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'ELEMENTAL' ART DISPLAYED AT ISU

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LGBT CELEBRATES PRIDE WEEK 2012

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EVENT:

Hope 4 Africa to present benefit concert

By Liz Zabel
Daily staff writer

The group Hope 4 Africa @ ISU is having a benefit concert titled "Muziki 4 Hope" at Zeke's (3329 Lincoln Way) Thursday from 7 to 10 p.m.

The concert will feature a lineup of three local bands including Helms Deep, Bull of Arc and The Real Quaid.

Bennett Coffman, junior in industrial engineering and president of Hope 4 Africa @ ISU said the bands range from mellow to upbeat.

All of ticket sales, T-shirt sales and donations will be going toward the Music 4 Hope program of the non-profit organization, Hope 4 Africa.

Moses Bomett, president and CEO of the organization, came up with the idea while attending high school in Des Moines. Bomett came to America from Kenya and noticed some real disparities between the two countries. He decided to organize a club as an effort to help make a difference.

"We're going to a concert to spread the joy of music to someone who doesn't have access to it," Coffman said, commenting on how he can listen to music and benefit others. "If you like music, [this is] a good concert, and you'll be supporting the cause."

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Health

Enjoy a caveman's diet

New trend in healthy eating explores Paleolithic Era

By Liz Zabel
@iowastatedaily.com

Go back 2.6 million years to the Paleolithic Era. You will not see your average person reaching into their freezer to pull out a microwaveable dinner.

Look at what we eat now. Think about the foods that line the aisles of the grocery store; almost all is processed. Do you think you could find your packet of Ramen noodles in the wild?

Maybe it is time for something new, or real-ly, old: the paleo diet.

The paleo diet is based on one simple idea: The best human diet is the one that we are genetically programmed for, that of a caveman's.

Human beings during the Paleolithic Era lived in hunter-gatherer societies. There were no processed foods, no dairy products besides a mother's milk, no bread, or anything that could not be hunted or found in the surrounding area.

The diet encourages fresh fruits, vegetables, lean meats, seafood and healthy fats; it excludes refined sugars and grains, saturated and trans fats, salt, dairy, most carbohydrates and any processed foods.

Those foods excluded typically cause weight gain, cardiovascular disease, diabetes and numerous other health problems, according to the paleo diet website.

Before finding the paleo diet, Nell Stephenson, athlete and author of the upcoming book "Paleoista

— Gain Energy, Get Lean and Feel Fabulous with the Diet You Were Born to Eat," suffered from stomach cramping that became so severe that she was sent to the emergency room on several occasions.

Eventually, Stephenson stumbled on the paleo diet.

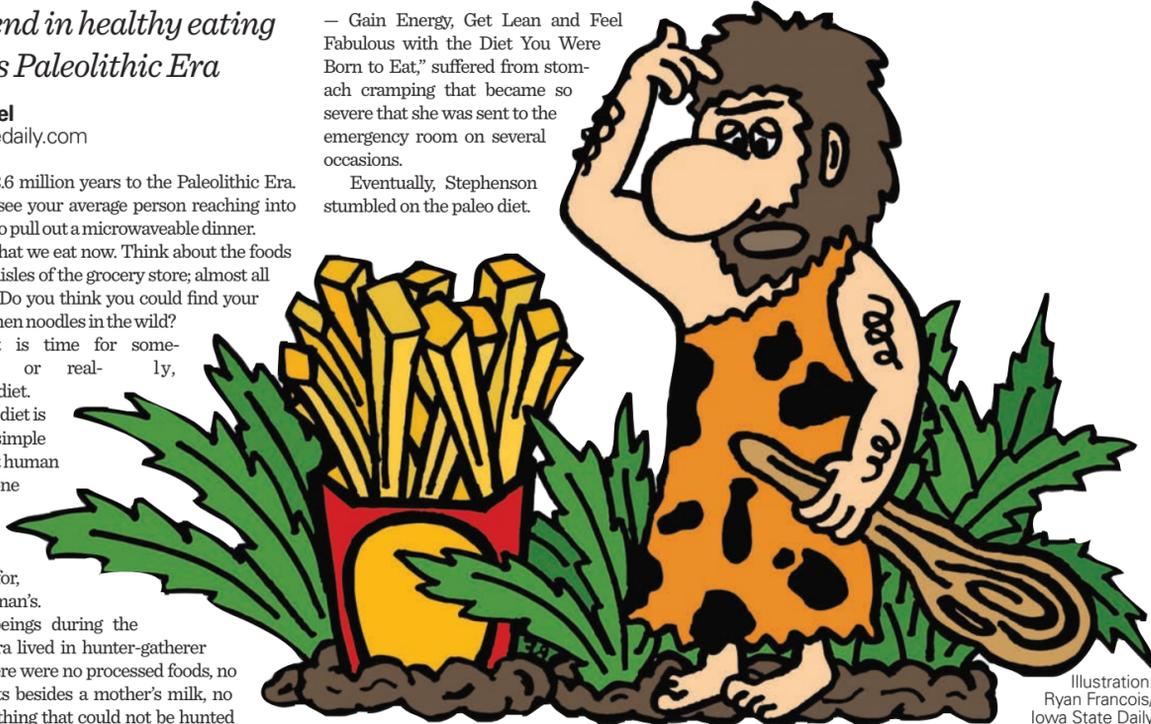


Illustration: Ryan Francois/Iowa State Daily

It took only a few short days of "being paleo" to end her stomachaches. Stephenson has been following the diet since 2005 and has not looked back since.

"Paleo is so life changing, not only did I feel compelled to change the way I eat permanently but I felt the need to thank this man who has changed my life," Stephenson said.

Dr. Loren Cordain, known as the "father of the pa-

leo diet," was the man she was thankful to.

"The most gratifying experience is hearing people's personal health successes," Cordain said. "I made a difference in her life, and there are maybe millions of people who have similar experiences."

Cordain said he is very happy to help people improve their quality of life: "If people give it two weeks,

DIET.p3 >>

Education

Fair focuses on science, technology, math fields

By Kayla Kienzle
@iowastatedaily.com

Faculty, staff, post-doctorate and several university programs collaborated to host the first Campus Programs and Broader Impacts Resource Fair, which focused on the programs of science, technology, engineering and mathematics, or STEM.

The fair was a joint effort between university programs and Strengthening the

STEM.p3 >>



Photo: Nick Nelson/Iowa State Daily
Timothy Scott, co-director of the Center for Mathematics and Science Education at Texas A&M, talks in the Howe Atrium on Wednesday for the STEM Education Seminar.

Legislature

Students present research at Capitol

By Rachel Sinn
@iowastatedaily.com

ISU students had a chance to show off their individual and group research projects at the state's 7th annual "Research at the Capitol" event in Des Moines.

Students from University of Iowa and University of Northern Iowa also made the guest list for Wednesday's event.

Robert Kirby, director of the Iowa

Center for Research on Undergraduates, offered inspiring words to the 24 undergraduates present.

"It really is recognizable, the important role you are all going to play in the future. You're going to go on to become doctors, lawyers, nurses, pharmacists," Kirby said. "You are going to be the workers of this state and the surrounding states for the next 40 to 50 years to

RESEARCH.p3 >>

IDENTITY

Racism finds its sociological roots

Editor's note:

This story is part of a series examining identity on the ISU campus.

By Elizabeth Holmgren
@iowastatedaily.com

Disagreements over whether Trayvon Martin's death was a racist act or not stem from two differ-

ent schools of thought, according to Anastasia Prokos, ISU associate professor of sociology.

One side emphasizes the individual aspect of racism, Prokos said, while the other side accentuates the institutional aspect of racism. Regardless of the side taken, those involved in the debate are overlooking the basics.

"People on both sides are talk-

ing past each other and not sharing a sociological definition of racism," Prokos said.

Prokos contrasts the definitions of racism that exist not only in the Martin case, but also on a larger scale in everyday society. Many people are insensitive to the big picture.

"The way many see racism is by looking at the world as individual

people rather than broader patterns and institutions," Prokos said. "People need to understand the idea that racism is a system of oppression, not only individual attitudes and actions."

The shooting death of 17-year-old Martin in Sanford, Fla., brought this issue of racism into light sev-

RACISM.p3 >>

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fact! **This day in 1990:** On this day in 1990, a deep low pressure system left many parts of central and western New York under more than 6 inches of snow.

Calendar

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

THURSDAY

Wear a Teal Ribbon to Raise Awareness
When: 10 a.m.
What: Vagina Warriors will be distributing ribbons and information about consent and bystander intervention. Stop by and take a ribbon to show your support to stop sexual and gender-based violence on our campus and take time to educate yourself about how you can play a role in ending sexual violence.
Where: West Lawn of the Sloss House

TUESDAY

Sex, Love and the Modern Family in American Culture: A Psychological Perspective
When: 7 p.m.
What: Doug Haldeman is a counseling psychologist who focuses on the LGBT community. Haldeman has written scholarly publications, including "Changing Sexual Orientation: From Fiction to Fact," a work that offers guidance for practitioners working with individuals questioning their sexual orientation.
Where: Great Hall, Memorial Union

Daily Snapshot



Photo: Nicole Wiegand/Iowa State Daily

ROTC: Protecting freedom and honor

Army ROTC cadets pick up rifles before the commencement of a weekly ROTC lab outside of the Molecular Biology building on Wednesday.

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.

March 27

Jessica Eller, 24, of Ogden, Iowa, was arrested and charged with operating while intoxicated, possession of a controlled substance, and possession of drug paraphernalia at Donald Street and Stanton Avenue (reported at 1:51 a.m.).
 A staff member reported pry marks on a door at Marston Hall (reported at 8:06 a.m.).
 An officer initiated a drug related investigation at the Armory (reported at 8:57 a.m.).
 A staff member reported damage to the front entrance area of the building at the Farm House Museum (reported at 2:35 p.m.).
Yang Li, 21, 157E University Village, was arrested and charged with simple misdemeanor domestic assault and fifth degree criminal mischief at University Village. He was

transported to the Story County Justice Center (reported at 7:06 p.m.).

March 28

A vehicle driven by Harold Crawford collided with a parked car in lot 49 (reported at 3:25 p.m.).

March 29

A resident reported someone accessed an email account and changed the password at Schillerter Village (reported at 12:47 a.m.).
Taylor Flynn, 22, of Washington, Iowa, was arrested and charged with operating while intoxicated at Gray Avenue and Sunset Drive. He was transported to the Story County Justice Center (reported at 1:27 a.m.).
Tyler Oelschlagler, 24, of Roland, Iowa, was arrested and charged with public intoxication at Chamberlain Street and Welch Avenue. He was transported to the Story County Justice Center (reported at 2:48 a.m.).

