



SPORTS

Clyburn trains to try to go pro



UNIONS

Plan weddings without stress



OPINION

Welfare needs to be reformed

FLAVORS

Race nutrition myths busted



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GSB:

Database rewrite could cost \$25,000

The Government of the Student Body will again discuss the Student Organization Database rewrite at Wednesday's Senate meeting. Rewriting this system would cost roughly \$25,000. If the bill is passed, GSB will pay IT Services to do the rewrite. A similar bill was passed earlier this year, and then vetoed by former President Jared Knight. The GSB Senate meeting will be at 7 p.m. in the Campanile Room of the Memorial Union, and several other bills will be discussed.

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Policy

Faculty Senate talks Dead Week, make-up work

By Danielle.Ferguson @iowastatedaily.com

Discussion regarding dead week and students missing class for extra-curricular activities were main concerns at the latest Faculty

Senate meeting. Since April 2002, the dead week resolution has stated that class instructors are not able to give students new assignments or tests during dead week if these had not previously been stated in

the syllabus. Last year, student representatives from Government of the Student Body reported a few cases where instructors gave additional work that was not on the syllabus. Earlier this year, the

Academic Affairs Council was charged with revising the dead week resolution to a dead week policy. Rob Wallace, chairman of the Academic Affairs Council, said, "We're revisiting this to try and bring more

clarity and less ambiguity in the practice that we have been working with for 11 years. It is requested that the action that we take result in an actual policy [to be] fol-

DEAD WEEK.p3 >>

Technology

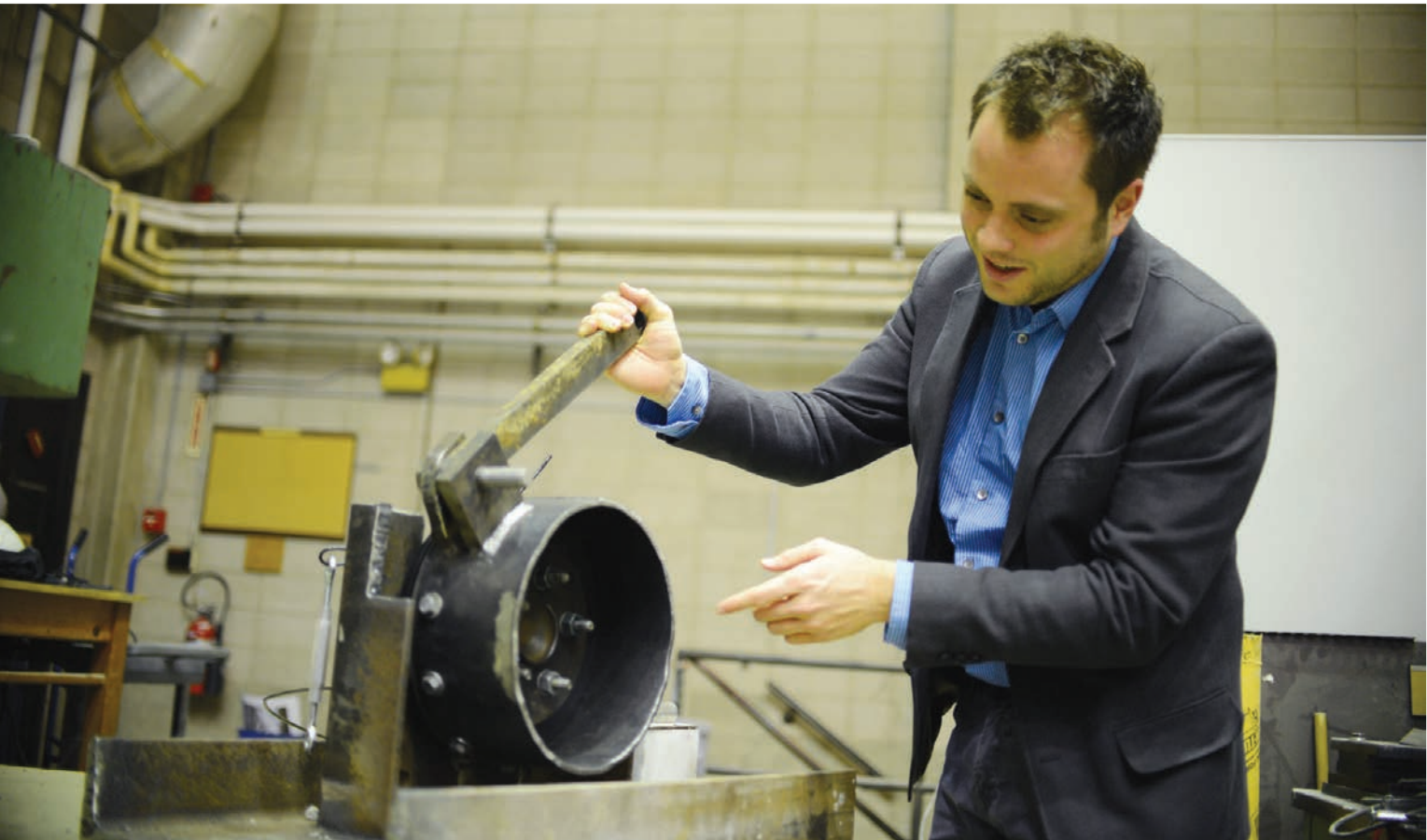


Photo: Huiling Wu/Iowa State Daily

Simon Laflamme, assistant professor of civil, construction and environmental engineering, shows a sample of his project to increase structure stability. The project takes inspiration from car brakes to help decrease damage and increase stability of buildings during high wind and seismic events.

New system puts brake on building movement



Professor researches safety of structures

By Mike.Randleman @iowastatedaily.com

Research is set to begin this summer for a system, inspired by car brake technology, that is designed to

both decrease damage and increase usability for buildings during wind and seismic events.

The research and ideation, aided by a grant from the National Science Foundation, came from Simon Laflamme, ISU assistant professor of civil, construction and environmental engineering.

One factor that led to Laflamme's

idea was, in part, due to changes in the compositions of buildings.

"The problem we have with excitation, like earthquakes or high winds or even moderate winds, is that a structure moves," Laflamme said. "Nowadays, with advancements in materials, structures become lighter, so they move even more than they used to."

The movement of buildings can cause damage and dysfunction to buildings, as well as even possible sickness for occupants, a condition called Sick Building Syndrome.

"We need to find a way to dampen, or reduce, those movements in the structures," Laflamme said. "So if you

BRAKE.p3 >>

Achievement

ISU student's designs to appear at Fashion Week



By Jessi.Wilson @iowastatedaily.com

Caine Westergard, senior in apparel, merchandising and design, is one of 30 designers set to show her spring/summer 2014 collection during Omaha Fashion Week this August.

Founded in 2008, Omaha Fashion Week has grown to become the fifth-largest fashion event in the United States and is the largest in the Midwest.

"We work with independent fashion designers from around the Midwest," said Brook Hudson, a producer of

Omaha Fashion Week. "We basically provide them with a professional platform to showcase their work, and we do that free of charge for designers who are willing to go through an application and an interview to be selected into the program."

Westergard said as a col-

lege student in need of financial backing to manufacture, produce and create her own line, she appreciates Omaha's Fashion Institute.

"Being able to have the opportunity to showcase my things at a level like this when

FASHION.p2 >>

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Police Blotter:

Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

April 16

Jackie Ament, 19, 2432 Wilson Hall, was cited for underage possession of alcohol at Wilson Hall (reported at 1:21 a.m.).

An individual reported the theft of a backpack and other items from her vehicle at Frederiksen Court (reported at 9:30 a.m.).

