

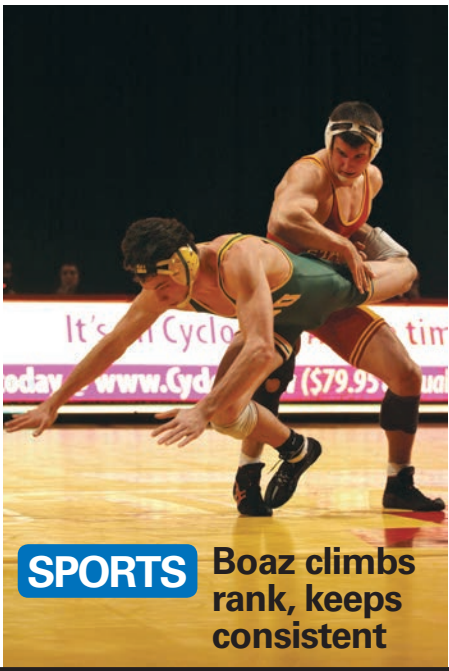


OPINION

ISU weather is unacceptable

FLAVORS

Drinking with health in mind



SPORTS

Boaz climbs rank, keeps consistent

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AG EMPLOYERS VISIT WEDNESDAY

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GREEK GROUPS DESERVE RESPECT

iowastatedaily.com/opinion

WEATHER:



WED 15|34



THURS 30|34



FRI 23|33

Provided by ISU Meteorology Club

MEETING:

GSB to vote on two bills Wednesday

The Government of the Student Body will vote on two bills at Wednesday's meeting.

"Students First Agenda Act" consists of amendments that will, if approved, update the format of the GSB agenda, and will help the GSB "do its job better but putting Students First," according to the bill.

The second bill proposes transferring excess money from the Special Allocations Account into the Capital Projects Account.

—By Katie Grunewald

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Opinion	4
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Games	9

Politics

Harkin refuses to donate papers to Iowa State

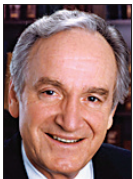
By Katelynn Mccollough @iowastatedaily.com

Sen. Tom Harkin said in a letter addressed to ISU President Steven Leath on Tuesday night that he will not donate his congressional papers to Iowa State.

Harkin said in the letter it was, "evident that the

university would not grant the Institute [Harkin Institute] the very freedoms that I learned to cherish at Iowa State."

Because Harkin felt the



Harkin

academic freedom of the Harkin Institute would not be met, he decided to not pass on his papers from his 40 years serving in Congress.

The Harkin Institute for Public Policy's advisory board released a resolution, or recommendation, on Tuesday that Harkin should not release his congressional papers to Iowa State.

"While we were excited about the establishment of the Harkin Institute of Public Policy at Iowa State University, we believe the issues that have arisen regarding unrestricted research and academic freedom at the institute have made it impossible for the institute to flourish."



Breaking news: To read President Steven Leath's statement, go to: iowastatedaily.com

SENATOR.p3 >>

Technology

NATIONAL SCHOLARSHIP

10 recipients | 2 sisters | 1 university

ISU students visit D.C. for conference

By Lissandra Villa @iowastatedaily.com

Iowa State has made a point of promoting women in science and technology through the Science, Technology, Engineering and Math (STEM) program, but the Williams sisters have taken that a step further.

More specifically, they went to the White House.

Cassidy and Camryn Williams, a junior and a freshman respectively, were invited to be two of the 10 girls at the Tech Inclusion Summit.

Their presence was on behalf of the National Center for Women and Information Technology, an organization that they stayed involved with

Timeline

- The Williams sisters flew out of Iowa last Wednesday, Jan. 30.
- The summit was held on Thursday, Jan. 31.
- They returned to Iowa on Friday, Feb. 1.

after each winning the organization's Aspirations Award in high school.

The summit's purpose was to brainstorm ways to generate higher numbers of science and technology graduates. The sisters' focus was on how women in technology can be more progressive thinkers in the field.

"There's just a real need for women in technology, and that was kind of



Photo courtesy of Cassidy Williams

Sisters Camryn Williams, left, and Cassidy Williams, right, visit the White House for the Tech Inclusion Summit, encouraging women in technology.

SISTERS.p3 >>



Photo: Megan Wolff/Iowa State Daily

BIRDS: Guineas caught invading campus

Several guinea fowl were seen near the Landscape Architecture Building on Tuesday. Two students discovered the uncommon birds upon leaving the Physics II building thanks to the loud, unusual noise the guinea fowls were making. The birds are native to Africa.



Unusual birds appear at Iowa State:

Read about the mysterious guinea fowls that were found on Iowa State's campus. Pg. 3

Organization

Alliance spreads word about ISU

Group created to increase awareness

By Thaddeus Mast @iowastatedaily.com

Iowa State has a new awareness and advocacy group for students and alumni: Alliance for Iowa State.

Created originally by the Alumni Association, the program has been relaunched within the past couple of weeks.

"The preface to all of this and sort of the goal we want to strive for with this group is to really increase our footprint and increase our awareness, and when I

say our, I mean Iowa State," said Joe Murphy, the Board of Regents state relations officer for Iowa State.

The plan for the alliance is to help people know what goes on at Iowa State.

"So many times, talking with legislators and talking with external folks, alums, they have a great understanding that Iowa State does some really great things, but sometimes they don't really know the details on the grants and the great things we're doing on campus," Murphy said.

This program will hopefully combat this lack of knowledge.

ISU president Steven Leath is supportive of the

ALUMNI.p3 >>



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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.

Feb. 1

Luke Hermer, 18, of Madison Lake, Minn., was cited for underage possession of alcohol at Larch Hall (reported at 10:26 p.m.).

Nicholas Streeter, 19, of Marshalltown, was arrested and charged with public intoxication, possession of a controlled substance, underage possession of alcohol and interference with official acts at Larch Hall (reported at 10:45 p.m.).

Feb. 2

Officers assisted an 18-year-old female who had consumed too much alcohol at Eaton Hall. The individual was transported to Mary Greeley Medical Center for treatment (reported at 12:15 a.m.).

Grant Whitaker, 19, of White Bear Lake, Minn., was cited for underage possession of alcohol at Lincoln Way and Lynn Avenue (reported at 12:59 a.m.).

Madison Mickelson, 19, 1205 N. 3rd St., was arrested and charged with public intoxication at the 100 block of Stanton Avenue (reported at 1:07 a.m.).

Aaron Hoffman, 19, 1370 Larch Hall, was arrested and charged with public intoxication at Larch Hall (reported at 1:33 a.m.).

Andrew Seuntjens, 19, of Danbury, and **Trevor Stevenson**, 19, of Wheatland, were cited for underage possession of alcohol at Knapp Street and Stanton Avenue (reported at 2:01 a.m.).

