



Blake Lanser/Iowa State Daily
Andrea Rider, freshman in meteorology, was diagnosed with Cystic Fibrosis at 4-years-old. Today, Rider must use a special machine, twice a day, to help her deal with the challenges of Cystic Fibrosis.

Powering through

Cystic Fibrosis

is a life-threatening disease that comes from a genetic mutation primarily affecting the lungs and digestive system.

Sources: The Cystic Fibrosis Foundation and UW Health

Sweat glands

The amount of sodium lost in the sweat is greater. This can cause problems during times of increased sweating or hot weather, leading to dehydration quickly.

Respiratory

Cilia, tiny hair like cells, cannot keep the lung passages clear of mucus. This can lead to chronic coughing and lung infections.

Digestive

Pancreatic ducts are blocked, preventing enzymes from properly digesting food. Insufficiency in digestion may lead to poor nutrition.

Reproductive

About 95% of men and 20% of women with Cystic Fibrosis are infertile.



1 in 10,000

are diagnosed with Cystic Fibrosis. About 30,000 are diagnosed nationwide in the U.S.



50%

Cystic Fibrosis is passed on genetically. Both parents must have the gene and have a fifty percent chance to pass it on.

41

Life expectancy

With treatment, the average life expectancy for living with Cystic Fibrosis is 41, an improvement since the 1950s

Richard Martinez/Iowa State Daily

ISU student manages daily life while juggling genetic disease and working toward degree

By Danielle Ferguson
@iowastatedaily.com

Andrea Rider doesn't think about the life-threatening sticky mucus that clogs her lungs and shuts down her pancreas.

She doesn't think about the fatal genetic mutation that makes her feel as if elephants are stepping on her chest, causing her to feel as if she's breathing through a straw.

She has other things to worry about. Like many other students, Andrea, freshman in meteorology, worries about chemistry exams, group presentations and applying for scholarships.

But she also has to keep up with her Cystic Fibrosis treatments.

Cystic Fibrosis is a life-threatening, genetic disease that primarily affects the lungs and digestive system. The genetic mutation causes a buildup of thick mucus in the lungs, pancreas and other organs, which keeps those organs from functioning properly.

The result is malnutrition, poor growth, frequent respiratory infections, breathing difficulties and eventually permanent lung damage, according to the Centers for Disease Control and Prevention.

Andrea was diagnosed when she was 4 years old. People with Cystic Fibrosis are born with the disease, but Andrea's doctors didn't catch it.

"My mom and my dad knew something that wasn't right," she said. "I was

really pale, super skinny, like a skeleton."

Her parents took her to a specialist in Des Moines who performed a sweat test, which measures the amount of salt in a person's sweat, to check for a high level of chloride.

At the time, Susie Rider, Andrea's mother, didn't know that's what the sweat test was for.

"[The doctor] saw enough of things to call and do some testings that were specifically CF related, but he didn't tell me that's what he was doing that for," Susie said. "I think part of it was probably not to have me start Googling it and getting all worked up about it."

Then the results came back positive for Cystic Fibrosis.

"Our world came crashing down," Susie said. "She was so little. They told us six more months undiagnosed, we probably would've lost her. It was very hard to hear."

The average life expectancy for those diagnosed with Cystic Fibrosis is in the early 40s, according to the Cystic Fibrosis Foundation. Lung disease is the usual cause of death in most patients.

"I remember being with them when they found out," Andrea said of that day in the hospital. "I remember my parents crying. I was just sitting there playing with my toys."

Susie and Jeff chose not to tell their 4-year-old first-born because she was too young to understand.

But Susie remembers the day her daughter asked if the disease was going to kill her.

Andrea had taken the book "Taking Cystic Fibrosis to School" to show the school nurse the day when she asked her mother that dreaded question.

"I had forgotten there was an FAQ section and in there one of the questions was 'Is Cystic Fibrosis fatal?'" Susie said. "It talks about yeah, it is and

CYSTIC FIBROSIS p8

Pillowcases turned into dresses, sent across globe to give hope to children

By Jenna Baldus
@iowastatedaily.com

The Ames community has a chance to give back and help little girls in Africa using only a pillowcase.

From 10 a.m. - 4 p.m. on Saturday and 1 - 4 p.m. on Sunday, the Ames and ISU community can gather at the Memorial Union Workspace to volunteer for the Little Dresses for Africa event.

Volunteers will help create dresses out of pillowcases to send not only to Africa, but also countries all around the world. These dresses will be a part of Little Dresses for Africa (LDFA).

Letitia Kenemer, fine arts coordinator for the Workspace, is looking for volunteers 16 and older to help come and sew dresses

from pillowcases. Kenemer said the dresses are made with a simple pattern, so anyone can help create them.

The organization began in Ames by an outside group.

"A few years ago someone contacted me about using our space for their group to work on dresses," Kenemer said. "I liked the community aspect and thought it was a way for us to give back, so I kept scheduling it every semester."

This organization began because of the widespread AIDS pandemic in Africa. Young girls are frequently left to take care of their younger siblings, according to the Little Dresses for Africa website. The goal of the dresses is to begin providing hope again to



courtesy of Iowa State Memorial Union

Little Dresses For Africa, an organization that started in Ames, takes donated pillowcases and turns them into dresses to inspire hope in children not only in Africa, but across the globe.

DRESSES p8

Weather

	FRIDAY Sunny and bitterly cold.	27 9
	SATURDAY Cloudy and a good chance of snow in the afternoon.	24 15
	SUNDAY Partly sunny during the day and cloudy at night.	30 15

Weather provided by ISU Meteorology Club.

Calendar

All events are courtesy of the ISU events calendar. <http://www.event.iastate.edu/>

Nov. 14

Paint Your Own Pottery: Ornaments 5 to 8 p.m.
Studio fee is \$4 for ISU and \$5 for public to attend plus the cost of the bisque you select. Pottery will be fired within a week for you to pick up. Pre-registration with payment is not required but a call to reserve a spot is recommended.

Concert: Anna Nalick Starts at 8 p.m.
Platinum selling singer/songwriter Anna Nalick released her first studio album, *Wreck of the Day*, featuring the hit single "Breathe (2AM)" in 2005.

The song propelled to the top of the charts and sent Anna on a nearly four year tour around the world. She followed this up with *EP Shine*, featuring her third hit single of the same name in 2008, and her first independently produced album *Broken Doll & Odds & Ends* in 2011.

International Week: Dance night 8 to 10 p.m.

A fundraising event for the Kawsara Fall School, Senegal. Participants are encouraged to dance and learn different cultural dances.

Nov. 15

Performance: Elf the Musical Starts at 7 p.m. Cost is \$28-\$63
One of Hollywood's most beloved holiday hits is born again-on stage!

Elf is the hilarious tale of Buddy, an orphan who mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities ultimately cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his true identity.

Regents to vote on business cases

By Danielle Ferguson
@iowastatedaily.com

The Board of Regents is holding a telephonic meeting Friday, Nov. 14 to make a decision on the eight remaining business cases from the TIER study.

The meeting is 2 to 3:30 p.m. and anyone can listen in at the board's website: regents.iowa.gov.

The eight business cases are administration-related, dealing with human resources, facilities,

finance and information technology:

- Streamline processing of finance transactions

- Streamline the distributed HR model for transactional services

- Streamline the distributed IT model for commodity technology services

- Transform the central ITS service delivery model

- Simplify the applications portfolio across the three universities including ERP platforms
- Utilize technology

innovations to reduce the total cost of ownership (TCO) for Infrastructure

- Reduce utilities and operational costs by limiting use of buildings during evenings and summer
- Reduce energy consumption by investing in energy management initiatives.