The following were cited for underage possession of alcohol: **Daniel Osoba**, 20, 3356 Friley Hall; **Richard Steineck**, 20, 3006 Buchanan Hall; and **Steven Jones**, 20, 3349 Friley Hall at Friley Hall (reported at 8:52 p.m.).

A resident reported the theft of laundry. The incident occurred on March 14 at Lyon Hall (reported at 8:45 p.m.).

A resident reported the theft of a phone and an iPod at Wilson Hall. The iPod was subsequently located (reported at 9:47 p.m.).

Jordan Pommrehn, 22, 4912 Mortensen Road, Apt 1224, was arrested and charged with operating while intoxicated at Lincoln Way and Wilmoth Avenue (reported at 11:58 p.m.).

April 17

Thomas Krause, 19, and **Nicholas Statsick**, 19, both of 127 Maple Hall, were arrested and charged with possession of a controlled substance and underage possession of alcohol at Maple Hall (reported at 12:10 a.m.).

Officers assisted a 19-year-old male who had consumed too

much alcohol at Willow Hall (reported at 1:41 a.m.).

Melissa Kroksh, 19, 6318 Larch Hall, was cited for underage possession of alcohol at Larch Hall (reported at 10:22 p.m.).

The following were cited for underage possession of alcohol: **Erin Deters**, 19, 1309 Larch Hall; **Katherine Van Der Woude**, 19, 1309 Larch Hall; and **Jace Klein**, 19, 2206 Willow Hall at Larch Hall (reported at 10:36 p.m.).

Sadie Winter, 19, 825 Maple Hall, and **Madelyn Mullally**, 19, 4262 Willow Hall, were cited for underage possession of alcohol at the 200 block of Welch Avenue (reported at 11:09 p.m.).

Jonathan Helak, 18, of West Des Moines, was cited for underage possession of alcohol at Knapp Street and Sheldon Avenue (reported at 11:44 p.m.).

Mitchel Steffes, 23, 207 S. Hyland Ave., was arrested and charged with nuisance party regulations at South Hyland Avenue (reported at 10:25 p.m.).

Justin Stewart, 20, 616 Billy Sunday Road, was arrested and charged with underage possession of alcohol at Stanton Avenue (reported at 8:34 p.m.).

Clinton Gross, 20, 119 Stanton Ave., Apt. 623, was arrested and charged with underage possession of alcohol at Stanton Avenue (reported at 8:34 p.m.).

Charity

Students raise money for Boston victims

Last-minute fundraiser brings in nearly \$600

By Katie Emerick @iowastatedaily.com

This weekend a group of students raised roughly \$600 for the Boston Marathon bombing victims.

"When the bombings happened on Monday, I was just thinking about the idea to have a fundraiser. I never thought it would work out," said Diane Fru, senior in psychology and organizer of the fundraiser.

Fru began planning the next day and planned everything in four days.

"Putting something like this together in a four-day period is very challenging, especially with school and everything else that goes on during the week," said Afifah Abdul Rahim, junior in animal science and co-organizer of the fundraiser.

The money will go to One Fund Boston, which was created as a location for all donations to Boston Marathon victims.

The fundraiser was set up as a booth for

Fundraiser facts

- Students had four days to put together the fundraiser
- Money raised: \$579.27
- Money donated to: OneFundBoston.org

the Veishea Village and 5k run on Saturday, where Fru and her team of organizers handed out gifts to those who donated.

"We decided to make ribbons by hand, and sew them together. The ribbons were blue, yellow and red; blue and yellow for the colors of the marathon and red and yellow for [ISU] colors. We also made buttons that said 'Cyclones for Boston,'" Fru said.

Fru and her team, which included Maggie Loomis, Kristin Marshall, Ryan Pecinovsky and Abdul Rahim, wanted to sell the ribbons and buttons, but decided to hand them out to people who donated.

"I think people appreciated that more

because they were donating out of the goodness of their heart, not because they were buying something," Fru said.

Many who visited the booth thanked the team for raising money for the cause.

"A lot of people came up to me at the table and said, 'This is really great what you guys started,' and that really made me feel like my hard work putting this together in four days was very worthwhile," Fru said.

Jonathan Wickert, senior vice president and provost, was in attendance to show his support for the cause.

"We took a picture together, and he gave me his business card and said that I should email the picture to him, because he wants to scrapbook it," Fru said. "I think the provost coming really said a lot."

Fru's passion for helping people made the event a success.

"My passion is really helping people, and just doing all that I can to have an impact on someone else's life," Fru said. "I just want [ISU] students to see that if they have a passion for something, and they have the drive and dedication, then they can do whatever they set their mind to."

>>FASHION.p1

I'm only a junior in college is really cool," Westergard said. "It's a chance for me to get my name out there."

This will be the third time Westergard's designs, which have included collaborations with artist Jeff Hanson, will be featured during the semi-

annual fashion week.

"So this is where the fun stuff begins," Westergard said about her upcoming collection. "Now I can finalize my sketches and finalize where I want to go with things."

Hudson said that Westergard proposed styles inspired by Amelia Earhart for her spring/summer 2014 col-

lection to the panel of fashion industry experts during the selection process.

"The thing that really always strikes me about her is that her concepts are very concrete, very clear and well thought out," Hudson said about Westergard. "I think that's cool because it just gives the panel such a clear understanding of what she's going to do and how she'll execute it."

Along with recently being featured during the spring 2013 Omaha Fashion Week, Westergard's designs were also featured in a fashion show hosted by Iowa's Make-A-Wish Foundation at its annual Gumdrops Gala earlier this month.

"Something that I really want to do is use what I'm passionate about to help others," said Westergard, who designed custom dresses for two victims of cancer to model at the event.

The designer said that besides her goal of having her own clothing line, she wants

to use her line to create a non-profit organization that gives professional wardrobes to nonworking women who want to get back into the workforce.

"My target market is women between 18 and 25, so roughly a college student or those who just graduated from college," Westergard said about her collections. "It's just clothes for a busy lifestyle. You always look cute and classy and very tailored. At the same time, they're easy and functional pieces you can wear out with friends or to a job interview."

Westergard will work as a technical design intern for Abercrombie and Fitch at their headquarters in Columbus, Ohio, this summer, and she plans to work as a designer for a company following her graduation in May.

"I'm hoping within five years out of college I'll be able to manufacture, produce and sell my own things," Westergard said. "We'll see. That's the goal."



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More information

Research is set to begin this summer on the development of a semi-active damping system.

The system, which borrows technical concepts from a car brake, would dampen movement found in a building during excitation events such as earthquakes, hurricanes, and strong winds.

In a preliminary simulation, “we showed that there would be a savings in the order of 20 to 30 percent [on installation costs],” Laflamme said.

The device seeks to be a more optimal damping system in comparison to viscous, passive damping systems in use today.

>>BRAKE.p1

have an earthquake, you don’t want the structure to move too much or you can have damage.”

Inspiration was drawn from none other than a car brake.

“A car goes very fast,” Laflamme said. “It’s a big mass with a lot of energy, so you want to dampen your energy by pressing the pedal. If you could convert that idea to civil structures, then perhaps there’s a way we can resist a lot of force in a structure using a low amount of energy.”

The device, referred to as a semi-active damping system, would be able to detect building motion, which then triggers an electronic signal directed

toward a brake that would act in dampening the building’s movement.

To test the semi-active dampening system, smaller scale tests will be run at the Town Engineering building with the assistance of students.

“Once we can show the prototype works [on smaller scales], then we’ll be fine to go with the larger-scale tests where, probably in the future, we’ll be able to put that in a part of a building and show that it will work,” Laflamme said.