An individual reported damage to the window of a parked car at Knapp Street and Stanton Avenue (reported at 2:21 a.m.).

Eric Bailey, 22, of Robins, was arrested and charged with operating while intoxicated at Storm Street and Welch Avenue (reported at 2:58 a.m.).

Jason Stewart, 19, 2112 Lincoln Way, was arrested and

charged with public intoxication and interference with official acts at Beach Road and Lincoln Way (reported at 3:09 a.m.).

Johnson Thomas, 26, 1112 Burnett Ave., was charged with driving on the wrong side of a two lane highway, failure to prove financial liability in an accident-related incident, failure to maintain control and leaving the scene of a property damage collision at the Armory. The charges stem from a hit and run collision that occurred on Jan. 31 (reported at 7:20 a.m.).

Vehicles driven by **Carter Collins** and **Sandra Hawley** were involved in a property damage collision Union Drive and Wallace Road (reported at 10:07 a.m.).

An individual reported being a victim in an online fraud at the Armory (reported at 2:29 p.m.).

Jacob Hinrichsen, 19, 3398 Friley Hall, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Friley Hall. He was subsequently released on citation (reported at 5:07 p.m.).

Vehicles driven by **Amelia Dohlman** and **Breanna VanPeurse** were involved in a property damage collision at Haber Road and Hawthorn Court Drive (reported at 6:20 p.m.).

The following were cited for possession of drug paraphernalia: **Garret Johnson**, 19, 4261 Welch Hall; **Jonathon Langel**, 18, 2255 Welch Hall; and **Ryan Wessel**, 18, 2264 Welch Hall (reported at 9:54 p.m.).

Officers responded to a reported loud party with underage drinking occurring. The incident remains under investigation and charges are pending at University Village (reported at 11:20 p.m.).

Board of Regents

Property purchase proposed

By **Danielle Ferguson**
[@iowastatedaily.com](mailto:diowastatedaily.com)

The Iowa Board of Regents has a packed agenda planned for their next meeting. Topics ranging from budgets to new property will be discussed.

The Board will meet on Wednesday and Thursday in Des Moines.

Agenda items relating to Iowa State will mostly be discussed on Wednesday.

Wednesday's meeting is scheduled to begin at 10 a.m. and adjourn at 4:30 p.m. with a lunch break from 12 to 12:45 p.m.

Iowa State's presence on the agenda is sparse for this particular meeting because of the University of Iowa's many topics, such as their Health and Hospitals and Clinics report, a new equipment purchase, a requested name change in a Business program and an update on the flood recovery.

"Although the agenda items aren't specific to Iowa State, the information is represented in some of the governance reports. They will include some data from ISU too," said Sheila Koppin, the Board's communications director. "As far as things specific to Iowa State this time, it's very light."

Iowa State's main point of interest will be proposing a new property purchase.

Two properties are in request: 250 Hyland Ave. in Ames, from the estate of Virgil Clifford Dice at a price of \$148,000; and a property located at 2121 State Ave. in Story Country from John Wiley and Sons at a price of \$950,000.

The first of the properties, Hyland Avenue, is on the west side of campus and contains a three-unit apartment building on a 5,000 square foot area.

The university is looking at the Hyland Avenue purchase to be a new building site to help accommodate the increase

in enrollment and the growth of the design and engineering programs.

Property number two, a much larger space located at 2121 State Ave., covers roughly 3.75 acres of land including an 8,953 square foot office building and an 18,200 square foot warehouse.

This area is actually surrounded by Iowa State-owned land.

These buildings were once the site of the ISU Press, but were sold to Blackwell Publishing in 2000 when a decision was made to end a university-based press.

The property was then taken over by John Wiley and Sons and has been listed for sale since 2008.

Since Iowa State has a significant shortage in office and warehouse space and already owns all of the surrounding area west of State Avenue, Wiley and Sons is offering to sell the property at \$950,000, which is around 70 percent of its original asking price.

Both buildings are in decent condition and Iowa State sees this purchase as an opportunity to monitor ISU agricultural research plots.

The office building will house the offices of the ISU Research Foundation, which are presently situated at the Lab of Mechanics.

The College of Engineering or the College of Design would

Fast facts

The Board of Regents meeting will take place Wednesday and Thursday at the Sheraton Hotel in Des Moines.

Late morning or early afternoon on Wednesday, Warren Madden, ISU senior vice president for business and finance, will present the property purchase proposal to the Board. It is agenda item six.

From www.regents.iowa.gov:

Property one is at 250 Hyland Ave. and is approximately 5,000 square feet at a price of \$148,000.

The second property is located at 2121 State Ave. in Story Country and is from John Wiley and Sons at a price of \$950,000.

Both are intended to help accommodate Iowa State's enrollment increase and program growth.

then take over this space for future program growth.

"I think this is part of the overall plan to help consolidate some of our development efforts. It would be a great opportunity for us," said Lisa Lorenzen, executive director of the Research Foundation.

The warehouse space is intended for any future need.

Iowa State's senior vice president for business and finance, Warren Madden, will present the plan to the board during late morning or early afternoon, tentatively based on the BOR agenda.

"The goal of both of these purchases is to increase space that can be used to accommodate growth in campus programs," Madden said.

The board will then vote to approve or reject the proposal.

Budgets and parking revenues are on the Board's agenda, including a resolution for the sale and issuance of \$25 million for parking system revenue bonds.

An update on the legislature will be given to discuss where certain bills are in different committees.

Thursday's focus will be selecting University of Northern Iowa's 10th president.

There are three candidates and each will be introduced and interviewed separately. This should take up the entire schedule from 9 a.m. and adjourn approximately at 3:30 p.m. with the official announcement of the new president to follow.

Anyone can listen in on the live feed of the meeting at <http://www.regents.iowa.gov/>.

Correction:

In Tuesday's article titled "Iowa State participates in delegation to India," Wendy Wintersteen, dean of the College of Agriculture and Life Sciences, was spelled incorrectly as Windy Wintersteen.

The Daily regrets the errors.



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>>**ALUMNI.p1**

program and helped create it.

“I am strongly behind and was heavily involved in the conceptualization of the idea, but the reality of it is it takes people that are capable and dedicated, smart people, to make it happen,” Leath said. “Joe and Makenzie have carried all the water in taking this from a concept to reality.”

Makenzie Heddens, special projects assistant in the office of the president, has been involved creating the program with Murphy. She believes student involvement is key.

“Students can get involved by first signing up for the weekly update. What that is, is we send out an email blast once a week to ... anyone who wants to get involved in the alliance about what’s going on at Iowa State right now,” Heddens said.

