

Weather

MONDAY
Blowing snow, bitter wind
chills near -15, and wind
gusts near 35 mph.

14
7

TUESDAY
Mostly sunny with west
winds near 15 mph.

21
4

WEDNESDAY
Mostly sunny, winds picking
up during the day.

26
17

Weather provided by ISU Meteorology Club.

Police Blotter

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

Nov. 10

An individual reported damage to a bike at Friley Hall (reported at 4:43 p.m.).

An officer investigated a property damage collision at Mortensen Road and State Avenue (reported at 5:34 p.m.).

An individual reported being harassed by an acquaintance

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

at LeBaron Hall (reported at 5:59 p.m.).

Nov. 11

Alexis Patinos, 22, of 412 Welch Avenue, Apartment 106, Ames, and **Sean Owens**, 19, of 6326 Frederiksen Court, Ames, were cited for criminal trespass at Parks Library (reported at 12:25 a.m.).



Jessica Darland/Iowa State Daily
Hillary Kletscher, president of the Government of the Student Body, placed importance on the issue of a tuition freeze for ISU students during the meeting Wednesday.

GSB to revisit tuition freeze

By Makayla.Tendall
@iowastatedaily.com

In addition to the regular Wednesday night senate meeting, the Government of the Student Body will meet at 9 p.m. today to discuss the tuition freeze.

At last Wednesday's GSB meeting, GSB President Hillary Kletscher called a Senate Special Meeting after the regular meeting.

Kletscher wanted to discuss the senators' decision to fail a proposal to waive the second reading of a resolution on tuition freeze.

However, Kletscher was informed that 48 hours of written notice was required before enforcing a Senate Special Meeting.

The resolution stated

that the GSB believes "if tuition for non-residents would increase, it should not exceed 1.2 percent [increase] in order to allow for financial planning" so students could budget for higher tuition.

The resolution also stated that GSB would ask the board to consider that long-term planning be implemented instead of planning for tuition increases or freezes on a year-by-year bases so families can plan.

The last point was that performance-based funding, which would fund Regent schools more based on the higher number of in-state schools, should be implemented so "state funding follows Iowans and promotes affordability and accessibility."

Gabe Walsh, speaker of the Senate and cosponsor of the resolution, asked senators to waive the second reading that would bring the resolution up for discussion at next week's meeting so that the recommendation would appear on the Board of Regent's public forum packet for December's board meeting.

The regents will discuss a possible tuition freeze during December's meeting.

Other cosponsors of the resolution, Hillary Kletscher, president of GSB, and Dan Breitbarth, vice speaker of the Senate, also advocated to waive the second reading because they felt waiting another week would mean the recommendation would not be given to the board in enough time for the resolution to appear on the public forum packet.

British biologist Richard Dawkins to speak at Stephens Auditorium

By Matthew.Rezab
@iowastatedaily.com

British evolutionary biologist and secularist Richard Dawkins will lecture at 8 p.m. tonight at Stephens Auditorium.

Dawkins is the Charles Simonyi Professor of the Public Understanding of Science at Oxford University. Dawkins

first became well known after the publication of his first book "The Selfish Gene" in 1976. Dawkins has published a total of 14 books including his latest, "Appetite for Wonder: The Making of a Scientist."

Dawkins is also well known for his support of secularism. He has written books such as, "The God Delusion" and "The

Blind Watchmaker" as well as writing and appearing in the TV documentaries "Root of All Evil?" and "The Enemies of Reason" in 2006 and 2007.

The doors open at 7:15 p.m. Admission is free with a book signing to follow. The discussion will be moderated by Clark Wolf, bioethics program director

Online Content

PHOTOS

Men's basketball opens season with win

The ISU men's basketball team opened its season with a win 93-82 win against Oakland on Friday night. Junior guard George Niang had a career-high 30 points. For a photo gallery of the game, go online to the multimedia section of the Daily's website.

VOLLEYBALL

Cyclones defeat Lady Frogs 3-2

The ISU volleyball team defeated Texas Christian 3-2 on Saturday. Focusing on the fundamentals of volleyball aided in the Cyclones' win. For the full story on how the basics helped, check out the sports section of the Daily's website.

MORE INFO

Up 'til Dawn benefits St. Jude hospital

The annual Up 'til Dawn fundraiser was held at Iowa State this weekend to benefit St. Jude Children's Research Hospital. To find out how to donate to the hospital, go to the news section of the app.

PHOTO

Women's basketball kicks off season

The ISU women's basketball team opened its regular season against USC Upstate on Sunday. To find a photo gallery of the game, go online to the multimedia section of the Daily's website.

PHOTO

Volleyball keeps winning streak alive against TCU

The ISU volleyball team extended its winning streak to four games on Saturday with its 3-2 win against Texas Christian on Saturday. For a photo gallery of the match, go online to the multimedia section of the Daily's website.

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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PERIODICALS POSTAGE

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Up ‘til Dawn

Students pull all-nighter to raise funds for St. Jude Children’s Research hospital

By Makayla.Tendall
@iowastatedaily.com

Members of the Cyclone Martial Arts Club lock into a fighting stance in front of posters of children with cancer. Across State Gym, ISU students loaded with 6 cases of energy drinks and a mountain of potato chips gear up to fight cancer.

Up ‘til Dawn, an annual event to raise money for St. Jude Children’s Research Hospital, took place Friday to 25 from 11:30 p.m. to 6 a.m. A total of \$58,200 was raised during this year’s event.

Caleb Prohaska, senior in construction engineering, was the co-director of Up ‘til Dawn and said his fraternity, Tau Kappa Epsilon, is one of the reasons he is so involved with St. Jude’s. Last year, his fraternity raised \$14,000 alone, Prohaska said.

