

OPINION
Are our devices also our vices?

SPORTS
Katy Moen gets set to race again

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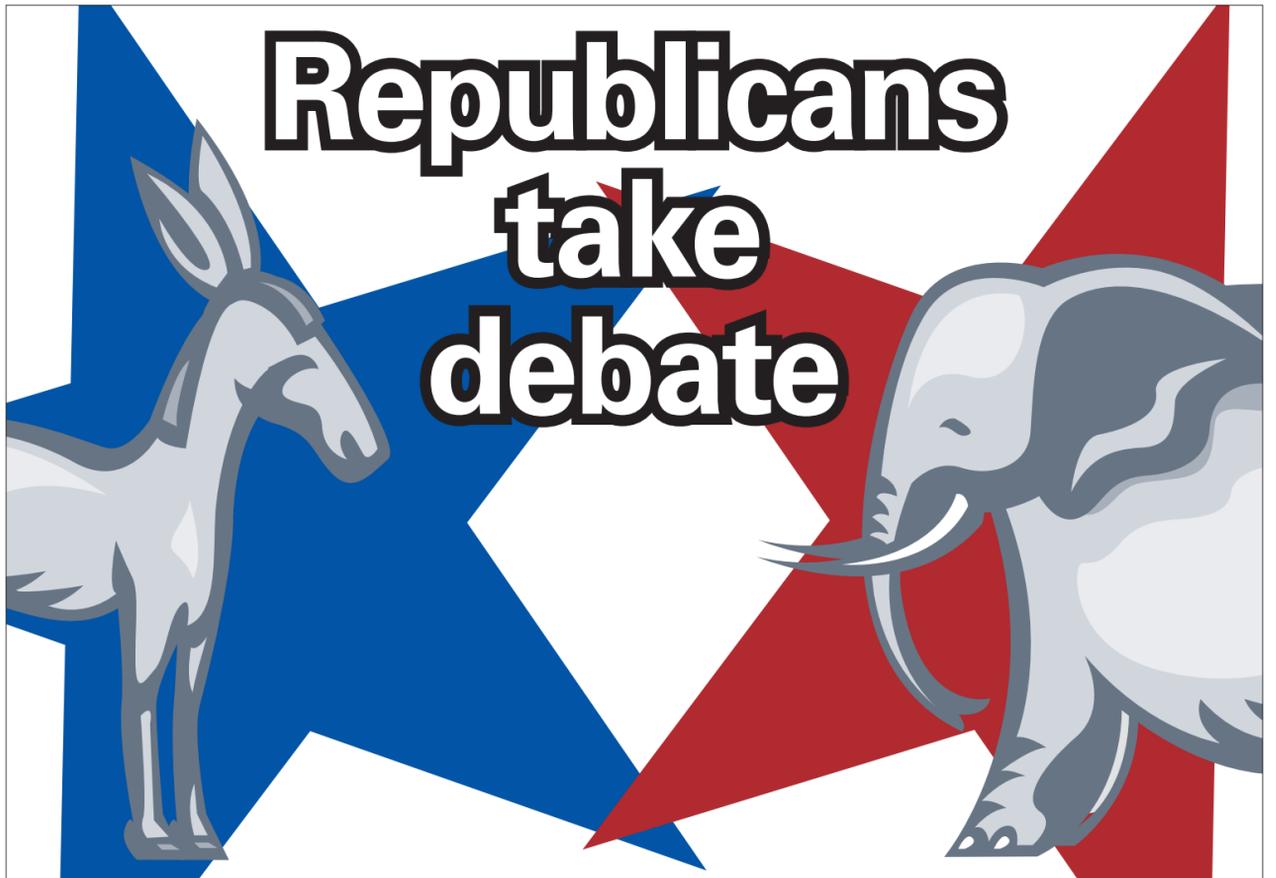
Imagine No Malaria strives to limit deaths

By Elizabeth Polsdofer
Daily staff writer
"A Killer in the Dark," a documentary about one group's mission to prevent malaria-related deaths in Africa, will be shown Wednesday in the Memorial Union. Imagine No Malaria, the group in the film, is an organization with ties to the United Methodist Church and strives to prevent malaria from killing mothers and children. The showing will be at 7 p.m. in the Sun Room of the Memorial Union and is free and open to the public.

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Politics



Graphic: Kelsey Kremer/Iowa State Daily

Political clubs discuss economy, Big Bird at debate

By Rachel Sinn
[@iowastatedaily.com](https://twitter.com/iowastatedaily.com)

Health care, tax cuts, immigration and the topic of Big Bird charged the room with intense discussion between ISU College Republicans and ISU College Democrats for the 2012 Campaign Debate.

Republicans were declared the winners by the

panel of judges. The debate was part of the First Amendment Day series.

Democrat Tim Nelson, freshman in political science, said that although public channels like PBS are funded by public sponsors, a lot of the funding goes to larger cities.

Nelson said rural area programming, like Iowa, will lose its public broadcast.

"At one point in time, TLC, which is known as the Learning Channel, was actually funded partially by the government," Nelson said.

"The minute government was cut from that, it went from the learning channel to 'Here Comes Honey Boo Boo' and other great classics like that."

Republican Khayree Fitten, freshman in political science, rebutted with a more serious tone to remind audience members of real issues that need to be publicized.

"I find it humorous that in the past six days we've heard 13 mentions of Big Bird and Elmo but zero about the economy from President

[Barack] Obama," Fitten said.

When asked what their candidates were going to say about the 12 million illegal immigrants and the immigration policy, Fitten was ready to respond with Mitt Romney's beliefs.

"Gov. Romney first believes that immigration is the power and responsibility of the Federal Government. So his first priority, and this is a national security issue as well, is to have a stable and secure border," Fitten said. "In order to prevent il-

legal immigration, we have to have a better legal immigration system."

Nelson agreed that the United States needs a stronger border and better immigration laws to allow immigrants into the country.

"The thing is, we already have millions of immigrants here, and they're not going to go away," Nelson said. "This idea about 'self-deportation' not only does not work, but the times that they've actually tried it,

POLITICS.p2 >>

Administration

GSB plans roundtable talks

'Candid' discussions creates transparency

By Charles O'Brien
[@iowastatedaily.com](https://twitter.com/iowastatedaily.com)

Communication between the Government of the Student Body and the students it serves has been of utmost importance to GSB this year. Now, GSB is trying to branch off a new line of communication to Iowa State's administration.

GSB is in the process of beginning what they are calling "roundtable conversations" with different campus administrators with the goal of achieving an open line of communication allowing both sides to work more effectively on issues and to improve the university.

"We are widening and establishing stronger connections with administrators which will allow us to work better on issues and also to work more efficiently," said Spencer Hughes, GSB's director of student affairs and junior in speech communication.



Photo: Yanhua Huang/Iowa State Daily

Daniel Rediske, LAS senator, gives a promotion at the Sept. 12 meeting of the Government of the Student Body. Members of the GSB senate and the Executive Cabinet are planning "roundtable conversations" with ISU administrators to increase communication with students on campus.

The idea was spawned at a GSB Executive Cabinet retreat Sept. 15, where cabinet members met with several campus administrators, including Pete Englin, director of Department of Residence, and Pamela Anthony, dean of students.

"This meeting allowed us to talk candidly with administrators about

what's on our minds," Hughes said.

During this meeting the administrators and cabinet members talked about what each side needed to be doing and also discussed the need for getting student feedback more efficiently.

GSB.p2 >>

Travel



Photo: Yanhua Huang/Iowa State Daily

Experience a study abroad in the U.S.

By Danielle Ferguson
[@iowastatedaily.com](https://twitter.com/iowastatedaily.com)

Traveling to another continent is an enriching experience, but it isn't one that everybody is cut out for.

For those who wish to travel but stay closer to home, the National Student Exchange offers the chance to seek out an adventure within the borders of United States, as well as

TRAVEL.p2 >>



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Police Blotter: Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

Sept. 28

Micheal Skallerud, 18, 728 Maple Hall, and **Jacob Spenner**, 18, 1362 Larch Hall, were arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Lot 63 (reported at 12:46 a.m.).