A vehicle that left the scene struck a car owned by **Minah Yang** at University Village (reported at 11:55 a.m.).
 A vehicle driven by **Chao Wang** went into the ditch in Lot B5 (reported at 8:16 p.m.).
 Officers initiated a drug related investigation at Wilson Hall (reported at 10:33 p.m.).

March 30

Daniel Shaben, 20, of Earling, was arrested and charged with public intoxication. Brett Jacobson, 21, of Jewell was arrested and charged with public intoxication (second offense) and unlawful use of an identification card at Knapp Storms. Both individuals were transported to the Story County Justice Center (reported at 1:17 a.m.).
 A staff member reported receiving a harassing email at Town Engineering (reported at 10:46 a.m.).
 Vehicles driven by Conner McMasters and Garrett Beirne were involved in a property damage collision at Wallace Road (reported at 1:07 p.m.).
Bobby Degnan, 7357 Larch Hall, reported damage to a vehicle mirror in Lot 63 (reported at 2:02 p.m.).
 Vehicles driven by Andrew Petersen and Dale Bidwell were involved in a property damage collision in Lot 59 (reported at 3:28 p.m.).
 A staff member reported an individual attempted to access the building using a fake identification card at State Gym (reported at 4:37 p.m.).
 A vehicle driven by Asher Bergman collided with a light pole in Lot 121 (reported at 6:19 p.m.).

Celebrity News

Notes and events.

Ryan Seacrest to join NBC for Olympics coverage

"American Idol" host Ryan Seacrest isn't joining the cast of "Today," but he did swing by NBC's morning show Wednesday to reveal some news about his future with the network.
 The TV producer/media personality/"American Idol" host told viewers that he will be part of NBC's primetime coverage of the summer Olympics in London.
 "The plan is for me to join the NBC family and continue to have a role at the E! network," Seacrest told Lauer. (Comcast controls both networks.)
 Seacrest called the overseas Olympics assignment "something I've been looking forward to."
 But is the congenial host angling to one day replace the long-standing Lauer? Reports have said that the E! News personality was having conversations of doing just that if and when Lauer leaves, but there's been reports that Lauer is not departing "Today" anytime soon.

Whitney Houston final autopsy report released

Whitney Houston drowned face down in a tub of hot water about 12 inches deep, the final autopsy report on the singers death said.
 The Los Angeles County coroner ruled that Houston's Feb. 11 death was an accidental drowning with the "effects of atherosclerotic heart disease and cocaine use" as contributing factors.
 Toxicology testing measured .58 micrograms of cocaine per milliliter of blood drawn from a vein in her right leg during the autopsy, the report said. The report did not explain the significance or effects of that level in a person's body.
 The chief coroner previously said it was believed Houston ingested cocaine just before her drowning.
 Investigators found "a small spoon with a white crystal like substance in it and a rolled up piece of white paper" in the bathroom where Houston drowned, coroner's investigator Kristy McCracken wrote.
 "Remnants of a white powdery substance" were found on a bathroom counter, McCracken wrote.
 Detectives found a "plethora of medications bottles" in the hotel room, although the coroner concluded the prescription drugs "did not contribute to the death."

Cameron makes 'Titanic' changes in astronomy

Moviegoers who are headed out to see "Titanic's" remastered 3-D release this week will actually see something new: Director James Cameron has swapped out the stars that are seen in a crucial scene in the original 1997 film in order to portray an accurate sky.
 Cameron's re-editing was prompted by astrophysicist Neil deGrasse Tyson, who's also the director of the Rose Center for Earth and Space at New York's American Museum of Natural History.
 Tyson has noted that the stars Kate Winslet's character Rose views as she lies upon a piece of driftwood are inaccurate, a flub he found surprising from a filmmaker known for being an obsessive perfectionist.
 "Neil deGrasse Tyson sent me quite a snarky email saying that, at that time of year, in that position in the Atlantic in 1912, when Rose is lying on the piece of driftwood and staring up at the stars, that is not the star field she would have seen," Cameron told U.K. publication the Telegraph.
 And so, Cameron has edited the scene to portray the star field that would have actually been viewed on at 4:20 a.m. April 15, 1912.

Christopher Mintz-Plasse signs on to CBS pilot

Looks like McLovin needs some new pals.
 Actor Christopher Mintz-Plasse — who played the fake-ID-sporting geek in the 2007 laughfest "Superbad" — has signed on to do a CBS pilot called "Friend Me," according to Deadline.
 If the comedy is picked up it would be Mintz-Plasse's first big TV role: His only other small-screen appearance was a cameo on Starz's "Party Down."
 The actor is expected to play one of two leads on the show, with the other being played by Nicholas Braun, who you may remember from the show "10 Things I Hate About You."
 Mintz and Braun have been cast as 20-something best buds who ditch their hometown of Bloomington, Ind., for the big lights of Los Angeles after being hired by Groupon.
 Mintz and Braun are keeping it in the same broadcast family: they are both currently shooting the comedy "Get A Job" for CBS Films.

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Publication:
 ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.
 Paid subscriptions are

40 cents per copy or \$40, annually, for mailed subscriptions to ISU students, faculty and staff; subscriptions are \$62, annually, for the general public.

The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.

Summer sessions:
 The Iowa State Daily is published as a semiweekly on Tuesdays and Thursdays, except during finals week.

Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.

The Daily is published by the Iowa State Daily Publication Board, Room 108 Hamilton Hall, Ames, Iowa, 50011.

The Publication Board meets at 5 p.m. on the fourth Wednesday of the month during the academic school year in Hamilton Hall.

Postmaster:
 (USPS 796-870)
Send address changes to:
 Iowa State Daily
 Room 108 Hamilton Hall
 Ames, Iowa 50011

PERIODICALS POSTAGE

>>DIET.p1

most people will tell you they feel better and their health is better.”

Alex Kelly, senior in industrial engineering, has followed the paleo diet for over a year. Prior to the diet, Kelly had acid reflux, but after becoming paleo, his acid reflux went away and, Kelly said, feels more energetic.

“I don’t have spikes in energy anymore,” said Kelly. “My energy is even keel throughout the day.”

When living in Chicago, Kelly trained with CrossFit, a gym strongly affiliated with the paleo diet.

“It’s not a diet,” said Morgan Siefert, senior in accounting and trainer at

CrossFit West Ames. “It’s a way to eat.”

Referring to the difficulties of starting the paleo diet Siefert said, “It’s breaking a habit. When you’re used to eating sugar filled stuff, it’s hard to walk away because it tastes good.... Once you start, you kind of detox.”

Stephenson said it is a kind of re-learning; you learn what foods make you feel better, and you don’t eat them. “You retrain your responses to what you register as a good food choice. ... There’s nothing that I secretly crave — I feel great, hardly ever sick, my racing and performance have improved. ... There’s really no downside to it.”

Sally Barclay, clinician for the department of food science and human

nutrition at Iowa State, said she thinks the diet is worrisome.

“My first inclination is here’s another fad diet,” Barclay said. “It has some benefits, but it has potential nutritional inadequacies.”

Barclay said dairy carries important nutrients such as calcium and vitamin D. Although you can find these nutrients in other things, such as calcium in dark green vegetables and vitamin D in fish, mushrooms and sunshine, the question becomes: “Would people do careful planning to make sure they get all this in?”

Another diet concern Barclay has regarding high protein, low carbohydrate diets is ketosis, a state where our

body is running on fat for energy, instead of carbohydrates.

“For the brain to function properly, it needs a minimum of 130 carbohydrates a day,” Barclay said. “The brain prefers glucose, or carbohydrates, for fuel.”

Barclay said it is interesting to see the reappearance of this diet, but she has concerns about its sustainability and long-term health consequences.

“Even if people think it’s a radical diet,” Stephenson said, “it’s time for something radical.”

Stephenson said it is a matter of being open-minded — most people just believe what they are taught instead of questioning. She said she would love to help people interested in the paleo

diet, “It’s so important to me to reach as many people as I can.”

With her book “Paleoista” being released in May, Stephenson hopes to create a female voice in the “paleosphere” and spread more awareness about the diet.

“Collectively, it’s a growing movement. ... More and more people are becoming more familiar and willing to give it a try. All I can do is hope to continue to educate — make little steps,” Stephenson said. Such as “learning about the benefits to eating more vegetables — more little pieces you can add to your diet. ... The little pieces will help more than just looking at the big picture.”

>>STEM.p1

Professoriate [SP@ISU]. The need for the fair became clear in order to reach the goals of SP@ISU.

According to the SP@ISU website, its goal is to “strengthen the professoriate by enabling professional development in the STEM areas while promoting and enhancing a community of scholars and learners.”

In its second year, SP@ISU has sponsored workshops and events in order to help staff in STEM programs work to create “broader impacts” in the STEM fields through funding by a grant from the National Science Foundation.

Much of the focus of SP@ISU and the foundation is to help scientists understand the broader impact of their research on society.

Bonnie Bowen, executive director of the ISU Advance transition team, explained the importance for professors and faculty to do research, but also use science to effect society.

“Showing schoolchildren things related to science; communicating science to others like high school teachers is an example of a broader impact,” Bowen said.

Helping people understand the goals of science is also important. “Things like medicine and biochemistry have implications on us all,” Bowen said.

The fair was also designed to help facilitate faculty in writing grant proposals.

“One thing we have found is that many STEM faculty are not well trained in interacting with programs, and that this is necessary as a part of grant writing,” said Megan Heitmann, program assistant for SP@ISU.

Not all grant writers are members of STEM faculty, but the grants help fund many STEM education and program initiatives.

“We want to help faculty have the tools to be more successful as scientists to have broader impacts on science,” Bowen said.

Several programs in the STEM fields at Iowa State were represented at the fair. The Louis Stokes Alliance for Minority Participation attended the fair, hoping to get faculty in the STEM fields involved.

“Our goal of the fair is to get faculty that will want to take in assistants from some underrepresented minorities into their organizations and corporations,” said Danielle Mitchell, a representative for the Louis Stokes Alliance at Iowa State.

The alliance also works with other area universities and community colleges to enhance minority participation in STEM fields. A presence at the fair was vital to establish more of a presence and increase mentoring programs. ISU Advance, a program focused on increasing the participation and advancement of women in academic sciences and engineering careers, also worked toward integrating programs connected with STEM to reach out to sciences.

After a push by faculty, the fair was designed to help programs like Advance and the Louis Stokes Alliance come together and collaborate with others. Bowen described the event as “one-stop” shopping for faculty to consult and discuss options for collaboration.

