



LIVE FROM AMES

‘SNL’ comedian Kenan Thompson comes to ISU

By Melissa Garrett
@iowastatedaily.com

From musical theater to television to stand-up comedy, comedian Kenan Thompson has done it all.

Having recently wrapped his 12th season on Saturday Night Live, Thompson started his comedy career as a young comedian on Nickelodeon’s “All That” and said he never imagined becoming an “SNL” regular could be his real job.

Thompson will step away from his Saturday night schedule to perform a comedy show for Ames audiences at 8 p.m. Wednesday at C.Y. Stephens Auditorium.

Doors will open at 7 p.m. for the 8 p.m. show. ISU student tickets are \$20 and adult tickets are \$30.

Student ticket holders must present their ISU IDs at the door.

Tickets are available for purchase via Ticketmaster and can be purchased from 10 a.m. to 4 p.m. Monday through Friday at the Iowa State Center Ticket Office.

Growing up in Atlanta, Georgia, Thompson was the youngest brother in his family and had an extensive musical theater background, though he said he was a quiet kid.

“I was the younger brother, so I followed my brother around a lot, and we played, like, sports in the street—a lot of bicycling, a lot of football,” Thompson said. “I was quiet, but I enjoyed playing with my G.I. Joes and cars and stuff like that.”

Scoring one of his first comedy roles on Nickelodeon’s “All That,” Thompson has an extensive background in musical theater and said he has always been known for his “funny bone.”

“I guess I was always kind of like the comic relief [even] in the musical theater-type deals. I would always have like a line or two that would get laughs,” Thompson said.

“[I]t’s like a natural thing, I guess.”

As he got older, Thompson realized that pursuing comedy as a career and performing on Saturday Night Live was the real deal.

“Just going from my first TV show experience in the first place with ‘All That’ was awesome, you know? Every single day was awesome. We had like really cool musical guests from the very beginning, like TLC,” Thompson said.

“I was a kid. I was protected, [and] I started to go to school and work a lot, but

THOMPSON p8



Courtesy of Wikimedia Commons
Comedian Kenan Thompson recently wrapped his 12th season on SNL and will perform for Ames audiences at 8 p.m. Wednesday at C.Y. Stephens Auditorium.

Regents to discuss increase in living rates

Costs would go up 2 to 3.5 percent

By Alex Hanson
@iowastatedaily.com

The Iowa Board of Regents will meet Feb. 24 and 25 at Iowa State to consider several items, including bathroom remodeling at the Richardson Court dorms, rate increases for housing, meal plans and parking, as well as a proposal for a new criminal justice major.

The Feb. 24 meeting will take place in the Executive Board Room of the Alumni Center from 8:30 a.m. to 5:45 p.m. approximately, while the Feb. 25 meeting will take place from 8 a.m. to 3 p.m. approximately in the Great Hall of the Memorial Union.

Richardson Court construction

The board will consider hiring a third party to complete upgrades of bathroom facilities in dorms in the Richardson Court neighborhood, which includes Birch, Welch, Roberts, Barton, Lyon and Freeman residence halls.

Bathrooms in the dorms have community showers that are not Americans with Disabilities accessible, which will be addressed with construction. The project would also add more privacy to the showers and upgrade lighting to improve energy use.

Because of the demand for housing, the university is unable to take specific areas of dorms or rooms offline, so construction cannot take place during the school year. The board needs to hire a third party to complete construction during the summer, a relatively short time for the amount of work being done, according to regent documents.

The \$3.8 million estimated cost would be funded by Dormitory System Funds.

Iowa State is also requesting an additional \$8 million for construction being done at

BOR p4

City Council calls for input Diversity update

By Christie Smith
@iowastatedaily.com

Council members brainstormed ways to improve an area known as the Lincoln Way Corridor and issued a call-to-action for community members at a special meeting of the Ames City Council Tuesday night.

The Lincoln Way Corridor spans an area of nearly 7 miles through Ames along the east-west running Lincoln Way.

The city hired Houseal Lavigne Associates, a corridor planning firm from Chicago, to conduct a study on the area that connects Campustown to downtown and other neighborhoods across Ames.

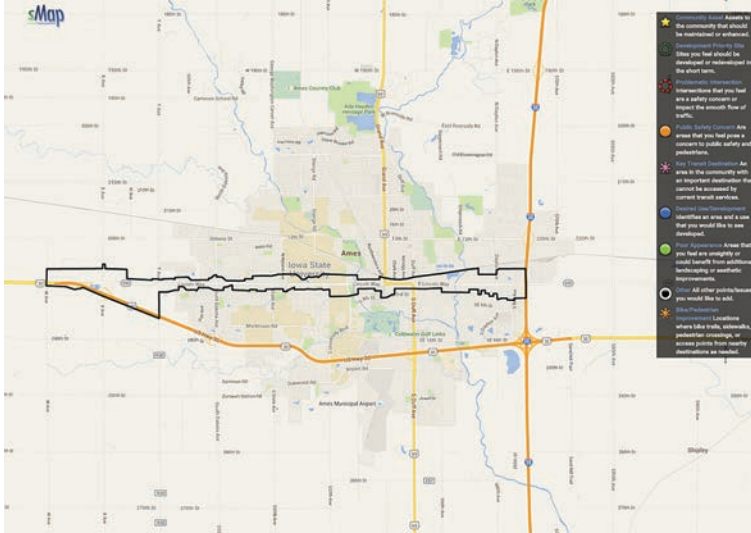
Gloria Betcher, Ward 1 representative, said the timing of the study would hopefully maximize student input.

“This is the point where students can have input,” Betcher said. “They are citizens of Ames.”

During the study phase, students and other members of the Ames community can go to the project website and submit input on the project by completing a survey or labeling a customized map of the Lincoln Way Corridor with areas of concern or community assets. Community members can also participate in one of three workshops in March:

The Corridor Neighborhood Workshop will take place from 5:30 to 7 p.m. March 2 at Zeke’s on Lincoln Way. The neighborhood workshop is designed for input directly from people already living in the Lincoln Way Corridor.

Directly after the neighborhood workshop, a community workshop will take place from 7:30 to 9 p.m. March 2 at Zeke’s. The community workshop is open to all residents of the Ames community.



Courtesy of the City of Ames
Students can go online to the city of Ames website and provide feedback on the safety of the Lincoln Way Corridor. They can mark locations on the map as public safety concerns, problematic intersections, poor appearance and more.

A business workshop will take place from 8 to 10 a.m. March 3 at City Hall for Ames business owners and managers.

“[We know] businesses have very unique needs,” said Doug Hammel, a representative from Houseal Lavigne Associates.

With the Lincoln Way Corridor Plan, the city hopes to address traffic and mobility issues as well as land use and development for the corridor and neighboring areas.

“There are not going to be one-size-fits-all recommendations,” Hammel said.

After the firm collects suggestions and concerns from community members through the workshops and online tools, the firm will create a plan of action for the city.

The city will then be tasked with evaluating the firm’s recommendations and deciding which plans to work into the city’s budget.

Tuesday’s City Council workshop was a preview into the community’s concerns.

Several council members cited issues with mobility in the area and safety concerns for pedestrians and bicyclists.

Sam Schulte, ex-officio representative, said he was concerned with intersections in Campustown, where students frequently cross Lincoln Way and are forced to stop in the medians.

Schulte said safety for pedestrians along Lincoln Way one of his top three concerns.

Council members also discussed concerns with under-used commercial space and the general appearance of the corridor.

Chris Nelson, Ward 4 representative, said the corridor “lacks first impression.”

Several members agreed the corridor could benefit from a “con-

CITY COUNCIL p8

Students eager to see change

By Lexie Troutman
@iowastatedaily.com

It has been several months since Iowa State confronted the multicultural issues on campus during an open forum with ISU President Steven Leath.

The group Latinos United for Change spoke to administrators at the open forum this past September to voice their complaints about campus diversity. Emotions were running high, and with time to allow the water to settle, they are now ready to talk about their experiences.

Jazmin Murguia, senior in journalism and mass communications and member of LUCIA, was on the panel during the open forum in September. She looked back on the forum and reflected about how she was feeling before taking the stage.

“[I was] obviously nervous but also empowered by the other students on the panel,” Murguia said. “We worked on that together for weeks.”

Leath was asked in a previous interview his thoughts after the open forum that included students sharing their stories.

“It’s always hard to assume you understand someone else’s exact life experiences,” Leath said. “You do your best.”

He went on to say that the majority of the students seem to truly understand the problems on campus and wants to make sure changes are made.

“There are some people that really want to roll up their sleeves and want to make the place bet-

ter, more welcoming and a better environment for those that are behind them,” Leath said.

