

Student wellness

## Sleepy students need more



Sleep is an important part of overall health, but it is especially important to the life of a college student. According to sleep studies, many young adults do not get enough sleep, or have trouble sleeping. Photo illustration: Kelsey Kremer/Iowa State Daily

*Sleep is vital to overall good health; how much is really necessary?*

By Sarah Clark  
@iowastatedaily.com

Freshmen gain new freedoms and responsibilities as they enter college and exit the routine of high school.

But among these freedoms and responsibilities lies one commonly overlooked factor that has the ability to hinder their health and productivity: sleep.

Adolescents and young adults, including college students, are some of the most sleep-deprived groups in the United States. With disorganized lifestyles, demanding coursework and the desire for a satisfying social life, college students' sleep patterns are often pushed to the back burner with detrimental effects, according to the Journal of American College Health.

Danielle Morse, sophomore in elementary education and special education at Northwest Missouri State University, suffers from sleep problems on a weekly basis.

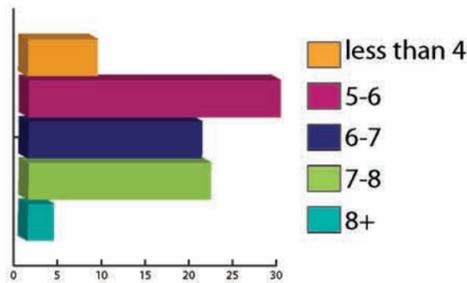
"I have trouble getting to sleep and I usually wake up a couple times in the middle of the night," Morse said.

Stephen Grant, sleep specialist at the Iowa Sleep Disorders Center, said students should be concerned about the amount of sleep they get.

"Sleep is intimately related to learning as well as emotional and physical wellness," Grant said. "If you are tired, it is hard to learn."

Grant said sleep helps to consolidate memory and studying as well as facilitate adequate concentration and attention to

About how many hours of sleep do you get each night?



Poll results from iowastatedaily.com.

learning.

"College is a time of intense learning, and memory consolidation is critical for academic success and achievement," Grant said. "Believe it or not, the human brain is still developing well into our 20s. Sleep is critical for neural development."

Morse said she believes her sleep problems impact her academic performance throughout the entire semester.

"Sometimes I'll fall asleep while trying to do homework and I won't get it done," Morse said, "or I'll doze off while studying."

Mary Carskadon, diplomat for the American Board of Sleep Medicine and professor of psychiatry and human behavior at

Brown University, said young adults need nine hours of sleep each night; however, most receive only seven to eight hours.

Lack of sleep can hinder performance in many areas of life. Academic, social, emotional and physical performance can be affected and even driving skills can be impaired.

Carskadon said 55 percent of sleep-related accidents involve individuals younger than 25 years. Grant said sleep deprivation can impair your immune function as well, making some people more susceptible to illness.

Although the recommended amount of sleep is nine hours each night, many students still wonder how much sleep they really need.

"I wonder exactly how much sleep my body should get," said Megan Howell, freshman in early childhood education. "It's weird to me how my body wants a large amount of sleep when I function best on as little as four."

Howell said she wants to get the recommended amount of sleep, but feels like her body responds differently than it should.

"When I get four or so hours of sleep, I wake right up in the morning without feeling groggy, whereas when I get around the recommended eight hours, I don't want to get out of bed and find myself hitting the snooze a ton of times."

Michael Vitiello, professor of psychiatry and behavioral sciences at the University of Washington, said sleep needs also vary from person to person.

"Changes in your sleep needs can change at any stage in the lifespan," Vitiello said.

The amount of sleep needed is the number of hours necessary to wake up without an alarm, refreshed and alert, Vitiello said.

SLEEP.p4 >>

Ames City Council

## Revisions to rental housing code pass

By Paige Godden  
@iowastatedaily.com

The Ames City Council passed revisions to the rental housing code Tuesday.

The City Council started the revision process in 2008 when it directed staff to form an ad-hoc committee to study revising the code. A group of tenants, small to medium landlords, large landlords and neighborhood representatives spent nine months developing recommendations.

The recommendations were discussed by the council six times in 2008, then in 2009 the council held four public discussions regarding rental housing.

The current revised ordinance became effective July 1, 2009.

The City Council held a fact-finding workshop with members of the Ames business community April 20, 2010. During the workshop, several landlords expressed concern about the city's rental housing development. The Ames Rental Association was then formed, and additional public discussions began in 2010.

Gloria Betcher, member of the Campustown Area Neighborhood Association, assistant director of graduate education at Iowa State and program coordinator for technical communication at Iowa State, said she completely supports the code.

Lad Grove, from Grove Properties, said he is all right with the revisions, except he sent a letter from his attorney to the council, saying that "to go on record and say we do not agree that S Traps are a dangerous item and that



Goodman

COUNCIL.p4 >>

Prevention

## Drinking safety discussed

Student addresses dangers of mixing alcohol, caffeine

By Cristobal Matibag  
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Ashley Hunter, Thielien Health Center graduate assistant, warned students, teachers and prevention specialists Tuesday about the dangers of mixing energy drinks and alcohol.

Hunter, graduate in political science, delivered a presentation titled "Energy Drinks And Alcohol: What is All of the Buzz About?" at Risky Business, an annual conference organized by Youth & Shelter Services.

Problems associated with alcohol and energy drinks tend to occur and reoccur in a college setting, Hunter said.

Before addressing the current availability and popularity of alcoholic energy drinks, Hunter reviewed the history of the beverages.

Hunter accused beverage makers of trying to obscure information about their products' alcohol content by printing it in tiny, cluttered type on containers.

Hunter also said beverage makers had designed the containers to resemble those of non-alcoholic beverages like soft drinks, to make the beverage seem less harsh.

"It's really hard to know how much alcohol you're drinking when they try to hide it from you," she said.

Alcoholic energy drinks looked superficially similar to non-alcoholic drinks and were often displayed separately from other alcoholic beverages.

Hunter said minors had found it easy to purchase them illegally

for these reasons. Store attendants, misled by the packaging and location of the drinks, sometimes sold them the drinks unwittingly.

Ease of purchase was just one of the qualities that attracted young people to the drinks. Another was their high caffeine content.

Hunter said some pre-ban alcoholic energy drinks could contain as much as 300 percent more caffeine by volume than cola.

In addition to sporting above-average levels of caffeine, some drinks packed uncommonly high levels of alcohol. One 23.5 oz. beverage Hunter cited contained 12 percent alcohol by volume; meaning that somebody who drank it in one sitting would have consumed the equivalent of five to six beers.

The drinks' prices, which were often lower than those of their non-alcoholic equivalents, were a significant selling point for young drinkers, who often seek the cheapest buzz they can find.

Hunter said "caffeinated drinks" are greater dangers to themselves than people who drank alcohol by itself, because caffeine's stimulant effect keeps them from realizing how impaired they are. She cited a 2010 University of Florida-Gainesville study that found them four times more likely to say they intended to drink and drive.

The Iowa Alcoholic Beverages Division has barred retailers from selling caffeine-enhanced alcoholic drinks since December 2009. The FDA imposed a national ban on their sale in November 2010. Four Loko makers Phusion Projects removed the caffeine from their alcoholic beverages last year. MillerCoors, maker of the similarly popular Sparks, removed caffeine from that product in January 2009.

Hunter said that despite hav-



File photo: Iowa State Daily

ing undergone these changes, the reformulated drinks still pose a threat to public health. She noted how easy it was for drinkers to add caffeine to their own to the drinks. She also said that even without caffeine, the drinks' high sugar content could keep people from realizing how much alcohol they were ingesting.

Hunter ended her presentation with a list of reasons for avoiding caffeine-and-alcohol mixes. She said they compounded the addictive nature of alcohol, caused especially bad hangovers, raised blood pressure and increased the risk of alcohol poisoning.

She advised her audience to read the labels on their drink containers carefully, always monitor the amount they drink and avoid binge drinking, which she defined as the consumption of five or more drinks in a single sitting.

Jeriann McLaughlin, a teacher specializing in mentoring and tutoring at-risk students at Ballard High School, said she appreciated all the information Hunter gave.

McLaughlin was especially grateful for a chart the graduate student had provided for calculating one's blood-alcohol content, predicting that she would use it as a teaching aid in the classroom.

Arthur Freeman, lead youth addiction specialist at Ames' Seven 12 halfway house, said the negative effects of caffeinated alcohol on teens were going to continue because they are naturally attracted to things that are forbidden or perceived as dangerous.

"Caffeinated energy drinks are more attractive because of the rebellious nature of teenagers," Freeman said.

**Weather** | Provided by ISU Meteorology Club



Wed  
**37|52**

A chance of some showers with a strong northerly wind.



Thu  
**38|60**

A chance of showers later in the day with a high near 60.



Fri  
**40|70**

Sunny, warmer temperatures with a high around 70.



**In Iowa weather history:**

On this day in 1988, a late season snow storm in northwestern and northern Iowa dropped half a foot of snow in Forest City.

**Calendar**

Find out what's going on, and share your event with the rest of campus on our website, at [iowastatedaily.com](http://iowastatedaily.com).

**WEDNESDAY**

**Cherry Blossom Project for Japan**

**When:** 10 a.m. to noon.

**What:** Help fill an image of a bare Japanese flowering cherry tree with stickers and write messages of hope.

**Where:** Lightfoot Forum, College of Design

**WEDNESDAY**

**CODAC Spring Art Sale**

**When:** 10 a.m. to 7 p.m.

**What:** Annual spring sale of work by students in the integrated studio arts program.

**Where:** College of Design



**THURSDAY**

**Arbor Day tree planting**

**When:** Noon

**What:** Planting of several uncommon species of evergreen and deciduous trees.

**Where:** Southeast corner of Haber Road

**THURSDAY**

**John Mellencamp**

**When:** 7 to 10 p.m.

**What:** No Better Than This Tour.

**Where:** Stephens Auditorium

**THURSDAY**

**ISU Symphony Orchestra**

**When:** 7:30 to 9 p.m.

**What:** Tchaikovsky- Symphony No. 5 in E minor, Op. 64.

**Where:** Martha-Ellen Tye Recital Hall, Music Building

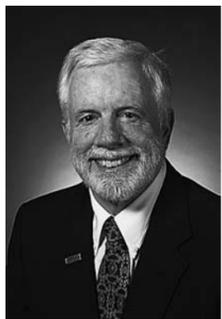
**FRIDAY**

**Retirement reception: Michael Whiteford**

**When:** 3 to 5 p.m.

**What:** Public reception for retiring LAS Dean Michael Whiteford.

**Where:** Hach Hall



**SATURDAY**

**Drawing the Spirit of Nature**

**When:** 10 a.m. to noon

**What:** Learn how to capture the joy of being in the Gardens in spring by making abstract, drawings.

**Where:** Reiman Gardens

**SATURDAY**

**Softball**

**When:** 2 p.m.

**What:** Iowa State vs. Baylor.

**Where:** Southwest Athletics Complex

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**Correction**

In Tuesday's article, "Embracing her culture," White Buffalo was said to have two sisters. She only has one. Also, "wa-call-uh-pee" and "wa-touch-uh" were the reporter's phonetic interpretations of the Lakota words for coffee and leftovers. The Daily regrets the error.

**Daily Snapshot**



**PROJECT: Showing support for Japan**

Kang Sunghyun, associate professor in art and design, puts stickers on the Cherry Blossom Project for Japan, Tuesday, April 26, at the College of Design. Money raised from this project will be donated to Japan through Red Cross. Photo: Karuna Ang/Iowa State Daily

**TV Schedule**

Get the rest online, at [iowastatedaily.com/tv](http://iowastatedaily.com/tv)

**WEDNESDAY**

**Cy's Eyes on the Skies**  
6:30 p.m.  
ISUtv

**Cougar Town**  
9:30 p.m.  
ABC

**Happy Endings**  
10 p.m.  
ABC

**Saddle Ranch**  
10 p.m.  
VH1

**How I Met Your Mother**  
11:30 p.m.  
Lifetime

**THURSDAY**

**NewsWatch**  
7 p.m.  
ISUtv

**Dirty Laundry**  
8 p.m.  
ISUtv

**World's Dumbest ...**  
9 p.m.  
TRUtv

**Cops**  
10 p.m.  
G4

**Running Wilde**  
10:30 p.m.  
FX

**FRIDAY**

**Killer Aliens**  
6 p.m.  
Animal Planet

**Shark Tank**  
8 p.m.  
ABC

**Supernatural**  
9 p.m.  
CW

**Raised on Hate**  
10 p.m.  
Bio

**Tasting Mexico**  
10 p.m.  
Cooking

**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.

**Apr. 17**

**Terry Harrison**, 20, of Des Moines, was arrested and charged with failure to disperse. (reported at 2:25 a.m.)

**Benitez Marquis**, 18, of Forest City, was arrested and charged with operating while intoxicated. (reported at 2:37 a.m.)

**Nicholas Lorence**, 19, of Hugo, Minn., was cited for underage possession of alcohol. (reported at 2:38 a.m.)

**Bryant Ternes**, 19, 2422 Martin St., was arrested and charged with disorderly conduct. (reported at 2:50 a.m.)

**Chantel Veik**, 19, 9535 Wallace Hall, was cited for underage possession of alcohol and unlawful use of a license. (reported at 2:55 a.m.)

**Robert Kuehl III**, 19, of Sioux City, was arrested and charged with public intoxication and underage possession of alcohol. (reported at 3:13 a.m.)

**Tessa Torrez**, 19, of Norwalk, was arrested and charged with operating while intoxicated. (reported at 3:15 a.m.)

**Scott Fitzpatrick**, 23, of Urbandale, was arrested and charged with public intoxication. (reported at 3:31 a.m.)

**Brian Maurovich**, 22, of Geneva, Ill., was arrested and charged with public intoxication. (reported at 3:35 a.m.)

**Travis White** reported the theft of a license plate. (reported at 3:39 a.m.)

A vehicle collided with a sign post. The driver, **Shannon Miller**, 24, of Huntsville, Ala., was arrested and charged with operating while intoxicated. (reported at 5:53 a.m.)

A resident reported a dispute with an acquaintance. The latter left the area upon request. (reported at 6:13 a.m.)

A resident reported the theft of a laptop computer and an iPod. (reported at 11:43 a.m.)

A community service officer reported finding damage to the mirrors of two cars. (reported at 12:37 p.m.)

A resident reported damage to a vehicle sunroof. (reported at 1:15 p.m.)

Vehicles owned and/or driven by **Jay Pottebaum** and **Joel Orr** were involved in a property damage collision. (reported at 2:46 p.m.)