“With St. Jude’s, it’s not a tough sell. The money that is donated is going basically directly to a family and directly to saving a child’s life. I’m not saying other philanthropies aren’t legitimate; it’s just that people can find a connection because a lot of family members have kids or they have nieces and nephews,” Prohaska said. “They just have that connection thinking about, ‘If

my child were to have this, how would I want the family to be treated?’”

Throughout the event, students danced, made crafts, ate walking tacos, took pictures with Cy and watched a demonstration from the Cyclone Martial Arts Club after hearing stories from cancer survivors.

While Emma Dostal, senior in biology, never had cancer as a child, she and her three siblings were young when her mother, Becky, was diagnosed with a form of leukemia called multiple myeloma seven years ago.

“My first thought was, ‘What am I going to do without my mom?’” Dostal said. “I bawled my eyes out because they gave her six months to live. What I saw was that I was going to lose my mom and then I was going to have to step up and be mom for [her three younger siblings].”

“It’s a bitch,” Dostal said of cancer.

Dostal’s father had quit his job a few days before her mother’s diagnosis, so 15-year-old Dostal said she took it upon herself to become independent and pay for whatever she could. Dostal said even though children will still be diagnosed with cancer, she feels it is important that people can realize providing financial stability for families who have children



Cy dances and pumps up the crowd during the Up ‘til Dawn fundraiser event for St. Jude Children’s Research Hospital. The event started Saturday night and ended Sunday morning, and participants raised \$58,200. Besides dancing, attendees also heard stories from cancer survivors.

with cancer is still beneficial.

Prohaska said he is glad to see students realizing that every bit they donate helps a family, and it helps keep the dream for a cure alive.

“There is a one dollar bill out of a thousand. You have to understand that what you are doing is making a difference. What people have to realize is that there is a light at the end of the tunnel. You keep searching for that cure,” Prohaska said.

Though Becky’s cancer is stabilized, she still goes in for chemotherapy periodically when her white blood cell counts rise. After she had an autologous bone marrow transplant,

Becky’s immune system is as weak as that of a 7-year-old’s, which Dostal said is terrifying for her and her family.

“I would get so angry when my mom was in the hospital because you can look outside and see people taking smoke breaks,” Dostal said. “My mom never smoked, never did drugs, took really great care of her body. For me it’s like, seriously she’s the one that’s sick and the ones that are out there destroying their bodies are left there.”

But Dostal said her parents don’t give anger or fear a chance to take over.

“My parents say, ‘These are the cards we’ve been dealt. You can sit around and pout about it,

or you can just buck up and find a way to push through it,’ and that’s what we do,” Dostal said.

After going into remission, Dostal said her family moved to Colorado, and her mother fulfilled her dream of opening a gym.

Dostal said she was recently at a martial arts presentation where they spoke about how women have always been fighters, and Dostal said she thought of her mom the whole time.

“Eventually that is going to be what gets my mom: that cancer. It’s not like we’re going to wake up tomorrow and she’s going to be gone, but someday it’s just going to take its toll and win,” Dostal said.

Prohaska said he had

the opportunity to visit St. Jude’s last year, an experience he is so excited to remember he bounces on the balls of his feet.

“There’s really no one charity, no one disease that’s necessarily better. The thing about cancer and the thing about St. Jude’s is that they’re really working to put themselves out of business and cancer as a whole out of business. Ultimately it’s about bringing people together,” Prohaska said.

“The hospital itself is so positive and uplifting. That’s really part of the cure. It’s more than just the cutting-edge technology and treatments, it’s really about the positivity,” Prohaska said.

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Female students learn leadership at retreat

By Michaela.Ramm
@iowastatedaily.com

Nearly 50 ISU women were given the chance to become leaders this weekend at the Women's Leadership Retreat.

From 9 a.m. until 5 p.m. Saturday, attendees had opportunities to better themselves by listening to guest speakers, networking and participating in group discussions. The event in Hach Hall was free for undergraduate and graduate female students.

"The Women's Leadership Retreat is designed to give any student, but particularly female students, [an] opportunity to learn about who they are as a leader to understand themselves a little bit more," said Kevin Merrill, the leadership and service coordinator for the Student Activities Center.

The event is cosponsored by the Margaret Sloss Women's Center, the Carrie Chapman Catt Center for Women and Politics and the Student Activities Center.

"There was a collaboration of individuals who decided there needed to be more programs designed specifically towards women leaders," Merrill said. "Any time we are helping a student gain leadership skills, it is beneficial for the entire campus community."

The registration for this year's event was completely filled.

Kristine Perkins, the public relations and student programs coordinator at the



Attendees of the Women's Leadership Retreat network on Saturday in Hach Hall. The free retreat gave female undergraduates and graduates an opportunity to learn more about themselves and who they are as a leader. The creation of a strong team and managing conflict were two focuses for the event.

Catt Center for Women and Politics, was on the planning committee and said this is her third year being involved with the retreat.

"This year, we are focusing on creating a strong team, conflict management, micro aggressions and how to address them and managing stress," Perkins said.

The event's attendees also have a chance to meet other women leaders.

"They also have a chance to network with women at Iowa State who are interested in leadership and developing other leaders," Merrill said. "They get to learn from other women leaders and what they've gone through."

Gabrielle King, junior

in kinesiology and health, attended the event in order to improve herself as a peer mentor.

"I definitely feel that the activities helped," King said. "I think everyone here has their own leadership position, so I think it was good for all of us to connect. There were speakers who are leaders who talked to us and really made me think. I thought that was really important."

Rachel Schroeder, junior in psychology, feels that events such as the retreat that addresses women's issues is important to be a part of.

"It's hard to be a woman when you're trying to accomplish certain things,"

Schroeder said. "The fact that this was for women students, and it's about learning how to be a leader, that's a good skill."

However, there was not a major emphasis on gender at the retreat, attendees said.

"I think the most thing valuable we talked about was the social and political capital session," said Zoe Kustritz, junior in industrial design and president of ISU College Democrats. "There were a lot of things I hadn't thought about, like information flow and workplace dynamics. I think that doesn't get addressed a lot in general. I think thinking about that is a really constructive thing to do."