The ISU campus and other college campuses across the country have experienced their fair share of racial prejudices. Murguia recalls an incident that happened her freshman year at Iowa State during Halloween.

“[My roommate] decided it would be funny to dress up as a Mexican,” Murguia said. “It was just confusing. I didn’t know how to get through that moment.”

Leath said numerous meetings have taken place to try to get the campus to the point it needs to be at as far as equality goes. He reminded everyone that every decision that is made is not just coming from him.

“When we make a decision at the higher levels here, they’re not really just my decisions,” Leath said. “It’s more than just my experiences that influence policy and decisions and direction as we go forward. We try and have a major cross section of the campus community involved in those decisions.”

The progress for equality cannot yet be seen across campus; however, this does not mean nothing is being done. It will take time to have changes made, but the students are keeping their eyes open on whether change is coming.

The number of students wanting to be involved in this issue speaks volumes.

“Seeing all of the people that actually went that night, it was over 500 people that attended the event, was like wow, people want to listen to us,” Murguia said. “They want to listen to what’s going on [and] they actually care about these issues. That was very empowering.”

Weather



WEDNESDAY
Mostly cloudy and foggy
becoming windy for the
overnight hours

31
24

Weather provided by ISU American Meteorological Society.

Police Blotter

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

Feb. 13

An officer assisted an individual who was experiencing medical difficulties. The person was transported to a medical facility for treatment at Linden Hall (reported at 1:16 a.m.). Report initiated.

Kelly Jo Gourley, 23, of 229 2Nd Street Ne., Mason City, IA, was arrested and charged with operating while intoxicated, possession of a controlled substance, and possession of drug paraphernalia at Mortensen Rd and State Ave (reported at 1:49 a.m.).

Caitlin Rose Golle, 22, of 1207 Delaware Ave Unit 4, Ames, IA, was arrested and charged with possession of a controlled substance at Mortensen Rd and State Ave (reported at 1:49 a.m.).

Officers responded to a domestic dispute. The situation was mediated and both parties provided resources at Willow Hall (reported at 2:24 a.m.). Report initiated.

An officer investigated a property damage collision at Reiman Gardens (reported at 9:18 a.m.). Report initiated.

An officer investigated a property damage collision at Lot 85W (reported at 10:18 a.m.). Report initiated.

An individual reported the theft of a cell phone at Memorial Union (reported at 9:37 p.m.). Report initiated.

Emma Marilyn Marshall, 19, of 2064 Hawthorn Court Dr Unit 8038, Ames, IA, was cited for possession of alcohol

under the legal age at Pammel Dr and WOI Rd (reported at 11:41 p.m.).

Jessica Marie Kalahar, 19, of 2064 Hawthorn Court Dr Unit 8038, Ames, IA, was also cited for possession of alcohol under the legal age at Pammel Dr and WOI Rd (reported at 11:41 p.m.).

Feb. 14

An individual reported the theft of items from a vehicle at Hilton Coliseum (reported at 12:31 a.m.).

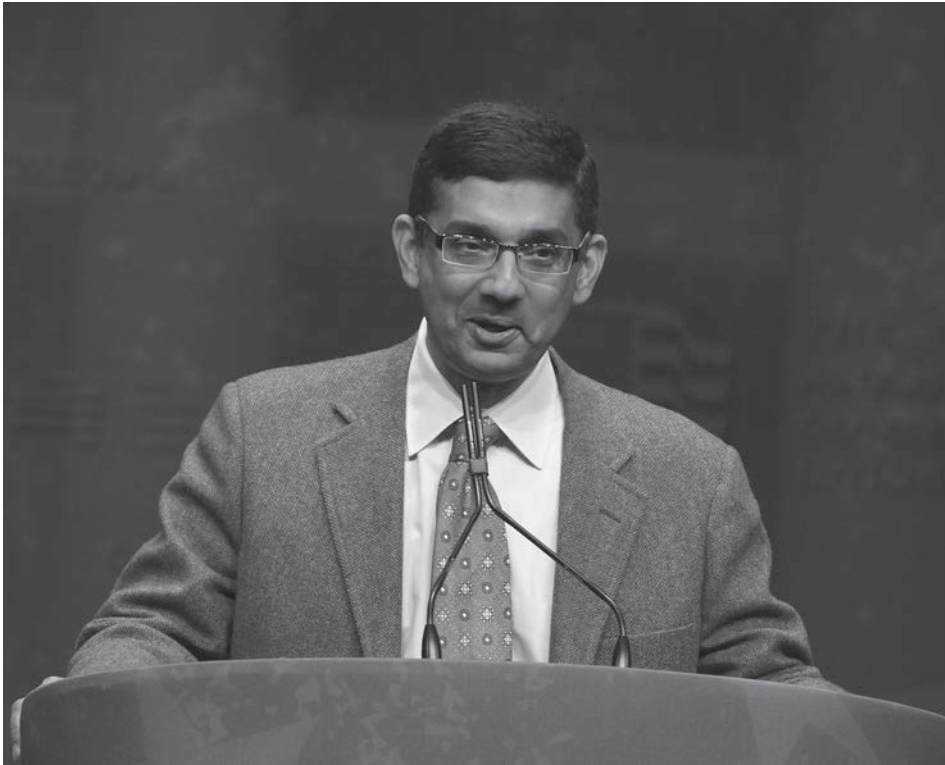
Kyle David Osterhues, 19, of 218 Stanton Ave Unit 5, Ames, IA, was cited for possession of alcohol under the legal age at Sunset Dr and Gray Ave (reported at 1:56 a.m.).

Mitchell Joseph Schatz, 19, of 7250 Willow Lommen, Ames, IA, was arrested and charged with possession of alcohol under the legal age, unlawful possession of prescription drug and possession of drug paraphernalia at Willow Hall (reported at 2:02 a.m.).

John James Morton, 18, of 7250 Willow Lommen, Ames, IA, was cited for possession of alcohol under the legal age at Willow Hall (reported at 2:02 a.m.).

Michael Angelo Munoz, 20, of 2911 49Th Street, Des Moines, IA, was cited for possession of alcohol under the legal age and careless driving.

An officer assisted an individual who was experiencing medical difficulties at Lot 72A (reported at 1:33 a.m.).



Dinesh D'Souza, who served in the Reagan White House, will lecture at 8 p.m. Wednesday in the Sun Room of the Memorial Union. D'Souza has authored numerous conservative titles.

Author to lecture

Conservative
Dinesh D'Souza
to speak at ISU

By Alex.Hanson
@iowastatedaily.com

Conservative author and commentator Dinesh D'Souza will present a lecture at 8 p.m. Wednesday in the Sun Room of the Memorial Union.

D'Souza, who served in the Reagan White House,

has authored several books on conservative causes, and has a 25-year career as a writer, scholar and public intellectual while serving at Stanford University.

Most recently, D'Souza has been known as an outspoken critic of President Obama and makes frequent appearances on the Fox News Channel.

His book "Illiberal Education" was a New York Times best seller in the 1990s and discussed political correctness in America's colleges and universities.

He also authored "The

End of Racism," "Ronald Reagan: How an Ordinary Man Became an Extraordinary Leader," "The Virtue of Prosperity," "What's So Great about America," "Letters to a Young Conservative" and "The Enemy at Home."

His most recent book is titled "Stealing America," and his lecture on Wednesday night is titled "Imagine a World without America."

The lecture is sponsored by Young America's Foundation, Young Americans for Freedom and the Committee on Lectures.

Digital
Content

STYLE

Nordstrom and
celeb team up

"The City" star Olivia Palermo has teamed up with Nordstrom to release a line through their private label design group. Find the story on the website.

SELF

Music affects
your mood

Music is more than just heard. It can also affect the way you feel depending on what songs you listen to. Find out more online.

SPORTS

Women's basketball
to play Texas Tech

The women's basketball team will take on Texas Tech Wednesday night. Find out how it is preparing through the story online.

NEWS

Board of Regents
breakdown

The Iowa Board of Regents on Tuesday released proposed 2016-17 housing, dining and parking fees. See a breakdown on the app.

NEWS

Blueprint for I-35/
Highway 30

The Iowa DOT has a new plan for the I-35/Highway 30 interchange. Find out what those are through the blueprint on the app.

NEWS

Salt Company
expands

Iowa State's chapter of The Salt Company is expanding to Drake University. See what The Salt Company is all about online.

Corrections

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

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IMAGINE A WORLD
WITHOUT AMERICA

DINESH D'SOUZA

Dinesh D'Souza is a former policy analyst in the Reagan White House, and also served as John M. Olin Fellow at the American Enterprise Institute and the Robert and Karen Richman Fellow at the Hoover Institution at Stanford University.