“SP@ISU is like an umbrella grant created to enhance communication and help faculty do something to create broader impacts,” Bowen said.

>>RACISM.p1

eral weeks ago. The lead suspect, George Zimmerman, a neighborhood watch volunteer, who has a Caucasian father and Hispanic mother, claims he shot Martin in self-defense.

Among the public outcries for justice, arguments concerning the motives behind this killing continue to develop. Some call it an act of self-defense, while others say it is a prime example of the remaining racism in today’s society.

While Prokos does acknowledge that society has moved forward, she points out that people should be aware that racism is still an underlying issue.

“Obviously, we’ve made progress, but partly because of that progress a lot of the ways that racism

plays out are hidden or difficult for us to see,” Prokos said.

A recent study conducted by the University of Chicago Graduate School of Business and the Massachusetts Institute of Technology provides an example of Prokos’ claim.

The study involved the manipulation of submitted applications in response to want ads. Of those applications, part of them contained applicants with names that stereotypically sound Caucasian, while the other part contained applicants with names that stereotypically sound African-American.

“The resumes were the exact same except for the sound of the name,” said Terry Besser, ISU professor of sociology. “Those with an African-American-sounding name generated a far lower amount of in-

terviews and interest.”

The study reported that applications with the stereotypical white name received 50 percent more responses than the applications with the African-American names.

Sociological studies like these have brought more awareness about how complex the problem of racism is and how difficult it is to find solutions.

“No single step will solve the whole problem [of racism] because it does involve individual change and institutional change,” Prokos said.

There is much disagreement on whether attitudes or behavior must change first, Besser said.

“My belief is that behavior has to change first. If you sit around and wait for attitudes to change, nothing will ever happen,” Besser said.

>>RESEARCH.p1

come. You are the future of our state.”

Elliott Smith, executive director of the Iowa Business Council and the feature speaker for the event, outlined the importance of the research done by undergraduate students.

The Iowa Business Council is comprised of 20 of the largest companies in Iowa, the presidents of the three universities and the Iowa Banker’s Association.

“What you’re doing today, what you’re showcasing, and what your future is aiming for is not only important to the large companies I represent but the small and mid-sized companies of the state,” Smith said. “It took Edison 10,000 tries to create the light bulb, had he given up on the 8,000th try, we’d still be using candles today.”

Brock Pope, senior in genetics, presented his project “Understanding Gene Expression Networks in Mouse Retinal Ganglion Cells.”

“I’m really interested in genetics and biology. I’ve always been interested in doing research, I’ve been do-

ing it for about a year now, and I saw the opportunity to present here, and so I just thought it’d be a good opportunity,” Pope said.

Matt Monaco, senior in hotel, restaurant and institution management, began his research project “Experiences of Students Suffering from Food Allergies with College and University Dining” to help dining services on campus provide a safer dining experience.

“[Food allergies] have increased by about 18 percent in recent years,” Monaco said. “It’s interesting material and something [ISU assistant professor Lakshman] Rajagopal was working on, and so this is just kind of an extension of something he’s already done.”

Each student was very passionate about their work. Sawyer Baker, senior in political science, hosted a political project, titled “Recent Leadership Trends in the Iowa General Assembly: A Gendered Analysis” that received some interesting feedback.

For information on how to submit a research project for next year’s “Research at the Capitol,” contact the University Honors Program.

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Editorial

Ticket sales for athletics lacks rational

Moving in line with the ticketing policies of such big-name men's basketball universities as Kansas and Kansas State, the ISU athletic department will cease offering student season tickets to men's basketball games individually.

Until last week, student season tickets to men's basketball games cost the same as those to football games, \$125. Now, they will be bundled in the All-Sports Package, with tickets to football, men's and women's basketball, wrestling, gymnastics, a Cyclone Alley/SAA membership and a football jersey. Unavailable by themselves, basketball tickets will cost \$249.

Our concern is that such policy is being decided upon without regard for Iowa State students. To fill the student section, the athletic department now plans to sell, along the Kansas-Kansas State model, potentially 150 percent of the seats available: around 3,700 tickets for 2,530 seats, which will be available to students on a first-come, first-served basis. Those who arrive after the section is filled will be turned away.

The rationale for overselling of tickets is that more people who want tickets will be able to buy them, and attendance will increase. In 2011, student tickets for men's basketball sold out in July and average attendance for the student section was only 40 percent of capacity.

The athletic department's interest is in money, not enhancing the student experience. But as part of the university, and since the support of fans is essential to any home-court advantage (here it takes the name "Hilton Magic"), they ought to consider the students who, despite having paid for season tickets to men's basketball games, could be turned away. This dilemma could be compensated for by improving the location of student seating within Hilton Coliseum, or by offering some kind of refund scheme for students who attempted to use their tickets to attend a game but were unable to do so.

ISU athletics, including men's basketball, proved they could be a major draw for crowds this year. After many seasons of less than stellar performance, ISU athletics has begun to achieve more success: Volleyball earned an Elite Eight berth, football team played in the Pinstripe Bowl, and both men's and women's basketball competed in the NCAA tournament. With those results and the improvements of such coaches as Iowa State's very own Fred Hoiberg, a stronger culture of sports is already emerging at Iowa State.

The policies will be implemented, but it is not too late for athletics department administrators to make changes to their plans that will ensure a fairer ticketing program.

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

Environment



Photo: Courtesy of Thinkstock

Iowa's wealth of natural resources are in danger of further neglect after a fund meant for their conservation has been left empty. The state's parks and public areas need more resources to improve after often falling to the bottom in nation-wide rankings of parks and natural resources.

Mandate of green neglect

Natural resource protection finds empty funds from Iowa

Politics is a dirty game, both nationally and locally. In Iowa, last election cycle, a historic campaign was brought upon the state to remove the Supreme Court justices who were up for retention. That campaign was due to the unanimous Varnum v. Brien decision, which granted the right to gay marriage across our great state.

Since then, the word "mandate" has been used a lot by some Republicans in the state, when advocating the removal of the other four justices. It's not just a locally known term, either. Following the Tea Party wave of 2010, the word was used to advocate a multitude of things, from cutting taxes to reducing the deficit and spending.

While voter mandates are an elusive concept to grasp, they do have a political use. They are used for posturing, to attempt to lend credence to a particular stance based on an election result. An incumbent of 30 years losing an election badly could be seen as a mandate. Also, votes on public issues, propositions and amendments can also be viewed as mandates.

In Iowa, we've missed one. In 2010, an amendment was passed to the Iowa Constitution. It passed with 63 percent of the vote. In case that doesn't seem like much, recall the percentages of the following elections: Gov. Terry Brandstad (53 percent) and Sen. Charles Grassley (64 percent) for another term; Supreme Court Justices David Baker (54 percent), Michael Streit (54 percent) and Marsha Ternus (55 percent), for removal.



By Craig Long
 @iowastatedaily.com

The amendment, seemingly the least divisive and most well supported issue on the ballot this side of Chuck Grassley, created a "natural resources fund." It is funded via our state-wide sales tax and goes toward preservation and improvement of our State Parks, as well as soil and water conservation. The program is already making a tremendous difference in the state.

Oh, wait, I made a mistake. The fund has been entirely ineffectual. It has done exactly nothing for the state, our waterways, parks and farmers. That's because it hasn't been funded yet. See, the amendment was written so that a percentage of any sales tax increase goes directly to it, not any money from current sales taxes.

Therein lies the mandate. Where it has been said the removal of the three Supreme Court Justices was a mandate, so the others should resign, this mandate has gone largely unnoticed. It was passed with roughly 9 percent more support than the ouster of the Justices, yet our legislature has done nothing to fund it in the past two years.

We desperately need that funding. According to the Iowa Department of Natural Resources, 53 percent of the waterways in our state rate as poor. We currently rank 47th in

conservation spending by state. We rank next to last in percentage of land available for public use.

We have tremendous natural resources in this state. But you don't have to go far to see the effects of the low funding. For instance, at Ledges State Park in Boone, Iowa, the road into the lower area of the park has been closed for as long as I've been visiting it. Damage from the floods last spring still has not been attended to. It's not the only state park that has gone neglected.

Finally, for this fiscal year (ending June 30) the amount of workers hired has been doubled from what it was the previous year. But that's not enough. Temporary funding in this political climate is not enough to embark on the type of projects needed to preserve and modernize our public areas. It's a short term fix to a long term problem.

It's time, at least in this instance, to stop treating the word "tax" as a dirty word. When I voted for the Amendment, I was under the assumption that a slight tax increase would follow shortly. I'm sure many others did as well.

Nothing is likely to happen this year because of the upcoming elections. Politicians tend to get tax-scared around election time, fearing that they will be voted out. But that doesn't mean that they won't listen. Contact your representatives and tell them what you think. At the very least, if the public shows an interest, perhaps by this time next year, our state will have the funding it deserves.

Craig Long is a senior in political science from Essex, Iowa.

Technology

Lose the ID, pick up your phone

Smartphone app could streamline student purchases

Chances are you own a smartphone. After the purchase, you begin finding apps that you've seen others use or just begin the exploration process. You're addicted to this device because the ways of being connected have truly multiplied. Not only can you make calls and send messages, but you can update your social networks, read the latest news, browse the Internet and use apps that make life streamlined.

We're living in a smartphone world. More importantly, college campuses are heavily consumed with smartphones. The problem lies in that our campus lacks the embracement of being able to use smartphones among our activities within the college ecosystem.

A 2010 study done at Ball State found the following: "The percentage of students with a smartphone rose from 27 percent in February 2009 to 49 percent this year."

I can only suspect that percentage is higher today with the relation of Ball State also being a school in the Midwest.

To embrace the potential that smartphones and accompanying apps hold, the negligence could be because of two reasons. One, we simply don't know the potential,

By Derek Jensen
 @iowastatedaily.com

and two, we lack a system that looks at what current technology could be built into the Iowa State campus ecosystem.

We are a science and technology institution that has many smartphone users not being able to fully use their device along with the many helpful apps out there.

I'm pushing for an ISU campus that is compatible with many popular and useful apps to make our smartphone experience that much better. To start, we begin in the dining services department.

An area of our campus or of any campus with the greatest activity are the dining centers. These are places where many gather and probably use their smartphone the most. Before you can begin to enjoy your food or refreshment, you must purchase the meal, and the technology we have is built into our ID card.

This method certainly works, but I'm arguing that we already have an ID card called our smartphone. Imagine going to the dining center of your choice and just taking out your smartphone that is probably at your hip or even in your hands, then ping a dedi-

Imagine going to the dining center of your choice and just taking out your smartphone, then pinging a dedicated station for the university to record your information.

cated station for the university to record the necessary information.

