

Does race remain important issue?

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Researcher links vitamin D, cancer

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Security

Cameras in Campustown

GSB passes resolution to support installation of security cameras

By Charles.O'Brien @iowastatedaily.com

The Government of the Student Body passed a resolution to support the addition of lighting and security cameras in the Campustown area. The planned idea for the cameras is to place them on top of the clock tower with a 360-degree view of the Campustown area.

According to the plan, the cameras would not be used for 24-hour surveillance, but as a source of reference for incidents that may occur in the Campustown area.

The idea to improve lighting in Campustown was met with full support by members of the Government of the Student Body and the people it had interviewed, but the idea for cameras was met with many mixed feelings.

"I talked to about 10 to 15 students or groups of students in person in the week before the resolution," said Sean Morrissey, off-campus senator and senior in environmental science. "Their feedback included everything from a strong no to a strong yes."

Trevor Brown, the GSB representative for Campustown, said, "In the short time frame we had for this resolution, I was able to ask 40 to 50 students either passively or directly on what they thought of the idea of putting cameras in Campustown. The majority of those I talked to were not in favor of the proposal, however there were some who supported the cause."

As the opinions of the students varied greatly, they seemed to be on par with those of the GSB senators. Some senators expressed feelings that the idea of cameras would increase safety among visitors to the Campustown area, while other senators, such as Spencer Hughes, had a different view about the effect of cameras on student safety.

"I'm concerned that they may foster a false sense of security and potentially do more harm than good," said Hughes, College of Liberal Arts and Science senator and vice speaker of the senate.

One other problem that bothered the senators in some way or another was the question of how this would affect people's privacy.

"Although I can personally see the benefits one would hope to get out of a system such as this, I do not see the benefits outweighing the cost and potential for abuse with such surveillance capabilities," Brown said.

CAMPUSTOWN.p3 >>

Graphic: Kelsey Kremer/Iowa State Daily



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DEFENSE RELIES ON WASHINGTON

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ONLINE:

OPINION HAS MORE ON OUR WEBSITE

iowastatedaily.com

GSB:

Funding for aviation club on agenda

The Government of the Student Body will discuss a request from the Iowa State Model Aviation Club for \$681.75.

The club is asking for money for several capitol project items because it lost its unlimited access to building facilities for their own planes, according to the request.

GSB also will be presenting an internal GSB report at its meeting.

GSB currently has more than \$11,000 in its discretionary account, \$47,684 in the events account and more than \$243,000 in its capitol projects fund.

By Daily staff

CHARITY EVENT:

Tournament raises funds for Somalia

By Mihyar Abdelgalil Daily staff writer

Soccer for Somalia, a charity soccer tournament organized by Iowa State's African Students Association, will begin Saturday at 9 a.m. and run through Sunday night. The deadline for students to register for the tournament is midnight Wednesday.

The funds generated by the tournament will go to UNICEF to help Somalia's economic crisis. Kabbod Alkhalil, president of the club and head of the registration for the tournament, spoke about its potential impact.

"There is famine going on in Somalia and we thought we might be able to change things a little bit by having a fundraiser," Alkhalil said. "We are going to send the money generated by the tournament through UNICEF to Somalia."

Those interested in registering for the tournament should email Kabbod@iastate.edu, and individuals who wish to participate will be assigned to a random team. Teams will consist of 10 players, with a registration fee of \$30.

Mahmoud Hassan, member of African Students Association, believes the event is important.

"It's for a good cause," Hassan said. "The tournament is actually generating money and giving it to Somalia."

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Homecoming

Tournaments provide chance for competition

By Mary-Kate.Burkert @iowastatedaily.com

With Homecoming 2011 well under way, tournament time is finally here. Competitions range from an ice-cream eating contest to volleyball matches.

One popular tournament is treds football, a combination of flag football and ultimate frisbee using the "Nerf-like" rubber treds ball.

The cardinal division, made up of greek pairings, competed Tuesday night at Lied Recreation Athletic Center.

"It's fast-paced and always a competitive atmosphere," said Bryce Johnson, treds referee and CySquad member, a group that helps the Homecoming Central Committee throughout the week. "The game can change at any moment in treds. I'm looking forward to refereeing upcoming games because you get really involved with both teams as if you're playing, but get to make all of the calls too."

Participation in Homecoming tournaments is an

HOMECOMING.p8 >>

HOMECOMING: Reaching for the ball

Sean McCarthy, member of Alpha Tau Omega fraternity and senior in political science, reaches for the ball during a treds football game against Tau Kappa Epsilon fraternity on Tuesday at Lied Recreation Athletic Center. Alpha Tau Omega lost its game 11-3.



View a video:

See action from Homecoming tournaments at iowastatedaily.com

Photo: Yue Wu/Iowa State Daily

College of Design

Cash Out Hunger feeds Iowa families

By Kaitlyn.DeVries @iowastatedaily.com

ISU students have an opportunity to impact the hungry with a creative twist and just \$1 this week.

The fifth-year landscape architecture class and the Des Moines Area Religious Council's Move the Food program are teaming up to host Cash Out Hunger to help the hungry and support the Greater Des Moines Area Food Pantry Network.

Stands are located at the College of Design, Union Drive Community Center and Parks Library from 11 a.m. to 2 p.m. until Friday. Every dollar donated will result in a plate being displayed in representation of the amount of meals provided to area residents.