Wednesday, February 17, 2016
8 pm - Sun Room, Memorial Union

Sponsored by: Young America's Foundation
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Deadline: April 1, 2016

StuGov to talk funding

Senate plans to
discuss, vote on
bill to fund club

By Zach.Clemens
@iowastatedaily.com

Student Government will discuss a number of funding bills and possibly seat a new senator at its weekly Senate meeting Wednesday night.

Student Government

will discuss and vote on a bill to fund the event management club.

The group is hosting a conference for students with guest speakers focusing on professional development.

The bill calls for allocating \$5,000 to fund this conference.

The Senate will debate a bill to fund the Stupka Symposium.

This event will showcase undergraduate student research work pertaining to biochemistry,

biophysics and molecular biology.

If the bill passes the Senate, it would allocate \$3,250 toward the symposium.

Christopher Perez, senior in world languages and cultures, hopes he will be confirmed as a united off-campus residents senator.

A number of funding bills will go through their first read for different clubs, including the rodeo club, the GENRE club and table tennis club.



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Salt Company expands to Drake

Ministry opens in Des Moines

By Vanessa Franklin
@iowastatedaily.com

Cornerstone Church of Ames has set its sights on Drake University and the University of Missouri for expansion in fall 2016.

The Salt Company, the college ministry of Cornerstone Church, will expand to both campuses. In addition to the college ministry, members of Cornerstone Church are searching for locations in Des Moines and Columbia, Mo., to plant a church for all community members.

The University of Missouri college ministry will be the first expansion to take place outside of Iowa. The Salt Company previously expanded to the University of Iowa in 2010 and to the University of Northern Iowa in 2013.

“Des Moines specifically we started looking at because even though it doesn’t have a huge state university like some of these other schools, it still has a lot of university students,” said Josh Moklestad, future director of the Des Moines Salt Company. “We’ll focus on Drake, but we’ll have The Salt Company be for all the college students in Des Moines.”

Having a college ministry in Des Moines will provide opportunities

for not only college students at Drake but also at Grand View University, Des Moines Area Community College and Mercy College of Health Sciences to get involved, Moklestad said.

The new church will also provide a place for Salt Company alumni living in Des Moines to attend church rather than commuting each week, Moklestad said.

“We’re in Ames, Iowa. We don’t know anything about urban,” said Mark Vance, director of The Salt Company at Iowa State. “Drake in Des Moines gives us the chance to learn not just what it looks like to love college students, but to be in a socio-economic range where there is real poverty and real need.”

The first vision meeting for the new church in Des Moines took place Jan. 31 with 124 people in attendance.

Cornerstone Church will help finance the expansion, but its goal is for the Des Moines church to be self-sustaining within two years, Vance said.

“It makes us nontraditional in the sense that university students do not financially give the funding that is necessary to support a church, but that being said, when we have a large population what we have the ability to do is start a church that can reach into demographics that most churches would not focus on,” Vance said.

Alex Tuckness, Salt



Hundreds of students gather at The Salt Company's kickoff event on the south Campanile lawn Aug. 28, 2014. Salt Company is a youth ministry associated with Cornerstone Church. It recently opened a college ministry in Des Moines, allowing college students from around the area to get involved.

Company faculty adviser and professor of political science, said he has noticed many Salt Company students interested in helping with social justice issues.

“We’ve had a lot of Salt Company students help in the public schools, mentoring kids, so we’ve been doing a lot of those things in Ames,” Tuckness said. “But I think having something going in the Drake

neighborhood, there could possibly be opportunities for people from here to help with those projects.”

Moklestad said he hopes the new church in Des Moines will not compete with other churches in the area, but rather complement them by finding its niche within the community.

“To make the maximal impact, we want to find the best partners possible,” Vance said. “We’re not coming in as the Christians who have everything figured out. We actually think there are people who have lived in this community that know far better than we do.”

Moklestad said the amount of people willing to help with the growth has been overwhelming.

“One of the phrases we

always say is that there are a lot of people who work harder than we do, who are smarter than we are, who teach the Bible better than we do, who never have the chance to see what we see,” Vance said. “We want to walk forward with humility saying we are not obligated, just because we slap the name Salt Company onto something, to see it do amazingly well.”

Bacon remains popular despite health concerns

Pork has ‘warm’ spot in hearts

By Allison Pestotnik,
IowaWatch.org

Despite links to health problems, including a World Health Organization report confirming that processed meats cause colorectal cancer, bacon has been popular enough in the last few years for pork industry workers to start referring to a “bacon tsunami.” The trend is good economic news for Iowa, the top pork-producing state in the United States.

Bacon “has a warm spot in most people’s hearts,” said Brian Smith, a registered dietician nutritionist with the UnityPoint hospital network in Des Moines. “There’s no denying that it does have a special place within our food culture.”

Smith, who has an interest in food history, said smoking and curing are preservation methods developed out of necessity long ago, but that studies over the years have connected eating preserved meats to an increased cancer risk. He recommends bacon as a “sometimes” food.

An Oct. 26 report from



Bacon continues to sell in high numbers in Iowa despite causing certain kinds of cancer.

the World Health Organization that reviewed scientific literature on the topic confirmed that processed meat causes colorectal cancer and that red meat is probably carcinogenic as well, being associated with colorectal, pancreatic and rectal cancers. Bacon falls under both categories and is also high in sodium and saturated fat, associated with high blood pressure and cholesterol, respectively.

Nonetheless, bacon has become something of a celebrity meat in recent years, featured in everything from calendars to lip balm.

Bob Brisbee, an Iowa City retiree in his early 60s after a career in several different kinds of jobs, said he isn’t aware of novelties like bacon ice cream or bacon cocktails. He thinks of bacon in terms of frying pans with eggs and considers the greatest sandwich ever to be a BLT with Miracle Whip on white bread. “It’s salty and greasy and it has protein,” Brisbee said, who grew up in western Iowa. “It’s a joy to eat.”

Throughout most of the 20th century, Brisbee’s view was the dominant one. Bacon was for breakfast, first and foremost – although it did extend into

lunch. Pork belly sales traditionally peaked during the summer for BLT and club sandwich season.

But during the 1980s health concerns about bacon started to dominate and prices sank as consumers started to worry about fat, nitrites and links to cancer. “There was a smear campaign against bacon,” Brisbee said.

The National Pork Board, headquartered in Clive, started “The Other White Meat” campaign in the 1980s to promote a healthier side of pork, generally excluding bacon. But things began to change for bacon in the 1990s when it

began making appearances on burgers, a trend supported by both improvements in precooked bacon technology and pork organizations.

“Be inspired” is the new slogan of the National Pork Board. In a 2011 marketing shift away from health, it replaced “the other white meat,” which had been in place for about 25 years. The idea was to focus on encouraging consumers who already enjoyed pork to enjoy it more.

According to the National Pork Checkoff Budget, administered by the Pork Board, more than \$12 million was spent on pork advertising in 2015.

Joyce Hoppes, head of promotions at the Iowa Pork Producers Association, said bacon’s popularity started in the restaurant industry. “To differentiate themselves they started offering bacon almost as a condiment,” Hoppes said. “People started liking that flavor.”

The volume of bacon used in foodservice increased by approximately 15 percent between 2009 and 2015, according to data provided by Patrick Fleming, director of market intelligence and innovation at the National Pork Board.

“Bacon is a meat condiment,” Fleming wrote in an email. “It drives flavor,

which then drives sales.”

Bacon prices have risen over the last two decades, although an outbreak of porcine epidemic diarrhea virus, or PEDv, contributed to extra steep prices in 2014.

Dermot Hayes, an economist at Iowa State University, said price generally is a reliable indicator of bacon’s demand because the supply of bacon is relatively fixed. Hayes also said the United States does not export bacon “because Americans like it so much.” This is in contrast to pig shoulders, ears and tails, which are sent to places like East Asia and Mexico.

According to the Iowa Pork Producers Association, some 40,000 Iowans are employed in day-to-day hog production and Iowa’s approximately 20 million hogs account for almost one-third of the market hogs in the United States. The last agricultural census was taken in 2012.

The omnipresent food

Tucked in a back corner of the Old Capitol Mall in Iowa City is Sweets and Treats, a small shop offering an assortment of candies. The shop also sells chocolate-covered bacon.

“There isn’t normally meat in a candy store. It’s so weird,” Joanne Bergland said, working behind the

BACON p4

Ames citizens voice concern for I-35, Highway 30 interchange project

Community questions DOT

By Katy Klopfenstein
@iowastatedaily.com

Concerned citizens of Ames and the surrounding area gathered at Crossroad Baptist Church with members of the Iowa Department of Transportation on Tuesday to voice concern about the I-35 and Highway 30 interchange.

Iowa DOT employees were on hand to answer any questions and concerns citizens may have while maps were displayed to show what would hap-



Ames citizens view blueprints of the proposed changes Tuesday.

pen to the interchange.