The board will vote on each case individually and will then decide if the board or each university will implement the cases.

The board will also discuss the second phase of the academic program portion of TIER study.

Online Content

[MORE INFO](#)

Ames homeless population stats

Although it may not be seen all the time, there is a homeless population in Ames. Members of the community can help by donating winter gear to Operation Blanket. The paper includes a full story on the event but to find out more about Ames' homeless population, go to the news section of the app.

[MORE INFO](#)

How to make a pillowcase dress

The Ames and ISU community has an opportunity to help make clothing for young girls in Africa. The dresses can be made out of pillowcases. After reading the full preview in the paper, go to the news section of the Daily's app to find a step-by-step explanation of how to make pillowcase dresses.

[MORE INFO](#)

Weatherizing your car

In today's editorial, the ISD Editorial Board argues that preparing for winter is more than just wearing the right clothes and people should start doing it now. For what to check to make sure your car is prepared for winter, check out the opinion section of the Daily's app.

[MORE INFO](#)

Cystic Fibrosis quick facts

The Daily's front page story features an ISU student with cystic fibrosis. For more information about the disease, including statistics and facts, check out the news section of the Daily's app.

Corrections

In Tuesday's story 'Nurturing the future,' there was an incorrect accreditation to the Child Development Laboratory School. The lab school has been given a five-out-of-five star rating through Iowa QRS and has achieved accreditation through the National Association for the Education of Young Children. These are two separate achievements.

In Wednesday's story 'Honoring the fallen,' it was reported that there were 6,000 names on the walls of Gold Star Hall. That number was incorrect. Only 477 names are inscribed on the walls.

The Daily regrets the errors.



Iowa State Daily
Konstantin Treplyov, played by Brent LeBlanc, left, vents to Sorin, played by Christopher Priebe, right, in a rehearsal of "The Seagull," a play by Russian dramatist Anton Chekhov.

100 years of ISU Theatre

By Makayla Tendall
@iowastatedaily.com

ISU Theatre is celebrating their 100-year anniversary as an organized theater this year.

Theatre panel presentations will take place Saturday, Nov. 15, starting at 10 a.m. in the Memorial Union Maintenance Shop.

Schedule

10-11 a.m.: Jim Lile, former ISU Theatre student and technical director and assistant professor at Florida State University.

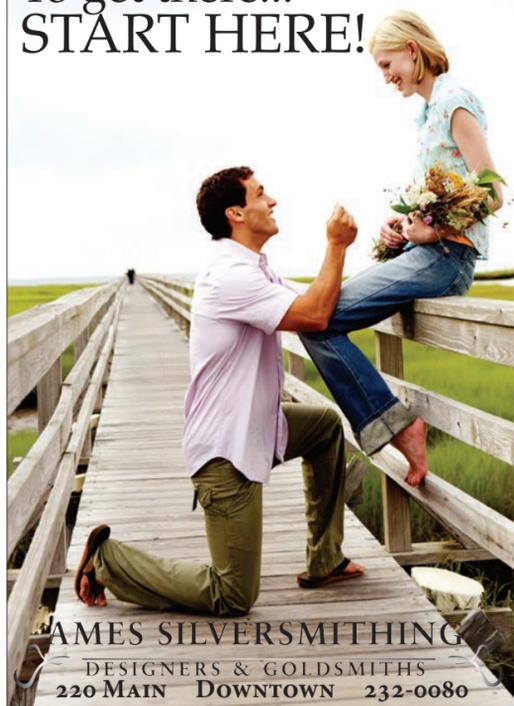
11 a.m.-12:30 p.m.: Tony Forsmark, former ISU Theatre student and actor and Jack Meggers, former ISU student and film maker

12:30-1:30 p.m.: Kelly Bartlett, former ISU Student, Irene Ryan winner

and professional ballroom dancer

1:30-3:00 p.m.: Carole Horowitz, former ISU Theatre marketing manager, radio show host, and community arts activist and Jane Cox, Director of Theatre. "I Remember" – a special time set aside to share memories of ISU Theatre faculty Frank Brandt, David Hirvela, Fritz Szabo, and Patrick Gouran.

To get there...
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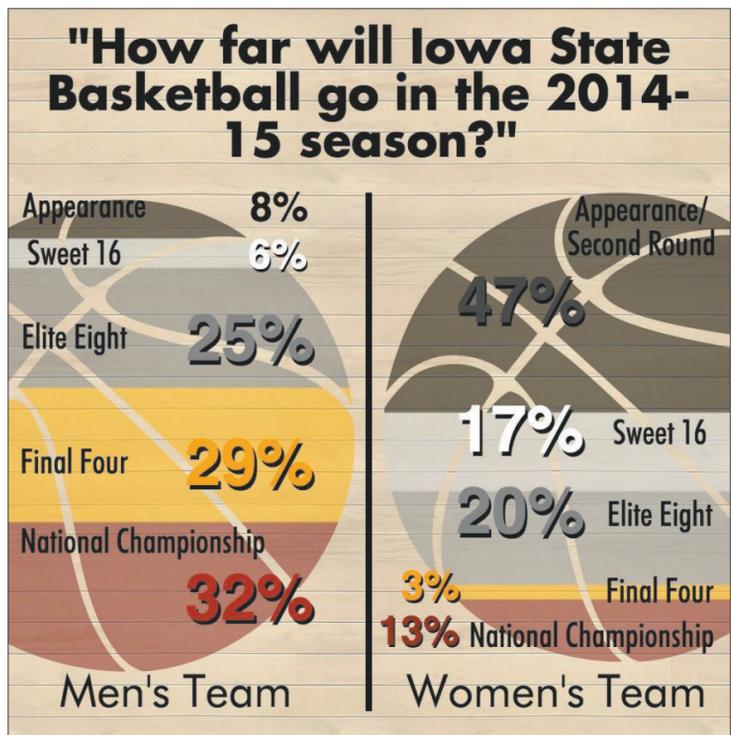


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Richard Martinez/Iowa State Daily
Readers of the Iowa State Daily responded to an online poll question this week. We asked, "How far will Iowa State Basketball go in the 2014-15 season?" in regards to the men's and women's teams.

IOWA STATE DAILY

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Worldly flavors

International students gather to share food, culture with others

By Tong Lin
@iowastatedaily.com

A variety of smells, flavors and cultures buzzed about the basement of St. Thomas Aquinas Church for the kickoff of International Week.

International Food Night on Nov. 13 in St. Thomas Aquinas Church had a line formed by 6:30 p.m., although the doors didn't open until 7:30 p.m. By 8 p.m., there were already more than 250 attendees. International Student Council gave this opportunity to ISU students and community members to learn about other countries' cultures, try different countries' food and make new friends with people from around in the world.

The event showcased 12 student organizations, representing countries such as Korea, Sri Lanka, Indonesia, Vietnam, Japan, Taiwan, India, China and Pakistan. Each organization made their home country's food, such as fruit punch from the Korean Student Association; tea egg from Chinese Students and Scholars Association and perkedel ja-

gung, or corn fritters, from the Indonesian Students' Association.

The room was crowded and swirled with the smells of all kinds of food mixed together. People who attended could sit at a table to sample the different foods and meet new people.

The President of the International Student Council, Adli Shah Adnan, a senior in industrial engineering from Malaysia, helped organize International Week.

"International Food Night can give more students opportunities to experience the cultural differences. I am glad that people can engage this event and enjoying themselves as they expected," Shah said.

Marimar Velaz, junior in apparel, merchandising and design from Puerto Rico, said she likes to experience different cultures.

"The Indian food Bhel-puri that I had tried was so good. I am having fun here, and it's good to see American students experiencing other countries' cultures," she said.

