometimes feel uncomfortable trying to explain complex things in a language that is not [their] own," said the student.

Martinez, Matthew sophomore in electrical engineering, has experienced difficulties in his engineering labs. He said both students and the TA had trouble understanding one

Jonathan Wendel, dis-

tinguished professor and chair of the department of ecology, evolution and organismal biology, said that this has been an issue that has been around since the departments started to have teaching assistants who aren't native English

speakers. It is at the discretion of the departments and sometimes even the course on how they choose their teaching assistants Wendel

international TA has to take the Oral English Certification Test, which consists of an oral proficiency section and a teaching simulation section said Linda Westgate, senior biology teaching lab coordinator.

Students attain a score that categorizes them in one of four levels, with level one being the highest.

For Biology 211 and 212, I'll only take those students that have achieved a

Model United

level one because we have so much need of communication. Then I will personally interview them to see wether or not they can explain things on different levels," said Westgate.

Teaching assistants should also have a background from those topics as well so that they are a good fit for the course Westgate

Besides taking only level one students, Westgate also has a training program for her TAs before the semester starts, and she is in frequent contact with them over the course of the semester.

"A course however that doesn't require as much communication might accept level two students as a TA as well," Westgate said.

The student in chemistry said that accents can be a problem with understanding, and his lab has gone slower than necessary this semester.

William Jenks, chair and professor of the chemistry department said that international graduate students applications are rigorously screened both for their academic qualifications and their English speaking abilities.

"Many, many potential students do not survive this process," Jenks said.

foreign Once the graduate students arrive on campus they are again screened through English Certification Test. When they are approved through that test, students will be place into appropriate courses.

"Undergraduates who have trouble understanding any instructors would be surprised how amenable they can be to constructive and polite personal appeals. This might include requests to speak more slowly or more loudly or to use a microphone," Jenks

If all such attempts fail Jenks said he may be able to place a student in a different section of the class.

"It is the undergraduate student's responsibility to learn the terminology while the TAs is to communicate with the students on a different level so they can understand what they've been asked to do. It is a two-way process," Westgate

A person's culture can play a role as well in communication and communication problems. In some countries, it is considered rude to ask questions said

In the training before the semester Westgate addresses these issues as well.

"We tell TAs that we want students to ask questions. That they are not being rude and that we want them to ask the students another question back to lead them to an answer,' Westgate said.

#### >>DIVERSITY p1

will represent those underrepresented groups," said

Sepulveda. International The Council Student Organization had information on their upcoming events, such as the World Summit and ISC Running Man Charity. The ISC Running Man Charity is a fundraiser to help fund impoverished schools in Sri

"It was really cool to see pictures of the project to help the schools in Sri

year's performances will be worth seeing.

"Performances vary," said Porizkova.
"Last year there were 12. This year there

are six, but it's still going to be a great

working with their adviser to plan this

event since early February. Emails were

sent to professors, organizations and stu-

dents wanting to participate, as well as

student volunteers willing to help with the

Merchant and Porizkova have been

>>GLOBAL GALA p1

show.'

Lanka, it's a really good cause that I probably would not have known about if I didn't stop by their table," said Sepulveda.

The LGBT Student Services booth had information on prior events and ways to get involved on campus. They stressed that everyone is encouraged to come stop by their office or

hang out.
"We all have a gender, and we all have a sexual orientation. Everyone is welcome here," said Brad coordinator Freihoefer, of Lesbian, Gay, Bisexual and Transgender Student Services. The

Nations representatives shared stories about their annual events, which involves going to a conference in Chicago, and possibly different cities if the group expands. During group meetings, the members will argue for one side of a particular issue from a perspective other than their own.

Ahmad said he thinks that it's very important to see things from other points of view. It will help improve relationships not only on a regional level,

tween cultures, Merchant and Porizkova

said that there is more to it. Students at-

tending the event should look beyond

what's obvious if they want to get the most

tend to focus on, especially when talking

about Global Gala, is the diversity," said

Merchant. "While the diversity is awe-

some, I think the real success in Global

Gala is open to the public, and the Student

Doors will open at 6 p.m. The Global

**New York!** 

Gala is showing how similar we all are."

'One of the things that I think people

out of the experience.

but a global level as well. 'Communication be-

tween other nations will lead to a more progressive

and successful society," said Ahmad.