The project includes replacing the northbound I-35 loop ramp, which is a circler ramp, to westbound U.S. 30 with a di-

rectional flyover ramp, which is more of a direct interchange. The improvements are being addressed with the increased traffic, safety and the pavement

conditions.

“The closure might be an issue in area for businesses but over all it should be manageable,” said Charlie Purcell, who attends church right off of U.S. 30.

U.S. 30 to Dayton Avenue ramp will be closed and detoured during the summer of 2017 or 2018 for two months, May 15 through August 15.

They hope to not have a closure during the winter months because of frontage roads and the weather, said Mike Clayton, the district planner for the Iowa DOT.

“It will be closed for a two-month period in either of those years,” Clayton said.

In 10 years, from 2005 through 2015, there have been a total of 277 crashes, one crash being fatal. The effort of building directional ramps instead of the current loop ramps will help reduce I-35 merging-related crashes, according to the Iowa DOT.

The initial cost in 2016 is \$100,000. This cost will occur right away with \$11.6 million in 2017 to cover bridges and grading.

\$4.4 million in 2018 will be for the amount of paving, according to the Iowa DOT.

“I think it is all about progress, there is a purpose,” said Allan Frandson, who is a resident of Story City and works in real es-

tate appraisal.

I-35 was originally built as a four-lane interstate, as was U.S. 30 in the mid-1960s. A Public Information Meeting took place during January 2012 to give alternatives and improvements to the project. Since then, the project was overseen by the Iowa DOT and Federal Highway Admissions, according to the Iowa DOT.

“I find it interesting to see what they are doing now and what they will be doing,” Frandson said.

The improvements of a flyover land and a two-lane Dayton Avenue ramp will increase the safety of the I-35 and U.S. 30 interchange.

Sudoku

by the Mephram Group

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

LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Crossword

1	2	3	4	5	6		7	8	9		10	11	12	13
14							15				16			
17							18				19			
20							21				22		23	
			24		25						26			
27	28	29								30				
31					32	33	34	35		36			37	38
39			40	41						42				
43							44						45	
			46							47	48	49		
50	51				52	53	54	55						
56				57						58		59	60	61
62				63		64				65				
66						67				68				
69						70								

Across

- 1 Appliance connector, briefly
7 Cairo cobra
10 Selling site with a Half.com division
14 Point in the right direction
15 Bather's facility
16 No longer green, perhaps
17 Confederate slogan symbolizing financial independence
19 Asia Minor honorific
20 Swipe
21 Thin soup
23 Plywood wood
24 Romaine lettuce dishes
27 Literary alter ego
30 Slowing, to the orch.
31 Great Lakes' canals
32 Speak harshly
36 Co-founding SkyTeam airline
39 Happy Feet critters
43 Small thicket
44 Sans serif, e.g.
45 Razor-billed diver
46 Snail's shame
47 Sudden jets
50 Study guides for

- literature students
56 Cousin of edu
57 Municipal ribbon cutter, often
58 Rapper Shakur
62 Femme fatale
64 Sandwich choice
66 List catchall
67 Sci-fi staples
68 Rest of the afternoon
69 Modernize
70 Messy digs
71 How coal may be priced

Down

- 1 Launchpad thumbs-ups
2 Review, briefly
3 Long (for)
4 Inheritance
5 Naked
6 Potent 00s-070s Pontiac
7 Stars in Kansas motto
8 Animal trail
9 Khakis, e.g.
10 Timeline chapter
11 Deceitful sort, on the playground
12 Sap sucker
13 Century units
18 Very funny TV station
22 Good start?

- 25 Architect Saarinen
26 In ___ of: replacing
27 Connection rate meas.
28 Cowboys quarterback Tony
29 Fit to be tied
33 Getty collection
34 Le Carre's Smiley, for one
35 Get-up-and-go
37 Fastener with flanges
38 Peaks, with for
40 Picasso's his
41 Provide with new weaponry
42 ___ egg
48 The Dick Van Dyke Show's surname
49 Figure of high interest?
50 Man with a van, perhaps
51 Emulate Cicero
52 Ace of ___ 2000s Food Network bakery show
53 Marriott rival
54 Like leaf blowers
55 RN workplaces
59 Military assignment
60 Certain chorister
61 Family group
63 West Bank gp.
65 Debatable gift

Horoscopes

by Linda Black

Today's Birthday (2/17/16)

Disciplined efforts bring success wherever applied this year. Creativity bubbles with inspired magic, especially until August. Put your heart into it, and career leaps ahead. Balance this work with downtime, relaxation and healthy practices. Find joy in simple pleasures. Summer and autumn get especially romantic. Build partnership and family teamwork through listening and communication.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.



Aries - 9

(March 21-April 19)

Be respectful and don't hold a grudge or you'll be hurting yourself. It's okay not to make changes yet, but prepare for speed. Caring for others is your motivation. Don't gamble or waste your money.



Libra - 9

(Sept. 23-Oct. 22)

Listen to your partner's ideas carefully. Hold back your criticism and avoid a conflict. Resist an impulse. Keep costs down. Postpone a financial discussion. Use your own good judgment on how to proceed.



Taurus - 9

(April 20-May 20)

Something that worked before doesn't work now. Take it slow. Get set to change romantic direction. Avoid provoking jealousies. Simplify matters. Fall back and re-assess your position. Prioritize health.



Scorpio - 8

(Oct. 23-Nov. 21)

Curtail your enthusiasm and avoid a hidden danger. It's not a good time to travel or start new projects. Make sure you know what's required before committing. Consult a respected elder.



Gemini - 9

(May 21-June 20)

It's not a good idea to spend now. Figure out your next move. Begin a new money-making venture. Track sales closely. Support a loved one emotionally, rather than financially.



Sagittarius - 9

(Nov. 22-Dec. 21)

Give kind words, not expensive treats. Begin a new work project. An important document arrives. New evidence threatens complacency. Take action for home or family. Don't give in to a friend's complaints.



Cancer - 8

(Jun 21 - Jul 22)


Set long-range goals. Work in private. A female gives the green light on a project. Don't get cocky or make expensive promises. Map the pitfalls. Do the extra credit problems. The past is the past.



Capricorn - 9

(Dec. 22-Jan. 19)

Keep track of spending, as it could provoke controversy or a domestic disagreement. Organize your infrastructure. Prepare the marketing materials. Handle overdue tasks, and clean house.



Leo - 9

(July 23-Aug. 22)

A roadblock slows the action. A female helps you find harmony about it. Think it over. A conflict of interests needs to get worked out. Rest up for it. Advance quickly after that. Consider all options.



Aquarius - 9

(Jan. 20-Feb. 18)

Make plans and establish the rules. An agreement could be elusive, with a communications breakdown. A great idea on paper doesn't work in practice. Don't gossip about work. Listen for the gold.



Virgo - 9

(Aug. 23-Sept. 22)

The work pace picks up; postpone travel. It's difficult to reach an agreement and could get intense. Don't get stopped by past failures. List the obvious problem areas. Discuss priorities and responsibilities.



Pisces - 9

(Feb. 19-March 20)

Talk over a possible purchase with someone you love. Don't put your money down yet. You can get farther faster now. Dish out the assignments. Small, disciplined steps can have big impact.

BOR p1

Bessey Hall and the Advanced Teaching and Research Building because of extra costs that were not projected.

New criminal justice major

The board will consider a request by Iowa State's College of Liberal Arts and Sciences to establish a new bachelor of arts program in criminal justice.

The proposed program will transition from an interdisciplinary studies major to a standalone program, "which will enhance the visibility of this sought after program," according to regent documents.

The proposed major has already been reviewed by the Board Office and the Council of Provosts and is recommended for approval.

Criminal justice classes are already available at Iowa State, but students interested in the program take one of the tracks in the college's interdisciplinary studies major.

The projected enrollment is 420 students in the first year, increasing to 540 students by the seventh year, according to the regents.

Rates for housing

The regents will hear a report on the residence hall system for all three state schools. Construction of a new dorm near the existing Buchanan Hall at Iowa State will be completed and add 784 beds beginning in spring 2017.

The five-year plan being presented to the board states that all housing space is expected to be filled. DOR expects about 12,320 students to be living in university housing in the 2016-2017 school year, down 500 from this year because of den space being closed.

Iowa State will continue to lease off-campus spaces in University West and Legacy Tower in Campustown through the summer of 2017, when leases expire. The board will consider extending the lease beyond that date.

Iowa State is proposing an increase to most fees for student housing. Most dorm rooms, single and double, and with or without air conditioning, would increase about 3.5 percent. Eaton and Martin Hall rates would increase about 2 percent.

