



OPINION

Concealed gun carry: Is it time?

SPORTS

Husband, wife gymnastics team works side by side

FLAVORS

Add some kick to that cupcake

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AG BUSINESS CLUB PULLS IN AWARD

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PROFESSOR RANKS IN BIOFUELS' 100

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ART:

Allen 'Live Talk' presents new 'prespectives'

By Alexandra Smith
 Daily Staff Writer

The name might not sound familiar, but look around campus, and you will see some of Terry Allen's artwork. Allen will be coming to ISU campus for a "Live Talk" at 6 p.m. on Thursday in 2019 Morrill Hall.

This will give students the chance to talk to the artist that has contributed to Iowa State's campus. Allen created neon light fixtures that are hung all around the new State Gym as well as many displays of art in Morrill Hall at the Christian Petersen Art Museum, which is open free to the public.

Terry's artwork within the State Gym is called "A Public Perception," which displays 18 neon fixtures.

Much of his artwork displayed in Morrill Hall takes a more humorous approach. Allen is also has written for and worked for radio and theater. Allen will be talking about his interests and projects in art and music. He has done a lot of work within the art community: creating sculptures, drawings and videos.

After his talk, Allen will have an exhibit showcase with his creative process as an artist from the beginning of his career to present day. The exhibit will feature many of his drawings and notebooks.

Government of the Student Body

Debate brings out choices

By Charles O'Brien
 @iowastatedaily.com

Student debt, Campustown, student diversity and even crows; these were some of the main topics for the 2012 GSB Presidential Debate between candidates Jared Knight and Jake Swanson and their respective running mates Katie Brown and David Bartholomew.

The debate consisted of the opponents sitting on opposite sides of the moderator Mike Hofer. The debate began with each candidate allowed to give a about themselves, and with each question presented, they were given a minute and a half to respond.

During the opening statements the candidates reiterated their platforms.

Knight and Brown



Photo: Huiling Wu/Iowa State Daily
 Presidential candidates for the Government Student Body from right to left, Jared Knight and Jake Swanson and their respective running mates David Bartholomew and Katie Brown, far right, talk after the debate on Tuesday.

DEBATE.p8 >>

Nutrition

Number of calories in one serving size (1 oz.) of each location's most popular flavor



Graphic: Kelsey Kramer/Iowa State Daily

A cold battle in Ames

Frozen yogurt may not be better option

By Rachel Sinn
 @iowastatedaily.com

We all should remember the catchy phrase, "I scream, you scream, we all scream for ice cream!" Today however, everyone might not be on the same page when it comes to the most favorite frozen treat.

With frozen yogurt bars rising in the ranks, people have been inclined to ask: Which one is better? Even though it is all a matter of opinion, there are some factors that may sway decision.

Rachel Rademacher, manager of Orange Leaf in Ames said, "The health factor is definitely a drive for us. People appreciate frozen yogurt as a healthier option."

Orange Leaf offers a self-serve selection of 16 flavors on any given

day with 36 toppings to choose from, making it easy for people to customize their own tasty treat.

"In our situation, clearly the nutritional aspect is a factor and with the self-serve option the customers have the ability to control how much they want," Rademacher said.

Rademacher said the most popular flavors at Orange Leaf are brownie batter and wedding cake.

YOGURT.p3 >>

Health

Eating disorders affect everyone

By Madeline Wilhelm
 @iowastatedaily.com

Editor's Note: "Allison" wishes to remain anonymous due to privacy concerns.

Most people are familiar with the two main types of eating disorders: anorexia and bulimia. Anorexia involves limiting the amount of food one eats while bulimia involves ridding oneself of the eaten food through purging or excessive exercise.

With this week being National Eating Disorder Awareness Week, it is the perfect time for people to become educated about what eating disorders are, who they affect and where to get help.

Eunice Bassler, senior lecturer of food science and human nutrition, explained a common misconception about eating disorders. "Eating disorders are disordered eating patterns with a psychological component."

Bassler most often deals with disordered eating patterns, which are simply irregular eating patterns.

EATING.p3 >>

Sustainability

Students walk green carpet at Sustainapalooza

By Cystainability staff

A celebration took place yesterday in the Great Hall of the Memorial Union. But it was not athletics or academics that was being celebrated

but the strides that Iowa State is taking in the field on sustainability. The event was appropriately called Sustainapalooza.

The event kicked off with a greeting from Merry

Rankin from the Office of Sustainability and a speech by President Steven Leath.

"I'm really proud of what's going on here," Leath said regarding the university's sustainability efforts.

After his speech he headed over to the green carpet to cut the ribbon, opening up the area for students to walk through.

The green carpet, which was situated in the middle of

the Great Hall, was emphasized by two walls on either side. One side was lined with paper and allowed students to share how they were prac-

GREEN.p8 >>

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WED 30 | 50

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THU 24 | 38

Light snow possible before switching to a rain snow mix with mostly cloudy skies.

Calendar

Find out what's going on, and share your event with the rest of campus on our website, at iowastatedaily.com.

TUESDAY

Bookshelves with Dan Neubauer
When: 6 p.m.

What: Create a ladder rung style bookshelf for using 2x4s as the basic building blocks. Beginners will gain confidence in using power tools.

Where: Workspace, Memorial Union

Screenprinting with Pilar Macek
When: 7 p.m.

What: Learn an inexpensive way to create custom T-shirts. Using your own design, learn to make a screen with the photographic emulsion method.

Where: Workspace, Memorial Union

Correction

The letter to the editor in Tuesday's Daily titled "Controversy over racial slur becomes unwarranted," the originally published version of this letter was changed through the editing process, and misrepresented the author's original statement.

The original content of the letter has been republished online.

The Daily regrets the error.

Daily Snapshot



Photo: Huiling Wu/Iowa State Daily

AWARD: Making a difference beyond the call of duty

President Steven Leath presents the P&S Cytation Award to Beth Foreman, graduate in agricultural education and studies, on Tuesday in the Galley Room. The award is presented annually to a member of the Professional and Scientific Council.

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.

Feb. 25

Joseph Malicki, 20, of 3267 Welch Hall, was cited for underage possession of alcohol at 300 block of Stanton Avenue (reported at 12:51 a.m.).

Jacob Schultes, 19, of 5549 Friley Hall, was arrested and charged with public intoxication and underage possession of alcohol at Hayward Avenue and Knapp Street; he was transport-

ed to the Story County Justice Center. **Mark Gruendeman**, 19, of 5527 Friley Hall, was cited for underage possession of alcohol (reported at 2:16 a.m.).

A vehicle driven by **Souninh Vithayasab** collided with a utility box at Blankenburg Drive and Stange Road (reported at 10:15 a.m.).

Nolan Nietert, 19, of Cedar Rapids, was arrested

and charged with public intoxication at Willow Hall. He was transported to the Story County Justice Center (reported at 8:30 p.m.).

Feb. 26

Alexandra Maher, 18, of 3749 Helder Hall, was cited for underage possession of alcohol at Gable Lane and Gray Avenue (reported at 1:09 a.m.).

Amey Den Hartog, 20, of 1309 Coconino Road, Apt. 107, was cited for underage possession of alcohol at Buchanan Hall (reported at 1:29 a.m.).

Johnny Beatty, 20, of 149 Lynn Ave., was arrested and charged with theft and criminal mischief at Gable Lane and Gray Avenue. He was subsequently released on citation (reported at 1:38 a.m.).

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IOWA STATE DAILY

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PERIODICALS POSTAGE

Service

ISU program reaches out to community

By Elizabeth Zabel
@iowastatedaily.com

Every year Iowa State dedicates a week to Extension and Outreach. This year, the event falls at the end of March. However, not many know what Iowa State's Extension and Outreach is or what role it plays for the university and the surrounding community.

The program is part of the Cooperative Extension Service, which is a nationwide provider of scientific research-based information. The ISU section provides resources based on university research to educate and meet the needs of any resident of Iowa.

"We're the piece of the puzzle that's out working with the citizens of the state," said Jacy Johnson, manager of communications and external relations of Extension and Outreach. "We're here to help the people of Iowa."

The program provides Iowans with resources in every possible area people can think of, including financial planning and domestic needs. Some of the services that are provided are an answer line, where anyone can call and ask any question, such as how to cook a turkey, which is popular over Thanksgiving, or how to get a stain out of the carpet.

The Extension and Outreach program also created an app, called "Four day throw away," which was created by the program to show users when to throw away leftovers based on their food safety time period. The "Spend Smart. Eat Smart." blog was created to help teach people how to budget to feed their families in a low cost but healthy way.

"We do so much," Johnson said. "But primarily we bring the research of ISU to the people."

Johnson said Extension and Outreach recently went through a major reconstruction. Instead of a di-



Illustration: Ryan Francois/Iowa State Daily

From tips on how to cook a turkey to how to get a stain out of the carpet, the Extension and Outreach program provides a number of services to the people of Iowa, including informing the public of ISU research and sponsoring 4-H.

rector in every county, they now have 20 regional directors making the program "a lot more efficient and streamlined than before."

Along with this reconstruction, Cathann Kress, vice president of Extension and Outreach, has been looking at new business models and strategic plans. Johnson said she be-

lieves Kress's "leadership can lead us into the future."

Kallen Anderson, a senior in dietetics said she has been involved with the 4-H program since high school.

"It's been a part of my family forever," Anderson said, after explaining her older sister, brother and parents

were all involved with 4-H.

Anderson said that her experience with 4-H benefited her in three main ways: friends, experiences and life skills. She said she's met so many people with whom she continues to stay in touch, has traveled across the nation and has been provided with "life skills [she] can use forever."

Johnson said one out of five of all school age youth participate in 4-H, which is just one of the many programs Extension and Outreach offers. The program is focused on education and building future leaders.

"It's so beneficial to a lot of people," Anderson said. "If people aren't exposed to it, they can't benefit at all."

>>EATING.p1

These do not get classified as eating disorders until a psychological condition, such as a distorted view of the body or a fear of gaining weight, is identified along with the disordered eating pattern.

Typically, doctors are the people who diagnose eating disorders, and they are diagnosing them increasingly often.

"No one is immune; eating disorders do not discriminate," said Michelle Roling, co-coordinator for Eating Disorder Treatment and certified eating disorder specialist at Iowa State.

That is to say any age, any race or any gender is susceptible to an eating disorder. Roling added that in the past four years there has been an increase in males with eating disorders. Children as young as five years old have been diagnosed; elderly people are known to have them as well.

If you know of someone with an eating disorder, the first step would be to support them because what he or she is going through is difficult.

Allison, a freshman, described her battle

with bulimia.

"It consumed my every thought," she said.

Something as simple as going out to dinner with friends was an ordeal. She would have to look up the menu ahead of time to see if there was anything she could eat.

"I felt constantly nervous," she said. "It was exhausting."

Allison got on the road to recovery when her doctor noticed the disorder. She worked with a counselor who dealt with eating disorders specifically. Now, she is healthy and says she did it by "managing my weight in a healthy way with tons of support from my family and friends."