Not only were international students participating, but American students also came to learn from oth-



The Pakistani Student Association displays samples for participants of the International Food Night to taste. The booth was set up in the St. Thomas Aquinas Church for an International Foods night on Nov. 13 and served as a fundraiser for many student organizations.

ers. Jonah Mueller, junior in mechanical engineering from the United States, said he enjoyed the event too.

"The food is delicious. I have tried so many foods that I had never had before," he said.

Hao Wang, sophomore in pre-architecture from China, represented the Chinese Students and Scholars Association.

"We have great food here. Wingtemlon, tea egg and jelly is what we have for people tonight," Wang said. "I really hope everyone can try our Chinese food."

About 350 attended the event, said Cindu Annandarajah, vice president of the International Student Council, up from the 200 to 300 who attended last year.



Students trade in tickets in order to enjoy samples at the Association of Malaysian Students' booth. The night served as a money making event for many international student organizations of Iowa State.

Study of aging now available for graduate students

By Vanessa Franklin
@iowastatedaily.com

The population is rapidly aging and living longer giving rise to gerontology, the study of aging.

According to the 2010 census, there are more people over the age of 65 than ever before. Within ten years, the Census Bureau predicts there will be more people over 65 than under five years old.

Students in gerontology are free to pursue a variety of jobs revolving around an older population.

Jobs aren't only directly caring for the elderly, but range from designing products to planning second weddings.

The new gerontology graduate program will be accepting its first cohorts this spring for fall 2015.

"It's a major need because we're an older state," said Jennifer Margrett, director of gerontology. "As an Iowan, we should be concerned that we don't have enough professionals trained in adult develop-

ment and aging, so we have a real shortage of health care professionals."

Although gerontology has been offered online for 12 years as a master's and certificate program, faculty saw a rise in demand for an on campus graduate program.

Margrett said that students in the on-campus program will have more research opportunities and more interaction with other students and faculty.

Gerontology is also offered as an undergraduate and graduate minor.

Margrett said that students in gerontology could study things ranging from how to design homes that reduce the risk of falls to planning second marriages to healthy nutrition as we age.

"Often times, students don't think about a career in aging, but they have an experience with aging or working with this population and they realize how diverse of a group it is," Margrett said.

Robert Wallace, chairman of academic affairs, presented the possible grad-

uate program to the faculty senate, just one of the many steps in getting the new curriculum approved.

"The gerontology proposal was a particularly well crafted proposal," Wallace said. "It kind of moved through without much question or concern. It was clearly demonstrated that this program is growing, that the program is a discipline that is growing pro-

gressively more in demand."

Margrett believes studying gerontology also increases students' marketability.

"This is a population that isn't going away and if we learn more and think more about the whole lifespan and products, environments and families that support healthy development that's going to help us all have better quality of life,"

Margrett said.

Students with gerontology degrees can expect to get jobs in a range of fields and help the older population in more ways than just direct care.

Gillette said options for graduates include working hands on with the elderly, working on policy, working in health services or meeting with people to work on finances.

Both Gillette and Margrett expressed that the program's interdisciplinary nature is one of the programs selling points.

"Overall, it's likely you're going to work with older adults," Gillette said. "I think some things that make it special when you start getting people from different fields it opens up new avenues of collaboration."

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Operation Blanket keeps homeless warm in winter

By Michaela.Ramm
@iowastatedaily.com

Imagine being homeless in the middle of winter, with no basic necessities such as a coat or gloves to help keep you warm.

Operation Blanket was created to help solve that issue. The project is working to provide donated winter apparel and blankets to the homeless community in Ames.

Thanh Truong, a senior in supply chain management, and Matthew Barr, sophomore in management information systems, are students who saw a need to help the homeless in the area.

Operation Blanket runs Nov. 4-24 to help the homeless keep warm as the days get colder. The goal is to collect donations of gently used winter apparel and blankets.

Truong said he believes even giving just a little will help improve someone's life.

"I feel those little things can affect someone's experience and the way they view the world," Truong said. "When you're cold and chilled, you're miserable. But when you put on a warm coat or you have an extra blanket, it changes

your whole perspective of the world and people."

Students can drop off their donations at any of the three on-campus locations: the Armory entrance, 1320 Gerdin and 3578 Memorial Union. There is also an off-campus drop-off point at the Story County Veteran's Affairs office.

Breanne Kula, senior in animal science and president of We Cypport Our Troops, said the placement of the donation boxes was strategic.

We Cypport Our Troops is a student organization at Iowa State that offers support for individuals whose loved ones are serving in the military. The organization helped raise funds for Operation Blanket through events such as Lunch on Central Campus.

The project is also supported by the Iowa State University Student Veterans of America. The donations are meant for every homeless individual in Ames.

"It's not necessarily strictly focused on veterans, but it is sometimes a community that is close with it," Kula said. "To see the veteran community come together to support everyone really, really ties in the whole view of it. This is what they're fighting for and why they joined."



Blankets and winter clothing are being donated to Operation Blanket in drop points around campus. ISU Student Veterans of America is putting on this donation Nov. 4 to Nov. 24.

Whitney Lynn/Iowa State Daily

Truong said once they've collected all the items, they will organize a plan to distribute them.

"During Thanksgiving break, I'm going to start my planning process for our distribution," Truong said. "During Dead Week we plan to distribute those items."

Barr said they will reach out to the Story County Veteran's Affairs office and the Ames Police Department to help distribute the donations.

"It isn't really about the difficulty of finding them; it's about showing them there's somebody out there who's willing to care for them," Barr said.

Kula said veterans can find themselves without a

home because of the difficulty of transitioning to civilian life.

"It can set someone back to the point that they don't know how or where to get help with anything," Kula said. "They might end up falling behind and ending up homeless themselves. It's unfortunate, but you do see it a lot."

Kula said veterans and students can understand their situation and are willing to offer help to those in need.

Truong and Barr's Operation Blanket stems from their own experiences, as well as their desire to give back.

"I was born in Vietnam and moved here in

1992," Truong said. "Along the way, my family and I weren't very privileged. So I understand what the individuals who are in need come from because throughout my years, we've had donations. We've been in those situations where we needed a little more food or some clothing."

Because of this, Truong said he was inspired to help those in need.

"I really want to be able to give back to the community because there's this gratitude that I felt for what people have done for my family, and I want to be able to give and affect someone else's life," Truong said.

Barr was inspired to help those in need as well

since he was homeless himself for a short time.

"When [Truong] brought this up, it hit home because before the military, I was homeless for a bit," Barr said. "Getting out of the military, my wife and I were homeless for a short stretch as well. Just having that extra bit, having someone say 'hey, I'm willing to help you' whether you want them to or not, it actually makes a big difference."

To donate to Operation Blanket, bring gently used blankets and winter apparel to the various drop points.

Contact Thanh Truong or Matthew Barr to become involved with Operation Blanket.

\$40 million dorm awaits Board of Regents approval

By Molly.Willson
@iowastatedaily.com

The Department of Residence has begun to feel the constraints of serving an increasing amount of students in the past three years.

One way to respond is to build a new dorm that is expected to hold more than 700 more students.

The estimated budget for the project is \$40 million. Before any ground can break, the building budget

must first receive approval from the Board of Regents at the Dec. 3 meeting.

"It's about the experience. And for us a new building

the way students want it is something that naturally attracts them," said Brittney Rutherford, marketing coordinator for the department of residence. "So marketing-wise, there is not a lot to do because our students like our product and will be able to fill the building."

The need for a new dorm comes from the growing amount of students on the ISU campus. The Department of Residence has worked hard to provide beds for the growing population.

