

# IN IOWA STATE DAILY ne sound Government Organization 3,709 likes 310 visits ficial FBI Facebook page the most recent news nd photos highlighting our lobe.

The U.S. Supreme Court will soon decide whether the First Amendment protects threatening or violent posts in the case of Anthony Elonis. He is currently serving prison time due to various comments that he made online, specifially on social media toward his estranged wife, an FBI agent and a kindergarten class.

## Supreme Court weighs free speech, threats online; looks into censorship

By Alex. Hanson @iowastatedaily.com

Facebook and Twitter news feeds are often clogged with opinions written in a bout of rage from old high school acquaintances or distant family members. However, those posts of outrage may not fall under free speech laws depending on

The U.S. Supreme Court is set to decide whether rants posted on social media such as Facebook can be considered threats or if they are protected by free speech.

The case stems from a Pennsylvania man, currently serving a 44-month sentence in prison, who posted statements on his Facebook page directed at his estranged wife, FBI agents and a kindergarten class.

The comments made by Anthony

Elonis were violent and included death threats directed at his wife. Even after a court issued an order to keep Elonis away from his wife, he threatened her again and went on to threaten a kindergarten class, which earned him a visit from the

Following the visit from a female FBI agent, Elonis went on to threaten her as well.

Elonis claims his postings, which were written in the form of rap lyrics, were a way to vent his frustration, first at his wife and later at the FBI agent who questioned him.

"The first amendment issue has to do with the fact he's tying to tie it to creative speech — rap lyrics — and saying that makes it protected under the first amendment," said Dirk Deam, senior lecturer in political science.

**CENSORSHIP p8** 

## Study strategies help students with Finals Week success

By Wendy.Cardwell @iowastatedaily.com

As the end of the semester approaches, students at Iowa State are beginning to prepare

for Dead Week and Finals Week. Hours of preparation are involved in order to succeed during Finals Week, including making flashcards, filling out study guides and removing all distractions from the study

Multiple tips and tricks are available to help students pass Finals Week with ease. Some tricks are focusing on notes, studying in a quiet area, sleeping regularly, asking questions and staying for the entire class study session.

Focusing on notes is important because the notes cover most of the material that was mentioned during class. While reviewing notes, find a quiet place to study. Although it may be tempting to study with friends, it is best to find a quiet place in order to concentrate.

I personally think that some freshmen may still be in high-school mode even though they're in college," said Kayla Trusk, senior in pre-biological and pre-medical illustration.

"My best advice is to take advantage of your [Destination Iowa State] leader, who showed me the [Academic Success Center] and where academic counseling was located.'

Some freshmen prepare for Finals Week by creating a study group or reviewing their notes.

I am planning to study with some of my friends in the same class where we can quiz each other," said Jordan Ogden, freshman in pre-business. "I do most of my studying in the computer lab downstairs.'

Older students have learned their lessons the hard

way.
"One thing that has changed for me as a junior is that I use my time more wisely. As a freshman, I didn't use my time as well," said Sam Bedford, junior in integrated studio arts. "Some freshmen are still trying to figure out how to make good use of their time and figure out what works best for them."

Supplemental instruction sessions can be helpful because it is equivalent to free tutoring, and it is beneficial to stay for the whole session in order to maximize information retention. For more information on

**STUDYING p8** 

## Tenure review, testing center overuse updated

By Makayla.Tendall @iowastatedaily.com

Faculty Senate passed a motion to change the language of post-tenure reviews at Tuesday's senate meeting.

During discussion on a bill about post-tenure reviews, arguments centered on the language that categorizes a professor's work as below expectations, meeting expectations or exceeding expectations.

An amendment was proposed to drop the exceeding expectations category.

As it stands now, all three categories are presented on post-tenure reviews. However, some senators said the exceeding expectations category can be divisive and hurtful.

"I do not understand why people down-play the meets expectations. That's a good thing," said Veronica Dark, professor of psychology.

They said the meeting expectations category has a negative connotation associated with it, and they reasoned that meeting expectations is what the senate is supposed to do. If a faculty member is consistently meeting expectations for a period of years, they are performing well and are doing what they are

"We always hear if everyone can improve. Well that's true, but why should you be put under pressure because you are only meeting expectations, not exceeding expectations?" Dark

Senators said the reason the exceeding expectations category was on the review in the first place was to appease legislators when they noticed a problem with tenured professors who had "gotten lazy" after reaching

Others brought up the point that the exceeding expectations category could still be a requirement for associate professors

who are trying to reach tenure. The senate approved both the amendment and the bill, so the exceeding expectations

category was removed. Provost Jonathan Wickert spoke to the senate about a classroom improvement initiative that will be started next

semester. The administration will allocate \$1.5 million next year to renovate centrally controlled

The initiative, Wickert said, is taking place partly because of enrollment growth. The plan is to speak to faculty and students who currently use the classrooms about their satisfaction with classrooms.

They will be asking about satisfaction in climate control,

**FACULTY SENATE p8** 



Ryan Young/Iowa State Daily At-Large Representative Matthew Goodman listens during Tuesday's City Council meeting. The council discussed various issues, including the Heartland Baptist Church of Ames' building proposal

## Council approves church steeple, parking

By Molly.Willson @iowastatedaily.com

The Ames City Council discussed issues regarding text amendments and zoning codes at its meeting Tuesday night.

The first amendment came at the bequest of Heartland Baptist Church of Ames in order to build a steeple on its new building, 12 feet over the maximum height for the zone that the church is trying to build on.

The church bought the land at 3333 Stange Rd. when it was zoned for agricultural use. The land was later zoned to suburban low-density residential, which only allows for a maximum height of 60 feet. The church is asking for 72 feet to build a steeple on top of the structure.

The planning and zoning committee voted 3-2, denying the church the ability to build above the maximum height, due to concerns over future structures.