If students know someone who they think might be suffering from an eating disorder, they can refer that friend to Iowa State's Student Counseling Services. They will put you into contact with someone who can help.

Allison reminds us, though, "It's something that never really leaves you."

But with support from friends, family and professionals, she said, it is possible to overcome an eating disorder.

>>YOGURT.p1

According to the Orange Leaf's nutrition information, the brownie batter has 44 calories in a one ounce serving. Wedding cake has 47 calories per ounce.

Although frozen yogurt did score the best in terms of nutrition across the board, it should be considered a healthier option when compared to ice cream and not as a health food.

Mike Adams, editor of NaturalNews.com, cites that the first three ingredients used in one of the nation's most famous frozen yogurt food chains, which went unnamed in his report, were all sugars.

"Frozen yogurt is basically just ice cream with some yogurt powder thrown in. It's ice cream with probiotics," Adams wrote.

Upon further investigation Adams stated that one of the three sugars in frozen yogurt, maltodextrin, is a health hazard to diabetics.

"Maltodextrin, in particular, has a glycemic index so high that it's practically poison to diabetics," he warned.

So although a few calories are saved here and there, he said frozen yogurt should not be considered as a go-to snack for health fanatics. In some ways it is a junk food just like ice cream.

Christie Smith, owner of Cold Stone Creamery in Ames, pointed out, "Ice cream has been around forever. I think it has a better flavor. I guess you have a few more calories but I think you get a better product."

Cold Stone has been made famous by its signature preparation of custom ice cream creations on a frozen granite

stone. Each order is made special with the use of hand scooped hard ice cream.

The most popular flavor of ice cream at Cold Stone Creamery in Ames is cake batter. This has 67 calories per ounce.

Dairy Queen, noted for blending of soft serve ice cream and choice of candies, is another member of the dessert dream team.

Amy Richardson, assistant manager of Dairy Queen in Ames, said, "Frozen yogurt may be better for you but once you start adding things to it's

not much different."

Richardson acknowledged the frozen yogurt trend but dismissed its ability to hurt business in any way.

"Ice cream is still cheaper, and we've been around a long time," she said.

In Ames, Dairy Queen's most popular dish is the Reese's Peanut Butter Cup Blizzard. This has 53.1 calories per ounce.

Whether students are team ice cream or team fro yo, there are many options in the community to satisfy any sweet tooth.

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Student Counseling Services and the Eating Disorder Coalition of Iowa Presents

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"Beauty Undressed"

Wednesday, February 29
7p.m.
Great Hall of the Memorial Union
FREE
and open to the public

Hear first hand experience from Shannon Cutts as she overcame her 15 year battle with anorexia and bulimia. Her message is that "relationships replace eating disorders."

"Beauty Undressed" is part of Eating Disorders Awareness Week 2012. For more information or other events during the week go to edciowa.org.

EDCI Eating Disorder Coalition of Iowa
edciowa.org

Editorial

Online class limits college adventure

Online schooling is increasingly popular, and two Iowa school districts will offer online classes beginning next year, a move Governor Terry Branstad supports. Additionally, more and more universities are offering online or distance courses to their students. This semester alone, Iowa State has offered dozens of online courses.

We are concerned that, even as the companies offering the online courses for the two school districts must still “[hire] teachers who are licensed in their subject areas, [administer] standardized tests in the same way that is done in traditional schools and [have] a curriculum that meets state standards,” the students exposed to the online education will miss something.

Even as we are told to enjoy our adventure at Iowa State, a large part of the educational activity at this university takes place in the homes of students many miles away. That is neither an adventure nor at Iowa State. Education is not about merely answering all the exam questions correctly and receiving a piece of paper with your name and “B.A.,” or something similar on it.

The Iowa State slogan is spot-on: there is an adventure to be had in learning from the faculty of Iowa State. While Internet-based learning holds promise where efficiency and an individualized curriculum are concerned, the absence of tangible face to face time with teachers, peers, and the culture of an educational institution denies students an important element of their socialization.

Consider three of the things Iowa State touts on its admissions webpage as reasons to earn a degree here: “A welcoming environment, top-notch academic programs and endless extracurricular programs.” The inability of distance students to experience and inhale the truly beautiful campus of Iowa State goes without saying. It may even be the university’s greatest asset.

How many of the 829 listed student organizations can you participate in meaningfully, so that you leave an impact on them and your fellow members, or learn from participating in, if you do not actually attend school here? As far as academic programs go, few of them are offered online.

Education is about rote memorization and recitation — or regurgitation, if you prefer a more vivid image — of facts. But it is just as much about interacting with other students, scholars who are extensively acquainted with the world and staff who have worked in departments such as the dining centers or libraries for so long that everyone thinks of them as another parent or grandparent.

Learning in isolation, even with the best technology, is insufficient.

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The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

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.

Weapons



Photo courtesy of Deborah McDonough

In lieu of the numerous school shootings, the argument for allowing college students to carry firearms to defend their lives is perhaps becoming less controversial. There have been virtually zero shootings in areas where campus carry is openly legal.

Concealed carry: Is it time?

Allowing guns on college campuses could save lives

“God, please help! Hurry, please! Oh God, he’s killing them!”

In the background, the sharp cracks of gunshots punctuate the frightened pleading. Pop ... pop ... pop-pop-pop...

Tapes of 911 calls for murders are horrible to listen to. I’ve heard my share of them, and it’s worse when you stand at the scene of the crime and talk to the very people whose panicked, terrified voices screamed for help to police dispatchers on the phone.

Spent brass ammo casings at your feet, glistening gold in the light like sun sparkles across a rippled pond. Dark, thick pools of blood nearby, scattered and smeared here and there where the victim struggled about before gasping his or her last breath. Your mind’s eye projects a re-enactment of the event in your head, and you wonder what went through their mind. What did it feel like to be murdered?

Unless you’ve experienced something like this, unless you’ve responded to the call of a fellow human being’s desperation in their last moments; unless you’ve stood between a gunman and their would-be victim and held the line between life and death, you just cannot fathom the horror of a murderous shooting. You’re totally clueless.

Despite this ignorance on the part of the vast majority of Americans, there’s still a seemingly unending supply of them trying to tell you just what you should do if you ever found yourself in the awful position of being a victim. Plenty of people who don’t know you think they know what’s best for you anyway. They think you should leave the defense of your life and the lives of your family to the police.

I swear to everything that is holy there is nothing more despicable and morally reprehensible than a person who thinks you shouldn’t be able to defend your life. Your life

By **Barry Snell**
@iowastatedaily.com

is the most important gift you ever will have. A person who takes that life destroys everything you ever were and steals everything you ever were to be.

The cops simply will not be there when a violent crime happens to you. I just don’t know how else to put that to you, dear reader. The police are a cleanup crew in a nice uniform. Try to grasp the problem here: You call, they come five minutes later.

How long do you think it takes someone to snatch your life away?

Have you ever stopped to ponder the fact that so many shootings happen where guns are banned? Could it be that criminals don’t obey the law? Could it be that laws banning guns are irrelevant to criminals? Is what makes people criminals their disobedience of the law?

If criminals don’t obey the law, why in the hell do we make laws that won’t possibly affect anyone but those who, ironically, obey the law? I’m not being sarcastic. Seriously think about this stuff for a minute. If the government makes a law that says guns are banned in schools, who obeys that law? Criminals who break the law? Or the law-abiding who don’t do anything wrong to begin with?

Guns are banned in the majority of schools in America, yet school shootings still happen.

Gun bans on college campuses have created an environment in which a criminal may thrive at his trade, an environment in which a criminal may expect absolutely zero resistance to his depravity, where he may feel safe to do his dirty deeds. Virginia Tech was one such place. So was Northern Illinois University.

Then there’s the Appalachian School of Law.

Guns weren’t taboo at the Appalachian School of Law on Jan. 16, 2002. On that day, Peter Odighizuwa, a most loathsome piece of human garbage, walked into Dean Anthony Sutin’s office, put his gun to Sutin’s body and pulled the trigger. He walked down the hall to professor Thomas Blackwell’s office and repeated the same thing. Then, Odighizuwa shot student Angela Dales as she tried to run. They were defenseless and all died.

In the hearts of some Americans, there is an indescribably titanic empathy and love for other people. In the backbones of some Americans, there is a steel stronger than any alloy science knows. And it was two such Americans — Mikael Gross and Tracy Bridges — who heard the shooting and knew what needed to be done. They retrieved their handguns and proceeded to put an end to Odighizuwa’s lethal rampage.

They saved countless lives.

To be clear: It was two armed students who stopped the shooting. In the history of school shootings, police have almost never stopped one. Yet there are several examples of armed students or faculty ending them.

With Iowa’s carry laws better supporting your right to life now, maybe it’s time to reconsider the laws banning the carry of firearms on this state’s university campuses. Obviously, school gun bans don’t work, and it’s clear police can’t prevent you from being killed by some nutjob, so there has to be a better way. Guess how many school shootings have happened in places where campus carry is openly legal? Zero.

I’m not necessarily suggesting we eliminate every restriction, only that we begin the conversation. Let’s talk about it, shall we?

Barry Snell is a senior in history from Muscatine, Iowa.

Music

Songs of drugs, death, rock ‘n’ roll

Musicians and drugs — the two are almost synonymous with each other. Whether products of their environment or of their own creatively destructive minds, almost all musical artists who hit it big often seem to meet their demise through their over-the-top drug use.

Deceased artists of every sort, whether musicians, actors or athletes, should be remembered for the impact they made on their art, not for their personal issues. Recently, addiction and dependence has taken the life of two incredible talents in Whitney Houston and Amy Winehouse.

The world lost a fantastic singer when Houston died of unreleased causes. Despite her legacy as one of the most talented rhythm and blues singers to grace the world in the last 30 years, she lived in constant struggle with cocaine addiction. Her reputation and abilities eroded through the years as her dependence on drugs consumed ever more of her life.

Winehouse, another female singer to die within the year, also had a tremendous impact on the industry. Winehouse was nearly as well known for her alcoholism as her sultry blues tunes. Both women have been maligned upon their deaths for their issues, while their talent seems nearly forgotten by many.

By **Scott Watson**
@iowastatedaily.com

The path to stardom for a popular musician is often a long and grueling one. The fame monster demands sacrifices before the fame is granted. Many years of due diligence on the road are always required of any musician hoping to hit it big. To build a name for themselves, these artists need to fulfill a certain image, live a certain life and build credibility. The public doesn’t care what these artists actually do in their own time, as long as they line up with their perceived image of what a musician ought to be when they come to see a show. Once the artist “makes it,” they are suddenly subject to public scrutiny, while personal issues are picked apart and magnified.

All the pressure to succeed piled on top of the untouchable feeling that goes along with stardom — not to mention being surrounded by people more than eager to please — undoubtedly contributes to the demise of these demigods, as they begin their decent into addiction.