"The one area that I feel very good about is that we tried to respond in many ways. If we're going make a long-term investment and borrow money, let's make sure this serves students for the next twenty years," said Peter Englin, Department of

Residence director.

As the number of students has grown, the need for on-campus housing has grown as well.

Englin said the demand for on-campus housing has grown 55 percent since 2008, while enrollment has only grown 39 percent.

"We see this because students vote with their feet and they are telling us they are getting better grades, borrowing less money and having programs and services that support their personal and academic success... Combine all of this together and they're saying 'We'd rather live with you,'" Englin said.

The new dorm will go in the area adjacent to Buchanan Hall. The Department of Residence is hoping

to have the dorm set back on the lot to allow for green space in front of the building for students to enjoy.

"We talked about trying to maintain kind of a large open courtyard feel because there are now 1,100 students that will be in that community. We like the idea of having it set back," Englin said.

After discussing issues with students, the department decided on a traditional residence hall with double spaced hallways.

One reason students may be compelled to choose the new dorm over other off-campus options is the sense of community that can be found in the ISU residence halls.

"The focus is on replicating the house experi-

ence. We do not do suites because we don't get to know our neighbors as well as we do in the rest of the facility," Englin said.

The department hopes to break ground on the project next May and have the dorm ready for students by December 2016.

While the goal for the building is to be opened by Fall of 2016, allowing that extra semester will allow the builders the time needed to provide the extra amount of beds that the department desires.

"You can look at the building in the community. You can total it all up and we haven't added 7,000 beds to Ames. So there was capacity within the community that needed to be filled," Englin said.



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Courtesy of Wikimedia Commons

While some have already started embracing the Christmas season, others believe the enthusiasm should be kept contained until Thanksgiving is done with.

Christmas in November

Consumer culture can wait until after November

By Stephen Snyder
@iowastatedaily.com

I'm sure by now that everyone has noticed the snow falling, the decorations in the stores, the holiday music and possible the ugly sweater party invites. Yes, for many Americans, it's beginning to feel a lot like Christmas. I, however, have noticed that the calendar says that we are still in the month of November. If you're so far out in front of Christmas that you're celebrating ahead of Thanksgiving or even ABC Family's "25 Days of Christmas" then I need you to drop the mistletoe, put away the wrapping paper and contain your excitement for a few more weeks.

I understand that holiday season is everyone's favorite time of year—even though it brings along with it the frigid temperatures that make me wonder why I insist upon being Iowan—and we all see the holiday aisles go up in stores on Nov. 1, but when we make the holidays—specifically Christmas—a two month long event we steal the meaning from the celebration.

The meaning I am referring to is not the celebration of the birth of Christ. Though that is of course the recent historical justification for the holiday—despite the fact that scholars still widely debate the actual date of Christ's birth and Christmas as we understand it is simply a stand in for the Roman holiday of Saturnalia—the holiday is now more of a cultural event than a religious one. I base this opinion on a 2013 study performed by the Pew Research Center which found that while 92 percent of Americans celebrate Christmas, only 51 percent see it as "more of a religious holiday."

That is due to the increasingly secular nature of our society, supported by that same Pew Research Center study which finds that only 39 percent of 18-29 year olds celebrate Christmas as a religious holiday. That same age group—our

age group, which represents the next round of parents and therefore will ultimately instill our values in the next generation—will be teaching the new meaning of Christmas, which may have unintended negative consequences.

The two month long celebration of Christmas is a by-product of commercial marketing schemes that know their most productive economic quarters line up with the winter holidays. They figured out the game a long time ago: the longer the holiday seasons, the fewer massive savings opportunities they have to offer. Both of those factors lead to higher profit margins which means more happy investors which all means more money. Don't trade the spirit of the holidays for the spirit of materialism.

This year, Black Friday—which is these days a holiday unto itself—will begin as early as 6 p.m. on Thanksgiving Day. Nothing says "happy holidays" like trampling your fellow human beings to make sure you get the toy your kid wanted.

Please take a moment to appreciate the tragic irony of spending less time with your loved ones so that you can go buy gifts for your loved ones. Such are the sacrifices we make in a consumer culture, but it shouldn't take a new pair of shoes to say "I love you, I'm glad you're in my life."

I am aware that what I am saying will make it seem like I can't stand Christmas or that I am condemning the act of gift giving, so let me be clear: I do not hate Christmas and I don't even hate the gifts. As much as I despise the consumer culture, I acknowledge that I am part of it. So I'm not trying to crush anyone's holiday spirit, but instead ask that you channel it in the proper direction.

Remember what Christmas means to you beyond the gifts. Remember how it feels to sit your entire family down for just one day and be truly content with your life as it is. Remember that not everyone has the same privileges that you have and even might take for granted. Remember to be kind, and not just because Santa might be watching. Those are all things you can do without a tree or an ugly sweater. Happy holidays.

It's never too early to spread Christmas spirit

By Katie Titus
@iowastatedaily.com

"The best way to spread Christmas cheer is singing loud for all to hear," said Buddy the Elf from the 2003 movie "Elf." Some people on campus have already started playing Christmas music in their headphones and started wearing their ugly sweaters around to classes to celebrate the holiday season. Others will hold off on joining in on the Christmas joy until after Thanksgiving.

No matter when you decide to celebrate the holidays, anytime is the right time.

When it comes to celebrating Christmas, people start at all different times. The early birds start before Halloween is even over. Some will start preparing for Christmas at the beginning of November, and then there are the people who will wait to acknowledge Christmas until a mere few days before.

The battle between students about whether it is too early to celebrate Christmas is happening between friends and roommates all over campus. In my house, we have already set up our Christmas decorations, started playing Christmas music and downloaded our fireplace app for the winter.

While we have chosen to start celebrating now, we are not forcing anyone else to celebrate, therefore not causing any harm by deciding to begin our Christmas obsession a month early.

Others on campus may not begin setting up their Christmas decorations until after Thanksgiving. Then you have the people on campus that completely despise the playing of Christmas music before Thanksgiving.

Truth being, I am an early Christmas celebrator, so much in fact, I think that the anticipation of the holiday can sometimes be more fun than when Christmas actually arrives. I do not see any problem with getting your Christmas cheer on whenever you want, even if that means wearing a Christmas sweater in middle of July. While I may begin to love for my favorite holiday a tad early, I am not ignoring the rest of the holidays during the winter months.

Just because I celebrate early, does not mean that we are forgetting about Thanksgiving.

Thanksgiving is one of my favorite holidays. Who doesn't love sitting around with the people closest to you and enjoying the best meal you will have all year? I know I do. Just because I have started listening to Christmas music does not mean that I have given up on the other holidays that happen in the winter season.

Look around you Christmas refusers. Christmas is being celebrated all over the place. We all know it is practically killing you to not join in on the Christmas fun.

The stores have already started putting Christmas decorations on the shelves, coffee shops have begun to sell their holiday blended coffee and both the television and the radio has started playing Christmas music.

No matter where you turn, you cannot get away from people basking in the Christmas cheer. Thanksgiving, Christmas and New Years Eve are all going to be celebrated, so fretting over someone else choosing to listen to Christmas music seems so silly. So while the grinchers of campus sit inside pouting about the people pink with cheer, I will be listening to my Christmas music and roasting chestnuts over my digital fireplace.

May the holiday season continue and may your days be merry and bright.

EDITORIAL



Sam Greene/ Iowa State Daily
Students make a walk from Curtiss to Beardshear. Because of strong winds and cold temperatures, many students have turned to CyRide for transportation.

Get ahead of winter woes, prepare early

Central Iowa experienced a temperature drop earlier this week and Ames' first winter storm is scheduled to hit on Nov. 15.