Clayton Ender, 22, 137 Dotson Dr. Unit 305, was arrested and charged with public intoxication at Lincoln Way and Sheldon Avenue (reported at 4:12 a.m.).

A staff member reported the theft of wire from a storage facility at the South Campus Storage Facility (reported at 8:52 a.m.).

A vehicle left the scene after colliding with a pedestrian at Union Drive, incident occurred on 9/27/12 (reported at 10:25 a.m.).

A staff member reported the theft of merchandise at the Memorial Union Book Store (reported at 11:02 a.m.).

An individual reported an acquaintance made a harassing comment to a third party (reported at 3:32 p.m.).

An individual reported the theft of a wallet from a room in Wallace Hall (reported at 6:58 p.m.).

Evan Ehlers, 21, 419 Welch Ave., was cited for possession of drug paraphernalia at South 16th Street and University Boulevard (reported at 10:50 p.m.).

(reported at 8:09 p.m.).

A staff member reported graffiti painted on a wall at Friley Hall (reported at 8:54 p.m.).

An individual reported being harassed by and acquaintance at Willow Hall (reported at 8:53 p.m.).

Gain Zenti, 20, 121 Beach Ave., was arrested and charged with possession of a controlled substance on Central Campus (reported at 10:20 p.m.).

An individual reported the theft of a car at Lot 63 (reported at 10:34 p.m.).

Kenny Williams, 20, 610 Squaw Creek Dr. Apt. 18, was arrested and charged with operating while intoxicated at Beach Avenue and Center Drive (reported at 10:49 p.m.).

John Aceto, 18, 402 Barton Hall, was arrested and charged with public intoxication on Central Campus (reported at 11:43 p.m.).

Kyle Dalluge, 19, 2350 Larch Hall, and **Matthew Johnson**, 18, 2346 Larch Hall, was arrested and charged with public intoxication at the RCA Intramural Fields (reported at 11:36 p.m.).

Daniel Carlson, 18, 1586 Helsen-Mortensen, was arrested and charged with possession of alcohol underage and interference with official acts (reported at 11:16 p.m.).

Scott Erikson, 37, 129 Kingberry #3, was arrested and charged with public intoxication (reported at 10:50 p.m.).

>>GSB.p1

One idea was to start a feedback system that would be convenient for students to use and be able to get feedback to administrators with ease.

"The idea was that if we can help them they can help us the students better," said Andrew Gall, GSB's chief of staff and senior in mechanical engineering.

Currently, the process is still a work in progress, but the plan is for members from the Executive Cabinet and the GSB senate to meet with a different administrators in a small group roundtable discussion. Gall projected they would have meetings starting in about two to three weeks.

"We are trying to start a dialogue between the administrators and GSB," Gall said. "We're out there on the front line talking to students every day, and this will allow us to pass on issues more conveniently."

So far the GSB Executive Cabinet has received positive reactions from

Roundtable talks

Proposed at a Government of the Student Body executive cabinet retreat on Sept. 15, Roundtable discussions would allow for leaders in GSB and Iowa State administration staff to discuss issues in a candid manner. While this is still a work in progress, it is hoped these talks will strengthen the communication between Iowa State administration and GSB, and thus by extension, the student body.

the group of administrators who par-took in the first meeting. With this two-way-street relationship, Gall thinks this will allow GSB to help address issues the university has and allow for more student input to be considered during matters.

"We think it will allow for better communication with the student body and the administration to address certain issues," Hughes said.

>>TRAVEL.p1

Canada.

The National Student Exchange has offered its alternative to studying abroad since 1968.

Originally consisting of only three campuses exchanging seven students, the program has grown by leaps and bounds, currently sending 3,000 students to 200 universities across North America.

With 48 states, three U.S. territories and six Canadian provinces, there are plenty of options for those who wish to appreciate a more diverse area. Kelsie Hardison, senior in liberal studies at Iowa State, felt fortunate to partake in this educational opportunity.

A sophomore at the time, Hardison decided to venture to Oregon State in Corvallis, Ore., for one semester. The native

of Onawa, Iowa, chose Oregon because her brothers lived in Portland.

"It was a way for me to be closer to family but also have the experience of going out on my own," she said. "I always thought I was a pretty independent person, but I learned a lot about myself on exchange."

Participating in the National Student Exchange has many academic benefits, as well as social and personal. Hardison's credits transferred easily, despite looking through a very different course catalog at Oregon State.

"One of my favorite classes was the Theory and Practice of Yoga; I also liked Gandhi and Nonviolence [a philosophy class]," Hardison said. "They were kind of life-changing in a way."

Clubs and activities are not forgotten in the exchange.

Hardison sang in a choir at Iowa State and didn't want to lose that aspect of college. She joined the Glee Choir at Oregon State and even took part in flash mobs that often occurred on campus.

The off-campus environment is just as important as the campus itself.

"I would hop on the train a lot and go to Portland to go to my brother's," Hardison said. "It was really cool to be immersed in the weird Portland culture."

Hardison said that earlier is better, and breaking boundaries makes it brighter.

"If you do it once, you're probably going to want to do it again," Hardison said. "I almost did it again my senior year but [at the] last minute decided I wasn't going to, and I kind of regret that now. It's such an amazing experience if

>>POLITICS.p1

it's actually backfired. ... President Obama believes in the Dream Act, which actually allows half-way citizenship to those who are here."

Although the College Republicans won the debate, Ames resident Jo Rod didn't like the fact that not all members of the team spoke, while all College Democrats debate members spoke during the debate.

"I have one objection — the Republicans won but not all spoke," Rod said. "[One Republican] never said one word, and the Democrats all spoke. I think the Republicans won by a hair."

Mischa Olson, the senior in biology who introduced President Obama during his visit to Iowa State on Aug. 28, thought overall the debate was good.

"I thought it was a very good debate," Olson said. "I wish the Democrats would have been a little more aggressive in going after what my opinion are falsehoods on the Republican side."

The 2012 Campaign Debate is one of several student debates that are expected to take place during the remainder of the 2012 election season. The presidential election will happen on Nov. 6.

Correction:

In Monday's article about the Sri Lanka study abroad program, it was stated that the program would begin in July 2013, but it will begin in May 2013. The estimated cost of the program with tuition and fees is not \$3,500 but closer to \$5,000. Sri Lanka is an island off the coast of India in South Asia.

The Daily regrets the errors.

Fast facts

- The National Student Exchange program offers a lower-cost alternative to studying abroad.
- ISU students can attend one of 108 universities in the U.S. or Canada.
- Deadline for National Student Exchange 2013-14 school year is February 2013. Contact Debra Sanborn at 1080 Hixson-Lied or go to www.dso.iastate.edu/nse.

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M-Shop in the Memorial Union