A found wallet was placed into secure storage. (reported at 3:53 p.m.)

Vehicles driven by **Gregory Hildner** and **Steven Fennelly** were involved in a property damage collision. (reported at 6:31 p.m.)

A staff member reported damage to a concrete garbage container. (reported at 10:45 p.m.)

**Apr. 18**

A staff member reported a fire extinguisher had been discharged in a practice room.

(reported at 5:32 a.m.)

Vehicles driven by **Amanda Reaman** and **Erin Karonis** were involved in a property damage collision. (reported at 2:13 p.m.)

A vehicle was towed after it was determined the driver had no valid license or proof of insurance. (reported at 6:15 p.m.)

**Apr. 19**

A truck driven by **William Ridnour** collided with a parked pickup truck. (reported at 1:53 p.m.)

Officers received a report of a non-student who was acting in an unusual manner. The individual was identified and asked to leave the area. (reported at 1:54 p.m.)

An individual reported an unauthorized charge was made to a credit card. (reported at 5:05 p.m.)

Vehicles driven by **Sang Han** and **Nataliya Rogovska** were involved in a property damage collision. (reported at 5:44 p.m.)

**Jamie Sweet**, 19, of Story City, was arrested and charged with fifth-degree theft. (reported at 6:20 p.m.)

**Joshua Walls**, 21, of Nevada, was arrested and charged with fifth-degree theft. (reported at 6:20 p.m.)

Officers initiated a drug-related investigation. (reported at 7:57 p.m.)

A patron reported the theft of a phone. (reported at 9:13 p.m.)

**Apr. 20**

**Curtis Ashley**, 25, 4130 Lincoln Swing unit 15, was arrested and charged with simple assault. (reported at 7:30 a.m.)

A truck driven by **Christopher Farrington** collided with a parked van. (reported at 8:49 a.m.)

Officers initiated a drug-related investigation. (reported at 1:25 p.m.)

**Catherine Lawrence** reported the theft of keys and an electronic timing device. (reported at 2:02 p.m.)

**Eric Rojas**, 44, 439 S. Maple Ave. unit 5, was arrested and charged with contempt - failure to attend DWI post-treat. (reported at 4 p.m.)

Officers initiated a drug-related investigation. (reported at 4:23 p.m.)

**Thomas Robison**, 19, 2288 Friley Hall, was cited for underage possession of alcohol. (reported at 7:49 p.m.)

**Matthew Kerns**, 18, 3010 Harrison Road, was arrested and charged with possession of a controlled substance, possession of drug paraphernalia and criminal trespass. (reported at 7:49 p.m.)

**Apr. 21**

**Jordan Matson**, 19, 3457 Friley Hall, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia. (reported at 12:28 a.m.)

**Anthony Paulson**, 40, 1317 Woodstock, was arrested and charged with possession of a controlled substance and drug paraphernalia. (reported at 1:29 a.m.)

**Justin Grall**, 19, 117 Beach Ave. unit 21, was arrested and charged with possession of a controlled substance and drug paraphernalia. (reported at 1:50 a.m.)

**Zachary Marion**, 18, 2226 Jensen Ave., was arrested and charged with drug paraphernalia and possession of a controlled substance. (reported at 1:50 a.m.)

**Dex Ohara**, 20, 117 Beach Ave. unit 21, was arrested and charged with drug paraphernalia, unlawful possession of prescription drugs, violation of drug tax stamp act and possession of a controlled substance. (reported at 1:50 a.m.)

**Lisa Thoemmes**, 18, of Germany, was arrested and charged with drug paraphernalia and possession of a controlled substance. (reported at 1:50 a.m.)

**Kayla Rainey**, 28, of Oskaloosa, was arrested and charged with operating while intoxicated. (reported at 2 a.m.)

**Nathan Andersen**, 324 Welch Ave. unit 2, reported damage to a vehicle window. (reported at 6:26 a.m.)

**Ronald Hutchinson**, 35, 1108 Top O Hollow, was arrested and charged with driving while license denied. (reported at 8:30 a.m.)

Officers initiated a drug-related investigation. (reported at 9:05 a.m.)

**Tyler Reingardt**, 1217 Eaton Hall, reported the theft of a backpack. The item was later located in another building. (reported at 11:37 a.m.)

A patron reported the theft of a wallet from a locker room. (reported at 11:42 a.m.)

**Mercedes Humes**, 24, 1211 Lincoln Way unit 3, was arrested and charged with probation violation. (reported at 1 p.m.)

**Robert Morgan**, 20, 216 N. Franklin Ave., was arrested and charged with fifth degree theft. (reported at 7:20 p.m.)

**Apr. 22**

**Robert Rick**, 21, 531 Welch Ave., was arrested and charged with public intoxication. (reported at 12 a.m.)

**Nathan Daniel**, 20, 109 South Hyland Ave., was arrested and charged with simple misdemeanor assault. (reported at 12:37 a.m.)

**Kaitlyn Clark**, 19, 3709 Tripp St. unit 212, was arrested and charged with driving under revocation and operating while intoxicated (second offense). (reported at 12:37 a.m.)

**Wade Meyer**, 24, 3911 Tripp St., was arrested and charged with possession of a controlled substance. (reported at 1:15 a.m.)

**Celebrity News**

*Notes and events.*

**Ryan Phillippe is not quitting the acting biz**

Don't believe those rumors that Ryan Phillippe is ready to leave behind his acting career. According to his rep, Phillippe has plenty of emoting ahead of him.

"He's been talking about expanding his talents to producing and directing, but he has no plans to stop acting nor did he ever say that he was considering doing so," the spokesperson said to "Access Hollywood."

Phillippe sparked reports of his retirement in an interview with the New York Post's Page Six. "It's so hard to go out in LA. I'm going to move. I'm going to spend a third of my year in New York," Phillippe said.

He had been looking at apartments in the city, he said, adding, "I think I'm going to end my acting career. I'm so introverted. I'm ready to be behind the scenes. I'm 36, but I've been doing this for 20 years."

He could very well be busy for the next 20 years — or at least through 2013. Besides his new Tribeca Film Festival entry "The Bang Bang Club," Phillippe has four more films in the pipeline over the next two years.

**'Poetry Man' singer-songwriter Phoebe Snow died**

Singer-songwriter Phoebe Snow died in New York Tuesday from complications of a massive hemorrhagic stroke she suffered last year, according to her manager. She was 58.

Snow "fought for almost a year-and-a-half to come back, enduring bouts of blood clots, pneumonia, and congestive heart failure, each time coming out of it, until her body finally could take it no more," manager Sue Cameron said.

She suffered the stroke in January 2010, just after she completed recording new songs and as she was rehearsing with her band for a series of weekly shows in New York, Cameron said.

**Has 'Three Stooges' discovered its Moe?**

After weeks of searching, it appears an actor has finally been found to play Larry and Curly's cranky counterpart in the upcoming "Three Stooges" movie.

According to Deadline, Chris Diamantopoulos is the front-runner for the role.

Diamantopoulos, who is married to "Ugly Betty" star Becki Newton, replaces Benicio Del Toro, who was originally set to play Moe, and beat out rumored contenders such as Hank Azaria.

The theater and TV vet previously starred in "The Kennedys" miniseries, appeared on "24," and played Robin Williams in the 2005 TV movie "Behind the Camera: The Unauthorized Story of 'Mork and Mindy.'"

Diamantopoulos joins Sean Hayes as Larry and Will Sasso as Curly in the comedy, which consists of three 27-minute shorts.

**Tracy Morgan takes on Donald Trump, Charlie Sheen**

Comedian Tracy Morgan has some not-so-funny words for headline-making stars Donald Trump and Charlie Sheen. In a new interview with PopEater, the "30 Rock" star puts each of the scandal stirrers in his place.

In recent weeks, potential GOP presidential candidate Trump has questioned whether President Barack Obama was born in the U.S. and has demanded to see his birth certificate.

"Tell him I've got it and it's in Brooklyn, and if he wants to see it come and get it," Morgan said. "Let's see if his a-- will come down to Brooklyn and get it. He needs to leave the President alone, he's the President. Come on, man, nobody got no time for Donald Trump. Go build buildings, go play with your Lego set. We don't give any credence to that."

As for Sheen and his "Violent Torpedo of Truth Tour," Morgan says, "I think that's a train wreck and I feel bad for his two little kids because they're the bodies being pulled out of the train wreck. What's going to happen to them? But everybody thinks it's a joke. While this a--hole is going on stage making a fool of himself, his kids are going to suffer and don't even know it because this is a cycle of abuse."

**Lady Gaga says she feels like a loser at times**

Even with her chart-topping records, scores of little monsters, concerts at venues like Madison Square Garden and an HBO documentary to capture it, Lady Gaga says she still has moments where she feels "like a loser."

Gaga breaks down in tears in a teaser for HBO's behind-the-scenes look at her Monster Ball tour stop at Madison Square Garden, explaining that she gets so "reved up" before huge shows like that one that it sometimes puts her in a bad mood.

CNN Wire Service

**General information:**

The Iowa State Daily is an independent student newspaper established in 1890 and written, edited, and sold by students.

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**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.

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The Publication Board meets at 5 p.m. on the fourth

Wednesday of the month during the academic school year in Hamilton Hall.

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**Board of Regents**

# Annual report to be reviewed, approved

*Universities see increase in amount of aid awarded*

By Paige Godden  
@iowastatedaily.com

The Board of Regents will approve the annual report on the volume of student financial aid awarded at the Regent universities Wednesday.

The total amount of financial aid awarded to students at the public universities was \$882,088,526; which represents an increase of \$66,016,472 from the prior year, according to the report.

The Regents will also be considering the adoption of a resolution that would permit the university to be reimbursed from future borrowing for costs incurred for the Cyclone Sports Complex.

At the Regents March meeting, the Board authorized the university to enter into a financing agreement for the project, subject to necessary approvals from the Board Office.

"The university envisions borrowing these funds this summer. The reimbursement resolution is being submitted at this time to ensure maximum reimbursement capability under regulations of the federal Internal Revenue Code. Pursuant to these regulations, project payments made not more than 60 days prior to adoption of the resolution are eligible for reimbursement for future financing," according to the resolution.

The university will also be presenting a pro-

posed storm water management design for the complex in the capital improvements proposal.

Also in the capital improvements proposal is a request by the university for the Regents to approve the schematic design, project design and budget of \$11 million for Iowa State's Troxel Hall project.

"Troxel Hall would be a new, free-standing building ... with a state-of-the-art 400-seat auditorium, pre-function and student entertainment spaces, as well as a post-class meeting room, chemistry preparation room, auditorium storage and building support spaces," according to the proposal.

The auditorium would be designed to accommodate high-demand courses, while optimizing the quality of instruction and student learning, according to the proposal.

"Existing university auditoriums are heavily scheduled and the ability to accommodate scheduling changes is severely limited by the number of large auditoriums," according to the proposal.

"There are currently only five general university auditoriums on campus that can accommodate more than 350 students, and one is sub-standard learning and teaching environment," according to the proposal.

The project budget of \$11 million is being funded by private gifts, income from Treasurer's Temporary Investments, facilities overhead use allowance and the College of Liberal Arts and Sciences.

Troxel Hall would be located just east of

Horticulture Hall and the new greenhouses.

Several groups of faculty and staff from the Regent institutions not organized for the purpose of collective bargaining, including the ISU Faculty Senate and the University Professional and Scientific Council, have been invited to make presentations to the Board on salary policies for fiscal year 2012.

Irene Elbert, president of the Inter-institutional Supervisory and Confidential Council, wrote a statement to the Regents.

"With losses of several millions since July 2008 in general funds and line-item appropriations, and the loss of the one-time funding provided last year, the ability of our universities to maintain adequate staffing and resources to do business is in jeopardy," according to the statement.

The statement lists some concerns including, "the fact that some members feel the dollars were saved in salaries due to early retirements being offered to staff last year, at the expense of those left behind that now must carry heavier workloads, or put in additional overtime, because it is cheaper for the universities to deal with the workloads in this manner rather than hiring additional employees and having to cover the employee benefit packages."

The university furloughs experienced by the universities were cost saving, "but heavier individual workloads had to be handled upon staff return to work," according to the statement.

Iowa State is asking for an extension of the Phase Plus Retirement Program from April 30

to June 30.

The Regents approved the ISU Phased Plus Retirement Program in April 2010.

"Based upon possible further budget reductions, the university is requesting authorization to extend the application period to June 30, 2011. Because state appropriations have not been finalized, budget planning in a number of colleges has not been completed," according to the request.

The university is also requesting the approval of an easement with Interstate Power and Light Company.

The company is requesting a pipeline easement along Lincoln Way from Beach Avenue to University Boulevard, and along University Boulevard from Lincoln Way to Haber Road.

"The easement would be used by the company for construction, reconstruction, operation and maintenance and repair of the gas pipeline. The easement would allow a natural gas line to be relocated from its present location at the Iowa State University Power Plant Coal yard," according to the easement request.

The Board will be voting on the sale and award of \$17,595,000 of ISU dormitory revenue bonds.

The university is asking for the approval of a request to change the name of the Department of Plant Pathology to the Department of Plant Pathology and Microbiology.

The Regents will be meeting from 2:15 to 6:30 p.m. Wednesday and from 8:30 a.m. to 5 p.m. Thursday.

## Regents will consider ISU approval request to establish new Harkin Institute to honor Iowa Sen. Tom Harkin

By Paige Godden  
@iowastatedaily.com

The Board of Regents will be considering Iowa State's approval request to establish a new Harkin Institute of Public Policy.

The proposed institute would honor Senator Tom Harkin. Sen. Tom Harkin is a distinguished ISU alumnus, who has served more than

35 years in the U.S. House of Representatives and U.S. Senate.

"The senator's policy concerns, including those related to agriculture, education, international affairs, disabilities, nutrition, health and labor will guide and direct the proposed institute's teaching, research and outreach priorities," according to the request.

The institute will serve as

the venue and catalyst for innovative interdisciplinary research, teaching and outreach on local, state and international public policy issues.

Sandra Greiner, state senator from district 45, wrote a letter to Regent's president David Miles with questions and concerns regarding the possible new institute.

"The inclusion of this proposed institute raises serious

questions about transparency within the Regents system and also prompts very alarming ethical challenges," according to the letter.

Greiner wrote that it is clear that the proposal has been discussed at length within the Regents and Iowa State. However, their representatives in the legislature and the Office of the Governor have been left in the dark about the

proposal.

"... Naming an institute for a sitting elected official at a public institution raises very serious ethical and legal concerns. Senator Harkin is a current elected official and designating a functionary at a state institute bearing his name clearly presents a serious, unfair and questionable political advantage to an official that seeks political approval and favor from

the Iowa electorate," Greiner wrote.