While there have been mixed reports of just how bad this winter is going to be, it's always better to be safe, rather than sorry or end up with a broken tailbone. Slipping on ice might send you wishing for your two front teeth these holidays if you are not prepared.

Because winter seemed to come early this year, it is important for students and other Ames citizens to be begin preparing now for the cold temperatures and dangerous conditions it may bring. Preparing for the weather is not just as simple as remembering to wear winter coats and boots on cold days.

When thinking of winter readiness, one may usually be concerned about the condition of his or car or having the proper clothing. However, there are many other ways to prepare for and educate yourself about winter weather that are often not thought about.

College students are often paying energy bills for the first time in their house or apartment at school. The cost of heating may be shocking or even hard for college students to afford. So people should take steps to keep warm without cranking up the heat.

Covering old drafty windows and doors can stop heat from escaping or the cold from leaking in. Products like longjohns or heating blankets can also stay warm. Finally, hot drinks and foods can also help.

But winter can be more serious than just expensive bills. One of the silent killers of the winter is carbon-monoxide related deaths. According to www.ready.gov/winter-weather, an average of 430 Americans die each winter because of carbon-monoxide poisoning. This is caused by the influx of gas-powered furnaces and alternative cooking indoors.

A quick fix to this can be purchasing a carbon-monoxide detector at the nearest hardware store. They run around \$20 a piece.

Another thing to consider before hanging stockings and roasting chestnuts, is fireplaces. It is important to make sure that traditional chimneys are clean before lighting fires to keep warm this winter. Chimney fires occur when particles from burning wood accumulate on the inside walls of a chimney and then catch on fire.

Chimney fires can be intense and explosive, according to the Chimney Safety Institute of America's website. They can fill homes with dangerous smoke and cause plenty of fire damage to home. To avoid this, chimneys should be cleaned before use in the winter.

Finally, everyone must understand the weather they are facing this time of year. During the winter, there is a plethora of terminology that is used. Knowing the difference between a winter storm watch and a winter storm warning can literally be the difference between life or death.

At www.ready.gov/winter-weather, there is a list of the different terms meteorologists will use to warn the public about the weather. Being one step ahead of a storm and staying informed is the best way to stay safe during the cold Iowa winters.

So as the temperature drops and the snow starts to fall, students should make sure they are prepared for the dangerous season ahead. Preparing for winter is not all that difficult but it could just save lives or if not, at least save a little money.

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

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



Kyle Heim/Iowa State Daily

Junior Crystal Nelson and redshirt senior Katy Moen lead the pack at the Big 12 Championships on Nov. 1. Their performances contributed to Iowa State's fourth consecutive Big 12 title.

Runners stride for a bid to nationals

By Kyle Heim
@iowastatedaily.com

The agenda at the NCAA Midwest Regional is simple for the ISU women's cross country team: get in and get out.

On Friday marks the fifth and second-to-last event of the season for Iowa State. It also forecasts to be the coldest race to date.

"We're going to try to not let the cold affect us at all," said junior Crystal Nelson. "A lot of us will wear

more layers, everything that will keep us warm. We'll probably stay on the bus for as long as possible to stay warm for as long as possible, but we'll try to keep it out of our minds."

For the first time since the Drake Bulldog Classic on Aug. 29, Iowa State will be running without Nelson.

ISU coach Andrea Grove-McDonough said the decision to deactivate Nelson was to make sure she is 100 percent for the NCAA Championships which will take place on

Nov. 22.

Another top runner on the team, sophomore Bethanie Brown, will also rest for the third straight competition this year.

Grove-McDonough said Brown is in great shape and that she will be ready to run at nationals.

"We're really just making a statement about how important the national meet is to us," Grove-McDonough said. "We're going to take our chances at the regional meet in terms of maybe not winning the

thing. Our intention all year has been win the Big 12 title and then go into the NCAAs and do something special with this team."

Without Nelson leading the pack, Iowa State will rely on redshirt senior Katy Moen and graduate Margaret Connelly to pave the path for the team in Peoria, Ill. on Friday.

"We'll go into regionals and get our qualifier out of the way," Grove-McDonough said. "The girls are going to have to be more aware of where

they are, and we're going to have to ask on Katy and Margaret to lead the team out there.

"We're trying to run as easy as possible too because we only have seven days of recovery."

In order to secure an automatic bid to the NCAA Championships, Iowa State will need to finish inside the top-two at Regionals.

Another opportunity the Cyclones have to earn an invite to Nationals is by receiving an at-large bid.

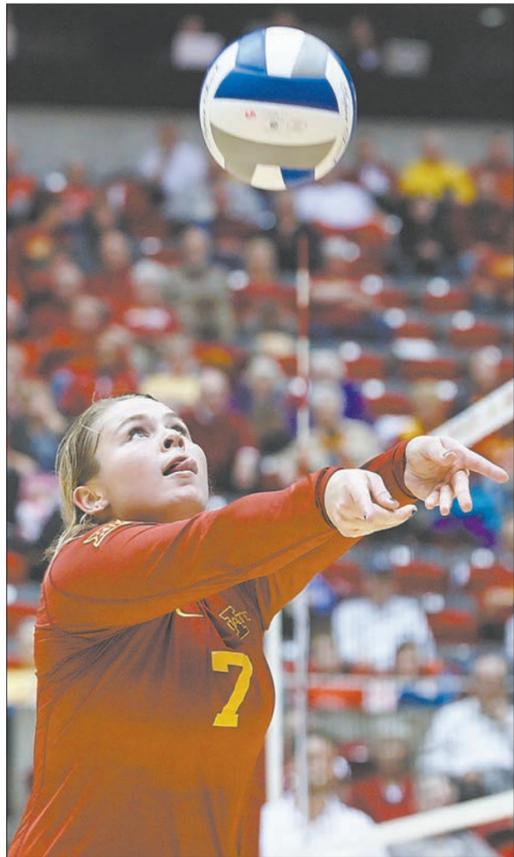
At-large bids are de-

termined by how many wins a team has against the automatic qualifiers at Nationals.

Despite a five-year regional championship streak on the line, Iowa State's focus remains on only one goal, contending for a national title in Terre Haute, Ind.

"We need to continue to work together and work off of each other," Hooker said. "These last few meets we've been really successful, so we're not changing much."

Switching gears gives ISU volleyball new life



Sam Greene/Iowa State Daily

Junior libero Caitlin Nolan saves a wild ball and continues the point for Iowa State. The Cyclones defeated the Wildcats in three close sets and showcased a new offensive strategy that yielded positive results.

By Max Dible
@iowastatedaily.com

The ISU volleyball team has spent most of this season lying to coach Christy-Johnson Lynch, but it could not fool her forever.

The deception culminated on Nov. 2 with a loss to Texas that dropped Iowa State to 3-6 in conference play, as it appeared that the Cyclones were doomed to the dreaded purgatory of mediocrity.

Yet much like the rabbit in a magician's hat, Iowa State's true identity was always present, but merely concealed from sight.

On a mission to unearth her team's true potential, Johnson-Lynch excavated the ISU season from the rubble of a .333 Big 12 winning percentage, applying the rarely used 6-2 rotation as her digging implement.

"Our numbers are so much better now than they have been," Johnson-Lynch said. "We have more energy. Our team seems more motivated and we have more of a spring in our step."

"Win or lose, I already think [the 6-2] has

changed the dynamics and the chemistry of the team."

Since Iowa State made the switch, the truth has set the Cyclones free as they have reeled off three wins in a row, including their first two road victories of the conference season as well as two triumphs over top-25 teams.

"It was difficult in the sense that we had not practiced it a lot but it was really good for the team because we [play] better together in the 6-2," said freshman defensive specialist Brannen Berta.