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Biology

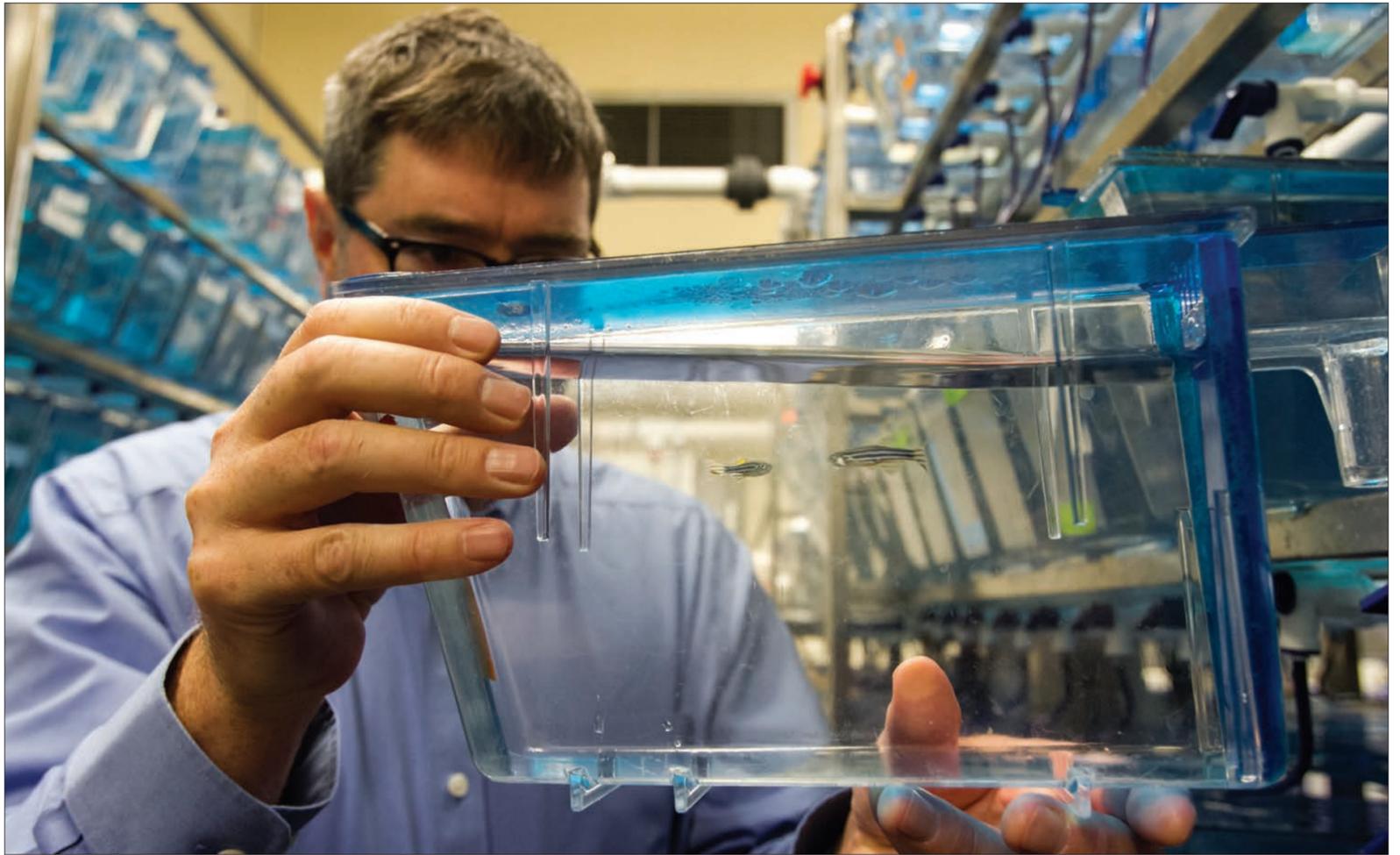


Photo: Megan Wolff/Iowa State Daily

Jeffrey Essner, associate professor of genetics and cell biology, examines the fish in his "fish room." The zebrafish he uses in his study are all housed in tanks such as these.

Zebrafish help in 'gene editing' study

ISU scientists create technique for DNA cutting

By Alyssa Miller
@iowastatedaily.com

The fight against cancer might have a new ally: the zebrafish.

ISU scientists Jeffrey Essner and Ying Wang have been using mutated genes in the embryos of zebrafish in order to study the growth of new blood vessels and the development of cancer.

"Angiogenesis directly relates to cancer progression," said Essner, associate professor of genetics and cell biology. "Angiogenesis is the process whereby new blood vessels are formed from pre-existing blood vessels."

Understanding angiogenesis and the genes required for the process is a major focus of Essner's laboratory.

Studying genes that can inhibit angiogenesis will allow scientists to develop therapies to inhibit the process in cancer patients.

"If you have a tumor, it asks for a blood supply," Essner said. "It's not going to grow very large until it receives nourishment and oxygen from the bloodstream."

Essner and Wang are using zebrafish specifically because

of how many one-cell stage embryos they can get from one zebrafish. The offspring of the fish also develop outside of the mother so they can be cared for more easily by scientists.

Essner and Wang have contributed to the collaboration by greatly increasing the efficiency of a technique developed by a group led by Stephen Ekker, a molecular biologist at the Mayo Clinic in Rochester, Minn.

"Not only can we mutate at specific sites, but now Steve Ekker's group has shown when we repair those sites we can make them have a sequence of DNA; however, we want to engineer that," Essner said, describing this process as "gene editing."

Wang, postdoctoral research associate in genetics, development and cell biology described the process he and Essner follow: "We assemble and inject the TALENs, [transcription activator-like effector nucleases,] at the one-cell stage of the embryo. To generate the mutant, we need to grow them up — this generation we call 'F0.'"

The two had their research published Sept. 23 in the journal "Nature."

The paper, titled "In vivo genome editing using a high efficiency TALEN system," lays out their technique to alter genetics.

"For this paper, what we

Terminology

Angiogenesis

The development of new blood vessels.

Allele

One of two or more alternative forms of a gene that arise by mutation and are found at the same place on a chromosome.

Enzyme

A protein originating from living cells and capable of producing certain chemical changes in organic substances by catalytic action.

Genome

The complete set of genetic material of an organism.

TALENs

Transcription activator-like effector nucleases; artificial enzymes that cut DNA.

did is inject at two or three days and randomly choose 10 embryos," Wang said.

The two are also interested in creating conditional alleles, which Essner described simply as "genes that we can engineer so we can turn them on

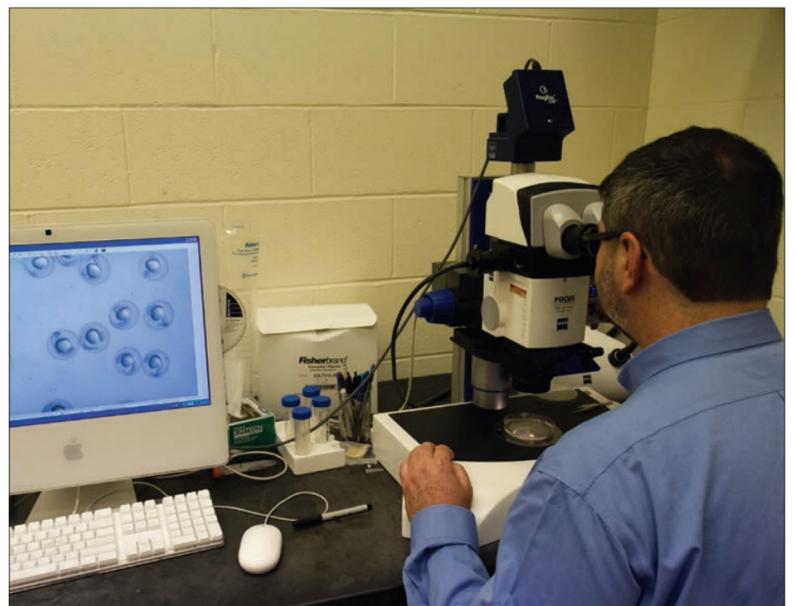


Photo: Megan Wolff/Iowa State Daily

Jeffrey Essner, associate professor of cell biology, looks at one-day-old zebrafish embryos via a microscope. The transparent embryos allow Essner to view the entire cardiovascular system.

and off at will."

This technique of cutting out portions of DNA will someday be translatable to other species as well, Essner

said, leading to widespread implications for future research, in animals and humans alike. Essner even sees the research developing into a form of gene

therapy for humans.

"This is a very powerful technique to ask fundamental questions about gene function."

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Tom Poor Bear & Randy Thompson

Tom Poor Bear is the Vice President of the Pine Ridge Oglala Lakota Nation and a longtime American Indian activist. He is a leader in the Native American opposition to the proposed TransCanada Keystone XL pipeline, which would carry tar-sands crude-oil mined in Alberta, Canada, 1,700 miles across the Great Plains to Gulf Coast refineries. The Oglala Lakota Nation argues the pipeline not only violates territorial rights granted to them in the 1868 Fort Laramie Treaty but puts their water resources at great risk. The proposed pipeline would cross several important rivers and streams as well as the Mni Wiconi pipeline, which pumps water from those sources to the PineRidge and Rosebud Indian Reservations. Randy Thompson, a farmer and rancher from Nebraska, became a leading opponent of the Keystone XL pipeline out of concerns that his land would be condemned for the pipeline. "Stand with Randy" events were organized across Nebraska to support his efforts. His land is no longer threatened by the new proposed route, but he continues to speak out about how the pipeline threatens other Nebraska farms and ranches.