Passive viscous dampers are currently used in some buildings, but the use of a semi-active damper, one that runs on electricity or a back-up battery, could be more impactful.

“We can reinvent these devices

and incorporate some sort of flexibility in the device and change the capacity of the damper to damp,” Laflamme said.

Not only can dampening capabilities be enhanced, but efficiency could also increase.

“The [preliminary] simulation showed that the new system we proposed would cut down on the number of dampers to a third of what they installed,” Laflamme said.

The simulation also showed that upwards of \$200,000 in installation costs could be saved per building.

To test the device on a larger scale in the coming years, Lehigh University will provide assistance.

Also, throughout the research pro-

cess, Laflamme’s research group will be in mentorship with Taylor Devices, a company based on providing shock and vibration control devices.

“One of my fortes is bringing concepts that are known to mechanical engineers into the field of civil and structural engineering,” said Doug Taylor, chief executive officer of Taylor Devices.

In regard to the application of Laflamme’s system, Taylor spoke to its applicability going forward.

“Simon [Laflamme]’s concept is very applicable to limiting the motion of a building under both wind events and earthquakes, enabling a safer structure for the least amount of cost,” Taylor said.

>>DEAD WEEK.p1

lowed and abided by as opposed to recommendations and suggestions [of a resolution].”

A change in the resolution was discussed and approved by the council and student representation from GSB in the Faculty Senate Executive Board meeting last week.

“We have distributed this to our student representatives, and we got no responses too negative,” Wallace said. “The idea is to take ambiguity out, and when we’re talking about specific exams and specific times, this removes all of that concern.”

If students feel wronged with a dead week conflict, they still have the ability to petition through the provost office or a department chair.

Further discussion on amendments to the policy will take place at the next Faculty Senate meeting on May 7.

Make-up work due to missing classes for university extra-curricular activities was also contemplated.

An incident at Northern Iowa where a student missed a significant amount of class for

National Guard service sparked the Senate to look into their current extracurricular policies. Until now, military service was not considered under the policy.

“As we were reviewing, we wanted to specify that form of extra-curricular activity that would potentially conflict with scheduled exams and assignments,” Wallace said. “[We wanted to] provide a universal or uniform policy for any of the university-related activities that students often ask to participate in.”

A few professors expressed concerns about students not selecting the most appropriate time to serve their military duty, stating that a separate policy states students should choose service times during the summer.

“I don’t see why military services fall under this rule. I don’t allow students to miss class to deliver pizza, and that is their job,” said Jana Byars from the History department. “I understand the National Guard is something different, but I had a student who wasn’t in class for two weeks because he was working at the Army office on campus, which is absolutely unacceptable. If they are in school, then school needs to

be their priority.”

Another concern included in the issue of student absence is lacking in-class experience.

“It’s one thing to schedule exams and make-up assignments, but it’s another thing where the course has to be experienced and the students have to perform,” said Joanne Olson, associate professor in the School of Education.

Olson gave an example of teacher education where students have to take a few weeks during the course to work at schools with children.

“We are doing things in class to make sure they are safe working with children. This experience is crucial, and I can’t replicate that by having a student come to my office. It is something that has to be experienced,” Olson said.

The conflict of jury duty is also being considered to be added to the document.

Both of these issues will be further discussed by the Senate Executive Board and brought up again in the next full Faculty Senate meeting on May 7.

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Winner of the \$1,000 Gamma Pi High Flyer Award

Holly, who is chief financial officer of Kappa Alpha Theta and a student ambassador for the College of Human Sciences, conducts undergraduate research in food science and human nutrition and works for the Department of Agricultural and Biosystems Engineering. A donor established this award in 2012 to recognize a woman student like Holly with a 3.0 GPA or above and exemplary leadership skills. This award is open to members of Kappa Alpha Theta sorority, Gamma Pi chapter.

For more information, contact the Office of Greek Affairs, 515 294-1023 or www.greek.iastate.edu.

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EDITORIAL:

Iowa State needs more dormitories

A place as a student at Iowa State is a hot commodity these days, as shown by enrollment figures that indicate a sudden increase in the past few years. In fall 2008, 26,856 students enrolled at Iowa State. Last fall, in 2012, 31,040 students enrolled. That increase of more than 4,000 students, which is the enrollment of countless liberal arts colleges around Iowa and the rest of the United States, has brought serious infrastructure problems.

To its credit, the university and its support departments such as Dining Services and the Department of Residence have done their best to mitigate the crowding caused by that increase. Those efforts have not prevented the relegation of many students to temporary accommodations in the dens of residence halls rather than actual rooms. In 2011, about 200 students lived in temporary housing. In 2012, more students lived in their house dens for a while.

In response, the university has taken a few actions to increase the number of students it can house on-campus. This year, the DOR began to construct additional apartment buildings in the Fredericksen Court area that, upon the project's completion at the end of this year, should be able to house 720 students.

Additionally, in order to put students in university housing earlier in the 2013-2014 year, at Wednesday and Thursday's meeting of the Iowa Board of Regents, the university will offer a plan to lease apartments in Campustown and out by Mortensen Road. If approved, Iowa State will lease properties at a total cost not to exceed \$2,741,040 in order to "temporarily add 503 bed spaces to the residence system."

A quick glance through the Daily's archives, however, shows that problem is not necessarily a new one. In 1998, about 160 students lived in temporary housing. In 1999, about 200 students lived in temporary housing. In 2001, about 370 students lived in temporary housing. Even before, temporary housing was a perennial problem.

Since President Steven Leath has said that Iowa State could grow to 35,000 students, it is doubtful that this problem will go away soon, if at all. The DOR is understandably cautious about making big investments in new buildings that cost lots of money to construct and maintain, but clearly the need is there and will be there for the foreseeable future. The time for investment, then, has arrived.

If there are concerns about the long-term stability of an enrollment that approaches 35,000, the buildings added to Iowa State's long list of facilities could be configured so that walls could be removed and the rooms could easily be converted into classrooms and offices so that the real estate can remain in use.

At the heart of this problem is a struggle to serve students and meet their needs. Historically, that problem has encountered resistance from an equal need to sustainably use the resources available to the university so that it can stay open and continue to serve students in some way. The DOR's desperation to accommodate new students in university housing, however, now rises to a threshold that, for the sake of ethics and morals, requires the construction of new residence halls.

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Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Assistance

Welfare needs to be reformed

Welfare checks can be beneficial and helpful to many, but it is becoming more about who wants the money rather than who needs it and hard working Americans are paying for it — literally. Welfare programs are primarily funded by those who work and pay taxes.

The U.S. Welfare System originated in the 1930s during the Great Depression to help people who made little to no money, and over the years it has turned from federally funded assistance in times of need to something people feel like they're simply entitled to whenever they feel like their bank accounts could use a slight padding. This isn't true about every family or individual, because some people who are on welfare genuinely need the money and are trying to find jobs, but more and more people are using welfare programs now as a way to make a quick buck.

The overall idea of the program is great: Help your fellow Americans who are in need of some financial support to get back on their feet until they can provide for themselves. As a whole, we should stand by each other and help one another out, especially during times of economic crisis. But it is no longer the Great Depression, when approximately one-fourth of the U.S. labor force faced unemployment. The economy might not be fantastic right now, but that doesn't mean you can't find a job, and it shouldn't be an excuse to stop looking.

The main types of welfare include programs to assist with food, medicine, and child care and support. Two kinds of welfare that you might hear more often are food stamps and the women, infants and children program, and they can be great for those who need them because they allow people to buy things like milk, bread and other nutritious foods.