Perkins said the lessons

learned are meant to translate to real life.

"We cover a broad range of topics," Perkins said. "We want them to feel like they can take it back to wherever they are in life and apply it as soon as possible. That might be leadership positions on campus or after graduation."

King said the most valuable thing she took away was being comfortable and confident networking with people.

"Some women are really outgoing, and some really struggle trying to talk to people," King said. "I think it's important for everyone in general to be comfortable and confident with public speaking and connecting

with others who are in the same boat as them."

The presenters at the retreat come from the Ames community or the ISU community. Two guest speakers from Iowa State included Hillary Kletscher and Mike Hoefer, president and vice-president of the Government of the Student Body.

Perkins said the committee in charge of organizing the retreat has been planning since May. Perkins said that the retreat works toward the same mission every year.

"We want to put on a great retreat for women to become leaders on campus and in their lives," Perkins said. "We want to encourage to get more involved with leadership opportunities if they are not already."

Merrill said he believes that leadership looks different to different kinds of people, especially at different points in their lives.

"When you broadly talk about leadership, it doesn't always paint the right picture for women leaders and some of the challenges they face," Merrill said. "Should women back off from their careers? Should they hit it full force knowing that they may have a family later, and what does that look like? It's something that historically our country has always needed to have a session that targets these specific leadership topics. It hasn't gone away, and it's still a current issue."

Next year's Women's Leadership Retreat is planned for November 2015.

ISU student finds niche through campus groups

By Emily.Eppens
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Benjamin Spick, a junior in anthropology and religious studies, knows how difficult it can be to be at a complete loss for who you are.

"I grew up feeling like I couldn't relate to anyone around me," Spick said.

Coming to Iowa State as a freshman, Spick was

determined to find his place.

Being from a rural town and Catholic background, he wanted to find a supportive community where he could be involved and started attending the Unitarian Universalist Fellowship.

"It was a huge adjustment for me, figuring out that [the fellowship] is someplace that I really do belong," Spick said. "[The

fellowship] is probably the most important part of me being able to be myself and discover who I am."

The combination of church and religion could have been a controversial obstacle for Spick, who is currently an active member of the LGBTSS.

A 2013 statistics survey shows that Christian, Muslim and Mormon religions can be unfriendly to people who identify as

LGBT and homosexuals are more likely to be less religious than people who are heterosexual, according to PewSocialTrends.com.

Instead, the fellowship helped grow him. Unitarian universalist churches have no creed or doctrine set for the members to follow.

The goal for congregations is to be a support to people from all backgrounds, cultures and beliefs. At Unitarian Universalist Fellowship, members are put through specialized training to be sensitive to the needs of the LGBT person and surrounding issues.

"[Religion] isn't always, but it can be unwelcoming," Spick said. "[The fellowship] is an extremely welcoming community as far as LGBT, issues and identities are concerned."

Unitarian Universalism has been one of the first church denominations to accept the homosexual community, said Rev. Kent McKusick, the minister at Unitarian Universalist Fellowship.

"We have a quilt made by a homosexual member of the church from thirty years ago," McKusick said. "[The church] wants to be present for every member of the community, without excluding anyone."

Spick did not come out publicly until the fall of

his sophomore year, but during that time he came to accept and grow in his identity with the support of the church. Not long after, he joined the LGBTSS community on campus.

"Ben never presented himself as a guarded person, but since coming out I think he is able to move around more comfortably," McKusick said. "I think [the church] helped Ben to engage the community here and around campus more completely and more authentically."

Sarah Carlson, a coordinator in human services and the adviser for the Unitarian Universalist Fellowship's college LGBT group, said that she is happy that Spick has gotten involved in organizations on and off campus.

"[The Unitarian Universalist Fellowship] has people who are Agnostic, Atheist, Muslim and Buddhists attend the church, even Pagans visit," said Carlson. "I encourage students to contact a welcoming church or group where they will feel supported."

Spick came out to his family in Sept. 2013, a move he felt would not have been possible without the support from the people at his church. His family is supportive of his identity and has occasionally visited the church.

Since then, Spick has gotten involved with many student organizations on campus; he is the treasurer of the anthropology club, a lay leader at the Unitarian Universalist Fellowship, involved with the LGBTSS, works at the Parks Library, grades homework for the religion department and is a member of the Student Organic Farm on campus.

"I was very interested to learn my freshman year that there is a gay-straight alliance at the Catholic church here in Ames," Spick said. "Learning about Catholic theologies and how that combines with LGBT inclusion, that is very interesting to me."

"Tapping into spirituality is a very important thing to me," Spick said. "Being involved with [the fellowship] has been a very important place for me to be to realize that."

Spick encourages new and incoming students to ask themselves what kind of community they want to be a part of and reach out to their professors, advisers, TA's, other students and organizations.

"Do something that forces you out of your comfort zone," Spick said. "Don't be afraid to be involved. You can't go back and change time, so do what you can during your college career."