Now outside of meal plans, many use cash or credit cards to make their purchases. For this, we have services like Dwolla (which is based out of Des Moines) and Square. The full potential here is that you don't worry about carrying any physical cash or even your plastic. It's all on your smartphone ready for you to use with provided capability in the dining centers.

Rather than having all these clunky cash registers, you have devices such as an iPad with the Dwolla or Square app installed along with any in-house app designed to manage the meal-plan users.

This is just the beginning to make our smartphone experience really well-deserved amongst an environment where the greatest activity is taking place. Both students and the university can take advantage of having technology that is capable of satisfying those with a smartphone, which is most likely everyone.

Since there is so much potential in a smartphone to make life much more streamlined and useful, I'd like to see a science and technology institution have a smartphone technology-savvy campus. Certainly our dining centers aren't the only area for the changes that need to be made, but it's a start. Up next are property management and local businesses.

Together, I'd like to see an intelligent environment in Ames and believe it all starts on our beautiful campus. The benefits and costs are there. What is left out are the clunky, old-fashioned ways of doing things such as having to use our university ID.

When most of us have a smartphone, we need our environment to be compatible with the opportunities of the technology inside. Iowa State and Ames can have that environment.

Derek Jensen is a senior communication studies from Pella, Iowa.

Traffic

Ames roads cause unneeded hassle with travel

Here's one you don't hear about everyday: navigating traffic as you drive through Ames. Is it me or has it just been getting worse? It feels like any time I jump in the car, it takes forever to get across town. Maybe the longer you live here, the more you become intent on getting to where you need to be and are less focused on exploring the town but who can know for sure.

The problem with driving in Ames is the lack of direct roads to get to different parts of the city and the number of stops you hit on the way. Take a look at the map, and you can see several points where crucial roads end abruptly or have to go through slower residential districts or just don't exist where you think they would. For example, going from South 16th to University to Mortensen when trying to get across the southern part of town. What about taking State Street north and having get onto Lincoln Way only to jump back onto Hyland to continue your venture northward. Try to get from West Ames to the northern part of town near North Grand Mall or the newer developments. You can either take Ontario and go super slow the whole way or go through campus and go



By Heath Verhasselt
@iowastatedaily.com

super slow the whole way. Did I say that twice?

I understand why things are the way they are: There's several large areas that have developed, and we can't put roads that would typically be there. Campus itself, Iowa State Center and Campustown are examples of places where there might be a four lane road going through with 35 mph speed limits but something like that isn't really feasible (as far as I know).

And so the result is roads that don't connect, you always have to get off to turn another direction and then get on another road usually involving at least two stop signs if not a traffic light. Which of course aren't synced up so you'll end up hitting the next one, and the next one...

Look at a map of Des Moines, need to get somewhere? It's literally a grid and you can get anywhere using the logic behind "city blocks," something we don't seem to have in our town.

Yes I can name a few spots on Des Moines that make little to no sense, but it's not the whole town, so it's a minimal problem there.

And if the stops don't slow you down in Ames, the speed limits will. Just assume it's 30 or, more likely, 25. You'll never hit higher than that, and if you do, you're coming to a stop within a few seconds. I understand that we're a very pedestrian city and need to go slower for safety reasons, but does that have to apply to the whole city?

And just because the speed limits are lower, that won't slow me down. I'll just speed through, no problem, right? Good luck with that.

Some towns implement speed cameras to issue tickets, we don't need those, we have the Ames Police Department. I understand why we have so many police officers, due to the masses of college students who might want to cause trouble on a weekend or the events that bring people to town, but when there's nothing going on, those officers are monitoring traffic, and they do a really good job of it.

Stops, slow speed limits and their enforcement? I'll just idle my way through town and maybe I'll get there eventually.

My issue is a town of 60,000 people shouldn't even have a traffic problems, and a town that has so many events should know it's going to have traffic coming from all directions and should be able to accommodate it. Have you been to Duff on a Saturday? Oh my God. What about Lincoln Way or downtown Ames during "rush hour"? Not impossible, nowhere near the gridlock of larger cities, but still unnecessarily frustrating.

It's almost as if someone once decided that you'll never have anywhere to go, and you'll never have to get there in 10 minutes or less. Part of that probably has some merit, but it's really not that practical.

Solution? Tear up streets and buildings to make direct routes? No practical at all, but what if we at least synced up the traffic lights? If it's going to be 30 mph through town, let's at least not have to stop at every single intersection. What about no left turns on Lincoln Way during rush hour? What if we put in lights at locations like Mortensen and State? Or in front of the Ames Middle School? I'm sure there's long term plans drawn up to have some sort of byway around Duff, or some sort of solution to put a highway around the north side of Ames starting



File photo: Iowa State Daily

Traffic patterns in Ames too often follow random or even non-existent routes, slowing travel around the city.

where Lincoln Way meets US 30, but these ideas are rather far out. Until then, good luck and drive safe.

Heath Verhasselt is a senior in management information systems from Johnston, Iowa.

Student life

What have you made with your adventure at Iowa State?

April has begun, and we only have a month left of classes. Most people cannot wait for the year of rigorous academic studying to be over and for their three month break to begin. Exciting plans for the summer are awaiting everyone. Trips, new jobs, new experiences all lie ahead. Sweltering hot days, tan lines and bonfires are on everyone's mind, and the wait for May 4 is becoming unbearable. Of course we all have Veishea and finals to look forward to, but summer is calling out for us.

For some students, the adventure at Iowa State is coming to an end; for others, the adventure has only just begun. New opportunities wait to be discovered each passing year.

A few weeks ago I had the intention of writing a column about all the things that were wrong with college, but the more I thought about it, the more I could not write it. For me, my adventure at Iowa State has been everything I could have hoped for when I was a senior in high school imagining college, and I can honestly say I am looking forward to every minute of the next two years here.

In my one short year here at Iowa State, I have managed to start a new club, shake hands with nearly every Republican presidential candidate, write for a collegiate paper, make new friends and become a part of a new community.

Of course, there are the typical bumps in the road through college. I have also learned to loathe Blackboard,



By Emma Rinehart
@iowastatedaily.com

found professors with whom I will never take a class from again, and created a collection of parking tickets, but the good outweighs the bad.

Each adventure is different in its own way. Full of learning, and not always academic learning, and full of mistakes, each adventure has taught each of us something new about ourselves, whether it is

the first year of college and we have learned how to live apart from the lives we grew up with or whether it is the end of the ISU adventure and there are new adventures waiting ahead.

As the year draws to a close, I urge everyone to take a step back and look at all the great experiences they have had. The finish line is well within sight now, and as we all stare at it tantalizingly, we must remember to look at the present and see all the great things going on around us.

As we begin to look back and reflect, we may realize our adventures are no longer what we have done but what have

we not done. Nearly any senior will say they have done everything they could have hoped to have accomplished during their time at Iowa State.

Summer brings us a lot to look forward to, but so does the remainder of the year and

the years to come for that matter. Adventures are waiting everywhere, so when you are packing up your dorm room and waiting for the first summer night of freedom, do not forget to look back and reflect on the year. After all, the ad-

venture is short and does not last forever, so relax and enjoy the ride.

Emma Rinehart is a sophomore finance and political science from Spencer, Iowa

Sex, Love and the Modern Family in American Culture

A Psychological Perspective

Doug Haldeman

Doug Haldeman is a counseling psychologist whose work focuses on the LGBT community, including the harmful psychological effects of conversion therapy and societal homophobia. He is the author of numerous scholarly publications, including "Changing Sexual Orientation: From Fiction to Fact," a work that offers guidance for practitioners working with individuals questioning their sexual orientation. An active member of the American Psychological Association, Haldeman is recognized within his profession for helping mental health professionals and the general public better understand the cultural needs of LGBT people. He earned his PhD from the University of Washington and has a private practice in Seattle.

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OUTLAWS

THURSDAY Mug Night

\$3 Draws & \$5 Wells
in 32 oz Mugs (10-Close)

FRIDAY

\$3 You Call It
\$2 Wells
\$1 Draws (til 10pm)

WEDNESDAY

\$1 Whiskey Drinks &
\$1 Busch Light Draws
Karaoke (till Midnight)

SATURDAY

2fer's on Wells &
Draws (till 10pm)

Paddy's

Irish Pub

TUESDAY

Karaoke & 2fer on All
Bottles, Draws & Wells

WEDNESDAY

St. Practice Day
\$3 Car Bombs
\$2 Irish Drinks & Shots
\$1 Can Beers

THURSDAY MUG NIGHT

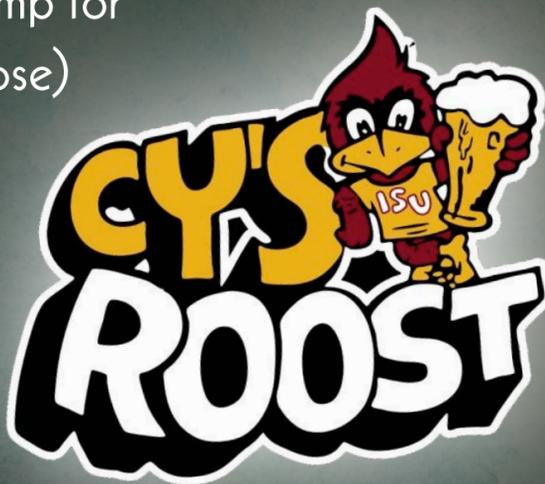
\$3 Draws & \$5 Wells

FRIDAY F.A.C.

50¢ Draws & \$2 Wells (4-8pm)
Come in before 6pm & get a stamp for
\$1 Draws & \$3 Bombs (11pm-Close)
Wheel of Deals (8-11pm)

SATURDAY

2fer's from 8-11pm



TUESDAY Military Night

\$1 Draws of Bud/Bud Light
\$5 Pitchers of Bud/Bud Light
\$1 Bottles w/ Koozie

WEDNESDAY

BEER PONG TOURNAMENT
\$250 GRAND PRIZE

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NOW O...
New Sp...
New Emp...

Birthday THURSDAY

If it's your birthday week...
bring 5 friends &
GET 21 MUGS FOR \$21!
\$3 Jacks & Captains

FRIDAY F.A.C.