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Wednesday, October 10, 2012
8pm - Great Hall, Memorial Union

AN EXTRAORDINARY EFFORT TO CATCH A KILLER IN THE DARK

DOCUMENTARY & DISCUSSION

A Killer in the Dark is a documentary about the fight against malaria, a preventable disease that kills an estimated 800,000 people each year. The film shows what life is like for those fearful of contracting the disease and highlights of the work of Imagine No Malaria, a ministry affiliated with the United Methodist Church of Africa. A Killer in the Dark was created as a TV special and aired on NBC affiliates nationwide in 2011. It is narrated by Pauley Perrette, who is best known for her role on NCSI. A representative from the organization will be joined by Lyric Bartholomay, Iowa State associate professor of medical entomology, for a post-film discussion and Q&A.

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Law enforcement

Records show slight increase in campus crime

ISU Police uses outreach to keep public educated

By Gibson Akers
@iowastatedaily.com

The ISU Police Department has increased its public outreach programs, keeping the number of crimes on and around campus relatively steady, showing only a small increase.

The information gathered is from ISU Police and comes from its yearly statistics of incidents and arrests on and around campus.

From 2007 to 2011, ISU Police saw a slight increase in the number of offenses.

An offense can range from a citation to an investigation of a crime, which can lead to an arrest.

With 1,959 offenses in 2007 and 2,280 in 2011, Jerry Stewart, chief of ISU Police, said the reason for the slight increase in offenses could have been caused by any of a number of factors.

"People being more aware of what's going on around them and the amount of people on campus makes a differ-

"The more people we educate and encourage to call us will lead to an increased amount of incidents and arrests. We want that. We want to help people and help prevent problems from getting out of hand."

Lt. Elliott Florer.

ence," Stewart said.

The number of arrests in 2007 totaled 906, leading to a slight increase to 1,379 in 2011.

"The more people there are and the more people to report issues leads to more arrests," Stewart said, providing his reasoning as to why offenses on campus have shown an increase.

ISU Police offers many crime prevention outreach programs to faculty, staff and students during orientation sessions, upon request and when a program is considered necessary.

Officers present information and training on various



File photo: Iowa State Daily

ISU Police provides educational crime-prevention programs at new student orientations, by request or as deemed necessary by current events. The workshops teach participants how to identify and respond to common campus crimes.

subjects pertaining to the college environment, such as alcohol and drug awareness, sexual assault response, and

threat assessment.

"We want to educate people and encourage people to contact us if something is going on," said Lt. Elliott Florer.

Since January, ISU Police has offered 130 presentations and educated more than 24,800 participants.

"The more people we educate and encourage to call us will lead to an increased amount of incidents and ar-

rests," Florer said. "We want that. We want to help people and help prevent problems from getting out of hand."

Staff and students are encouraged to report concerns in and around campus to ISU Police on the nonemergency number at 515-294-4428 and, in the event of an emergency, to call 911.

"If you see something, say something," Stewart said.

Crime stats

Offenses and incidents reported

- 2007: 1,959
- 2011: 2,280

Arrests reported

- 2007: 906
- 2011: 1,379

If you have a nonemergency concern, call ISU Police at 515-294-4428.

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Editorial

GSB proposes installation of bike station

Even though the Government of the Student Body is responsible for distributing the proceeds of student activity fees — which last spring amounted to a collective \$2 million — and therefore can do a great deal of work to improve the vibrancy of student life at Iowa State, sometimes the student government gets distracted by superficial resolutions that are powerless but act as if student assent is necessary before a proposal can be implemented.

For an example of that distraction, look no further than the advice from GSB president Jared Knight that the senate should consider a resolution in support of the Iowa Board of Regents' proposal that tuition be frozen.

Other times, however, such as at Wednesday night's meeting, they will spend time considering measures that actually travel along the path of "enhanc[ing] students' experiences at Iowa State University through active representation, engagement and support."

To see that — a fulfillment of their mission — in action, we need look further than the proposal that a bicycle service station be constructed outside the Maintenance Shop of the Memorial Union. This proposal, we think, is an ideal example of what GSB should be up to.

Tip O'Neill, a former U.S. Speaker of the House, once said: "All politics is local." All political activity comes back to what the representatives can do to improve the lives their constituents share with one another. Although relatively small in size and hyper-local in focus, GSB is indeed a political institution. And their responsibility is to the students of Iowa State.

Colleges are already populated by cyclists pedaling their way from one end of campus to another in an effort to arrive on time for class. Iowa State is no different. With a record enrollment of 31,040 students, there are sure to be more bicycles as well. While pedestrians and cyclists alike need to take steps to share the sidewalks and streets more courteously, one thing is certain: Even the cyclists deserve student support.

The GSB bill does that. Funded by GSB and the Inter-Residence Hall Association and maintained by the resident experts in the field — the Cycling Club) — the station will make it possible for students who rely on bicycles for travel and use them for recreation to refill their tires with air and make basic repairs year-round.

At a cost of only \$3,000, who can complain? The most dedicated pedestrians might find someday before they graduate that riding a bike is better.

The M-Shop has not been a maintenance shop since 1974. With this bike station proposal, it may become a maintenance shop once again, albeit of a different sort.

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Technology

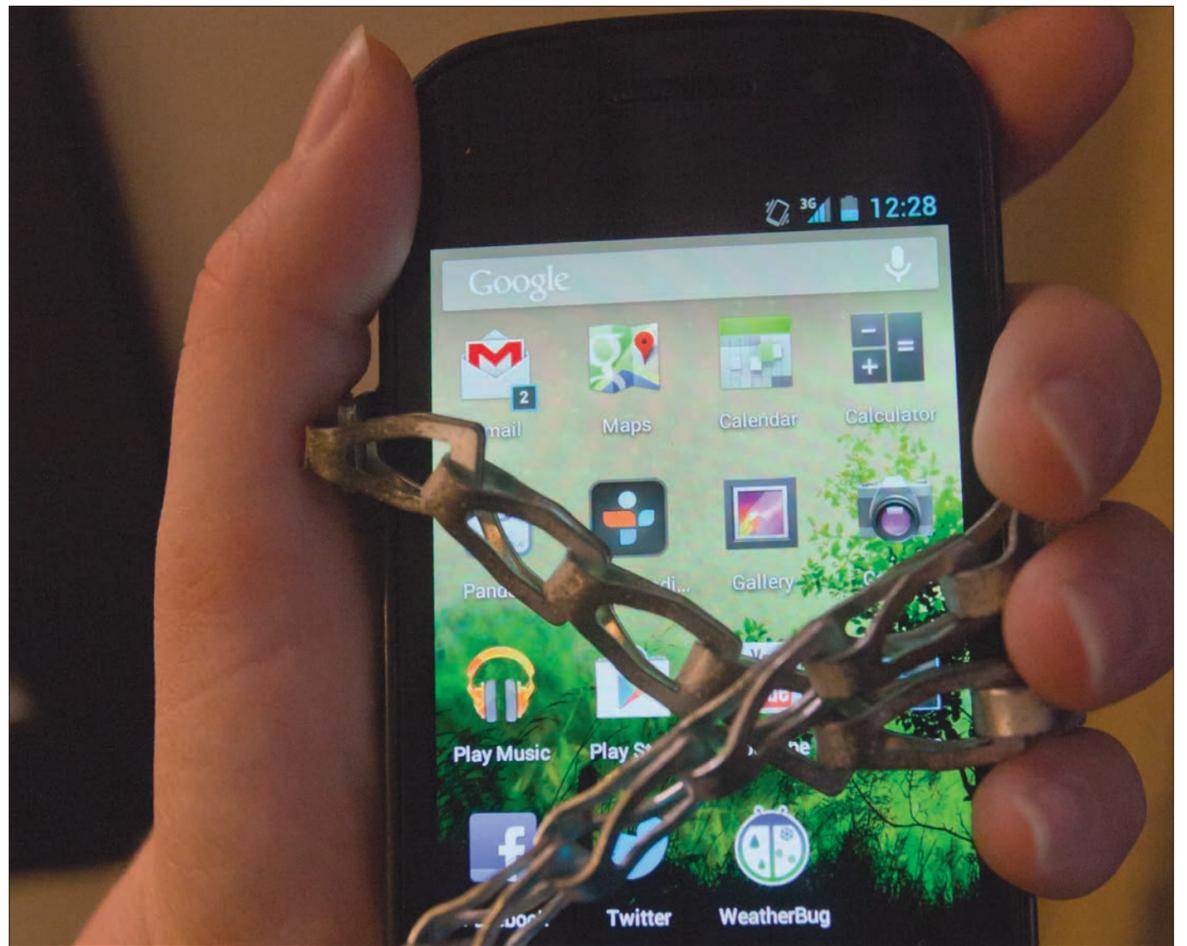


Photo illustration: Megan Wolff/Iowa State Daily

Columnist Katie Henry questions the demand for constant advances in technology. In a world so advanced, we tend to devote too much attention to minuscule details and new products that might not be needed.