There are requirements that vary with each program that you must meet before you can be accepted into a welfare program; albeit, they are not very hard to meet



Courtesy photo

Current welfare guidelines might be too loose, as people can use it to buy expensive or junk foods.

By Caitlin Ellingson
@iowastatedaily.com

these days. The amount of money received from the food stamp program depends on your income and various deductions. I once knew a person on food stamps, and she received approximately \$200 per month — which is way more than a college student needs. Her fridge was always stocked with ice cream and junk food. My usual grocery bill per month is probably \$50, give or take, and I get by just fine because I've learned to budget the money I have.

Interestingly enough, you can also use food stamps to buy soft drinks, candy, cookies, ice cream, cake, seafood, steak and even energy drinks. I fail to see the government's logic behind that, especially considering the fact that I can't even justify spending my own money on any of those expensive food items — yet I'm suppose to assist those who are unemployed or underemployed in eating an extravagant meal or buying drinks that will most likely end up as an alcoholic mixer?

There are general rules that prohibit certain items though,

such as alcoholic beverages, food that can be consumed in the store, tobacco products, hot foods, vitamins, medicines, nonfood items and live animals. Energy drinks are only eligible if they have a nutritional facts label, not just a supplement facts label. But these aren't specific enough to exclude the mass amounts of junk food that people buy.

The requirements for eligible food is somewhat loose, and people living off government financial support should be more limited on what they can buy with it. Junk foods are not healthy or necessary for a person's body — so why should people be allowed to buy it when they're on food stamps? Why should the working class be forced to pay for this?

Some might argue that a person's diet is their own decision to make and it's in violation of a person's freedoms to restrict that, but I feel that if you're living off the money that other people have earned you should be using that money for necessities only. Milk, bread, fruit, vegetables, baby formula, and other food and beverage products that promote healthy living and growth are perfectly

fine. But if people are allowed to use that money to buy Red Bull and lobster, then something just doesn't add up.

My suggestion is that the eligible food and beverage list should be amended to not include anything that is not a part of the necessary and basic food groups that a body needs. Soft drinks, cake, ice cream, candy bars, and other things that are high in sugar and low in anything good for you should simply not be allowed to be purchased. There is no need for it and it's a waste of money.

If you're considering going on welfare, just make sure you actually need it. And if you're on food stamps, then use that money wisely. There are many who do need it to survive temporarily in order to feed their families or themselves, and taking advantage of that charity when you can get by affects everyone else in the country indirectly, since we all either pay into it or receive it.

Caitlin Ellingson is a senior in journalism and mass communication and environmental studies from Milo, Iowa.

Letters to editor

Don't blindly trust U.S. government

In the column "It's an American Attitude" it was suggested that we if trust our government more, Americans will enjoy a safer country.

However, blind faith in government is a dangerous proposition. Flipping through the pages of an American history book illustrates why Americans should always hold the U.S. government in question.

I ask: Should the test subjects at the Tuskegee syphilis experiments the women who were not allowed to vote, the 400 Americans imprisoned in Chicago who were intentionally infected with malaria the slaves, the Asian-Americans who were imprisoned during World War II, etc., have placed more trust in their government? Should they? To think that our government has evolved to where future encroachments on our civil liberties are impossible is beyond naive.

Knowing that "absolute power

corrupts absolutely," the founding fathers purposefully included the Second Amendment in the Bill of Rights as to provide Americans with the ability to protect themselves against tyranny.

Tyranny comes in all forms, from the robber who breaks in a home to government-orchestrated acts. Guns allow Americans to turn the tables by taking the physical element out of the equation. With a gun, an average person can adequately defend him/herself from a large male brandishing a knife.

There have been countless circumstances where this scenario has some to fruition. Should these men and women have been attacked? Without guns, criminals will have a field day raping, robbing and pillaging defenseless homes and people.

Matthew Dryden is a senior in mechanical engineering.

Register should show abortions

The front page of the Des Moines Register displayed the bloody carnage of the Boston Marathon bombing.

Across our fair country, 4,000 Americans are brutally murdered every day! Yet, on any baby-killing day, we often hear a complaint from passersby's who are offend at the display of a tiny victim on a sign outside of these facilities.

Might we not expect that after ripping the heads off 65 million babies in America, we might be suffered to display one or two of them every now and then?

Nationally, in 2011, Planned Parenthood confesses to snuffing out

the lives of 333,964 children. We taxpayers were compelled to give them \$542 million for "Family Planning."

Over these past 13 years in Iowa, the reported total body count rose to 74,806 surgical abortions. The body counters exclude chemical aborticide, which is code named "birth control."

Planned Parenthood's annual reports are given without so much as a word of regret. Their reports are rarely mentioned in any of the Iowa news outlets.

We challenge the Des Moines Register to show a picture of one of these tiny victims on the front page, or on any page of its newspaper!

Donna Holman is a resident of Keokuk, Iowa.

Advertising at parade does not celebrate ISU

In 1980, I attended my first of 19 consecutive Veishea parades and have since seen about a half dozen more. The most recent was last Saturday and I was saddened. At some point in the recent past, the parade took a turn for the commercial while one of its best aspects died.

What happened to the classic greek system floats that I would stare up at in wonderment as a child? No matter how slowly they would roll past me, it was never long enough to behold their awesomeness. They were animated masterpieces that made me look forward to the Veishea parade every year almost as much as Halloween or Christmas. In Saturday's parade, there were none. Is it because the greek system

isn't as popular as it used to be? Does it take too much time and effort? Does it cost too much to build them and business sponsors aren't interested? Regardless of the reason, it is sad to see this Veishea tradition fade into the great event's history.

What I did see on Saturday was what the mere \$100 parade entry fee will buy any area business — free advertising to a captive audience of thousands. The ad-wrapped vehicle of a bail bonds business. A 60-foot meat company truck capable of crushing candy-seeking children. What do these parade entries have to do with celebrating the university?!! They bastardize the spirit of Veishea and do not belong

in the parade. Any for-profit business should pay an exponentially higher price to participate. Perhaps Veishea organizers could use these funds to resurrect and slightly subsidize greek system floats.

Undoubtedly I'll be back in Ames for more Veishea parades in the future — but with lowered expectations and excitement. I just wish current Ames kids could experience the amazing floats that I saw growing up and discover how memorable the Veishea Parade really can be.

Robbie Smalling is a resident of Hopkins, Minn.

ONLINE:



HIGHS AND LOWS FOR ISU GYMNASTS

[iowastatedaily.com/sports](#)

MEN'S GOLF:



File photo: Iowa State Daily

Bad weather eliminates one round of Big 12

The second day of golf at the Big 12 Championships at Prairie Dunes golf course in Lawrence, Kan., has been canceled due to inclement weather.

Play was also suspended for one hour on Monday due to weather, causing the second round of play to be cut short due to darkness. The second round was slated to continue at 11 a.m. on Tuesday with the third round to start at 1 p.m. before Tuesday's cancellation.

Play will resume on Wednesday, with all nine teams teeing off at noon, six of them finishing their second round before starting their third round at 12:50 p.m., according to Big12Sports.com.

The Big 12 Championships will be reduced from the original 72 holes to 54 holes, eliminating one round of golf. The team with the lowest score at the end of competition on Wednesday will be crowned the Big 12 Champion.

— Alex Gookin

SOFTBALL:

Minnesota snow moves games to ISU

Iowa State (19-24, 4-8 Big 12) would have been traveling to Minneapolis to play Minnesota on its home field if the weather hadn't intervened.

Due to snow in Minnesota, the teams decided to play their doubleheader in Ames rather than schedule a makeup date even though the Gophers have only hosted three games this season.