Iowa State clawed its way to .500 in the Big 12 for the first time all year with its most recent victory against No. 24 Oklahoma on Wednesday, perpetuating a turnaround that is unique in sports due to both its rarity and its bucking of immediate precedent.

Regardless of the sport or the level of competition, teams that post one win for every three matches through nine conference contests are not generally considered to be contenders for anything, even a winning record.

Iowa State, however, has a chance to achieve just that in its next match when it takes the court

against Texas Christian on a search for redemption, not to mention a fourth straight win.

The Cyclones fell to the Horned Frogs in four sets back in late September, but that was a different team running a completely different system.

If the ISU team that lost to Texas Christian six weeks ago was a lie, then the ISU team the Horned Frogs will see Saturday is the boldest of truths.

"I think it is a bit of an advantage," Johnson-Lynch said. "We still have some questions to answer I think, and some things to sort in [the 6-2], but there is a certain advantage to it."

As the season eroded earlier in the year, Iowa State's confidence began to erode with it, as the freshman-laden team openly admitted to questioning itself and to the doubt that was festering among the team ranks.

The timing of Iowa State's resurgence has been impressive, appearing at the height of the ISU struggles, and the results have been nothing short of auspicious.

Yet, junior libero and team leader Caitlin Nolan said the Cyclones are trying to manage their success

more effectively than they managed their failures.

That management commences with avoiding getting too wrapped up in what a four-game winning streak and a plus .500 Big 12 standing might signify for Iowa State's postseason aspirations.

"The record is great and everything, but it is really just what we can do to be better every game," Nolan said. "It is really easy to look ahead and that is kind of the hard part."

Neither Iowa State's success nor its response to that success have come as a surprise to Johnson-Lynch.

She contended numerous times early in the season that her team had the greatest potential of any in the Big 12 to make meaningful strides as the year progressed.

This is largely because of the number of underclassmen functioning in prevalent roles.

Progress is what Johnson-Lynch expected, even when she could not see it—a truth in which she always had faith.

Iowa State will attempt to further reinforce that faith when it takes the floor at 4:00 p.m. Saturday to battle Texas Christian at Hilton Coliseum.



Tiffany Herring/Iowa State Daily
Junior guard Naz Long runs the ball against Viterbo on Nov. 7 at Hilton Coliseum. The Cyclones defeated the V-Hawks in exhibition play 115-48. Long scored a total of 17 points in his 16 minutes of play.



Sam Greene/Iowa State Daily
ISU sophomore guard Seanna Johnson steals a rebound away from William Penn freshman guard Asia Cochran. Iowa State defeated William Penn 99-53 on Tuesday in their first preseason exhibition game.

The wait is finally over for ISU basketball

Men's team focuses on what's ahead

By Max Dible
@iowastatedaily.com

The irony surrounding the ISU men's basketball team is a potentially cruel one.

The void left by Big 12 Player of the Year Melvin Ejim and third team All-American selection DeAndre Kane has been filled by new faces, expanded roles and perhaps unfairly by increased hype and expectations.

Junior Naz Long recognizes fully the new model by which Iowa State will be judged despite losing its top two scorers from a year ago, and has prepared to assume a role as one of Iowa State's beasts of burden.

Shouldering the statistical load left by Kane and Ejim, which includes over 35 points per game, will be task enough.

The increased pressure accompanying the team's success from last season only adds to the weight of that already Herculean responsibility.

"Having guys like Bryce [Dejean-Jones] coming in, Monte [Morris] having a bigger role, Melvin and DeAndre not being here anymore—guys like myself have to step up and do a little bit more than just shoot," Long said. "At

the end of the day, it is not about what people think. It is about what you do on the court."

It is a shift in roles both for Iowa State and for Long himself, who said current circumstances feel different than the beginning of last season when no one was picking Iowa State to win on a national stage.

"Me myself, I like being the underdog," Long said. "That is just something I like about myself [and] about being on those type of teams because there is a certain type of hunger that those teams have. But those are just predictions man, and we have got to fulfill them. That is what the fans want and that is what we want as a team."

The expectations begin for Iowa State with a matchup vs. Oakland at 7 p.m. on Nov. 14 when the first tip of the season will be thrown.

A primary focal point for ISU coach Fred Hoiberg after Iowa State's 115-48 exhibition clobbering of Viterbo was a lack of communication on the floor, a natural enemy to a team with a vastly altered composition in which former background players will now step into starring roles.

Much of the responsibility to rein in what is likely to be a fast-paced, tempopushing offense and create order from chaos will fall to sophomore point guard Monte Morris, who echoed his coach's concerns.

"Communication will be big for us," Morris said. "If we talk to each other

and get stops we can get out in transition, and you will see a lot of nice plays. It is about playing basketball together. It is all about communication. If we talk everybody is happy and we [will be] just fine."

Who Morris will be shouting at and for how long is perhaps the most prevalent question swirling around the Cyclones as they take the court for the first time in the 2014-15 season against the Golden Grizzlies — a team that played four ranked opponents last season and pushed then-No. 5 Michigan State to the edge, losing by only four points.

"I have always coached by feel and the game tomorrow may be completely different than the game on Monday," Hoiberg said. "I am not sure the rotations have fully worked themselves out yet, especially early in the season when we are going to be missing three of the guys that I think will have very key roles on this team once the conference season rolls around."

Junior Georges Niang CQ said that while the way last season ended left a sour taste in the team's collective mouth, which will be a constant source of motivation, Iowa State's focus in anywhere except on the rear view mirror.

"The past is the past and I feel like this is a new team [with] new goals," Niang said. "I just feel like we are a totally different team so we are just really focused on what is ahead of us."

Women aim for journey to tournament

By Harrison March
@iowastatedaily.com

The journey starts now for the ISU women's basketball team — the journey that will take the Cyclones four months, all the way to Selection Monday on March 16.

To start it off on the right foot and try to get one step closer to making its ninth-consecutive NCAA tournament, the ISU women's basketball team will host the USC Upstate Spartans on Sunday.

The Cyclones are tasked with adapting to full-fledged Division-I basketball for the first time in four seasons without two-time honorable mention All-American Hallie Christofferson. In its two exhibition wins against William Penn and Winona State, guard/forward Seanna Johnson said the team learned a lot about its identity.

"We learned that we're a fundamental team," Johnson said. "We have a variety of players who can do versatile things. What we've got to do is get our post players involved. We know they're freshmen, but they're capable of doing what they're supposed to do."

The Spartans, however, come to Ames with a very different team dynamic.

USC Upstate returns five starters from a 17-win squad last season that qualified for postseason play in the Women's Basketball Invitational.

Unlike the Cyclones, the Spartans did not play any exhibition games, so Iowa State will have to wait and see how Upstate plays against Iowa on Friday before too much pregame planning can be done.

"They play Iowa Friday night, so we'll be scrambling late Friday night and early Saturday to get something together to see who their new kids are [and] did they change how they play," said ISU coach Bill Fennelly.

Though Iowa State will be short on time to analyze that game tape when the coaches finally get ahold of it, Fennelly said his team won't be as focused on Upstate's strategy as it will be on its own.

"Unlike exhibitions, you really got to focus on what you do and be prepared for a little bit of everything and hope that they don't come out playing some crazy defense or completely changed how they played last year," Fennelly said. "We have some video from the postseason last year so we have an idea of the personnel, but it's going to be hard."

Upstate will also be

facing a disadvantage in preparation, as Fennelly and the coaching staff have reinserted point guard Nikki Moody to the starting lineup after she sat out Iowa State's two exhibition games as a part of her suspension.