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\$5 Pitchers (4 to 8pm)
Free Papa John's Pizza
(6 to 8pm)
2fer's on Wells & Draws
(8 to 10pm)

\$2 Wells
\$2.50 Bud/Bud Light &
other domestic bottles
\$5 Pitchers (till Midnight)
\$1 Draws of Bud/Bud Light
\$1 Dirty Shirley's with
Beer Pong wristbands
(from 8-Midnight)

SATURDAY

\$5 Pitchers 8pm-11pm
\$1 Captains 8pm-11pm
\$1 Dirty Shirley's 8pm-11pm



WEDNESDAY Bacardi Party

75¢ Bacardi Drinks (from 8-10pm)
\$1.50 Bacardi Drinks (from 10-Midnight)
\$3 Bacardi Bombs (till Midnight)

THURSDAY Greek Night

\$2 Speciality Bombs w/ wristband
\$2 off Mugs till 10pm
\$1 off Mugs till Midnight

FRIDAY

\$3 Bombs
\$2 Wells
\$1 Draws (till 10:30pm)



Birthday SATURDAY

\$3 Pitchers for birthday groups
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SOFTBALL HITS ON A WINNING NOTE

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NCAA:



HOWARD UNIVERSITY

Howard U. faces rule violations allegations

WASHINGTON — Howard University says it has prevented some of its athletes from competing while the school investigates possibility of violations of the NCAA's rules.

A statement released Wednesday by university spokesperson Kerry-Ann Hamilton says most of Howard's teams "will compete as scheduled."

But the school says "a number of student-athletes" were "temporarily withheld" as a "self-imposed action" during the investigation.

The statement didn't say which sports were affected.

NCAA spokesman Erik Christenson declined a request for comment, referring questions to Howard.

The Associated Press

MLB:



The Associated Press

Chicago may be willing to help with Wrigley

CHICAGO — The Chicago Cubs, one of the most popular and lucrative sports franchises in the United States despite their unmatched record of failure, may be getting financial help to renovate historic Wrigley Field from its cash-strapped city.

As the Cubs take the field this week for what may be the 104th straight season without a World Series championship, Mayor Rahm Emanuel has triggered speculation — and raised some eyebrows — by confirming that city officials and the Cub-owning Ricketts family are in the "final stages" of talks on a renovation plan for the 98-year-old ballpark that could include public help.

Neither Emanuel nor anyone else is talking specifics.

Given the economic climate, the last thing public officials want to start throwing around is any hint that taxpayers struggling to pay their bills might be asked to help a business that attracts more fans than all but a handful of teams.

The Associated Press

SPORTS JARGON:

Tempo Run

SPORT:

Running

DEFINITION:

These runs are designed to help runners deal with the accumulation of blood lactate when they run.

USE:

ISU runner Erin Valenti practices tempo runs to help her deal with the amount of blood lactate when she races.



Illustration: Ryan Francois/Iowa State Daily

Big 12 drops, adds schools

Editor's note:

Editor's Note: This is the first part of an eight-part series on how Big 12 realignment affects non-revenue sports at Iowa State. Part 1 focuses on the men's and women's track and field and cross-country teams. Part 2, on softball, will publish Friday.

By Stephen Koenigsfeld and Dylan Montz

@iowastatedaily.com

The 2010-11 athletic season was the last time the Big 12 was actually that: 12 individual teams divided into two divisions competing for one conference title.

That was then.

Departure of Nebraska and Colorado

The rivalries between Nebraska and Colorado were soon to be forgotten as the two schools parted ways to other conferences. And the departure of the two schools not only had a lasting effect on the football and basketball programs, but the track program at Iowa State as well.

"I'm probably a little bit of a traditionalist ... in the sense that, being an athlete here and being here as the Big Eight, to have two schools that were in the Big Eight leave, it's like anything else: It's disappointing," said ISU coach Corey Ihmels.

Ihmels said having two schools leave, which were there since the beginning, was hard to imagine. However, he agreed with the schools' decision to leave based on what was best for their future.

"I was not unlike others who were here at Iowa State and was just concerned about what the future was go-

ing to be for us and what was going to happen to the Big 12," Ihmels said. Talk of the Big 12 collapsing started brewing in the media as rumors began about where schools would end up. This caught ISU senior sprinter Ian Warner's attention.

"But then when they were talking about the Big 12 folding up, and we were the only school that didn't have a place to go, then I thought that that [was unfair]," Warner said. "We went from being one of the best track conferences to just our whole conference [dismantling]."

The withdrawal of two more schools left the Big 12 with only eight teams for the first time since 1996, its last year as the Big Eight.

Texas A&M, which will be leaving for the Southeastern Conference, has been the team to beat in the Big 12. The men and women both have won the national title the past three straight years.

Missouri, Texas A&M leave

The Big 12 had been reduced down to 10 teams for the 2011-12 athletic season. With conference realignment being "all the rage" during the past three years, the Big 12 found itself saying goodbye to Missouri and Texas A&M at the end of the year.

The withdrawal of two more schools left the Big 12 with only eight teams for the first time since 1996, its last year as the Big Eight.

Texas A&M, which will be leaving for the Southeastern Conference, has been the team to beat in the Big 12. The men and women both have won the national title the past three straight years.

"Texas A&M is a great track program," said Calli Sanders, senior associate athletic director in sports administration. "But, West Virginia and TCU have similar strengths and I don't think it's better or worse, I just think it's different, and I think it just depends on the sport."

In the grand scheme of things, athletes and coaches alike want what is best for their team and what is best for the conference. Coaches found it hard to agree with so many departures, such as Texas A&M, in the track aspect.

"What makes our conference so good is Texas A&M winning the national championship the last three years," Warner said. "They're the best track program so to lose them... Plus Missouri is another solid program, so to lose those two and Nebraska and Colorado, then it started to hit hard."

Big 12 welcomes TCU, West Virginia

With the arrival of Texas Christian University and West Virginia, the Big 12 is able to remain at 10 teams in the conference for the 2012-13 athletic season.

"The Big 12 Championship is going to look a little bit different and that's really the significant measuring stick against their peers is at that championship," Sanders said.

As coaches and athletes talked about, the addition of new schools is an interesting and exciting ordeal to go through. In the months and years to come, the Big 12 will see new challenges from the Horned Frogs and the Mountaineers on the track.

TCU track coach Darryl Anderson said he has prepared his athletes for the competition awaiting his team.

"We're looking forward to what-

Big 12 membership:

Arrivals:

Texas Christian University, West Virginia

Departures:

Missouri, Texas A&M

Past Conference Championships

Track and Cross-country combined)

Departing schools:

Missouri — Men's: 0 Women's: 0

Texas A&M — Men's: 3 Women's: 9

2012-13 Members:

TCU (Mountain West) — Men's: 0 Women's: 0

West Virginia (Big East) — Men's: 0 Women's: 0

Iowa State — Men's: 0 Women's: 0

Baylor — Men's: 0 Women's: 0

Kansas — Men's: 0 Women's: 0

Kansas State — Men's: 0 Women's: 3

Oklahoma — Men's: 2 Women's: 0

Oklahoma State — Men's: 3 Women's: 0

Texas — Men's: 0 Women's: 0

Texas Tech — Men's: 9 Women's: 11

ever challenges are ahead of us as we move into the Big 12," Anderson said. "It's a very competitive conference."

Michael Fragale, assistant athletic director of communications at West Virginia, said going to the Big 12 will require the teams at West Virginia to become more competitive.

"We're going to have to kick it up a notch," Fragale said. "We certainly

BIG 12.p9 >>

Men's track and field

Hrezi makes Iowa State home

By Dylan Montz

@iowastatedaily.com

Some things are just meant to be.

That is how junior distance runner Mohamed Hrezi said he felt about the journey he has been on that has now brought him to Iowa State and the Cyclone track and field program.

Hrezi has spent time with three different university track programs: Central Connecticut State University, the University of Texas-Austin and, of course, Iowa State.

Hrezi said that the road to Iowa State has been a long one.

"I was at Central Connecticut State University for two years," Hrezi said. "Initially when I went there and then they changed the coaching staff so I had a coach my freshman year, and that went pretty well, but then he was fired, and then there was another coach who took over."

Hrezi said that his new training was "weird" for him because his new coach was coaching him with the



Photo: Huiling Wu/Iowa State Daily

Mohamed Hrezi, junior in accounting, will be redshirting the 2012 outdoor season in order for him to increase his everyday training.

mindset Hrezi would be a 10,000-meter runner, which Hrezi knew was not his strength and how he could be

best utilized.

After not performing at his best during the outdoor season his sophomore year,

Hrezi informed his coach at Central Connecticut State that he would be transferring. Hrezi then committed to the Texas Longhorns.

"So then I moved down [to Austin] and everything and I met the coach down there," Hrezi said. "He told me that he would train me for one semester before I go to school because for one semester; I was just going to work on my residency down there."

After training for awhile, Hrezi said that everything was going well on the track and field side of things, but he had hit a bump on the academic side.

"I found out that the accounting program wasn't accepting me right away," Hrezi said. "So I talked to my dad and [he] said that school is more important than running right now and I need to graduate on time."

Hrezi once again packed his bags and headed home to Connecticut. While at home, ISU assistant coach Travis Hartke was at Hrezi's house recruiting Hrezi's younger brother to run at Iowa State.

Hartke said that he had

no idea about Mohamed until he stepped into the Hrezi living room and that it was one of those things that just worked out surprisingly well.

"Sometimes you get lucky," Hartke said of Hrezi's recruitment. "You've got to be looking at the right spots. It's hard to get Connecticut people here and you've got to be looking at the right spots and you've got to be at the right place at the right time."

After watching tape of Hrezi run, Hartke encouraged him to schedule a visit to Iowa State, which Hrezi agreed to do.

"I came [to Iowa State] and my first day here, I called my dad and I said, 'Dad, I'm going to Iowa State. I love it here,'" said Hrezi. "The team was awesome, the campus was awesome, and the coaches were awesome."

The next weekend, Hrezi filled out scholarship papers and officially became a student-athlete at Iowa State.

After competing in this past indoor season, Hrezi will now redshirt the outdoor season in hopes of get-

HREZI.p9 >>

Women's track and field

Illness, injuries affect Stack on and off the field

Preparation begins for outdoors season

By Stephen Koenigsfeld
@iowastatedaily.com

Stride, struggle and recover. Stride, struggle and recover.

Through injury and illness, junior distance runner Dani Stack has overcome pain and ailment while fighting to keep running this season.

From day one of the indoor season, Stack said she had goals of what she wanted to accomplish. This was before her hindering injury and sickness.

"Going into it, I just wanted to be competitive and wanted to qualify for nationals in the 5,000-meters and the 3,000-meters," Stack said.

Before the setbacks

Her goals were simple. Stack said she just wanted to get her feet wet, hit personal records, become an All-American in the 5K and 3K and qualify for nationals in those events.

And she was able to accomplish most of those goals.

Stack ran through the indoor season, despite being under the weather, and qualified for nationals in the 3K.

However, coach Corey Ihmels saw something was askew with Stack as she approached the indoor season.