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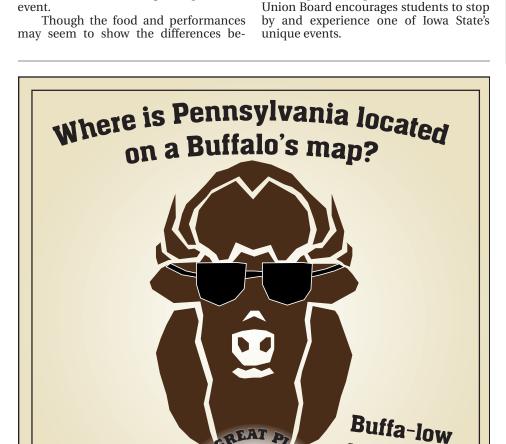
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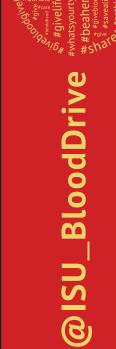
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#### **Editorial**



Courtesy of Wikimedia Commons How to protect lowa's waterways is a concern of many people across the state. ÉPA regional administrator, Karl Brooks said, "lowa is going in a direc-

## Iowa policies work to reform water systems

Everything in Iowa seems to slow down over our winter months. Fields normally producing vast quantities of crops lie in wait, humans and their animals become sluggish and our waterways become little more than a crisscrossing network of ice.

With spring finally arriving, Iowans will soon be busy putting our land into full production and many of us will begin filling our days with the various outdoor activities Iowa has to offer. Our streams and rivers have also returned to life, sweeping across our state with renewed vigor from thawed land and melted snow.

As our waterways become more and more prominent, many concerned with their health have begun a discussion as to how we should go about protecting them. Some will remember that in 2012 the Environmental Protection Agency was so dismayed with Iowa's handling of our water systems that they threatened to step in and take over protection of our waterways.

That threat seems to have encouraged action, because Iowa has taken the first steps toward turning its environmental protections around. According to EPA regional administrator Karl Brooks, "Iowa is going in a direction that a lot of other states need to be going in. You've put the science into it, you've put the information out to producers.

Brooks also acknowledged that Iowa is leading the way with regard to other midwest states, saying "ahead of other states in implementing their nutrient reduction strategy. From the standpoint of this agency, Iowa has met more of the commitments [for reducing nutrient pollution] than all of the states in the Mississippi River Basin."

Unfortunately, this does not mean Iowa can rest on its laurels. Iowa's Nutrient Reduction ernment agencies and Iowa State University, is a good start, but it is just that: a start.

Setting up a statewide strategy for combatting nutrient pollution certainly fits into the state-centered efforts of the EPA to reduce the Gulf of Mexico hypoxic zone. That hypoxic zone or "dead zone" is caused by a flood of nutrients that promote algal blooms, which remove oxygen and kill off other, economically important

Since the effects of this "dead zone" are felt primarily by coastal communities, yet are the result of actions in over 30 states, a concerted effort is needed to promote better agricultural and industrial practices.

The Iowa Nutrient Reduction Strategy is unquestionably tailored for Iowans. There is nothing necessarily wrong with this, and even the EPA recognizes the benefit of this system, but ultimately nutrient pollution is not just an Iowa problem. Some of our approaches to nutrient pollution, including our refusal to utilize the EPA's standards for nutrient concentration in waterways, seem to lose sight of the larger,

national picture. Additionally, the EPA and Army Corps of Engineers released a proposal earlier this week that would clarify which streams and wetlands are federally protected by the Clean Water Act. The proposal has been seen by some, such as Des Moines Water Works CEO Bill Stowe, as not going far enough to protect our water. Others, like the Iowa Farm Bureau Federation, disagree, complaining of the potential detriments to farmers and the agriculture industry.

It is clear that Iowa, like other states, is somewhat divided on how to proceed with water quality reform. We should not hesitate to enact new policies that would protect our waters, though. For far too long we as a state have benefited economically from under-regulation. It is time to place more importance on the health of Iowa's waters and our effect on those downstream.

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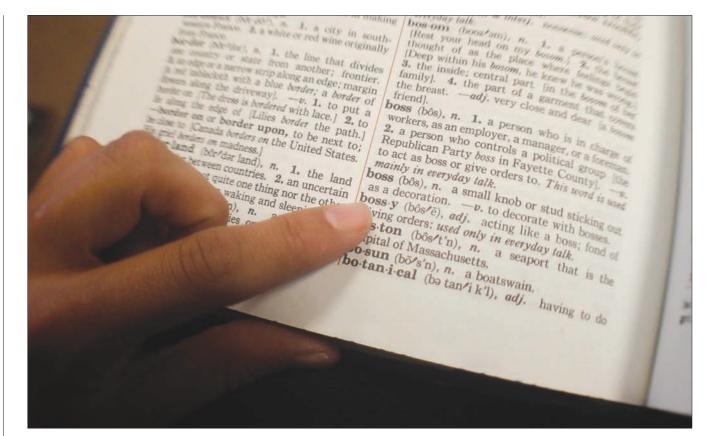


Photo illustration: Tiffany Herring/Iowa State Daily

A new feminist campaign called #BanBossy has hit the internet in the past few weeks. Columnist Neuendorf argues that we should be ashamed of how the world has accepted the fact that boys are explected to be leader while girls are expected to be submissive.