Frederiksen Court, University West and Lega-

cy apartment rates would increase about 3.5 percent, while Schilleter and University Village rates would increase about 2 percent.

Summer rates would also increase about 2 or 3.5 percent, depending on the location.

A full list of proposed rates is available online.

Rates for meal plans

Iowa State is also requesting an increase to rates for meal plans, which are required for students living in some dorms and recommended for most students living in university apartments.

Students who buy a meal plan, which includes a set amount of meals and dining dollars, would see an increase between 3.20 and 3.76 percent, depending on which plan they buy. The default "gold" plan, 225 meals and \$200 dining dollars, would increase 3.59 percent, or \$136 dollars a year.

Meal blocks, which are popular among students who eat on campus less frequently than those living in dorms, would increase by about 4 percent.

Standalone dining dollar rates will stay the same under Iowa State's

proposal.

A full list of proposed rates is available online.

Parking rates

Iowa State is requesting about a 3.5 percent increase across the board for parking.

For example, students who buy parking passes in residence hall parking lots would see a \$5 increase in their passes.

The 3.5 percent increase raises the cost to \$148 from the current rate of \$143.

Metered parking lot rates would not increase, but standalone meters on campus would increase from \$0.50 per hour to \$0.75 per hour, a 50 percent increase.

Commuter parking at the Iowa State Center and the CyRide Orange Route shuttle would remain free.

Additional revenue will be used to construct a new parking lot on the northeast side of campus and upgrade current lots, according to regent documents.

A full list of proposal rates for parking is available online.

The full agenda is available at regents.iowa.gov or can be picked up in 1750 Beardshear Hall.

BACON p3

counter on a December day. "I've never seen anybody ever buy it or talk about it or even acknowledge the existence of chocolate-covered bacon."

Crème Cupcake in Des Moines also offers bacon-inspired desserts: two kinds of bacon-topped cupcakes.

A server there said that although she thinks they're delicious, she often has to convince customers to try them.

Though bacon may not be the hottest seller at Sweets and Treats or Crème, it has fared better at other Iowa establishments. The Tippy Pig at Pullman Bar and Diner in Iowa City is a cocktail featuring bacon bourbon and a bacon garnish.

"It's like an Old Fashioned for carnivores," waitress Phoenix Paintin said in December of the drink, which she said has been popular at brunch.

At Jethro's BBQ n' Bacon Bacon in West Des Moines, customers can order a bucket of bacon, although the restaurant's most popular sandwich is the traditional BLT.

Jethro's BBQ n' Bacon Bacon is one of several themed Jethro's BBQ restaurants.

Restaurant owner Bruce Gerleman, who has

a degree in marketing from Wichita State University, said he chose the name, using "bacon" twice in the title, because it's catchy. "It's not just one slice of bacon, it's lots of bacon," Gerleman said. "We're makin' bacon."

Gerleman said bacon is of higher quality today than even 10 years ago because it is less fatty.

Joseph Sebranek, professor of animal science at Iowa State University specializing in meat science and processing, wrote in an email that pigs have a leaner body composition than several years ago due to selective breeding, not to be confused with genetic breeding. "There is a happy medium for fat content of bellies, which is where most bacon is now," Sebranek wrote.

However, Sebranek does not attribute the recent rise in bacon popularity to any particular changes in the product, but rather to a social phenomenon.

"There is nothing unusual about bacon scientifically," Sebranek wrote. "Pork bellies are injected with a brine consisting of water, salt, sugar, phosphate, erythorbate (or ascorbate) and nitrite, a process that has been in place for a long, long time."

Iowa celebrates bacon
As befitting the top

pork-producing U.S. state, Iowa celebrates bacon more than most. The ninth annual Blue Ribbon Bacon Festival will be held in Des Moines Feb. 20.

"A group of guys started celebrating bacon as a kind of getaway in Spirit Lake, Iowa," Brooks Reynolds, is a commercial insurance executive from Des Moines and one of the event's founders, said.

As he and his friends got older, they found it harder to schedule a weekend to take the trip and eventually decided to host a bacon festival in Des Moines, instead.

"We try to create a fun, wacky, different event," Reynolds said. The festival has grown from fewer than 200 participants in 2008 to over 15,000 in 2015. The founders have also begun hosting similar bacon events in other states and even in Reykjavik, Iceland. The Reykjavik festival started after an Icelandic acquaintance felt the country could also use a bacon celebration.

Allison Schafer, a University of Iowa junior studying journalism from Pandora, Iowa, said she hopes to become this year's Bacon Queen at the festival. She has been following the event since she was a teenager and is excited that this year she is 21, old enough

to enter.

"I feel like I would represent bacon well as royalty," Schafer said. "It's just a dream of mine."

Schafer said an example of a question that contestants in a previous year were asked is whether or not they'd rather eat bacon-wrapped penguin or bacon-wrapped whale – whale being the preferred answer because it would involve more bacon.

Sandra Ukerman, a German student at the University of Iowa pursuing a master's degree in American studies, said she remembers seeing a picture on the internet of a cocktail topped with half a donut and a strip of bacon.

"This was something you could only encounter in America," Ukerman said. "When I came here I found out people eat fried Snickers so I know everything is possible."

In an effort to promote incorporating bacon into a healthy lifestyle, the theme of this year's bacon festival is 1980s style aerobic fitness.

This story was produced by the Iowa Center for Public Affairs Journalism-IowaWatch.org, a non-profit, online news Website that collaborates with Iowa news organizations to produce explanatory and investigative reporting.

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EDITORIAL

Proposed rate increase too much for students

Iowa State sent a proposal to the Iowa Board of Regents that proposed increases for most of the various housing, dining and parking rates at the university. The Regents will discuss the proposed increases at its meeting in Ames next Wednesday and Thursday.

Most of these proposed rate increases range between 2 and 4 percent and follow a tuition increase for this spring 2016 semester and an international student fees increase of \$500 for the next three years. With the state’s already poor standing with student debt, it is discouraging to see the university wants to place an even higher burden on its students in all of these areas.

A college education, especially here in the state of Iowa, is simply getting too expensive for American citizens. Students in Iowa graduate with an average debt of more than \$29,000, which is ranked eighth most in the country. Additionally, 68 percent of Iowa college students graduate with debt, according to the Institute for College Access and Success.

Iowa State ranks as the worst public university in the state for student debt upon graduation with an average of \$28,880 in debt in 2014, according to the institute’s most recent data. Living expenses like housing, dining and parking would be a large portion of expenses when students go to college, so increasing these fees would only likely contribute to this debt.

The housing fees increase in particular put students in a difficult spot. For most room styles, the fee increase would range anywhere from about \$100 to \$300 for the more than 12,000 students who are expected to use university housing next year — which some students may simply be forced to pay because of a lack of other options.

City Council members have had conversations about Ames’ current housing shortage. The dramatic increase in enrollment in recent years has only made the problem worse. As a result, students are either forced to pay increasing rent prices of private companies — driven up by the shortage — or for university housing.

Additionally, all residence hall students, with the exception of those living in Wallace, are required to purchase a meal plan.

Fees for most of meal plans and meal blocks are proposed to increase about 3 to 4 percent. Lastly, students with residence hall parking passes, which Iowa State requested to be raised 3.5 percent, would increase \$5 to \$148 per pass.

It is clear that some ISU students continue to struggle with paying for college. If these proposed fee increases become a reality, they would make a higher education that much more difficult to attain.

Many students may not have a choice to pay these fees because of the housing shortage.

Because students are graduating with so much debt in Iowa, the state government should take more of a responsibility in supporting our public universities.

This year, Gov. Terry Branstad allocated \$8 million in his budget to the schools, significantly less than the requested \$20.3 million in funding by the Board of Regents.

Obviously college graduates are essential to the success and progress of any state, so it is time for our government to think of other solutions to our college debt problem, rather than simply forcing students to pay more and start life out even farther behind financially.

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Phone numbers and addresses will not be published.

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



Courtesy of iStock

The United States Department of Defense has increased the length of maternity leave. New mothers can now take 12 weeks to care for their newborn children. Paternity leave is much shorter than maternity leave and only lasts 10 days. Columnist Brase explores the need for longer leave and for equal length for the sexes.

New parents, no time

Maternity, paternity leave in military insufficient for babies

By Haley.Brased@iowastatedaily.com

After having a baby, most parents have the ability to be at home to feed their child, hear his or her first word and watch him or her walk for the first time. This isn’t the case for parents in the military.

As of January 2016, women in the military have 12 weeks of paid maternity leave, said Defense Secretary Ash Carter. While women have 12 weeks of leave, men only have 10 days. Because of this huge discrepancy in time, the Department of Defense is trying to increase leave to 14 days.

The department is attempting to be more family friendly. It has increased leave from 10 weeks to 12 weeks as an incentive to join or continue working for the military and to be seen as an organization that cares about its soldiers at work and at home.