"We kind of got a slow start to get going in December and January," Ihmels said. "We were a little behind the eight ball when school started, but things started to click a little bit."

Ihmels thought things might have clicked a little too fast.

One of Stack's goals was to run a personal record. And in just the second meet into the indoor season, Stack did just that by running a 9:08.00 in the 3K.

"It was a tremendous start to show her fitness level was really high," Ihmels said. "But in hindsight, we may have been better off maybe not having such a performance right



Photo: Huiling Wu/Iowa State Daily
Dani Stack, senior in dietetics, has been battling injuries all throughout the fall season but is now recovering and focusing on outdoor training.

away because things kind of went bad from there."

As the saying goes, "Hindsight is always 20/20," and soon after Stack's personal best, illness struck home.

From illness to injury

"It started with a cold, which I probably should've taken a day off and been smart about it," Stack said. "But

I ran all week, ran maximum mileage, and felt terrible every single day."

That was just the sickness. "So then I started compensating a lot," Stack said. "And I've been having plantar fasciitis issues on my right planter, so that flared up."

Due to the plantar fasciitis in her right foot, Stack was unable to keep a natural form, causing her to run unevenly. This, in turn, caused knee

pain. One day, it got to the point where she had finally had enough.

"Things got worse and worse on every run," Stack said. "I lost my sense of urgency."

Not only did the obstacle of injury affect Stack on the track, but it played a key role with her life off the asphalt as well.

"Pretty much everything got affected," Stack said. "This semester has not been [reflective of] who I am as a student. I really identify as a runner."

Identifying as a runner turned out to be a blessing and a curse.

"Things got worse and worse on every run. I lost my sense of urgency."
Dani Stack

Because of her commitment, Stack said, when she noticed her running was headed downhill, as was her schooling, training and personal relationships.

Stack talked about the importance of relationships with her teammates and how the injury and illness took those away from the people around her.

"My relationships obviously were affected, just because everyone else was running really well," Stack said.

Teammate Meaghan Nelson has been with Stack throughout college. As her roommate and teammate, she was able to provide comfort when it was needed.

"[I just] reassured her that it's going to get better and just focus on the outdoors," Nelson said. "That's what we work for as a team anyways — the outdoor season. So I told her to just focus on that and get things together."

But it hasn't been all doom and gloom for Stack. At the end of the indoor season, things seemed to be turning around, health- and

competition-wise.

"It was kind of a refocus plan," Stack said. "I just took it day-to-day and tried to focus one day at a time."

Through diligent training, a recovery process set by Ihmels and the will to continue striving, Stack has made progress with her injury to become healthy for the outdoor season.

"We had to recharge the batteries and take some time off," Ihmels said. "And the way we do it from the beginning, you're not that far away from where you [started]."

Although she will not compete until mid-season, the preparation for Stack's outdoor season has already started.

"I think we're on track, and she's going to have a good year," Ihmels said. "It's just not how we wanted it to go. But sometimes you've got to change midstream."

Stack's indoor season was not ideal, but she said what happened will only better her for the future.

"It's going to affect [me] for the better," Stack said. "We still have very high expectations for the year, including trying to qualify for the [Olympic] trials."

Stack said she's taking a whole new perspective on her running and the outdoor season.

"I'm approaching this season a lot more realistically now," Stack said. "And honestly, I re-framed the way I think about running and taking it as it comes."

As far as the outdoor season is concerned, Stack, Ihmels and the rest of the Cyclones are ready for whatever comes their way. Preparation for the first few outdoor events has begun and confidence is high.

"I think she'll be able to accomplish the goals that she set," Nelson said. "She's going to run a 10K in a couple of weeks, and I think she'll do just as well in that, especially after having that recovery time."

At the end of the day, Stack said she's just worried about having fun and getting familiar with the track again.

Football

Lineman Hicks striving for versatility training for NFL draft

Hicks wants to have 'all the positions down'

By Dan Tracy
@iowastatedaily.com

With 24 starts at right guard on his college football resumé, former ISU offensive lineman Hayworth Hicks is preparing to slide one spot to his left as he readies for an opportunity to play in the NFL.

Hicks, who received the Arthur Floyd Scott Award as Iowa State's most outstanding offensive lineman in 2011, hopes that by learning the center position that he can showcase to NFL teams his versatility as an offensive lineman.

"It's really more about being versatile; I just want to have all the positions down," Hicks said. "I'll play anything. I can play all the positions but I want to have all the positions down so [coaches] will have no reason not to want to put me



File Photo: Kendra Plathe/Iowa State Daily
Former ISU offensive tackle Kelechi Osemele, left, and right guard Hayworth Hicks, bottom, run drills for NFL recruits during the Cyclone Football Pro Day on March 20, at the Bergstrom Indoor Practice Facility.

in." Hicks, who measured in at 6-foot-2-inches, 329 pounds at ISU's pro day on March 20, said, although he's never played the position in high school or college, he feels snapping and blocking after the snap seem to be "natural."

"I think I can play center at the next level," Hicks said. "I mean it's easy, it's not a hard position to play so if I find myself there on the line, I think I'll be fine."

In addition to showcasing his snapping ability, Hicks went through a gamut of tests

"I can play all the positions, but I want to have all the positions down so [coaches] will have no reason not to want to put me in."
Hayworth Hicks

at Iowa State's pro day including the bench press (35 repetitions at 225 lbs.) 40-yard dash (5.35 seconds) and vertical jump (23.5 inches). The vertical jump height was the only test that Hicks did not set a personal record in.

"They really didn't give me any complaints about anything," Hicks said of his conversations with NFL personnel at the pro day. "They just said to be ready, be ready for when camp comes around."

Hicks, a second-team All-Big 12 selection in 2011, said that his agent, Brian Hamilton of Plan B Sports Management, has heard from both the San Diego Chargers and San Francisco 49ers. Hicks also said that he himself had good conversations with personnel

from the Cincinnati Bengals and Indianapolis Colts at ISU's pro day. Hicks, a Palmdale, Calif. native, said he likes the prospect of returning to

California for a chance in pre-season camp with either the Chargers or 49ers.

"It could possibly happen because you never know what anybody wants," Hicks said of getting drafted. "If it happens, it happens; if it doesn't, it doesn't. I'm not going to sweat it; I'm going to get mine."

The NFL Draft begins with the first round selections on April 26.

>>BIG 12.p8

are aware of how good the Big 12 is in all of its sports."

Changes in recruitment

An instrumental part of collegiate sports is how a team goes about recruiting athletes. With conference realignment underway, West Virginia and TCU will now be looking farther west for recruits.

"Moving to the Big 12 enhances our recruiting efforts," said TCU athletic director Chris Del Conte. "But we've always had a lot to offer prospective student-athletes when it

comes to TCU and the city of Fort Worth, Texas."

Like Del Conte and the Horned Frogs, Fragale said the Mountaineers are going to continue recruiting where they know they can get recruits, but they also plan expand a little.

"There's no question, the recruiting is going to have to expand," Fragale said. "And with that [expansion], it's going to bring about more of a cost."

As far as a connection to Iowa State goes, Ihmels said it has always been tough recruiting in the Midwest. He said recruits do not know as much about the Big 12 as they do about other conferences.

"You're kind of in the middle of Big 10 land," Ihmels said. "You talk to people from Chicago and they grow up in the Big 10, so it's kind of tough to recruit those areas. They don't grow up with [the Big 12]."

At the end of the day, it can be argued the realignment of conferences is about two things: football and money.

But looking at the bigger picture, track and field is just one of the smaller sports that are equally affected by the readjustment of the Big 12.

It's going to take time to get used to; it's all part of the race.

>>HREZI.p8

ting a strong training schedule that works for him and building his strength for the future.

He will have one full year of eligibility plus one year of cross-country and outdoor track.

Hartke said that

Hrezi has done a very nice job in training and competition since coming to Iowa State and expects him to do very well once he develops consistency with one program.

"He's a guy that came in and transitioned really well," Hartke said. "He fol-

lows along, believes what you tell him and doesn't question anything.

"His transition was pretty good, and that's why he had a good indoor season too."

Hrezi said he has felt very comfortable at Iowa State and that it just feels like home

here and is a better fit for him than his two previous schools.

He said he only finds one thing strange living in Iowa as opposed to Connecticut.

"The only weird thing here is that you guys say pop instead of soda," Hrezi laughed.

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EVENTS Calendar

Thursday



"Young Adult"

- Where: Carver 101
- When: 7 and 10 p.m.
- Cost: Free

* Showings continue on Friday, Saturday and Sunday

Friday

Nrityagram Dance Workshop

- Where: 196 Forker
- When: 1 p.m.
- Cost: Free

Saturday

Dance Social

- Where: Sun Room, South Ballroom, Memorial Union
- When: 6 p.m.
- Cost: Free

Sunday

Argentine Tango Practica

- Where: The Workspace
- When: 4 p.m.
- Cost: \$30 students, \$40 general

Monday



TOMS Documentary: For Tomorrow

- Where: Memorial Union
- When: 6 p.m.
- Cost: Free

The Lumineers

- Where: Maintenance Shop
- When: 8 p.m.
- Cost: \$6 students, \$8 general + \$2 day-of-show

Tuesday



Good Old War with The Bell Brigade

- Where: Maintenance Shop
- When: 8 p.m.
- Cost: \$15 students, \$18 general + \$2 day-of-show