Planning and zoning noted that the vote against the structure came after they realized the current code would allow anyone in that height with a building permit. The council discussed the chance of residents building 'clock towers,' or very tall structures on top of their current houses, which could be a potential if the code stayed at its current state.

Ultimately, the council voted to allow the text amendment and allow the steeple to be built.

The next text amendment that came before the council was about front yard parking for Northridge Village at 3300 George

Washington Carver. The Northridge Village is a "residential development with a continuum of skilled care, assisted living and independent senior liv-

ing uses." The planning and zoning committee voted 5-0 in favor of allowing Northridge to build front-yard parking for its new building. The reason for the vote comes from the nature of the building being proposed. By allowing front-yard parking, visitors will not have to walk around the building to utilize the only public access entrance for the building.

The council voted to allow Northridge to build front-yard parking.

Matthew Goodman, at-large representative, then moved to narrow exceptions to allow front yard parking to skilled care, assisted living and independent senior living buildings.

The city discussed flooding at 1204 South 4th St. Riverside Manor, which has experienced flooding in the past due to the creek near the land, and many residents stated concerns over future flooding in the area if the subdivision is built.

The subdivision could potentially house mostly students. This area has suffered flooding in the area before and by allowing the division to build here, the potential for more severe flooding in the area is pertinent.

Gloria Betcher, councilwoman for the first ward, shared concerns over having to put in traffic  $signals \ to \ accommodate \ the \ influx$ of students living in the area

This is what the council had covered at press time. To learn about the Lap Dance Ordinance, check out the Iowa State Daily website for the full write-up.

## CAMPUS BRIEF

## **Weather**



**WEDNESDAY** 

Cloudy during the day and through the night.



**THURSDAY** 

Mostly sunny during the day and cloudy at night.



Weather provided by ISU Meterology Club.

## **Police Blotter**

the ISU and City of Ames police depart

are innocent until proven guilty in a

Dec. 10

#### Class: Photoshop Lightroom Software Training 6 to 8:30 p.m

Go in-depth with this photo-editing program, as photographer Mark Stoltenberg helps you to adjust your images, remove red eye, & more. Whether you are a beginner or an experienced photographer, learn to more easily import, organize, enhance, & share your photos, as well as create prints & photo books.

You will need to bring the following to each class: laptop with Photoshop Lightroom 4 or higher with power cord. Preregistration with payment is required by Monday, November 3.

#### Financial Aid Conference for **Campus Partners** 8 a.m. to noon

The Office of Student Financial Aid will host its 17th Annual Financial Aid Conference for Campus Partners. The purpose of the conference is to inform Iowa State professionals about the financial aid process and other pertinent financial aidrelated issues affecting students on campus. Register using the above link.

Dec. 11

## **Brown bag lecture**

"Size in Nature and Science Fiction Films" presented by Stephen Willson, University Professor and Professor of Mathematics, Iowa State University.

Bring your lunch to the Gardens and enjoy an education program. Attend each month and experience a new topic presented by local and regional professionals and lecturers.

Dec. 12

#### Dance social 7:30 to 9:45 p.m.

Christmas party: Free dance social hosted by the ISU Ballroom Dance Club. Singles welcome. Dress is casual; indoor shoes or socks are required.

## **FRIDAY**

Mostly sunny with showers possible in the evening.

#### Men's hockey Start is at 7:30 p.m. Iowa State versus Robert Mor-

**A Christmas Carol** 7:30 to 9:30 p.m. at Fischer Theater The beloved story of an embittered miser who finds redemption through explor-

Dec. 13

future.

#### **The Nutcracker Ballet** Starts at 1:30 and 7:30 p.m. at Stephens Auditorium

ing his past, present, and the

Now in its 34th year, this annual production is the longest-running Nutcracker in Iowa. A cast of over 200 skilled dancers from many central lowa communities will delight audiences of all ages. This production features choreography by Robert Thomas and Miyoko Kato Thomas of the Dancenter in Ames. Professional principal dancers Joy Voelker Matossian and Matthew Prescott dance the roles of the Sugar Plum Fairy and her Cavalier.

Dec. 14

#### After America in the Making: John F. Kennedy Noon to 1:30 p.m. at Brun-

N.C. Wyeth's America in the Making depicts 12 dramatic scenes taken from American history beginning with North American explorer Francisco Vasquez de Coronado and ending with Abraham Lincoln. But, what are some of the major American moments of the 20th and 21st centuries? This program will show the film John F. Kennedy: Years of Lightning Days of Drums. Made by the United States Information Agency in 1964 as a memorial tribute.

Women's basketball Tip is at noon

Iowa State versus Arkansas-Pine Bluff

Men's basketball Tip is at 5 p.m

Iowa State versus Southern

## DOR asks students to rid rooms of routers

By Danielle.Ferguson @iowastatedaily.com

Students with personal wireless routers are asked to disable the wireless radio, according to the Department of Resi-

The DOR is asking students to disable the wireless radio because of complications with Residential Network interfer-

If a wireless router is tracked to a student's IP

address, he or she will be contacted and asked to disable the wireless radio.

Student who fail to comply with the requests will be disconnected from the residential networks and charged a \$50 reconnection fee.

## Multicultural Student Alliance to host demonstration on campus

By Richard.Martinez @iowastatedaily.com

Several multicultural student organizations will be hosting a demonstration inside Parks Library on Wednesday from 11 a.m. to 12 p.m. regarding the decision made to not indict Officer Darren Wilson for the shooting of Michael Brown.

Students and faculty are invited to attend a silent protest 'die in,' where

participants will lie on the ground for four-and-ahalf minutes, signifying the more than four hours that the body of Michael Brown laid lifeless in Ferguson, Mo.

Brown was fatally shot Aug. 9 by Ferguson Officer Darren Wilson. Following his death, mass protests and riots broke out in reaction to the excessive police force used in the incident.