Alcohol and drug addictions

are nothing new to the rock ‘n’ roll scene. In fact, the distasteful reputation of the music is what originally defined its culture. Known as the downtrodden, scum of the earth, the early rock ‘n’ roll musicians took pride in their social outcast status and lived the part. “Sex, drugs and rock ‘n’ roll” became the norm of the early rock culture, but with a developing culture comes developing standards.

In come the late ‘60s, filled to the brim with revolutionary ideas and overflowing with social change. The use and abuse of drugs of every flavor became commonplace among the musicians of the era, leading to the deaths of greats and setting the standard for musicians to come.

In response to a question of his personal morality, legendary basketball player Charles Barkley said, “I am not a role model.” Unfortunately, we cannot dictate who children look up to in life, but he is not paid to be a role model; he’s paid to play basketball. It is no different for musicians: They are paid to sell records and anything that contributes to those sales is undoubtedly endorsed by their employer.

Upon the deaths of Winehouse and, more recently, Houston, these women who gave so much to their art, have been called many terrible names. We forget it was — society — who made these artists

the way they are. Sure, we weren’t loading any syringes or physically pressuring them to have a few more drinks, but we have come to expect the life of a celebrity to be glamorous and extreme, fueling a raging fire of outrageous behavior expectancies amongst stars. Would Lindsey Lohan ever be talked about if she wasn’t an attention fiend?

The list of beloved, noteworthy musicians who lost their lives to addiction is undeniably disheartening. Rampant with kings and legends, some of the best artists music has ever had to offer have eventually fallen victim of their environment. The likes of Elvis Presley, the “King of Rock ‘n’ Roll”; Michael Jackson, the “King of Pop”; Jim Morrison of The Doors, the “Lizard King” — to name a few — had their lives taken at the merciless hands of drug addiction.

The life of a musician is a tragic thing. When on the rise through ranks of popularity, musicians are expected to be the life of the party, to “live the life.” Once they arrive at popularity, they are judged mercilessly for being what society has turned them into. Musicians need to be judged for what they’ve done, not who they are.

Scott Watson is a junior in communication studies from Ventura, Iowa

Guest column

Despite mistakes, Daily has much to offer

I worked at the Iowa State Daily for almost three years, first as a contributor to the opinion section and then as the section's editor. During my time there, at least three editors-in-chief served over the paper, each with their own distinct vision of what a college newspaper — our newspaper — should be. I didn't always agree with them. Heck, my reputation as an editor was that of being a hard ass who would rather write something myself at 30 minutes until deadline than something I deemed subpar from my writers.

But I still made mistakes. We made mistakes. As often as people forget it, that's partly why the Daily is there. It's there so you, I and everyone

Sophie Prell is an ISU alumna and former opinion editor of the Iowa State Daily.

else can learn. Students can learn and stay informed of what's going on around campus and the Ames community. Journalism majors can learn the ins and outs of print journalism: reporting, editing, design, placement, etc. People like me can learn that we'd rather be writers than actors.

But just as important as learning from what we do well, we must learn from where we have failed. I can personally assure you that I failed on several occasions. Depending on who you talk to, I probably failed on every

occasion. Mistakes happen. It's what we do after the fact that shows our true colors.

Yes, in allowing racist comments to be printed, the Daily has indeed failed. But that doesn't mean it cannot correct its path, which I believe it will do under Jake Lovett's leadership. Regardless of how I or any other member of the Daily have felt, feel or ever will feel about the "Just Sayin'" section, racism (be it intentional, implied or even accidental) is not to be tolerated. Ever. In that respect, I believe it is the right thing to remove a section that, while not explicitly condoning derogatory behavior, is certainly a favorable venue for it.

Before people get up in arms

about censorship, realize you may be as racist, homophobic, sexist, etc., as you wish. You still can say these things. But you do not, and in fact never did, have a Constitutional right to have them printed in an independent paper. That's what Facebook and Twitter are for. At least there all of your prospective employers can see what kind of person you are.

I haven't read the Daily on a regular basis since I left its employment in the summer of 2010, and less so since my graduation. But I still check in from time to time with my old friends, still poke my head around the corner to see who's left, who's new and what the current vision is for the paper. And I still hold my experience

at the Daily as a valuable part of my life. One I have never — and even under the scrutiny of the publication's current dilemma — do not regret.

The Daily will be facing difficult times in the near future. I ask you, readers, as one who took the utmost joy and pride in her work, to not give up on it. There's still so much good to come from within the Daily's walls. Good that maybe even you yourself can help influence.

Good luck to the Daily in the future, and my personal condolences to anyone who has ever felt as though you were not welcome at Iowa State. It is a feeling I am familiar with. But you are all my peers and my family. You are welcome here.

Letters to the editor

Knight, Brown: Making proactive promises we can keep

If you've heard of the Government of the Student Body, you probably think of it as the group that gives money to clubs. That's how most people see GSB, and it's one of the most visible things that GSB does. In fact, if you sit in on a senate meeting or read the Iowa State Daily's articles about GSB, you might think it's just about the only thing GSB does.

That's only half the story,

Jared Knight is a senior in political science and GSB presidential candidate, and **Katie Brown** is a junior in history and GSB vice presidential candidate.

though. The senate distributes funds and helps groups get what they need for improvements and hasn't done too much more. The executive branch, on the other hand, has

been working all year on projects that affect students — you just probably haven't heard about them.

Unlike those who are long on talk but short on action, we have a long list of accomplishments from this past year. As members of the executive branch, we built the DZ triangle in the greek community, revised the Dead Week policy, started a peer-to-peer group to lower student debt

and stopped student fees from increasing. Even now, we're starting new projects in the areas of veterans' affairs and are working on an iPhone/Android app for students.

In addition to having experience in GSB, we maintain active involvement in clubs outside of GSB. We aren't delusional about GSB's role in the university. Instead of viewing it as the pinnacle of campus leadership and

involvement, we see GSB as an organization that works for and with students.

This year, we've been focused on making everyone's experience better, and as president and vice president, we'll do the same. Rather than forming committees to talk about problems, we prefer to get to work on them right away. Rather than changing our message based on what we think you want to hear, we

will tell you where we stand and what we believe. Rather than focusing on providing a better experience to members of GSB, we'll work hard to provide a better experience for all students.

We won't promise you anything we can't deliver, and we won't stop working until our promises are fulfilled. If you want real solutions then vote Knight-Brown on Monday and Tuesday.

Swanson, Bartholomew: Presenting a fresh perspective

With rising tuition rates, overcrowding in the dorms and growing disconnect between students and their representatives on the Government of the Student Body, the ISU student body needs leaders who have a solid plan to effectively take on these issues, and much more. That is why we, Jake Swanson and Dave Bartholomew, are your guys to help bring Iowa State into a new era. No longer will we stand for the status quo, business-as-usual attitude because we know the students at Iowa State can't wait for change to happen.

One issue that affects nearly all students on campus is student debt. With the average ISU student graduating with \$30,000 in debt, financial security is going to be a burden on students for years to come, and we would like to help. Our five-point plan involves creating a new Executive Cabinet position that will be responsible for overseeing a tuition task force.

Jacob Swanson is a junior in public service and administration in agriculture and GSB presidential candidate. **David Bartholomew** is a senior in political science and GSB vice presidential candidate.

This task force will assist students in determining their eligibility for federal aid and Pell Grants, which can potentially reduce thousands of dollars from a student's debt, as well as assisting the ISU Ambassadors to lobby the state legislature for increased loan repayment options. We understand this may not completely alleviate the problem of student debt, but we feel this is definitely a step in the right direction, and it would start the first day we take office.

Aside from debt, Iowa State is projected to have the largest freshmen class in history arriving this fall, which will cause the dorms to

face increased demand for space. We feel that no student deserves to have to live in the floor's den or be crammed into tiny rooms. We would like to create an ad hoc committee composed of ourselves, Inter-Residence Hall Association and members of the administration in the Department of Residence, Facilities Planning and Management, ISU Dining, Student Affairs, and President Steven Leath to determine the best and most feasible options for accommodating this and future increases.

Improving student life also involves GSB taking a leading role in student diversity and connectivity. We feel that promoting a tolerant and integrated campus is a must for successful student life. Our plan begins with putting together a diverse executive cabinet that will work with diversity organizations as well as the International Student Council to foster awareness of cultural diversity and create

long-lasting relationships. Developing stronger relationships with student organizations will increase student connections to GSB and will help create an atmosphere where GSB is not thought of as a distant, bureaucratic student government but rather an open, student-oriented organization that works with every student and group to ensure they prosper here.

Of course, not all of our ideas can be put into a single letter, but we want to assure you we have many more, from dealing with the Parking Division to revitalizing Campustown to changing academic policies. We just want to end by saying that we, Jake Swanson and Dave Bartholomew, have the experience and the drive to effectively address every issue we have laid out and plan to take our new, student-led approach to the executive branch if elected as president and vice president. On Monday and Tuesday, vote Swanson and Bartholomew.

Education, respect can defeat racism

While reading Tuesday's column by Editor-in-Chief Jake Lovett ("Just Sayin' error brings racism issues to light"), I was thinking of what the image of Asian people means.

When we do not know other races, languages or cultures, everything looks interesting and unfamiliar. It is distorted and looks ridiculous, where we lose its own value, history and authenticity. What's left is only falsity, different and thus valueless images of it. Without understanding others "sui generis," our description, approach or imitation is nothing but disrespect.

We do not know each other but see the images we made by ourselves. Because we just see the false and distorted images of others, we forget to understand what they think of those images. To avoid making trouble, we would just rather

Eui Seok Hwang is a graduate student in sociology.

be away from each other. Lack of information makes people attach stereotypical and misleading images to them, and this makes it hard to get along together. Trouble, conflict and argument around discrimination or disrespect could emerge from this condition.

I do not want to see anyone be criticized or step down. Instead, I hope the Iowa State Daily reports more frequently on our friends or neighbors who we do not know much about — those who are in racial, religious or sexual minorities. We still need to know each other if we find differences among us. To respect our differences is the way we choose as opposed to discrimination or disrespect.

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Myths and Realities of Homelessness & Poverty: A Plan for Transforming Cities

Jane Ramsey is president of the Chicago-based Jewish Council on Urban Affairs, which combats poverty, racism and anti-Semitism in partnership with the city's diverse communities. Under her leadership since 1979, JCUA has become one of Chicago's most influential organizations speaking on behalf of human and civil rights issues, including immigration, homelessness and community displacement, community reinvestment, police misconduct, and government accountability. Jane Ramsey served for two years as director of community relations for Chicago Mayor Harold Washington. She has also served as a board member for the Illinois Coalition for Immigrant and Refugee Rights, the Chicago Coalition to Protect Public Housing, and the Public Welfare Coalition, and as commissioner for Private Industry Council and the Women's Commission of the City of Chicago. Ramsey has a master's degree from the University of Chicago, School of Social Administration and a bachelor's degree in sociology from Washington University in St. Louis.