Wednesday



Cyclone Idol Preliminaries

- Where: Maintenance Shop
- When: 5 p.m.
- Cost: Free

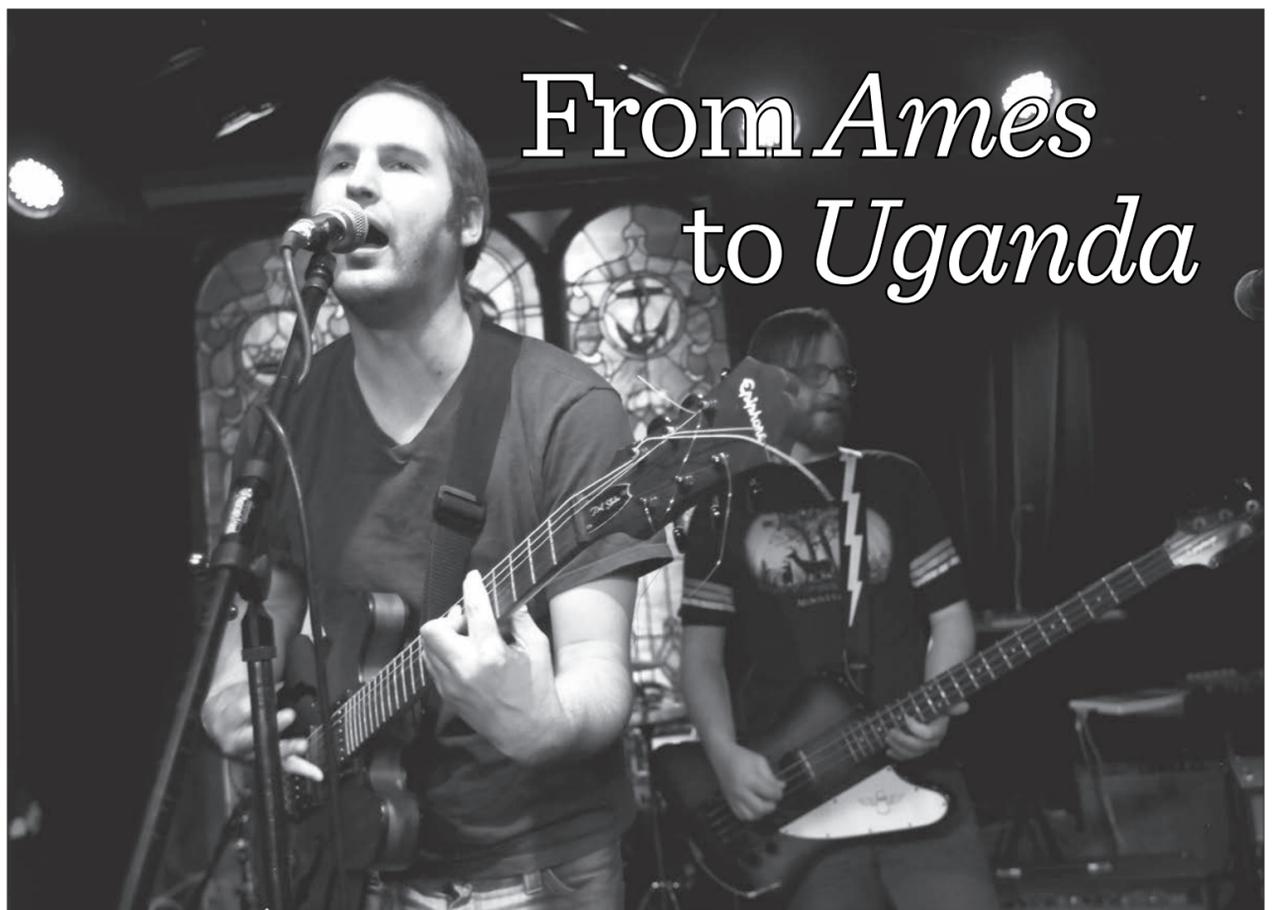
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courtesy of Ames247.com

Music

- The Lumineers' self-titled album

Local music



From Ames to Uganda

File photo: Rebekka Brown/Iowa State Daily

Campbell DeSousa, guitarist, and Jordan Mayland, bassist, perform with Nuclear Rodeo during the Ames Winter Classic on Jan. 20 at the Maintenance Shop. The band and other local artists will perform at the Ames High School gym Saturday, fundraising efforts to build a clean water well in Uganda.

Concert benefits clean water efforts abroad

By Vincent Geerts
Ames247 writer

Fifteen bands will perform Saturday during Aquapalooza, a benefit concert for local 501(c)3 non-profit organization Clean Water Movement. All proceeds from the concert will help the movement build a well for a village in Uganda.

Touring bands like the Poison Control Center, Mumford's, Christopher the Conquered, The River Monks and more have volunteered their musical talents, as well as five Ames High School bands.

Clean Water movement founder and ISU graduate Dustin Brooks said the organization has already completed eight well projects in Bolivia. The construction of a well in Uganda is bigger and more expensive, but he said it would also bring water to many more people.

"I started [the movement] because I wanted to fund-raise differently, and the way that we fund projects is different from other organizations," Brooks said. "I would love to see more people use



Photo courtesy of Dustin Brooks/Clean Water Movement

Village girls in Bolivia enjoy pumping water after members of the Clean Water Movement funded and organized a project to bring clean water to those in need around the globe. The Ames High School Honor Society organized Aquapalooza, a concert fundraiser, that will place local favorites on stage in the school's gymnasium to raise money to build a well in Busalamu, Uganda.

their own initiative and ideas to put on cool events like this."

When writing a profile about the movement for the Ames Tribune last year, Ames High School student Ezgi Ustundag interviewed fellow student Vince Greenwald. Greenwald joined the organization six months ago, and now acts as its events director.

"I felt called to the cause,"

he said. "I started thinking of a project of my own, and started getting other people and all my friends involved."

Ustundag was among Greenwald's friends. It was Ustundag who began contacting local artists, asking for their support in a benefit.

"I wasn't expecting almost everyone to be on board for an unpaid gig for an up

>>UGANDA.p11

Concert

When: Saturday, doors open at 1:30 p.m.

What: Aquapalooza: benefit for Clean Water Movement

Where: Ames High School

Cost: \$10

Band Line-up

Stranger Than Fiction

1:45 to 2:05 p.m.

Trigger-Fish

2:05 to 2:25 p.m.

Jaw Harp Potential

2:25 to 2:50 p.m.

Kick Like a Lion

2:50 to 3:10 p.m.

Lesbian Poetry

3:10 to 3:35 p.m.

Super Robot Baby

3:35 to 3:55 p.m.

Nuclear Rodeo

4:10 to 4:30 p.m.

Rebel Creek

4:45 to 5:10 p.m.

Christopher the Conquered

5:25 to 5:55 p.m.

Utopia Park

6:10 to 6:40 p.m.

Strong Like Bear

6:55 to 7:25 p.m.

Mumford's

7:40 to 8:20 p.m.

The River Monks

8:30 to 9 p.m.

UUVVVVVZ

9:15 to 9:45 p.m.

The Poison Control Center

10 to 10:45 p.m.

Dance

Dub-H gets down at hip hop show

By Michael Still
Ames247 writer

Booming hip hop music will be heard coming from Stephens Auditorium this weekend.

On Saturday, Iowa State's hip hop dance club, Dub-H, will perform their spring semester show entitled "The Encore" at Stephens Auditorium.

Dub-H was founded in 2001 by Carin Skowronsky, an ISU student who was trying to find a way students of all skill levels could get together to learn and perform hip hop dances.

Originally, Dub-H started with only 30 members, but over the past 10 years, the organization has become increasingly popular, and now more than 400 people are involved in the group.

Kaitlyn Fish, president of Dub-H, has a lot on her plate when it comes time to planning the performances.

"I have to hold the meetings with the cabinet members, and I help plan where we are going to have our shows each semester, so I do a lot of communication with the administration here," said Fish, senior in elementary education. "I also do a lot of paperwork, filling out and signing forms, and things like that."

"The Encore" is the follow up to their 10th anniversary show this past

Events

When: 6:30 p.m. Saturday

What: Dub-H presents "The Encore."

Where: Stephens Auditorium

fall, which featured a wide variety of dances, and a performance by La.M. mE, the winners of America's Best Dance Crew season six.

Although there will be no celebrity dance groups making an appearance at the show this semester, there will be plenty of ISU student talent on the stage.

Leah Mills, junior in anthropology, is a choreographer and dancer for Dub-H, and she said she is confident in the show because of how hard everyone has been working to get ready.

"I have an all girls routine that I am super, super pumped about for the show," Mills said.

"I have about 60 girls in it, and every single one of them loves to come to practice. They've sweat their butts off for me, and the dance looks really clean."



Photo: Emily Harmon/Iowa State Daily

Forker Hall pulses with hip-hop Monday during Dub H practice. Dub H will perform "The Encore" at Stevens Auditorium this Saturday.

One of the dancers who has been working hard on learning her dances for the show is Lauren Morgan, freshman in performing arts.

She is in three dances for "The Encore", and she gives up most of her free time to rehearsing.

Morgan said she loves the people just as much as she loves learning the dances.

"It's like a family at Dub-H," Morgan said. "If I ever come to practice in a bad mood, someone will

always cheer me up. Everyone genuinely cares for everyone, and it's really nice."

Fish said that since January, the dancers and choreographers have been working hard to pack this show full of energy.

"All the dances in the show have great concepts, great choreography and awesome dancers. There is something for everyone," Fish said.

"Audiences should just expect to come and have a lot of fun."

cyclone spotlight



Brad Pettijohn

By Olivia Gard
Ames247 Writer

Brad Pettijohn, sophomore in materials engineering, plays several instruments including saxophone and flute in the jazz ensembles at Iowa State. Like many ISU musicians, Pettijohn remains involved in the music department without being a music major. From this perspective, he shared his experience so far and what he hopes to accomplish in the future.

Q: How did you first become interested in playing jazz music?

A: You can go all the way back to childhood. My dad listens to jazz, some kind of weird jazz, actually, and from an early age I've always been interested in being like, "Hey, why can't I do that?" The first opportunity I ever had to play jazz came junior year in high school. In high school, the big band had started performing in pit orchestras that had jazz-type themes. From there, it just kind of grew.

Q: What role has jazz music played in your music experience at Iowa State?

Know a student who would make an interesting profile? Let us know at ames247@iowastatedaily.com



Interview: For more of Brad's interview, including video and photos, visit ames247.com

Jazz

Playing for harmony

Combos concert invites collaboration

By Olivia Gard
Ames247 writer

Players in ISU Jazz Combos receive a specific assignment from director Michael Giles for each concert performance. For example, Combos performed music by iconic jazz musician Miles Davis in one concert this year and featured compositions from various decades in another.

Wednesday's concert stands out not only because of its assignment but also because of what it symbolizes in the group: Three graduating seniors will perform in Jazz Combos for their very last time. The closure is "bittersweet," said Rachel Petsche, bassist and senior in music.

In Jazz Combos, students are divided into two smaller combo bands. Within these groups, players are guided by Giles in class and attend practices on their own time. As opposed to "big band" ensembles, the combos allow for more musical independence, said Brad Pettijohn, saxophone player and sophomore in materials engineering.

"In combos, you still need to play as an ensemble but there's more room for individuality and uniqueness, and you can do your own thing," Pettijohn said.

The players are expected to memorize music and practice active improvisation, Giles said. They must also communicate non-verbally on the spot to fix mistakes.

On Wednesday, each combo will play four to five songs, one of which is required to be a pop song with a vocalist. This assignment forces players to solve the "logistical puzzle" of arranging limited practice time with the singer, Giles said, as well as to learn the skill of working with vocalists who may need the music a certain way.

"Working with the singer helps gain awareness. That's one of the biggest skills I've gained from combo, is the ability to communicate without talking," Pettijohn said.