“You can fill out the What’s Important to You form, and that gives us an idea across our members of what they are interested in and what issues they value the most. There’s also a Share Your Story form. We’re looking to get some testimonials from people about what Iowa State has done for them, and how it has affected their lives.”

The alliance also has a Facebook and Twitter page which students can sign up for and receive news about Iowa State.

“Students can be our greatest advocates and allies in this effort. Students are, especially at Iowa State, really bright and capable people, and make a conscious choice to come to Iowa State and receive their education, and that’s great,” Murphy said.

“This is a way that they can stay involved with Iowa State, get involved with Iowa State, not only on a student level, but on throughout when they graduate and start their careers as young professionals.”

The program is only in the awareness stage now, trying to get the message out, but will grow over the coming years.

“It could be really huge. It’s going to take a while to build this up. I sort of liken it to planting a big tree. Right now we really want to hit the ground running and spread our message,” Murphy said. “I encourage the students to get involved. This will be a great legacy program for students that are in on these first couple of years as we grow and gain momentum, and it’s going to be something that will really benefit the university for years to come.”



Photo courtesy of Wikimedia

The new Alliance for Iowa State, created by Makenzie Heddens, Joe Murphy and with help of President Steven Leath will help legislators know the details of happenings at Iowa State.

>>**SISTERS.p1**

the main point of the trip,” Cassidy said.

Camryn explained that by 2016, 1.5 million technological jobs are projected to exist, 29 percent of which will be filled by women and 30 percent of which will not be filled at all.

Although they are originally from Illinois, the Williams sisters are the first to win this recognition on behalf of Iowa.

“Just being in the White House was amazing ... I can’t emphasize enough how amazing it was to be there,” Camryn said of the trip.

The group of ladies attending the summit were from all over the country and represented other major universities, including the Massachusetts Institute of Technology, Georgia Institute of Technology and Carnegie Mellon University, among others.

“My sister and I, we were kind of the state school girls, which was kind of fun,” Cassidy said.

The students were among some of the leading professionals in their field, including Mitchell Kapur.

“Basically he invented the spreadsheet,” Cassidy explained.

Afterwards, the girls went to dinner with Rane Johnson-Stempson, the education and scholarly communica-

tion principal research director for Microsoft.

As for their professional aspirations, Cassidy and Camryn have discussed the possibility of starting a business together down the road.

The trip to Washington, D.C. allowed them to explore this possibility further by providing them with the opportunity to network.

“There were so many ... really big names and important people there, but meeting the people from the start-ups kind of gave us a perspective of what everything is going to be like for us probably within the next five to ten years,” Cassidy said.

Both sisters concluded that the best part about the trip was getting to share it as sisters.

“It’s really fun to have someone that is kind of your automatic best friend wherever you go,” Cassidy said.

She went on to add that people at the summit commented on the fact that, precisely because they are sisters, the two had a tendency to stand out.

Their interest in technology became prominent in high school, but it actually began even further back than that, beginning in childhood.

“We weren’t Disney princess girls,” Camryn explained, saying that she and



Photo courtesy of Cassidy Williams

Cassidy Williams, left, and sister Camryn Williams, right, visited Washington, D.C. to attend the Tech Inclusion Summit to encourage women in science and technology.

Cassidy grew up playing with Legos and puzzles.

One thing is for sure, their passion for technology is as strong as ever, and they are keen to share it.

“If you’re at all considering taking a computer science class,” Camryn said, “just go for it.”

Campus

Students baffled by guinea fowls at ISU

By Rachel Sinn
[@iowastatedaily.com](mailto:riowastatedaily.com)

Mysterious birds have puzzled students on campus this week.

The perplexing poultry were two guinea fowl.

The creatures were described as looking like a “turkey chicken” by Josh Montgomery, sophomore in industrial engineering who first discovered the birds on the ISU campus.

Montgomery and Heather Milder, junior in animal ecology, were near the Physics II building at 11 p.m Monday when they came upon three guinea fowl “shivering” in the cold.

“We just heard this re-

ally odd noise, and we just look over to the right of us and there it is: A bird with a really small head, a tiny horn, two red [wattles] and a fat plump body,” Montgomery said.

After calling in a report to the police, Montgomery and Milder enlisted the help of friend Jake Swanson, senior in global resource systems. The three students herded the guinea fowl into the physics building until a security guard could arrive on the scene to capture and confiscate the birds.

There are still several guinea fowl roaming campus. The domesticated bird originates from Africa, but it is not uncommon for it to be kept by farmers.

>>**SENATOR.p1**

ish at Iowa State,” the resolution said.

“Therefore we sadly and reluctantly recommend to Sen. Tom Harkin that he not go through with the university’s request that he donate his papers to his alma mater.”

Leath responded in a statement that he is “extremely disappointed” by the resolution from the Harkin advisory board and that he “sincerely tried to resolve differences over the operation of the Harkin Institute...”

Leath also stated that he is

not sure “whether the Harkin Institute will continue to function.”

The statement from the president also stated that he does not believe his research guidelines for the Harkin Institute, released Jan. 2, infringed on academic freedoms.

The research guidelines requested that the Harkin Institute collaborates its research with the Center for Agriculture and Rural Development.

The Harkin advisory board voted five to one for Harkin to not give his papers to Iowa State, with Ruth Harkin and

Gregory Geoffroy, chairman of the Harkin Institute and former ISU president, abstaining from the vote.

Board members that voted for the recommen-

dation included Michael Gartner, Rachel McLean, Sally Pederson, Steve Roberts and Charlie Cook.

Beate Scmittmann, dean of the ISU College of Liberal Arts

and Sciences, was the only board member to vote against the recommendation.

“The advisory board didn’t come to this conclusion without a lot of thought,” said Sally

Pederson, a board member. “We regret that this has not developed in the way that we anticipated.”

Check Iowastatedaily.com as this story develops.



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CYCLONE HOCKEY




Player of the Week
#15 David Kurbatsky

Kurbatsky put in a pair of consistent, standout performances last weekend in Iowa State's southern swing. The senior forward tallied a goal and an assist in the Cyclones' narrow 6-5 loss to 16th-ranked Central Oklahoma Friday night and led by example defensively and offensively in Iowa State's big 4-1 win over 6th-ranked Oklahoma on Saturday, scoring the game-winning goal.

The Cyclones takes on 7th-ranked Lindenwood at home this weekend. Friday night's game against the Lions starts at 7:30, while the puck-drop for Saturday night's rematch is 8:00.

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EDITORIAL:

Put students first in more than one way

For those students who have attended meetings of the GSB Senate to represent one of their clubs during allocations, or who have simply wanted to give their student government a piece of their minds, having to wait around for their turn is a fact of life. GSB spends lots of time hearing presentations from such entities as CyRide or ISU Police, and also spends time tediously working through details.