Wednesday, February 29, 2012
8 pm- Sun Room, Memorial Union
Jane Ramsey

Sponsored by: College of Design, Community and Regional Planning, Community and Regional Planning Club & Committee on Lectures (funded by GSB)

National Eating Disorders Awareness Week
Beauty Undressed

Shannon Cutts battled anorexia and bulimia for fifteen years and now helps young adults put "beauty" into perspective. While only 1% of the population suffers from a diagnosed eating disorder nearly 100% of the population have felt insecure or shameful about their physical appearance. Shannon Cutts will also discuss her experience as a mentor to women who have struggled to find support and understanding in day-to-day life following treatment for an eating disorder. It is the basis for her book *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back* and inspired her to found MentorCONNECT, a program that partners individuals struggling with eating disorders with those who have recovered.

Wednesday, February 29, 2012 -7 pm
Great Hall, Memorial Union
Shannon Cutts

Sponsored by: Graduate Students of Clinical Psychology, Student Counseling Services, Eating Disorder Coalition of Iowa, IRHA, Division of Student Affairs, Student Athletic Affairs, and Committee on Lectures (funded by GSB)

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CORRECTION:

In the story published online titled "Men's golf finishes 12th at Wyoming Desert Intercollegiate," quotes from ISU men's golf coach Andrew Tank and golfers Nate McCoy and Sam Daley were inaccurately used out of context. The quotes were collected after the ISU men's competition at San Antonio two weeks prior, and did not reflect the teams' thoughts on the competition in Wyoming. The Daily regrets the error.

NBA:



The Associated Press

Kobe Bryant gets broken nose after All-Star game

EL SEGUNDO, Calif. (AP) — Kobe Bryant has a concussion in addition to the broken nose he sustained in the All-Star game.

The Los Angeles Lakers say Bryant saw a neurologist on Tuesday and he diagnosed the concussion. The All-Star guard will see Dr. Vern Williams again on Wednesday, and his status for that night's home game against Minnesota is day-to-day.

Bryant was first examined Tuesday by an ear, nose and throat specialist, who confirmed his broken nose and referred him to Williams.

Bryant was injured during Sunday night's game in Orlando, Fla. He was knocked to the floor by Miami Heat star Dwyane Wade, who said Tuesday that he has apologized to Bryant for breaking his nose.

NASCAR:

Safety truck driver gives thanks to racing fans

CHARLOTTE, N.C. (AP) — The driver of the safety truck that exploded into flames during the Daytona 500 is thanking NASCAR fans for their concern.

Duane Barnes was driving the jet dryer that was hit under caution when something broke on Juan Pablo Montoya's car and sent it careening into the truck.

The collision caused a raging inferno that scorched the track and stopped Monday night's race for just over two hours.

Barnes was evaluated at a Daytona hospital Monday night and released.

He's a 24-year employee of Michigan International Speedway and frequently assists at race tracks owned by International Speedway Corp. by driving jet dryers.

He says he's thankful for all the well wishes he's received following the crash.

SPORTS JARGON:

Eagle grip

SPORT: Gymnastics

DEFINITION: A grip used with the gymnast's hands facing 180 degrees opposite of an overhand grip while grasping onto a bar.

USE: Celine Paulus used an eagle grip before dismounting from the uneven bars.

Gymnastics

Working side by side

Husband and wife team leads Cyclones' gymnastics team

By Isaac Hunt
 @iowastatedaily.com

Some say that behind every great man is a great woman. But beside ISU gymnastics coach Jay Ronayne is his wife, Mary Ronayne, director of operations of ISU gymnastics.

The husband and wife duo make the workplace professional while still carrying out normal lives outside of the office. At least as normal as they make it to be.

"The college athletics world doesn't run on a 9-to-5 schedule," Jay said. "To be an effective college coach, you have to be available for 24 hours a day. A lot of spouses wouldn't get that."

They both joke Jay is the boss from 9 a.m. to 1 p.m. and after that Mary is in charge.

"Partly a joke, partly true," Jay said. "At work I'm the boss, and at home she's the boss. That's how any married guy would treat it. I say 'yes, dear' a lot, but I can't say that at work."

While Jay was coaching at Auburn University, Mary worked as assistant director of operations for the aquatic center there.

"That was a really neat job," Mary said. "Simply because they were national champions every year."

Now that she is at Iowa State, Mary's role has taken a turn. The West Virginia University graduate has gone from managing students, lifeguards and other employees to more of an administrative role in gymnastics.

"I get to be more social [at Iowa State], which I love," Mary said. "It fits right in my world."

Mary does everything for the team except coach and recruit.

From coordinating travel, payroll and appearances by the gymnasts, to being a mother away from home to athletes, comforting them and packing their bags for every meet, Mary does it all.

"Jay and I don't have children of our own, so this team is our family," Mary said. "I will do anything in the world to help these girls with anything."

RONAYNE.p7 >>



Ronayne



Photo: Jordan Maurice/Iowa State Daily
 Director of Gymnastics Operations, Mary Ronayne reacts to a gymnast's performance against Minnesota.

Men's basketball

ISU prepares for league's highest scoring team

Team places extra emphasis on defense

By Dan Tracy
 @iowastatedaily.com

Missouri's record has changed with two losses in the last eight days, but ISU coach Fred Hoiberg said the Tigers' talent and style of play have not changed much at all.

"They're still really fast; they still shoot it really well; they're still really good," Hoiberg said in his weekly press conference on Monday.

The No. 7 Tigers (25-4, 12-4 Big 12) lost an overtime thriller 87-86 at No. 3 Kansas on Saturday after squandering a 19-point second-half lead against the Big 12 regular-season champion Jayhawks.

"Obviously it was a tough game to get through. ... I felt like we should have won the game, and we didn't," said Missouri coach Frank Haith in a teleconference on Monday.

"But we do have to move on, we've got a huge game on Wednesday against Iowa State," Haith said.

That "huge game" on Wednesday night will be at 7 p.m. in Mizzou Arena as Iowa State (21-8, 11-5 Big 12) hits the road for the final time this regular season.



File photo: Rebekka Brown/Iowa State Daily

Mizzou forward Ricardo Ratliffe goes up for a layup during the game against Iowa State Jan. 11, at Hilton Coliseum. Ratliffe scored 12 points to help the Tigers defeat the Cyclones 76-69.

The Cyclones, who are 4-4 in Big 12 road games this season, will place extra emphasis on their pick and roll coverage and transition defense this week in preparation for the league's highest-scoring team at 79.4 points per game.

"Down there [in Columbia],

MENS.p11 >>

Women's basketball



File photo: Jordan Maurice/Iowa State Daily

Chassidy Cole moves the ball down court against a Kansas defender on Feb. 15. Cole lead the team with 11 assists during that game.

Hopes flipped in February surge

Cyclones have NCAA tournament in sight

By Cory Weaver
 @iowastatedaily.com

One month ago, the Cyclones were finishing up a 2-6 record in January. Now, the women's hoops team has flipped the script with a 6-2 record in the leap-year month with the NCAA tournament in sight.

"For us to be where we are, there's always one or two games that you'd like to have back, and there's one or two games that probably the other guy would like to have back, so it's fun to be still in a position where you're talking about doing some good

things," said coach Bill Fennelly in his weekly press conference.

The team took on Texas A&M on Jan. 29 and lost in the final moments of the game. After the loss, something clicked and Lauren Mansfield said it has been all about their mindset.

"We've been really focusing on [what] we need to get these wins, and we need to get back on track," Mansfield said. "We had the February focus, and we've just been trying to get as many wins as we can."

Fennelly has said throughout the season that the best players step up when their best is needed and seniors Mansfield and Chassidy Cole are not exceptions.

WOMENS.p11 >>

Wrestling

Finch vies for conference title despite automatic bid

By Jake Calhoun
@iowastatedaily.com

Despite having already received an automatic bid to the NCAA Championships, Ryak Finch is not taking anything for granted.

The 125-pound, redshirt freshman will be competing regardless in the Big 12 Championships, where 23 remaining automatic bids will be awarded to the eight weight classes in the conference that did not receive a bid for each wrestler.

"Right now, it's not even about nationals," Finch said. "Winning the Big 12 title has been a goal of mine, especially coming in as a freshman."

Finch, a native of Safford, Ariz., is the first ISU 125-pounder to qualify for the NCAA tournament since Andrew Long did so in 2010.

Long, who was later dismissed from the team after that season for disciplinary reasons, finished second at the Big 12 Championships that year before upsetting two higher-ranked wrestlers en route to a second-place finish at nationals.

"Their energy level is comparable," said ISU coach Kevin Jackson. "Their speed is comparable, and I think their overall ability and competitive nature is pretty similar."

Finch is 2-4 against Big 12 opponents this season, but Jackson said he is looking for signs of progression from his young 125-pounder similar to what he saw from Long two years ago.

"You've seen what Andrew Long was able to do," Jackson said. "He lost in the Big 12



File photo: Grace Steenhagen/Iowa State Daily

Wrestling at 125 pounds Ryak Finch started off the match for the Cyclones. Finch pinned his opponent in the first period with 1:36 left on the clock.

Championships, but he was able to gather himself and not let it affect his confidence."

Jackson said Finch's main point of focus for attaining success at the Big 12 Championships will be his ability to get out from the bottom position — an area in which he had been struggling as of late.

"It's actually just the little things that I've

been tweaking and working on all year," Finch said. "I'm getting better and better as the year progresses, so right now all I have to do is put it all together and make sure everything is all in a full package for these last two tournaments."

Ward vies for fourth NCAA bid

All Jerome Ward needs is one.

One win at the Big 12 Championships on Saturday and Ward will qualify for the NCAA Championships for the fourth time in his wrestling career.

Ward first competed this season on Feb. 12 at the national duals after sitting out due to a serious back injury, failing to meet the criteria for an automatic bid to the national tournament.

Because of the format of the Big 12 Championships, Ward would need to win one match in order to place as low as third at 197 pounds, which would secure him the third and final automatic bid.

"We're hoping [his win] and planning on that match being his first match, which should be against the No. 1 seed," Jackson said. "Obviously, it's pretty tough to get seeded in the top three if you only have one match."

"But I'm confident that it doesn't matter where Jerome Ward is seeded. He's [a] tough matchup for anybody, especially if he wrestles for seven minutes, which we expect him to do."

For Ward, the Big 12 Championships will not be anything new for him.

"I know what to expect," Ward said. "It gives me somewhat of an advantage having [had] an opportunity to get there three times."

Coincidentally, one win was all Ward needed last season to attain All-America status at 197 pounds last season. Falling short of that goal has fueled Ward to take advantage of his last shot.

"It's a salty feeling not achieving what you came there for," Ward said. "I was in the match to be an All-American, and I just came up short."

Swimming and diving

Senior Nelson shines, helps ISU to fifth place in Big 12 Championships

By Travis Cammon
@iowastatedaily.com

The ISU swimming and diving team competed at the Big 12 Championships this past weekend and placed fifth as a team with a total of 328 points.

Senior diver Sarah Nelson shined in the last Big 12 Championships of her career.