I’m not against women getting two more weeks with their child — the more the better — but I am against women receiving weeks while men receive days.

I would think the military would recognize teamwork since that is how an army functions. Parenting is teamwork too.

The American Academy of Pediatrics suggests only breast milk for the baby during the first six months of life, but then mixing breast milk and solid food until the child is 1 year old, according to Mayo Clinic.

A mother needs to be available to her child for an entire year to provide breast milk, but women in the military only have 12 weeks. Formulas and pumps are available, but breastfeeding

provides the baby more than simple nutrients.

Breastfeeding fights germs that cause illnesses for the baby. Secretary immunoglobulin A puts a protective layer on the mucous membrane in the baby’s intestine, nose and throat when the mother produces milk.

Breastfeeding not only protects the baby but it also can prevent the mom from having postpartum depression and decreases stress levels. More than 9,000 studies by the National Institute of Health found that when women breastfeed, the hormone oxytocin is released into their body, which makes them relax.

Mothers can also suffer from postpartum depression when they go back to work or when they are deployed.

I’m aware that soldiers have a chance of experiencing mental health problems after going through wars and being a part of their families, but my focus is maternity and paternity leave effects.

Unless they are in the Navy or Marines and pregnant at the time, a woman only has 12 weeks to spend with their newborn. Marines or sailors who are currently pregnant or become pregnant within 30 days of the new policy, have 18 weeks of paid maternity leave, according to the Department of Defense. If they become pregnant after the 30-day marker, they follow the 12-week time off policy.

I know these mothers have chosen the path of military service, which is honorable, but what if her husband is also in the military?

The husband would only get to see his child for 10 days before leaving the mother to fend for herself during a time when her body is trying to recover from nine months of pregnancy and a delivery.

Another worrisome scenario is if the man or woman is a single parent. The father would only have 10 days to figure out a plan of who is going to care for his child, and the mother only 12 weeks.

No matter the case, if one parent or both are in the military, it is unfair.

A father is vital in a child’s life because he can take care of and teach the child lessons. He can be the one his son will come to for advice, and he is the one his daughter will look up to as what she should look for in a future relationship, according to Happenings Magazine.

I absolutely agree with this. My mom and dad taught me different lessons.

My brothers went to our dad for help about their cars. I’m not trying to be sexist, that was just one my dad’s main hobbies. As for me, I definitely looked up to my dad. Children form bonds with both parents, no matter their gender.

Women have an ability men do not — breastfeeding. But men have hands they can change a diaper with, a shoulder to comfort a crying baby and a brain to figure out how to take care of their child just like women. Just because women are the ones who give birth does not mean men should have less of a responsibility. It takes sperm to fertilize an egg, and guess who contributed to that? The man.

If the military family is close to base, that is great for them. However, some families go months without hearing from their loved ones.

The Department of Defense increased child care to 14 hours a day for everyone in the force who are at work and need someone to take care of their children.

This makes them seem more family oriented, but soldiers who are deployed do not have the luxury of seeing their family every day after work. For once, women have something men don’t — more time with their family.

Yet, I believe in equal rights for both men and women, especially when it comes to caring for a child. A child should have as much love as he or she can when being welcomed into a new world.

Classic bands should stick to basics

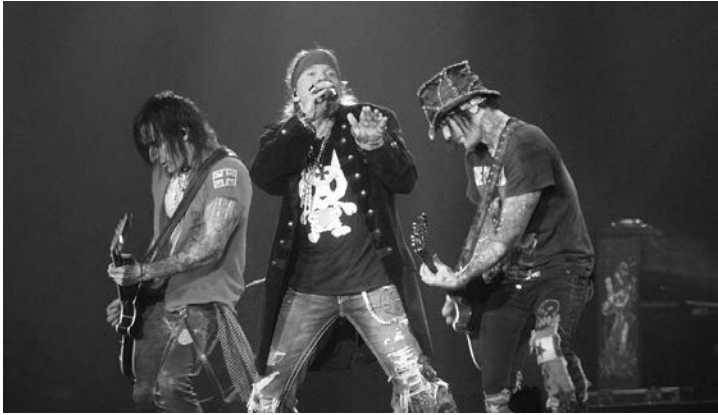
By Maddy.Beiwel@iowastatedaily.com

Guns N’ Roses is back together!

Well, Axl Rose, Duff McKagen and Slash are back together. Original members Izzy Stradlin and Steven Adler may not be joining them. Replacement drummer Matt Sorum and replacement guitarist Gilby Clarke may be left out as well. But still, depending on your knowledge of the band, you may know that the fact that Axl and Slash will be in a room together is a miracle in and of itself.

The band will play at the Coachella Valley Music and Arts Festival in Indio, Calif., this summer, as well as perform two shows before the iconic festival.

My mom grew up in the 1980s, and while I was growing up, she loved telling me about the stereotypical clothes she wore and about how big she would spray her hair to make it as voluminous as possible. But most importantly, she told me about the music she used to listen to. Music in the ‘80s was loud and confusing, composed of old styles blending with new and included Satanic imagery to shock parents. It was a statement and an experience.



Courtesy of Wikimedia Commons

Guns N’ Roses performs in Nottingham 2012. Guns N’ Roses was popular in the 1980s.

Thankfully quite a few bands — Motley Crue, Poison, Warrant, Bon Jovi and even Guns N’ Roses — from the ‘80s outlived the decade. Some of them transcended the title of “hair metal,” while others such as Warrant and Poison are stuck with the moniker forever. Motley Crue, in particular, went on a few tours long after the ‘80s. In fact, the band just performed its “final” show in Dec. 2015.

Motley Crue’s music was wildly popular in the ‘80s, which is probably why the band primarily played its music from the ‘80s, even as the lead singer’s voice arguably failed. It reveled in its past and kept rolling; its first album after eight years, “Saints of Los Angeles,” was actually well

received.

Poison, which was pretty much the definitive example of hair metal in the ‘80s, is also still together. The band’s front man, Bret Michaels, has made a recent career of having long hair, wearing bandannas and being on a show where women follow him around and try to date him. He’s also taken a stab at other types of reality TV and won season three of “The Celebrity Apprentice.”

Posion hasn’t released original music in years. The band’s recent albums have been either greatest hits or covers. And I don’t think there’s anything wrong with that. Nothing against the group as musicians, but Poison was an ‘80s band, and people want to hear ‘80s music from

the band instead of its modern version.

Bret Micahels has not stopped making original music. He came out with an electronica dance track in 2013 titled “You Know You Want It.”

I’m not a music critic. I don’t pretend to have some deep knowledge of the way it’s made or anything, but I know this: that track is bad. It’s forced and generic and shows what can happen when a holdover from an old era tries to conform to the trends of a new generation in an attempt to re-brand.

If I go to see Guns N’ Roses, I want to hear music from “Appetite for Destruction,” or “Use Your Illusion I or II,” maybe even “G’N’R Lies,” but not “Chinese Democracy.” It’s not a bad album; it’s just not the band’s roots.

Motley Crue, Warrant and Twisted Sister know to stick to their roots. We love these bands not just for what they are now but for the nostalgia they instill in us, nostalgia for a time we were never a part of. In a time when new music is constantly coming out, classic bands like these should be around to remind us about an important part in music history rather than try and change our memory of them.

Classic bands should stay classic.

Softball season heats up in winter

Iowa State plays tourney at Bergstrom

By Curran McLaughlin
@iowastatedaily.com

It's the middle of February, and there's snow on the ground from a recent blizzard.

But, seemingly out of place in this picture, there's softball being played on a football field.

The Bergstrom Football Complex played host to the 2016 Cyclone Invitational during the weekend, and the ISU softball team finished 5-1 in its first six games of the season.

The annual tournament, which has run for six straight years, wasn't originally a yearly event. Iowa State hosted the first tournament in 2011 to cut down on expensive traveling costs, and Northern Iowa was slated to host the tournament in 2012.

Patrick Tarbox, an assistant director for Iowa State's Athletic Communications Department, recalled when Iowa State got the emergency call.

"What happened was they were rolling the field out and the machine that they need to flatten [the field] breaks down and they can't get the field flat," Tarbox said. "Forty-eight hours later, we were hosting a tournament we weren't supposed to be hosting."

From that year on, the tournament stuck as an annual event.

Iowa State doesn't have any trouble hosting tournaments. The university is more than capable of putting it together. The

only component Iowa State doesn't have readily available is the standard 4-foot fence for the outfield. For the weekend-long tournament, Iowa State rents the fence from Macalester College in St. Paul, Minn.

Tim Van Loo, head of the grounds crew, is tasked each year with retrieving the fencing from Macalester College and overseeing the setup of the field for the tournament.