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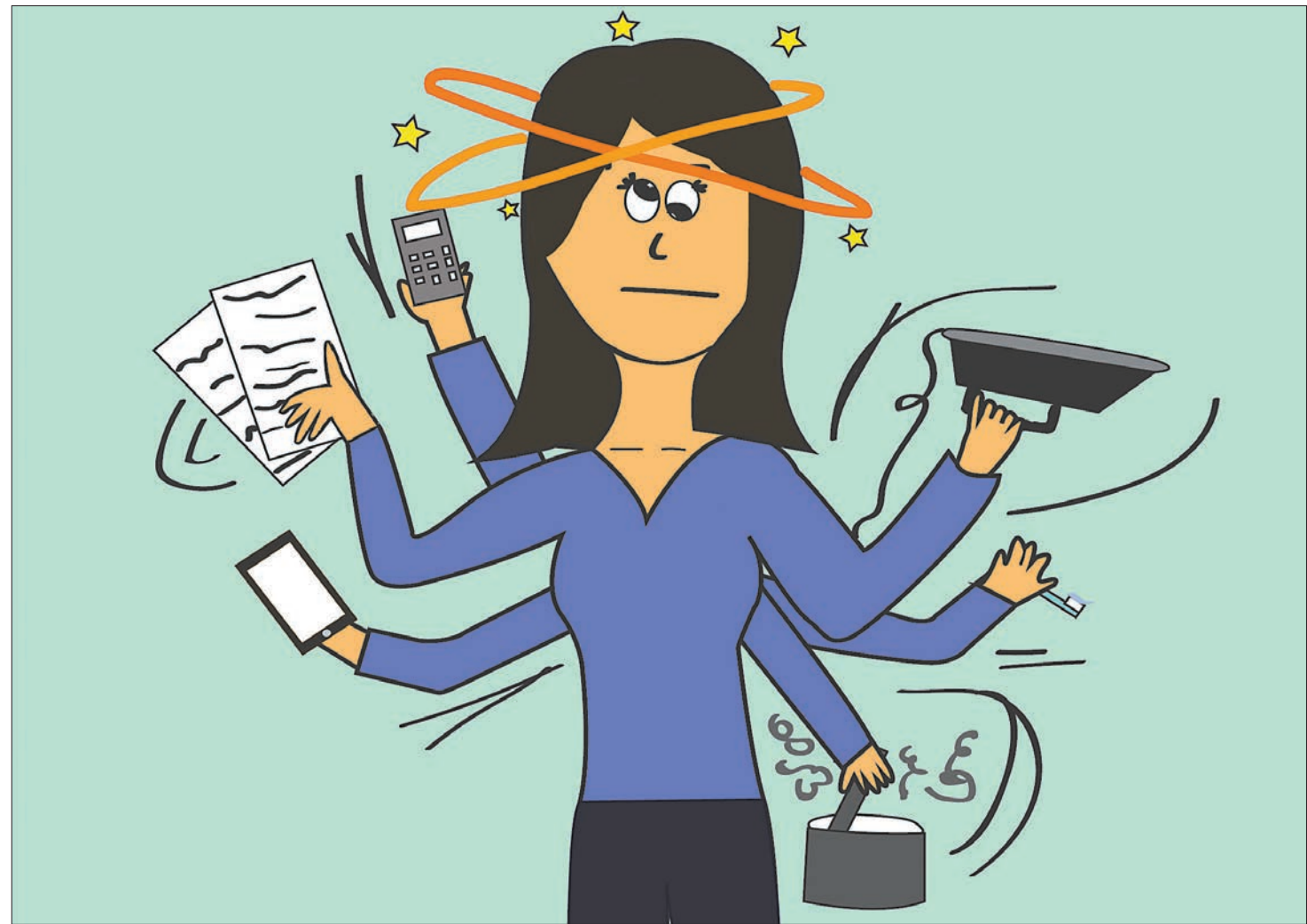
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Megan Kalb/Iowa State Daily
Adolescents and young adults multitask because they are impatient and prone to procrastination. Our brain, however, doesn't multitask and the process is inefficient.

Juggling tasks results in errors

By Madison.Ward
@iowastatedaily.com

Right now as you are reading this column your temporal lobe, frontal lobe, angular gyrus and supramarginal gyrus are all hard at work, just by comprehending these words alone. But chances are that this column is not the only thing you are making your brain sort through.

More than likely your phone is on-hand; perhaps you're even breaking up the task of reading with sporadic text replies or tweets. Or maybe you're getting really fancy and blocking out the world around you with music while you read which brings the cerebrum, cerebellum and limbic system into the mix. Or you could be doing all three.

No matter what combination is your favorite multitasking has become one of this generation's greatest past-times under the premise that it helps us get things done faster.

Unfortunately that might not be true — multitasking may be the source of more cons than pros.

The brain is a wonderfully complex organ that most of us truly don't understand which is why we believe multitasking is actually a thing in the first place. While you are reading this, listening to music, texting and watching the passersby, you are under the illusion that you're doing it all at once.

However, according to a study, you're really not. The reality is that while you think that your brain is able to do it all simultaneously it is actually

ordering the activities and doing them one at a time.

The term should really be "chunking" not "multitasking," but our brain does it so quickly that it does in fact feel like you're doing it all. Yet another testimonial to how amazing the human brain actually is.

With this knowledge at our disposal, one may logically begin to wonder how the brain copes with this insane amount of information being constantly fed into it and that is where the negative aspects of multitasking being to emerge.

The same study highlighted a link between the loss of gray matter in one particular area of the brain and consistent use of several media devices.

This area is called Brodmann's Area 10, which is located in the brain's anterior frontal cortex. In an interview, Jordan Grafman, an author of the study, explained that this is the area of the brain which "allows you to leave something when it's incomplete and return to the same place and continue from there." This area of the brain is what creates the illusion that we are multitasking when we are actually organizing things into a mental to-do list.

Another area of the brain that has been linked to negative effects of multitasking is the anterior cingulate cortex, which is responsible for cognitive and emotional control functions.

This information backs up previous research claiming that multitasking leads to anxiety, depression and decreased attention while dealing with a distraction because this area

of the brain which is being impacted is responsible for emotional control.

This information paired with the fact that teens, who are going through emotional turmoil already from puberty and whatnot, are the main multitaskers of the world could raise questions as to how much additional emotional damage could be done.

However, despite news reports and studies, adolescents and young adults continue to multitask because we have a dwindling capacity for patience and a growing one for procrastination.

We must get our homework done that's due at 11:59 p.m., live-tweet "American Horror Story," open snaps from Snapchat and put just enough effort into the conversation your roommate is having with you so that they think you're really listening to them.