Minnesota has faced many weather cancellations and postponements, much like Iowa State, and the team has not played a game in more than a week.

The Gophers boast a 26-15 overall record in the year and currently hold the No. 34 spot in the USA today rankings and No. 31 in the ESPN.com/USA softball poll.

Minnesota has won the last four meetings against Iowa State and the Gophers lead the all-time series at 42-30.

The ISU softball team is batting with a .290 average while its opponents are batting .329. Minnesota is hitting .250 while giving up a .234 batting average to its opponents.

The batting average for the Gophers may be lower, but they have two hitters in Kaitlyn Richardson (.477 batting average) and Tyler Walker (.406) who strongly lead their team.

Iowa State will play its first game on Wednesday in Minneapolis at 4 p.m. and will tentatively play its second game at 6 p.m.

— Isaac Hunt

SPORTS JARGON:

Purse

SPORT: Athletics

DEFINITION: A purse is an amount of money offered as a prize in a sports competition.

USE: The Drake Relays offer a purse to professional runners for winning events.

Track and field



Photo courtesy of Ryan Sander

In the 2010 Drake Relays, Ryan Sander, left, races for Cedar Rapids Xavier High School against Madrid High School athlete Nick Efkamp, right, on a rainy track in Des Moines. Sander and Efkamp now both wear the Iowa State cardinal-and-gold uniform and will compete for titles at the 2013 Drake Relays.

Runners return to Relays

Two ISU athletes race on Drake track for repeat successes

By Isaac.Copley @iowastatedaily.com

For 104 years, the Drake Relays have brought together athletes from all over the state, country and world to compete, creating an experience unlike any other in the world of track and field.

In high school, ISU junior hurdler Ryan Sander competed at Drake Stadium for the Drake Relays as well as the Iowa High School State Track and Field Championships.

Sander was a part of Cedar Rapids Xavier's first-place 4x100-meter relay team at the 2010 Drake Relays and finished second in the 110-meter hurdles.

Sander also competed as a freshman at Iowa State in the 1,600-meter sprint medley at the Drake Relays in 2011.

"I ran my freshman year [at Iowa State] at the Drake Relays and it was a lot different; in high school it's a lot bigger of a stage," Sander said. "It was really different though; I'm really excited to go this weekend, but it's the week before conference so we're just trying stay healthy, perform well and take care of ourselves."

Sander will compete in the 110-meter hurdle event at the Drake Relays.

It will be his first individual event at the Drake Relays as a collegiate athlete, and his first 110-meter hurdle event at Drake since he won the state title in the event during his senior year of high school.

"Competing in Des Moines at Drake does make it a little more exciting; it's going to be a fun meet," Sander said.

Former ISU track and field athlete and current coach Corey Ihmels participated in the Drake Relays during his time as a Cyclone as well.

"I was able to compete there and capture a title and I know it is an exciting event and the kids from Iowa always get ramped up this week for it," Ihmels said.

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File photo: Grace Steenhagen/Iowa State Daily

Nick Efkamp, left, and Ryan Sander, right, race in the men's 60-meter hurdle preliminaries during the NCAA Qualifier meet at Lied Recreation Athletic Center on March 3, 2012.

Ihmels competed at Iowa State from 1992-97 and won a title in the 4x1,600-meter run at the 1993 relays.

Ihmels held the school records in the mile and in the 1,000-meter run at Iowa State until 2006 and won the NCAA Indoor Track and Field championship title in both events.

"The majority of our team is from Iowa so a lot of them competed at the Drake Relays in high school," Ihmels said. "It's just an important meet

to get to and do well at."

In 1910 the Drake Relays consisted of 100 spectators and 82 athletes from central Iowa high schools and colleges.

At the 2012 Summer Olympics in London, 113 former Drake Relay athletes competed.

Sprinter Nick Efkamp won the 400-meter hurdles at the Drake Relays in 2011 at the high school level.

Efkamp competed for Madrid High School and he

Drake Relays media exposure

The Drake Relays have hosted numerous Olympic gold medalists including Michael Johnson, Carl Lewis, Jesse Owens and Wilma Rudolph. The 2013 field features 25 Olympic athletes, including Iowa's own Lolo Jones. This year's Drake Relays will be televised for 90 minutes on ESPN2.

In November of 2012, with a sponsorship from HyVee, the Drake Relays became the richest athletic event in the United States. The Relays offer a purse of \$50,000 for winning running events, and \$25,000 for a first-place finish in a field event.

agreed that the Drake Relays are a special place to be.

"There is no other feeling that compares to running around the track holding that [Drake Relays] flag," Efkamp said. "I don't think that feeling would change from high school to college."

Men's basketball

Clyburn travels to train for possible pro career

By Dean.Berhow-Goll @iowastatedaily.com

After traveling the country and participating in two different All-Star events once the season was over, Will Clyburn now heads to greener pastures — more specifically, he's headed to Las Vegas.

Clyburn will train at the Impact Basketball Academy, a place chosen by himself and his agent, Michael Lindeman of Excel Sports Management.

The Impact Basketball Academy is one of the most respected places in the world of professional basketball, boasting alumni in the NBA as prominent as Kevin Garnett and Dwight Howard and also including former Cyclones Jamaal Tinsley and Craig Brackins.

"I'd say I'm a pretty confident person, but I never thought I would be put in a situation where I would actually have chance to play at the next level," Clyburn said.

On April 5, Clyburn played his last game for ISU men's basketball coach Fred Hoiberg, suiting up for the west side of the Reese's All-Star game.

Clyburn earned MVP honors for the west side, scoring 17 points and grabbing eight rebounds.

Then from April 10-13, Clyburn participated in the Portsmouth Invitational, a tournament which invites the top 64 seniors in college basketball.

Diante Garrett competed in the event after his senior year as well. Clyburn finished day one scoring 25



File photo: Jonathan Krueger/Iowa State Daily

Will Clyburn brings the ball inside the arc against Ohio State in the third-round game of the NCAA tournament on March 24 at the University of Dayton Arena. Clyburn ended his Cyclone career with 17 points in the 75-78 loss.

points on 9-of-17 shooting and tallied three steals.

While at both events, he talked to general managers of NBA franchises who didn't necessarily tip their hand, just did preliminary background checks and small talk.

"Obviously they probably did like my game for me to even be meeting with them," Clyburn said.

"It was a lot of 'get to know me' type of stuff."

Now Clyburn heads to Las Vegas to train until a potential appearance at the NBA Combine May 15-19 in Chicago.

After that, he could possibly work out for NBA teams at their respective facilities across the nation.

It is noteworthy that for-

mer ISU basketball player Scott Christopherson was an alternate at the same Minnesota Timberwolves workout that Royce White participated in while in front of multiple general managers.

"Now it's just working out trying to get ready for other workouts and putting myself in a better situation," Clyburn said.



Celebration

Planners

offer brides stress-free weddings

Resources available around Ames for couples to use on perfect day

By Saige.Heyer
@iowastatedaily.com

Wedding planning can be a stressful time for the bride and everybody around her. Luckily, there are resources available to assist in the process. One of the most comprehensive resources is a wedding planner. Wedding planners help guide a bride through the process of planning and coordinating her wedding in the most stress-free way possible.

“We don’t want it to be our event ... It’s her day, not ours,” said Kyra Jacobson and Taylor Thomsen, two ISU seniors in event management and co-owners of White Willow Events.

Jacobson and Thomsen said they would like the bride to visualize her wedding so they can facilitate the creation. When a bride first meets with a planner, she’ll need to bring the wedding date, her budget and ideas for colors and themes. Some planners will provide a free consultation and they usually last an hour.