Currently, the chairs of Senate committees give their reports, the Executive Branch gives its comments, and the Senate hears a presentation from either the program or group of the week. At that point, Open Forum takes place for students who have comments. Then the Senate considers special orders (such as seating new senators and considering resolutions), followed by debate on and consideration of bills. At the end of the meeting, bills are introduced for their first read.

At last week's meeting, the Senate reordered the agenda as an exercise in putting students first.

The format last week, however, differed. New senators were seated immediately, and Open Forum occurred after that. The program of the week gave its presentation next, and if there had been a group of the week, it would have been next. Then, after reports from committee chairs and Executive Branch comments, the Senate would deal with bills to fund student groups. The two final events of meetings, debate and consideration of bills and the introduction of bills, remained in their place.

The reordering surely is benign and well-intentioned, and certainly is very nice for members of the general student body who only need to attend Senate meetings for one purpose.

Seating new senators before the meeting actually begins, so they can interact during the meeting, is a good idea. Allowing students to speak early in the meetings, so that their questions, comments, and concerns can frame the whole night's discussion, is a good idea. Equating "putting students first" with "considering funding bills earlier on," however, seems odd. Serving students — or any constituency — isn't primarily bound up with money. Leading by example is just as important.

The senators of GSB could do a lot to put students first by judiciously thinking about what kinds of bills and resolutions they are considering.

We find it ironic that, at a Senate meeting that was reordered to put students first, the Senate devoted some of its time discussing a resolution that supports "the Removal of Tuition Set Aside from Student Tuition Costs." The resolution stated GSB gives "its full and utmost support" to ISU Ambassadors as they lobby for the elimination of tuition set-aside. It also stated that the university should end the practice.

That resolution was very nice. It was also immensely irrelevant.

We would be very worried if the GSB Senate did not support ISU Ambassadors, as Ambassadors is a subdivision of GSB. It also goes without saying that GSB supports the elimination of a program that increases the cost of tuition. Further, ending tuition set-aside is the prerogative of the university and the Board of Regents, not GSB.

The subject matter of the discussion that goes on in a meeting is just as important as the order in which it is considered.

Editorial Board

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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.

Request



Photo: Yanhua Huang/Iowa State Daily

Students at Iowa State leave Hoover Hall through the snow that fell Jan. 29-30. Columnist Alexander Maxwell thinks it's ridiculous that ISU students are subjected to winter weather, and requests the university administration do something to prevent unpleasant cold and snow.

Lately it has been ridiculously cold and generally unpleasant outside, and this is making it less fun to be here in Ames (which is not that fun to begin with). It is time for the administration of Iowa State to do something about this. It is just too damn cold, and this is unfair to both students and faculty of this university.

Not being able to control the weather is not a valid excuse. In fact, the lack of such an ability shows that the meteorology department is woefully underfunded. The members of the Meteorological Research group surely deserve more than \$219,626 annually, which was shockingly what they received last year, according to the official ISU budget report. Why even have a meteorology department if we are not putting it to good use? The program has existed for decades and yet unpleasant weather is still not being prevented.

Regardless of the deficiencies of the meteorology department, there is still a severe lack of work being done to protect students from nature. One potential solution is to construct a giant glass dome covering all of campus, which would allow us all to enjoy a pleasant greenhouse effect. The university itself could design such a glass bubble, probably through some kind of engineering. Materials engineering could even create special Cy-glass.

Having an enormous greenhouse would also save Iowa State money, because less funding would need to be spent on using the greenhouses currently located on campus. In addition, we would finally have an opportunity to grow exotic fruits (which would help in the fight against scurvy) and the environment would be more inviting to students native to tropical climates. This would give Iowa State the ability to expand recruiting efforts into places like Somalia or India (a surprising fact



By Alexander Maxwell
@iowastatedaily.com

is that many Indian students are not fans of Iowa's winters).

Unfortunately, there are important and unavoidable issues that would arise with the construction of a giant greenhouse. Due to the giant windows used in skywalk systems, the most primary concern would be the inevitable death of many of the beloved crows in this area for which our campus has become known. The removal of birds that have died from glass impact would undoubtedly prove very expensive.

Though no plans for a greenhouse campus have yet been drafted, there has been some effort to protect students from imperfect weather through the construction of skywalks on campus. But that effort has obviously fallen short. It is appalling that we are still required to go outside to get to our classes. Walking to class is an activity that is only truly enjoyable while indoors. For students to avoid the unpleasantness of nature, every building needs to be connected, as well as the residence halls and the entire Greek community. However, having an elaborate system of inter-building connections would likely result in additional exercise equipment being placed within the skywalks themselves, and people using stair-steppers would be a significant distraction to passers-by.

Another possibility that has been attempted at other universities is a system of underground, climate-controlled tunnels. Here at Iowa State, having a network of underground

tunnels would have multiple benefits beyond avoiding weather. Naval ROTC students would have experience in a submarine-esque environment; veterinarian and animal ecology students would gain a keen understanding of the perspective of gophers. Although these tunnels would suffice to keep students from experiencing nature, lamentably the views would be terrible, and the lack of sunlight would make students pale and unpleasant.

Rather than building tunnels or skywalks, the overall best solution may be to replace Iowa State's campus, composed of many beautiful and historic buildings, with a single giant industrial structure similar to an enormous shopping center. Conveniently, this structure would serve purposes other than keeping students confined indoors. Unused classroom space could be leased to retail outlets, and this would create many opportunities to have more locations to sell Iowa State merchandise. Additionally, escalators would relieve students and faculty from the burden of using stairs. This type of school has already been used in places such as Southern California. Here in Iowa, we are known for the ideal that "if you build it, they will come." Perhaps if you build a mall of classrooms, students will come to class.

Regardless of how it is accomplished, the administration of Iowa State needs to do something about the weather. Studies have shown that better weather makes people happier, and further studies have shown that happy students are better students. There is no reason we should have to put up with Mother Nature, and the time has come for our leaders to take action.

Alexander Maxwell is a senior in computer engineering from Ames, Iowa.

Culture

'Coffee talk' aids understanding

The first time I related coffee and talking was in preschool. My family was friends with the preschool teacher, Judith, and she coined the phrase "coffee talk." At the time, I thought that's what everyone did. People sat down, drank coffee and talked about their day. It was simple. But there is much more that goes on while those people are talking.

Coffee holds an importance in American life that is not just about the caffeine. I am witnessing now, as I have so many other times, two people talking. Wait, excuse me, they are venting. Venting is distinctively different than talking. Venting is when someone sounds like they are complaining about life and the people in it. This process can also get very personal and the content is generally made up of the minutia of everyday life.