We think doing all of this at once will help us get it done faster and with the same amount of accuracy as we would had we done it sans distractions, but here is the final nail in the multitasking coffin; we can't. David E. Meyer, director of the Brain, Cognition and Action Laboratory at the University of Michigan said that the more tasks you do at one time increases then number of errors you'll produce.

This means that if you are a science student you will just have to go back and do it all over again later, which effectively undoes all the skillfully orchestrated multitasking you used to try and save time with in the first place.

LETTER TO THE EDITOR

Flawed political system deters voters

By Alex Felker,
sophomore in community and regional planning

Lately, I've been spending a lot of time reading articles written by experts in their field that our much beloved democratic system is crumbling beneath our very feet.

It appears as though somewhere between 35 percent to 40 percent of the voting-age population showed up to the polls on Nov. 4.

I suspect a variety of explanations could be made as to why voter turnout has been low since the mid-19th century.

But are the questions we should be asking and things we should be carefully considering being truthfully and thoroughly pursued?

The fact of the matter is that young people today and all those of voting age are simply detached, disinterested and foolish to throw away their say in the American political system.

Do we limit our attention to the more pressing matters?

The matters that hold our concern are our cell phones, our social media, our video games, our sports, our clothing,

our laptops, our televisions, our makeup, our hair, our skin color, our body weight, our music, our social circles, our celebrities.

I believe our nation's voting pool to be poisoned, and about this I must offer a more detailed explanation.

As any governmental historians can hopefully corroborate, a democracy is more likely to succeed if its citizens have similar goals and generally agree with each other.

We have been taught that this is not always the case. In government disagreement is healthy.

This is only true if the disagreement is in regards to an issue that each party holds an interest in and believes should take place.

When we are so staunch in our ways that we remove ourselves from the equation, we remove any chance of success we had hoped to achieve.

How do I apply this to our current situation? Why the nation's voter turnout is so despairingly low? Our two-party system is failing.

The gridlock we've experienced over the past few electoral cycles can be explained by the fact that our politicians

and our people have grown so doggedly attached to the nature of our arguments that we cannot see that we are destroying whatever hope exists of achieving anything at all.

It is so much easier to bark at each other about the principles behind your argument than to discuss what could be done.

There is no right answer to the vast majority of the questions that plague our Congress.

To believe so would be to shut an ear to not only practicality but reason and logic itself.

What can be done is compromise.

Not in the form of a happy medium, which so often results in disaster due to bad planning, but compromise in the form of efficient and effective resolution with stops built in to check progress and allow for adaptation dependent upon results and circumstances.

We need to make some decisions immediately, see what happens and then make some more decisions.

And this process needs to happen repeatedly.

Climate change, immigration reform, foreign policy, monetary and fiscal policy, regulation in all sectors of our society, growing inequalities,

the nature of our social constructs, crime and other issues are things that will not simply fix themselves on their own.

Issues will not wait in line to be solved. And yet, as a result of our failing political system, few if any meaningful decisions are being made.

We may find ourselves in a catastrophe so deserving of its name that we may be unable to find a shovel big enough to dig ourselves out.

Why is voter turnout so dreadfully low?

Because the nation's voters have so little faith that our system can enact meaningful change.

People react to meaningful change, and when the status quo has been to stand at a respectful distance away from each other, yell and hope for the best, what else could the voters truly expect to happen?

Of course they don't care who wins when they look at everything that hasn't been achieved in the past few decades.

It is not that young people find themselves disinterested in politics; they have come to the conclusion that the current system is not working and is not worth trying to save.

EDITORIAL

Take full advantage of meal plan

As the semester begins to wind down and finals approach along with the ever-worsening weather, students will find that they have more and more on their plates. However, it is the food that might not be on their plates that often slips the minds of students who use university meal plans.

Whether you simply forget to use the meals or choose not to brave the cold to make it to a dining hall, it is important to remember that when you don't maximize your use of a meal plan you are quite literally leaving money on the table.

If you invested in a meal plan at the beginning of this semester, you put thousands of dollars into an account that, if not emptied, will disappear straight into the pockets of ISU Dining, and according to the ISU Dining website, there are 20 serving days remaining for the semester, as of Nov. 16, before all remaining meals vanish on Dec. 19.

The website keeps a running count of how many meals students should have remaining for each available meal plan. The highest amount of meals that a student should have in order to most effectively use the most expensive meal plan is currently at 53. This means that any student with remaining meals in excess of 53 is currently at risk of coming up short on meal use.

Each meal plan's initial cost reflects a different monetary value for each individual meal. If a student purchased the Gold plan — the third most expensive of the five available plans and the "default" meal plan for ISU Dining — then each meal is valued at \$7.28. Therefore, if a student allows only 15 of their meals to expire prior to the end of the semester, they are losing \$109.20. In the relative scheme of the cost of college living, 100 dollars may seem negligible, but the fact is that this is intolerably wasteful spending.

Students will often have excess meals because they expend their allotted "dining dollars" — which in many cases operate in the same way as meals, but offer increased purchasing flexibility — at a faster rate than their meals, finding at the end of the semester that they have no remaining dining dollars, but plenty of meals. Such use of the meal plan is backwards and ineffectual because dining dollars are transferable across semesters — fall to spring only, they do not carry into a different academic year unlike meals, which expire each semester, as previously noted.

Therefore, the most logical use of a meal plan would be to expend all available meals before dipping extensively into the dining dollar account.

In an attempt not to let the meals go to waste, in many cases students will share their meals with their friends who may have used all of their own or never had a meal plan to begin with. While this seems as though it would only hurt the owner of the meal plan, ISU Dining imposes a five meal limit for guest passes at the university dining halls. Such a policy exemplifies excessive and unnecessary control over meal use.

The students or their parents pay for the meal plan, so why should ISU Dining have a say in how many of those meals are shared or who they are used by? ISU Dining does not make money as a student uses each individual meal but instead at the beginning of the semester when the meal is initially purchased. The university already made its money, so they should lessen any further attempts to regulate meal use.