One combo has taken these non-verbal cues to the next level by establishing hand signals for use when they will



Photo: David Derong/Iowa State Daily

Brendan Cunningham, sophomore in aerospace engineering, plays piano along with the rest of the ISU Jazz Combos band during rehearsal Monday in Music Hall.

Events

When: Wednesday April 11 at 5:30 p.m.

What: ISU Jazz Combos concert.

Where: Martha-Ellen Tye Recital Hall.

Where: \$2 students, \$4 adults.

play "The Dry Cleaner from Des Moines" at the concert. The singer for the song, Alex Brosseau, senior in music, will indicate discreetly with his hands when he wants background music or instrumental solos played.

Each combo will also play one piece arranged by Giles as well as two selections from "The Real Book," a musical text which contains "mostly standard [jazz compositions]," Giles said.

The other pop vocal songs to be featured Wednesday will be "Falling in Love in a Coffee Shop," with singer Nick Prenger, senior in music, and "Forget You," with singer Justin Moser, freshman in chemical engineering.

Concert performances are one way Jazz Combos intend to give players skills for the future, but the combos also occasionally play at outside events around campus and the community.

Petsche said these extra gigs give the players more experience with what profes-



Photo: David Derong/Iowa State Daily

Erin Radach, right, senior in German, improvises a jazz solo on clarinet during rehearsal with the ISU Jazz Combos on Monday in Music Hall for a concert on Wednesday.

sional jazz musicians really take on.

She added the combos could grow if given more opportunities like these to showcase their versatility and "make a bigger impact on the whole community."

"It'd be nice to be a really prominent group on campus," Petsche said. "I hope that the future of the combos is bright, and in a couple years I'll come back and see them be a really big thing."



Photo courtesy of Dustin Brooks/Clean Water Movement
Villagers in Bolivia enjoy pumping water after members of the Clean Water Movement funded and organized a project to bring clean water to those in need around the globe.

>>UGANDA.p10

and coming organization," she said. "I thought it would be a small event, maybe a few hours long at The Space [for Ames]."

Instead, the Ames High School gymnasium will be filled with music and more from early afternoon until late evening. Greenwald worked with local business sponsors to provide concessions during the event, and Ustundag said there would be a photo booth and a Clean Water Movement information booth as well.

Patrick Tape Fleming, of the Poison Control Center,

was happy to get the band together for the show. He said Ustundag and Greenwald were "kindred spirits," who remind him of his own youth.

"When I was 17, tornados ripped through my hometown, and I was inspired to put on a festival called BorderFest," he said. "It's great to put on a show for a cause; you can raise money because people love music so much."

The students hope to raise \$5,000 to 6,000 through Aquapalooza, selling \$10 wristbands for the all-day show at the door. Concert attendees may enter and exit as they wish.

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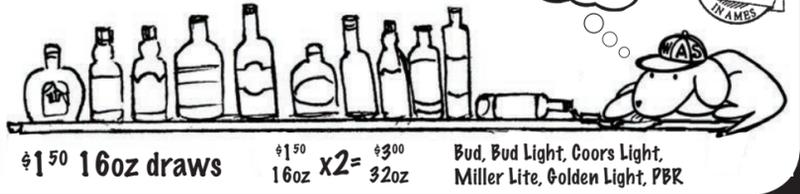



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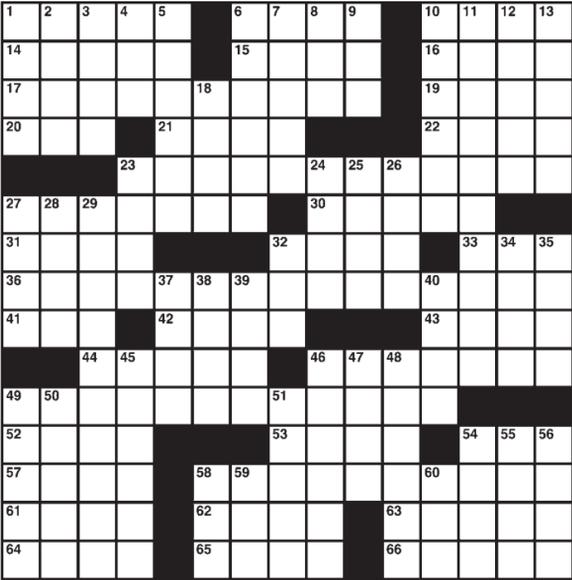
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\$1.50 16oz draws
 \$1.50 16oz x2 = \$3.00 32oz
 Bud, Bud Light, Coors Light, Miller Lite, Golden Light, PBR

Crossword



- Across**
- 1 Pig ___
 - 6 Out of the cooler?
 - 10 Street prettifiers
 - 14 Kicking partner
 - 15 Maker of Old World Style sauces
 - 16 Wet bar
 - 17 One concerned with Times changes
 - 19 Senate wrap
 - 20 "Roundabout" band
 - 21 Country club costs
 - 22 Related
 - 23 Offensive blueprint?
 - 27 Diamond
 - 30 Disney girl with a seashell bikini top
 - 31 Dieter's catchword
 - 32 Stomach discomfort
 - 33 Little devil
 - 36 Beetle Bailey's boss
 - 41 Navy VIP
 - 42 Wall St. deals
 - 43 Vintner's prefix
 - 44 British Petroleum took majority ownership of it in 1978
 - 46 Answers the call
 - 49 Tonality indicator
 - 52 Condé __: Vogue publisher
 - 53 Carvey of "SNL"
 - 54 URL-ending letters
 - 57 Rock ending
 - 58 Tournament that begins today (and collectively, words that begin 17-, 23-, 36- and 49-Across?)
 - 61 Part of ABA: Abbr.
 - 62 Mouse pad?
 - 63 Hair-raising
- Down**
- 25 "East of Eden" twin
 - 26 Former Yugoslav leader
 - 27 To whom Rick said, "The Germans wore gray. You wore blue"
 - 28 Call for
 - 29 Minor leagues
 - 32 Gold meas.
 - 34 Word after file or edit
 - 35 Alka-Seltzer sound
 - 37 K-12
 - 38 "It's not ___ deal"
 - 39 Middy
 - 40 Dogie catcher
 - 45 Some blenders
 - 46 Pollen bearer
 - 47 Fast-swimming fish
 - 48 Wipes clean
 - 49 Work with dough
 - 50 Words on a Wonderland cake
 - 51 Fred's first partner
 - 54 First name in architecture
 - 55 Problem for a plumber
 - 56 Versatility list
 - 58 Even if, briefly
 - 59 Short trip
 - 60 Hanoi New Year
 - 64 GOP rivals
 - 65 Receiving customers
 - 66 Quits

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Word of the Day:

chelonian /ki-LOH-nee-uhn/, adjective:

1. Belonging or pertaining to the order Chelonia, comprising the turtles.

Example: At the truly chelonian pace of somewhat under two miles per hour, the passengers and crew onboard would cover the twenty-seven hundred miles in just over two months.

Random Facts:

A full-grown bear can run as fast as a horse.

A healthy (non-colorblind) human eye can distinguish between 500 shades of gray.

A group of crows is called a murder.

A healthy individual releases 3.5 oz. of gas in a single flatulent emission, or about 17 oz. in a day.

A hamlet is a village without a church and a town is not a city until it has a cathedral.

A hinny is the offspring of a female donkey.

A hard-boiled egg will spin. An uncooked or soft-boiled egg will not.

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level:

- 1
- 2
- 3
- 4

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

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 WEDNESDAY'S PUZZLE

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

4/5/12

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...in 3 to 5 minutes your oil is changed and you're "good to GO!"

Changing the way your oil gets changed! SM



Daily Horoscope: by Nancy Black

Sagittarius: Make sure your schedule is up to date.

Today's Birthday (04/05/12). The communication rivers are flowing! You may find yourself floating downstream en route to adventures of the academically, spiritually and physically enlightening kind. Your people are your focus this year, with career and prosperity building. Infuse it all with love. **To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.**

Aries (March 21-April 19) -- Today is a 7 -- When in doubt, get a second opinion. There could be a change in plans, so

take care. Compromise so that everyone wins. Let love be the determining factor. Relax.

Taurus (April 20-May 20) -- Today is an 8 -- Focus on making money for the next few days, as work comes pouring in. Handle old business to make way for new creative projects. Express your affection with artistry.

Gemini (May 21-June 21) -- Today is an 8 -- You're entering a two-day creative cycle ... very romantic! Accept a bonus. Disagreement inspires imagination. Disappointments

in love can be artistic fodder.

Cancer (June 22-July 22) -- Today is an 8 -- Constant interaction is beneficial today. The environment is right for making changes at home, and things could get busy. Accept contributions. Give thanks.

Leo (July 23-Aug. 22) -- Today is an 8 -- You really get into your studies now. Exploration and research become tantalizing. Love shines through. A quiet night with a movie could be delicious.

Virgo (Aug. 23-Sept. 22)

-- Today is an 8 -- You're entering a two-day potential spending spree, so take care. The money's available, and you may need it later for home repair. Evaluate a crazy suggestion.

Libra (Sept. 23-Oct. 22) -- Today is a 7 -- Don't say it all yet. It isn't what you thought. You're confident now, with power increasing. Neatness counts. Check for errors and changes. Things may not go as planned.

Scorpio (Oct. 23-Nov. 21) -- Today is a 7 -- Slow down and think it over. The next two

days are good for treasure hunting. Complete old tasks, and conserve resources without sacrifice. Love motivates.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 6 -- Make sure your schedule is up to date. You're in high demand among your friends; listen to their advice. You may have to adapt as you go.

Capricorn (Dec. 22-Jan. 19) -- Today is a 6 -- The road ahead may be filled with obstacles. You can either find another route or plow ahead and enjoy the

adventure. Disagree persuasively.

Aquarius (Jan. 20-Feb. 18) -- Today is a 7 -- "Life is either a daring adventure or nothing." The words of Helen Keller resonate with Aquarius today. Take notes for your memoir. Create something memorable.

Pisces (Feb. 19-March 20) -- Today is a 6 -- Intense feelings are on the rise. Learn to take advantage of them for the best. It may not be easy to make a choice. Trust your instinct.

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easter brunch buffet
12.99 per person 4.99 children 12 and under

featuring freshly prepared crisp n' tender or herb roasted chicken, spiral ham, hot dishes, salad bar and bakery assorted pastries and desserts.

Thursday Night Meal

Baked Ham, Green Bean Casserole, Au Gratin Potatoes
April 5th, 4-7pm

\$6.00



2 for \$1

Campbell's Cream of Mushroom or Cream of Chicken Soup
10.75 oz | limit 2 total



\$1.58

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limit 2



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