The letter asks that the Regents postpone any consideration of the policy.

"Unfortunately, the secretive and rushed behavior around this proposal also brings an even greater cloud of controversy to the potential institute," Greiner wrote.

## ActivUs plans to attend Board of Regents open forum, invites students to share opinions

By Paige Godden  
@iowastatedaily.com

ActivUs is planning to attend an open forum hosted by the Board of Regents Wednesday night.

The Board is inviting students to share what qualities they are hoping to see in the next ISU president, but ActivUs — a grassroots environmental student group — has a different concern.

There will be about 40 ActivUs members attending the forum to question the Regents about coal burning on campus.

"We are committed to achieving environmental and social justice on the ISU campus. We believe that in order to protect the welfare of future generations we must encourage a transition to alternative

clean and renewable energy sources. Through means of public education, grassroots organization and non-violent direct action we can spread our message and make a change," according to the ActivUs mission statement.

Each semester the group takes on two major campaigns.

The first, Beyond Coal, is to phase out the burning of coal at the ISU power plant.

The second, Beyond Plastic, is to phase out the sale of bottled water on campus.

The group also has three initiatives:

\* To have sustainable reduce, reuse and recycle programs on campus.

\* To offer a variety of recreation programs and services in order to facilitate a lifelong interest in recreation activities.

\* To improve the aesthetic quality of the Skunk River and its tributaries.

The open forum will be open to the public, and is intended to be a time for members of the university to share what they are looking for in the next ISU president.

"It's important to hear from students, faculty, staff and others with an interest in Iowa State during the early stages of the search," said David Miles, Board of Regents president, in a news release.

Those who want to speak at the program are encouraged to

sign up in advance by sending an email with name and affiliation to [forumsignup@iastate.edu](mailto:forumsignup@iastate.edu). The Regents are encouraging the public to keep comments under five minutes. The open forum is from 5 to 6:30 p.m. Wednesday in room 275 of the Scheman Building.



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Nation

# California condor survives

Once nearly extinct wildlife begins to flourish

By Michael Martinez  
CNN Wire Service

Los Angeles — Almost 25 years after the California condor went extinct in the wild and dwindled to just 27 birds in captivity, North America's largest flying bird is on the verge of a watershed moment: Its total population is projected to hit 400 this spring, including 200 birds thriving in the wild later this year.

The projections come as curators are reporting a successful hatching season unfolding at breeding centers in California and elsewhere.

"At the end of the breeding season, we should be at 400 if all goes to projection," said Michael Mace, curator of birds at the San Diego Zoo Safari Park. "At the end of this year, we could have 200 birds in the wild. Both would be significant milestones."

The 400 mark hasn't been seen since the 1920s or 1930s, Mace said. Right now, the condor population is 394, including 181 in the wild — a marked improvement since 1987 when

the condor was wiped out in the wild and only 27 lived at the San Diego Zoo, he said.

The success hasn't been without new challenges. While the nearly 200 birds in the wilderness are resuming feeding activities last seen during the Lewis and Clark Expedition of the early 1800s, the condor is now ingesting the toxin DDE when eating marine carcasses, Mace said.

The toxin causes the shell of condor eggs to thin, so conservationists are replacing the thin-shelled eggs laid in the wild with thicker-shelled eggs from breeding centers, Mace said. The thin-shelled eggs are taken to incubators in breeding facilities for hatching, he said.

"Condors are doing what they normally do: They feed on marine animal carcasses," Mace said. "We are excited that condors are doing activities that Lewis and Clark observed more than 100 years ago. But it turns out these marine animals are feeding on DDE, and now the condors are feeding on them, and the shells of their eggs are thin and

break."

DDE is formed when the pesticide DDT breaks down. DDT is banned in the United States, but enters the environment through its use in other countries.

For example, California condors are now being vaccinated for the West Nile virus, Mace said.

The California condor lives only in the isolated areas of California, Arizona and Baja California, Mexico, where mankind reintroduced them after they were effectively eradicated from the wilderness, according to Mace.

They weigh up to 29 pounds, have a wingspan reaching up to nine feet and live up to 60 years. Their habitat is wooded mountains and scrub lands, according to the San Diego Zoo.

For all the worldwide attention they enjoy, the condor's feeding habit is among the most inelegant: They are vultures that feed on carrion, large and small. They will eat big animals — deer, cattle, sheep. And they will eat small animals — rodents, rabbits and fish. The carrion has sometimes been killed by a hunter's gunshot. The lead from the

buckshot can also poison the condor, Mace said.

The condors gorge themselves on two to three pounds of carrion at a time and can fast for several days until they find another carcass.

The ignominious status of scavenger aside, the condor still holds the high stature of flagship species, which the polar bear also enjoys.

In their ecosystem, the California condor is part of Mother Nature's cleanup crew, feeding on dead animals to prevent them from spreading disease to other wildlife and plants.

Because the condor is thriving in parts of California, Arizona and Mexico, about 50 other endangered animals and plants are able to thrive — thanks to the condor, Mace d.

Four breeding centers are hatching condor eggs: the San Diego Zoo, the zoo's Safari Park, the Oregon Zoo in Portland, and the World Center for Birds of Prey in Boise, Idaho, Mace said.

The hatching season runs from March until May, he said.

"This is the peak season for us," Mace said.

>>COUNCIL.p1

they need to be replaced." Grove said the council's attorney and his attorney will have a five-year period to try and resolve issues in a peaceful fashion without litigation.

Matthew Goodman, City Council member, said the letter was making the collaboration effort for the revisions seem disingenuous.

"I feel pretty good about the resolution ... we are on good legal grounds. I feel comfortable supporting this," said Jami Larson, City Council member.

The City Council discussed a staff report on sidewalk snow removal. The report found that, "It is difficult to drive the area and find deficient sidewalks if there is accumulated snow in the parking."

"Therefore, this pilot project required more staff time than expected in order to get out of the City vehicle and walk the area," according to the report.

The staff was to summarize how well owners were maintaining sidewalks within a pilot area.

The pilot area that was summarized by the City Council ranged from Ash Avenue to Chamberlain Street to Storm Street to Knapp Avenue, from Ash Avenue to South Sheldon Avenue.

A total of 235 notices were issued to 214 properties city-wide for failure to remove snow or ice from sidewalks in a timely manner in 2010.

Riad Mahayni, City Council member, said the council received several complaints about sidewalks in front of West Hy-Vee.

Tor Finseth, Government of the Student Body liaison and senior in aerospace engineering, suggested the pilot program be continued for another year; the council passed his amendment.

>>SLEEP.p1

An American corporation offering health services information, sleep needs can be affected by gender, genetics, internal clock, quality of sleep and recent lack of sleep, according to WebMD.

A study conducted by the Journal of American College Health in 2008 revealed that college students not only get less sleep than is necessary, but also go to bed and wake up later on weekends than on weekdays.

Grant said this type of irregular sleep pattern can lead to bad sleeping habits in the future.

More than 32 percent of

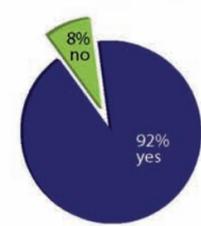
students who participated in the study reported it took them more than 30 minutes to fall asleep each night. This data is consistent with research from the National Sleep Foundation, which reported that more than 40 percent of Americans have difficulty falling asleep.

Grant recommends that his patients get up out of bed if they cannot fall asleep within 20 minutes.

"If you are not sleeping within 20 minutes of trying to get to sleep, get up and indulge in non-stimulating activity," Grant said. "Once you start feeling tired, attempt another trial of sleep."

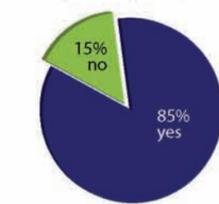
Grant said sleep clin-

Do you wish you could get more sleep each night?



Poll results from iowastatedaily.com.

Do you wake up in the morning feeling that you did not get enough sleep?



ics such as the Iowa Sleep Disorders Center offer personal assistance to students even if they are not referred by a doctor.

"Sleep problems are largely based on individual tolerance,"

Grant said. Many students must battle the challenge of establishing their own sleeping patterns while dealing with exterior disturbances beyond their control.

"I have three roommates," Howell said. "None of us go to bed around the same time and I also have rowdy neighbors." Howell moved into the res-

idence halls in August and has been living there ever since.

"I've adjusted quite a bit from sleeping at home," Howell said.

The Journal of American College Health offers many simple suggestions on how to improve sleeping habits.

Sleep hygiene, for example, involves limiting naps to less than one hour, monitoring caffeine intake, using beds for sleeping instead of reading or watching TV and making sure the bedroom is comfortable.

The Journal of American College Health also said that white noise such as a fan or humidifier can improve sleep.

Maintaining a consistent sleep schedule isn't the easiest task for college students. However, those dreaded all-nighters could lead to larger problems in the future.




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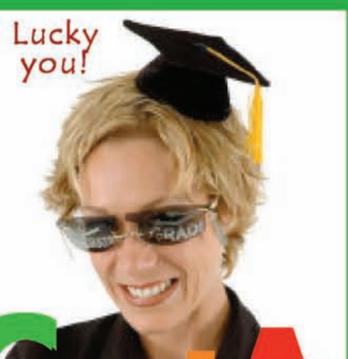
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Nation

# Midwest prepares for possible record floods

By Mike Pearson  
CNN Wire Service

Sandbag walls were beginning to rise Tuesday across parts of the Midwest against what the National Weather Service warned could be record flooding in the Mississippi and Ohio river valleys over the next week.

Widespread major flooding is expected in parts of southern Missouri, southern Illinois, Indiana, western Kentucky, northern Arkansas and parts of Oklahoma, said Noreen Schwein, deputy for hydrologic services at the National Weather Service's central region headquarters in Kansas City.

Already, governors in Missouri, Illinois and Kentucky have declared emergencies, as have local officials in several counties.

National Guard troops are on the job in Missouri and Indiana shoring up levees and stacking sandbags. Indiana also sent 80 prison inmates to the southwestern part of the state, where record flooding was already reported in Gibson County.

Calls for volunteers to help with sandbagging efforts were going out across the region. Clifton Gentry of Jackson, Missouri, was planning to head to the small community of Dutchtown, Miss., with his church group Tuesday night to help residents there fill and stack sandbags.

"There's a gas station and probably two,

three dozen homes that will be under water tomorrow if something doesn't change," Gentry said. "It's basically just the simple fact that we're told to help those in need, and if I was in that kind of situation I would hope someone would help me."

A levee in Poplar Bluff, Missouri, failed on Tuesday, city and county officials said, sending water flooding into a rural but populated area of Butler County. People in the area were asked to leave "as soon as possible," Butler County Sheriff's Detective Scott Phelps said.

A levee protecting Bell City, Missouri, also failed, said Dale Moreland, public information officer for the Stoddard County Emergency Management Agency. Bell City schools let out early Tuesday because buses will likely not be able to navigate flooded roads later in the day, Moreland said. The break was more likely to affect areas outside the town.

The breach was 95 feet wide, and six to eight feet deep. About 25 to 30 residences in the county were affected by the water and a dozen people have been rescued since Monday, Moreland said.

A levee also failed in nearby Scott County, Moreland said.

In Paducah, Ky., where forecasters are predicting the Ohio River will rise more than it has in at least 61 years, garbage collection was temporarily suspended because every available

worker was installing floodgates before the Ohio River rises too high to contain.

"We are putting all our resources on this catastrophe," City Engineer Rick Murphy said.

Crews were also working to build a steel barrier and extend a levee around the city's convention center, which was at risk of being flooded.

The National Weather Service forecast the Ohio River at Paducah to rise to 55 feet by May 3, 16 feet above flood stage and two feet above the high water mark in 1950.

Paducah resident Jennie Bell, a CNN iReporter, said heavy rains and river water are already covering some streets, including the road she normally uses to drive her daughter to school.

"It's getting hard to get around," Bell said.

In Clark County, Ind., flooding has forced some people from their homes in the city of Utica and other nearby communities. Some residents have been evacuated. Others are waiting to see what happens, said Phyllis Wilkins, executive director of the Clark County chapter of the American Red Cross.

"There's a lot of U-Haul trailers sitting in driveways ready to go, people sitting on porches watching the waters rise," she said. "Of course, these are people who've lived on the river for a long time so they're used to that routine."

Record or near-record floods are expected from Smithland, Ky., to Cairo, Ill., on the Ohio

River and then south to New Madrid, Miss., as the Ohio joins the Mississippi River, Schwein said. If predictions are correct, the flooding could surpass records set in a mighty flood that inundated the region in 1937.

The Weather Service said the Ohio River at Cairo would crest at 61 feet on May 3, 21 feet above flood stage and 18 inches higher than the 1937 mark. The Mississippi River is forecast to top flood stage as far south as Reserve, Louisiana, according to the agency.

The National Weather Service said snow melt from the upper Midwest and rapid runoff from as much as a foot of rain in Mississippi and Ohio river valley states is contributing to the flooding. Three to 5 inches of additional rain expected in the next two days is built into the flooding forecast, Schwein said.

Another bulge of water from melting snow is working its way down the Mississippi River now, Schwein said. The bulge, currently in Iowa, will extend the flooding but is not expected to increase crest levels, she said.

Springdale, Arkansas, received 17 inches of rain between Friday and midmorning Tuesday. Poplar Bluff, Miss., saw just shy of 13 inches. Arkansas' Fayetteville and Eureka Springs received more than 12 inches. The total for Carbondale, Ill., was 8.64 inches and Paducah, Kentucky, was at 8.24 inches.

— CNN's Phil Gast contributed to this report.

World

# Questions rise over U.S. military action in Libya, Syria

By Alan Silverleib  
CNN Wire Service

Two countries, two cases of extreme violence committed against citizens by their own government.

In one case, the Obama administration responds with military force. In the other, it doesn't.

Why?

The question has been raised in response to the radically different U.S. reactions to the bloodshed in Libya and Syria. More than 400 people have been killed in Syria over the past several weeks as

Damascus has cracked down on protesters seeking reform, according to the Syrian Human Rights Information Link, a prominent human rights group.

The United Nations said it has information that 76 people were killed in that country last Friday alone, apparently during peaceful marches. President Bashar al-Assad's regime has described the protesters as "armed criminal groups," and shows no sign of letting up.

President Barack Obama has condemned the violence "in the strongest possible

terms" and is seeking ways to "increase the pressure on the regime ... in a targeted way," said Jay Carney, White House Press Secretary. So far, the response has amounted to little more than talk.