Van Loo was forced to drive up to St. Paul with his grounds team Feb. 8 in a blizzard that affected most of northern Iowa and Minnesota. Van Loo and his crew were stranded in Clear Lake, Iowa, for the night.

"You got a 20-foot trailer fully loaded and going [U.S.] 69 all the way back at night probably wasn't a wise idea, so we just stopped and finished our journey Tuesday morning," Van Loo said.

Van Loo also makes certain that the field is safe and functional for the athletes each year. One problem he experienced in earlier years of the Cyclone Invitational was getting the bases to stay in place.

"What we ended up doing was we [equipped] a couple of the bases [with] a cleat cleaner, spikes that you would clean your football cleats with we turned those upside down," Van Loo said.

For the ISU softball team, coming into the season playing the home opener was a good way to transition back into competition before going on a five-week road schedule.

"Just to be able to play on the surface that we've been practicing on for the last six weeks is a good advantage," said coach Stacy Gemeinhardt-Cesler. "We don't have to go and play on



Senior designated hitter Aly Cappart bats in the first inning and drives in a run against IUPUI on Friday.
Brian Mozey/Iowa State Daily

the dirt right away when we aren't able to."

Despite the snow, softball fans still came out to watch the Cyclones play in the rather unusual setting.

"Having softball in February gets a lot of fans here. They're sick of the cold," said senior Aly Cappart, who had five hits, four runs and eight RBIs in the tournament. "Softball is a warm weather sport. [It] gets them in the mood to get ready for season."



After a takedown of West Virginia's Bubba Scheffel, junior Pat Downey III attempts to flip his 184-pound opponent onto his back for a pin on Sunday at Hilton Coliseum.
Eliza Sibley/Iowa State Daily

Wrestler makes late-season impact

By Ben Visser
@iowastatedaily.com

When one meet remains in the season, most wrestling teams have their lineups set and are preparing for their conference tournaments. But ISU wrestling has integrated a key piece late in the process.

Junior World Championships silver medalist and Junior College National Champion Pat Downey III first entered the Cyclones' lineup Feb. 5 at Northern Iowa in Cedar Falls, Iowa.

In his debut dual, Downey weighed in at 184 pounds but proceeded to wrestle at 197 pounds.

"Pat's a pure competi-

tor," said ISU coach Kevin Jackson. "We pushed him up to 197 pounds, he had to make two pounds over 184 pounds to be able to still make [the] 184-pound [class] the rest of the year. He was the first matchup and it was his first match of the year."

"He just showed his competitive nature, he showed how tough he is. And [he] loved the environment. He just loves to compete — just a joy to watch to be so excited about the opportunity to wrestle."

He had to wrestle up a weight class because heavyweight Quean Smith couldn't wrestle that day.

Downey won 5-2.

"It was a lot of emo-

tions, from nervous to exciting to not knowing how I'd perform out there," Downey said of his debut. "It was definitely a lot of emotions, but I was just happy to be able to get the job done. It wasn't as dominant as it could have been, but for my first match, I thought it was pretty good. Good start to my season."

Only two duals remained on the schedule after Downey's initial match. ISU wrestling had already wrestled in 13 meets and four tournaments before Downey stepped on the mat. His season was just starting.

Downey is a junior college transfer from Iowa Central by way of Nebraska. The NCAA has a rule in place

that says athletes who transfer from Division I colleges to junior colleges have to graduate before they transfer back to Division I.

Downey took 19 credits last semester in order to graduate from Iowa Central and be eligible to wrestle for the Cyclones this semester. He did it and passed all of his classes.

"That was probably my biggest obstacle of getting here was the school aspect of things," Downey said. "Now that I've got that taken out of the way, I can just focus on wrestling, and that's a great feeling again."

The Cyclones returned home last Sunday to wrestle Big 12 foe West Virginia. Downey made his Hilton

Coliseum and 184-pound debut.

And his hand was raised once again in victory.

He had never wrestled before at 184 pounds. He always wrestled at 197 pounds. He went undefeated at Iowa Central wrestling at 197 pounds, but coach Kevin Jackson thought Downey can exceed at 184 pounds.

"He's got an opportunity to do some special things," Jackson said. "He's competed at the world level, he's competed against everyone that's nationally ranked for the most part — the top-three guys, the top-four guys — and he's beaten pretty much all of them."

Downey hopes he can do something even more

COMPETITION
FUELS PRACTICE

The battle at the 184-pound weight class between Pat Downey and Dane Pestano has led to more fire in team practices.

"It can only be good for the team and for ourselves," Downey said. "It's going to raise our levels knowing that we're battling for the same position and it's going to make everyone else around us better because they're going to see how hard we're going to be competing for that spot."

special than just beat the top-ranked guys. All of his work culminates to his goal of being a national champion.

Downey has his game plan mapped out, maybe even a celebration.

Downey said winning the national championship is more than wrestling — it's a lifestyle. They have to diet right, make weight, stay hydrated, stay healthy and do everything else off the mat right.

He wants to be walking around at 190 pounds, so he can make weight any day. At the national tournament, wrestlers have to make weight three consecutive days.

"It's all about business until March," Downey said. "Like I said, I want to be the national champion."

Jackson said Downey needs to lock down his attack late in matches but added that his ceiling is pretty high.

"He definitely has the potential to accomplish [his national championship] goal," Jackson said.

ISU BASKETBALL

The ISU men's basketball team took on No. 25 Baylor (18-7, 7-5 Big 12) in Waco, Texas, on Tuesday night. Baylor beat No. 13 Iowa State (18-7, 7-5 Big 12) at Hilton Coliseum on Jan. 9, 94-89. For the score of Tuesday night's game, visit iowastatedaily.com.

Substitute health, not taste

By Brittany.Moon
@iowastatedaily.com

Food tends to be a hot topic for many college students. Whether talking about breakfast, lunch, dinner or nighttime cravings, it is on everyone's minds from time to time.

One obstacle many face when deciding what to cook or order at a restaurant is how to maintain a healthy diet and lifestyle without forfeiting taste.

This endeavor can be difficult, especially when dining out, because the nutritional information about different foods and entrées is not always readily available.

With this in mind, it might be better to cook at home more frequently.

Although an obstacle found when staying in and cooking is the items required in a recipe.

These range from butter to whole milk to mayo to canola oil, none of which are overly healthy. However, alternatives are available to using these products in recipes that can be substituted without losing taste. Almost all of these alternatives also make the dish healthier, which is a plus.

The first replacement one can make is cooking quinoa instead of white or brown rice.

Although brown rice is better for you than white rice because it is not bleached, quinoa is still a healthier option.

While quinoa presents many health benefits, the main one is that it is gluten free and incredibly high in protein. It has nearly twice the amount of protein than what is found in rice. It also provides a variety of antioxidants and fiber, is very



Brittany Moon/Iowa State Daily
Replace unhealthy ingredients in recipes with healthier, unexpected alternatives. Quinoa can replace rice for gluten-free cooks, and mashed avocado can be a substitute for mayonnaise.

high in minerals that some may not consume enough of on a daily basis and as simple to cook as rice; simply boil for the instructed length of time.

Another easy substitute one can make in daily consumption is almond milk instead of cow milk. Whether you drink skim or whole, almond milk contains significantly less sugar than cow milk and even more calcium.

Although many people believe it is incredibly more expensive, it is usually less than a dollar more than the cow milk alternative. The key is to get an unsweetened almond milk rather than vanilla or chocolate to avoid added sugar.

Mayonnaise is used in many different recipes and even paired with regular sandwich fixings. An alternative to this would be mashed avocado.

Avocado has been growing in popularity the last few years, and for good reason.

The fat in mayonnaise is mostly saturated, which is the worst kind of fat for you. On the other hand, the fats in avocado are mono and polyunsaturated fats; these fats are the healthier types of fats humans need day to day.

Avocado also has 21 grams of total fat in a cup, while mayo has 10 grams per tablespoon.

Adding a few slices of avocado to a sandwich instead of mayonnaise is a much healthier idea.

A tip when shopping for avocados, depending on when you want to consume the avocado, is knowing how soft it should be.

The softer, the sooner you should eat it. If you plan to cook with the avocado in a few days, a more firm avocado is best.

Greek yogurt flavored with different fruits has been popular for quite some time.

Unflavored, plain Greek yogurt can be used as a substitute for sour cream or ranch for many different recipes.

In a baked potato, for instance, it would cut the amount of fat considerably. Adding a powder ranch packet to a cup of plain Greek yogurt can also be a fine alternative to bottled ranch dressing.

Other options include using a food processor to make mashed cauliflower instead of mashed potatoes, almonds instead of croutons for a salad, vinaigrette instead of heavy cream-based dressings, spaghetti squash instead of spaghetti noodles and olive oil instead of canola oil.