Although venting can sound conceited, self-absorbed, or like begging for attention, it is at times necessary. Let me be clear: I am not talking about voicing your opinions online or screaming at a roommate about someone else. There is a time and a place to vent. There is also a skill required to not sound extremely unattractive while still expressing your feelings. Generally if you are with someone that you respect, you will sound a lot more respectful. This person should also understand you.

This understanding is why we



By Claire Yetley
@iowastatedaily.com

vent. We want someone to understand us. That person hearing you and then expressing their understanding makes you feel as if you are not alone in your aggravation. And honestly, life is aggravating.

At other times we may need more than just common understanding. We may need comforting words or advice.

Sometimes we just need some time to relax. Talking about all the things that stress you out and annoy you can give you the illusion that these things are closer to being solved.

So, why coffee? Why is coffee necessary to vent? Ok, it's not. It just has become commonly associated with venting and has a few benefits to help with the venting process.

Coffee is a drink; it's not dinner, and it is no big deal. It's possible to vent over a meal, but drinking coffee is less distracting. It's also light and doesn't weigh you down like food would. Coffee is quicker, therefore, there is less of a waiting than in a restaurant. Coffee is portable. You can walk somewhere rather than sit at the



Photo: Megan Wolff/Iowa State Daily

Customers enjoy lunch at Stomping Grounds on Tuesday. Columnist Claire Yetley argues venting helps people understand one another.

shop you just bought it at. Coffee is a great timer; it's a hot drink, and once it gets cold you can bet that whomever you are talking to is done listening. People may need this timer because venting can get emotional, which could mean they get carried away.

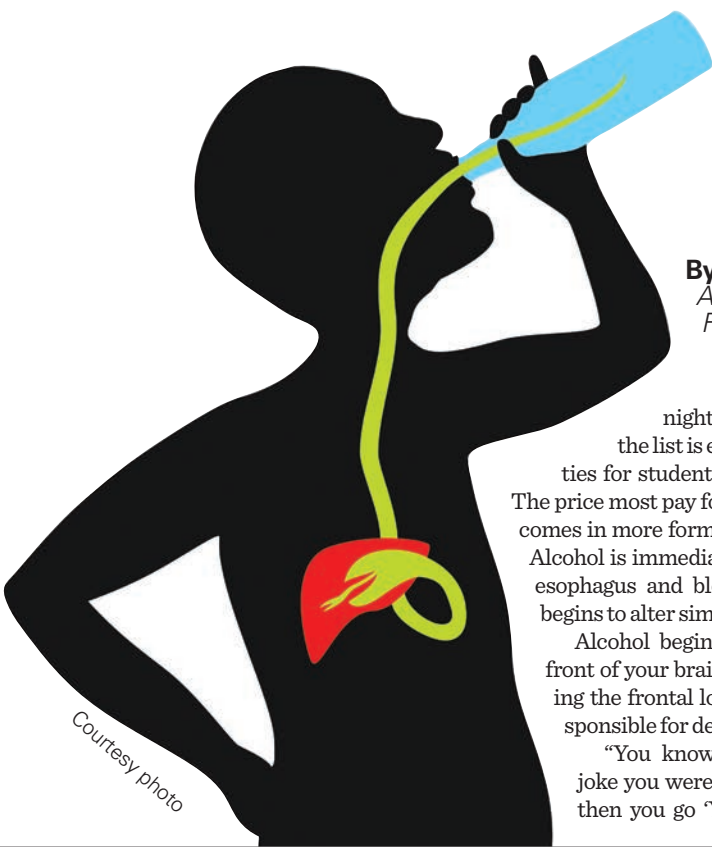
People may think that alcohol is similar, but it's not. Although I've heard many times that bartenders double as therapists, alcohol is mind-altering. To truly feel relieved of your aggravation, you need to mean what you say

and remember the conversation. This holds true for any other mind-altering substance that people might use.

Humans are social beings and part of that is bonding. During coffee talk, you bond with that person to some degree. We live for that, whether we know it or not; we beg for that human interaction.

Claire Yetley is a junior in political science from Iowa City, Iowa.

Health



Courtesy photo

Alcohol costs students more than just money

By Azra.Feriz
AmesEats
Flavors writer

Pint night, Mug night, Friday after class; the list is endless of opportunities for students to drink for cheap. The price most pay for a night of drinking comes in more forms than money spent. Alcohol is immediately absorbed in the esophagus and bloodstream where it begins to alter simple brain functions. Alcohol begins to work from the front of your brain to the back, affecting the frontal lobe first, the area responsible for decision-making. “You know that inappropriate joke you weren’t going to tell, well then you go ‘Yeah, I think I’ll tell

that joke now?” says Denise Denton, senior lecturer in Kinesiology. The frontal lobe is responsible for higher level thinking and expressive language, so consumption of alcohol causes slurred speech and the inability to organize cognitive thoughts. Then, the alcohol’s effects move back to where the brain processes the body’s senses, says Denton. This causes one to be unable to pass a standard sobriety test. As the night progresses, Welch Avenue begins to fill with roaming intoxicated individuals and language skills begin to diminish, memories are not stored, and visual interpretation is affected. This is the point at which some find themselves in a regrettable situation with someone that will look a bit different in the morning, unable to recall exactly what had occurred or how it occurred. “Drinkers had significantly higher intakes of total calories than nondrinkers,” says a study in

the American Journal of Clinical Nutrition. Say hello to the “freshman 15.” “The liver will work to metabolize alcohol since it is toxic to the liver. ... Since alcohol contains calories it can lead to caloric excess, which can lead to weight gain,” said Elaine Waldschmitt, registered dietitian from Des Moines. “Alcohol is metabolized in the body totally differently than the carbohydrates, proteins and fats,” Waldschmitt said. If you find yourself thinking, “Oh, well I’ll just burn those calories off at the gym,” think again. An increased consumption of alcohol can result in a decrease in your body’s efficiency in burning fat. Alcohol reduces the body’s ability to oxidize lipids, thereby favoring fat storage, according to a study in the New England Journal. Remember the cut, six-pack abs you had freshman year? After four years of drinking, this is why your six-pack has turned into a beer belly.