On Nov. 24, St. Louis County Prosecuting Attorney Robert McCullouch announced that a grand jury declined to indict Wilson on any crimes in relation to the shooting.

In light of the events that have occurred in Ferguson, ISU students are peacefully protesting Wednesday and Friday to voice their concerns on how they have been personally affected. For coverage of these demonstrations, readers can follow #BlackLivesMatter on social media.

## ISU wrestler, volleyball players receive honors

By Harrison.March, Beau.Berkley @iowastatedaily.com

Tuesday turned out to be a big day for several ISU athletes who were bestowed with honors. American Volleyball

Coaches Association announced that Caitlin Nolan has been named to the AVCA All-Midwest Region First Team, while Victoria Hurtt earned a spot on the the Honorable Mention list.

This season, Nolan continued the ISU tradition that coach Christy Johnson-Lynch has built at the libero position during her time in Ames, becoming the seventh Cyclone in a row to win the Big 12 Libero of the Year award.

Hurtt ranked second among Cyclones in kills per set at 2.66 and led the team with 12 solo blocks en route to a career-high 59 total blocks on the year. She finished her career with 1,033 kills, becoming the ninth player to surpass the quadruple-digit mark in team history. After a first place fin-

ish at the Cliff Keen Invite this past weekend, Kyven Gadson was named the wrestler of the week by the Big 12 conference.

Gadson is a perfect 14-0 on the season and defeated two top-ten ranked opponents last weekend, including No.1 ranked Scott Schiller out of Minnesota. Gadson is a two-time All-American at 197 pounds.

## **Online** Content

**MORE INFO** 

## **Study tips for** dead week

Struggling to study for all of your finals this week? Check out the news section of the Daily's app to find five tips to make your Finals Week successful, especially for those freshman taking their first college finals.

MORE INFO

## Symptoms of body dysmorphia

In her piece, columnist Ward argues that unfortunately, body dysmorphia has become a norm in our society. After reading her column, go to the opinion section of the Daily's app. There, reader's can find a list of symptoms of body dysmorphic disorder.

WRESTLING

## **Iowa State deals** with time off

The ISU wrestling team came in fourth at the Cliff Keen Las Vegas Invitational last weekend. But now, Iowa State will have almost an entire month off. How will the team deal with the time off? Read the full story on the sports 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.

lowa State Daily Publication Board, Room 108 Hamilton Hall,

Ames, lowa, 50011.
The Publication Board meets at 5 p.m. on the fourth Thursday of the month during the academic school year in Hamilton Hall.



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## **NEWS**



Blake Lanser/Iowa State Daily

lowa State's newest club, Civil Ladies in Engineering, helps women in civil engineering connect and network with professionals in the field and secure jobs once graduation arrives.

## New club fosters female civil engineers

By Erin.Weirup @iowastatedaily.com

Rebecca Dailey is the pioneer of a brand new club on campus, Civil Ladies in Engineering. She had the idea last spring and recruited other women in the College of Engineering to form a cabinet and members of the faculty to be advisers.

There is the Society of Women Engineers for women in any engineering program at Iowa State, but the Civil Ladies in Engineering is the only club on campus exclusively for women in civil engineering.

Dailey, junior in civil engineering, is working toward combining with the women of construction engineering because they take many of the same classes.

There are 55 girls on the club email list, but they have about 25 women active in the events and activities that they attend on a regular basis, and are looking to expand. Dailey hopes her efforts will build stronger networks for women in engineering who are interested in the same things.

'This club is a kind of gateway for women going into engineering," Dailey said. "One of our goals is

to help girls become more confident as they are going into this field.'

This semester was a trial run for the Civil Ladies. They figured out funding and focused on freshman and sophomore involve-

'Next year, we definitely want to try and get more juniors and seniors involved, as well as the incoming freshmen girls coming into the civil engineering program," Dailey said.

The number of females in engineering is rising, but there are still very few girls in each class.

"I'm usually the only

girl in my tutor groups," Dailey said.

Emily Knight, sophomore in industrial engineering, helped discover the club and sits on its cabinet. She helped Dailey with anything she needed from the get-go. Knight helped plan meetings and social events that were formed to reach out to young women in en-

gineering. "This club helps girls to know that there are more than just the two or three other girls in your classes [who] are in the same program as you," Knight said. 'It's great to know that I'm

not alone; that it's OK to be

a woman in engineering."

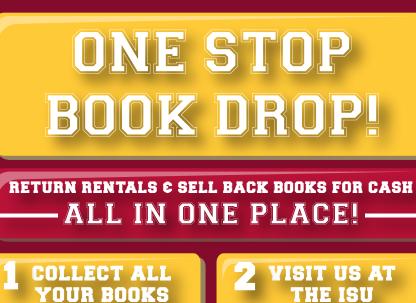
According to the Student Organization's office, this was a group of young women who just wanted support and camaraderie. They didn't want to be alone in their field and this was a good way to branch

The Student Organization's office tries not to duplicate any clubs with the same mission or purpose and the Student Organization Recognition Board looks to existing clubs, when they review applica-

Of the 17 clubs that correspond with engineering, there was one other club, the Society of Women Engineers, which was similar to Dailey's club proposal for the Civil Ladies in Engi-

Though there are no rules against women joining any of the other engineering clubs on campus, students like Dailey have seen these clubs as daunting with the amount of female participation being so small.

The Civil Ladies in Engineering club will be a place where girls looking to get involved in their program can see how they can be successful in a predominantly male-run field.