However, over in Libya, the U.S. reaction was entirely different when strongman Moammar Gadhafi promised to show "no mercy" to residents of the rebel-held city of Benghazi. Washington worked furiously behind the scenes at the United Nations to win an international mandate for a naval blockade, a no-fly zone and a license to take military

action to protect civilians.

Obama promised no use of ground troops, but U.S. air power was used to devastating effect against elements of Gadhafi's forces before control of the operation was handed over to NATO commanders.

Libya was "a unique situation," Carney told reporters Monday. "We had large portions of the country that were out of the control of Moammar Gadhafi and we had an international consensus to act. We had the support of the Arab League to act in a multilateral fashion."

But Washington is "pursu-

ing a range of possible policy options" in Syria, he said. The administration is looking at "targeted sanctions to respond to the crackdown ... and to make clear that this behavior is unacceptable."

American "values and principles apply to all countries," Defense Secretary Robert Gates said Tuesday. "Our response in each country will have to be tailored to that country."

Part of the reason the Obama administration intervened militarily in Libya and not Syria is because "Libya happened first," said Danielle

Pletka, vice president for foreign and defense policy studies at the American Enterprise Institute, a conservative Washington think tank. "So the international community responded there first."

Protests in Benghazi first broke out in mid-February. Protests in the Syrian city of Daraa started last month after a violent crackdown by security forces on peaceful demonstrators protesting the arrests of youths who scribbled anti-government graffiti.

— CNN's Josh Levs and Joe Sterling contributed to this report.

World

# Single act of protest spirals into collective demonstrations

By Elliott C. McLaughlin  
CNN Wire Service

Mohamed Bouazizi couldn't have known when he struck that match he would spark the "Arab spring," but it's tough to imagine he'd be disappointed.

Bouazizi's singular act of protest — to light himself afire before a government building in Tunisia's Sidi Bouzid — set off one of the most collective demonstrations the region has seen in contemporary times.

His uncle, Ridha, a fellow fruit-cart vendor, said the government often demanded bribes and stole goods from them. His nephew's death, he said, was a result of corruption.

"It was because of their tyranny that Mohamed set himself on fire," he said.

Tyranny, it must be noted, was not something new to Tunisia. Before President Zine El Abidine Ben Ali's ouster, protests were violently quelled. Citizens there had long complained of political repression, corruption and a denial of opportunity in a country where unemployment and rising food prices are oppressors in themselves.

It would seem that the 26-year-old's martyrdom was not so much driven by tyranny as it was his refusal to fear the tyrants — or death — any longer.

Four months later, look

around the Mideast and North Africa — where protests have rippled west to Mauritania and Morocco and east to Iran and Oman — and you can see how people across the region saw Bouazizi's plight as their own and how his courage became a contagion.

His life, after all, was a microcosm of the region's woes.

Bouazizi was the family breadwinner, a man who dropped out of school so his sister could attend instead. After years of harassment as he pushed his cart around town for \$10 a day, he snapped when a police official accosted him and absconded with his scales on December 17.

The story encapsulates the

economic hardships endemic in the region, the fruit cart a measure of determination and livelihood and his salary the mark of opportunity denied. The police official represents corruption, not only of law enforcement but of a state where officials climb to power on the backs of a broken citizenry.

And Bouazizi's self-immolation exemplifies what happens when a country stands up because it's sick of living on its knees.

Protests in the Mideast and Africa are being fueled by a similar determination, a collective courage that lends itself from one revolution to the next.

There has been a broad

range of responses. Countries such as Oman and Jordan have offered concessions and promised to get people back on their feet.

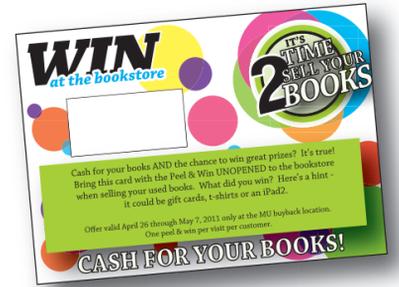
— CNN's Reza Sayeh, Jennifer Deaton, Nic Robertson, Ivan Watson, Catriona Davies, Rima Maktabi and Jomana Karadsheh contributed to this report.



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Editorial

# Gender equality requires special attention, maintenance

Gender equality. The subject makes for some terribly convoluted arguments when it comes to balancing any given aspect of life for men and women.

One of the more creative mistakes in the process has been through Title IX: “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance,” according to United States Code Section 20.

On its face, it looks to be a great move to help ensure women are not eschewed from participation in sports. Now the girl who wants to wrestle or play football can, hypothetically. However, the New York Times recently published an excellent feature describing flaws in the program — the first in a series of stories.

Delving deeper into the situation, comes the nigh impossible regulation, particularly when it comes to college

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athletics. To make certain to allow more women to participate, schools are given a few options: cut funding from a particularly popular venue — let’s say football — and create new teams for the women to play on; or find more funding — donations, federal programs, etc. — to allow for the creation of more teams for women to play on.

Both approaches are fine on their faces, but what has been happening due to shrinking budgets or general unwillingness to comply with Title IX is that some schools are listing a single woman multiple times for certain sports — indoor track, outdoor track and cross country — or adding women

to rosters only to be cut a week after the evaluation, or not even informing some of the women that they have been listed as team members. This is fraud, but in description, not legally. It is a within-the-rules method due to poor regulation and vagueness of terms: men can be counted on women’s teams if they receive coaching and training with women, said David A. Bergeron, deputy assistant secretary in the Office of Postsecondary Education, in the New York Times article.

But there is a further side to the issue that can also be overlooked: not all schools are playing dirty. Some schools are forced into recruiting female athletes to participate,

that are simply not of the caliber or interest level needed to warrant their participation; or creating a team for the purpose of balancing female involvement in federal programs.

Why should a school have to put forth a great deal of effort to make certain enough women are interested in programs simply to fill quotas? What if the situation simply is that a majority of women do not want to participate and, as such, the existing teams must cut funding from those teams avidly participating so that gender equality can appear to blossom? Programs should be created because of a genuine interest, not because of a numerical requirement. Creating programs just to meet quotas cheapens the existence of strong programs that accommodate both men and women.

There is not a correct answer to any of these situations at present. The rules for Title IX allow for loopholes, and they can cause damage at institutions where gender equality is not a particularly

pertinent issue for similar programs.

Title IX enforcement from school to school needs to be handled in a drastically different way from the current methodology. It cannot be monitored well enough in its present state to ensure gender equality occurs. This law covers thousands of schools and millions of athletes. How can something this broad be enforced effectively?

Making certain women are given the same opportunities as men is, of course, of the utmost importance; but Title IX does not accomplish this effectively. In a similar vein, creating teams of sub par athletes just to accommodate gender equality is not what the law set out to achieve, and this practice is a slap in the face of real gender equality efforts.

Title IX is an attempt to cover a serious problem with a blanket rule, where in reality, there must be many, many more rules and accommodations made in what are, essentially, situation by situation basis.

Politics



# Freedom relies on participation

By Michael Belding @iowastatedaily.com

Government shouldn't take firearms; an active public is the true source of independence, not the Bill of Rights

Judging from the feedback on my column from last week, in the process of commenting on the Second Amendment, I apparently said and indicated many things. This column is to clarify my position on the issues of gun control, political participation, the Second Amendment and the relationship between the Bill of Rights and Constitution in general.

My analysis of the clauses of the Second Amendment may be wrong, and I may disagree with various Supreme Court decisions — especially recent ones — but it is not my belief, nor did I ever mean to indicate, that the U.S. Constitution grants the government to illegalize the ownership of firearms.

I did not attempt to “scuttle” the Second Amendment and explain how there is no freedom granted in it; the idea was to define its legitimate uses.

I think gun control is a bad idea. I think it is bad policy to disarm law-abiding citizens and not allow them an opportunity to defend themselves against criminal attackers. Actions can only be effectively opposed by actions. The police cannot be everywhere, nor would we want them to be everywhere, watching our every move.

The United States is not, nor ever was, a police state. At the time of the American Revolution, that was one of the British liberties we prized. In contradistinction to states such as France, Spain and Russia, the British empire was not a police state.

It is citizens, individuals, must be the first defenders of their lives and property against criminals. They are there, on the scene, and actually have a vested, personal interest in making sure the crime about to happen does not go forward. Restrictions on who can purchase firearms, such as minors and persons with certain health issues, and their

ownership, should probably require classes on how to use them properly and how to safely store them. But the right to possess a firearm should not be completely removed, nor made so difficult as to be nonexistent.

And when I say that the right to bear arms is a collective right, I do not mean something socialist, communist, fascist or totalitarian.

To state the fact that “well-regulated” meant “well-trained” simply proves my own point. Training is not achieved by one’s own initiative; not uniform training, anyway, of the kind necessary for any military body to be effective. No, that training must come from government.

However, politics should not be done with guns. And that was the whole point of last week’s column. Force should never be used, by left or right, to accomplish political aims. Whether that force be done by rioting groups or crazed individuals, it has no place in a reasonable discourse concerning matters to be decided upon by our political institutions; by our representative bodies.

Political participation at even the most local levels of government was widespread in British America before the Revolution. The Constitution of 1787 created yet another level of government in which people could participate. The Constitution, in fact, assumes that American citizens will be active in their governments. In order for it to work, Americans must vote regularly in the election of their representatives.

They must, in fact, do more than that. They must discuss the issues among themselves and inform themselves on those subjects that are matters of public concern.

The right “to alter or to abolish” oppressive governments is indeed affirmed in the Declaration of Independence. But nowhere does that document state that forceful action

is acceptable in political matters. In fact, the document complains of the removal of Americans from political decision making by the British government.

It is because the British were making laws for us — without us, not including us in a political process in which we were interested — that we declared our independence, not mere discontentedness at the substance of those laws.

And the Constitution that resulted from that revolution is not a social contract. Before the Bill of Rights was added to it, it created a set of institutions through which we agreed, as citizens, to solve our problems. There is no need to protect the right “to alter or to abolish” our government, because the citizens of America are the government.

If people would participate in the institutions which the Constitution — both of the U.S. and the state governments — their freedoms would not be in jeopardy. Corrupt representatives are the effect, not the cause, of a corrupt people.

It is for this reason that a Bill of Rights was opposed and cautioned against by the author of “The Federalist Papers” and other writers who commented on the Constitution during the debates on its ratification. A Bill of Rights, making the government into a social contract, would outsource the protection of rights to a piece of paper, not effective, positive action by real people.

Such agreements are the enumeration of “certain immunities and modes of proceeding, which are relative to personal and private concerns, according to Federalist No. 84. In other words, they are made with respect to private affairs, not public matters, and are not the substance of political unions.

Hamilton viewed a Bill of Rights as unnecessary and, in fact, irrelevant because of

the system established by the Constitution. He wrote in Federalist No. 84, “It is evident, therefore, that, according to their primitive signification, they have no application to constitutions, professedly founded upon the power of the people and executed by their immediate representatives and servants. Here, in strictness, the people surrender nothing; and as they retain everything they have no need of particular reservations.”

In other words, inclusion of a Bill of Rights was a poor idea because no power to take away the rights enumerated there existed in the Constitution itself. Hamilton’s view rests on the understanding that the Constitution is one which establishes a state where citizens will participate in the government of their country and assume an active public role for themselves.

A Bill of Rights, therefore, is exactly the opposite of the kind of Constitution established in 1787. The Constitution, Hamilton wrote in Federalist No. 84, “is merely intended to regulate the general political interests of the nation,” and is not concerned with “the regulation of every species of personal and private concerns.”

The Constitution of 1787, in its own right, accomplishes one of the goals of a Bill of Rights: that is, according to Federalist No. 84, “to declare and specify the political privileges of the citizens in the structure and administration of the government.”

It is ultimately up to citizens, not solemn words on paper, to safeguard freedom. The fact that a person believes the Second Amendment provides no security for your “right” to use force in exercising your political liberties does not mean that he believes the government can take your guns or keep you from lawfully exercising your right of self-defense.

Life

# Always treasure your attachments

By Tyler Grask@iowastatedaily.com

*Personal preference, different environments shape how people organize their lives, place value on belongings*

Over the course of a human life, a person will usually form many attachments. Some of these attachments are torn from us; sometimes we force our magnetic tendencies to cling elsewhere. Many of the things we come to love, and which become part of us, are encountered while still in the mist of the fountain of youth. Life throws many turns our way, however, and each year presents different attachments.

What determines what we become attached to? I'd say it's a combination of personality — biological — and what you are fortunate enough to be surrounded with — environment. Take your favorite TV shows as a kid, or video games, friends, and traditions. All become entwined in the constantly developing film reel that is your memory.

The things we encounter that elicit happiness and laughter quickly become preferred. That teddy bear you used to sleep with — I don't care what its name was — was likely a soft, comforting pillow to fall back on. Your big red fire trucks, scantily clad Barbies or whatever you entertained yourself with as a child, were once part of you, in a sense. You spent loads of time

creating and learning with these toys, and they likely still produce memories.

Many children grow up with a family pet, and this pet quickly becomes an attachment. A pet is loved and adored in a civilized family, and basically becomes a member of the family. However, what happens when this pet is gone? Immediately, the realization kicks in of how much you loved it and will miss it. It's a terrible feeling, and it's an emotion everyone goes through at some point, often numerous times. This feeling isn't just associated with pets; it could be a friend, family member or house you must say goodbye to.

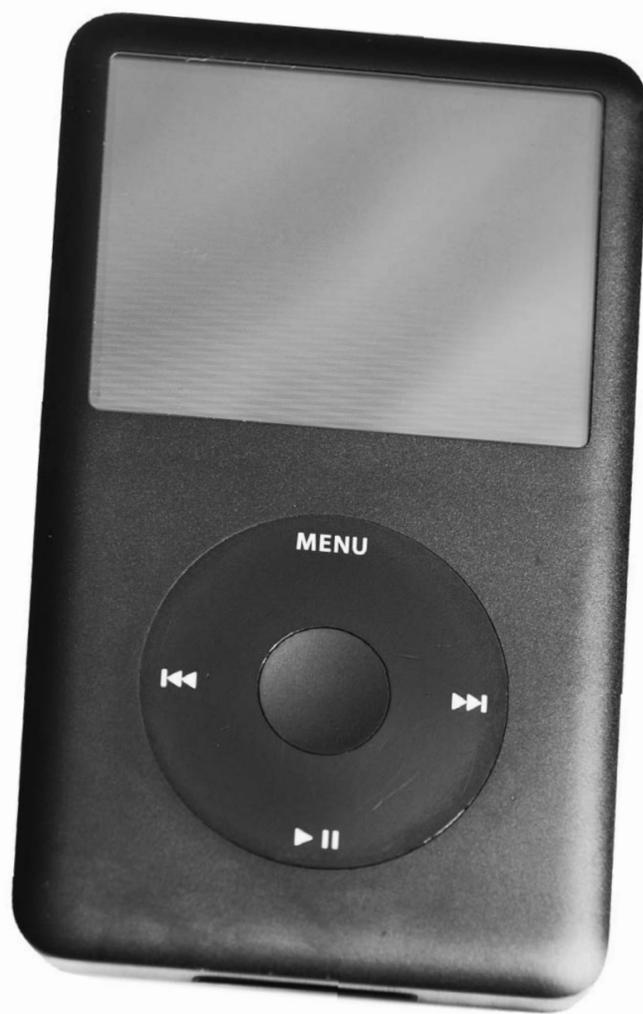
We form attachments over our lifespan only to have most of them blown away, like dust in the wind. But while someone or something we love may be gone physically, we still possess the positive memories of that someone or something. No matter what cruel things happened, which mistakes were made, which words were never breathed in the night, it's the memories we frame that will live on.