"I always try to prepare mentally and physically for the Big 12s," Nelson said. "I had goals going into the meet and I achieved them."

Nelson was able to score on all three boards of the championships, cultivating in a spot in the 'A' final.

"This is the way you want your senior to go out," said diving coach Jeff Warrick. "As a coach you always think they could have always done a little better but overall she did a really great job."

Nelson was able to clinch a spot in the finals by recording the second best total score of her career with 236.55 points in the preliminaries.

"[Sarah] really stepped up," Warrick said. "She made the finals on the 3 meter and platform. Looking back on it, I thought she had the



Photo: Kayla Greiner/Iowa State Daily
Iowa State's Sarah Nelson focusing before she prepares to dive on Feb. 4 in Beyer Hall. In the competition this past week, senior diver Nelson played in the last Big 12 Championships of her career.

DIVING.p11 >>

Hockey

Cyclones prepare for return to national tournament scene

By Clint Cole
@iowastatedaily.com

After missing the American Collegiate Hockey Association National Tournament last year for the first time in team history, the No. 8 ISU hockey team is preparing to return once again where they will play No. 9 Oklahoma on Saturday after their first-round bye. The team have been working on moves to add to their repertoire.

In fact, the preparations began last Friday and Saturday in their two-game set against Waldorf College. In their game on Saturday, which they won 10-2, the Cyclones ran a system with one attacker in the offensive zone with the rest of the team waiting to play defense once they had a big lead.

"That's one of the systems we wanted to work on this game, and it was kind of a trial run to see if it was going to work out with our team dynamic, which it did," Brian Rooney, the team captain said.



Photo: Jordan Maurice/Iowa State Daily

Forward Brian Rooney fights for possession on Jan. 27. The team hopes to dig in at a national tournament this year.

"It was nice to know that that's something we can put in our repertoire in addition to all the other systems we have right now."

The Cyclones have a total of four practices in Ames this week, Monday through Thursday before taking off for Cleveland, Ohio for the tournament. They will get one 45-minute practice in

Cleveland on Friday.

On Monday, ISU coach Al Murdoch was running his team through some additional power play systems that they don't normally run.

"We have a tendency to settle in on a couple of different options, and then the opponent figures that out and they

HOCKEY.p11 >>

>>RONAYNE.p6

Effectiveness does not come into question with the couple. Jay has led the Cyclones this season to two victories against top 25 teams and one of the main strengths of Mary is an obvious one.

"She gets stuff done," said assistant coach Kristen Maloney.

Mary said there are not really negatives to the job. She said ISU athletics is developing individuals to go out into the world, and she is thankful she gets to be a part of that.

There's no doubt, Mary said, she loves her job at Iowa State.

The only downside, in her eyes, is that she wishes she could spend more time with the gymnasts.

"It's sort of like being part of a family you're not part of sometimes," Mary said. "That's kind of hard for me."



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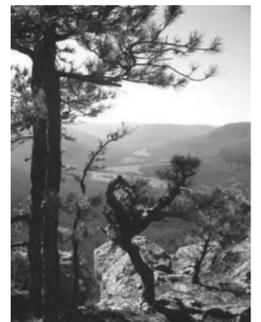
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Trips and Workshops

Workshops

- Rock Climbing II - March 6
- Lead Rock Climbing - March 19
- Kayak I - March 22
- Rock Climbing I - March 28
- Bicycle Maintenance - March 29
- Outside in the Elements Intro
- The Weather - April 7
- Kayak I - April 9
- Kayak Paddling Workshop - April 14



Trips

- Hiking Pilot Knob State Park - March 24
- Rock Climbing in Minnesota - April 13-15
- Mountain Biking Sugar Bottom - April 14-15
- Canoe the Boone River - April 21
- Kayak Squaw Creek - April 22

Extended Trips

- Skiing & Snowboarding Jackson Hole, WY - March 10-16
- Canoeing the Rio Grande River, TX - March 9-18
- Road Trip...Surfin, California - March 10-17
- Backpacking Blue Range Primitive Area, AZ - March 9-17
- Backpacking and Canyoneering in Escalante, UT - March 9-17
- Kayaking and Stand-up Paddle Boarding, Northwest FL - March 10-17
- Rock Climbing and Canoeing in UT - March 10-16
- Mountain Biking/Road Biking, Moab, UT - March 10-17



Photo: Huiling Wu/Iowa State Daily

Candidate of the presidential election of the GSB Jake Swanson and running mate David Bartholomew communicate their ideas during the debate on Tuesday.

>>DEBATE.p1

spoke about implementing a CyRide tracking system, how they would work with the overcrowding problem within the residence halls and starting a program which included all teacher evaluations and put them online for students to see.

"We know how to start projects and we know how to finish projects," Knight said.

Swanson and Bartholomew spoke about how they have a student focused platform, how they want to reach out to the different groups, colleges and organizations, and how they wanted to fix long term problems like student debt.

"Your campus, your choice," Swanson said.

Some of the first two questions asked by the moderator were about the candidates' biggest weaknesses and how they planned to delegate their time if elected.

"I occasionally take on too many things and I will delegate my time very carefully, I have learned that Google Calendar is a very effective tool," laughed Knight in response to the question about weakness and delegation of time.

In response to the same questions Swanson said, "My weakness is probably that I am younger, but that has helped me be more effective to work with a younger demographic, and I plan to delegate specific projects to specific cabinet members and keep myself organized."

When the topic of Campustown was brought up Knight iterated on



Photo: Huiling Wu/Iowa State Daily

Jared Knight and his running mate Katie Brown, candidates for the GSB election, field the audience's questions during the debate on Tuesday in the Memorial Union.

the idea that Iowa State and Campustown organizations needed to get together and figure out what is needed in the area.

On the same topic Swanson and Bartholomew talked about adding new businesses to the area but also improving security there, like improving the lighting.

Minimizing student debt became one of the main issues of the night with ideas of ways to fix the problem were discussed by the candidates. Swanson began by saying that the average Iowa State graduate has \$30,000 in student debts. One of Swanson's solutions is to appoint a tuition task force to figure out solutions to student debt problems while working with Iowa State Ambassadors more to lobby at the Iowa House and Senate.

Knight talked about how state funding keeps decreasing and tuition keeps rising.

His solution stated during the debate is to work at lowering the cost of college in things that they can control. Knight proposed that they would lower the cost by lowering the cost of dining, residence living and student fees.

Following the main part of the debate, closing statements were made by the candidates.

"We have already started working with students, faculty and groups to get their ideas and thoughts, and we are really excited for this election," Swanson said.

"We want to educate students more about what GSB is and we believe that students matter most," Brown said.

>>GREEN.p1

ting sustainability in their everyday lives. The other side featured a paper-tree cut. On paper leaves, students were given the opportunity to write out pledges as to how they were going to further implement sustainability into their lives and tape them to the tree.

Each wall was decorated with reusable materials, such as plastic grocery bags, aluminum cans and newspapers.

The "green carpet" was also a reusable product, being old turf from the athletics department. Once at the end of the green carpet, students could get their picture taken and receive sustainable gifts, such as plantable post-cards and a Sustainapalooza water pouch.

Chandra Peterson, co-president of the Green Umbrella student organization, said, "We are celebrating and learning at the same time."

As part of the learning experience, campus green groups and organizations, such as custodial services, were invited to display posters with information about their group and how they were contributing to the sustainable environment.

Students were also able to learn about how to contribute to sustainability in their personal lives. Three enrichment stations were assembled to teach students how to conserve energy and reuse materials they have at home.

Shelene Codner, a resource specialist for the Iowa Department of Natural Resources and writer for Iowa Outdoors magazine, hosted a booth featuring "do-it-yourself" crafts, decorations and everyday items.

All the materials were recycled and reused with the goal of keeping them out of landfills.

"I think it has been a fantastic event for everyone, students, faculty and staff, to celebrate our efforts and accomplishments in sustainability and living green," Rankin said. "I look forward to our [continuing] work."



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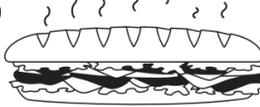
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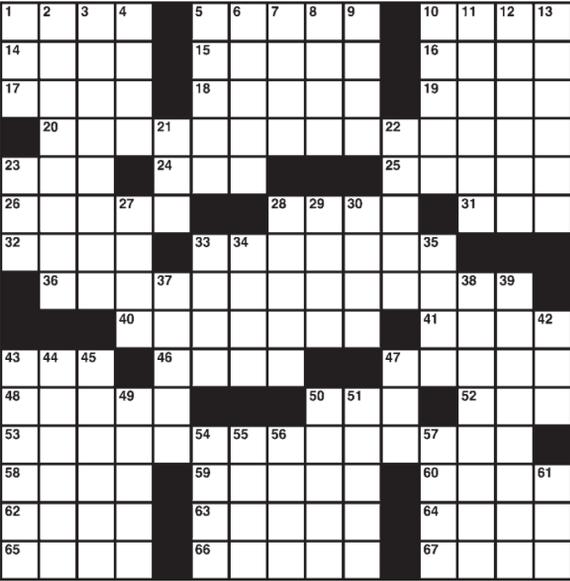
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Crossword



- 11 Welcome, as a new year
- 12 Moniker for Mussolini
- 13 Hit with a pitch, in a way
- 21 Academic inst.
- 22 Seeped
- 23 Kwik-E-Mart proprietor on "The Simpsons"
- 27 "And" or "or," e.g.: Abbr.
- 28 Overly enthusiastic
- 29 "I'm all for that!"
- 30 Pizazz
- 33 Bell-shaped lily
- 34 Therefore
- 35 Depend (on)
- 37 Fastening pin
- 38 Oil plant
- 39 Gets to one's feet
- 42 Jun. grads
- 43 Maze runner
- 44 Old-style "Cool!"
- 45 Rod-and-reel wielder
- 47 Mooch, as a smoke
- 49 Domed home
- 50 Heat unit
- 51 Plot anew
- 54 Welcome sign for a hungry traveler
- 55 Eject, as lava
- 56 When tripled, a 1970 war film
- 57 Waistline unit
- 61 Golf bag item

Across

- 1 Defense lawyers' adversaries, for short
- 5 Otherwise
- 10 Smidgen
- 14 Certain
- 15 Motored
- 16 Agitate
- 17 Member of Hook's band
- 18 Ear-related
- 19 Time-half link
- 20 Shooter of soft confections
- 23 Gp. that issues canine pedigrees
- 24 Blue wearer, usually
- 25 In reserve
- 26 Satchel __, aptly named dog in the comic "Get Fuzzy"

- 28 Make fun of
- 31 Beatty of "Deliverance"
- 32 Formal coif, perhaps
- 33 More sleazy
- 36 Minor motoring mishaps
- 40 Exercise popularized by Jim Fixx
- 41 Tennis do-overs
- 43 JFK alternative in NYC
- 46 Certain stove filler
- 47 In a convincing way
- 48 Palmer with an army
- 50 Show about Capote
- 52 Avenues of access
- 53 Strains credulity
- 58 Rock's partner
- 59 "... never see __ lovely as ...": Kilmer
- 60 Build a tree house

- 62 Chevy subcompact
- 63 __ firma
- 64 Mötley __
- 65 Greenhorn
- 66 Overwhelm, or a relative of the first syllable of 20-, 36-, or 53-Across
- 67 Overdone publicity

Down

- 1 Obstinate beast
- 2 Dolt
- 3 Alaska's 907, e.g.
- 4 Clairvoyant
- 5 Where Moscow is
- 6 Dowdy dresser
- 7 Author Ephron
- 8 Racetrack
- 9 Tattle
- 10 Sketched



Word of the Day:

aficionado uh-fish-ee-uh-NAH-doh, noun:
1. An enthusiastic admirer; a fan.