Tips for “lighter” drink options for when you go out:

- Choose light-colored alcohol over one that is darker in color. Beer choices such as Bud Select 55 (55 calories per bottle), Miller Genuine Draft 64 (64 calories per bottle), and Michelob Ultra’s original or flavored beer (95 calories) are all a light amber color and contain less than 100 calories per bottle.
 - Request a low-calorie mixer. Opt for seltzer or tonic water instead carbonated water. If your drink requires a carbonated beverage such as Coke or Sprite, ask for diet or natural pop instead. For fruity cocktails, use a “light” version or fresh-squeezed fruit or vegetable juice since it contains less added sugar and calories than its regular counterpart.
 - Go for a simple syrup or create your own. Sugar-free and light syrup options are available many places. You can also sweeten your drink with agave syrup or combine
- 1/2 tablespoon honey with 3/4 tablespoon warm water as a homemade sweetener. For natural sugars, skip out on the syrup and use whole pieces of fruit instead. Not only are you adding a sweet flavor with fruit, but fiber and antioxidants are an added bonus.
 - Limit yourself to one shot per alcoholic beverage. Many mixed drinks contain multiple shots, so in order to lighten the caloric load, ask for one shot only (1.5 ounces) in shooters and cocktails.
 - Pay attention to size. A typical serving size for beer is 12 ounces. One serving size for a mixed drink with one shot is about 8 ounces.
 - Try your liquor on the rocks. Since mixers tend to quickly add up in calories, order your favorite spirit over ice. Many types of vodka are now infused with various flavors

so the taste may not be quite as bad as you think.

If you are looking for a few healthier mixed drink ideas, don’t pass these up:

- Sea Breeze

Pour 1 shot vodka, 1 shot cranberry juice (light or fresh-squeezed), and 1 shot grapefruit juice (light or fresh-squeezed) over ice. Add a splash of seltzer or tonic water.

- Sour Apple Spritzer

Pour 1 shot sour apple vodka and ½ cup seltzer over ice. Garnish with a green apple slice and a cinnamon stick.

- Peppermint Hot Chocolate

Heat 1 cup skim milk in a mug and add 1 packet light hot cocoa mix. Stir well. Add 1 shot tequila and 1 shot peppermint schnapps.

Quick Bite:

That red SOLO cup with your favorite beer or jungle juice is made for portion control. Three little lines divide up the cup. The bottom line shows how much one ounce of liquid is in the cup - the exact amount of a standard shot. The next line shows how much five ounces is, the serving size of one glass of wine. The third line from the bottom holds up to twelve ounces or one standard serving of beer. Next time, you can better estimate how many shots you’re actually pouring in and better monitor blood alcohol content.

-By Caitlyn Diimig,
AmesEats Flavors writer

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WRESTLING:

Intermat Rankings

- Feb. 5
- 165 Michael Moreno 19th
 - 174 Tanner Weatherman 20th
 - 184 Boaz Beard 15th (Prev. 17th)
 - 197 Kyven Gadson 7th (Prev. 9th)
 - Team: 32nd (Prev. 40th)

FOOTBALL:

National Signing Day to be shown live on MC 22

Cyclones.tv has announced that it will be broadcasting live coverage of Iowa State's National Signing Day on Mediacom MC22, according to a news release.

At 3 p.m. on Wednesday, ISU coach Paul Rhoads will be holding a news conference at the Bergstrom Football Facility announcing the 2013 recruiting class that will be shown on MC22.

Beforehand, Cyclones.tv will show a two-hour feature on each of the recruits with Rhoads and his staff giving insight on every one of them starting at 11 a.m.

Four members of the recruiting class — junior college transfers Aaron Wimberly (running back) and Emmanuel Bibbs (tight end) along with early enrollees Alton Meeks (linebacker) and Shaun Curtis (offensive lineman) — have already enrolled at Iowa State for this spring semester.

—Daily staff

ATHLETICS:

Upcoming schedule

- Wed., Feb. 6
- Women's basketball — at Texas, 7 p.m.
- Thurs., Feb. 7
- M&WTrack — Iowa State Classic, 10 a.m.
- Fri., Feb. 8
- M&WTrack — Iowa State Classic, 10 a.m.
 - Tennis — vs. Marquette, 3 p.m.
 - Swim & Dive — at Kansas, 6 p.m.
 - Wrestling — vs. Northern Iowa (Beauty and the Beast), 7 p.m.
 - Gymnastics — vs. Oklahoma (Beauty and the Beast), 7 p.m.
 - Hockey — vs. Lindenwood, 7:30 p.m.

‘QUOTEABLE’:

“It hurt. I’m getting old; my knees can’t take it.”

Will Clyburn of his dunk over Oklahoma’s Amath M’Baye on Monday.

SPORTS JARGON:

High-crotch

SPORT: Wrestling

DEFINITION: When a wrestler attacks his or her opponent’s leg by reaching in between the legs in order to take control of it, akin to a single-leg.

USE: Boaz Beard shot a high-crotch for an easy takedown to take the lead.

Wrestling

Beard climbs rank, keeps consistent



File photo: Jonathan Krueger/Iowa State Daily

Redshirt junior Boaz Beard takes North Dakota State wrestler Mac Stoll’s leg out from under him in the 184-pound match of Iowa State’s 22-18 win on Dec. 16 at Hilton Coliseum. Beard has recently risen in Intermat’s 184-pound rankings from No. 19 to No. 15, but said he doesn’t care about rankings.

Redshirt junior jumps from No. 19 to No. 15 in two weeks

By Jake Calhoun
@iowastatedaily.com

Boaz Beard doesn’t care about rankings. While many wrestlers will give the premeditated “I don’t care about rankings” answer as a knee-jerk reaction to an inquiry about the quantitative aspects of an upcoming match, Beard really doesn’t care whether he’s ranked higher or lower than his opponent.

Even though Beard has jumped from No. 19 to 15 in Intermat’s 184-pound rankings in the past two weeks, all he cares about is wrestling.

“I’ve just never been a guy to look at stats and all that stuff,” Beard said. “When you step on the mat, it’s not [about] how good the other guy is, it’s [about how] you want to impose your will on that guy. You want to step on the mat and wrestle your match and not let him take control of the match.”

One year removed from his transfer back to Iowa State after playing baseball at Emporia State — a Division II school in Emporia, Kan., — Beard said he

is bigger and stronger for this season. Last season, Beard finished second in the 184-pound bracket of the Big 12 Championships before going 0-2 at the NCAA Championships.

Now as a redshirt junior, Beard’s prowess in wrestling has influenced his younger teammates. “We wrestle different styles so I can help him, he can help me with different setups, different attacks, stuff like that,” said 174-pounder Tanner Weatherman, who is also one of Beard’s roommates. “I can really ask him anything when it comes to wrestling.”

Ever since earning a starting spot at 184 pounds last season, Beard chose his walkout song at Hilton Coliseum to be Johnny Cash’s “God’s Gonna Cut You Down.”

The steady, mellowing beat complements Beard’s demeanor before every match and creates an intimidating atmosphere for his opponent.

“I just like the slow beat in the song — it keeps me relaxed, keeps me calmed down,” Beard said. “I don’t like to get real riled up before matches.”