Moody facilitated the ISU offense last season, dishing a team-high 163 assists at a clip of 5.26 per contest. With her back in the starting rotation, other guards — Jadda Buckley in particular — can slide back into their natural scoring roles.

"We were talking in the locker room [and] things are back to normal," Buckley said. "She's back at point so things are running smoothly. We're all kind of back in our element, in our zone, so it's really good."

With all of the adjusting the Cyclones are having to do, more time to prepare for the first tipoff of the season would be welcomed. In spite of that, however, Fennelly thinks the time is right for the 2014-15 team to get the ball rolling.

"Now it's this team's turn...the kids on this team's opportunity to see what their journey is going to be and what mark they can leave on Iowa State women's basketball," Fennelly said. "We do a lot of practicing and there's nothing better than getting to play at Hilton...nothing better. They only get to do it so many times and the first one is Sunday afternoon."

ISU aims to dominate first duels of season

By Chris Wolff
@iowastatedaily.com

The ISU wrestling season is already underway, starting with a pair of open tournaments earlier this month, but this weekend brings the first dual meets of the season.

The Cyclones will travel to Boise, Idaho, for a pair of duals against Utah Valley and Boise State.

"We're looking for a fast start," said All-American Michael Moreno. "We want to go out there and we want to dominate. We want to go out and win all 20 matches."

ISU coach Kevin Jackson also used the word "domination" to describe his expectations for the weekend.

"Domination is a key word and we are going to be looking for our guys to do that so we can continue

to grow and have our best performances," Jackson said.

The Cyclones are coming into the dual meets fresh, as Jackson made the decision to rest his starters at last weekend's Harold Nichols Open in preparation for the duals this weekend.

"I just look for them to be fresh," Jackson said. "We had [the starters] take [last week] off for a reason, for them to be fresh, to be healthy, and ready to have an explosive performance."

The early season duals will allow Jackson a chance to analyze his team and decide upon a lineup for bigger dual meets later on in the season.

With most of the lineup set, Jackson said he still wants to see improvement at 125 and 285, so that the team can start and finish strong.

Most of the middle of the lineup is set, he said.

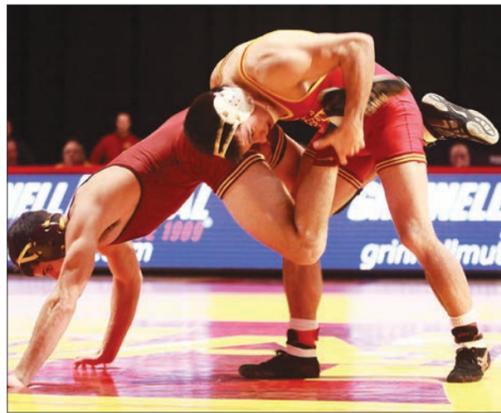
The only question mark in the middle of the lineup, is Luke Goettl at 157. Goettl originally wrestled at 141 for the Cyclones, so Jackson will look to analyze how Goettl performs at 157.

The lineup decisions will be simple as far as Jackson is concerned.

"It's going to depend on [if] you are beating nationally ranked guys," Jackson said.

With high expectations and a stacked lineup, it's sink or swim for the ISU wrestlers on the fringe of starting or back-up status. The early season duals provide these athletes a chance to prove their worth.

Furthermore, the early season schedule allows the team a chance to get their feet wet and get into the flow of the season.



Iowa State Daily
Michael Moreno tries to gain the upper hand over his opponent during his match in the 165 weight class on Feb. 23, 2013. Moreno won by decision with a 7-3 win. Iowa State fell to Minnesota, 27-12.

A fast start to the season is paramount to the team.

"It's important to start fast, start strong, get the team on a roll early and roller coaster from there," said redshirt junior Tan-

ner Weatherman. "If we start strong I think we'll have a strong performance throughout the year."

The Cyclones will take on Utah Valley at 4 p.m. and Boise State at 7 p.m. today in Boise, Idaho.

FOOTBALL

ISU moves on after Kansas loss

After a tough loss to the Kansas Jayhawks, both the Cyclones and injured quarterback Sam Richardson are forced to regroup with bowl eligibility out of the question. Despite disappointing results, the team continues to play with lots of energy and looks ahead to Texas Tech.

HOCKEY

Cyclones face tough road test

Cyclone Hockey has faced a slew of high-powered teams this season, including two top-5 opponents. The Cyclones' next challenge will be against the Illinois Fighting Illini in the team's third consecutive road trip in as many opponents.

Horoscopes by Linda Black

Today's Birthday (11/14/14)

Launch your year with confidence and power. Bounty comes with dedicated efforts. After 12/23, begin a profitable yearlong phase. The social arena provides rising status. Collaborate with friends on dreams and adventures. A romantic new game begins after 3/20. Rest into a tranquil phase after 4/4. Consider the road traveled and still ahead. Aim for love.

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

Aries - 7
(March 21-April 19)
Go over plans again. It's not a good time to expand. Take it slow and review the situation. Rearrange furniture. Ask a question you've been considering. You can have fun without spending a lot.

Libra - 7
(Sept. 23-Oct. 22)
Guests arrive... offer warm hospitality, and your peacemaker skills. Be careful, something you try doesn't work. Don't follow a hunch blindly. Listen for what's wanted. Spend time on or near the water.

Taurus - 6
(April 20-May 20)
You may feel like taking on home projects, but today's better for planning than action. Don't launch a new endeavor yet, and especially don't dip into savings. Get organized.

Scorpio - 7
(Oct. 23-Nov. 21)
Employ a light touch. Accidents are possible, especially in a rush or hurry. Watch your own strength... you have more than you think, and things aren't all they seem. Investigate different routes for career growth.

Gemini - 7
(May 21-June 20)
Controversy arises. It could get emotional or hot-blooded. Decrease activities, and take it easy. Don't spend too much. Work interferes with playtime. Keep learning, and take notes. Get into books.

Sagittarius - 8
(Nov. 22-Dec. 21)
Reduce expenses. Take local trips rather than long-distance. Meet by videoconference. Disruptions and delays could plague travels and shipping. Apply what you learn to your career.

Cancer - 7
(June 21-July 22)
Your desire for fun and practical obligations could conflict today. Delays could hamper work and travel. Don't buy toys yet. Keep your optimism. With a partner, push for changes. Reschedule appointments.

Capricorn - 7
(Dec. 22-Jan. 19)
Postpone a financial discussion, and do the numbers to prepare. Get clear on the facts. Your credit rating's going up. Complete a contract or other document. Social time reinforces your connections.

Leo - 7
(July 23-Aug. 22)
There may be obstacles to accomplishing your objective at home. Keep researching for better prices. Clean up the backyard or garage. Consider all possibilities. Be selective.

Aquarius - 7
(Jan. 20-Feb. 18)
Work and romance could conflict. Listen to your partner's considerations before choosing. New evidence threatens complacency. Insight comes from contemplation. Your finances continue to grow.

Virgo - 6
(Aug. 23-Sept. 22)
Fantasy and facts clash. Simplify to minimize regular expenses, and increase savings. Decline a social invitation for now. Quiet time in peaceful surroundings recharges your batteries. Eat and sleep well.

Pisces - 7
(Feb. 19-March 20)
Postpone travel. Focus on a new career target. The current one may not take you where you want to go. Don't try new tricks or take financial risks. Talk about skills, passions and hobbies.



Blake Lanser/Iowa State Daily
Rider wears a vest that shakes her body to break up mucous in her lungs while inhaling a saline mixture to help the process go smoother. Rider deals with the obstacles presented by Cystic Fibrosis while juggling a full schedule. She tries not to think about it a lot, and focuses on having fun in life.