Example:
Aficionados of spy fiction may find the plot by itself enough to keep them reading -- the book is certainly never boring.

Random Facts:

The Tonle Sap River in Cambodia flows north for almost half the year and then south for the rest of the year

only have 206 bones. This occurs because many of them join together to make a single bone

The typical lead pencil can draw a line that is thirty five miles long

The reason why hair turns gray as we age is because the pigment cells in the hair follicle start to die, which is responsible for producing "melanin" which gives the hair colour

Humans are born with 300 bones in their body, however when a person reaches adulthood they

SUDOKU

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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

SOLUTION TO TUESDAY'S PUZZLE

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

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Daily Horoscope: by Nancy Black

Pisces: Rest up, go outside.

Today's Birthday (02/29/12). Use your dreams to push you into unexplored territory. What's calling you (for the next four years)? Your network provides a solid anchor, but diligence and dedication take you wherever you can imagine. Craft a budget. Get inventive.

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 an 8 -- Review your notes, and fill in the blanks. Do the research for any missing answers. Get outside to clear your head, and take time for yourself. Make leap year wishes.

Taurus (April 20-May 20) -- Today is a 7 -- Authorities may need persuasion, so articulate the benefits of your plan. Changes could seem abrupt to others. Confer with dreamers, and prepare for later launch.

Gemini (May 21-June 21) -- Today is a 9 -- You surprise everyone. Help a partner stand up to critics. Don't ignore facts; present your insights. Accept

advice from someone who's blazed that trail.

Cancer (June 22-July 22) -- Today is a 5 -- Your nurturing helps with any anxiety today. An invention from afar brings income. Include futuristic design. Envision the road ahead. A quiet evening relaxes.

Leo (July 23-Aug. 22) -- Today is a 7 -- Enjoy this extra day! Avoid arguments (even if you think you'll win). Stop for a minute, close your eyes and listen to silence. Be patient with a loved one. Go for peace.

Virgo (Aug. 23-Sept. 22) -- Today is an 8 -- Get ahead in your career by accessing your ambition. There's no need to travel; let your fingers do the walking. Email the people you most want to work with.

Libra (Sept. 23-Oct. 22) -- Today is an 8 -- The adventure's just beginning. You end up with something different than you expected. What will you discover? Flexibility and patience are key.

Scorpio (Oct. 23-Nov. 21)

-- Today is an 8 -- Obligations may force a delay. Stay in communication, and keep track of the details. Don't overspend, and postpone socializing. You can handle it. Rest up after. **Sagittarius (Nov. 22-Dec. 21)** -- Today is a 9 -- Your partner helps you traverse the difficult parts of the day, when you're most likely to make a silly mistake or feel insecure. All you really need is love.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Press the pedal down to make things happen. Keep your hands on the wheel, but not too tightly. Look into the distance for upcoming obstacles. Zoom on by.

Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- Build a solid foundation of trust. Raise walls of inspiration, and add a friendship roof to protect from bad weather. It doesn't have to cost an arm and a leg.

Pisces (Feb. 19-March 20) -- Today is a 7 -- Your loved ones believe in you more than you do. Trust them. They're probably right this time. Stay patient and thrifty. Eat well, rest up and go outside.

High stakes, high-level tactics

By Tony Dunst/Tribune Media Services (Tony Dunst is a poker pro and host of "Raw Deal" on World Poker Tour telecasts. Catch him every Sunday night on FSN.)

The notion of a poker tournament with a \$100,000 buy-in was, for many years, entirely absurd. But there were two such events within the first month of 2012, in addition to a tournament with a \$250,000 buy-in. Granted, those events feature a pretty slim collection of ultra-rich enthusiasts mixed with ultra-talented players who either have the money or can sell off percentages to come up with it. One of the youngest players in the field at the Super High Roller event held at the 2012 PokerStars Caribbean Adventure in January was my friend and former backer Mike "Timex" McDonald, a 23-year-old Canadian who built the bankroll necessary to participate in such an astronomically high-priced tournament by investing in other profitable players and being a successful tournament player himself. McDonald first became my backer when he was merely a 17-year-old whom I'd met online, and I've hated him and his wealth-acquiring talent ever since -- a common sentiment in our shared social circle. McDonald was sitting on a stack of \$375,000 at a seven-handed table with the blinds at \$2,000-\$4,000 with a \$500 ante.

Cunning professional Matt Glantz, who had a stack of \$250,000, opened under the gun for \$8,000, and when it folded around to McDonald in the small blind, he re-raised to \$23,500. Glantz thought for a moment and called "only grudgingly," as McDonald would later describe it. The flop came 8d 6h Js, and McDonald fired out a bet of \$25,500. Glantz made a small raise to \$56,500, and McDonald sat in the tank for quite some time before electing to call. The turn brought the Ks, and McDonald checked. Glantz bet \$76,000, again sending McDonald deep into the think tank. McDonald stared down Glantz and asked him how much he had left in his stack after making the bet. "Ninety-five," Glantz replied. After briefly considering this number, McDonald announced that he was all in, leading to an instant fold from Glantz. As McDonald raked the pot he exposed a single card, the 7c. Glantz never found out what the other card was, but McDonald later told me that he held 8c 7c, which gave him third pair. So why did McDonald play such a huge pot with a seemingly weak holding?

McDonald said that, given their history, he didn't believe Glantz would play a big pair the way he did pre-flop. McDonald also suspected that if the flop had given Glantz a set, he likely wouldn't raise the flop when it was fairly safe and uncoordinated. As a result, McDonald believed that Glantz's range to raise the flop included mostly drawing hands or bluffs, so McDonald called with the intention of evaluating the turn card. An overcard on the turn that wouldn't complete any draws could be a tempting one for Glantz to bluff, and McDonald believed him capable of trying bluff there. After checking and facing the large bet, McDonald decided to move in, since he couldn't just call the bet and then fold the river with so much in the pot. Also, moving in would eliminate the possibility of Glantz sucking out with a fortunate river card if he was holding the sort of overcards that would fold to such a raise. Unfortunately for McDonald, his clever play couldn't keep him from busting outside the money in this event, and for a brief moment the rich took a break from getting richer.



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>>WOMENS.p6

"They're probably not the all-conference seniors that we've kind of become used to but they've contributed in a lot of different ways," Fennelly said.

On Wednesday, the team and fans will honor both seniors in their final regular season home game as Iowa State (17-10, 8-8 Big 12) takes on Kansas State (18-10, 9-7). The Australia native Mansfield will have her parents in the stands for the first time as well, and Cole said the night will give her a little extra motivation.

"I think Lauren understands how much this game means to us and the fact that her parents are there, I think she's going to want to play to her best ability and have them see that game and it being on senior night," she said. "It's just a plus."

Currently, Iowa State is 8-8 in the Big 12 with just two games remaining. In recent years, an 8-8 record has been enough for an NCAA tournament bid. However, after the loss to Oklahoma State over the weekend, coach Jodi Steyer stressed the importance of Wednesday's matchup.

"[She] kind of said to us after we lost the game at Oklahoma State she said to us 'It's now one game, one focus' and we really need to get this win to finish the month off," Mansfield said.

In terms of the Big 12 tournament, Iowa State has the chance to improve its seed with a win over Kansas State (18-10, 9-7). The Cyclones sit at fifth in the conference and with the Wildcats at fourth, a Cyclone victory would flip the standings, but Cole said that's not in the back of her head.

"I don't think so; I'm just mainly focused on beating them," she said. "Just win this next game."

The game tips off at 7 p.m. Wednesday at Hilton Coliseum. Senior Night festivities will follow the game where the team will attempt to solidify the No. 2 spot in the NCAA attendance rankings.

>>MENS.p6

especially in their building they play so fast," Hoiberg said. "So getting back in transition is going to be the No. 1 thing."

Before taking the court at Hilton Coliseum for the final time on Saturday against Baylor, ISU senior guard Scott Christopherson will try and avenge Iowa State's 76-69 home loss to the Tigers on Jan. 11.

"It's a huge opportunity," Christopherson said. "I think we feel like we did some things in that game that kind of gave the game away, so we're looking forward to going down there and trying to correct those mistakes from last time."

While Missouri's four-guard starting lineup steals many headlines, Christopherson emphasized on Monday that Iowa State cannot forget about the forward in Mizzou's lineup: 6-foot-8-inch senior Ricardo Ratliffe.

The third-leading scorer on the team at 13.8 points per game, Ratliffe is as efficient an offensive big as there is in the country.

The forward has made 71.2 percent of his field goals, which is second-best in the nation.

"He's a physical specimen and does so many things as far as being able to set good screens and dive to the basket that open things



ISU guard Scott Christopherson drives past KSU defender Jordan Henriquez at the end of the first half against the Wildcats on Saturday. The 65-61 ISU win completed a season sweep of the Wildcats.

Photo: Jake Lovett/Iowa State Daily



Hoiberg



Christopherson

up for their perimeter players," Christopherson said of Ratliffe.

"He's very similar to [ISU forward Royce White] in

that he does a lot of things that open up lanes for their guards so we're definitely going to have a plan in place to try to take him out as much as possible."

In addition to Ratliffe, 6-foot-9-inch, 267-pound senior Steve Moore will be a load to handle in the paint for the Cyclones.

The Kansas City, Mo., native tied a season-high with 10 points and snagged a sea-

son-high nine rebounds.

"Their guards get a lot of attention, but sometimes big guys go a little bit more unnoticed than they should," Christopherson said.

With two final regular season games against the league's No. 2 and No. 3 teams left on the schedule, Hoiberg understands the challenge the team faces.

But he also sees opportunities for improvement with

his team as it prepares for the postseason.

"These last two going into Missouri [who is] coming off of a loss we know it's going to be difficult but we're going to go down there and throw everything we have at them and see what happens," Hoiberg said.

"It's two great opportunities, and our guys will be ready; they'll be prepared, and I think we'll play well."

>>DIVING.p7

possibility of making it on the 1 meter and platform but the 3 meter I didn't think as much but that's the one made it on. So she just did a fantastic job."

Nelson followed up her performance in the preliminaries with the second eighth-place finish of her career at the conference meet with a total score of 233.45.

