

CAMPUS WATCH

LIFE AFTER COLLEGE

ethos Asks Graduating Seniors About Their Post-College Plans

Graduation is a time for hard work, dedication and the search for that perfect entry-level job that will launch a brilliant career.

Well, maybe not for everybody.

Other things will be on the minds of some seniors as they prepare to leave the confines of Iowa State University this year.

"I plan on moving to Washington and becoming a kept woman for a United States senator," LaTosha Lewis, a double-major in political science and advertising, said. "Just kidding. It doesn't have to be a senator; just someone with a lot of power."

Zuri Jerdon, an English major, plans to move to Europe to pursue two of his life-long dreams.

Travel is also a popular activity after graduation. Andrew Stevenson, an electrical engineering major, will be sightseeing in Vietnam and Singapore for three weeks.

"I think it will be better to try to play professional soccer and write the great American novel now, and fail," Jerdon said, "rather than trying when I have a wife and three kids and a mortgage, when failing would mean I couldn't support someone else."

Love is also in the air for some seniors. Courtney Heilskov, an agricultural studies major, will be getting married in August. History Major Brian Stocking also hopes to be married soon, but said he needs to find a girlfriend first.

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Jennifer Turner, a senior in management information systems, has no definite plans but said, "If I don't find a job right away, I'm heading for Texas."

History Major William Trotter will be attending a nationwide rally for Christian men in Washington, D.C. entitled "Standing in the Gap."

"It's sort of a prayer for the country, you might say," Trotter said.

Jennifer Garth will be traveling to North Carolina, but not for sightseeing. She will be stationed there for training in the United States Army.

These seniors may be the exceptions, but for those who have no plans other than finding a job and getting started, all is not lost, according to Horticulture Major Scott Miller.

"Work's fun to me," he said.

by Joe Irwin

TAKE BACK THE NIGHT CONFRONTS SEXUAL ASSAULT

Iowa State Will Host Take Back The Night Rally and March This Month

"Women have a right to the night," said Lynette Hornung, sexual assault awareness coordinator at the Women's Center. To emphasize this right, the Committee Against Violence will be hosting the Take Back The Night rally and march on April 16.

The rally will begin at 7:30 p.m. at the campanile. Take Back The Night members will be reading selected poetry. The following people will be speaking about sexual assault: a representative from ACCESS (women's shelter for battered and sexually assaulted women); either a survivor of or an advocate for survivors of rape; Bob Goodfriend, who will speak about why sexual assault is also a male issue, and Sine Anahita.

The march will follow the rally at approximately 8 p.m. The march route starts at the campanile and will continue down Ash Avenue, Knapp Street and Welch Avenue, then return to the Women's Center. Following the march, there will be a reception at the Women's Center to give people an opportunity to process the rally experience.

Historically, this rally was started in Great Britain and came to the United States in the 1970s to raise awareness about safety

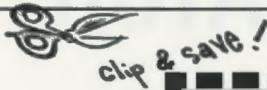
issues for women and to emphasize that women have a right to feel safe at night in their communities.

Hornung said that although DPS officers at Iowa State routinely check lighting and trim bushes near walkways, women still do not feel safe. "The overall thinking among communities as a whole isn't going to improve unless we make people aware and then take action," Hornung said.

Hornung hopes the Take Back The Night rally and march will not only inspire awareness in the community, but, ideally, will help people internalize women's safety issues and bond together as a whole to "affect societal change."

by Melissa Swingle





TRANSCENDENTAL MEDITATORS FOCUS ON HIGHER CAUSES

Meditators Direct Their Thoughts Toward Better Health, Social Prosperity and World Peace

Twice a day, the ISU Transcendental Meditation Club's 50 members relax their way to better health, peace of mind, social prosperity and, they hope, world peace.

Each twenty-minute meditation session consists of reciting a mantra, with eyes closed, in a comfortable sitting position.



Maharishi Mahesh Yogi

For students, the benefits of the activity are directly applicable to college classes, Sue Ruby, Transcendental Meditation Club treasurer, said.

"The research has shown that college grades improve," Ruby said. The improvement is the result of a "greater ability to concentrate" and "improved memory retention," which those who practice transcendental meditation acquire, she said.

Ruby teaches the transcendental meditation technique of Maharishi Mahesh Yogi. By using

this technique, according to a Maharishi University of Management (Fairfield, IA) brochure, "one's awareness settles down, and one experiences a unique state of restful alertness—Transcendental Consciousness, the simplest form of awareness, the mind's full creative potential.

"Leading quantum physicists have identified Transcendental Consciousness as the Unified Field of Natural Law, the 'home' of all the Laws of Nature that govern the orderly evolution of the universe."

The Maharishi University information supported the claim that transcendental meditation assists the meditator in achieving the realization of the "home" of the Laws of Nature by citing references from publications such as the International Journal of Neuroscience, which has documented "increased efficiency of information transfer in the brain."

Maharishi University provided evidence for another transcendental meditation benefit: world peace. Its brochure states, "This study (from the Journal of Conflict Resolution) indicates that group practice of the Maharishi Transcendental Meditation... program improved the quality of life in Israel as measured by... the reduced number of war deaths in Lebanon..."