In his most recent outing at Hilton, Beard “cut down” then-No. 10 Chris Chionuma by an 8-2 decision in Iowa State’s 25-9 dual loss to No. 2 Oklahoma

Biggest fish

When asked what some of their favorite activities were during down time, Tanner Weatherman said he and Boaz Beard like to go fishing, adding the emphasis, “We fish a lot.”

Weatherman couldn’t give a definitive answer when asked who has caught the biggest fish between him, his older brother Trent and Beard.

“I really don’t know,” Weatherman said with a chuckle. “It’s not [Beard], it’s me or my brother. I’ve been fishing a lot longer than he has, and he hasn’t been fishing in Iowa as much as we have.”

State. “He won a big match; that put him as the No. 1 seed basically going into the Big 12s at this time,” said ISU coach Kevin Jackson of Beard. If Beard continues his winning ways — he is 4-1 since a shaky 2-2 showing at the Midlands — then he can only expect to climb in the rankings. However, he still doesn’t care about that.

Women’s basketball

Cyclones search for hole in lineup

By Stephen Koenigsfeld
@iowastatedaily.com

The last time the Longhorns squared up against the Cyclones, the game ended in an overtime decision edged out by the Cyclones.

Glancing into Wednesday night’s game in Austin, Texas, Iowa State (15-5, 6-4 Big 12) is seeing some of the same initial items it saw in the Big 12 opener.

“They’re going to be a roster full of great talent,” said ISU coach Bill Fennelly. “Specifically this year, their inside game is long and athletic. They’ve won their last two games ...[and] we’ve never swept Texas. Ever.”

The talent Fennelly preaches of is nothing short of the truth. The Longhorns’ (9-11, 2-7 Big 12) leading scorer, Nneka Enemkpali, has helped lead her team to two-straight victories.

Senior Anna Prins, who is on the verge of the 1,000-point milestone, will be facing some of the inside talent Fennelly spoke of.

“Whenever you have bigger post players that can block shots, it changes things underneath the basket a little more,” Prins said. “Obviously, I can shoot over the Texas Tech post players, but this game I can’t.”

Prins said what will help eliminate some of that shot-blocking under the hoop will be having the guards drive in

quicker into the lane. And of course, she mentioned playing the “Iowa State way” will help secure another road victory.

One of the Longhorns’ more physical players, Cokie Reed, was a dangerous threat to the Cyclones when they came to Ames. Without Reed, the Cyclones may have a chance to expose the plagued Longhorns.

“Cokie Reed was a very physical post player coming in,” Prins said. “And just depth-wise, losing those players. They lost some good players.” Reed, a senior, and teammate Chelsea Bass were forced to retire their careers due to health complications, stated in an article on ESPN.com.

Freshman Kidd Blaskowsky was fairly quiet in the conference opener, scoring just five points and acquiring one steal.

When she travels back to her home state to play in front of family members, Blaskowsky intends to do more.

“Since that was our first Big 12 game, it was kind of nerve wracking for me,” Blaskowsky said. “I’m more calm [now] and I’m more controlled with the ball; smarter shot selection.”

On paper, the records don’t match up to be a decent game. But when the Cyclones travel to Austin, Texas, they will be trying to get back to even, seeing they are 3-4 on the road.

Tipoff is set for 7 p.m. Wednesday at the Frank Ewin Center.



File photo: Jonathan Krueger/Iowa State Daily

Senior center Anna Prins sneaks a shot past Baylor’s Brittney Griner on Jan. 23 at Hilton Coliseum. The Cyclones are heading to Texas to take on the Longhorns on Wednesday and are looking for Texas’ weaknesses.

Tennis

Cyclones seek more results as season progresses

By Kristin.Peterson
@iowastatedaily.com

The new season began, and the Cyclones have begun to feel ready to move on in competition.

The first tournament of the spring season and the match against Iowa are behind them, and the ISU tennis team heads into many more matches.

For coach Armando Espinosa, it is less about the individual matches than the big picture.

"I think we are just looking for the long term and what were going to do to prepare for the Big 12 conference," Espinosa said.

Although Espinosa has felt that the team could possibly be a bit further along, he is happy with the progress made thus far.

Some minor injuries, returning or sore players have caused small setbacks and kept some players from receiving the practice time Espinosa had hoped for.

With a loss in the first match against Iowa as well, the team is hoping for more wins soon, but Espinosa said losing to Iowa is no embarrassment because it is a great team.

"I would have liked to be a little farther ahead, but it is what it is; we just need to focus on what

we have. I think it is going to be a very exciting season, it's just a matter of getting through the first few little bumps," Espinosa said.

Looking forward in the season, Espinosa said there's no real game plan for each match. His goal is to improve playing and fundamentals.

"If we're doing what we're supposed to be doing then whether it's Marquette or whether it's Baylor, it's going to work," Espinosa said. "What we've been doing the most is just emphasizing the fundamentals. ... We just need to make them play, we need to make them hit the winners and just stay focused and keep the energy up."

Caroline Hauge Andersen said the season has started out well, and that each day the team grows more positive and enthusiastic. All the players need is the extra push that more matches and experience bring to the game.

"I think it's going great, we just need more results," Andersen said.

Ksenia Pronina also feels that experience and results are where the team is lacking, and it is a little early to see where the team is headed.

"We only had one meet and we lost, so not that much has happened yet," Pronina said. "But we had a weekend off now and we have been preparing ourselves now for the next meets, and we hope we're going to do better."



Photo: Jonathan Krueger/Iowa State Daily

Sophomore Ksenia Pronina tosses the ball up to serve against Iowa on Jan. 26 at Ames Racquet and Fitness. The Cyclones have been emphasizing the fundamentals this season.

Swimming and diving

Cyclones prepare with steady dose of practice, training

By John Barry,
Daily correspondent

After coming off two victories the weekend prior, a bye week would not halt the ISU swimming and diving team's momentum moving forward.

"It's just part of our training cycle," said coach Duane Sorenson. "We had a really good week of practice last week and just kind of build that into our yearly plan."

The Cyclone swimmers and divers will continue with a full week of practice before heading into their first and only Big 12 meet of the season this weekend in Lawrence, Kan., against the Jayhawks.

For those who aren't familiar with the sport, they may find it interesting that there is not a real "Big 12" season for swimming and diving. The teams compete against the local schools that are closest in distance and wait until the end of the regular season for a conference meet.

"We don't keep a win-loss record for the Big 12, so our gauge for how we stand in the conference is at the Big 12 Championship meet in Austin in a few weeks," Sorenson said. "Dual

meets for the Big 12 are kind of an after-thought; you just compete with the teams around you during the regular season."

With the conference championship comes the opportunity for swimmers to compete in what is called their third event.