This is the first year faculty in the College of Design created this project requirement for the senior landscape architecture studio class.

"The cash drive goes a lot further than actual food given," said Spencer Sneller, senior in landscape architect.

The cash donation will go as far as six times further than nonperishable food items in helping the Des Moines Area Religious Council provide meals for even more people.

Taking it a step further, plates will be placed into an art installation located on Central Campus on Wednesday from 11 a.m. to 2 p.m.

According to the Religious Council's website, "Each year, DMARC provides short-term food assistance for about 30,000 people, including nearly 15,000 who are children or youth under the age of 25 years. Food requests in 2011 are on pace to be the highest ever, with 7 percent more people asking for help."

"In any situation, any point of life, you could be in this situation," said Jessica Perreault, senior in landscape architecture. "What goes around comes around."

Every year, 9,000 people benefit from the efforts of DMARC and organizations such as Cash Out Hunger, according to the event flyer.

Sneller said that as the week progresses, students seem to be responding well to this and it's only been the first day.

"It's something everyone can take part in, in a more traditional way of giving," Sneller said.

Hunger is something people tend to believe will never happen to them, when, in reality, with poverty and unemployment rates at levels not seen in decades, it can happen to people you least expect.

College of Business

Hira looks back on 11 years as dean

By Mackenzie.Nading @iowastatedaily.com

After 10 years of dedicated service, motivation and supervision, Labh Hira, dean of the College of Business, is stepping down.

"This was my 11th year as dean," Hira said. "I believe it's always great to bring a fresh perspective to a leadership position."

Although he will no longer be the dean, Hira will continue to be involved in the college. He plans to fill a position as an accounting professor next fall, ending the same way he started at Iowa State 30 years ago. He expressed a love of the student body and feels a strong tie to Iowa State, so staying involved as a professor is what seems right.

"I've been here so long I can't imagine leaving; it's home," Hira said. "I'll enjoy more interaction with the students."

During Hira's 10 years, he has helped the College of Business evolve.

"He cares deeply for students, faculty and all our friends and alumni," said Rick Dark, chairman of the department of ac-

counting and finance. "He's been a very positive leader and individual for the College of Business and the university."

Four years ago, Hira had a direct hand in starting the Ph.D. program now offered in the college. He also was on the planning committee for Gerdin's \$10 million remodeling project six years ago, which he said was his favorite memory as dean.

"I was fortunate to be in the planning committee for this building. I was just selected as dean when building began. It was a great privilege to be involved," Hira said, "There is no doubt it was a special gift to this college. It has significantly transformed the college giving us pride and visibility."


Hira will officially step down as dean on June 30. At that time, the new College of Business dean should be ready to step up and fulfill the position.

"I will miss recruiting quality faculty to the college," Hira said.




Hira


Weather | Provided by ISU Meteorology Club



WED  
33|46



THU  
32|48




FRI  
30|57

Chilly and windy with a high around 46 and winds between 13 and 20 mph gusting to 28 mph.

About the same, chilly and windy. High temperature in the upper 40s and winds gusting to around 25 mph.

Chilly start to the day followed by a nice warm up and sunny skies. Expect highs to be in the upper 50s.



fun fact

**1844:**  
On this day in 1844, Buffalo, N.Y., experienced the famous "Lower Great Lakes Storm." This storm drove lake waters into downtown Buffalo at hurricane strength wind speeds for five hours, resulting in the drowning of hundreds of people.

Corrections

In the opinion column by Rick Hanton in Monday's Daily, it was incorrectly stated that Sputnik orbited the Earth 44 years ago. Sputnik actually flew 54 years ago. The Daily regrets the error.

The caption with the the photo that accompanied the opinion column titled "Generosity" from capitalists" incorrectly stated several facts about the Occupy ISU event that took place on campus last week.

The crowd, of approximately 200, was not primarily older, out-of-town citizens. The crowd was a majority of ISU students, some of whom were graduate students. Also, students were not outnumbered by the press. Despite low attendance early in the event, the crowd of protestors eventually far outnumbered media presence.

The Daily regrets the errors.

In the front-page article about the commuter lot in yesterday's Daily, the story was attributed to Jesse Taylor. The article was, in fact, written by Jesa Wolthuize. The Daily regrets the error.

Daily Snapshot



Photo: John Andrus/Iowa State Daily

VETERINARY MEDICINE: Caring for Taavi

Kayla Hanson and Ryan Howard, both fourth-year veterinary medicine students, look after Taavi. Taavi is a Finnish name meaning "beloved."

Police Blotter:

Ames, ISU Police Departments

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

Sept. 27

An individual reported being harassed by an acquaintance at Maple Hall (reported at 8:00 p.m.).

**Morgan Miller**, 164E University Village, reported the theft of an electronic device; the incident occurred more than one week ago at the Union Drive Marketplace (reported at 9:01 p.m.).

Sept. 28

**Daniel Schuelzky**, 23, 112 Hickory Drive, was arrested on a probation violation warrant and additionally charged with possession of drug paraphernalia at the Design College; he was transported to the Story County Justice Center

(reported at 4:23 a.m.).

Officers assisted another agency with a criminal investigation at the Armory (reported at 12:55 p.m.).

A computer that was reported stolen Sept. 27 was returned to the owner by a friend at Willow Hall. The theft case is closed as unfounded (reported at 3:10 p.m.).