Common attachments of an ISU student are family, friends, relationship partners, cell phones, iPods, music,

athletics, caffeine, alcohol, exercise, pizza, favorite sports teams, money — which quickly becomes detached, of course — the desire for expansive growth of that so-called brain, faith, intramurals, possibly a cat or dog, "Call of Duty," video games in general, reading the Iowa State Daily, "drunk food," VEISHEA, pranks on roommates, sleeping in, social networking, YouTube, concerts, jaywalking, spending time in the library, not getting much done in the library, SWAG, checking horoscopes, pillow fights, late night Memorial Union activities, movie nights, sitting on the couch almost naked, eating Cheetos, TV programs, disc golf, and many more shenanigans I'm sure I missed.

These are some of the many things we value and feel close to. We organize our lives to try to fit in all these things, and it doesn't always work out. As a wise man once told me, "it's quality, not quantity." This means you don't have to have a life with 10,000 activities. A life with a few passions you're really good at and/or enjoy is often a better route.

Hell, one good passion may be all you need. Regardless, always treasure your attachments. Always love.



Columnist Grask believes society places value on a variety of different attachments. These passions are shaped by ones' environment and personality. Photo: Logan Gaedke/Iowa State Daily

Letter

# Avoid casting senseless votes, make informed decisions

It would be difficult to find one thing that President Obama and I agree on.

This doesn't mean I hate the guy. I cringe when my friends simply refer to him as Barry or Obama. I think the term "Obamacare" demeans his office and is incredibly disrespectful.

I think his policies and ideas are destructive, but I listen every time he talks because I know the time will come where I will have to articulate the reasons I feel the way I do.

Now, odds are you are reading this and thinking you and I have

**Jefferson Peter**, senior in communication studies

something in common. Allow me to mention the name Sarah Palin.

If you just saw red and your blood pressure skyrocketed, it is best not to read any further. Your heart may not survive the following paragraph.

During the 2008 campaign, I remember being very depressed after each debate, both for president and vice president. I would always won-

der how it was that these four people were the best we had to offer.

I had never been much of a McCain fan, but I was amazed at the polarized attention his vice presidential nominee got. It's not like we reserve that role for super qualified people. Just look at the last two decades.

Regardless of that, it seemed like everyone I talked to either was in love with the woman, or had abject hatred for her. I began asking these people what about her past, specifically in her term as governor, made them feel

the way they did but I only got things she was "trying" or "wanted" to do.

By way of comparison, I have always thought that President Bush's No Child Left Behind Bill was a federal power grab that took authority away from states and parents. I disagreed with TARP because I don't believe the government should prop up only specific entities and I certainly didn't believe that economic Armageddon was hours away if we didn't pass it immediately.

Those are just two specific things President Bush did that I disagreed

with and I promise they weren't particularly difficult to articulate. So please, in the coming campaign, do your research before you absolutely fall in love with a candidate, or despise them with every breath you take.

Those of us who are about to graduate have few illusions about the terrible job market we are entering. If we continue to make uninformed decisions, we will soon no longer be able to wash our hands of the foolish vote we've cast because the reality will be staring us directly in the face.

## Comment of the Day

The following comments were in response to the April 20 letter to the editor "U.S. Constitution means we are the government."

"I'd first like to address your statement regarding social contract theory. Social contract theory establishes a separate government by consent of the people contractually supported by the people rather than constructed by them. This difference eliminates your concern about 'gradual and silent encroachments' brought to light by Madison. In the light of such small alterations of public liberties, the only defense is public participation, not an armament. Second, unjust laws are much easier to enforce to an ignorant public than by use of force, again suggesting the need to be involved in the government you intend to claim. I think a more careful reading of the article may suggest less support for a 'tyrannical government' and more for the participation of citizens in keeping themselves well informed of their rights and protections as members of a democratic system."

-Ariana Shockley

"Interesting letter outlining a philosophical contemporary view. Kinda dances around an older idea called 'the social contract.' I wonder what the debaters of the constitution and the commentators in the state assemblies that argued for the bill of rights thought about their contractual right to protect themselves from a tyrannical government?"

Lets see ...

'I believe there are more instances of the abridgement of freedom of the people by gradual and silent encroachments by those in power than by violent and sudden usurpations.' — James Madison, Debates in the Virginia Constitutional Convention, June 6, 1788.

'The supreme power in America cannot enforce unjust laws by the sword; because the whole body of the people are armed, and constitute a force superior to any bands of regular troops that can be, on any pretense, raised in the United States.' — Noah Webster, An Examination into the Leading Principles of the Federal Constitution, Oct. 10, 1787."

-Lee Van Brocklin

The following comments were in response to the April 24 letter to the editor "No one should have a choice to take a life."

"you know what's neat about abortions? if you don't want one, you don't have to get one ..."

-Rj Green

"Thank you for expressing yourself so clearly and civilly. I respect your choices and your opinions. I think we can all agree that 'no one has the right to take a life.' Those of us who are pro-choice don't consider an embryo or a fetus to be 'a life.' While we can debate that point, I just wanted to be clear that those who advocate reproductive rights do not consider abortion to be murder or killing because we don't consider an unborn a sibling, child, or friend."

-Rob Stone

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## Wrestling



Photo illustration: Alison Gamm/Iowa State Daily

# Big 12 perseveres

Conference will continue with four teams, lose automatic qualification status

By Jake Calhoun  
@iowastatedaily.com

The Big 12 Conference will remain intact as a four-team conference for the sport of wrestling next season, Big 12 wrestling liaison Bob Burda said Tuesday.

Despite a formal news release, the NCAA notified the conference in March of its acceptance to allow the Big 12 to continue sponsoring its championship to qualify the conference's athletes after the

departure of Nebraska, which will be going on to join the Big Ten next fall.

However, the Big 12 will not retain its automatic-qualifying status that it has had in years past.

"As an automatic-qualifying conference, you automatically get one [automatic qualification] at each weight division for your champion," Burda said.

"Everything is a performance-based system now,"

Last season, the NCAA

granted only one automatic-qualifying bid to the 149- and 157-pound weight classes, which were earned by the conference title winners of that weight.

Under this new system, both of those automatic-qualifying bids would be granted solely on performance, potentially leaving some weights to not have any automatic qualifiers for the NCAA Championships.

If the NCAA would not have granted the Big 12 to continue

as a four-team conference for wrestling Plan B would have included the acceptance of independents to join the Big 12 for only wrestling.

A similar situation took place in the Pac-10 after the conference sunk to only four teams, as the conference admitted Boise State — along with numerous public universities in California — to compete in the conference for only wrestling.

The Pac-10 is now down to six teams, which is the

minimum requirement for the sport to be sponsored by a conference, according to NCAA rules.

The third option for the conference would have been to have the four teams compete in the West Regional to qualify their athletes for the NCAA Championships.

The West Regional is designated for independents in wrestling — such as Northern Iowa, Air Force and Wyoming — to qualify their athletes for the national tournament.

## Men's basketball

## Coaches now hands off in player development

Transfer players will play larger role in program

By Chris Cuellar  
@iowastatedaily.com

Those sky-high expectations for the 2011-2012 edition of the ISU men's basketball team will have to simmer through the summer for Cyclone fans.

Individual workouts for players ended last week and now coaches must be hands-off until mid-June.

With a team designed around young players and transfers ready to hit the floor, this means the Cyclones have to work on their own to improve the way the team's expectations say they will.

"It's 100 percent up to them, even if they come in and ask us we can't give them any feedback," said ISU assistant coach T.J. Otzelberger. "I think for us the greatest challenge will be meshing the guys together and finding the right blend of how we play and line-ups that fit together."

Once Dead Week and final exams wrap up, players are free to make summer plans until the team meets back up in June.

Workouts and shoot-arounds are all voluntary with team managers able to help



Coach Fred Hoiberg gives instructions to his players during the game against Northern Arizona on Nov. 12, 2010. Iowa State beat the Northern Arizona Lumberjacks with a score of 78-64. File photo: Tim Reuter/Iowa State Daily

rebound and assist. The team can't practice together for another month after that.

"It's a long stretch, because we really can't do anything with them again," Otzelberger said.

"Because we're going to

Italy we can start practicing with them probably in late July or early August, but had we not had that trip we wouldn't be able to do anything with them until school started in the fall."

The Cyclones will get games to grow and build on a

team trip in August to Italy, likely playing against professional teams and other regional clubs.

The NCAA allows programs to take one out-of-season trip abroad every four years, and the team gets 10

### Returning Players

**G - Scott Christopherson, RSr.**  
13.7 ppg, 44.1% 3-pt FG

**F - Melvin Ejim, So.**  
10.3 ppg, 6.7 rpg

**F - Calvin Godfrey, So.**  
5.7 ppg, 5.4 rpg

**G - Bubba Palo, RSo.**  
3.4 ppg, 1.0 apg

**C - Jordan Railey, So.**  
2.0 ppg, 20 blocks

### Eligible Transfers

**G - Chris Allen, RSr.**  
8.2 ppg, 39.8% 3-pt FG at MSU

**G - Chris Babb, RJr.**  
9.3 ppg, 37.3% 3-pt FG at PSU

**F - Royce White, RFr.**  
16.4 ppg, 6.0 rpg in HS

**F - Anthony Booker, RJr.**  
6.4 ppg, 4.1 rpg at SIU

extra practices to play together because of the trip, which coaches believe will be beneficial for the transfer-heavy team.

"Having those four guys sit out and now those guys become eligible, it's good for those guys to build that chemistry and work out together and hang out together and play together so that process is taking hold before next season starts so we're not coming in like a bunch of transfers, but more like guys that have been in the program for awhile," Otzelberger said.

With the availability of four transfers expected to play larger roles and the development of key role players in the program, the squad is expected to have a balanced attack with different players capable of scoring points in a hurry.

"I think we have as much or more talent as we've had in five or six years," Otzelberger said. "I think we have guys that are proven. Next year you could foreseeably have five guys in double figures and five guys that at some point in the year score 25 in a game."

Otzelberger and director of basketball operations Jeff Rutter are the two longest tenured members of the basketball staff and player corps, and Otzelberger feels like his time to still be on the bench in late March has come.

"I just want to get to the post-season," Otzelberger said. "I want to make sure that we're playing after the Big 12 Tournament, I think that's extremely important. I feel strong ties here and investment in this program and just really want to see us get this thing to a point where we're a continual contender."

word!

### Sports Jargon of the Day: ACL

## SPORT:

Athletics

## DEFINITION:

Anterior Cruciate Ligament, a ligament in the knee that is often torn or sprained as a result of knee injuries.

## USE:

Not only did Austen Arnaud tear his MCL, but the ACL took a lot of damage, too.

Big 12 football

# Ridiculously early Big 12 predictions

**Editor's note:**

The Daily's football staff has ranked the conference's football teams given their status five months before the season. Set in a points system, writers voted from top to bottom. The players and notes listed are purely the writers' opinions and in no way represent the Daily or any other ranking system. Especially since these rankings are happening ridiculously early.



## #1 Oklahoma Sooners

**2010 Final Rank:** No. 1  
**Player to watch:** LB Travis Lewis  
**Outlook:** The Sooners are to football what the Jayhawks are to basketball: King of the Hill until someone pushes them off.



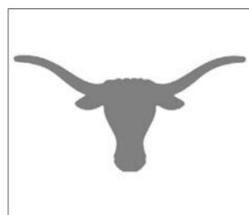
## #2 Oklahoma State Cowboys

**2010 Final Rank:** No. 2  
**Player to watch:** WR Justin Blackmon  
**Outlook:** The Cowboys are a threat in the Big 12 if they can play defense. Expect to hear "Weeden to Blackmon in the end zone!" a lot this season.



## #3 Texas A&M Aggies

**2010 Final Rank:** No. 4  
**Player to watch:** RB Cyrus Gray  
**Outlook:** The Aggies have an armory of offensive threats, and could be dangerous if they stay healthy in the extended Big 12 season.



## #4 Texas Longhorns

**2010 Final Rank:** No. 10  
**Player to watch:** QB Garrett Gilbert  
**Outlook:** The Daily staff has an exorbitant amount of faith in Mack Brown's ability to turn this program around. Longhorn fans are losing patience with losing and Gilbert's inability to win tight games.



## #5 Missouri Tigers

**2010 Final Rank:** No. 5  
**Player to watch:** TE Michael Egnew  
**Outlook:** Coach Gary Pinkel's defense is finally getting talented and tough, but it's the recently strong quarterback position at Mizzou that lacks a leader.



## #6 Kansas State Wildcats

**2010 Final Rank:** No. 8  
**Player to watch:**  
**Outlook:** No Daniel Thomas? It's looking like that won't be a problem. A 32-man recruiting class including former gem Bryce Brown mean Bill Snyder has lots of options.



## #7 Baylor Bears

**2010 Final Rank:** No. 6  
**Player to watch:** QB QB Robert Griffin III  
**Outlook:** The Texas Bowl against Illinois exposed Baylor for what it was. Let's see if Art Briles and Co. can get back on the horse and shock the Big 12 with RG3.



## #8 Texas Tech Red Raiders

**2010 Final Rank:** No. 7  
**Player to watch:** DE Scott Smith  
**Outlook:** Tech lost a lot of starters from last year's already shaky club. We're not expecting much in Lubbock with their replacements.



## #9 Iowa State Cyclones

**2010 Final Rank:** No. 9  
**Player to watch:** Kelechi Osemele  
**Outlook:** Once the Cyclones figure out who can play quarterback, then they need to figure out how to move the ball. Quarterback concerns come first.