Shifting back to the responsibility of students to keep track of and use their meals effectively, if you find that you will inevitably have excess meals remaining at the end of this semester, consider revising your selected meal plan for next semester so that you don't face the same problem again. Remember that it's your money, so don't take these meals for granted.

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The ISU women's cross country team runs at the Big 12 Championships on Nov. 1. The team earned their fifth consecutive Midwest Regional title Friday, which gave the Cyclones a bid to the NCAA Championships.

ISU women receive nationals bid

By Kyle Heim
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The ISU women's cross country team took another step toward achieving the cross country triple crown by claiming its fifth consecutive Midwest Regional title on Friday.

The Cyclones ran loose and conservatively throughout the race and in the end, received exactly what they were looking for, a bid to the NCAA Championships.

Junior Crystal Nelson, who was originally expected to rest at the regional meet, placed fifth overall for the Cyclones, finishing one spot behind redshirt senior Katy Moen. Moen and Nelson's times were separated by only one-hundredths of a second.

"Crystal and I felt really relaxed throughout the whole race, and finished right next to each other," Moen said. "We 100 percent followed the race plan, and our coach was very happy for us."

Nelson's participation gave graduate Margaret Connelly an opportunity to rest before competing at Nationals in Terre Haute on Saturday.

Moen said leading up to the race, ISU coach Andrea Grove-McDonough told the runners to view the race more as a workout and hold back some for the NCAA Championships.

Iowa State also executed its pack-forming strategy as planned at the regional. Not only did Moen and Nelson finish together, redshirt freshman Erin Hooker and

sophomore Perez Rotich tied for 13th place.

"Erin and Perez also started really reserved," Moen said. "They picked it up a little bit throughout the race, but that was definitely what the race plan [called for]."

There will be no holding back for Iowa State at Terre Haute on Saturday.

The team will compete on only seven days of rest, the fewest days of rest between meets this season.

"We just need to focus on leaving it all on the

course and following the race plan," Moen said. "No matter how well we plan it, it's nationals and everything's in the air."

Iowa State entered the NCAA Midwest Regional ranked No. 5 in the U.S. Track & Field and Cross Country Coaches Association.

The Coaches Association will post their final rankings before the national meet later today.

The team is happy with what they've accomplished to this point of the season, but their biggest goal of the year

awaits on Saturday. Rain, heat and sub-freezing temperatures have been unsuccessful in tripping up Iowa State, but Terre Haute expects to add mud to the mix on Saturday.

"Our intention all year has been win the Big 12 title and go into NCAAs and do something special with this team," Grove-McDonough said.

Iowa State expects to have 2013 All-American Bethanie Brown and Margaret Connelly return for their national title run.



Niang leads Cyclones in season-opening win

Team works out kinks in 11-point victory

By Alex Gookin
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It wasn't always pretty, but the Cyclones came away with the result they were looking for — a win. For the fifth straight year, ISU coach Fred Hoiberg and the Cyclones start the season 1-0 after a 93-82 win against Oakland.

While the win was not dominant by most accounts, Iowa State appears to be in good hands with Georges Niang putting in a dominant performance in his first official game return after injuring his foot in the NCAA tournament last season.

His off-season body transformation appears to be nothing but positive for Niang, who scored a career-high 30 points, pulled down nine rebounds and dished out five assists. His performance gave him 1,019 career points, becoming one of 31 Cyclones to score 1,000, but he's not satisfied with the team's performance.

"It's cool, [but it is] a minor accomplishment to want I want to do with this team," Niang said. "[The game] was a little disappointing defensively ... Everyone needs to look themselves in the mirror, including me, and really work on getting stops down the stretch."

Oakland's Corey Petros gave Iowa State fits all game, scoring 25 points and dominating the paint with undersized big men Georges Niang and Daniel

Edozie guarding the post. Guard Kahlil Felder also found success against the Cyclones, using his speed and range to put up 23 points and dish out 10 assists.

But season openers are often for knocking off the rust, and Iowa State did a bit of that. However, it is what the Cyclones did not have that gives Hoiberg hope that these early season games may not be what the team is fully capable of accomplishing.

Without the services of Matt Thomas and Abdel Nader, who are both serving suspensions for violation of team rules, and Jameel McKay, who has to sit until December due to transfer rules, Iowa State only scratched the surface as far as roster goes.

"I thought when we extended the lead we finally started to get stops,"

Hoiberg said. "I think we've got guys who can do it. Obviously, we're thin on numbers right now, but when we get our full roster, I'm excited to see what we can do on the defensive end."

Even with the absence of potential stars, Iowa State continued its trend of high scoring offenses under Hoiberg. The starting five — Monte Morris, Bryce Dejean-Jones, Naz Long, Dustin Hogue and Niang — combined for 89 of the team's 93 points.

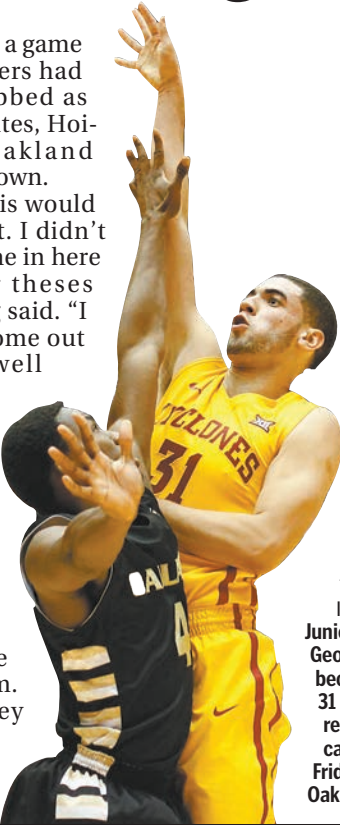
Highly-anticipated transfer Bryce Dejean-Jones didn't disappoint, recording the team's first double-double of the season with 20 points and 11 rebounds. Monte Morris finished with 14 points and three assists, garnering praise from Hoiberg as the pilot of the team at the point position.