Vehicles driven by **Jason Messer** and **Charles Lee** were involved in a property damage collision at South 16th Street and University Boulevard (reported at 3:46 p.m.).

Two patrons reported the theft of items from a hallway at Beyer Hall (reported at 8:37 p.m.).

Officers responded to a fire

alarm and discovered flooding due to a sprinkler head activation at Welch Hall (reported at 9:25 p.m.).

Sept. 29

A resident reported being assaulted by an acquaintance earlier in the day at Wallace Hall. The matter will be referred to the Dean of Students because the victim does not desire prosecution (reported at 12:16 a.m.).

**Graeme St. Clair**, 20, and **Kyle Van Drie**, 19, both of 6338 Frederiksen Court, were arrested on warrants held by the Story County Sheriff's office at Frederiksen Court; they were transported to the Story County Justice Center (reported at 1:07 a.m.).

Celebrity News

Notes and events.

'Twilight' stars to leave prints at Grauman's Chinese Theatre

"Twilight" trio Kristen Stewart, Robert Pattinson and Taylor Lautner are getting some recognition in Hollywood: The three will cast their hand and footprints in the cement outside La La Land's famous Grauman's Chinese Theatre.

According to a release, the ceremony will happen the morning of Nov. 3, which is just a few weeks before the debut of "The Twilight Saga: Breaking Dawn — Part 1."

Twiards outside of Los Angeles can still participate in the action from afar; the ceremony will be broadcast live via streaming video on ChineseTheatres.com.

Screenwriter claims 'Hangover 2' copied his story

First there was a lawsuit over the face tattoo in "The Hangover Part II," and now there's a lawsuit over the sequel's concept.

According to a complaint filed with the U.S. District Court in Los Angeles, a screenwriter and actor by the name of Michael Alan Rubin has claimed the summer blockbuster — which has made about \$254 million at the domestic box office, to date — ripped off his screenplay treatment.

Rubin has filed the claim against Warner Bros. and the movie's filmmakers, citing among other things copyright infringement, defamation and fraud.

In a case of turning his true life story into a viable movie project, Rubin wrote about his own escapades, including adventures he'd had with his wife, whom he'd married in Japan in 2007 and gotten into a disagreement with while they were traveling in Thailand and India in 2008.

Warner Bros. has declined to comment on the lawsuit.

CNN Wire staff

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PERIODICALS POSTAGE

Detroit



Photo: David Guralnick/The Detroit News, the Associated Press  
Shawn Weimer wipes his face as he waits for the proceedings to begin in 33rd District Court in Woodhaven, Mich. Weimer is charged with child abuse and being a habitual offender after having his 9-year-old daughter drive for him because he was drunk at the time.

Booze played role in dad’s decision

By Ed White  
The Associated Press

WOODHAVEN, Mich. — A Detroit-area man accused of allowing his 9-year-old daughter to drive him around after a day of drinking is a good father who did a stupid thing, then bragged about it at a gas station while a surveillance camera rolled, a friend said Tuesday.

Even the detective investigating the bizarre middle-of-the-night incident said Shawn Weimer “appears to be a decent father” who simply drank too much and made a terrible decision.

At Weimer’s request, a judge postponed a key hearing Tuesday that will determine whether the 39-year-old

Romulus man will stand trial on child abuse charges over the Oct. 8 incident.

There is no allegation that he physically harmed his daughter, who the arresting officer found sitting in a booster seat behind the wheel of the 2000 GMC van.

“No doubt about it, he was wrong,” said friend Michael Wheatley, 20, who has installed carpet and plumbing with Weimer. “A sober Shawn wouldn’t have done that in a million years. ... Shawn drinking and Shawn sober are 110 percent different people.”

Weimer is barred from being with his daughter or anyone under 18 while the case proceeds. He does not live with his daughter’s mother.

Weimer and his daughter

stopped at a Citgo station around 2:30 a.m. for gas, cigarettes and a snack.

A surveillance camera inside the store shows him loud and boisterous, hugging and rubbing the bald head of another customer, as he brags about the girl’s driving skills. She smiles and seems pleased while holding the stick of a caramel apple with both hands.

“What are they going to do—pull me over? ... We’re leaving and she’s driving. I’m drunk,” Weimer said.


An employee alerted gas station owner Albert Abbas, who was working in a back room. He said he called police while another customer fol-

lowed the van from the Citgo station.

“Nobody really believed him,” Abbas said Tuesday. “Then we saw he was serious: His daughter was in the driver’s seat.”

When a Brownstown Township officer stopped the van, the girl said Weimer “always lets her drive” and stated that she was “driving great and did not do anything wrong,” according to a police report.


In addition to child abuse, Weimer is charged with being a habitual offender because of past convictions for robbery and possessing stolen property. He faces up to 15 years in prison if convicted.



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Editorial

Unsung heroes deserve our recognition

One week ago today, while the world was busy mourning the loss of Steve Jobs, a different man passed away who was perhaps far more important to the computing world. Dennis MacAlistair Ritchie was an American computer scientist who designed two important computer technologies, without which the computing world would be a very different place today.

He is the co-inventor of C, which is today one of the most popular programming languages in the world, that is used to program everything from fighter jets to kitchen microwaves. He also worked with his partner Ken Thompson to develop the Unix operating system, whose free descendent Linux now powers the majority of the Web servers.