# Everyone can grow up to be a leader, eliminate stereotypes

By Zachary. Neuendorf @iowastatedaily.com

A new feminist campaign called #BanBossy headed by Facebook Chief Operating Officer Sheryl Sandberg and Anna Maria Chavez, the CEO of Girl Scouts of America, has hit the internet this past few

The purpose of the campaign, which is laid out in a public service announcement starring Beyoncé and Condoleezza Rice among others, is to stop calling little girls bossy, stubborn or pushy whenever they first begin exhibiting leadership skills. The fear is that being branded with this label will stunt girls' ambition to succeed because they will forever link leading with

being "bossy" or unlikable. Typically, the word is sexist. It is used far more often on little girls than little boys, setting up the dangerous division between the sexes as early as kindergarten. We should be ashamed

of how we have accepted the fact that boys are expected to be leaders while girls are expected to be submissive.

There is a slew of existing stereotypes towards girls that can be disheartening apparently girls cannot lead, so eventually they begin to shy away from management roles, girls cannot prosper in math and sciences, so we see few girls majoring in fields like engineering and science. By now, we all know that as rubbish, however they have still latched onto the strings of our society.

Often, these feminist movements aim to encourage girls and to get boys to encourage girls. Sadly, boys usually miss their queue and the issues are primarily charged and lead by women. Feminism needs to start young and become less gender-specific and more about gender equality

My experience with feminism is young. I am certain I not once heard the word when I was in elementary, and fairly sure that I never heard it in middle

school and if I did, it did not make an impact. It was in the middle of high school when the concept finally reached me and I realized our media's gender bias, the political inequalities and the privileges I had for being a boy in my interpersonal relationships.

I was aware of Susan B. Anthony, Elizabeth Cady Stanton and suffrage, of course, but it was distinctly glossed over in all my early history classes. When we are taught a male dominated history, of course girls are going to question their importance in society.

The sexism starts in grade school and follows us to the pinnacle of our careers, as evidenced by the Fortune 500 CEO list where only 23 females make up the 500 CEOs. Despite making up half of the population, for it?

Back to the bossy, though. There are obvious times when the word is used not in a sexist manner — it is applied to someone, regardless of gender, who is being mean. But, clearly the ban is more on the concept than the word itself. This is a brilliant stepping-stone towards hopefully more elaborate steps our world will take to empower girls and to teach boys to empower girls.

First, the national curriculum: it would be beneficiary for everyone if as early as elementary school we had a specific class that explicitly taught civil rights, gender and racial issues, instead of it being incorporated occasionally and vaguely. Also, in these classes they could begin to dissect the ridiculous gender portrayals given to us by the media.

Why does feminism and official lessons on equality have to come so late in our education? Is it not fundamental? It is not traditionally academic, sure, but if we change w need, it should transcend academia. But we do not offer transcendental courses to first graders, so maybe a unit on feminism will do just

## Organic food doesn't mean better food

By Morgan.Bahl @iowastatedaily.com

You may have noticed when you walk into the produce department at the local Hy-Vee there are fruits and vegetables with the label "ORGANIC" plastered all over their packaging and displays, often accompanied with head-scratching prices.

Do you get what you pay for? Are organic foods actually better for your health? Should we all be eating organic or is it a fad, money-making marketing scheme? What even makes a food "organic?'

There are lots of questions you might ask yourself before paying such high prices. Unfortunately, the food industry is misleading consumers on this topic and using the lure of health

claims to make extra profit. "Normal" foods are healthy, nutritious and safe just as they are, which makes organic foods an unnecessary product choice. This is good news for many college students because they are also budget busters and we all know

that none of us have the money for that. So what makes a food item organic? The USDA defines organic foods as ones that preserve biodiversity, support animal health and welfare, use approved materials, are inspected on site and utilize fewer herbicides and pesticides. These foods undergo inspections and require farmers to be certified as organic growers, a long process that requires high levels of commitment.

When consumers hear the term "organic," many expect foods that are treated with fewer or no "bad chemicals," foods that are more nutritious, or "natural," and those that are less processed or may entail closer care and attention to crops and livestock. However, this is a long list of expectations that are difficult to meet, so the question is actually whether or not the certification process and benefits are worth the hassle.

Becoming certified is a process that many farmers choose not to go through because of the time commitment and the specific standards. USDA certification requires a 3-year documented history of the farm procedures and practices. Qualifying farmers have to plan their use of organic seeds, pest control aids, manure and composting, while also preventing crop contact with non-organic substances by means of drift, harvest and shipping.