## #10 Kansas Jayhawks

**2010 Final Rank:** No. 12  
**Player to watch:** RB James Sims  
**Outlook:** At least McNeese State is the opener. The Jayhawks will need a good win against the Cowboys to prepare for the long downhill slide.

Women's golf

# Team balances studies, preparation for Regionals

*Cyclones head to postseason after record regular play*

By Dan.Martin  
 @iowastatedaily.com

The ISU women's golf team has earned a trip to the NCAA Regionals from May 6 to 8. The No. 15 Cyclones earned their spot after a record-setting regular season and a fourth place finish at the Big 12 Championships.

The players have to multi-task preparing for the tournament and studying for finals in the coming weeks.

"For me personally, I've been preparing all semester, staying on top of course work ... taking notes, studying for finals already — actually on our last trip," said senior Victoria Stefansen. "It is a lot, and you kinda really got to schedule it out, but as a student athlete it's something we deal with everyday."

"Regionals is just another tournament to get us to Nationals, so we're preparing like we always do."

P u n p a k a Phuntumabamrung has had to adjust to a new culture — coming from Bangkok, Thailand — while simultaneously impressing on the golf course and in the classroom.

"I really need a good preparation for both of them, school and golf," Phuntumabamrung said. "For me, they are both very important; my golf game and my classes."

"Coach [Christie Martens] has set practice from [2 p.m.] to [5 p.m.] every day until Regionals. So I try to just study as much as I can before that, and then also study after that, and I think I should be good in both."

This is the second straight year advancing into the post-



Sophomore Punpaka Phuntumabamrung surveys the putting green in anticipation of her next shot. Courtesy photo: ISU Athletics

season for the Cyclones. Before last year, Iowa State was on a 14-year NCAA post-season drought. Unlike last year when the Cyclones had to bite their fingers until the last second to find out if they made it, this time around they have had the luxury of knowing for well ahead of time that they would advance.

"This year was very different from last year," Stefansen said. "Last year we were right on the bubble. We didn't know if we were gonna go or not. This year we've been ranked near the top for so long, we've known the whole time we were going to go."

The Cyclones had the best regular season in school history, placing first or second in six of their 12 tournaments. They were disappointed in their fourth-place effort at the Big 12 Championships, especially since they entered as the No. 1 seed, but they are not letting anything get in their heads.

"We've come really far this season," Stefansen said. "I think we wanted a little bit more last week [at the Big 12 Tournament], but it was a really tough field and a lot of teams played really good. For me, it's been my best season here at Iowa State, I'm so proud of what we've done, but we're not done yet."

"I think both me and team are ready to go out in Regionals and earn a spot in Nationals and show everyone that we are as good as we're supposed to be."

Seventy-two teams are invited to compete in the NCAA Regional's. There are three regions — West, Central, and East — with 24 teams in each; the Cyclones being in the West. The top eight teams from each region advance to nationals.

The West Regional's will be played in Palo Alto, Calif., at the Stanford Golf Course. The first round tees off the morning of May 6.

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**In this section:**

- Announcements Page 4
- Bachelor parties Page 3
- Groom's cakes Page 2
- Best man toast Page 4



# Men's wedding survival guide

By Hanna Johansen  
 @iowastatedaily.com

**The Proposal**

So you think you found the one? A few things to do when popping the big question include:

Test the water. Bring up the idea of getting married and make sure it is something you both want.

Talk to her parents. "Ask her dad for permission first, and do it in person," commented newlywed Ted Sics, junior in psychology.

Practice makes perfect! It's sounds silly, but practice saying, "Will you marry me?" a few times before asking her. Asking this life changing question can make you tongue tied, so make sure you are confident in what you are going to say.

Make it special. This is a moment you both will remember for the rest of your lives, so do it in a way that reflects your relationship.

**Planning the Big Day**

Most likely, the bride has been planning this day since she was a little girl. Keep in mind how important the wedding day is to your bride and help out wherever possible. Here are a few tips on how to help handle the wedding planning, as well as the stress that comes with it:

Make a list.

"I never thought about actually planning a wedding, so all the small details were a bit of a shocker," admitted recently married Patrick Minnehan, senior in animal science.

By making a list in advance small details won't be missed.

Let her know you care. If she doesn't think you want to be involved in the decision-making she probably won't ask.

Prove to her you want to be involved. Show up to meetings without dragging your feet and voice your opinion.

Take charge of aspects you find important and that directly affect the groom. If you would like a special DJ or photographer, take on the responsibility. She will be glad to have one fewer thing on her plate. Also, help choose your attire, your ring, and go with the bride to register for gifts.

Feeling the pressure?

It's always best to re-direct your stress into productive channels (Trust me, I'm a psych major). For me, this included writing and playing guitar. Humor always helps, too. Try watching some failed marriage proposal videos on YouTube," suggested Sics.

**The Bachelor Party**

The bachelor party can be a fun, final celebration as a single man, but make sure to set some limits or you may end up single longer than expected. Some tips to make sure you have a safe, tasteful party include:

Talk to your bride and find out exactly with what she is and is not OK. This will save any unnecessary disagreements before the wedding.

Try to include your whole bridal party so they can get to know each other. "Be aware of everyone's schedules and try to keep everyone involved, including younger groomsmen," noted Minnehan.

Have a designated driver or the number for a taxi service prior to leaving for the party.

"In all seriousness, remember that what happens at your bachelor party, stays on Facebook," remarked Sics.

**The Big Day**

All the stress and planning comes down to this one day. Here are a few things you can do to make sure everything runs smoothly the day of your wedding:

Have a checklist made to make sure you have everything, especially the rings! Having this list will keep you calm throughout the day and will save any last minute rushing around.

Remember why you are here.

"You'll discover that there's only one moment of the entire ceremony that really matters, and that's when you turn to your bride to recite your vows. You will feel like you're looking at her for the very first time. Everything else, all the other little details you spent months fretting over, becomes white noise," confessed Sics.

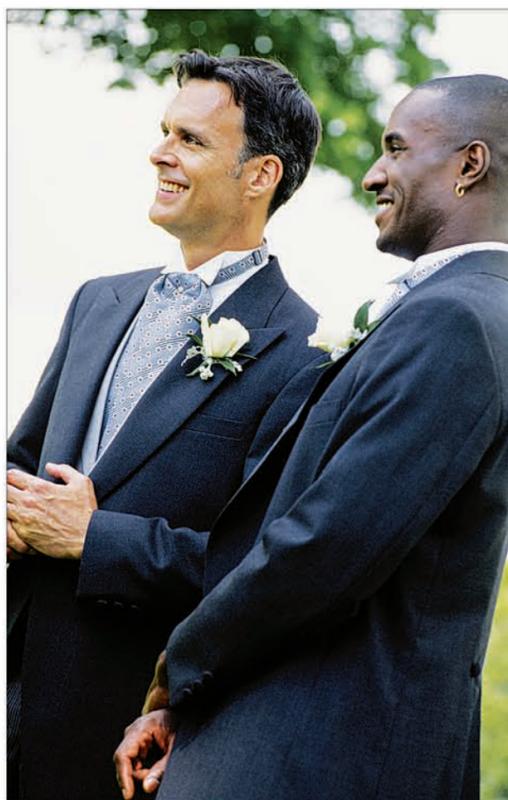
**The Honeymoon**

With all the pressure of making sure the wedding goes off without a hitch, going on a honeymoon with your new bride can be the perfect way to distress and relax as a new married couple. A few things to consider when planning your getaway include:

Set a budget. Weddings can get very pricey, so try to include the honeymoon in your budget. The budget can determine the location and the time you will spend at your destination.

Consider going all-inclusive. All-inclusive resorts will save the headache of having to plan activities and will save you from any unexpected costs that may come up. Most all-inclusive resorts will bundle food, drink, stay, and some leisurely activities for one rate.

Think about the time of year you will be traveling. You don't



With everything from the proposal to the honeymoon, the groom plays a vital role in the wedding planning process. Courtesy photo: Thinkstock

want to book a weekend in the Caribbean during hurricane season, nor do you want to be in Mexico over Spring Break if you are looking to have a relaxing getaway.

Plan ahead. If you are planning to leave the country make sure you have passports and any other documents you may need well in advance.



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# Groom's cakes can be fun, funky

By Lindsey Schwarck  
@iowastatedaily.com

After vows are exchanged and emotional toasts are made, guests look forward to the anticipated cake-cutting ceremony. Contemporary weddings now provide twice the excitement with an additional groom's cake.

Originating in 17th century England, groom's cakes were cut and boxed at the wedding reception and sent home with unmarried women. Legend has it that the maidens placed the dessert under their pillow and dreamt of her future husband.

The custom was later picked up by the South and altered to reflect the man of honor's hobbies, interests, or profession. This old southern tradition is now making a modern comeback.

Diana Glidden, manager of Dutch Oven Bakery in Ames, said about one-third of her wedding cakes have an accompanying groom's cake.

"These cakes are so fun. When people walk in and see something like this, it really starts conversation," said Glidden.

While the groom may have a big influence on the "traditional" cake too, this cake is a gift from his new bride.

Known as the "Cy and Herky Lady", Glidden has made numerous cakes for couples of the rivalry schools. Sports themes are very popular, and can range from a football helmet to baseball stadium. Other trends include fishing and hunting, farming, and animals.

If you are serving this cake, remember a few tips:

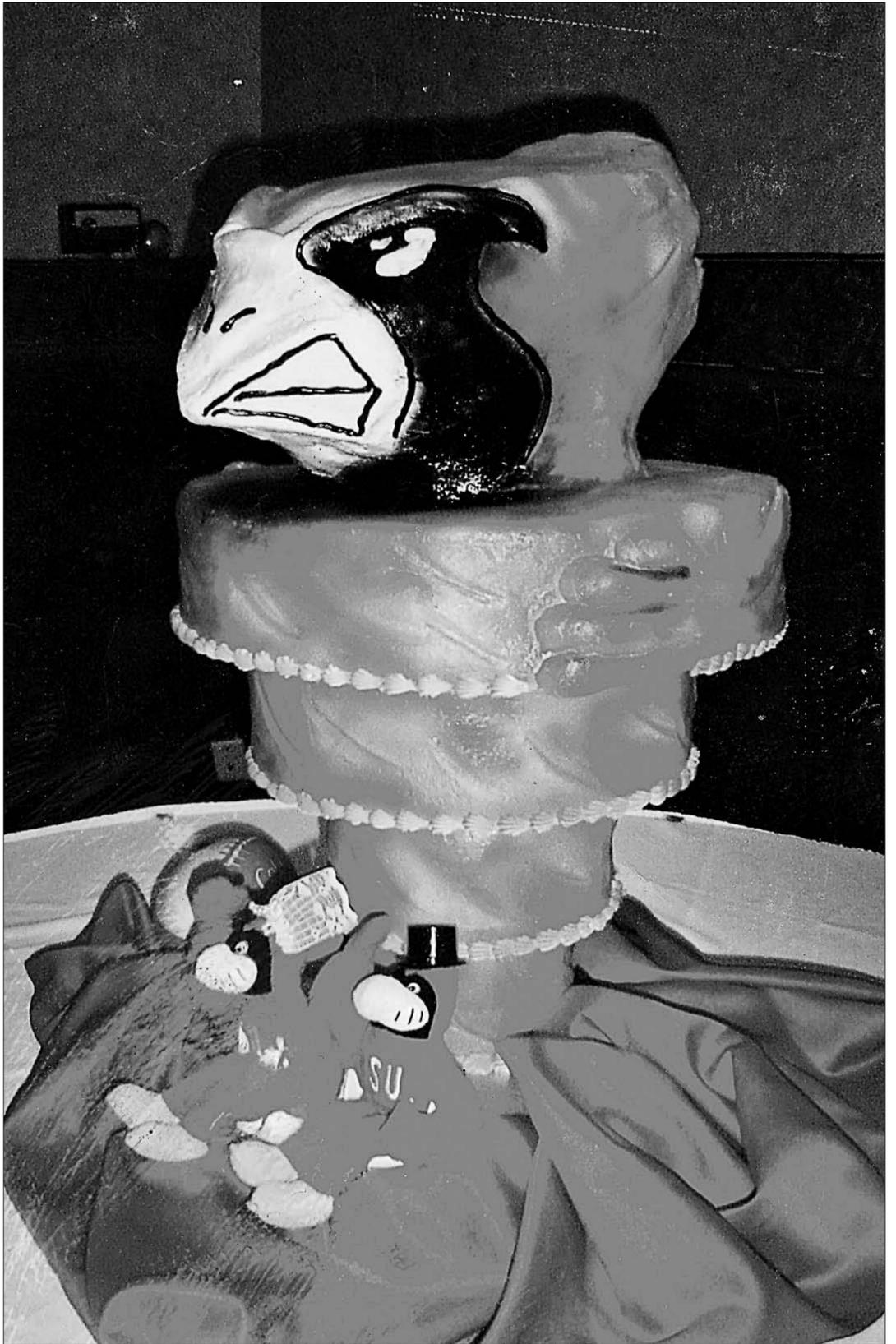
- Make it personal: Whether you are a Mario game lover or avid outdoorsman, you can find a cake designer to make your hobby into an edible creation.
- Ask to see their work: Most bakeries keep photos of previous clients, so looking through other cakes show their experience and may give you ideas.
- Don't forget about taste: Most often, the main cake is white or marble, to appeal to most guests.

The groom's cake is your opportunity to try a creative filling or flavor. The icing also impacts taste and presence. For instance, a sweet butter cream frosting creates texture, while popular fondant confections provide sleek decoration. Either way, you can have your cake and eat it, too!

• Serve it at the rehearsal dinner: The rehearsal dinner is a great chance to mingle with family, friends, and the wedding party before the big day.

This is an appropriate time to serve the groom's dessert because the event is often hosted by the man's parents. The wedding reception is also a great opportunity, as party-goers can also enjoy the unique treat.

"Anything really goes when it comes to groom's cakes! The wedding can be elegant, and the reception gets fun and funky," added Glidden.