This is an event that they don't usually swim at regular dual meets to try and score more points for the team. This past week has provided ample time for the team to practice and train for those events.

"This week we've been spending two to three days on those events, some kids are cycling through during practice, focusing on one event one day and another the next" Sorenson added. "As we get closer to the Big 12 championships here, we'll start to be cleaning up all the mistakes and get really sharp in those events. Working on all three every day."

The team will continue to put in hours in the pool as the latter part of the season approaches.

Two dual meets against Kansas this weekend will be the last chance for swimmers and divers to qualify for the NCAA Championships in March.



Photo: Suhaib Tawil/Iowa State Daily

Senior Sarah Norris practices her butterfly Jan. 29 at Beyer Pool before the meets against Kansas this weekend.

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Your guide to planning the perfect Valentine's Day

ON STANDS

FEBRUARY 7th

ISD IOWA STATE DAILY

Fun & Games

Unplug, decompress and relax ...

Fun Facts

The United States Merchant Marine Academy is the only U.S. military academy to lose students in a time of war. 142 students died during WWII.

The average CD can hold 74 minutes' worth of music. That unusual length was determined by Sony's president, who decided that a single CD should be able to contain the longest recorded version of Beethoven's Ninth Symphony.

Stephanie Kwolek's name might not ring a bell, but she's responsible for saving thousands of lives. In 1965, she invented Kevlar, the material used in bulletproof vests.

It is much less likely for a woman to be red-green colorblind than a man. This is because in order for a woman to be red-green colorblind, both of her X chromosomes would have to be affected. Because a man only has one X chromosome, he is more likely to be colourblind.

Although Charles Schulz loved drawing Charlie Brown and his pals, he hated the name Peanuts, which was chosen by United Features Syndicate despite his objections.

No matter how flexible a person is, there is no such thing as being "double jointed." Most extreme contortionists suffer from Ehlers-Danlos Syndrome.

Crossword

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

Across

1 Folder projections
5 Come-on comeuppance
9 Enterprise doctor
14 First name at Woodstock
15 Freezer cooler
16 Popped up
17 Market pessimist
18 Like Death Valley
19 All-night bar?
20 Quip, part 1
23 Bourbon barrel wood
24 Zamboni milieu
25 Thumbs-up
26 2010 Olympic skiing gold medalist Miller
28 Highly skilled
30 Coppertone letters
33 Dictation whiz
35 With precision
36 Missing in the mil.
37 Quip, part 2
40 Aesthetic to a fault
41 Milking container
42 Dadaism pioneer Max

43 Cooking choice
44 Wonderland tea party attendee
45 Environmental concern
46 Crew member
47 See 45-Down
48 VCR format
51 End of the quip
56 Yard neatener
57 Stoltz of "Pulp Fiction"
58 French 101 verb
59 Flip over
60 Longing look
61 See after
62 Plaster painting surface
63 Violin virtuoso Leopold
64 Belligerent god

Down

1 Major no-no
2 Field of play
3 Aikido masters
4 Mad
5 Like hen's teeth
6 "Foreign Affairs" Pulitzer author Alison

7 Slightly
8 Mani-__: spa service
9 She played Lois in "Superman"
10 Curved piece
11 Masked scavenger
12 Greek peak
13 Still
21 Golfer's nonplaying wife
22 Three-nation '90s treaty
27 "I'm __ human"
28 Motherless calf
29 __ of Gloucester: "King Lear" character
30 Fiscally conservative Democrat, say
31 "Iron Chef" supplies
32 Pass (by) quickly, as time
33 Booty
34 Ancient home of Irish kings
35 Unseen "Fiddler on the Roof" tyrant
36 Picked locks?
38 Separated
39 Lyons lady
44 Bob or beehive
45 With
47-Across, modern-day chauffeur
46 "Catch This!" autobiographer Terrell
47 Early American crop
49 "Stormy Weather" singer
50 RR postings
51 "Dream on!"
52 Carries a mortgage, say
53 Video game giant
54 Herr's better half
55 Old 48-Across rival
56 Coffee holder

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Sudoku

by the Mephram Group

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

LEVEL: 1 2 3 4

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

Tuesday's Solution

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

Horoscope

by Linda C. Black

Today's Birthday
(02.06.13)
Your year enters with special grace. April is good for promotion. Stick with the team you have, and avoid speculation until September. Career launches create demand for your talents. Take advantage and give thanks. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries
(March 21-April 19)
Today is an 8 -- Expect lots of new directives in the next few days. Friends inspire laughter and brilliant ideas, along with the means to realize them. You're exceptionally insightful socially.

Taurus
(April 20-May 20)
Today is an 8 -- Romance is in the picture; someone is impressed. Travel conditions improve. Invest in expanding your influence. Provide harmony at a group meeting. Share love.

Gemini
(May 21-June 20)
Today is an 8 -- Review your budget, and pay bills today and tomorrow. Invest in your career. Accept creative input from others. Hidden benefits get revealed. Send or receive

long-distance messages.

Cancer
(June 21-July 22)
Today is a 7 -- Share the load, but hold on to the responsibility. Accept an unusual invitation. Draw up plans for a shared dream. This can get romantic.

Leo
(July 23-Aug. 22)
Today is a 7 -- Fulfill promises you've made. Listen to partners, and put your heads together. Clear instructions are needed. There's plenty of time to refine later.

Virgo
(Aug. 23-Sept. 22)
Today is an 8 -- You're attractive, and attracted, today and tomorrow. Define your terms and establish rapport. Your words are magic today. Family helps with your work. Sidestep a pitfall.

Libra
(Sept. 23-Oct. 22)
Today is a 9 -- This week is excellent for interior decoration. Improve living conditions with shrewd bargaining. Get something you've always wanted if you can find it wholesale.

Scorpio
(Oct. 23-Nov. 21)
Today is an 8 -- You're extra

brilliant and persuasive. Being careful gets you further than recklessness. Take care of family. Allow for contingencies. Finish a study project.

Sagittarius
(Nov. 22-Dec. 21)
Today is an 8 -- Keep sorting to find the missing clue. Help comes from far away. This phase can be quite profitable. Parking may get tricky. Revel in romance.

Capricorn
(Dec. 22-Jan. 19)
Today is a 9 -- You're stronger today and tomorrow, with high energy. Keep close track of income and prosper. It's a good time to sell. Family benefits. Assertiveness works well now.

Aquarius
(Jan. 20-Feb. 18)
Today is a 7 -- Review priorities, and schedule actions. You don't see the entire picture yet. Ask provocative questions, and contemplate potential outcomes.

Pisces
(Feb. 19-March 20)
Today is a 9 -- Associates provide valuable input, and friends help you advance. Study with passion. You're coming up with great ideas. There's a sense of calm. Imagine health.

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