The sad thing was that outside the programming community, almost no attention was paid to Ritchie's passing. A few newspapers wrote briefs about his death, he was mentioned on the back page of the New York Times business section and it appeared on some popular technology websites. But he was not praised around the world for his accomplishments by every person that uses computers in the same way that Jobs was praised by the millions that tote i-Devices.

When most of the success of personal computing is based on Ritchie's work and most software today is still written in some variant of C such as C, C++ or C#, we think Ritchie deserves just as much recognition as Jobs. Jobs succeeded by being in the right place at the right time with the right people. He was an extraordinary manager and CEO, but it took many hundreds of people to build the marvel that is Apple Inc. — it was not a one-man effort.

Everyone needs to examine whom they idolize. Do you idolize someone for their amazing personal accomplishments or is it because you saw them on CNN or MTV? Fifty years ago we briefly idolized a group of men who drove Corvettes, flew fighter jets and walked on the moon. Last week we briefly idolized a man who changed the way we interact with computers. But there will always be many unsung heroes.

The people who designed the miniature components of the first iPhone, the people who designed the rockets and bent metal to get our astronauts into space and the people who design each component in our cars deserve to be recognized, though few ever are. Dennis Ritchie is one of those unsung heroes, a man whose accomplishments rival those of Steve Jobs or Bill Gates but whose quiet work never drew the spotlight. There are many people who deserve to have their faces on the front of Time Magazine, Wired.com and Apple.com, but few ever do.

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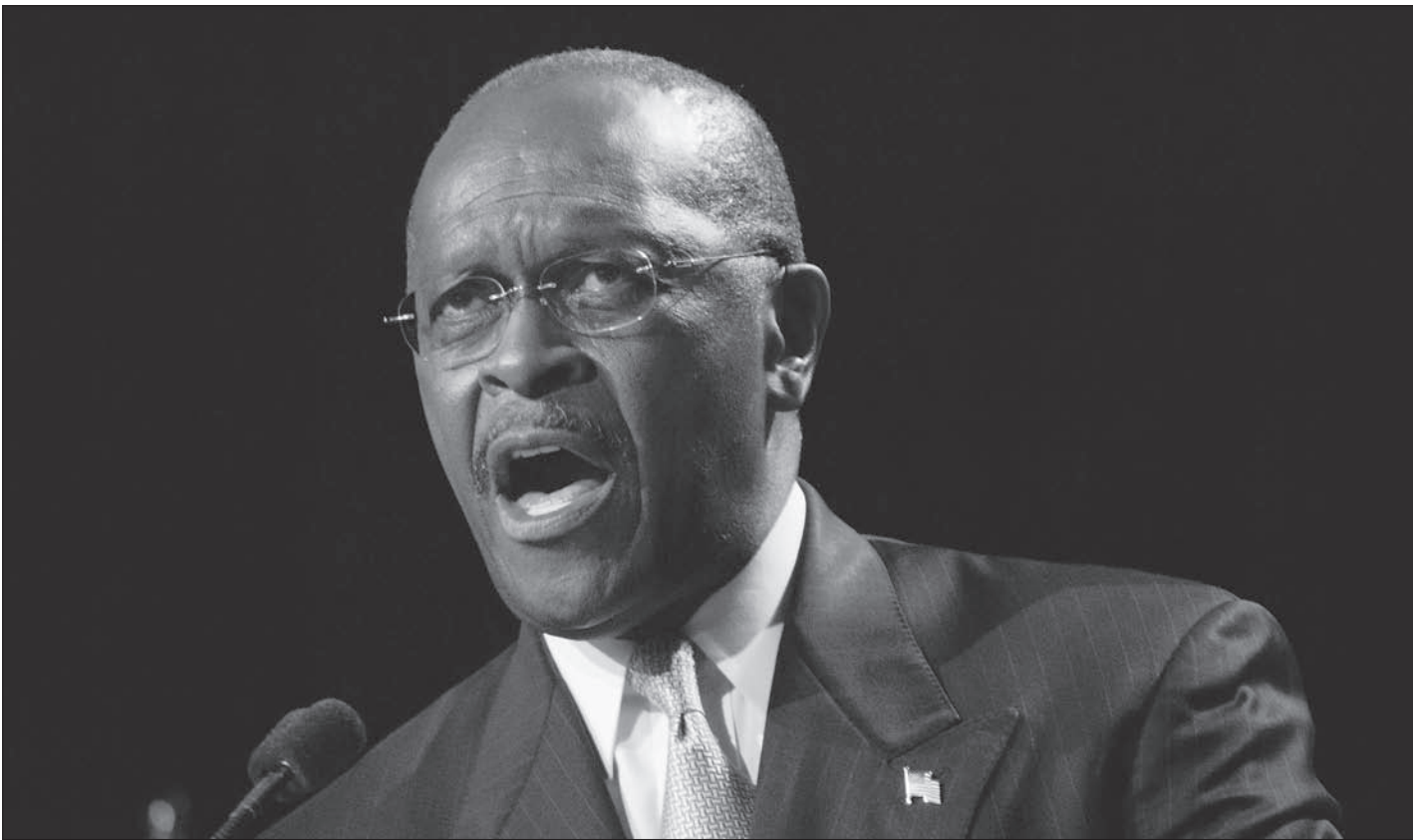
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Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Candidate



File photo: Jordan Maurice/Iowa State Daily  
Republican presidential candidate Herman Cain speaks to voters in Hilton Coliseum before they cast their ballots in the 2011 Ames Straw Poll. Cain, former chairman and CEO of Godfather's Pizza, finished fifth in the poll. Cain's candidacy brings to the fore the question of race its place in U.S. politics.