Rose Martin, senior lecturer in food science and human nutrition at Iowa State, often discusses this topic and reassures others that, due to this intensive process, we can feel confident that if we choose to buy organic foods, we will be getting foods that meet the USDA federal regulations for organic

Given that the food meets regulations, it can be labelled as either "100% organic", "organic" or "made with organic ingredients," as regulated by the

National Organic Standards Board. '100% organic" is given the USDA seal and shows that the product was raised separately, is not a genetically modified organism, and contains only organic ingredients. The label "organic" is also able to display the seal but is made with at least 95% organic ingredients.

The "made with organic ingredients" label indicates at least 70% organic ingredients but cannot display the USDA's seal on its packaging. A point to remember with organic certification and labeling is that they give no indication of food safety or nutrition.

When consumers see the USDA stamp of approval, the foods are often given a "health halo" and are regarded as more beneficial than conventionally grown foods, but they do not necessarily deserve that reputation.

According to Martin, "nutritionally, there is no significant difference between organic and conventionally grown foods." Both are nutritionally adequate and thus there is no additional health benefit for choosing organic

One of the biggest health interests associated with organic foods is the reduced use of chemicals or use of socalled natural chemicals. While it is true that organic foods have less pesticide residue than conventional products,

the benefit is negligible. The pesticide residue found on non-organic foods is so low that consumers are taking in less than 5 percent of the Acceptable Dietary Intake.

This means that when we eat most non-organic foods, we are taking in 95 percent less than the amount we are able to ingest and be completely safe from harm. This is enough to put pesticide concerns to rest and show that the lowered presence of chemicals on organic foods is essentially meaningless.

The perceived "benefit" of lower pesticides is countered with the high prices. Because of the more labor-intensive process and the lower product yields, the prices can be very expensive, up to 50-100% higher than conventional foods.

With all factors weighed, choosing organic foods is unnecessary for good health and nutrition. Martin summarized this debate well by saying that, "We cannot say that organic is better, but food is better ... broccoli is better."

Really, eating healthy is about making the case for good food choices. Choose fruits and vegetables which are nutritious and protective, regardless of their processing methods.

Luckily, there is no "right or wrong" decision between organic and non-organic foods and it comes down to your preferences. There's nothing wrong with them, but there is also not necessarily anything significantly special about them.

If you wish to pay \$6.00 for that bag of oranges, that is fine, but rest easy knowing that if you choose non-organic foods instead, you are not doing your body any disfavors or compromising your health.

**Iowa State Daily** 

# A HEALTHY TEAM: New coaches glad to see depth in spring practice

By Alex.Gookin @iowastatedaily.com

The big storyline in Ames heading into next football season is the new coaching staff. After finishing eighth in the Big 12 in rushing yards and last in sacks allowed in the conference last season, the running backs and offensive line appeared to underperform after high expectations in the offseason.

But the statistics don't tell the whole story. Plagued by injury, the offensive line saw nine different lineups in 12 games in 2013 and leading rusher Aaron Wimberly was never fully healthy after an injury against Texas

With Iowa State's spring practice period underway and no injuries between the position groups, offensive line coach Brandon Blaney is excited about the depth he has inherited.

"As a coach, it's great," Blaney said. "I've got a veteran group and a group of guys that have been in the fire and have been in the mix and they know what it's going to take to compete and win in the Big 12 right now.'

Heading into the season, the Cyclones have six returning starters across the line with even more seeing action in games last season. With four-star recruits like Jake Campos and Shawn Curtis coming off redshirt seasons, the depth and talent of the group could be one of the best of any position on the

The running backs also feature some depth, despite graduating three players that combined for 550 yards and nine of the Cyclones' 16 rushing touchdowns season. Wimberly and DeVondrick Nealy combined for 725 yards and four touchdowns despite injuries and limited snaps.

As ball carriers, big hits and injuries are to be expected, but running backs coach Louis Ayeni hopes the healthy stable of running backs during spring ball call help develop the players quicker to avoid injury.

"He's got enough feet and enough speed that he can make a guy miss," Ayeni said of Wimberly. "I'm going to try to develop that the best I can so I can save some hits on him. He knows the deal, but the biggest thing I'm



Miranda Cantrell/Iowa State Daily

Running backs coach Louis Ayeni leads drills during spring practice on March 10 at the Bergstom Football Complex. He and offensive line coach Brandon Blaney hope that this season is not plauged with injuries like last season's was.

going to do is help him protect himself the best I can."

With a new offensive coordinator calling plays and new position coaches running practices, there will undoubtedly be a learning curve. Coach Rhoads said the coaching styles of Blaney and former offensive line coach Chris Klenakis differ, calling Blaney more "cerebral," while Ayeni brings a young and energetic spark to the running backs position.

Learning curve aside, the offensive line and running backs head into the spring game healthier than ever and will play at full strength for the first time in over a year. For the new coaches, it makes the process much easier.