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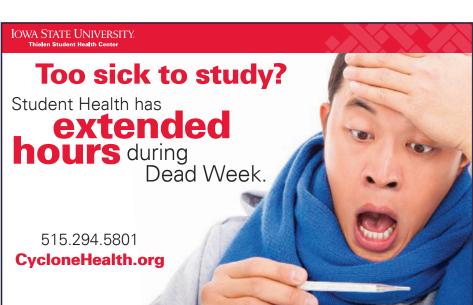
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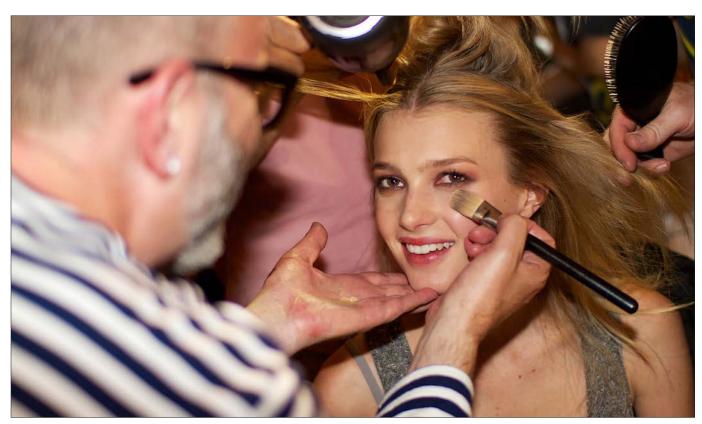
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# OPINON



Courtesy of Wikimedia Commons Body dysmorphic disorder has potential to rise because of the current glorification of unhealthy media and society standards that people, mainly teens, are shown.

## Disorder affects body image

# Body dysmorphia cases increase, occur frequently

By Madison.Ward @iowastatedaily.com

It is human nature to have a physical feature that we really don't like. For some of us, it's something small, like a big nose. And then for others, the part of the body that is creating dissatisfaction is a bit larger, like the stomach or thighs. No matter what feature is deemed less than perfect in your eyes, in a majority of people, it does not result in the collapse of your life. But that's not always the case.

Imagine for a moment that the part of yourself you have labeled as your 'trouble area' suddenly became your singular fixation in life and overshadowed all of the positive aspects about you, despite any compliments you might receive. People living with this fixation do exist — which doesn't come off as a surprise — but in recent years this mentality has been taken one step further.

According to the Anxiety and Depression Association of America, body dysmorphic disorder is a body image disorder that causes a person to be relentlessly plagued with the idea that some part of their body is significantly less than their ideal perfect figure. The most unfortunate aspect of this disorder is that in most cases, the malformation is something entirely dreamed up by the person claiming they have a malformation.

Most commonly, body dysmorphic disorder is developed during the adolescent years and surprisingly appears at about the same rate in boys and girls. The idea that symptoms of body dysmorphic disorder begin to surface between the years of 13 and 19 is not entirely shocking because of the impressionability being experienced. During these years, puberty has taken over and the body is changing, so it doesn't take any stretch of the imagination to understand why individuals of this age begin experiencing overexaggerations of their body.

Although it is important to mention that puberty is not the cause of body dysmorphic disorder, it is only a related a factor. If this normative experience was the cause, we would all be walking around with this image disorder. Some of the leading theories as to why this disorder develops is due to genetic predisposition or malfunctioning of serotonin in the brain.

Puberty and naturally occurring physical changes are very important factors when it comes to this disorder, however, there is one other variable that should be

taken into account now more than ever — societal impact. No matter where we go anymore we are surrounded with the cookie cutter idea of the perfect physique, whether it be a photoshopped image of a celebrity on a magazine cover, a mannequin in a store or simply not fitting into a pair of jeans, we are reminded of the fact that we just aren't all built the same. We can't even escape this image within the comfort of our own homes because of the constant comparison of ourselves to our peer's pictures on Instagram and other social networking sites. The message that we are not normal then calls into question the idea of who ever came up with the definition of normal?

Nationally body dysmorphic disorder is slowly be-coming less of a disorder with only a handful of specific symptoms in only a fraction of people — but is more a common thought scrolling through our minds because of what we are being exposed to in the media. For example, a few weeks back, Victoria's Secret released what they called the "Perfect Body Campaign" and it received huge backlash, even sparking a petition created by some female students in Great Britain that acquired over 27,000 signatures by the start of November. Of course the ad features models who in fact do have what most women would call the perfect body,

but only a fraction of females actually look like that. Seeing the images only promotes the idea that we should see something wrong with our bodies if we don't look like them. After gaining huge media attention, the company quietly changed the slogan to "A body for everybody," to avoid a slow in business, especially with the rapid approach of the holiday season.

Most recently an ad from Calvin Klein featured a beautiful model by the name of Myla Dalbesio in the company's "Perfectly Fit" campaign because they thought they needed a plus size model to cover all demographics. The only issue is this model is only a size 10. From a woman's perspective, a size 10 in no way constitutes as plus size.

Both of these companies are very prominent in the fashion world and are watched very closely by the public, so why these corporations decided it would be a good idea to put yet another source of body shaming out into the world is beyond me. As of now, body dysmorphic order, but if the rate of exposure to body shaming material continues to skyrocket, it wouldn't strike me as the slightest bit unreasonable if it did in a few year's time, body dysmorphic disorder would no longer be a rarity but just something we all will have to

# Legalizing marijuana offers benefits for states, producers, consumers

By Zoe.Woods @iowastatedaily.com

That is a good choice? In general, it would be the freedom to make the right decision. An example of a good choice would be to legalize the usage of marijuana, medicinal and recreational, for the state of Iowa.

I say that with specificity because keeping decisions in the hands of the states in this country and out of the reach of the federal government is what will keep us the United States of America.

What makes legalizing marijuana a good choice? There are many different factors that attribute to that notion. By legalizing marijuana, there wouldn't be a place for drug dealers selling illegally. Reason being, it would be sold publicly, and there wouldn't be a need to buy it from the black market.

It may also be cheaper because there isn't any risk of getting caught and there isn't a limited quantity. Another positive aspect that would come from legalizing marijuana is the extra revenue that states would be taking in because of taxes. According to the Des Moines Register, Iowa could rake in more than \$24

million a year in taxes. As you can see, both parties would benefit.