Despite only an

11-point win in a game that odds makers had Iowa State tabbed as 20-point favorites, Hoiberg knew Oakland would not lie down.

"I knew this would be a tough test. I didn't think we'd come in here and roll over theses guys," Hoiberg said. "I knew they'd come out and play us well and they did and give a lot of credit to Oakland for that."

Iowa State will return to Hilton Coliseum for its second game of the season at 8 p.m. Monday as they take on Georgia State.



Tiffany Herring/
Iowa State Daily
Junior forward Georges Niang became one of 31 Cyclones to reach 1,000 career points Friday against Oakland.



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By Ryan.Young
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In the first two exhibition games, however, it was fellow freshman post

The source of the defensive problem may have come in part from the suc-

"The great thing about basketball is usually you turn around quickly and play again," Fennelly said. "We have a huge game here on Nov. 18 against Drake, so we have to get ready and we'll start tonight."



Freshman center Bryanna Fernstrom scored 25 points for the Cyclones on Sunday against USC Upstate. Iowa State won 98-76. Fernstrom's 25 points were the most ever by an ISU freshman in a career-opening game.



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Horoscopes by Linda Black

Today's Birthday (11/17/14)

This is the year to realize what you thought impossible. Find and enunciate the heart in your projects. Take advantage of a surge in demand. Stash loot. Your career expands with your wallet. Healthy practices pay off in spades. A new phase in family fun begins around 3/20. Recuperate and rest after 4/4. Nurture what you love.

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

Aries -9
(March 21-April 19)
Compromise is required today and tomorrow. Negotiate fairly and emerge unscathed. A female offers an opportunity. A new associate could become a valuable partner.

Libra -8
(Sept. 23-Oct. 22)
Learning new skills leads to new friends. Have the gang over to your house. You're even more powerful than usual today and tomorrow. Your thoroughness makes an excellent impression.

Taurus -8
(April 20-May 20)
A new project demands more attention for the next few days. Get final words of advice. Time to get busy! Abandon procrastination and let your passion play.

Scorpio -8
(Oct. 23-Nov. 21)
Friends are there for you. You're under pressure to complete old tasks the next few days. Schedule quiet private time to think things over. Rest and recharge. Your curiosity makes you quite attractive.

Gemini -7
(May 21-June 20)
Someone nearby sure looks good. A barrier is dissolving, or becoming unimportant. True love is possible, with hot romance infusing the situation. Practice your arts and charms.

Sagittarius -8
(Nov. 22-Dec. 21)
Circumstances control your actions for the next two days. Find a beautiful spot. Your team inspires. Hold meetings, brainstorm, and chart your collaboration. Add an artistic touch to the project.

Cancer -8
(June 21-July 22)
Make household improvements today and tomorrow. You can find what you need nearby. Make popcorn and share it with a movie or game. Fill your home with family love. Add color and tantalizing flavors.

Capricorn -9
(Dec. 22-Jan. 19)
Compete for more responsibilities over the next few days. Do it for love, not money. Friends are there for you. You're attracting the attention of someone important. Listen closely.

Leo -9
(July 23-Aug. 22)
A new educational phase begins over the next few days. A female offer a balanced plan. Things fall into place. Get into intense learning mode. Resist the temptation to splurge.

Aquarius -8
(Jan. 20-Feb. 18)
Make time for an outing over the next few days. Set long-range goals. Studies and research inspire fascinating conversation. Talk about your passion, and ask others what they love.

Virgo -9
(Aug. 23-Sept. 22)
For the next few days, joyfully bring in money. Count your blessings. Keep books as you go. A female offers a financial opportunity. Creativity percolates, and demand for your work increases.

Pisces -9
(Feb. 19-March 20)
Discuss shared finances. The next two days are good for financial planning. Provide support for your partner. Follow through on what you said you'd do. Plan a trip together.

Sudoku by the Mephram Group

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

LEVEL:

1234

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 | | | | | | 23 | | | |
| | | 24 | | | 25 | | | | 26 | | | | 30 | 31 |
| | | 27 | | | | | 28 | 29 | | | | | | 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 | | | |

Across

1 Physicist for whom a speed-of-sound ratio is named
5 Steamers in a pot
10 Post-WWII commerce agreement acronym
14 Toast topping
15 Lose one's cool
16 Eight, in Tijuana
17 ___ and rave
18 Stars, in Latin
19 What winds do
20 Book spine info
22 Acid indigestion, familiarly
24 Snugglers' catch
26 Not feel well
27 Serious play
28 San Francisco transport
33 Daring
34 Ottoman governors
36 Chip away at
37 Prefix with lateral
38 Auto wheel covers
40 Fishing tool
41 Henry or Jane of "On Golden Pond"
43 Kal Kan alternative
44 0
45 Area where goods may be stored without customs payments
47 Oozy stuff

49 NRC predecessor
50 Scotch ___
51 Go-between
57 Performed without words
60 Mesozoic and Paleozoic
61 More pathetic, as an excuse
63 Four-legged Oz visitor
64 No longer here
65 Pacific, for one
66 Russia's ___ Mountains
67 "Puppy Love" singer Paul
68 Campground sights
69 War journalist
Ernie

Down

1 Satirist Sahl
2 Jai ___
3 Stripe that equally divides the road
4 Detective's breakthrough
5 Tax season VIP
6 Mascara target
7 Start the poker pot
8 Actress Sorvino
9 Sacred Egyptian beetle
10 Male turkey
11 Rights org.