"I think Malcolm Gladwell said, 'It takes 10,000 hours to master

one thing," Blaney said. "I've got that luxury as a coach and as a teacher of having guys that have compiled a few hours or a few starting minutes out there on the field, so it goes without saying that there is a certain level of comfort.'



Iowa State Daily Michelle Shealy competes on the beam on March 7. Shealy received a 9.825.

# Gymnasts confident about regionals

By Harrison.March @iowastatedaily.com

The 2014 NCAA Regionals will be a gauntlet for the ISU gymnastics team. After getting hot late in the regular season, the Cyclones are looking to ride a wave of momentum into the post-season.

They'd better wax their boards — it'll

No region looks particularly easy on paper — after all, every team falls within the nation's top 36. To keep the season alive and advance to nationals, a team must finish in the top two of its six-team region.

Iowa State's challenge is to finish in the top two at a region that contains four ranked teams in No. 3 LSU, No. 10 Stanford, No. 13 Auburn and No. 21 Arizona.

"I know LSU is great, I really fe they are the best they've ever been," said ISU coach Jay Ronayne. "I know everyone else also has some high quality gymnastics and they will be bringing it."

Though the field will be challenging, senior Michelle Shealy said the Cyclones' region does have its perks.

We've never been to LSU, so we're really excited. We've been wanting to go somewhere warm and it's down south which is really nice," Shealy said with a huge grin. "I'm just excited to be in that atmosphere.'

With the region's top team having a home-gym advantage, an ISU victory would be a huge up-set. Junior Caitlin Brown said that in order to help pull that off, she's shifting her focus from her placement to simply performing.

"I just want to go down there and hit my routines, hit them exactly like I do in the gym every single day," Brown said. "If I know that I did everything in my power to do the routines that I know I can do, then I can't leave not happy about that.'

That attitude of controlling what they can and letting the rest work itself out is what Ronayne and his coaching staff have for it. This is going to be awesome.'

been preaching in practice.

'Knowing that we come off the Big 12 Championship with confidence and that we're in pretty good physical shape right now, we give ourselves a shot," Ronayne said. "We've just got to go out and do our very best and let the judges figure out who really is the best."

Iowa State will enter regionals with a bit of an advantage in knowing how it stacks up against the nation's elite. The Cyclones have squared off with top-15 opponents six times this year, including a meet at then-No. 1 Oklahoma in January.

Those six teams, though, all came in six separate meets. Facing four top-25 teams at once will be a whole new animal.

Shealy said that task doesn't intimidate her, but instead she sees it as an opportunity to shock the gymnastics world.

"I think there's no stopping us ... our confidence is way up there," Shealy said. "If we go out there and do our best, I'm all

# Swimming and diving ends season on high note

By Trey.Alessio @iowastatedaily.com

A season that was defined by hard work and team chemistry came to a close Friday as ISU senior Imelda Wistey competed in the NCAA Championships.

The ISU swimming and diving team started off well as one team, which is why sophomore Marissa Engel said it was a special season.

'It was nice to see that in our dual meets we were able to beat teams that, in the past, we weren't as confident going up against," Engel said. "It was really nice to see us attack the dual meets right from the beginning."

Iowa State started off with a tie against Nebraska and three wins against South Dakota State, South Dakota and Nebraska-Omaha, but the Cyclones had trouble at home meets, losing to TCU, Iowa and Illinois at Beyer Hall.

ISU coach Duane Sorenson said the improvement came when the team started to believe it could compete at the Big 12 Championships.

'It's just a belief factor that they belonged at the Big 12 Championships," Sorenson said. "We've been taking fifth place and they kind of expect us to take fifth place, but now that we've beat some teams in our dual meets, they have a belief that they could do it at the Big 12 Championships."

Once that belief factor kicked in for the Cyclones, they won four straight meets going into the Big 12's after their loss to Illinois. They beat UNI, Ohio, West Virginia and Kansas. The victory against the Jayhawks came on senior night and was the first home victory of the

Freshman Karyl Clarete credited a lot of the team's success to its chemistry.

"I thought the dynamic of the team helped out a lot," Clarete said. "We all knew where we wanted to be at Big 12's, so I think everyone did a really great job keeping that goal in mind throughout the whole year."

That goal was to finish in the top three at the Big 12 Championships, which the team accomplished with a third-place finish, scoring 541.5 from Feb. 26 through March 1 in Austin, Texas.

Wistey was the only swimmer to get an invitation to the NCAA Championships in Minneapolis.

With the seniors moving on and the underclassmen ready to get back in the water, the Cyclones already have their sights on next

"Since we had such a great Big 12's, I feel like everyone knows that we have to go into next year knowing we can still get better, and I think that's where everyone's at," Clarete said.