Now why should it remain a choice for each state to decide? Every state should have the freedom to make its own decision. I just want to lay out what a good choice it would be for Iowa to legalize it.

Currently, Iowa upholds the Medical Cannabidiol Act, which "gives a limited class of individuals with intractable epilepsy and their caregivers an affirmative and complete defense to any state criminal charges arising out of their use or possession of cannabidiol extract," according to the Marijuana Policy Project

Marijuana Policy Project. Cannabidiol, found naturally in marijuana, is a nonpsychoactive cannabinoid. However, patients are only able to use extracts that have, at most, three percent tetrahydrocannabinol, more commonly known as THC. To make things harder, the only way patients are able to access these extracts is by traveling to states where medical marijuana is legalized. The Marijuana Policy Project states that the facilities also have to allow non-resident qualified patients to visit their dispensaries.

While this is an improvement to current law, it still



Courtesy of Wikimedia Commons The Medical Cannabidiol Act provides some individuals with intractable epilepsy defense to state criminal charges regarding the use of cannabidiol extract.

leaves a vast majority of medical marijuana patients without legal protections for using and possessing the medicine that their doctors think is best for them.

So not only would legalizing marijuana help patients in the medical arena, but those seeking it for recreational pleasure would be satisfied. To be fair, it is unclear what the effects of marijuana are to those under the age of 21. According to the Drug Enforcement Agency, children under the age of 21 are at greater risk of becoming a regular marijuana user.

This has been seen with cigarettes and alcohol. Marijuana does the same, but most of the time it does less damage compared to other drugs that are on the market today. Drugs like alcohol are being abused daily by the public. Slapping an age restriction on

the product would still cause issues, but it would solve more problems than it would create. There are worse things than legalizing marijuana.

One of the major issues I could see with legalizing marijuana and keeping it within the decision of the states is the matter of transporting it through states that have not legalized the drug. It could just be a one-step fix of a transporting permit, but it could be more complicated than that. I suppose the answer won't be discovered until Iowa legalizes marijuana for medicinal and recreational use.

Even in baby steps, there is progress being made. Iowa needs to make the good choice by making marijuana legal in the state for medicinal purposes. It puts us one step closer to reaching the final goal of the complete legalization of the drug.

## EDITORIAL



Illustration: Megan Kalb/lowa State Daily Official estimates report that more than 100 American citizens have joined the ISIS military. Many of the members appear to be young adults and teenagers, who are searching for a sense of belonging.

## ISIS continues to recruit on American soil

ISIS has been posted all over the media in the past couple of months. The jihadi extremist terrorist group has now started recruiting United States citizens to join the group in order to help them infiltrate the United States from the inside out. If you are a loyal American, it seems like a no-brainer that you will not join the group ISIS, but already, official estimates suggest that more than 100 Americans have joined foreign militant forces.

People from all over the world are joining ISIS. The jihadi group attracts around five people from the United Kingdom each week. Total, foreign fighters have been successfully recruited upwards of 2,500 western members.

Many of the members appear to be young adults and teenagers. What seems to be drawing in young people to join a terrorist group against the country they were born into? Perhaps a sense of belonging. ISIS has become an expert in making the group look appealing to young people through videos and social media. They are giving young people the chance to feel like they are important, and making them feel like they are a possible solution to other corrupt governments.

Three girls from Colorado recently skipped school and set up fights to get themselves to Syria and join ISIS. It was suggested that the girls had help from ISIS through the internet because the flights that the girls had set up did not set off any trip wires that the FBI would normally have set to track flight patterns in the area to try to keep these types of issues from happening.

The girls who were being recruited by ISIS, though Americans, were of Sudanese and Somali descent. Americans joining anti-American organizations is a trend that has been witnessed during periods such as World War II, when some American citizens defected to Nazi Germany and fought for Avia powers.

While the recruitment numbers for Americans interested in joining foreign fighting organizations are low, it is in no way a number that should be ignored.

American security experts and government officials have stated that ISIS and other militant groups pose no immediate threat to American citizens on U.S. soil. Richard Barrett, senior vice president of the Soufan Group — an intelligence agency based in New York — says threats are not currently valid due to the priorities of the ISIS command structure.

ISIS leaders believe they must "cleanse the area where the Muslim majority states are, and then having done that, you can go out and beat up the rest of the world," says Barrett

Barrett.

The American defectors joining ISIS must realize that in doing so, they have most likely embarked on a one-way trip. The United States has one of the strongest central intelligence agencies in the world, so the thought of someone believing that they can join a terrorist group that is noted as being clearly anti-American and not be tracked in any form by the U.S. government, is a ridiculous idea.

These relatively few individuals must have been cognizant of these factors when they departed, but the ever increasing number of volunteers to the ISIS cause suggests that these consequences have not done enough to deter U.S. citizens.

## **Editorial Board**

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## SPORTS

# Dejean-Jones takes over

## Senior transfer leads Cyclones through struggles

By Alex.Gookin @iowastatedaily.com

The questions about whether Bryce Dejean-Jones would be the next impact transfer under Hoiberg came early and often. In the exhibition game, mumblings of 'ballhog' and 'selfish' seemed to outweigh the positive talk.

Against UMKC, Dejean-Jones showed that taking matters into his own hands may be exactly what the team needs when times get tough. After shooting over 60 percent for much of the first half, the Cyclones couldn't get shots to fall for much of the rest of the

That is, Cyclones not named Bryce Dejean-Jones.

After shooting a perfect 8-for-8 against Arkansas, Dejean-Jones continued his hot shooting, scoring a game-high 22 points on 9-of-12 shooting. When points were needed, he delivered.

"It was just looking for opportunities," Dejean-Jones said. "Opportunities presented themselves and

I took advantage of it."
After taking home the Big 12 Newcomer of the Week award last week, along with Georges Niang's Big 12 Player of the Week award, the two combined for much of the same, despite UMKC shutting down Niang's scoring numbers for much of the game.