"I think it's all coming together for her," Warrick said. "She's so mentally tough. It's been a really good season for her. She's just continued to build and be very steady."

Nelson, along with teammate Jessica Henderson will be back in ac-

tion on March 8 for the NCAA Zone 'D' Diving Championships.

"We have some little technical things we picked up at the Big 12s that could be better," Warrick said. "Things that could make the difference of getting that half a point even a full point from each judge. If we can do those things that will be huge."

The Zone 'D' Diving championships will be held in Iowa City and will be Nelson's final performance of her ISU career.

"It's been a really fun season for me," Nelson said. "I feel like I've been diving at the highest level which is great for your senior year to reach your potential and do the best you can."

>>HOCKEY.p7

defense it," Murdoch said. "We've got to have three or four options. Options three and four we may not use that often, but we know they're available."

Sophomore forward Jon Feavel, who has played in every game for the Cyclones this season and has 20 goals and 20 assists said that even with the little work they've put into these extra systems, they will be ready for them if they get called up this weekend at nationals.

"That right there is just a matter of putting the habits to the name," Feavel said. "It's all kind of stuff

that we go through and a lot of the guys already know."

Along with the extra systems they've been working on, Murdoch has been keeping them all in a positive mood and even going so far as to have them celebrating when they score goals in practice. Junior Derek Kohles said that while they stay focused, they also mess around a little bit to keep the attitude good.

"We mess around, but at the same time everyone's pretty focused and trying get done what we have to do, because we know what we have to do to win and you can't be too serious all the time," Kohles said.

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Featured unions

Brides celebrate sister weddings

By Laura Bucklin
Daily staff writer

The Gleason sisters, Kristine and Jackie, have a busy year ahead of them with two weddings on the way.

Kristine, senior in agricultural engineering, is set to get married in May 2012 and her younger sister, Jackie, is also getting married this year in October.

It all started Kristine's freshman year of college when she and her fiancé were in the same orientation group.

"The students and parents had to split up at one point," Kristine said. "When we all came back together our parents were talking, and my mom was already obsessed with him and tried to set us up."

They've been together ever since their first date that year at Applebee's.

That same year, Kristine met Luke Schlitzer, her sister's future fiancé, who lived in the same dorm as her.

Jackie was just a senior in high school, but came up to visit Kristine for Veishea. Jackie met Luke and started the following year as a freshman at Iowa State.

"We had our first date at Great Plains. I can still remember what we were wearing," Jackie said. "We've been together ever since."

Four years later, both of the Gleason sisters are engaged to the loves of their lives.

Kristine's fiancé, Allen Vanderwiel, proposed to her on June 1, 2011, at Ayden Hayden as the sun was setting after a picnic in the park.

"When we were there, I was actually thinking about how perfect it would be if he proposed," Kristine said. "And later he did! It was perfect."

Jackie's fiancé, Schlitzer, proposed on Sept. 26, 2011.

"When he pulled out the box, it looked a lot like Kristine's ring box, so I wasn't sure if it was a joke," Jackie said, "but then he opened it, and my ring was in there, and I knew it wasn't."

Both girls are each other's maids of honor, so planning the wedding has been a little less traditional.

"We more or less bounce ideas off of each other for our weddings," Kristine said.

"Our tastes are also very different which helps," Jackie said. "She's very traditional, so I try to help her spice up her wedding, and she'll help me tone down mine."



Photo by Katie Lovan/Iowa State Daily

Kristine Gleason, left, will tie the knot to Allen Vanderwiel this May. Her sister, Jackie Gleason, will marry Luke Schlitzer this October. Kristine met her fiance at orientation before her freshman year. She later helped introduce Jackie to her beau, Luke.

Kristine's colors are ivory, black and red. Her flowers are going to be red roses. Jackie's colors are electric purple and olive green with a "touch of sparkle." Her flowers are going to be an explosion of color, including gerber daisies, calla lilies, green spiders, hot pink roses and some blue flowers.

Both agreed that the hardest part about planning a wedding is realizing how much stuff costs.

"You know weddings are expensive, but it's more of a reality when you're writing the check," Jackie said.

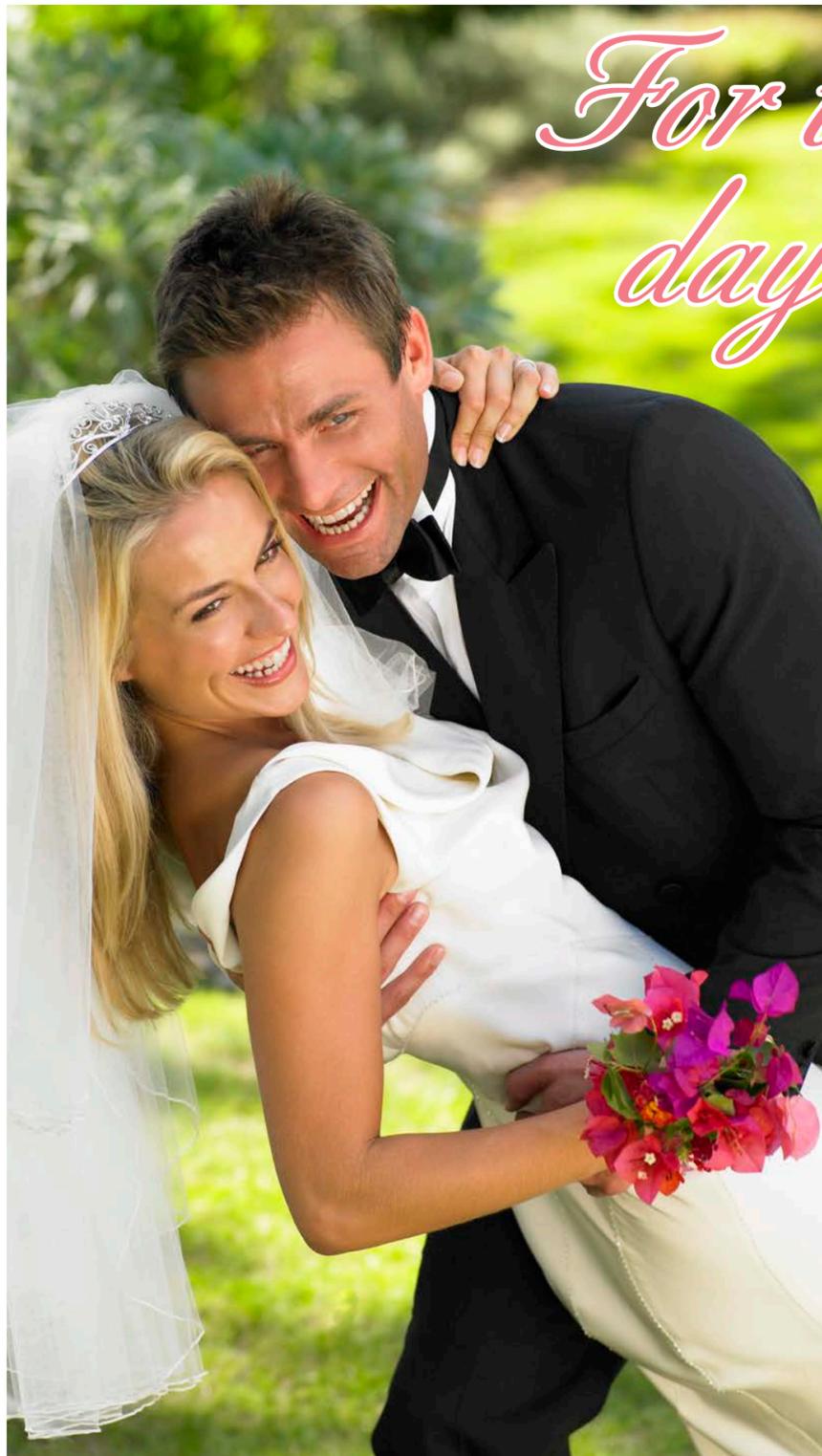
Despite the money, both said trying on the dress was one of the

best parts of the wedding planning. Kristine tried on about eight dresses, and Jackie tried on about 40.

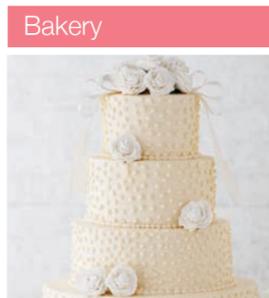
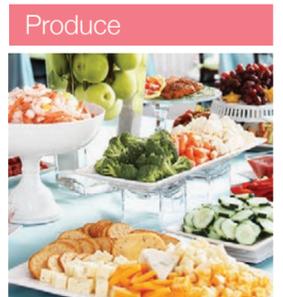
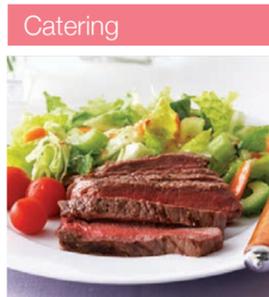
"It didn't feel real until you buy the dress. It really made my wedding dreams come to life once I had it," Jackie said.

Both of the sisters graduate in May. Kristine and Allen are moving to Wisconsin because they both got jobs up there. Jackie and Luke are planning to move near Johnston, Iowa, where Luke was offered a job.

"We're both excited to start this new chapter in our lives," Kristine said.



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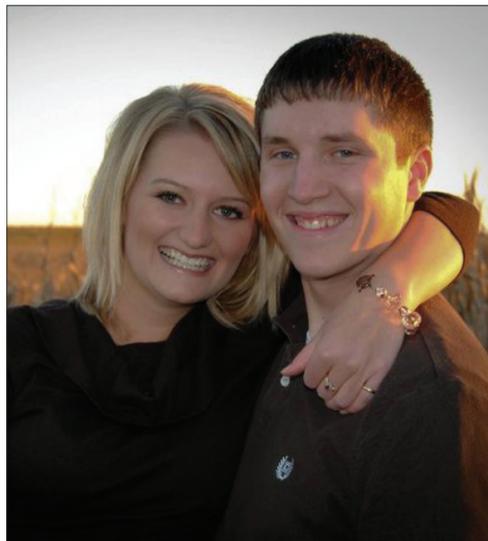


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Announcement



Adair Boysen and Jason Lents

Adair Boysen, daughter of Aaron and Bambi Boysen, and Jason Lents, son of Wayne and Virginia Lents, are pleased to announce their engagement.

Boysen, of Columbus Junction, Iowa, will graduate in May of 2012 with a bachelor's degree in animal science and agriculture communications.

Lents, of Creston, Iowa, graduated in May of 2011 with a bachelor's degree in agricultural engineering, emphasizing on the power and machinery option. He is currently employed with Dell Engineering Services in Peoria, Ill.

The couple met at Iowa State in 2008 and plans to exchange vows on June 16 at the bride's family farm.

Hanna's How-To:

Boutonnieres

By Hanna Johansen
Daily staff writer

Here are step-by-step directions on making a boutonniere perfect for formal dates, weddings or funerals.