Iowa State will be allowed eight hours a week during the spring for conditioning workouts as a team. Sorenson said they will be spending seven hours of that in the water and the other hour in the weight room.

"We're back in the pool and workouts are a little shorter but they're more technique based,' Engel said.

With the team already preparing for next season, Sorenson already set a goal of finishing in the top three in the Big 12's in consecutive seasons.

"Imelda [Wistey] went to the NCAA meet and that was really special but we'd like to have more than just one person, and we have some people that we think have a good opportunity to make that,' Sorenson said. "It goes back to the journey to get there, and you do all the little things everyday in practice, and the end of the season comes because of that.'

## Cyclones ready for Big 12 play

By Rachel.Anderson @iowastatedaily.com

Last year, Iowa State walked off the field in its last game, defeated in five innings against Kansas. The Jayhawks scored 12 runs on the Cyclones while they only scored three, ending their season and hopes of making

it to regionals. The ISU softball team did not end the conference season as well as they would have hoped last year. The Cyclones lost the last eight conference games played, putting Iowa State's record at 4-14 to end the season.

The games were practically blow-outs. The Cyclones scored a combined 19 runs in their last eight games while their opponents scored an astonishing 97.Last season, Iowa State tied with Texas Tech for last place in conference play.

"The past couple years we have been at out on top. the bottom because we have such a strong conference in softball. Oklahoma won national champion last year and Texas went to the World Series so we have a really strong conference. So I think a really good goal is to finish in the top half of wins.' our conference," said sophomore infielder

Aly Cappaert. Last season, the

Cyclones faced the top three Big 12 teams Oklahoma, Baylor and Texas — on the road. This season, Iowa State will face these three teams at

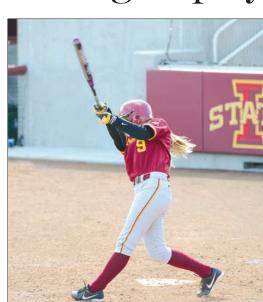
home. "Last year, we had to go down to Oklahoma and Baylor and Texas to play. Now this year we have all those games at home. We can have our own crowd instead of their crowd. I think we have a huge advantage,"

Cappaert said. Right now Iowa State is ranked last in the conference going into Big 12 play. Winning only 17 of their last 26 games puts the Cyclones one step behind their conference competition. Iowa State will face Oklahoma — who has won 21-of-29 nonconference games this weekend.

Iowa State might the underdog but junior infielder Lexi Slater thinks the Cyclones can come

'One big advantage is [Oklahoma] underestimating us because of previous years," Slater said. "I think that we will really surprise them this year and show that we can compete and come out with some

With facing the Big 12 teams comes higher competition. But the Cyclones think



Complex. The Cyclones defeated the Huskies 6-5.

Jen Hao Wong/Iowa State Daily Lexi Slater hits the ball during a game against Northern Illinois on Sunday at the Cyclone Sports

this may work in their

"Sometimes we have a tendency to play at the level that we think our opponents are. We're entering our conference that I think is a great conference. I'm excited to see the team playing at a higher level," said ISU coach Stacy

Gemeinhardt-Cesler. Another advantage that the Cyclones have facing their conopponents ference this year is the weather. They will face Oklahoma this weekend, a team that is not used to playing in the cold like Iowa State is.

Slater believes there is another advantage for her team. She views it as a more mental game with an emphasis on execution as necessary to be successful playing in the conference.

Slater believes the Cyclones have played together as a team more this season compared to the previous season. She said last season they were kind of just there playing. This year, she believes, they communicate very well as a team and know what each other think.

"I expect to see a lot of cohesiveness and a lot of wins. I know we can play well and have a high potential we just have to bring it every game." Slater said.

# Wertz returns to M-Shop, promises exciting show

By Michael.Zanten @iowastatedaily.com

Solo rock artist Matt Wertz is set to perform at 9 p.m., Saturday in the Maintenance Shop with pop-rock band My Red & Blue as an opener.

Matt Wertz is a singer-songwriter hailing from Liberty, Miss. With several records under his belt, he has shared the stage with artists including Ben Folds, Jars of Clay and Gavin Degraw.

"It's singer-songwriter pop music," Wertz said. "[Growing up], we were kind of a family where a lot of times we would sing together. Sometimes that was in church, sometimes that was at home. Singing was very much a part of what happened around

"When I became a teenager, I was looking for a way to express myself, and music was there. I think it was a natural outlet for me to want to do that. Early on, I was exposed to Michael Jackson. Everything from the songs, to the performances and everything, I think that kind of stuck with me. I don't think I could have imagined that I would be on stage performing in front of people. It's kind of a dream come true to get to do

While Wertz grew up in a musical household, he originally wanted to be a shoe designer. It was not until his freshman year of college that he seriously considered pursuing a career in music.