But when shots weren't falling, Niang found a way to become a force, leading the team with seven assists and seven rebounds.

With 15 assists in his last two games, Niang is becoming even more of a threat with the ball in his hands, whether he's shoot-

ing or sharing.
Spacing and sharing
has been Hoiberg's mantra from the beginning, and through seven games of ranking inside the top 10 for assists per game, the Cyclones are keeping the tradition alive.

"We've got a lot of unselfish guys on our team," said forward Dustin Hogue. "When we give up one shot to get a better shot, it's going to result in good shots for everybody."

But when shots weren't falling, the defense started to see its share of struggles as well. Wide open shots and offensive rebounds littered the floor at times in the second half and marred what coach Fred Hoiberg said was a good defensive performance for much of the first half.

"I don't know what we were doing out there in the second half," said ISU coach Fred Hoiberg. "We had a stretch there where it just wasn't us. ... It looked like when my twins played soccer, when everybody ran towards the ball.'

The mistakes were uncharacteristic — a far stretch from Iowa State's 18-point win over a ranked Arkansas foe less than a week before. With just a few days to polish up their play before traveling across state to take on the Iowa Hawkeyes in the Cy-Hawk game, the team hopes to learn from those mistakes heading into what will be the team's biggest test of

"I think we thought we could put it on cruise control," Niang said of the UMKC game. "I think we have yet to play a 40-minute game, and we can't let that happen because we're going to need our best game to play against Iowa.



Tiffany Herring/Iowa State Daily

Forward Bryce Dejean-Jones dunks the ball against Kansas City on Tuesday at Hilton Coliseum. The Cyclones defeated the Kangaroos 73-56. Dejean-Jones led the team in scoring, going 9-of-12 from the field with 22 points, thus marking the third-straight game he has led the team in points scored.



## SELF

# Realistic Resolutions

By Self staff

Three, two, one, Happy New Year! As the year comes to an end, it only means there's a new beginning. This year was full of success but there's always more room to exceed. Resolutions are meant to be made for the new year, which makes the current time a perfect opportunity to start thinking about 2015 resolutions.

According to Forbes.com, 45 percent of Americans usually make New Year's resolutions, but only eight percent of them actually achieve them.

Among those resolutions, 66 percent of them are fitness-related goals. However, Steve Salerno, author of "Sham: How the Self-Help Movement Made America Helpless," questions if the act of making these resolutions is distracting from the actual goal.

"Just the act of making a resolution can make you feel temporarily better, enough that it obviates further action," Salerno said. "Do we all not know people who make the same resolutions year after year? Or maybe we are that person. My concern is that the resolution takes the place of the action."

the place of the action."

In order to prevent a lack of execution on this year's resolutions, it's important to have an action plan in place to take on the goals you set for yourself. For example, instead of just making a goal to lose 10 pounds by spring break, make it a priority to get to the gym four times per week.

By celebrating the accomplishments of smaller and attainable goals, it can provide more motivation to continue the pursuit of a larger achievement.

"Start doing what makes you happy because enjoyment in whatever you do is the ultimate goal," said Kenya Bostic, junior in animal science.

An important aspect to keep in mind during the New Year's resolution time is to not give up. If a slip up occurs, do not wait a year to start over.

"I think a lot of people focus on the physical when setting goals during New Years, but I encourage my peers to take this time during break to re-evaluate their own personal situations and be realistic in the goals they set," said Veronica Middlebrooks, senior in biology. "And have fun."

When making New Year's resolutions, be sure to keep not only your physical health in mind, but your mental health too. To help stick with your goals, write them out and post them somewhere they can be seen.

Having trouble coming up with realistic resolutions? Here are a few places to start:

## **Beauty sleep**

The average adult should get at least seven hours of sleep, according to the National Sleep Foundation.



## Repair your hair



Winter is a time of year when hair dries out the most.

Consider buying moisturizing hair products that contain oils and serums that replenish the hair.

## Protect the skin

Even in the winter, the skin is still exposed to harmful UVA and UVB rays.

By using moisturizers that contain SPF, the skin is able to protect itself from the harsh winter conditions.





## **Detoxify**

Give the body a rest from all sugary drinks and caffeine by replacing coffee with tea.

## Stick to a better diet

Staying hydrated, even in the winter months, is critical to staying healthy.





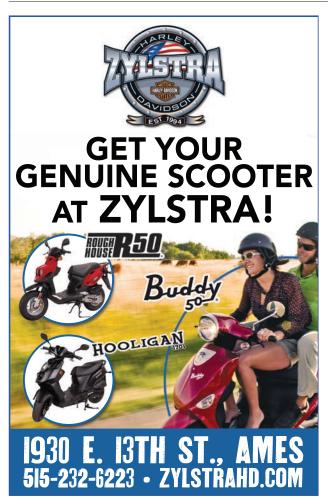
Try drinking 60 to 80 oz. of water a day in 2015 along with choosing snacks that are high in protein with more nutritious value.

Resolving to eat when hungry and stop when full can be tough, but prevent overeating and assist in weight management.

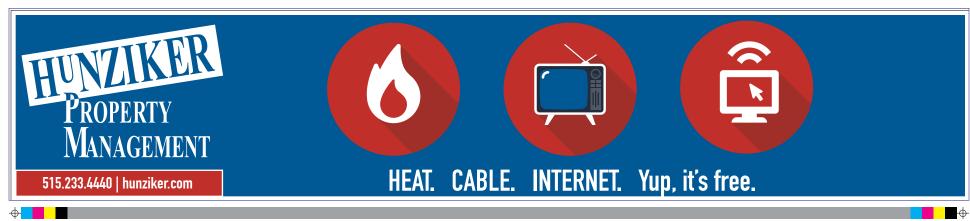


Eating healthier, more nutritious snacks and meal options in moderation will help provide that balance.