Are our devices also vices?

Society remains too reliant on tiny tech upgrades

By Katie Henry
 @iowastatedaily.com

We are from a generation that is highly dependent on technology. It's very difficult to go about our daily activities without using some form of technology. Whether you are riding the bus to class, taking notes from a projector during class or driving to work, technology is everywhere. However, all these things are normal in today's society. What's strange is when we become dependent on technology so much that the simple pleasures in life are no more. Twelve years ago, we didn't have iPods and most of us still read actual books and newspapers. What will happen in the next 12 years?

The growth of technology within the past two decades has been astonishing. Although Apple's first Macintosh computer was slightly before our time, manufactured in 1984, I remember that big, gray box of a computer sitting in my basement. Then, in elementary school, we were blessed with the iMac G3s that came in different colors.

One of my fondest memories from middle school is getting sent to the principal's office for getting into a fight with a girl over the pink one. Seriously. Hair was pulled. See? Technology was already causing problems. Then, it started a social hierarchy.

Remember when cellphones were only

used for calling people? Me neither. At my high school, you were deemed uncool if you didn't have a cellphone. I got my first cellphone when I was 14 (a sleek, red Motorola RAZR), which was only to be used for "emergencies." That policy didn't last long. The day I got my unlimited texting plan was the happiest day of my life. If I told somebody today they could only send 250 text messages per month, they'd probably have a heart attack. Then, the era of smartphones began.

I don't consider myself to be very technologically capable. I was one of the chumps who thought it would be a good idea to get a Blackberry Curve for my first smartphone, and it was the worst seven months of my life until I discovered that phones typically don't survive if they become submerged in water. I'm also one of the people who considers all smartphones to be the same and just buy the one that's the shiniest.

What I really don't understand is why companies continue to update their products when there really wasn't anything wrong with it in the first place. (I'm looking at you, Apple.) When I did my research on the new features of the iPhone 5, all I got out of it was that it has a bigger screen and a new 4G network. So why is it so much better than the 4S? If Apple keeps making the iPhone bigger, by the time we get

to the iPhone 10, the phone will be the size of a dining room table and might even be able to drive our cars.

The bottom-line question is: Are all these updates and new products really necessary? As somebody who finds it impossible to go 10 minutes without my iPhone, I'd say yes. Somewhere down the line our society became so dependent on mobile technology that we're completely forgetting the simple joys in life. Trips to Barnes & Noble are now less common than downloading a book on your Kindle, Nook, etc.

According to a study done by National Safety Council, the number of car accidents related to cellphones is at least 1.6 million and growing because people just can't wait until they're stopped or at home to answer a call or message.

Needless to say, our society has a love/hate relationship with technology. My challenge to you before it gets too frigid out is to give yourself half an hour without your phone, computer, etc., and go outside to watch the clouds go by and think about the little things in your life that make you happy. It'll put things in perspective, and you might even get a nap out of it. It's the simple things in life that make us the happiest.

Katie Henry is a senior in journalism and political science from Pella, Iowa

Agriculture

Recession's untouched sector

During the last decade, we have seen the U.S. economy move up and down like a roller coaster. The negativity surrounding the current 8.2 percent unemployment rate seems to dominate the media. Nevertheless, even in this decade — where we hear about a recession and a high unemployment rate — there is a yellow brick road leading to a land of plenty, if you search in the right area.

So where should you start searching to find this bright spot?

It is the agricultural sector of our U.S. economy that I'm referring to as the shining star in our country during this so-called recession. Locally, the Iowa State's College of Agriculture and Life Sciences is enjoying a 98 percent graduation placement rate. The students in the College of Agriculture and Life Sciences are taking jobs around the globe as farmers, agronomists, extension agents and veterinarians. Many students who are graduating this year are deciding between three to four companies when making a final decision on where to begin their career.

The U.S. Department of Agriculture has projected a need

By Andrew Lauver
 @iowastatedaily.com

for 54,400 new undergraduates to work in agriculture from 2010–15. To put it into perspective, the College of Agriculture and Life Sciences hosted 177 companies at the career fair last fall and anticipates over 190 companies present this year. These companies are looking for hardworking students that are looking to make an impact immediately, to increase market share and growth within their companies during these prosperous times.

How has agriculture survived the recession?

Cereal grains and livestock are in high demand because they are needs not luxuries. In contrast, tourism, recreation and entertainment as a whole can be eliminated from consumer spending. To put it into perspective, let's use corn — with a value in the state of Iowa of \$14.5 billion last year.

Corn is a hot commodity due to an increased need to feed livestock by foreign countries and initiatives to invest in renewable fuels. As the ethanol industry has grown and developed, we now have over 27 percent of corn pro-

cessed by ethanol plants. Iowa is No. 1 in ethanol production when benchmarking our production nationally. With an increased need for corn due to renewable fuels and feed for livestock, we have seen corn valued at more than \$8 per bushel on the Chicago Board of Trade. Many farmers around the North American region had seen prices around \$2 per bushel several years before.

This has created profit margins for farmers that have never been seen before in the U.S. corn belt. The Federal Reserve Bank of Kansas City has summarized the boom we have seen documenting these record profit returns. They also state that agriculturalists must recognize that the economy is cyclical, and must prepare for a downturn at some point.

The most recent boom in agriculture has offered opportunities for many companies that provide to the American farmer the tools with which to grow and develop. DuPont Pioneer, headquartered in Johnston, Iowa, is a world leader in agronomy employees in over 90 countries. They are currently expanding the number of employees working in Iowa at an extremely strong rate, in turn boosting Iowa's

economy. For example, they built a new facility in Johnston that now provides new jobs for over 400 Iowans.

Is agriculture strong internationally, too?

Fortunately, agriculture is a bright spot in many economies across the globe. According to the International Labor Organization, more than 1 billion people are employed by agriculture worldwide, making it the second-largest employer in the world. In fact, agriculture accounted for 35 percent of global employment in 2009.

Today's growing agricultural sector requires tech-savvy, business-minded students who can communicate, innovate and lead teams of people with diverse backgrounds across the globe. Agriculturalists have learned over the past few years in terms of investing in technology and innovations. Now agriculturalists around the world must look forward to the fun and challenging opportunities ahead capitalizing on areas of prosperity.

Andrew Lauver is a senior in agricultural studies from Lake City, Iowa

Photo: Shane Tully/Iowa State Daily

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File photo: Iowa State Daily

Dominguez earns honors in Big 12 play

By Maddy Arnold
 Daily staff writer

Junior forward Jennifer Dominguez received co-Big 12 Conference Offensive Player of the Week for her performance last weekend.

ISU soccer (9-7, 1-4 Big 12) beat Texas Christian (5-7-1, 0-3 Big 12) 2-0 on Friday and fell to West Virginia (9-3-3, 5-0 Big 12) 3-2 on Sunday in the new Cyclone Sports Complex. Dominguez scored all four of Iowa State's goals.

Not only did Dominguez score the inaugural goal in the new facility against TCU but she also netted the game-winner in Iowa State's first Big 12 win. She went on to score two more goals against West Virginia totaling 11 this season.

The former walk-on and Lubbock, Texas, native Dominguez is now third all-time in goals in a season at Iowa State. She is also currently leading the Big 12 in goals this season.