CYSTIC FIBROSIS p8

I picked her up from school and like every day I asked her how her day was. She goes mom, 'I found out today that CF can kill me.' So Susie had that dreaded conversation with her 8-year-old daughter about how the mucus build-up in her organs will clog her airway, leading to severe problems with breathing and cause bacterial infections in the lungs.

"I cried and she hid in the pillow," Susie said as she recalled that day. "She hated seeing me cry."

Andrea's younger brother, David, also had a hard time finding out about the disease's effects.

"When he learned about the life expectancy, that bothered him a lot," Andrea said. "When I see him upset, it bothers me too. He's my baby bro, I don't want him to be upset about it."

But Andrea tries to keep things positive.

"I actually don't think about it much," she said. "I'm doing well. I feel like I'll have longer."

Andrea keeps up on her daily care regimen and she thinks that's a tribute as to why she's a healthy CF-er.

Her daily care regimen consists of:

- Two to four vest treatments – a vest she wraps around her that inflates and vibrates her whole body to shake the mucus loose from her lungs.
- Nebulizer medication - inhaling a sterile saltwater mist.
- Seven to 10 vitamins and pills twice.
- Insulin injections and blood sugar checks.
- Three pills with every

meal. She also makes a clinic visit once every three months for four-hour appointments. She sees separate doctors for her lungs, pancreas, diabetes and nutritional health.

Elaine Waldschmitt, registered dietician with United Point Health Des Moines, has worked with Andrea and the Rider family for the past 15 years and said Andrea's consistency in doing her treatments has helped to keep her healthy.

"She is very compliant. She has always stuck with [the treatments]," Waldschmitt said. "She's very positive. We love her here. We love her whole family."

The whole Rider family focuses on keeping that positive attitude, living in the moment and stomping out Cystic Fibrosis.

The Riders started a fundraising group called Andrea's Angels that holds fundraising events throughout the year to give to the Cystic Fibrosis Foundation. The foundation puts the money toward creating quicker, easier, more effective treatments for people with Cystic Fibrosis.

The team's latest fundraising effort is a Bolder Band, Andrea's Band, which can be purchased for \$15, with part of the proceeds going to the Cystic Fibrosis Foundation.

Back in high school, Andrea played the flute and ran cross country. The flute was considered a treatment for her when she was younger because of all the air and chest movement needed to play the instrument.

Andrea took her accomplishments from high school and used them to

help her win the \$22,000 AbbVie CF Thriving Undergraduate Scholarship – a national scholarship dedicated to helping students with Cystic Fibrosis further their education.

Andrea and more than 200 other students with Cystic Fibrosis from around the country wrote an essay, listed key high school accomplishments and submitted an art piece to make it past the first round. Andrea and 39 others made it past the first round to receive \$2,500.

The second phase was a month-long voting phase, where Andrea had to campaign for her cause.

"I went to the mall in Des Moines and I put flyers on all of the cars," Andrea said laughing. "I Facebooked, Snapchatted, Instagram, all of those."

When she found out she had won the scholarship, Andrea said she was ecstatic and is thankful for the support.

"Without all those votes, I wouldn't have gotten it," she said. "Whenever people ask me if I got the scholarship, I tell them yes and give them a hug because they were a part of that."

Andrea has put her scholarship to use thus far at Iowa State and keeps herself busy with homework, extracurricular activities and spending time with her roommate, a friend from high school, Sydney Allen.

Allen, freshman in earth science, met Andrea in the second grade. She didn't know Andrea had Cystic Fibrosis until she wanted to invite her over for a sleepover.

"Her mom told me she couldn't sleep over because she had to do her treat-

ments," Allen said.

When the girls were in the fourth or fifth grade, Allen wanted to raise money for the Cystic Fibrosis Foundation. So she held a mini carnival fundraiser for Andrea's Angels in her backyard and ended up raising almost \$500.

Allen, too, found it difficult to discover Cystic Fibrosis was fatal.

"I didn't want to believe it," she said. "The more I got to know Andrea, the more her mom explained how it was fatal. It's good to know [Andrea is] a healthy CF-er so her life expectancy is longer, but it was definitely a shocking thing to hear."

The girls don't let the thought bog down or change the way they'd spend their freshman year of college, though, and find fun things to do on the weekends.

But Andrea still has to remember to do her treatment before she goes anywhere.

She may have to ask people to wait an extra half an hour to leave for an activity or explain why she has to take three pills every time she eats a meal, but Andrea doesn't let that stop her.

Andrea doesn't think about the monthly prescriptions, inhalers, the four-hour long doctor visits every three months or a life expectancy. She and her family focus on raising awareness for the cause and spending time together.

"We're not going to keep living life always thinking about death," Susie said. "We're going to think about living. We're going to live in the now, do what we need to do and keep going and we'll take things as they come."

Sudoku by the Mephram Group

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

LEVEL:

1 2 3 4

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

Crossword

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

Across

- 1 Arguing
- 5 Colored part of the iris
- 11 Fold call
- 14 Ho Chi ___
- 15 Caribbean stop-over
- 16 Munic. official
- 17 Making flush
- 19 Army E-5, e.g.
- 20 You can usually see right through them
- 21 Country named for its location
- 23 Picnic contest gear
- 24 Pushy
- 26 Signs
- 27 Son, to Sartre
- 28 London gallery
- 29 Orbit bit
- 30 Exiled Amin
- 31 Test area
- 32 Feature of some jellyfish
- 37 Things to consider
- 38 Golf club part
- 39 Thanksgiving staple
- 42 Instant
- 44 Suffix indicating absence
- 45 Blend
- 46 Administration
- 48 Selling points
- 49 Seasoned seaman
- 50 Willies-causing
- 51 Broadcast

Down

- 1 ___ Zion Church
- 2 Symphonic set
- 3 Behind
- 4 Response to a helper
- 5 Literary collections
- 6 Dorm minders, for short
- 7 Sicilian capital?
- 8 Willows for wickerwork
- 9 Camelot weapon
- 10 Like the works of Virgil and Horace
- 11 Crook
- 12 Nook
- 13 Worship
- 18 Attorney's thing
- 22 Easy ___
- 23 Jacob, to Esau, for short
- 24 Hill helper

25 What icicles do in the sun

- 27 Douglas and others
- 31 Sediment
- 33 ___ Little Ironies": Thomas Hardy collection
- 34 Some exits
- 35 Run to
- 36 Goth makeup
- 40 Score direction
- 41 HMO group
- 42 City SW of Chicago
- 43 ICU hookup
- 44 Eases
- 45 Place with berth rights
- 46 Shootout successes
- 47 Mid-11th-century year
- 48 Harris of "thirty-something"
- 50 Tiger's ex
- 53 Ltr. afterthoughts
- 54 Outside: Pref.
- 55 Astrodome field's lack

DRESSES p8

the girls, both as the caregiver and younger siblings.

Little Dresses for Africa is a non-profit Christian organization.

L DFA started in 2008. Since then, the dresses have reached 47 countries in Africa, along with 31 other countries. All together, L DFA has received 3 mil-

lion dresses.

Kenemer is unsure of where the next batch of dresses will go.

"Sometimes we go through headquarters so they get to girls living in orphanages. Other times we partner with churches making service trips," Kenemer said. "The last time [we sent them] was to Bolivia; they really just go

anywhere in need."

By going through church organizations, they have the chance to host Bible classes, camps for the young children and informational teaching classes, allowing the young children in underprivileged countries to learn more about health and sanitation.

This allows young

girls a chance to get more education on life around them. A representative of L DFA said she wants to give young girls hope. By giving them hope, it shows that someone has noticed them, even if they are across the ocean.

The hope from the dresses is that "a seed will be planted in their hearts," according to the website.

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