Illustration: Richard Martinez/Iowa State Daily







# Tying the knot or not?

# Tying the Across the United States, 33 states have legalized same-sex marriage

## **Cohabitation**

Living together before marriage, cohabitation, is often used as a trial run for couples to see if marriage is a viable option

of all recent marriages were preceded by cohabitation

Source: The Encyclopedia of Family Studies



40% of births

occur before marriage, which is an increase from 1960.

Then, only under 5 percent of births were premarital

1 in 5 families

experience divorce.

Less than 50 percent of couples are still together after having a child outside of marriage

Source: Pew Research Center

Illustration: Richard Martinez/Iowa State Daily

# Generational changes result in new trends in marital norms

By Audra.Kincart @iowastatedaily.com

If people 50 years ago were asked what marriage was, most would reply with something along the lines of it being a union between a man and a woman, or the first step to continuing a life-long relationship with a shared house and chil-

However, that is not the case today.

Cassandra Dorius, assistant professor
of human development
and family studies, says
that marriage is no longer
defined by a single term
or a cut and dry concept.
We have had to come up
with different phrases to
describe what is becoming
more ordinary.

A few of the changing trends are the ever increasing same-sex marriage throughout the nation, couples living together before marriage and the increasing divorce rates.

Courtesy of Thinkstock

More couples and individuals are choosing not to get married or waiting until an older age than in years past. According to the Pew Research Center, only 50.3 percent of adults age 18 and older are married, which is down from 72.2 percent in 1960.

"It's not that people don't care about marriage anymore, for most people marriage is still a social idea," Dorius said. "We still have this very strong value that marriage is important. But often times, we have a bar for marriage where we need to have our ducks in a row in order to be willing for marriage."

Studies show that marriage is still a social idea for most Americans, but today's couples think that certain conditions — like having a full time job, owning a car or even buying a house — should be met before people are willing to say, "I do."



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## Horoscopes by Linda Black

## **Today's Birthday**

(12/10/14)

Contemplate possibilities. Careful planning before 12/23 ramps into a year of personal power and confidence with Saturn in your sign. Venus enters Capricorn today, boosting finances. Home changes hold your focus after 3/20. Work for community solutions after 4/4. Your heart's engaged with educational rambles especially before 8/11, when professional options expand. Old passions get rekindled.

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



#### Aries - 7 (March 21-April 19) Take on more responsibility for

the next month, with Venus in Capricorn. Assume authority, and watch for career advances. Carry your own weight. You have emotional support.



## Taurus - 7

(April 20-May 20) Your old skills impress a new crowd. Accept criticism, if it's right. Begin two-day period of home improvement. Practice a creative art form. It's easier to venture forth for the next month, with Venus in Capricorn.



#### Gemini - 7 (May 21-June 20)

Get the word out over the next two days. Dig deep into a favorite subject, and share discoveries with like-minded friends. The next few weeks are good for saving money, with Venus in Capricorn, Pay bills.



#### Cancer-8 (June 21-July 22)

Today and tomorrow could get extra profitable. Don't get stopped by the past, or fear of failure. Reaffirm bonds and agreements. Partnership increases the scope of what you can accomplish.



#### Leo-8 (July 23-Aug. 22) You're extra hot for

the next two days. Be dependable. Liven up the party. There's more work coming in the next few weeks with Venus in Capricorn - the kind you like. It could get extra fun.



#### Virgo - 7 (Aug. 23-Sept. 22)

Talk strategy. **Envisioning and** 

imagining come easier today and tomorrow. Draw your own maps. For the next month with Venus in Capricorn, love's easier to find. Play



#### Libra - 7 (Sept. 23-Oct. 22)

Your home is your love nest. You're more domestic this month, with Venus in Capricorn. Focus on home and family. Beautify your living space, in practical and useful ways. Your team comes to the rescue.



#### Scorpio - 7 (Oct. 23-Nov. 21)

You especially love learning this month, with Venus in Capricorn. Study, research and writing come easier. You're even smarter than usual, and words just flow. Attend to career goals today and tomorrow



## Sagittarius - 7 (Nov. 22-Dec. 21)

Complications could arise with an action or purchase. Wait for better terms. Use today and tomorrow for longrange planning. The next month with Venus in Capricorn can get



quite profitable.

#### Capricorn - 7 (Dec. 22-Jan. 19)

Work together to make joint financial choices today and tomorrow. Prioritize for your future. For the next month with Venus in Capricorn, your luck improves greatly. You're irresistible.



#### Aquarius - 7 (Jan. 20-Feb. 18) Stick to the routine

and prosper. A partner's a big help today and tomorrow. Finish old jobs and enjoy peaceful introspection this next month with Venus in Capricorn. Guard secrets.



### Pisces - 8

(Feb. 19-March 20) Increase efficiency and self-discipline for great results. Keep to the rules. Provide great service today and tomorrow. You're especially popular for

the next month with Venus in

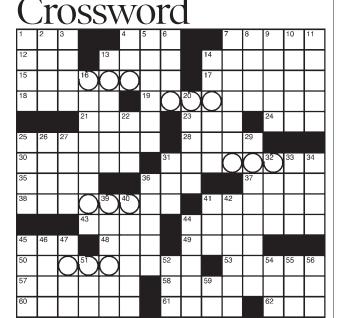
Capricorn. Group activities go well.