These small substitutions can have a large impact on one's health and help one make better dining decision in small steps. Below is one way to use a substitution listed above for a healthy snack one might share with friends.

Deviled avocado eggs
Ingredients

- 6 hard boiled eggs
- 1 ripe avocado
- ½ cup plain Greek yogurt
- The juice of ½ fresh lemon
- Paprika
- Cumin (if you like spicy)

Directions

1. Once eggs have been

hard boiled and peeled, slice them all in half and remove yolk. Set yolk aside for later (in mixing bowl)

2. Place halved egg whites on plate and refrigerate until needed

3. Slice the avocado in half, remove pit and dice while still in the skin

4. Remove from skin and place avocado pieces in mixing bowl with yolks

5. Add ½ cup of plain Greek yogurt along with the juice of ½ fresh lemon

6. Use electronic mixer to blend all ingredients together until smooth (puree texture is best)

7. Remove halved egg whites from the fridge and scoop desired amounts into each half

8. Top with a dash of paprika and/or cumin

9. Refrigerate (covered) for 2 hours and serve

All you need to know about wine

Pros, cons of drinking various wines

By Emily.Schroer
@iowastatedaily.com

In honor of National Drink Wine Day, which will take place Thursday, we wanted to share all of the great things about wine. We all know wine is great, but learning a little about what is being drunk is always a bonus.

The basics

Let's start with a few wine basics. As we all know, wine is made from grapes. The grapes are grown on a farm called a vineyard.

The yeast, which is already in the grape skins, mixes with the added sugar and therefore makes wine.

This process can take days or even years to complete.

Different wines

Many different kinds of wines are available but they are all broken down into six groups.

The groups are white wines, red wines, rose wines, sparkling wines, dessert wines and fortified



Courtesy of Thinkstock
Drinking wine includes both pros and cons. While red wine contains health benefits for your heart, it also contains calories, which will add up the more you drink. White wines are good for lungs, but are the most acidic of all the wines.

wines.

White wines tend to be drier and sweeter compared to red wines, which are usually aged longer and tend to have a more bitter taster.

Rose wines tend to be a little sweeter because of the lack of skin on the grapes in the wine. Sparkling wines are just carbonated to make more of a festive drink, while dessert wines are high in sugar to provide a better treat for after dinner.

Fortified wines are wines that have had anything added to them during the wine-making process.

Pros of drinking wine

Drinking wine provides many benefits. Red wine has heart-healthy characteristics because of the antioxidants in the grapes' skin. The red wines help lower LDL cholesterol.

White wine can be good for the lungs and keep them healthy. Sparkling

QUOTE OF THE WEEK

"If you retain nothing else, always remember the most important rule of beauty which is: who cares?"

-Tina Fey

ing wine possesses some negatives. It has been discovered that alcohol can actually lead to breast cancer. Calories can build up when drinking wine, especially when more than one drink is consumed.

White wines are the most acidic out of all the wines. They can cause damage to teeth and other body organs. White wines also tend to have less antioxidants compared to other wines. Sparkling wines commonly cause migraines.

National Drink Wine Day is a good day for everyone, but it is important to know what you are drinking. Drinking wine can be a great way to end a hard day. Just remember to drink responsibly and have fun.

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THOMPSON p1

hey wrote the material [so] we just had a great time. And then to get our own show [Kenan & Kel] was just like, ‘Oh my god,’ like it was just amazing, and like, ‘we are Hollywood superstars right now.’”

Thompson went from being a young comedian on Nickelodeon’s “All That” to getting his own popular spin-off show “Kenan & Kel” with “All That” costar Kel Mitchell.

Thompson said when he was younger he saw “SNL” as “such an institution” that he never foresaw becoming a regular on the popular late night comedy show.

“When we were on ‘All That’ and stuff like that on Nickelodeon, we were saying we were like the “SNL” kids or whatever, but I never thought... I would ever have the chance to get on the show,” Thompson said.

“[It was] such a far-fetched idea [since “SNL”] was such an institution.”

Trading California sunshine for the Big Apple, Thompson went from west to east coast almost overnight when he “got lucky” and landed a job with “SNL” in New York. Thompson described the transition from performing on Nickelodeon’s “All That” to “SNL” as “pretty epic” but terrifying to try out for.

Learning what it was like to be in between jobs, Thompson said he was never scared of moving from California to New York.

He said he was lucky to have a few family members

already in New York, which helped his transition from west to East Coast living.

As a regular cast member on “SNL” for 13 years, Thompson has played a number of hilarious characters on the show.

A few of his favorites include “Scared Straight dude,” “What Up With That dude” and David Ortiz.

Thompson is known for some of his other characters, including Rev. Al Sharpton, Steve Harvey and Weekend Update correspondent “Jean K. Jean.”

Thompson is also credited with a number of film roles, some of which include “Good Burger,” “Barbershop 2: Back in Business,” and even lending his voice to “The Smurfs” and “Space Chimps” among others.

With experience acting, writing and producing, Thompson described the collaboration process for “SNL” and how ideas go from him to the writers and vice versa.

“It’s cool,” Thompson said. “You go try and find a writer for an idea you have, or a writer will come to you for an idea that they have, so you hope to try and be in the mix and try and hang out with people and see which writers can grab ahold of it and turn it into like 10 or 12 pages.”

Though Thompson has been in the business for a while, he admitted that he only recently started watching himself on TV.

Thompson usually watches with his family during the daytime.

As a highly recogniz-

able face in the crowd, Thompson felt it was only right to become familiar with his comedy sketches so that he could interact with fans properly and do them justice.

“I realized that people would come up to me and reference the show and I would have no idea what they were talking about, since there’s so many sketches, and that was kind of doing them a disservice a little bit,” Thompson said.

Thompson is a busy man, especially when he’s filming for “SNL” --putting in six-day work weeks, Monday through Saturday. On hiatus weeks, he spends time with his family.

“I’m raising my daughter and being a good husband, so that’s what my free time is,” Thompson said.

Thompson enjoys spending time with his family as much as possible and has brought his daughter to work in the past.

Given the array of humorous characters that he played or lent his voice to, Thompson said he is not necessarily trying to be “the funny guy” all the time, but he is definitely trying to be mindful of his fans who run into him on the street; especially when it comes to their attention to detail on remembering “SNL” sketches.

“Even if I don’t necessarily feel like taking a picture, it’s better to give those people their once in a lifetime experience; especially in New York. It’s not like you’re gonna run right back into these people, so

this is their one chance, and it makes sense that they would want to remember [it],” Thompson said.

Thompson said one of the craziest things a fan has ever done is cry.

“I guess like the whole crying thing is always weird. You know, I don’t like to see people cry—I want to try and cheer them up,” Thompson said.

“It might be like tears of joy or something like that, but it’s still weird.”

Working with so many guest stars each week on “SNL,” Thompson, too, gets star struck and admits it happens all the time.

“I’m weird around famous people,” Thompson said. “I just become such a nerd and a fan and I get all quiet and awkward. I’m growing out of that shell.”

“Paul McCartney was like that, but he’s so nice that I kinda snapped out of that really quickly.”

Thompson said there are several people to admire in the celebrity realm, but he admires people who are working and being positive.

He looks up to some of his friends who are working and raising a family.

Getting to make people laugh for a living is definitely a dream job for Thompson.

“There’s not gonna be many jobs that kind of compare to this,” Thompson said.

“The projects will come and go, the people will come and go, [but] right now, I’ve known these people for 13 years—and that’s just like the producers and writers and crew members...There are generations of people working there, and it’s crazy.”

If he wasn’t doing comedy or pursuing musical theater, Thompson said he would probably want to work for the S.W.A.T. team, “like a kicka-- sniper.”

For future comedians, Thompson said, “Be patient.

When you go out there, always try to tell it, and don’t let a bad show deter you, ‘cause bad shows are the best shows; that’s where you learn the most.”

For more information on Thompson’s show, visit the Iowa State Center website.

To learn more about Thompson, see more of his Q&A at iowastatedaily.com.

CITY COUNCIL p1

sistent identity” to tie the various areas of the community that the corridor spans together.

Each member had unique concerns on their lists, but overarching themes of safety, mobility and appearance were prevalent.

“There is a limited amount of real estate that we have to work with that’s trying to accomplish a lot of different things,” Hammel said.

Hammel said the purpose of local workshops was not just to highlight the areas in need of improvement but also to get insight on local landmarks and assets to the community. Council members cited the corridor’s central location, name recognition and historical significance as strengths.

Surveys and map tools accessible on the city of Ames website under “Planning,” allow residents identify both their positive and negative feedback.

“It’s up to the students, honestly ... community members have the opportunity to define what those big changes will be,” Schulte said.

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