The benefits of transcendental meditation, Ruby said, "are cumulative and come right from the start [of transcendental meditation practice].

"I teach adults [how to practice meditation], I teach kids and I teach students—high school students and college students. All kinds of people meditate."

Call Sue Ruby at 296-8262 to enroll in a transcendental meditation class.

by Jenni McKinney

AND YOU THOUGHT THERE WERE ONLY TWO OPTIONS...

Try this **INSTEAD**

The next revolution in feminine hygiene products has hit the consumer market. It's not a pad. It's not a tampon. It's **INSTEAD**.

INSTEAD, which looks like a diaphragm, is round and made of plastic with a firm rim and a thin, transparent "cup," which hangs below the rim. **INSTEAD** is inserted into the vagina and placed below the uterus to collect fluid.

INSTEAD Consumer Service Representative Erin Tarekgn said the product was first marketed about a year ago. Since that time, "we've expanded faster than we thought we would." In Oregon, Washington and California, **INSTEAD** is available "in every major drug and grocery store." Its line is also currently being expanded into Canada. In Ames, **INSTEAD** can be purchased at Target.

"I think it's a good alternative to pads, which I hate, and tampons, which seem outdated," Emily, a senior at Iowa State, said. Emily has used **INSTEAD** "a couple of times," and said she will probably use the product again.

Laura, also a senior at ISU, said **INSTEAD** is comfortable to use, once it's inserted. "It worked really well, and you couldn't tell it was in there," she said.

INSTEAD can be used during sexual intercourse, with only one minor caveat. The manufacturer of **INSTEAD** requests that "if you are to engage in strenuous physical activity or intercourse, please remove **INSTEAD** and replace with a new one before engaging in any such activity."

Emily said **INSTEAD** is comfortable and affordable. The product has not yet cleared every consumer hurdle however, as its safety label indicates: "consumer usage of **INSTEAD** has not been extensive enough to date to quantify the risk of TSS [toxic shock syndrome] (if any), while using **INSTEAD**."

Tarekgn said no cases of TSS have been reported in its 10 years of study on "hundreds of women."

by Jenni McKinney



CAMPUS WATCH

“It’s ^{NOT} My Fault!”

When applying for grad school, be sure to follow up on professors’ letter writing progress.

When all goes according to plan, applying for graduate school is tough enough. But what happens when something goes wrong with the application process — something that someone else screwed up for you?

Cherie Bennethum, a senior in English and women’s studies, rushed to her mailbox one day to receive a letter from a prospective university. She took a deep breath and opened it to find that her top choice for graduate school would not even be able to consider her application because it was incomplete. She was informed that not all of her letters of recommendation had been received.

After speaking to the professors and administrators who had agreed to send letters on her behalf, she found out which one of them had ruined her chance to get in to the university. Bennethum said she found out it was the head of an ISU department. He had written the letter as promised, but somehow the letter was not sent.

“He had lost my file and didn’t know where he had sent them [the letters],” Bennethum said.

This same professor had also agreed to send letters to other schools. Bennethum said she is waiting to see how many other schools this will affect.

While Bennethum has been accepted into another school, she said she was still disappointed because her first choice school is the best in her field.

Bennethum said she has not confronted her professor yet.

“I was so mad when I first found out, I didn’t want to do anything rash. I don’t know what I’ll do. I’m just concentrating on getting into grad school and out of here,” she said.

Anna McCormick, a senior in women’s studies, had double the trouble in her graduate school application process. One of her recommendation letter writers had sent the letter in about 15 days after the deadline, and the school she applied to had temporarily lost her application somewhere between the admissions office and the department to which she had applied.

McCormick said she bumped into her tardy letter writer, and the woman said, “Oh, by the way, I didn’t write it [the letter] in time.” McCormick said the professor did end up sending the letter eventually, and, luckily, McCormick had requested for one too many letters.

“I don’t think it was malicious, but it’s too bad that you can’t rely on professors. I really had a lot of respect for them, and I still do, but I didn’t expect how lightheartedly they were going to take this. I mean, this is my education,” McCormick said.

McCormick wonders if her application would have been looked at more favorably if

the letter was sent in on time and the admissions office did not temporarily lose her file. “It’s hard not to be biased. I still have questions in the back of my mind, if it would have made a difference [if the letter had been sent in on time].”

While these two students had frustrating experiences, ISU Graduate College Dean Patricia Swan said she thinks incidents like these are very rare. “It’s my understanding that it’s a rare occurrence that a professor agrees to write a letter and does not provide it in a timely manner,” Swan said.

Swan encourages students applying to graduate school to give the professor enough time to handle the responsibility, make sure communication is clear about dates and addresses and remind the professor two weeks before the deadline.

Swan also suggested the use of certified mail, which requires a signature by a postal worker, so the piece of mail can be tracked down if necessary.

“Usually, though, that isn’t necessary, but you never know when you’re going to be the one in a million that has a problem,” Swan said.

Swan also stressed how unprofessional it is for a professor to agree to write a letter and not send it in by the deadline. She recommends that students who experience this talk with the person and try to establish what went wrong.

If it actually was a matter of carelessness, Swan said she thought a polite “letter expressing dismay” would be appropriate to send to the professor and his or her superior.

by Kathleen Carlson