Recording the first album, I had a band in college," Wertz said. "My junior year of college we spent our spring break and we stayed around. I went to the University of Illinois in Champaign, so we kind of hung back. It was nice because my bandmates and I were able to have the town to ourselves because everybody was out of town."

While recording the first album, Wertz had to overcome a learning curve as he went through the process for the first time.

"The first recording was all a great time. It was very fun, exciting and exhilarating, and challenging how we had no idea what we were getting into. We were very limited budget wise, and so we didn't have the kind of resources to work on it until it was perfect. We pretty much had to stop when we ran out of money. Thankfully, vou get better over the years, and you also have access to folks who are really professional and talented. The recording process has gotten easier," Wertz said.

The solo musician has played on-stage with iconic singer-songwriter Ben Folds, an artist he cites as a highly skilled performer.

"Ben Folds is one of the best performers I think I've ever gotten to watch." Wertz said. "Just being able to observe his thing kind of put me to school. We did

a show together at Truman State University, which is in Kirksville, Missouri. Anytime that you can be exposed to someone who's truly great at what they do, it raises the bar, and forces you to get better. I was grateful for the experience."

Wertz shares a friendship with mainstream pop artist Ryan Tedder, a songwriter and producer, known as the lead singer for the pop-rock band OneRepublic.

'Ryan Tedder is a friend of mine, and I've just been totally amazed by his rise over the last few years. He's got probably one of the best work ethics in pop music today. He's just constantly working. He deserves everything he's gotten," Wertz said.

"Heatwave," Wertz's most recent record, was released in August 2013.

"I wrote Heatwave between the years of 2011 and 2013, and the year I started recording it was in 2012, and I finished it up in the summer of 2013," Wertz said, "It was largely influenced by the singer-songwriters of the late 1980s like Bryan Adams, Richard Marx, Don Henley and Steve Winwood — some of those guys. I liked the way those albums sounded, so we just kind of borrowed some of those sounds; the guitar sounds, a lot of drum machines, sounds like

Matt Wertz is familiar with the Maintenance Shop and is en-



Courtesy of Matt Wertz

The pop-rock artist Matt Wertz is set to perform at 9 p.m., Saturday in the Maintenance Shop with My Red & Blue as an opener

thusiastic about some of the benefits a smaller venue can offer.

"I've played the Maintenance Shop several times before and have really enjoyed it," Wertz said. "I like playing in smaller venues. I like playing in any venue that feels full and packed. It's nice, there's an intimacy that comes from that that's hard to achieve in a bigger place.'

Fans of singer-songwriter music or music in general can expect an open and involving show from Matt Wertz and shouldn't be surprised to find some catchy

"[Anyone who's never heard me before] can expect to feel like

they can get to know me throughout the course of the night," Wertz said. "I'm a pretty transparent person, and a pretty goofy guy. They can probably expect to have some songs stuck in their head after they leave. I try to write songs that are hooky. They can just expect to have a good time. It's a fun show, and I seem to have some really great bands. Just all around good, clean fun."

Tickets are available at the M-Shop box office or at midwestix.com. They are \$20 for students, and \$15 for the public, with \$2 upcharge the day of the

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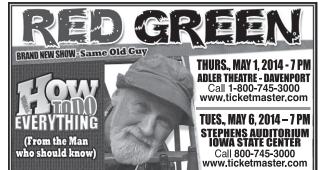
members. Great for newly

diagnosed children!

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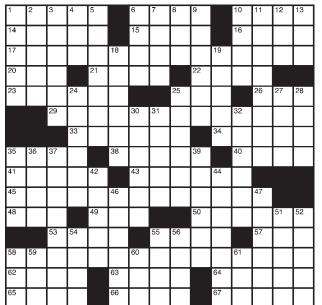
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# Puzzle answers available online at: www.iowastatedaily.com/puzzles

## Crossword



1 Gp. co-founded by Victor Herbert 6 Bonkers 10 Harbinge 14 Cheri of "Scary Movie" \_\_ the dreadful

thunder / Doth rend the region": "Hamlet" 16 Gossipy Barrett 17 Specific gravity 20 Vietnamese obser-

21 Hitch 22 Vintage cars 23 Onetime Kenny G label

25 Play with robots

26 Linebacker Manti ر 2012 Heisman Trophy finalist 29 Publicly traded investment company with a limited num-

ber of shares 33 Wagner works 34 Do a hitch in the 35 Put away 38 Dove competitor

40 Slangy turnarounds 41 Settings for Manet training requirement 45 Mad man? 48 Agnus

49 Auction ending? 50 Take out 53 1977 medical novel 55 Time of jour

57 Baa maid? 58 Classic children's novel, and what to look for in this puzzle's three other longest answers 62 \_\_ of Sandwich 63 "This can't be happening! 64 Script parts 65 Additionally 66 E or G, e.g. 67 A bit daft