Does race remain an issue?

This is not about Herman Cain. It isn't about the Republican presidential primaries, either.

Like most analysts would contend, Herman Cain does not make a classic subject as far as happy punditry goes. His candidacy and the sudden explosion of his poll ratings does one thing: In the most unexpected way, it brings to fore the question of race and its place in America's politics.

Cain does not strike one as magical or even substantial. He comes off as a happy Joe lacking the ambitious drive and a compelling winning strategy that would make him an inevitable pick as a person of color. He is a black man running for the highest office in the land, a reality that he seems less bothered with — or rather, that he has chosen to dodge. The numbers so far look good on his side, placing him neck and neck with former Massachusetts Gov. Mitt Romney.

So what do we make of potential "President" Cain? He will be the first black GOP candidate for the presidency; should he win the nomination? Besides earning that coveted historical place, his candidacy will also see him pitted against President Barack Obama — the first black president.

The question worth exploring in the rise of the former CEO of Godfather's Pizza is his race against the reality of racism in America. More so, Cain's dalliance

By Benson.Amollo  
@iowastatedaily.com

with the conservative wing of the Republican Party, the tea party, is quite amazing. It looks more certain that the tea partiers prefer a date with Cain to Romney any hour of the day. He has won their conservative hearts and minds where Romney's Mormonism and positions, that smell a bit liberal, have disappointed. The question within the question, therefore, is this: Are we less racist than in 2008 when Obama ran for president?

In the 2008 election, President Obama's race headlined his quest and made the history of a first black president ring louder than our ears had prepared for. On the account of his race, Obama, then a freshman senator from Illinois, was subjected to more media prodding than any other candidate. And while he won the election that year, his "unlikely" candidacy had with it lessons from the American public of how much the question of race needed to be explored. America's dichotomy bleeds its racial makeup, and there ought to be constant conversations on the question of race in a bid to bury its ugly head in the nation's dust bin of history.

So far, Cain's race hasn't exploded in the primaries. Nothing unseemly has since brought us to think that his blackness is standing in his way. He is the favorite of

the conservatives as I write and that suggests that the tea party has few problems with race. If that turns otherwise in the few months ahead, it will be a pity — meanwhile, the devil earns its due.

Conservatives standing with Cain, if the poll numbers hold true, are speaking to America. They must be seeing the country's problems as bigger than an individual's skin color. And even when Cain's demise comes to pass as popular media has suggested, history will be kind enough to store Cain's "favorite candy of the week," as Sarah Palin has described the candidate. We shall be reminded that race once became a non-issue in the conservative scheme of things.

There may be other factors that merit allusion in trying to understand Herman Cain's rising star in the conservative galaxy. But at least race has not been scathed. At least there is very little coming from fear politics. And when Cain eventually falters, he will have himself to blame and not the color of his skin. The treatment he has been accorded by the rank and file of the conservative community seems to echo what Dr. Martin Luther King Jr. would offer as a judgment drawing from "the content of one's character and not the color of his skin."

A footnote to the conservative love for Cain is that more than anybody else in the primaries, the black candidate will be at odds to prove himself. He has to turn the

love into a conviction and present to his believers a blueprint that outsmarts everything that would emanate from his race.

If this had been about Cain, I would have said that he must accept the beyond-the-race love given to him with a toughness that takes this race seriously. I would have told Cain to stop smiling, get serious and start working. I would have told Cain to put together a campaign — a serious campaign (since he has none so far, unless the joke he has presented counts for one). But above all, if I had made this piece about the GOP, then I would have given a big hug to the tea party. I would have congratulated the conservatives for standing above what ails us.

So, assuming that the race lesson from the last election was taken seriously, I want to take the tea party seriously in this regard. I want to assume that the conservatives are no longer scared by race. I want to assume that the tea party is an ideological front where only ideas fry each other and that Cain seems to have ideas that sit well with the movement's convictions. Should all that be true, then I would commend the tea party. And in commending the tea party, America would win too.

**Benson Amollo** is a graduate student in journalism and mass communication from Nairobi, Kenya.

Politics

Paul: Abortion is rights violation

Editor's note:

This column is part three of a series of columns on Rep. Ron Paul, R-Texas. Look for part four next Wednesday, Oct. 26. The views expressed in these columns are those of the columnist only, not the Editorial Board, editorial staff, or Iowa State Daily.

Author's note: On the night of Sept. 27, I had the privilege to ride with presidential candidate Ron Paul on his trip to the airport to fly home. For about 30 private and unscripted minutes, I had the 12-term congressman to myself. The results of that interview comprise more information than possible to convey in a single column, so in the interests of fairness to the reader and appreciation to Dr. Paul for the opportunity, the story has been broken into segments, of which this is the third.

The SUV cruised through the dark down Highway 35, congressman Ron Paul in the backseat on the driver's side and me sitting next to him. Dr. Paul had just finished rebutting concerns printed in the Daily about his position on Medicare and Social Security. I followed up by hitting him with what many consider a weightier issue: abortion. The same person in the Daily who was upset by Paul's stance on Medicare and Social Security was also unhappy with his stance on abortion.