12 Son of Odin
13 Chrysler ___ & Country
21 Nightmare street of film
23 Mah-jongg pieces
25 "Elephant Boy" actor
27 Blood bank participant
28 Washer phase
29 Manager's "Now!"
30 Early computer data storage term
31 Be wild about
32 Update, as a kitchen
33 Physically fit
35 Israeli diplomat
Abba
38 Brownish-green eye color
39 Blog update
42 Scrolls source
44 "Pipe down!"
46 Spotted wildcat
48 Hightail it
51 Million: Pref.
52 Golfer's choice
53 Unpleasantly moist
54 Medieval spiked club
55 Prayer finish
56 "No ice, please"
58 And others: Lat.
59 Clinton's 1996 opponent
62 BP checkers

CHEF p1

"A lot of kids theses day come to school having lived on fast food because of how their lifestyle was," Connie said. "I'm doing home-cooking food, and they are learning new things, finding new flavors and discovering that not all foods come through a window."

Always wanting her own business, Connie started catering on the side. From small gatherings to busy families who didn't have time to cook, she would gather food and use her customers' kitchens to provide meals. She has continued her catering business throughout the years.

Soon Connie's company lost its contract with Grand View, causing her to lose her job. In the mean time, Alex returned from the Army and began his education at Iowa State.

To enhance his networking, he decided to pledge Lambda Chi Alpha. After growing up with a chef for a mom, his standards were high. The fraternity's did not meet them.

"Being the ambitious person I was, I knew she was looking for something new," Alex said. "I didn't want to be the one to get her hired, but she was ridiculously over-qualified for what they were looking for. It was an obvious thing they would hire her."

It only took one test run for a Sunday meal for fraternity members to hire Connie.

On a trip to Minnesota with her husband, Connie was killing time when she passed a furniture store. In need of a dresser, she decided to take a look inside. The worker assisting Connie asked about her profession. The worker was astonished because the worker's son was the president of the Sigma Pi fraternity at Iowa State

and was in need of a chef.

Exchanging contact information, Connie didn't hear from Sigma Pi for months until school started up. Before Sigma Pi hired Connie, members were eating catered meals, but Connie could not only make them homemade meals but also cut their budget by 50 percent.

"She makes really good meals and a really nice person, very friendly," said Corey Hermann, steward of Sigma Pi.

Connie was unsure of her ability to handle two fraternities but realized it was worth it in the end.

"Every chef has their own reason they cook," Connie said. "There are chefs that will stylize food and make it look just gorgeous, and they want you to look at it. I want to make food you can not wait to eat."

Starting every morning at 6:30, she cooks a hot breakfast for Lambda Chi Alpha.

"We implemented a hot breakfast when we were having trouble with grades," Connie said. "I thought if we had a hot breakfast, maybe more people would get up and get productive for the day, and our grades have improved."

Lunch rolls around next and does not slow down Connie. While not every member eats breakfast and lunch at the fraternity, Connie cooks dinner for 80 people. Cooking all the food in the Lambda Chi Alpha kitchen, she packs up Sigma Pi's portions, loads up her truck and assists Sigma Pi members in serving it. Returning to Lambda Chi Alpha, she then serves their dinner.

On Monday nights, both houses have chapter meetings, which mean every member comes to the house for dinner. On these nights, Connie makes a total of 120



Tiffany Herring/Iowa State Daily
When Connie Maxwell was 45-years-old, she went school to become a chef. After making one meal for her son Alex's fraternity, Connie was hired as the fraternity's chef. She creates meals for 80 people per night.

three-course meals.

"People say what is your favorite thing to cook, my answer is whatever you want to eat," Connie said.

In the midst of all the cooking, Connie finds time to sit down with the Lambda Chi Alpha members and enjoy the meal she made.

"[The members] keep me young," Connie said. "They keep me connected to the young culture, everything that's going on in young culture, and that's interesting to me."

With her Lambda Chi Alpha title of mom, she assists the boys from preparing for interviews to giving the ones going into the military hair cuts.

"There is this whole family aspect that happens around living with all these guys," Connie said. "I have 29 [roommates who are 20] that I interact with and exist with."

Alex doesn't mind her mothering his brothers in the house.

"It's kind of funny that all my friends have my

mom's phone number and call her for anything," Alex said. "She's the kind of person when you meet her she can be your best friend basically, and she will be your best friend because she gets along with everybody."

Staying in the Lambda Chi Alpha house all week, she reserves weekends for her husband in Des Moines.

"During the school year it has to be all focused on this is our short time together, the one night I'm home, or the weekend I'm home," Connie said. "We talk on the phone every night, and we don't allow time for fighting."

Dedicating all of her time to the members of the fraternity, Connie hopes the boys will take away many lessons, such as the variety of flavors and tastes in the world. Morally, she teaches them respect for women and sees them practice it on a regular basis.

"I was looking for a job I that I could love, and I found one that loved me back," Connie said.

DANCE p1

Though most of the members are American, Hester said there's still many cultures represented in the group.

"We have a lot of talent in the group and a lot of mixed cultures in the group. We have everything from white, black, Indian and Chinese," Hester said. "We have a real melting pot in the group."

The last group to perform was the Bollywood Dance Club.

"We are a fusion group between Bollywood and hip-hop," said Sahana Seenu Baskar, president of the club. "We copy the dances from the Bollywood

Universities would have to submit their implementation propositions by the end of the calendar year.

The board also unanimously approved two other motions: to search for a consultant to proceed with the academic portion of the review and a Professional Services Agreement

movies, so it's really a mix of everything."

The club performed last year at the event as well and said it was a way to let students know more about Indian cultures.

"Dance in India is used to portray any emotion, any festivity and even tragedy. Some of the moves can even depend on the

meaning of the song," Baskar said.

The club also likes that the event is a charitable said Simrita Varma, freshman in global resource systems and agriculture and society.

She said, "Education is very important and everyone deserves to have an equal opportunity."

unfinished business cases, titled "Time to Graduate" and "Distance Education."

Braun said it is too soon to tell when the universities will start to see the savings.

However, he said he anticipates the universities will see savings within the next fiscal year.

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