#### Down

1 Angiogram image 2 Take the helm 3 Irish musical ensemble \_\_ Woman 4 Altar constellation 5 Road trip refresher 6\_lamp 7 Universal donor's type, briefly 8 Food fish 9 Successful squeeze play result \_\_ they say 11 What humidity measures

13 Dissenting vote I'm coming"

traffic, usually 25 Goodwill store transaction puzzle solver? Ages

Frodo

18"Hold your horses, 19 Unhip types 24 Like right-lane 27 Green condition? 28 Laudatory verses 30 Helpful tip for a . 31 "Behind the Candelabra" co-star 32 Like the Middle 35 Large quantity 36 Account 37 Company bigwigs 39 "Get it, daddy-o?" 42 Note next to a red F, maybe 44 Green shade 46 Church VIP

47 "You \_\_worry" 51 "Rockin' Robin"

54 Peace Prize city

55 On its way 56 Platte River tribe

58 Leaves in a bag

59 Kubrick's out-of

control computer

60 Sigma preceder

61 2016 Olympics

chorus word

52 Itty

host

12 Forest friend of

## Horoscope by Linda Black Today's Birthday

Your fortunes rise with education and communication skills this year. Your individual purpose grows clearer. Express passion and it grows with your income. Build partnership at home and work by playing games together. Beautify your home with a new addition or renovation. After August, work fun ignites. October shines your spotlight, so groom your image. Meditate on love.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

#### **Aries**

(3/27/14)

(March 21-April 19) Today is a 7 – There's a change

in plans. A career opportunity arises from an unexpected source. Friends are there for you. Be thankful for what you've got. Don't gamble or make expensive promises. Replenish your reserves instead.

#### **Taurus**

(April 20-May 20)

**Today is a 7** – You can do more than you thought. Higher-ups speak well of you. Have your facts together. It's empowering. Don't forget to do an important job. Something doesn't go as planned. It all works out.

(May 21-June 20)

Today is an 8 - Study the itinerary before dashing off. Make sure the numbers balance. Include a beautiful destination and interesting conversation. Someone's standing for you. Your holdings increase in value.

(June 21-July 22) **Today is a 7** – Your team is hot. Ideas pop like corn. Choose one you like, and use it to grow the group fund. Someone could criticize, so rely on your support

group to explain. Use a gentle

touch rather than force.

(July 23-Aug. 22)

Todav is an 8 – Love could seem intense. Don't get intimidated. It's worth any unexpected surprises. Flow around obstacles like water. Work out misunderstandings by remaining committed to partnership, and flexible about what that looks like.

#### Virgo

(Aug. 23-Sept. 22)

**Today is a 9** – Avoid distractions to savor an especially delicious moment. Fall in love all over again. Brainstorm creative career ideas. Infuse passion into your work. Your planning and research pays off.

#### Libra

(Sept. 23-Oct 22)

Today is a 7 – You don't need to spend a lot to have fun. Get your crew together, and go play in the park, near water, or downtown. Assign a designated driver. Don't expect to get a lot done... enjoy the company.

#### **Scorpio**

(Oct. 23-Nov. 21)

Today is a 6 - Revamp or repair a water element in your home. Clean, organize and increase the beauty around you. Something you try doesn't work. Get help from family and friends. They

#### **Sagittarius**

(Nov. 22-Dec. 21)

**Today is a 7** – A social event could spark romance. You stumble onto a treasure. Things don't go as planned. One option may be expensive... it's not the only one. Seek advice. Talk it over with a variety of viewpoints.

#### **Capricorn**

(Dec. 22-Jan. 19)

Today is a 9 – Let advancement occur naturally. There's money to be made. Complete tasks as they come. Meet and greet. Dance with chaos. Listen to a critic. Study how others resolved a practical problem.

### **Aquarius**

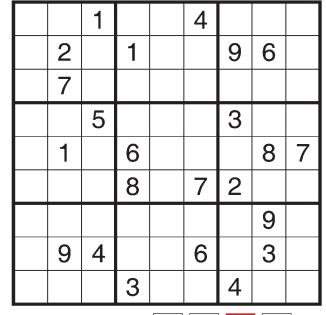
(Jan. 20-Feb. 18) Today is a 9 – It's a perfect time for a new look. Revamp your haircut or style. Make creative changes. You're extra attractive. Handle a chore you've been

avoiding, and free space for something new. Consider all possibilities.

(Feb. 19-March 20)

**Today is a 6** – Work interferes with playtime. A compromise can be worked out. Talk about sad feelings. Support your team. Get the project rolling. Negotiate a fair exchange. Postpone buying treats until money rolls in.

## Sudoku by the Mepham Group



**LEVEL:** 



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit *www.sudoku.org.uk* 



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