Supplies needed:
Greenery (We used Israeli Ruscus)

Various flower with large blossom such as roses, carnations, or lilies

Filler flower such as baby's breath

Floral Tape
Wire
Ribbon

Step 1:
Cut off small pieces of greenery.

Step 2:
Remove leaves from the bottom of the greenery, leaving a few inches of bare stem.

Step 3:
Place a small piece of filler flower on top of greenery. Make sure the stem of the filler flower is also exposed at the bottom.

Step 4:
Add your focus flower.

Step 5:
Holding floral tape at an angle, begin wrapping the boutonniere together. Make sure tape is held taut and slightly overlap until the entire bottom is wrapped.

Step 6:
To make a bow, begin looping the desired ribbon, pinching at the middle. Tightly twist wire around the middle, leaving a few inches of wire at the bottom.

Step 7:
Place wired ribbon on arrangement and wrap with floral tape again following directions in Step 5. Attach with pins.



Decorations

Planning perfect floral arrangements

By Jolie Monroe
Daily staff writer

A unified theme is one of the starting points for a successful wedding. A great way to create that sense of continuity is through the flowers. Bouquets, corsages, boutonnieres and centerpieces all reflect the couple's personality and overall wedding theme.



Photo Courtesy of Jodi Headrick/Hy-Vee Floral

Jodi Headrick, floral manager at the Lincoln Center Hy-Vee, shares some tips about creating the perfect floral image for the big day.

Start Early
During the busy wedding months of June and July, the Lincoln Center Hy-Vee provides flowers for up to 15 weddings a month. Headrick recommends getting started with flower plans about six months ahead of time to ensure there's plenty of time to get all of the details worked out.

Hy-Vee provides no-obligation consultations, free of charge. It is a great chance to get the couple thinking about different options and ideas.

"I recommend that couples start earlier, rather than later," Headrick said, "The bride and groom already have enough stress."

Do Research
At the beginning of your planning, do a little research on what type of flowers and colors you'd like to have in your decorations.

"There are so many different looks and color schemes to choose from," Headrick said.

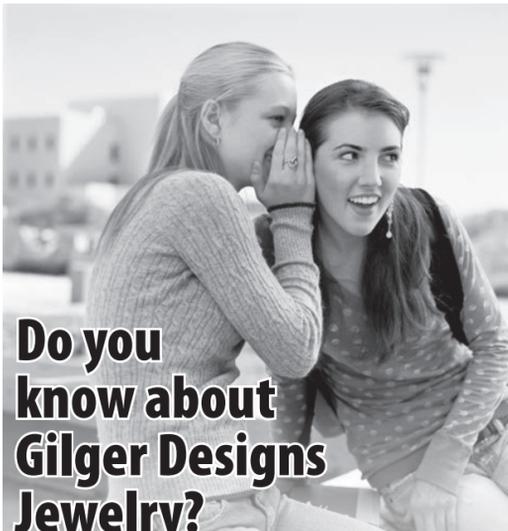
Consider flowers that will be in season and flow with the theme. Popular flowers that are in season all year round include roses, calla lilies and various other types of lilies.

Research mixed with suggestions from your consultant will result in the perfect flower arrangements for your wedding.

Make Arrangements
Know the services offered and how things will work the day of. Hy-Vee provides an initial consultation, along with follow up sessions to make sure every detailed is worked out. Additionally, check with florists about their other services. Most services, including

Hy-Vee, will deliver and set up flowers at the convenience of the couple.

Discuss your budget and taste preferences with your consultant early on to make sure everything falls into place the way you expected.



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Add a kick to your cupcake

By **Steph Ferguson**
AmesEats Flavors writer

It is time to create your own episode of "My Drunk Kitchen" and introduce alcohol into your baking. Granted the alcohol you use in your cupcakes will not get you tipsy because of the high heat during baking, but it will leave a flavor that you just can't get with a normal cupcake. Almost any type of alcohol can be formed into a creative cupcake but here are a few recipes to get your party started.

Whiskey Cupcakes

Ingredients:

- 2 cups flour
- 3/4 cup cocoa powder
- 2 cups sugar
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 2 eggs
- 1/2 cup strong coffee
- 1/2 cup Jack Daniels Whiskey
- 1/2 cup vegetable oil

Directions:

- Preheat oven to 350 degrees F and line 24 cupcake tins with liners.
- In a large bowl, combine the flour, cocoa powder, sugar, baking soda, baking powder and salt.
- In separate bowl combine the eggs, coffee, whiskey, buttermilk and oil.
- Pour the egg mixture into the flour mixture and whisk until smooth.
- Spoon the mixture into prepared cupcake tins. Bake for about 18 to 20 minutes.
- Top with a chocolate frosting.



Photo by Claire Powell/AmesEats Flavors

Irish Cream Cupcakes

Ingredients:

- 2 1/2 cups flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 1/2 cups granulated sugar
- 1 cup butter, at room temperature
- 2 whole eggs + 2 egg whites, at room temperature
- 2 teaspoons vanilla extract
- 1/2 cup Bailey's Irish Cream

Directions:

- Preheat the oven to 350 degrees F and line muffin tins with 24 cupcake liners.
- In a large bowl, combine flour, baking powder, salt and cinnamon.
- In the bowl of an electric mixer, cream together sugar and butter until light and fluffy, about 2 to 3 minutes.
- Add eggs and egg whites one at a time, beating on low between each addition. Add vanilla.
- Add flour slowly in 3 additions, alternating with Bailey's, starting and ending with flour.
- Fill cupcake liners about two-thirds full and bake 15 to 17 minutes, or until a cake tester comes out clean.
- Allow to cool in pan for 5 minutes, then transfer to a wire rack to cool completely.

For the Bailey's buttercream frosting:

Ingredients:

- 1 cup butter
- 4 cups powdered sugar
- 3 tablespoons Bailey's Irish Cream

Directions:

- Beat butter in an electric mixer until light and fluffy.
- Add powdered sugar 1/2 cup at a time, until completely mixed. Add the Bailey's and beat until well combined.
- Poke holes in the tops of the cupcakes and brush some Bailey's on each before frosting.
- Load frosting into a piping bag fit with a large tip and decorate as desired.

Cider Pumpkin Cupcakes

Ingredients:

- 2 cup flour
- 1 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt
- 2 teaspoon ground cinnamon
- 1 1/4 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 3 eggs, room temperature
- 1 egg white, room temperature
- 1 15 ounce can of pureed pumpkin
- 1 cup sugar
- 1 cup brown sugar
- 3/4 cup vegetable oil
- 1/2 cup Woodchuck hard cider

Directions:

- Preheat the oven to 400 degrees F and Line 24 cupcake tins with liners.
- Combine the flour, baking powder, soda and spices in a bowl. Set aside.
- Using a stand or hand mixer, combine eggs, pumpkin, sugars, oil and cider.
- In small batches, add the flour mixture to the wet ingredients. Mix until just incorporated.
- Using an ice cream scoop, fill cupcake liners about three-fourths full.
- Place in oven and immediately drop the temp from 400 to 350 for 20 to 25 minutes, or until a toothpick comes out clean.

For the Woodchuck Cream Cheese frosting:

Ingredients:

- 1 brick of cream cheese
- 2 sticks unsalted butter, room temperature
- 1/2 teaspoon of pumpkin pie spice
- 1/4 cup Woodchuck hard cider
- 4-6 cups powdered sugar,
- Caramel sauce for drizzling

Directions:

- Using an electric mixer, cream together the cream cheese and butter until light and fluffy.
- Add the pumpkin pie spice.
- Alternatively add the powdered sugar and cider until well combined.
- Frost cupcakes then drizzle with caramel.

Beer Cupcakes

Ingredients:

- 3/4 cups butter, at room temperature
- 1 3/4 cups sugar
- 2 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 eggs, at room temperature
- 1 teaspoon vanilla
- 1/2 teaspoon orange or lime zest
- 1 cup Blue Moon or Corona beer, plus extra to brush on tops
- 1/4 cup milk
- Orange/lime wedges and sanding sugar for garnish

Directions:

- Preheat the oven to 375 degrees F and line 24 muffin tins with cupcake liners.
- In a medium-sized bowl, whisk together flour, baking powder and salt.
- In the bowl of an electric mixer, beat together the butter and sugar until light and fluffy, about 2 to 3 minutes.
- Add eggs, beating after each addition. Then add the vanilla and zest.
- Combine milk and beer. Alternatively add this mixture and the flour mixture to the butter/sugar mixture with the mixer on low speed, starting and ending with the flour.
- Fill the cupcake liners 2/3 full and bake for 18 minutes, or until cake tester comes out clean.
- When cupcakes are done, poke holes in the tops of the cupcakes with toothpicks and brush some beer on each while still warm.

For the citrus cream cheese frosting:

Ingredients:

- 12 ounces cream cheese, cold
- 6 tablespoons butter, at room temperature
- 1 tablespoon freshly squeezed orange/lime juice
- 1 teaspoon orange/lime zest
- 4 cups powdered sugar

Directions:

- Cream together the cream cheese and butter in an electric mixer until smooth and creamy, about 2-3 minutes.
- Add the citrus juice and zest. Gradually add the powdered sugar until well-combined. Beat until smooth for about 2 minutes.
- Load frosting in a piping bag fit with a large star tip and pipe cupcake tops once cooled.



Photo by Claire Powell/AmesEats Flavors

Excite everyday foods with granola

By **Corinne Buffington and Erin Zimmerman**
AmesEats Flavors writers

Looking for an inexpensive way to spice up your food? Granola can be a delicious and healthy way to incorporate whole grains into simple dishes. Add it to yogurts or smoothies, use it as a topping for baking and salads, have with milk as cereal, or just enjoy it by itself.



Photo by Claire Powell/AmesEats Flavors

Honey Cinnamon Granola Recipe:

Ingredients:

- 1 cup oats
- 2 tablespoons vegetable oil
- 2 tablespoons honey
- 1 tablespoon brown sugar
- 2 tablespoons ground flax seed, optional
- Pinch of salt
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg, optional
- 1/2 teaspoon vanilla extract
- 1 tablespoon water

Directions:

- Preheat oven to 350 degrees F
- Combine ingredients in a medium size bowl. Mix thoroughly.
- Cover a cookie sheet with aluminum foil sprayed with cooking spray.
- Spread granola mixture on cookie sheet and bake for 18 minutes or until golden brown.

Peanut Butter Granola Recipe:

Ingredients:

- 1 cup oats
- 2 tablespoons peanut butter or other nut butter
- 2 tablespoons honey or agave nectar
- 1 tablespoon brown sugar
- 1 tablespoon ground flax seed, optional
- Pinch of salt
- 1/8 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1 tablespoon water

Directions

- Preheat oven to 350 degrees F
- Melt the peanut butter in microwave.
- After peanut butter is melted, combine rest of ingredients in a medium size bowl. Mix thoroughly.
- Cover a cookie sheet with aluminum foil sprayed with cooking spray.
- Spread granola mixture on cookie sheet and bake for 18 minutes or until golden brown.

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