Paul is an absolutist when it comes to abortion. He does not believe one should be had under any circumstances. However, there's more to the story than meets the sound byte.

I quoted the Daily's complainant, asking in cases of rape or incest if Paul was taking the individual rights of women into account. The congressman nodded thoughtfully, took a sip of his drink from McDonalds and said, "I know that bad things happen sometimes, but I think it's better for the principles of liberty to be on the side of life. I understand what that person is trying to say, but if we believe that we have our rights because we're alive, then we can't really

By Barry.Snell  
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have liberty at all if we don't protect life."

Paul has beliefs modern politicians consider "old school." However, in 1776, he would have been right at home and would have received more than a few high-fives from guys like Thomas Jefferson. Paul's position on abortion stems from the classical liberal philosophy of natural rights.

The idea is that we have rights not because any monarch or government says we do, but by simple virtue of being alive. Hence, the ultimate denial of rights is non-consensual death at another's hand. This is a main reason why murder is wrong in classical liberal philosophy.

This is also why Paul believes abortion is wrong: One person's right to live trumps another's right to kill them. "What message is it if we say you have rights because you're alive but then deny someone their life?" he asked me.

Then there's the personal side of this story. While a young medical resident Dr. Paul, now a licensed OB-GYN who's given birth to more than 4,000 children, witnessed a baby discarded after a live birth, tossed into a bucket on the floor. As Paul tells it, the newborn's cries were ignored as it was left to die while doctors and nurses tended to the mother.

A few minutes later, in a hospital room down the hall, Paul witnessed another birth. This time, though, the baby was tended to and fretted over by the staff. "Why was that baby chosen to live while the other one was chosen to die?" Paul asks, clearly emotional as the memory comes back.

Unmistakably, this left a mark on the congressman's heart and soul, and has affected his feelings on abortion ever since. But Paul's stance is more complicated still. I asked him about abortions conducted prior to the development of the fetus.

"We already acknowledge life begins at conception other ways [even though there's no specific law saying so]," he answered. "We have laws protecting life at conception. As a doctor, I'm liable if I do something wrong after conception that affects the pregnancy. If you injure a pregnant woman and harm the pregnancy, you're criminally liable. And we have inheritance rights after conception too." On these points, Paul appears to simply be consistent with other laws and principles, which he is renowned in Congress for being.

One might wonder at this point about Paul's position on abortion to save the mother. "In all my years [as an OB-GYN], I never saw a case where the mother needed an abortion to save her life."

The congressman stated he never personally saw it, suggesting it's rare, though he never denied the possibility. Paul's next point answers the dangling question there:

"A woman's health care should be a private matter between her and her doctor," Paul explained. "The government shouldn't get in the middle." Bottom line, if a woman really needs an abortion, so be it — at least so far as the federal government is concerned.

Despite his personal feelings on abortion, congressman Paul is not in favor of federal regulation for or against it (he is against oddities like partial birth abortion, however), thus leaving the issue to the states. "The federal government has no business involving itself in abortion."

**Barry Snell** is a senior in history from Muscatine, Iowa.



Capitalism

# Online retailers trump local business' existence

*Tax online sales, but consumers like convenience*

To date this year, Amazon's sales have soared to \$9.91 billion. A Forester Research report stated that by 2014 the amount of online retail sales will be \$250 billion, which will make up 9 percent of the overall retail sales in the U.S.

We can thank retailers for the sales tax they collect that provide many of the things we take for granted like newly paved highways. The problem is the online impact of not collecting sales tax.

Online sales are on the rise and I only see this increasing at a faster rate due to devices like the iPad, iPhone, Amazon Fire and other mobile devices that allow for convenient purchases.

I remember listening to the news a few years back on the subject of holiday shopping being consumed more online than in big shopping centers. Malls are struggling. Local businesses are struggling. They struggle just like many other brick-and-mortar retailers that have raised their prices or markup just to make the same as an online retailer that gets away with not having to collect sales tax.

It was in 1992, in the case of Quill v. North Dakota, that the U.S. Supreme Court "ruled that retailers are exempt from collecting sales taxes in states where they have no physical presence, such as a store, office or warehouse."

Additionally, "the Court specifically noted that Congress has the authority to change this policy and could enact legislation requiring all retailers to collect sales taxes



By Derek Jensen  
[diowastatedaily.com](mailto:diowastatedaily.com)

without running afoul of the Constitution."

Since then, two strategies have been discussed: The Main Street Fairness Act and Clarifying Nexus. The first one looks at stating that there is no burden for these online retailers to collect sales tax due to the advancements in technology. The second looks at just redefining what "nexus" means, a definition used in the 1992 decision. And currently several states have started to say to online retailers that have affiliates in certain states count for that nexus that would require them to collect taxes.

Let's face it. When given the option to buy something we don't really have to go and see for our own eyes, it is much easier — nine times out of 10 — to make that purchase online with a service like Amazon. At the same time though, we don't want empty buildings amongst our many local squares or streets, right?

The convenience was always for local businesses before big-box retail and then the online world. People didn't mind walking a few blocks to get one item. But today, the cost of convenience is so much higher due to technology.

America was built on a tax system to provide public infrastructure for many while encouraging people in business to grow the economy. It's one big cycle, and right now the online impact along with our continuation of innovation through technology has

caused disruption. Technology is a good thing. Think about if we didn't have Amazon. Getting a package in less than a week was unheard of, especially if it was delivered across the country or even the globe. But just like with everything, we can lose focus of how our current systems will be affected. We all just assume it will work itself out. In this case, I'd say the online retailers are loving that nothing has really been done since 1992.