Groom's cakes were an old tradition for many years, and they have recently been making a comeback. Courtesy photo: Dutch Oven Bakery



Many groom's cakes center around the groom's career or some of his favorite pastimes and hobbies. Courtesy photo: Dutch Oven Bakery



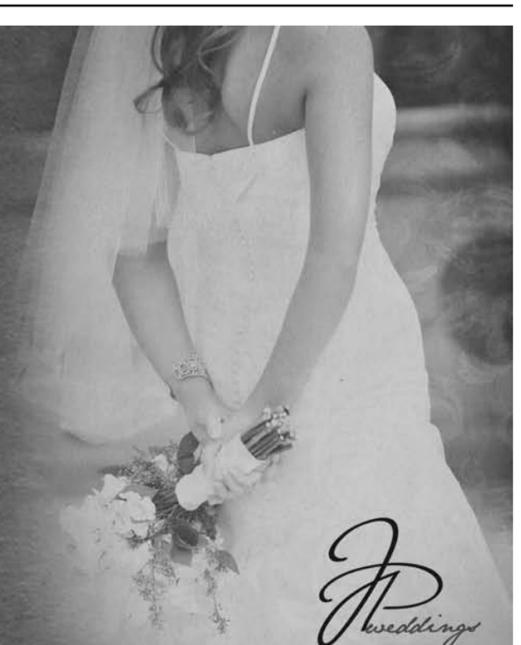
Because the groom's cake is not the main cake of the wedding reception, it is often much more crazy and fun. Courtesy photo: Dutch Oven Bakery

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# Bachelor parties provide pre-wedding fun

By Danielle Gibbons  
@iowastatedaily.com

Planning an epic bachelor party is crucial to many men's wedding process. The bachelor party is the perfect time for the future groom and his close friends to hang before they "say farewell", so-to-speak, to a buddy.

Preferably, the best man should plan all the details of the party.

Merrick Havens, Iowa State alum, planned a whole day of fun for his best friend's bachelor party. The group started the day with a round of golf, went to dinner, barhopped, and then headed to the strip club to "send off" their buddy.

"I have a friend that had an old school bus and he was nice enough to haul us around town while we went to different places," said Havens.

Havens suggests always having a designated driver when planning an epic bachelor party. It will lift a bunch of pressure off your shoulders as a planner and friend.

At the strip club, the boys paid for the future groom to get on stage, which "isn't cheap", said Havens. They requested the "special bachelor dance". None of the guys really knew what to expect.

The groom wasn't feeling too well, so another friend who was planning on getting married soon volunteered to go on stage, since they'd already paid for it.

"The girl ripped off his nice shirt and took off his belt and hit him with it," said Havens. "It was funny because he technically wasn't supposed to be up there."

The morale of the story is to plan ahead and make sure you know what you're getting yourself or your friends into during a bachelor party.

Another tip Havens suggested is to not leave anyone out.

"When you're planning, there are going to be friends that aren't involved with the personal planning or family members you don't know," said Havens. "Just make sure and do your research to include everyone."

Other great tips provided by Andrew Shanahan, an iamstaggered.com writer, are establishing a dress code, having a money pool or designated "treasurer" to pay bar tabs, and simply to have fun.

Some possible dress code themes are toga party, golfing, Mardi Gras, Las Vegas etc.

Havens is getting married on June 11. His buddies in Arizona are planning a bachelor party for him in Las Vegas.



Bachelor parties are a fun part of wedding traditions, and the events involved can span the range of ideas. Courtesy photo: Thinkstock

ty for him in Las Vegas.

"I don't know the details. All I did was book two suites at the Rio Casino," said Havens. "I'm giving my friends the reins."

When asked if his party will end up "Hangover Style" Haven simply said, "You can't plan that."

Ladies and gentlemen need to also be open-minded while planning their bachelorette/bachelor parties. Havens said his fiancé's best friends planned a skydiving trip for her and her friends.

"Anyone at her party that had it on their bucket list went," said Havens. "I would not be opposed to that. It sounded awesome."



Keep the bachelor party activities both clean and fun. It is supposed to be a celebration for the groom from his friends and best man. Courtesy photo: Thinkstock

# Groomsmen gifts show appreciation for special day

By Danielle Gibbons  
@iowastatedaily.com

There are so many people that help the bride and groom prepare for that special day.

After all of their hard work, they deserve a little something to show some appreciation.

Groomsmen and bridesmaids help the bride and groom throughout the planning process and the entire day that they've been waiting such a long time for.

It's time to learn how to thank them properly.

The bride and groom are usually expected to give something to their bridesmaids and groomsmen to thank them for all of their help.

It's easy to think of things to get for the women. Usually it's pedicures, manicures, purses, jewelry, etc. The men are a little tougher to shop for.

"We bought all of our ushers flasks with their initials engraved in them. My husband took the groomsmen out for a 'last boy event'," said Jessica Haugo, Iowa State elementary education alumni.

There are many stores in the Des Moines area to get things engraved.

It's an inexpensive way to show how important these people are. It's also something that they will keep forever.

Some popular gifts for the groomsmen are flasks, watches, money clips, etc.

Another great way to thank the guys is taking them out for a round of golf or another activity they can all do together.

"I took all of my groomsmen out for 8 holes of golf and then a few drinks," said Ryan Haugo, Iowa State business college alumni.

Gifts are always nice, but taking friends out to hang together means something more. It's always nice to take time for friends before the knot is tied. Show them that they won't be forgotten and how important they are in your life, even after marriage!

"The ushers were really excited about the flasks that they got," said Haugo, "and we all had a good time golfing."



Groomsmen and bridesmaids help the bride and groom a lot throughout the wedding planning process, it is important so show appreciation. A good way to show appreciation and give thanks is with gifts. Courtesy photo: Thinkstock

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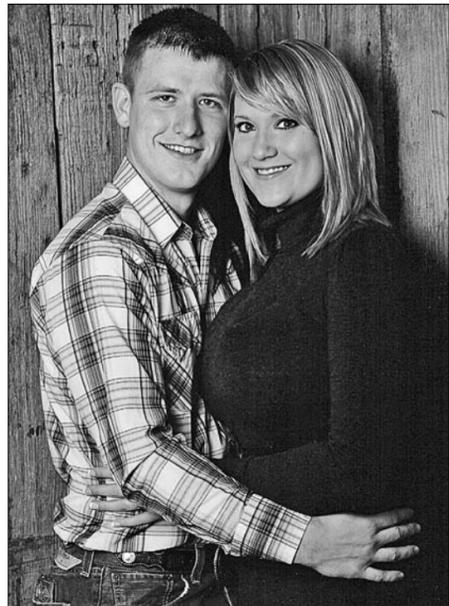
## Grunder, Traxel

Megan Grunder, daughter of Doug and Sherry Grunder, and Michael Traxel, son of Bob and Bev DeWaard, are pleased to announce their engagement and upcoming wedding.

Grunder, of Mount Vernon, is a sophomore in kinesiology at Iowa State and will graduate in May 2013.

Traxel, of Johnston, is a senior at Iowa State in biochemistry and will graduate in fall 2011.

Pastor Steve Hudson will perform their wedding Aug. 13 in Mount Vernon.



## Johnson, Kruse

Lea Johnson, daughter of Richard and Yvonne Johnson, and Michael Kruse, son of Paul and Virginia Kruse, are pleased to announce their engagement and upcoming wedding.

Johnson, of Unionville, is a junior at Iowa State majoring in elementary education with a specialization in mathematics and will graduate in May 2012.

Kruse, of Harlan, Iowa, is a senior at Iowa State majoring in industrial technology and will graduate in December 2011. He will be a commissioned naval officer and will begin training to become a naval pilot.

Their wedding will take place Dec. 30 in Ames.

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Although speaking in front of a large crowd of people may be intimidating, it is important when giving a speech at a friend or relative's wedding to leave the anxiety behind and deliver a quality heartfelt toast. Courtesy photo: Thinkstock

## Best man toast should be fun, heartfelt

By Wendy Sloan  
@iowastatedaily.com

The best man's speech – "it's a toast, not a roast"

For many people, speaking in front of a large group of people can be very intimidating. So, giving a toast as the best man at your friend's wedding can be extra nerve-racking. Fortunately, there are things best men can do to ease some of the anxiety and deliver a quality toast.

Cynthia Betts, a professional certified master wedding planner in Iowa, said that the best man's speech should be prepared and rehearsed.

"The toast is a very personal thing," Betts said. She suggested that the best man's

speech be prepared and rehearsed, but not completely scripted. "You're wishing people well. It's really to get people's attention."

Betts owns a customized company and typically plans more than 130 events a year. She said she's done weddings all over the state with more than half of them take place in eastern Iowa. "Only a fourth are around the Des Moines area," she said. She's also planned events in surrounding states, including Minnesota, Missouri, Indiana and Illinois.

Throughout her more than 30 years of experience, Betts said that she often gives guidelines to help members of the wedding party that are speaking during the reception. It's a

toast, not a roast," she said. "It has to come from the heart."

Betts expressed that toasts should be between four and seven minutes long.

"The best length has been anywhere from four to five and a half minutes," she shared.

Overall, she said the best ones she's seen are between four to five and a half minutes.

According to Betts these toasts should be "short and very simple." Best men can start by saying a few things to identify how they know the groom or the couple. "Let guests know why you know them the way you do," she said.

Betts added that presence plays a role in the speech as well.

"Command your audience

with a presence," she advised. She added that it was important to "address who you're speaking to and look them in the eye."

What not to do or say

It's really important to plan for the speech, according to Betts.

"Write it up and rehearse it," she suggested. "Don't wing it."

She further suggested that men rehearse their speech in front of women.

"Men and women look at things differently," she explained. "What a man thinks is funny a woman might think is raunchy."

She also provided some insight about what best men shouldn't say during their speech.

"You really shouldn't talk about private things," she said. For example, she said to stay away from inside jokes because some guests might not know them. They can be "confusing and downright embarrassing" according to Betts.

For best men that really want to incorporate a joke in their speech, Betts suggested trying something light-hearted.

Otherwise, she said it's really not a time for jokes. She added that this is never a time to discuss race, religion, politics or anything that might be offensive.

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**Sublease 1 BR**

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**FAST FACT: POPULATION**

Iowa State University's students, faculty and staff total over 63% of the population of Ames truly making Ames a college town.

**FAST FACT: DINING OUT**

The average student spends over \$720 eating out in a year and the average faculty or staff member spends around \$1,272.



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- 210 Gray (Sunset View)
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210 Gray **Sunset View**

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Check us out at our new on-site leasing office at 715 S. 16th Street for entertainment, free food and prizes the **WHOLE WEEK** of Dead Week!

**Monday: Gamer Day**  
C.O.D. Tournament, Tailgate Food, Live KCCQ Radio Broadcast, Free Gift Cards and more!

**Tuesday: Pajama Day**  
Movie Marathons, Scene it! Challenges, and Win a New Bedding Set for Your Grove Apartment!

**Wednesday: Happy Gilmore Day**  
Free Subway, Free Buckets at the Driving Range, Mini Golf Challenges, and More!

**Thursday: 1920's Casino Night**  
Casino Style Buffet, Card Games and Tons of Free Stuff!

**Friday: 60's Beach Party & Fish Fry**  
Music, Food, and the First Pool Party of the Year!

**Saturday & Sunday: Weekend Study Breaks**  
Fuel up for finals with caffeine, food, and swag bags from your friends at The Grove!

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**WIN A 32" FLAT SCREEN TV DURING GROVEFEST!**  
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**TUESDAY – 1/2 security deposits**

**WEDNESDAY – 3 months free parking**

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**FRIDAY – Stock your fridge on move-in day**

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**HOURS: 9-6PM WEEKDAYS AND 12-4PM SATURDAY & SUNDAY**

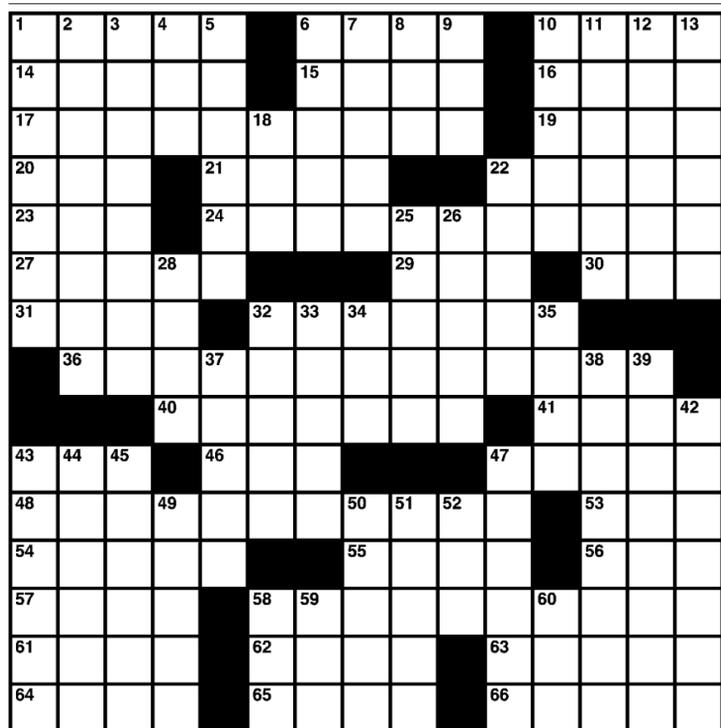
\*The above specials only apply to available units and new leases.





Look online at [iowastatedaily.com](http://iowastatedaily.com) for your weekly Target ad.

**Daily Crossword:** edited by Wayne Robert Williams



**ACROSS**

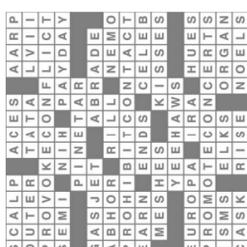
- 1 Head covering
- 6 High poker pair
- 10 Lobbying group for 50-and-overs
- 14 Peripheral
- 15 Casual good-bye
- 16 XIX, xlll
- 17 What an inflammatory statement is intended to do
- 20 Long hauler
- 21 Medical research org.
- 22 Weekly check time
- 23 Batter's stickum
- 25 Bunsen burner, e.g.
- 29 Scrape off
- 33 Despise
- 34 Little stream
- 36 Lost film fish
- 38 What a restraining order is designed to do
- 41 Deserve
- 42 Make-meet link
- 43 A-lister
- 44 Interlocks
- 46 Meetings of lips
- 47 Rodeo shouts
- 50 Moon of Jupiter
- 54 Nest egg letters
- 55 Color tones
- 59 What a band PR man is paid to do
- 62 Schools of thought
- 63 Lodge fellows
- 64 Heart, e.g.
- 65 Winery container

**DOWN**

- 1 Soaks (up)
- 2 Antidote
- 3 Basic building block
- 4 Jeans pioneer Strauss
- 5 With "and" and 61-Down, both sides (and this puzzle's title)
- 6 Had home cooking
- 7 Secret stockpile
- 8 Ike's WWII command
- 9 Author of much as epistoles
- 10 Colleague in combat
- 11 Fanatical
- 12 Costa
- 13 Commiserate with
- 18 Wrinkle, as one's brow
- 19 "M\*A\*S\*H" actor Jamie
- 23 Scope prefix, in subs
- 24 Soapstones
- 25 Stare in wonder
- 26 Garfield's middle name
- 27 Land by the sea
- 28 Hopkins University
- 30 Payments for hands
- 31 Real bargains
- 32 Ceremony facilitator
- 34 Dishwashing step
- 35 "...be a shame if..."
- 37 Places to pick your pony, for short

- 39 Bird that dines on stinging insects
- 40 CBS military drama
- 45 Insulin deliverer
- 46 Two-time Olympic skating medalist Michelle
- 48 Country bumpkins
- 49 ".../By any other name..."
- 50 Like some poetry
- 51 Bear in the night sky
- 52 CD...; computer inserts
- 53 Trans-Siberian Railway city
- 55 Damsel's savior
- 56 Yen
- 57 Catchall abbr.
- 58 Personnel IDs
- 60 New Haven Ivy Leaguer
- 61 See 5-Down

**Yesterday's solution**



**WACKY WEDNESDAY** CELEBRATING 34 YEARS IN AMES

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40 to choose from... or name your own.