## 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



## Across

1 Go wrong 4 Party garb for Hef 7 Some grenades, briefly 12 Résponse to a home team bobble 13 Tough kid to handle

14 Amazon crocodil-15 Eight-time Norris Trophy winner 17 A to A, e.g. 18 Mascara mishap 19 Practical joke during a greeting

21 Vena \_\_: heart vessel 23 Cobbler's tool 24 Times gone by, in times gone by 25 Less solid

28 Anti-bullfighting 30 Steamed cantina food 31 Postwar population phenomenon

35 Heaps 36 Boring routine 37 In need of a massage 38 Yokohama is on it 41 Gravel compo-

nents 43 Work without \_ 44 Pens in

45 Scammer's target 48 "The Book of \_ 2010 film 49 Very little 50 Board buyer's request 53 Less experienced

57 Less taxing 58 Like many teen girls, and a literal hint to this puzzle's circled squares 60 Lose

61 Nobelist Wiesel 62 Tax shelter letters 63 Take the reins 64 Single chin-up, say 65 Season ticket holder

1 Fades away 2 Dorm unit 3 Post-shower wear 4 One paid to play 5 "Star Wars" character Binks 6 Houston MLBer 7 School group Bits: cracker sandwiches 9 Leave wide-eyed 10"Order! Order!" mallet 11 Dummy Mortimer

13 How much cargo

26 Saintly radiance 27 Hog-wild 29 Shock 31 Believe 32 Chaplin of "Game

tionship subscriptions workplace

is transported 14 All-natural flytrap 16 Slangy "Ditto!" 20 Pester, puppy-style 22 Crew neck alterna-

25 Medical "Now!"

34 Predicament 40 Quasimodo's

of Thrones' 33 Pitcher Hershiser 36 Numerical rela-39 Like many gift 41 Putting green patch 42 Mesmerized state 44 King of pop 45 Parts of peonies 46 Look forward to 47 Ad hoc law group 51 Gallbladder fluid 52 Slangy prefix meaning "ultra" 54 Street urchin 55 University founder Cornell 56 "Sleepless in Seattle" co-star 59"Take me! Take me!" at the shelter

#### **CENSORSHIP p1**

Deam said the fact it is online really does not matter in this case. It is more about the way he presented the speech.

"In most respects, it's not the medium [of spoken word or online] that controls, it's the character of the speech," Deam said about whether the form of speech is relevant to the case or not.

For ISU students who use multiple forms of social media, Captain Carrie Jacobs, patrol commander for the ISU Police Department, has some advice.

Jacobs said the ISU PD receives reports a couple times a week about threats and harassment online. She said they frequently receive these types of reports from a third party.

"The majority of our online reports usually come from other students, faculty and staff members, not necessarily the victim themselves," Jacobs said. "A lot of it is 'hey. FYI, I saw this on Facebook or Snapchat,' and they think it's usually nothing, but just want to be sure about it."

Anyone who harasses or threatens someone online can be charged with a misdemeanor or felony, **Jacobs** said

"It really depends on what type of threat it is," Jacobs said."It can go all the way from a simple misdemeanor up to a felony level threat.

Under Iowa law, police must prove intent to "annoy, scare or alarm" an individual in order to charge them.

Jacobs said the ISU police likes to talk with the person making a threat, determine what his or her intent was, and then they determine the level of criminal charges they will use for

harassment or threats.

In the case of the Supreme Court, justices were asking questions, but seemed inclined to rule against Elonis' argument that his posts were just rap lyrics he wrote to vent.

Chief Justice John Roberts said Elonis' comments could be defended in that it was presented as a form

"What about the budding rapper who's writing his first rap song?" Roberts said at oral arguments Dec.

Justice Sonya Sotomayor said the court was "loathe" to create more exceptions to the First Amendment, but Justice Samuel Alito responded to Roberts' rap question.

"This sounds like a road map for threatening a spouse and getting away with it. So you put it in a rhyme and you say I'm an aspiring rap artist and so,

then you are free from prosecution," Alito said.

Deam said it is likely the court will not rule in

favor of Elonis. 'The court, which is generally quite tolerant of this kind of argument, will not be tolerant [of this specific] argument," Deam said. "This looks like someone is just throwing up an excuse. It will be hard for them to find this as protected speech."

Jacobs gave advice to anyone who is thinking about posting something threatening online.

"My final words of wisdom would be, if you wouldn't show it to someone you respect, like your grandparents or mentor, don't post it on Snapchat; don't post it on Facebook or Twitter; don't post it anywhere that's considered a public forum," Jacobs said. Once it's on the Internet, it's there for life.'



Caitlin Ellingson/Iowa State Daily

Mechanical engineering students Andy Meyer, senior, left, and Jordan Vaughan, junior, work on calculus sequences and prepare for their upcoming finals at Parks Library on Saturday. Vaughn said that he's celebrating but at the same time knows that his school work will continue to get harder.

#### **STUDYING p1**

these sessions visit http:// www.dso.iastate.edu/asc/ supplemental.

Learning by teaching is a strategy that can help students fully grasp concepts. When students work with a study buddy and explain concepts to one another, they're relearning the material all over again.

Some students find getting through Finals Week easier if studying is a bit more fun. It is easier to focus if students adapt to studying by quizzing each other, creating acronyms

or rewarding each other. Create a game that allows students to accomplish tasks and be rewarded.

"Every student studies differently. It depends on the student and how they want to study," said Jason Wiegand, academic adviser for the Greenlee School of Journalism and Communication.

For those who live in the residence halls, quiet hours are extended during Dead Week and Finals Week. The courtesy hours are 23/7, with a one hour study break from 9 to 10 p.m.



Korrie Bysted/Iowa State Daily Steve Freeman from the department of ag and biosystems engineering talks about the changes in faculty review policies Tuesday night.

## **FACULTY SENATE p1**

physical access, visual capabilities, seating layout, flexibility of use and internet access.

Wickert also spoke about the university's solution to testing center over-

The Government of the Student Body brought administrator's attention to the fact that some students would have to wait a maximum of five hours in finals week.

Administrators responded by increasing the amount of testing centers and the amount of seats in the centers. They are also using a marketing and advertising campaign with incentives to get students to take tests during non-peak hours, such as early in the morning on Monday and Tuesday of Finals Week.

Wickert said if testing centers aren't improved this semester, they will look into restricting some classes' use Finals Week.

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