Now today, several states including California, Illinois, New York and Tennessee have told Amazon and other exclusive online retailers that they must start collecting sales tax.

Face it, this entire episode is pretty immense and can be looked at through many different lenses.

The fact is that I do believe these state governments that are pushing for online retailers to also collect sales tax is important for the sake of the overall economy. Another fact is that local businesses and everyone else not up to the level of Amazon needs to quickly realize that they have the convenience and volume with their focus on technology all in their favor.

It won't matter if everyone, whether you are a brick-and-mortar, online or kind of retailer we haven't heard of yet, is on an equal playing field in terms of setting your price.

It will matter where the customer decides to buy. Brand loyalty, customer service and just the overall experience will decide who stands out in our capitalist society that collects sales tax.

Derek Jensen is a senior in communication studies from Pella, IA.

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MEN'S GOLF TEAM BATTLES THE COLD

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CROSS-COUNTRY:

Cyclone named Big 12 Runner of the Week

By Caitlyn Diimig  
Daily Staff Writer

Senior Meaghan Nelson was named Big 12 Runner of the Week.

Nelson's performance at the Wisconsin Adidas Invitational on Friday helped secure the honor, as she placed ninth in the 6,000-meter race with a time of 20:16.

This is Nelson's first time winning the honor. Despite Nelson's finish and top places for both senior Dani Stack and junior Betsy Saina at the invite, the Cyclone women dropped from a ninth-place national ranking to No. 13. Big 12 rival Texas moved from No. 17 to No. 12.

The teams will compete next at the Big 12 Championships on Oct. 29 in College Station, Texas.

STATE:

Senators urge baseball to ban tobacco

WASHINGTON — U.S. senators and health officials are taking on a baseball tradition older than the World Series itself: chewing tobacco on the diamond.

With the Series set to begin Wednesday between the St. Louis Cardinals and Texas Rangers — a team that started life as the Washington Senators 50 years ago — the senators, along with health officials from the teams' cities, want the players union to agree to a ban on chewing tobacco at games and on camera. They made the pleas in letters, obtained Tuesday by The Associated Press.

"When players use smokeless tobacco, they endanger not only their own health, but also the health of millions of children who follow their example," the senators wrote to union head Michael Weiner. The letter was signed by Dick Durbin, of Illinois, the No. 2 Democrat in the Senate, and fellow Democrats Frank Lautenberg, of New Jersey, Richard Blumenthal, of Connecticut, and Senate Health Committee Chairman Tom Harkin, of Iowa.

The senators noted that millions will tune in to watch the World Series, including children.

"Unfortunately, as these young fans root for their favorite team and players, they also will watch their on-field heroes use smokeless tobacco products," they wrote. Smokeless tobacco includes chewing tobacco and dip.

"It's going to be kind of hard to ban that," said Texas Rangers pitcher Matt Harrison. "They probably would have a big fight on their hands for that. ... They can hide it a little bit better, I guess — not be doing it in the dugout and showing it where kids can watch and stuff. But I think it's kind of like your own freedom. If that's what you want to do, then you do it."

With baseball's current collective bargaining agreement expiring in December, the senators, some government officials and public health groups want the players to agree to a tobacco ban in the next contract.

The Associated Press

SPORTS JARGON:

Clipping

SPORT:

Football

DEFINITION:

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USE:

Josh Lenz was flagged for clipping an opposing player during a kickoff return, penalizing the team 15 yards.

Football



Photo: Manfred Brugger/Iowa State Daily

Defensive back Jacques Washington prepares for the play as Texas quarterback Case McCoy waits for the snap from the center during the game Oct. 1 at Jack Trice Stadium. Washington has emerged as a reliable player in a defensive secondary that had question marks coming into the season.

Defense relies on Washington

By Jeremiah.Davis  
@iowastatedaily.com

The ISU defense may not have been much to write home about in the last few weeks, but amid all the angst from coaches and fans over the unit's performance, one player has been playing at a high level.

Defensive back Jacques Washington has emerged as another reliable player in a defensive secondary that had question marks coming into the season. Apart from veterans

Leonard Johnson and Ter'Ran Benton, there were doubts surrounding the other players.

"I think he's been emerging since training camp," said coach Paul Rhoads. "He's a great leader because of his preparation and his intelligence on the field. He's very vocal. And he's been productive to go along with that leadership."



Rhoads

The production Rhoads talked about is made obvious when looking at the defensive statistics for the ISU defense. Washington is second on the team and third in the Big 12 in total tackles with 51, trailing only co-Big 12 leader Jake Knott.

Rhoads emphasized how much he and his staff can rely on Washington on Tuesday after practice, saying he made an example out of the redshirt sophomore following the 52-17 loss in Missouri in Columbia, Mo.

"In his young career, Saturday's game [against Missouri] was his poorest, and it was uncharacteristic of him," Rhoads said. "But I was able to use him as an example in front of our team to describe [that] I know it won't happen again because he's too accountable of a guy."

Teammates have noticed Washington rising to the occasion as well. Benton, who is also Washington's roommate, has noticed

FOOTBALL.p7 >>

MLB

Graduate makes mark as umpire

Eric Cooper has worked multiple no-hitters

By Shagun.Pradhan  
@iowastatedaily.com

Thousands of people watched the Detroit Tigers beat the New York Yankees last week in the American League Division Series with eyes glued on the all-star-caliber batters and pitchers on both teams.