Wedding planners, such as White

Willow Events and JoAnn Van Vleet with Weddings Without Worries, offer planning packages brides can choose from, along with a la carte items in case the brides need to customize the packages a little more.

“Time management is huge. Don’t expect to do it quickly. Beware of costs and read the fine print,” Van Vleet advised brides who want to plan their own weddings.

According to White Willow Events, planning a wedding is ranked as one of the top five stressors. They suggested not doing it on your own. Even if the bride doesn’t want to hire a wedding planner, she at least needs to get help from family or friends.

There is a timeline that needs to be followed when planning a wedding. The top four priorities when planning are to determine the reception place, entertainment, ceremony site and officiant.

Although general timelines for planning a wedding can be found on wedding websites, the wedding planner will help the bride figure out a more personalized timeline when

they meet.

When planning their own wedding, brides have an array of wedding websites to choose from, such as The Knot, Martha Stewart, Wedding Channel and Pinterest, to name a few. Brides planning their own weddings can still consult with a wedding planner if they need some guidance along the way. Most planners will do hourly consultations for brides doing their own planning.

For the brides who want to plan their own weddings, White Willow Events and Weddings Without Worries will coordinate the special day so the bride doesn’t have to make sure everything is in order. The planners do require the bride to meet with them prior to the wedding to make sure they are all on the same page and a plan can be made.

Some of the things that need to be included in the plan are: talking to vendors and making sure everything is ready to go, the schedule for the day, things the bridal party may need, salon appointments and transportation.

When it comes to working with a

vendor, it depends on the vendor the bride is working with, but most like to work with a wedding planner because they usually have good relationships with each other, which is very important.

Some brides don’t know what they want or which vendor it is that takes care of certain things. The wedding planners are more aware of what is going on and are more organized.

The planners can interpret the bride’s emotions and translate them to the vendor. The brides don’t always understand or know everything so the planner is a good resource to use to help with communicating with the vendor.

“Computers are killing real people today. My job can be done over the internet,” said Van Vleet.

Although wedding planners are not as popular anymore and there are very few of them, Jacobson and Thomsen said there is definitely a market for them in Des Moines. This was one of the reasons Jacobson and Thomsen started their event planning business.



Photo courtesy of Kyra Jacobson
Taylor Thomsen, left, and Kyra Jacobson, who are both ISU seniors in event management, pose with a sign for their business WhiteWillow Events.

- ### Wedding planner contact information
- #### Weddings Without Worries, L.L.C.
- JoAnn Van Vleet
 - 515-360-0096
 - jovanvleet3@hotmail.com
 - www.weddingswithoutworriesiowa.com
 - Twitter: @plannerfor515
 - Facebook: Weddings Without Worries
- #### White Willow Events, L.L.C.
- Kyra Jacobson and Taylor Thomsen
 - 515-650-3393
 - whitewilloweventsia@gmail.com
 - www.whitewilloweventsia.com
 - Twitter: @whitewillowia
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Preparation



Photo: Gabriela Becerra/Iowa State Daily
Wedding dresses hang on racks at PureBridal, a bridal store in Ames. It is recommended that brides begin shopping for their dresses six months to a year before their wedding day.

Make time to order dresses, tuxedos

By Gabriela Becerra
@iowastatedaily.com

Dress shopping can be overwhelming, but being prepared and having great support can make a big difference on this experience.

When talking to the experts at PureBridal here in Ames, they share some secrets to having your dress ready by your wedding day.

When going to look for your dress for the very first time, be sure it is from six months to a year away from your planned wedding date. Keep in mind that after ordering your dress, it might need alterations made, which can take about two months.

To prevent any disasters, order your dress at the size you are on that day. If you plan on losing weight, it is easier to alter the dress to accommodate your new body than having to order more material for a dress that did not fit.

“If you are coming in with a set budget, keep in mind that you will not only be paying for the dress,” said Rita Gartin, of PureBridal. “Do not forget about the alterations, veil, shoes, accessories, shipping fee and storage fee [if applies]. So do not wait until the last minute to get your dress.”

When picking a dress, keep in mind your body type, and be realistic about weight goals. Do not stress out if you do not find the perfect dress the first time you try some on.

“A lot of bridal shops carry the same line and all over the world girls wear the same dress, so make it your own; add a belt, change the buttons in the back to a corsage, anything to give it some of your personality,” Gartin said.

On your final dress fitting there are some essentials you should not forget. Make sure to bring with you: your bra, underwear, body-shaping undergarments, shoes to get the final hemline, veil and any accessories you might be wearing.

On your final fitting, you want to get an idea of what you will be looking like on the actual wedding date. Bring your support system with you so not all the pressure is put on you. Also bring a camera along to keep memories; some brides use these pictures for a future scrapbook.

The groom has the option of either renting or buying a tuxedo — most choose to just rent to cut budget down. He should wait no more than two months before the wedding date to go in and get measured.

A lot of bridal shops like PureBridal accommodate the groom with having tuxedos in the store, but if the groom wants to specifically go to a tuxedo shop, Milroy’s Tuxedos is available in Ames.

The groom must keep in mind all the modern styles of tuxedos that are available, so make time to go and try out what style looks best on you. It is your wedding day, too, and you should look just as flawless as the bride will.



Photo: Gabriela Becerra/Iowa State Daily
Mannequins present tuxedos at PureBridal, a bridal store in Ames. Grooms can either rent or buy their tuxedos to wear at weddings, with most grooms choosing to rent due to cost.



Photo: Gabriela Becerra/Iowa State Daily
PureBridal, a bridal store in Ames, displays vests in several different colors. In addition to PureBridal, Milroy’s Tuxedos, also in Ames, offers an array of tuxedos for grooms.



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Fun & Games

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Fun Facts

Duct tape has played a pivotal role in several NASA missions: In 1972, Apollo 17 astronauts used it to repair a lunar rover bumper; in 2001, International Space Station astronauts and cosmonauts constructed a kitchen table using leftover aluminum pieces and duct tape; and in 2005, Space Shuttle Discovery astronaut Stephen Robinson crafted a hacksaw for a repair mission using a blade, plastic ties, Velcro, and—yup—the ol’ D.T

Albert Einstein was offered the presidency of Israel.

Though the U.S. only makes up 5% of the world’s population, we house nearly 25% of the world’s prison population.

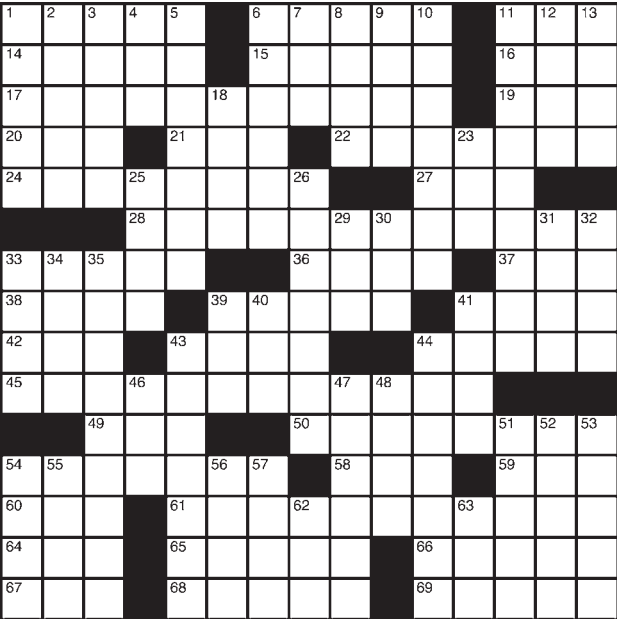
Some of the first examples s of graffiti come from 1st century Pompeii, where messages like “I don’t want to sell my husband” and “Successus was here” were written on walls.