Dominguez and the rest of the Cyclones are set to take on their in-state rival Drake next Sunday. The game starts at 1 p.m. at the Cyclone Sports Complex.

NFL:

Isaac's Fantasy Football Corner — Week 6

By Isaac Hunt
 Daily staff writer

Week six tip: It's deep enough in the season to know where your team stands, but if your team is 0-5 that does not mean you should make bad trades or stop updating your lineup. Steal some wins and have fun with it.

En fuego: Houston. Take your pick: Arian Foster, Ben Tate, Matt Shaub, Owen Daniels, Andre Johnson, Houston's defense, even give me Kevin Walter. The Packers have been nothing but disappointing this season and that will continue in Texas.

Heated: Wes Welker. On the road at Seattle is one of the toughest games for any east coast team. Tom Brady will have to rely on his favorite target to win this game.

Chilled: Frank Gore. No doubt the 49ers remember last year's NFC Championship game, but so do the Giants. The New York defense, seventh in third-down stops, will play big this week.

Frigid: Dallas D/ST. This may seem like an easy pick, but believe it or not Baltimore's passing game is eighth in the NFL.

Week six random fact: In week two, Brandon Weeden and Andy Dalton combined for 640 yards and five TDs. They'll meet again this week.

SPORTS JARGON:

Hitting percentage

SPORT:

Volleyball

DEFINITION:

Hitting percentage is calculated by subtracting attack errors from kills and dividing that by total attack attempts.

USE:

The Cyclones have a .228 hitting percentage this season while Kansas State is hitting .176 on the season.

Cross-country



Photo: Huiling Wu/Iowa State Daily

Katy Moen was diagnosed with mononucleosis last year, which stopped her from training temporarily. However, she has now returned to practice with enthusiastic support from her coaches and teammates.

By Emily Hejlik
 @iowastatedaily.com

Mononucleosis

- Mononucleosis is a viral infection associated with fatigue, causing fever, sore throat, and swollen lymph glands, especially in the neck. Mono is often spread by saliva and close contact.
- It is known as "the kissing disease," and occurs most often between the ages of 15 to 35. The most apparent effect of Mononucleosis on patients is the lack of energy in everyday life.
- It becomes difficult for patients to function at a high-speed routine, and they need more sleep than when they are healthy.

Last year Katy Moen ran into any cross-country runner's worst nightmare.

As a redshirt freshman, she was diagnosed with mononucleosis at the beginning of September and one day before the Drake Fall Classic just one season ago. With the diagnosis, she knew the road ahead wouldn't be easy.

"I was required to sit some time out until my blood levels indicated a healthy recovery," Moen said. "For three weeks I didn't run, bike, swim; I just enjoyed the simple life of Netflix and extensive naps."

Poor workouts a couple of weeks prior to being diagnosed qualified as the first telling signs in a sport dominated by being fit. However, she attributed this to a "cold" and not being as prepared as the other girls.

"To be honest, I was completely clueless I had mono," Moen said. "I went to our athletic trainer with complaints about my glands bothering me on my neck and what I could do, if anything, to alleviate the pain. She sent me to Thielen Student Health and I found out that day."

Because Moen had redshirted her freshman year, this option was out of the question. The coaches remained supportive, reassuring her of a recovery in the near future.

"It took some time," Moen said. "I talked with my coach, and it was important that I ease into the training and to feel good while running. I started simple workouts about a week and a half back into running."

Although Moen was out completely for three weeks, she didn't feel back to normal until December, after the team's two-week break after nationals. It was difficult for her to walk the line of trying to stay fit while avoiding having a relapse.

"We had to go off of how she was feeling," said ISU coach Corey Ihmels. "She would take a couple steps forward, and then a couple steps back. There is no book on how to come back from mono, but I believe it made her a better runner."

The challenges brought on by not being able to compete coupled with the change in her daily routine — something every student-athlete heavily relies on.

Her coaches and teammates were instrumental during the process, helping Moen see the light at the end of the tunnel. She also learned to indulge in other activities.

"Almost the worst aspect of it was finding something to occupy my time from 3 to 6 p.m. Monday through Friday when I'm normally at practice," Moen said. "I became a big Ellen DeGeneres fan."

Maggie Gannon, Moen's roommate and close friend, was an integral part of her support system.

"Katy has always set high goals for herself," Gannon said. "I know that last year she wanted to be in a top position scoring points for the team. When she came down with mono, it was devastating to her, but also the squad because we needed her."

As a runner, it can be hard to listen to your body and take things day-by-day, especially when the squad is running anywhere from 40 to 100 miles per week. Moen stuck to the plan by resting and taking the time off so her illness would pass quicker. If she hadn't been conservative, she may have jeopardized being healthy until the end of the year.

Even with her own struggles, Moen's focus was on the team.

"Katy was always supporting us," Gannon said. "The fact that she even made the trips to support us says loads about her commitment to the program, considering how bad her case of the illness was."

Gannon believes the Cyclones could have achieved more after plac-



Photo: Huiling Wu/Iowa State Daily

Katy Moen warms up before her practice Monday behind the Lied Recreation Athletic Center. Moen was diagnosed with mononucleosis last year and returned to the team this year after a long rest.

ing three runners among the top-three finishers and a seventh-place team finish at the NCAA Cross-Country Championship last year.

"I think the hardest thing for Katy was watching our squad struggle in the four and five spots," Gannon said. "If we had those locked down, there was no question we would have been a trophy team last year. Katy knew she was capable of being that girl we needed had she been healthy."

Moen has come a long way from where she was a year ago.

"I remember at the Roy Griak Invitational last year she came to watch and jogged 3 miles for the first time in a month and last week she

placed 16th in a competitive field," Gannon said. "I have always admired her ability to fight back when she races. She applied that same mentality to her mono."

A positive outlook on a negative situation was key for Moen to fight her battle. She didn't think wearing the ISU jersey last season was feasible until she continued to make strides during workouts.

"I would say the biggest thing I was able to walk away from Mono knowing was that sometimes what seems impossible, can be do-able," Moen said. "It's just important to me to be thankful for what I have at this moment, right now."

Volleyball

New teams bring uncertainty

By Alex Halsted
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In a Big 12 conference that has been deemed up-for-grabs by coaches and players alike, the ISU volleyball team has been forced deal with uncertainty amongst the conference's new members.

No. 23 Iowa State (9-6, 3-2 Big 12) played Big 12 newcomer Texas Christian on Sept. 29 for the first time in program history without any knowledge of what it had to offer.

The team was able to sweep TCU, but on Wednesday, it will face more uncertainty in West Virginia.

The Cyclones last played the Mountaineers in 2003 and have only played them four times in program history, leading the series 3-1.



File photo: Huiling Wu/Iowa State Daily

Coach Christy Johnson-Lynch debriefs the ISU volleyball team after the Sept. 15 win against Nebraska at Hilton Coliseum. The Cyclones hope new Big 12 conference member West Virginia will provide new challenges in Wednesday's match.

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Carbohydrates

White vs. whole grain

Find out which kind of bread is better for your body — and what makes it that way

By Azra Feriz
AmesEats Flavors writer

While the rich and delicious white bread is traveling down your esophagus, do you ever say to yourself: "I wonder how my body is going to process this delicious slice of carbohydrates?"

We didn't think so.

It's important to know what you're actually putting in your body and if it's benefiting it or harming it.

"You might as well be dumping sugar down your throat," said Matt Rowling, as-

sistant professor of food science and human nutrition, about eating white bread.

"It causes a spike in your blood sugar, promoting fat synthesis, and soon drops lower than it was before, causing you to be hungry again soon after," Rowling says.

Although it is so easy to just grab a pack of ramen noodles, add some water and microwave it, all you're doing is storing that starch in a form of fat. Not only do these processed carbohydrates find their way to cover those abs, you will soon find yourself wanting more.

Because processed carbohydrates have

the bran and germ removed, this also removes all the vitamins and fiber. Since whole grains have a fibrous outer shell that your body cannot digest, it takes a lot longer for you to absorb it, keeping you full for longer.