**Today in History**

- [1526] Mogol King Babur beats sultan of Delhi
- [1646] King Charles I flees Oxford
- [1805] U.S. Marines attack shores of Tripoli
- [1865] Steamboat "Sultana" explodes in Mississippi River, kills up to 1,547. 1450 of 2000 paroled Union POWs on their way home are killed when river steamer "Sultana" blows up
- [1953] Wrestler Freddie Blassie coins term "Pencil neck geek"
- [1962] U.S. performs atmospheric nuclear test at Christmas Island
- [1994] President Nixon buried in Nixon Library in California

*Share your happiness.*

Publishes, May 26 ■ Deadline, May 20, at noon

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April 28th 10PM FREE

**Jet Edison**

April 29th 10PM \$5

**Leaving TX**

April 30th 10PM \$5

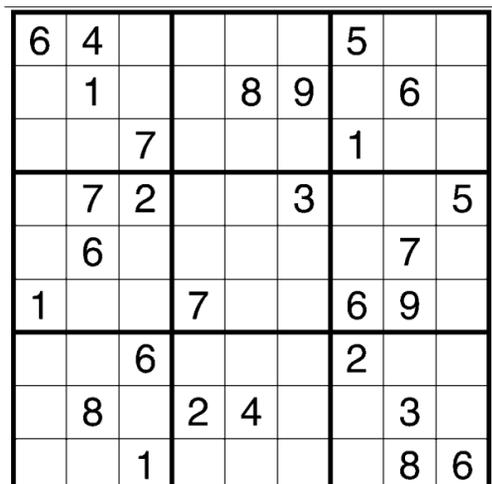
Tickets can be purchased online at [www.dgstaphouse.com](http://www.dgstaphouse.com)  
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**Daily Sudoku**



**Level: medium**

**INSTRUCTIONS:** Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every number 1 to 9. For strategies on solving Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk).

**Today's solution:**



**Daily Horoscope:** by Nancy Black and Stephanie Clements

**Aries: Listen To Your Dreams**

**Today's Birthday (04/27/11).** You're beginning to see the light down the tunnel of love. Make new friends, but don't forget to take good care of the ones you already have. Travel a different route, and roll with any punches. You'll be pleasantly surprised.

**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 6 -- The next two days are about follow-up and completion. Don't take it too seriously. A spoonful of sugar makes the medicine go down. Burn calories and frustrations. Listen to your dreams. They do come true.

**Taurus (April 20-May 20)** -- Today is a 6 -- Time to get together with friends. Being interested makes you interesting. Travel a new route. Moderate a clash between normally gentle souls. Provide common sense where you find it lacking.

**Gemini (May 21-June 21)** -- Today is a 7 -- You're stepping up the ladder. The next few days bring ample opportunities, so be selective and get ready for direction. Experts and a partner provide solutions.

**Cancer (June 22-July 22)** -- Today is an 8 -- Suddenly everything seems possible, and it is. Before launching into the next fantastic adventure, finish off chores. Hitch your wagon to a star for fun and profit.

**Leo (July 23-Aug. 22)** -- Today is a 7 -- Keep saving as a priority, and watch your nest egg grow. Encourage someone to put their dreams down on paper, and listen carefully to their crazy ideas. There's gold in there.

**Virgo (Aug. 23-Sept. 22)** -- Today is a 7 -- Use your shrewd business ability to replace something that's broken at home for the best price. Imagine a simple solution that keeps systems flowing smoothly.

**Libra (Sept. 23-Oct. 22)** -- Today is a 6 -- Don't get so lost in your thoughts that you lose sense of reality. Listen carefully to a crazy suggestion. Remind someone what you love about him or her.

**Scorpio (Oct. 23-Nov. 21)** -- Today is a 7 -- Figure out what you really want to accomplish. Don't try to win the argument for a change. It doesn't matter to the big picture. Consider a purchase that supports your aim.

**Sagittarius (Nov. 22-Dec. 21)** -- Today is a 7 -- Home sweet home. Put out the welcome mat and cuddle in the comfort of your nest. Don't open the door to strangers. Solve the problem by yourself.

**Capricorn (Dec. 22-Jan. 19)** -- Today is a 9 -- An old dream comes true. It may require short-distance travel. Your work may seem more important than your relationships today. Don't be fooled.

**Aquarius (Jan. 20-Feb. 18)** -- Today is a 9 -- Let your curiosity be your guide. A little study brings tremendous results. Consider how to best direct this new skill. Maybe it's the missing link to fulfilling an old dream.

**Pisces (Feb. 19-March 20)** -- Today is a 9 -- Your confidence is contagious. Get past your self-assigned limitations for fulfillment. Do what you love, whether or not you think that the money will follow. It will.

**WEDNESDAY**

All you can eat buffet from 11-3pm

**\$6.99 all you can eat chicken, beef, pink (shrimp), fish, and steak tacos**

**\$3 1/2 pounders with cheese and fries from 9-9pm**

**make Es Tas Wednesdays a part of your week!**

**\$1.00 Domestic Bottles from 8-9pm**  
**\$2.00 Domestic Bottles from 9-Close**

**EsTas is hiring for the summer and fall for kitchen, door, and waitstaff. Grab an application today!**

216 Stanton Ave. | (515) 268-1785

Like Es Tas on to view our daily specials

## FASHION POLICE

**MacKay**  
Bubble gum pink coat and shoes...a little much.

**Central Campus**  
Too much rain!!

**Memorial Union**  
Skirts and rainboots do not go together.

**Ross Hall**  
To the boy in the corduroy pants call me when you're at your peak.

**Parks Library**  
Finals are never in style...ugh

**Central Campus**  
Bright yellow rain ponchos. Yikes.

**The Hub**  
Platinum blonde hair is definitely not your natural hair color.

## EVENTS

**Senior Send-off**  
When: 5 to 8 p.m. Friday  
Where: ISU Alumni Center  
Free food and two free drinks for all graduating seniors. Friends are welcome to join.

**Nearly Naked Mile**  
When: 8 to 10 p.m. Friday  
Where: ISU Alumni Center  
Registration at 8 p.m. and race begins at 9 p.m. Food and drinks provided after the race. Event will occur rain or shine.

**Mamma Mia!**  
When: 7:30 p.m. May 2 and 3  
Where: CY Stephen's Auditorium  
Cost is \$27 for ISU students

**Gift Shop: Cinco de Mayo**  
When: 9 a.m. to 4 p.m. May 5  
Where: Reiman Gardens  
Shop for "a taste of Mexico." Gourmet items will be specially priced for the day and into the evening. A special Mexican treat, Tres Leches Cake, will be served from 5 to 7 p.m.

**Mother's Day at Reiman Gardens**  
When: 9 a.m. to 4:30 p.m. May 8  
Where: Reiman Gardens  
Mothers get free admission into the gardens.

## CHECK IT OUT

The summer is almost here and you know what that means: outdoor concerts. Gotickets.com offers everything for your entertainment needs this summer. They offer information about baseball tickets to Broadway to Britney Spears and U2. Head to this website to plan your summer road-trip adventure.

[gotickets.com](http://gotickets.com)



# Don't Sweat It

BY ERIN FOSSELMAN  
ISD STYLE WRITER

*With finals upon us, these simple makeup tricks will keep you fresh and disguise those pesky signs of stress*

The key to looking rested is to go light. Rachel Townsend, makeup artist and licensed esthetician at It's All About Me, shared some tips to help hide the effects of stress.



"Highlighting, contouring, bareMinerals has great products for that. There's a concealer called

Well-Rested that really brightens the eye. There's also reflective properties to the makeup we use here that really help reflect light off your face so that it makes you look more awake," Townsend said.

The first thing to do to look perky, is to ditch the dark eyeshadow. The heavy shadow drags the eye down. Instead, opt for a lighter, brighter color. Bare Escentuals' line, bareMinerals has many eye shadows that can brighten your look. Cultured Pearl, Blush and Nude Beach are three great colors. The bareMinerals eye shadow line is sold at It's All About Me and online at bareescentuals.com for \$13.



After a long day, different brands of eye shadows tend to crease or fade. Prime Time Eyelid Primer, by bareMinerals, helps keep eyeshadow looking



fresh all day. Blend the primer all over the eyelid and shadow look won't fade away. It's All About Me sells the product for \$18.

"A brighter look will make you feel brighter," Townsend said. "Instead of lipstick, use lip gloss. It's shiny and it'll make you feel perkier."

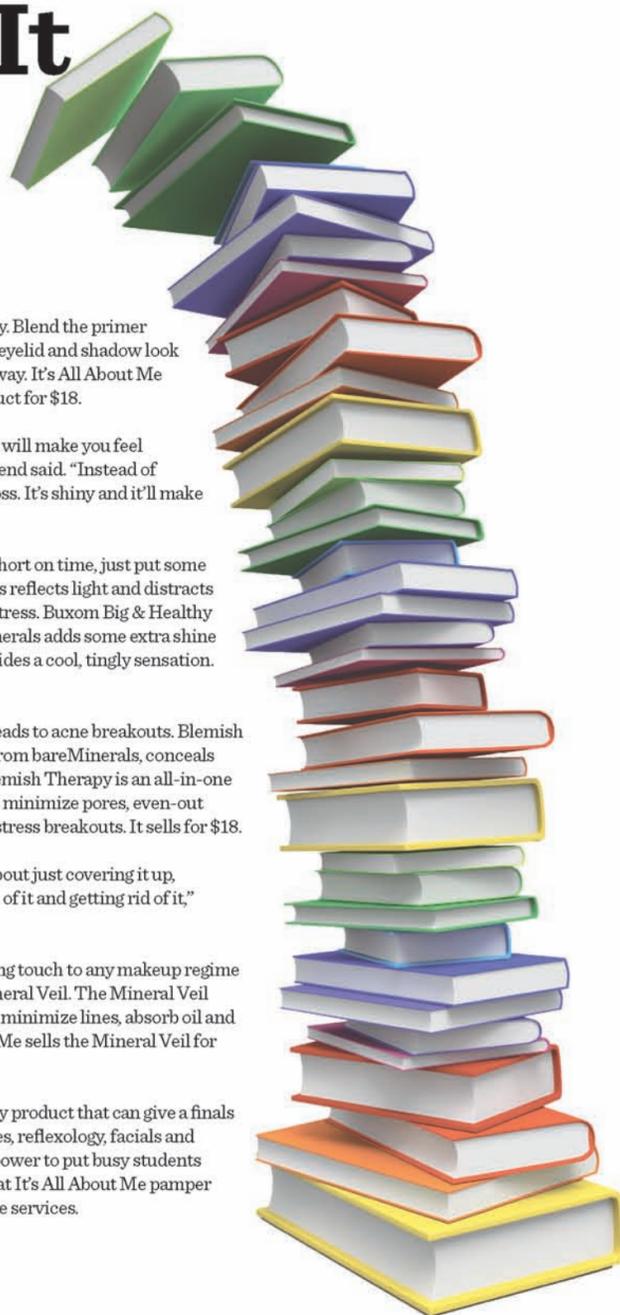
If you find yourself short on time, just put some lip gloss on. The gloss reflects light and distracts from other signs of stress. Buxom Big & Healthy Lip gloss by bareMinerals adds some extra shine to your lips and provides a cool, tingly sensation. It costs \$18.

Lack of sleep often leads to acne breakouts. Blemish Therapy, a product from bareMinerals, conceals acne and heals it. Blemish Therapy is an all-in-one treatment that helps minimize pores, even-out redness and reduce stress breakouts. It sells for \$18.

"Having acne isn't about just covering it up, it's about taking care of it and getting rid of it," Townsend said.

The ultimate finishing touch to any makeup regime is bareMinerals' Mineral Veil. The Mineral Veil goes over makeup to minimize lines, absorb oil and blend. It's All About Me sells the Mineral Veil for \$19.

Makeup isn't the only product that can give a finals week boost. Massages, reflexology, facials and waxing all have the power to put busy students at ease. The women at It's All About Me pamper customers with these services.



Courtesy photos: Thinkstock

## Take me out to the ball game

BY ANGELA CHRISTIANSON  
ISD STYLE WRITER



Say goodbye to hitting up the men's section to find over-sized, ill fitting baseball jerseys and hello to Victoria's Secret Pink's new Major League Baseball Collection.

The Collection has everything from cozy sweatshirts for around \$50 to sassy three for \$25 undies donning your favorite team's colors and logos. Pink added 12 new teams to the line to bring the total to 23. A few teams included are the Chicago Cubs, Minnesota Twins and Boston Red Sox. To see the full list check out [vspink.com](http://vspink.com).

The line is available in Victoria's Secret stores and MLB stadium stores spanning the teams' markets. Don't live near your favorite team? All the teams are available at [vspink.com](http://vspink.com).



Courtesy photos: Victoria's Secret

## Electric eyewear

BY KAYLA KIENZLE  
ISD STYLE WRITER



This summer, don't settle for another pair of wayfarers that the rest of the population will be sporting on their faces. Instead, be different and draw attention to yourself, in a good way of course.

Slide on the Karen Walker Bunny shades and stand out. These unique, yet chic and ultra cool glasses come in three colors: crystal fuchsia, crystal orange and crystal tea brown. They can be found online at [karenwalker.com](http://karenwalker.com) and sell for \$349.00.



Courtesy photos: Karen Walker

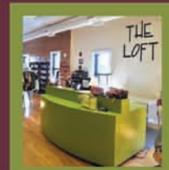
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