The area where Washington, D.C., now stands was originally a mosquito-infested swamp. It took years to drain and clear the land before our nation’s government was moved to the city in 1800.

The timing, size, and stream of bubbles in a glass of champagne are influenced by dirt and “gas pockets” on the side of the glass.

Despite the optical illusion, the Gateway Arch is exactly as wide (630 feet) as it is tall.

Crossword



Across

- 1 Singer Bryant
- 6 Tooted in a Revolutionary band
- 11 Jacques, e.g.
- 14 Common java hr.
- 15 “___ of Two Cities”
- 16 Be in the red
- 17 Michael Jackson memorabilia
- 19 Coal container
- 20 Met display
- 21 Met supporter: Abbr.
- 22 Completely drained
- 24 Cold War concerns
- 27 Web address ending
- 28 Line-drawing tool
- 33 Fruity
- 36 Aristotelian pair?
- 37 Cauliflower ___: boxing injury
- 38 “Exodus” author
- 39 Heavy curtain
- 41 Head of a family?
- 42 Channel for film buffs
- 43 Jalapeño rating characteristic
- 44 Nemo creator Verne
- 45 Conversational skill

- 49 Info source, with “the”
- 50 Like early life forms
- 54 Shakespearean actor Kenneth
- 58 SALT subject
- 59 Worker who handles returns, briefly
- 60 Tune
- 61 Uno ancestor, and, in a way, what are hidden in 17-, 28- and 45-Across
- 64 Prune
- 65 New worker
- 66 Pick of the litter
- 67 Sot’s symptoms
- 68 Readied, as the presses
- 69 Deep sleep

Down

- 1 Engaged in armed conflict
- 2 Beatles jacket style
- 3 Contract change approvals: Abbr.
- 4 Tit for ___
- 5 Motel Wi-Fi, for one

- 6 Singer-dancer Lola
- 7 Jurist Lance
- 8 Top choice, slangily
- 9 Type of sch. with low grades?
- 10 Iron-fisted rulers
- 11 “Don’t sweat it”
- 12 Baby’s boo-boo
- 13 Convalesce
- 18 First in a car, say
- 23 Uno e due
- 25 Retired fliers
- 26 Straddle
- 29 Spark plug measurement
- 30 Color
- 31 Look open-mouthed
- 32 Valentine’s Day deity
- 33 Target of a joke
- 34 St. Louis symbol
- 35 Sci-fi travel conveniences
- 39 Dict. feature
- 40 Dirty one in a memorable Cagney line
- 41 Sugar shape
- 43 Terrace cooker
- 44 Night-night clothes?
- 46 DDE, in WWII
- 47 Worn at the edges
- 48 Sarcastic remark
- 51 TV monitoring device
- 52 Most likely will, after “is”
- 53 Surgery beam
- 54 Not in need of a barber
- 55 Mob action
- 56 It may run from cheek to cheek
- 57 Carol opening
- 62 Zip code start?
- 63 Day-__: pigment brand

Tuesday’s solution

C	O	S	M	O	A	S	H	J	A	B	B	A
A	S	P	E	R	L	E	A	L	I	L	A	C
T	H	E	I	C	E	M	A	N	C	O	M	E
T	E	A	R	R	O	N	D	O	S	W	E	E
Y	A	K	N	A	S	I	K	E	O	D	S	
		F	R	O	S	T	N	I	X	O	N	
		P	R	E	M	E	D	H	E	E	L	E
A	S	E	A		O	V	A		A	S	E	C
T	H	E	L	I	O	N	I	N	W	I	N	T
U	A	L		D	R	E	A	D	E	O	R	E
G	W	I	N	N	E		S	E	E	P	E	D
		C	O	L	D		P	L	A	Y		
C	H	I	A		S	E	G	U	E	I	D	Y
A	U	R	A		E	V	E	R	Y		N	O
B	E	E	S		O	L	E		G	E	L	D

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Sudoku *by the Mephram Group*

8	6		2				4	
								6
3		4	5		7	8		
			3		1		6	
9								5
	8		4					
		9				7		8
4								
	1				9			2

LEVEL: 1 2 3 4

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

Tuesday's Solution								
6	1	3	9	7	5	8	4	2
8	4	5	1	6	2	3	7	9
2	7	9	8	4	3	5	6	1
4	5	1	7	9	6	2	8	3
9	8	6	2	3	1	4	5	7
7	3	2	5	8	4	9	1	6
1	6	8	4	2	9	7	3	5
5	9	7	3	1	8	6	2	4
3	2	4	6	5	7	1	9	8

Horoscope *by Linda C. Black*

- Today's Birthday**
(04.24.13)
Strengthen infrastructure, review numbers and work your plan; finances shine for the next six months. Save some away. Your team is crucial, so spread appreciation and build bridges. Social buzz sparks with family, friends and community. Participate, contribute and grow your networks and influence. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.
- Aries**
(March 21-April 19)
Today is a 7 -- The more you love, the more you feel loved. Minimize travel, and don't send your package yet. Shop carefully. It's a good time to visualize utopia. Friends inspire you.
- Taurus**
(April 20-May 20)
Today is a 9 -- Confirm facts before jumping to conclusions. Keep doing the stuff that works. Cleaning your working space can increase your productivity.
- Gemini**
(May 21-June 20)
Today is an 8 -- Don't make wild promises you can't keep. You're likely to change your mind later. Call for

- reinforcements, or consider a new partnership that brings a new perspective.
- Cancer**
(June 21-July 22)
Today is an 8 -- Your mind is moving faster than usual. Take advantage of an extra dose of imagination to increase your earthly comfort. Prepare for a bumpy road, as well.
- Leo**
(July 23-Aug. 22)
Today is a 9 -- Review all options. Listen to what others want, and check the facts you've been presented. Your investigation leads to a treasure. Long-distance communication clarifies.
- Virgo**
(Aug. 23-Sept. 22)
Today is a 9 -- While you can afford an excellent communication system, don't get more than necessary. There are hidden factors, and it may not be the best use of funds.
- Libra**
(Sept. 23-Oct. 22)
Today is a 7 -- New information illuminates. Watch out for hidden agendas. Check for changes, as a creative project gets delayed. You have what others want. Discover another source of revenue; it may require juggling.

- Scorpio**
(Oct. 23-Nov. 21)
Today is an 8 -- You're good at generating money now. It pays to recycle, so reduce unused stuff. An auction may bring the best price. You win free space and even cash.
- Sagittarius**
(Nov. 22-Dec. 21)
Today is a 7 -- Go carefully. You may want to shout at people. If so, take five. Call in a favor. Delay a meeting to spend more time with family. Include visiting a beloved locale.
- Capricorn**
(Dec. 22-Jan. 19)
Today is a 9 -- Conversations provide insight. Influential people are watching. The action is behind the scenes. There's a promise of riches. Being well organized is crucial.
- Aquarius**
(Jan. 20-Feb. 18)
Today is an 8 -- Shop carefully, and discover a treasure. You can't be two places at the same time; prioritize meetings.
- Pisces**
(Feb. 19-March 20)
Today is a 9 -- Intuition gets you through a sticky spot. Call the moment you see that you'll be late. Financial success snowballs. Ask for more and get it. Pay back a debt.

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Marathon

Race nutrition myths busted

By Caitlyn Diimig
AmesEats Flavors writer

Racing season is among us. There were 1.85 million half-marathon finishers in 2012, making the half-marathon the most popular race distance, according to Running USA.

There are many nutrition myths regarding how to properly fuel a half marathon, but can these myths derail a personal best?