This also causes you to not actually absorb all of the grains. So, although your slice of whole wheat bread says it's 100 calories, you're probably not absorbing all those calories. But if you eat a slice of white bread, you are likely to absorb all of the calories.

"Carbohydrates are a major contribu-

tor to obesity," Rowling says.

But this doesn't mean carbohydrates are bad for you; they actually are the main source of energy for your body. One just needs to distinguish the good carbohydrates from the bad ones.

Grocery stores and marketers have a lot of tricks and gimmicks when it comes to labeling food. Thinking your 7-grain or honey oat bread is a good source? Think again. Look on the ingredient list to determine if your bread contains the healthier carbohydrates. The first ingredient must be "whole wheat" or "whole grain."



Photo: Lauren Grant/Ames Eats Flavors

The processed carbohydrates in white bread contain calories that your body is more likely to absorb than those in whole wheat, and will likely leave you craving more food soon after.

Nutrition



Getting healthy groceries

Photo: Lauren Grant/Ames Eats Flavors

Hy-Vee has adopted the NuVal System, which helps customers to make healthy food choices, even if they are short on time.

By Jolyn Mortenson
AmesEats Flavors writer

We have become a society obsessed with being physically active and eating healthy.

Going to the grocery store to choose nutritious foods can be a stressful and time-consuming activity. As we get further into the semester, our hectic schedules become even busier and spending time choosing healthy foods is lower on our list of priorities.

Hy-Vee has a solution to this problem. They have implemented the NuVal System in their stores. The NuVal

System makes choosing nutritious foods quick and easy.

NuVal is a scoring system that helps you see, at a glance, the nutritional value of the food you buy. A food can be scored anywhere from 1 to 100. The higher the number, the more nutritious the food.

So, how does each food get a score? NuVal is a mathematical equation. It is the "good" (protein, calcium, vitamins) divided by the "not-so-good" (sugar, sodium, cholesterol), which then gives the single score.

The single number makes it easy to choose and com-



pare foods. You can even choose between an apple and a banana.

The NuVal Score can be found on the shelf tag, next to the price in a double hexagon emblem. The easy-to-find score makes incorporat-

ing NuVal into your regular grocery shopping simple. It is more efficient in comparing two foods than trying to decode the overwhelming food label.

Just remember, the higher the score, the better.

Quick bites

Low-carb diets have been touted as the key to losing weight for several years, but the truth is carbohydrates don't cause people to gain weight.

"Calories cause weight gain" according to the Academy of Nutrition and Dietetics. "Excess calories from carbohydrates are not any more fattening than calories from other sources."

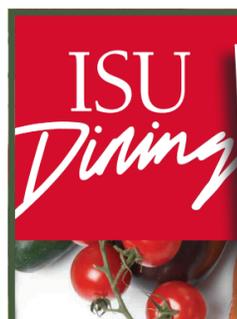
A study published in the Journal of the American Dietetic Association found low-carb diets were associated with an increased likelihood of being overweight or obese.

For a healthy diet, consume 10 to 35 percent protein, 20 to 35 percent fat and 45 to 65 percent carbohydrates.

- Caitlyn Diimig



A month of Halloween recipes
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ISU dining



Commentary



File photo: Iowa State Daily

Kansas State quarterback Collin Klein, No. 7, tries to evade an ISU defender in the third quarter of the Wildcats' 30-23 win last season in Manhattan, Kan. The Cyclones hope to outplay Klein in this year's matchup.

Is Collin Klein a threat in 'Farmageddon' rivalry?

It's a quarterback scrambling conference. Of the 10 starting quarterbacks, Collin Klein leads them by almost four fold the rushing yards as the second-place quarterback Trevone Boykin.

This statistic says a couple of things: First of all, Klein's rushing statistic of 405 yards and seven touchdowns in the Wildcats' first five games is enough to put him just 122 rushing yards behind their starting running back, John Hubert.

Secondly, Boykin made his quarterback debut against the Cyclones last Saturday. In that game alone, he rushed 14 times for 63 yards. That was enough to put him at 161 yards on the season and second in the Big 12.

On the flip side, this means a couple of things for Iowa State: Steele Jantz started the first four



By Stephen Koenigsfeld @iowastatedaily.com

games for Iowa State, rushing 54 times for 85 yards, which would put him respectively at fifth in the Big 12. Jared Barnett made his starting debut at TCU on Saturday as well and has kept the ball 12 times for just 45 yards this season, placing him seventh in the conference.

When the numbers are put together, the two teams make for quite a game. Iowa State has the 31st best rush

defense in the nation versus the Wildcats' No. 9 rushing offense in the nation. The Cyclones were able to force five turnovers against the Horned Frogs and Klein has been able to put the ball into the end zone seven times this season.

While the Wildcats have been able to put up 43.6 points per game (11th in the nation), the Cyclones have been able to hold opponents to just 15.8 points per game (19th in the nation).

In the first five games, the ISU defense has forced 18 turnovers and returned two of the for touchdowns.

When you put it all together, you get a good ol' fashioned "Farmageddon."

Stephen Koenigsfeld is a sophomore in pre-journalism from Ankeny, Iowa.

>>WEST VIRGINIA.p6

"Like TCU, since you're not familiar with the players or the way they run their system, it takes a game or two to kind of get a feel for that," said ISU coach Christy Johnson-Lynch. "But they'll be in the same boat against us."

What the ISU team does know is West Virginia (8-11, 0-5) is young. The Mountaineers returned just one starter from last season and seven of their 12 players are freshmen.

Last season the Mountaineers went 7-19 as a member of the Big East.

The uncertainty of playing a new opponent for the first time may make the mental aspect less stressful for Iowa State.

"When you play a team that you know their tendencies, their players — you start to think too much," said ISU libero Kristen Hahn. "Against West Virginia and teams like TCU, you just have to go out and play and focus on what we can do on our side and not so much about what they're doing on their side."

After dropping the first set on Saturday to Texas Tech, the Cyclones were forced to make quick adjustments to avoid a road loss. Iowa State went on to win the final three sets and the match in a dominating fashion.

Johnson-Lynch said in-match adjustments are important when facing an unfamiliar opponent but stressed that the team must first take care of its own side of the net.

"First you have to be playing at a pretty decent level to even make adjustments," Johnson-Lynch said. "Too much of the time this season we've been trying to get to

West Virginia in the Big 12

West Virginia has ventured into its new Big 12 home with just a handful of league matches played entering Wednesday. Those matches, however, could help provide some details to the Cyclones.

The Mountaineers have been swept by both Texas and Kansas State this season. The team has also taken Kansas and Oklahoma to four sets and Texas Christian to five sets but has lost all five conference matches.

In comparison among common opponents, which often can't be done in sports, Iowa State has been swept by Kansas State, lost to Kansas in five sets and swept TCU with three sets.

The Cyclones have never faced West Virginia under coach Christy Johnson-Lynch and lead the all-time series 3-1.

that level and not worrying so much about the other side of the net."

If the Cyclones take care of their side of the net, they can worry more about what the Mountaineers have to offer such as a league-low .176 hitting percentage this season.

"You still can't underestimate them at all," said middle blocker Tenisha Matlock. "They could still hit that low but still be a great defense."

Iowa State will find out Wednesday evening when they face off against West Virginia.

First serve is set for 6:30 p.m. at Hilton Coliseum.



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FREE Student Ad!

Iowa State students can place one free 5-day ad to sell their extra stuff!

(Excludes Auto's & Rentals)



A touch of Italy

823 Wheeler St. | 515-233-0959

Fun & Games

Unplug, decompress and relax...

Fun Facts

A cat's ability to see well at night is due to its tapetum, a membrane that reflects visible light back through the cat's retina. It's also what causes the weird "glowing" effect in the dark.

The Procrastinators' Club of America newsletter is called "Last Month's Newsletter."

Freddie Mercury, the lead singer of British music group Queen, was born in Zanzibar as Farrokh Bulsara.

The sex of an alligator hatchling is dependant on the temperature of the nest during the incubation period. Typically temperatures above 91.4°F produce all males and anything lower than 86° that produces all females.