Myth No. 1: Carbo-load for a great race

“I don’t ever push carbo-loading,” said Meagan Burnham, registered dietitian for the ISU Athletic Program.

Burnham recommended eating a well-balanced diet and eating enough carbs throughout your training all along instead of consuming tons the night before.

“Sixty percent of your calories for the day should be carbohydrates,” Burnham said. “Coupling it with lean protein is also important. You have to get the protein to support muscle growth.”

Burnham will be running the Drake Relays Hy-Vee Road Race half marathon on Sunday. Burnham doesn’t know exactly what her pre-race meal will be, but knows it will contain a lean protein and pasta.

Dani Stack, senior in dietetics and member of the ISU track and field distance team, agreed that carbo-loading isn’t necessary for half marathons. Her pre-race meals generally consist of loads of veggies, a protein and some sort of grain.

“Personally, I believe in eating healthy all year round,” Stack said. “This will provide you with the most optimal training, which creates for better racing circumstances.”

Stack won the 2012 Mankato marathon in a time of 1:17:26. When she’s on the road and can’t cook for herself, she fuels up with a Chipotle Burrito Bowl the night before her races.

Luke Demmel, senior in construction engineering, doesn’t necessarily think what he eats the night before a race as much effect on him. Demmel’s half-marathon personal record is 1:09:04 at the Sturgis Falls race in 2011. The night before he ate a big bowl of pasta, but he doesn’t think it was the pasta that got him to his record.

“I just know I need fuel; I don’t really care if it’s noodles,” Demmel said.

Demmel has eaten everything from noodles to deli sandwiches to even consuming a round of beer and Zombie Burger the night before a race.

“It’s important to eat healthy all year round. Just eating something the night before the race, doesn’t make sense to me,” Demmel said. “Your

body is used to the nutrients it gets so I wouldn’t mix things up too much.”

Myth No. 2: Drink as much water as possible to avoid dehydration

Strenuous races such as a half-marathon do require hydration, however over-hydration can lead to hyponatremia, which can be fatal.

“It can happen in runners, but it’s an extreme scenario. For most healthy people, that’s not something we worry about,” Burnham said. “You’d have to make it a job to push that much water.”

Hyponatremia is drinking too much water, which dilutes the sodium in body fluids too much, causing an imbalance.

Sports drinks can help prevent hyponatremia and other electrolyte imbalances.

“Take a shot of Gatorade when you feel like you need a little boost and be consistent with water, taking a cup maybe every other station,” Burnham said.

Burnham recommended drinking sports drinks if working out for longer than 60 minutes.

Demmel said he rarely takes a cup of water from water stations during half-marathons, unless it’s a hot day.

“Sometimes in half-marathons I’ll take a sip, but usually I just dump it on my head to cool down,” Demmel said. “I can finish a half without being thirsty, depending on the weather.”

The most important thing regarding hydration is to be consistent.

“What I advise is to keep a water bottle with you all day, every day and hydrate consistently, so there’s not a need to have a big push for fluids just before the race,” Burnham said.

Stack said she drinks a lot of water in general and doesn’t drink water during a half-marathon

unless it’s a very hot temperature.

“You don’t want to drink tons of water right before your race, because you will feel water logged and have that swishing sound in your stomach, and maybe even get side aches due to excess water in your stomach,” Stack said.

Myth No. 3: Eating during a race causes cramping

“For someone who is running for two hours you’re going to go through your stores and you’re certainly going to need to replenish. That’s where the Gatorade and the sports drinks can really help, because they’re quick absorbing carbohydrates,” Burnham said.

Burnham said she also likes to eat energy gels and sports beans. “You don’t want to show up to the race and be trying these for the first time,” Burnham said. “It can send your system into a bit of a tail spin.”

Quick-absorbing carbohydrates can cause gastrointestinal issues if a person’s body is not used to them.

Demmel hasn’t used gels during half-marathon distances, but he will use them during marathons or ultramarathons.

“Never in a marathon have I had food or gel issues,” Demmel said.

Courtesy photo

Burnham said she prefers to use gels during her half-marathon races.

“After 60 minutes I will eat food in any race,” Burnham said. “But a lot of people have different approaches to how and when.”

Stack said her training has taught her body to go a long time without needing refueling.

“I don’t eat or drink anything during my half-marathon. In training we do workouts and runs that are just as long, if not longer than a half-marathon, so I don’t really need to eat anything during the race,” Stack said.

Every person’s body is different and will have unique needs and react differently to foods. Burnham recommended being consistent and trying everything during training first.

“Trust your training,” Burnham said. “But food and nutrition plays the most importance day-to-day and in recovery from training. That ultimately is what will set you up for a great race.”

Taste

Give water flavor naturally with fruits, herbs and more

By Lindsay MacNab
AmesEats Flavors writer

Whether you are working up a sweat during an intense workout or sitting idly during a boring lecture, water is a refreshing way to stay hydrated. Water is essential for a variety of vital functions such as removing waste and toxins and blood pressure control.

Instead of drinking juice, pop or other sweetened beverages, or flavoring your water with liquid water enhancers such as Mio, try flavoring your water the natural way. Using a variety of herbs, fruits, cucumbers and other ingredients, you can create flavored water that is delicious and invigorating.

Here are some great ideas for naturally flavored water:

Citrus fruits: Lemons, limes, oranges, grapefruit, clementines and other citrus fruits provide a revitalizing flavor to water. Choose citrus fruits during their peak growing season (the cooler months) in order to obtain maximum flavor.

Fresh herbs: Mint, rosemary, parsley, lemongrass, lavender, basil and a variety

- of other herbs provide a distinct flavor that blends perfectly with fruit juices.
- Fresh/frozen fruit: Choose fresh fruits when “in season” and frozen fruits during the “off-season.” Fruits such as strawberries, honeydew, raspberries, pineapple, blackberries, watermelon, blueberries and peaches are all great choices to add to water.
- Sliced cucumbers: They are one of the only vegetables that will add a flavor to water that isn’t overly earthy!
 - Pomegranate seeds: These antioxidant-rich seeds provide a hint of sweetness and vibrant color to your water.
 - Ginger: Steep ginger slices in hot water and pour over ice cubes to cool.
 - Slice citrus fruits like lemons or oranges to add a sharp punch.
- For maximum flavor, mix and match different combinations:
- Raspberries or strawberries with lime and mint leaves
 - Citrus fruits with cucumber slices
 - Watermelon paired with rosemary



Courtesy photo

Quick bites

Half-marathons have become the most popular distance to race, according to Running USA, but how many calories do you burn during the 13.1 mile race? The number of calories you burn will depend entirely on your body weight. The “Calories Burned Calculator” at Runnersworld.com says:

A 150-pound person who runs a half-marathon in two hours will burn 1,486 calories. If that same person ran the race in one hour and 30 minutes they’d burn the same amount of calories. Why? Even though the first race isn’t running as fast as the second race, they’re running for a longer period of time so it evens out.

A 200-pound person who runs a half-marathon in two hours will burn 1,981 calories. A 100-pound person who runs a half-marathon in two hours will burn 991 calories.

Get your calories back with burritos from places like Chipotle or Panchero’s, which can be over 1,000 calories. Eat three slices of a supreme pizza to get around 1,200 calories. Or order the Grilled Chicken Wrap from Buffalo Wild Wings to consume 1,050 calories.

-Caitlyn Diimig, AmesEats Flavors writer

ISD online

Pesto Pasta in Pepper Boats:
Get a good race-day recipe to fuel yourself for your next big marathon. Find the recipe and make it yourself at: iowastatedaily.com

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