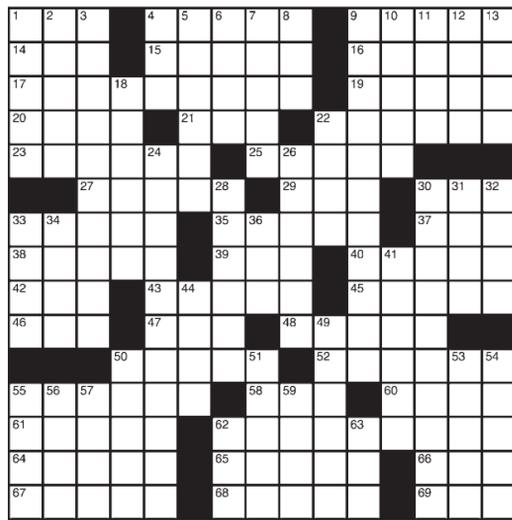
The shower scene in Alfred Hitchcock's classic movie Psycho is composed of more than 90 shots seen from 70 different camera angles. It took Hitchcock and his crew an entire week to film it. For reference, the entire film took only six weeks.

The first disposable diaper was called a "boater."

When her husband was president, Julia Tyler used the title "Mrs. Presidentress."

The guy featured in the NBA logo is former Laker Jerry West.

Crossword



Across

- 1 Aphid's meal
- 4 Marsh bird
- 9 Neil Simon's "___ Suite"
- 14 Communication at Gallaudet U.
- 15 Concert venue
- 16 Bona fide
- 17 *Role in the films "Wichita" and "Tombstone"
- 19 Opposite of après
- 20 Place for un chapeau
- 21 Miracle-___
- 22 Get-up-and-go
- 23 Opera featuring Iago
- 25 Lint collector
- 27 It may be set or set off
- 29 Glowing, perhaps
- 30 Cleaning closet item
- 33 Nautical pole
- 35 Spry
- 37 Will Smith title role
- 38 French noble
- 39 Trail behind
- 40 Grape-growing spot
- 42 Back when

- 43 Put to shame
- 45 Mutineer
- 46 Neither mate
- 47 Noisy quarrel
- 48 "Hotel Rwanda" tribe
- 50 Compote ingredient
- 52 Fired on
- 55 ___ of Gibraltar
- 58 Source of lean red meat
- 60 Pertaining to planes
- 61 Pope after Sergius II
- 62 Rip to pieces, and a hint to what's hidden in the answers to this puzzle's starred clues
- 64 Lexus competitor
- 65 Malady with swelling
- 66 "Norma ___"
- 67 Potter's apparatus
- 68 "Count me out"
- 69 Part of DOS: Abbr.

Down

- 1 Managed
- 2 So far
- 3 *Protection for joustors

- 4 "Mangia!"
- 5 Genetics pioneer Mendel
- 6 Derrière
- 7 2001 bankruptcy filer
- 8 Brew source
- 9 *2000s documentary whose first episode was "From Pole to Pole"
- 10 Video game stage
- 11 Ice cream thickener
- 12 Criticize with barbs
- 13 DOJ employee
- 18 "We want to hear the story"
- 22 Devil's work
- 24 *One who was held up, most likely
- 26 Land
- 28 Mozambique neighbor
- 30 *Indoor antenna
- 31 Lotion addition
- 32 Gibson ___
- 33 Diagnostic test
- 34 Comic strip possum
- 36 Beetle juice?
- 41 Lather again
- 44 Flu fighter's episode
- 49 Seizes unlawfully
- 50 Renaissance ___
- 51 Start a hole
- 53 Variety
- 54 Big name in raingear
- 55 Picnic side
- 56 One helping after a crash
- 57 Cad
- 59 Cass's title
- 62 "Spare me the details," in brief
- 63 Backpacked beast

Tuesday's solution



Free Pool Sundays
Daily Drink Specials
125 Main St. 232-1528

Lucy Michelle & the Velvet
Lepelles w/ Har di Har

Friday Oct. 12
9 pm 21+
\$5 cover

Poison Control Center
w/ Christopher the Conquered
& HD Hermanson

Saturday Oct. 13
8 pm 21+
\$10 cover

Brown Bird

Monday Oct. 15
9 pm 21+
\$8 adv cover/\$10 dos

56 Beers on Tap
Pool, Darts, and
Live Music
Open Mon-Sat @4PM
Tickets can be purchased online
at DGstaphouse.com
127 Main St. 233-5084

Sudoku by the Mephram Group

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

Tuesday's Solution

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

LEVEL: 1 2 3 4

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

Horoscope by Linda C. Black

Today's Birthday

(10/10/12)
The pace heats up through the November eclipse, which for you is about budgeting, saving and financial integrity. Renewed values and a focus on money lead to a rise in income. Change remains constant with relationships this year, so stay flexible. Expand frontiers. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries

(Mar. 21-April 19)
Today is an 8 -- Use your talents to create beauty from chaos. A possible conflict or misunderstanding could slow you down until compromise gets achieved. Don't gamble. You have what you need.

Taurus

(April 20-May 20)
Today is an 8 -- You're getting even more interesting. Make hay while the sun shines. Do what you promised, with a friend's help. Together, anything is possible.

Gemini

(May 21-June 20)
Today is a 7 -- You can see the big picture. Good judgment is required. Stick to tested techniques. Let others know what you want, and ask for

help. Invest in home and family.

Cancer

(June 21-July 22)
Today is a 6 -- Motivate those doing good work. Provide unexpected service, and the money will follow when you least expect it. Success builds upon success. Travel is not favored now.

Leo

(July 23-Aug. 22)
Today is an 8 -- Controversy arises and makes you stronger. Use wits and charm to clear the miscommunication. Note the emotional flow at work. You don't have to control everything. Let it be.

Virgo

(Aug. 23-Sept. 22)
Today is a 5 -- If at first it doesn't work, don't despair. Re-do, until you get it right. A new opportunity arises from working out the bugs. Postpone a romantic conversation.

Libra

(Sept. 23-Oct. 22)
Today is a 7 -- Be patient with a talker. Accept a nice compliment. Gentle persuasion reveals a brilliant suggestion. Do what you promised. It's not a good time to travel. Socialize.

Scorpio

(Oct. 23-Nov. 21)
Today is a 7 -- Loved ones believe you can succeed. Gather data and question theories. Think quickly and move slowly. Financial conditions have changed.

Sagittarius

(Nov. 22-Dec. 21)
Today is a 7 -- If words do not come easily now, express yourself with pictures, or with some other creative expression. Accomplishing a goal provides a great feeling.

Capricorn

(Dec. 22-Jan. 19)
Today is a 5 -- Provide support for those who are weaker. Fan the passion flames. Misunderstandings may be more abundant than usual.

Aquarius

(Jan. 20-Feb. 18)
Today is a 7 -- Listen carefully to the team's suggestions, and keep everything on track. One good friend leads to another. List the pros and cons.

Pisces

(Feb. 19-March 20)
Today is a 6 -- Postpone a romantic interlude (temporarily) and avoid arguments at all costs (even/especially if you're right). Invest in renewable solutions for energy.

Taste a difference! Over 500,000 sandwiches served

207 Welch Ave. #201
Campustown/Clocktower

WACKY WEDNESDAY

Every Wednesday...No Coupon Needed

Save \$3.55

\$12.94* plus tax

HOT SANDWICH DEAL

*Please add sales tax to all prices. Prices subject to change.

← 12" Footlongs →

Call **515-292-6600**

FREE Delivery!

2- Foot Long Hot Sandwiches
2- Cans of Cold Pop
2- Bags of Chips
2- Pair of Pickles

FREE! Fast Hot Delivery

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Cultural Trip St Louis, MO



VS



Heisman VS Heisman

Bradford VS Tebow

Depart: Sat Nov. 17—Return: Sun Nov 18

Cost:

\$175 for Students / Rec Pass Holders

\$200 for Non Rec Pass Holders

**For more information email Russ Jones @
rejones@iastate.edu**

Trip Includes:

- 1) Double occupancy hotel room at the Hilton Downtown**
- 2) Ticket to the Arch**
- 3) Ticket to the game**
- 4) \$10 voucher for food / drink at the game**

Sign up By

Nov 1!