No. 56 had the most impact on the game in the whole series. Readers might be confused by this because there isn't a No. 56 on either team, but rather on the officiating team.

No. 56 belongs to official Eric Cooper, an ISU graduate, which may come as a surprise to many.

Cooper is an ISU alumnus of the class of 1989 and graduated with a degree in transportation logistics.

"It would make sense that I would get a degree in transportation logistics and become a major league umpire, right?" Cooper said jokingly. "After college, I entered the Joe Brinkman Umpire School in Cocoa, Fla. There, I learned to expand the skills I learned from officiating at Iowa State by learning as a student, then learning as a teacher."

Less than one percent of officials that go to umpire school make it into Major League Baseball. With only 68 umpires in the MLB, usually the only way someone becomes an umpire is if another umpire retires. The average job span for an umpire is 25 to 30 years.

Garry Greenlee, assistant director of Recreation Services, had his eye on the baseball game, but also his former student officiating home plate.



Photo courtesy of Paul Endris/Flickr

Eric Cooper, an ISU alumnus with a degree in transportation logistics, entered umpire school after graduation and is now a Major League Baseball umpire. He has been an umpire for 22 years, and he is one of only 68 MLB umpires.

"It is truly a great feeling to see a friend and former student doing big things," Greenlee said.

"He was always a real natural at officiating sports, but he really excelled at it most in baseball"

Cooper is now in his 22nd year as a professional umpire. He spent nine years in the minors officiating A, AA and AAA baseball before making the jump into the majors in 1999.

He was the home plate umpire for Hideo Nomo's no-hitter against Baltimore on April 6, 2001, Mark Buehrle's no hitter against Texas on April 18, 2007, and a perfect



Cooper

game Buehrle also pitched against Tampa Bay on July 23, 2009.

Cooper is only one of two active MLB umpires to have worked multiple no-hitters.

"Officiating those games was very intense," Cooper said. "When everyone in the stands starts to realize something special could happen in the later innings, you see everyone standing and can literally feel the pressure."

"At that time, you just have to take a deep breath and call the best game you can and as fair as possible."

Cooper also has been involved in other historically changing events, such as — oddly enough — the first bee delay.

"In San Diego in the seventh inning, the left fielder came in screaming about bees," Cooper said. "It turned

out a swarm of thousands of bees had made a home in left field and would not leave. We had to call in the bee keeper and wait until all the bees were gone until we could finish the game. That was by far the most bizarre thing I have seen in officiating sports."

Cooper definitely believes he learned important things at Iowa State that weren't just officiating skills, but rather ranging from prioritizing to accountability.

"So much of officiating has to do with communicating with the managers and players, then making all the right decisions," Cooper said. "It's not so far-fetched to say that going to college helped me become a better official."

After the third game of the ALDS, Detroit catcher Alex Avila said in a postgame interview, "We've had some

of the best umpires in the series behind the plate and on the field," accrediting Cooper and his crew of officials.

Even though Greenlee watches Cooper on national TV, he still has fond memories of Cooper at some of his first games umpiring.

"I still remember being with Eric on his first ejection in some Legion game in Ames," said Greenlee. "The catcher went to tag the base runner at home plate and the catcher missed. The manager didn't agree with the call. After some yelling from the manager, Eric, with great composure and confidence, tossed him."

"He still has the confidence and poise he did back then that he has today. That's what makes him one of the best umpires in the game of baseball today."

Volleyball



Photo: Zhenru Zhang/Iowa State Daily  
Carly Jenson goes for the kill in the Cyclones' match against Oklahoma on Oct. 8 at Hilton Coliseum. Iowa State beat Oklahoma 3-1. For the first time all season, no ISU player was in double digits in kills in Saturday's 3-0 sweep of Baylor.

Balance works for Cyclones

Even offense contributes to team's success

By Zach.Gourley  
[giowastatedaily.com](mailto:giowastatedaily.com)

The ISU volleyball team's 3-0 sweep of Baylor on Saturday continued the recent trend of a balanced Cyclone offensive attack.

For the first time all season, no ISU player was in double digits in kills with Carly Jenson, Hannah Willms and Tenisha Matlock tied with eight kills a piece.

"Balanced offense can be good and we're seeing that some nights. Depending on the night, we'll have some people step up," said ISU coach Christy Johnson-Lynch at her weekly news conference Monday. "But I do think that great teams have someone that can carry the load and be kind of the go-to every night."

Jenson leads the team in kills with 3.77 kills per set while attacking at a .248 clip and has taken the most swings of any Cyclone, racking up 648 total attempts.

Middle blocker Jamie Straube is second on the team in total attempts at 335.

Over the past three conference matches, those numbers have evened out, with opposing teams often serving to Jenson in an effort to keep her out of the offense.

While Jenson is still taking more swings than any other Cyclone player, her hitting percentage in those three matches dropped to .193.

"I hope as the season continues, we'll be able to find the person for us that will really be able to terminate and carry a huge load offensively," Johnson-Lynch said. "[Jenson] is doing that for the most part, but we're going to need some people who can put the ball away even against two blockers."

One player that has recent-



Jenson



Straube

ly emerged both offensively and defensively is sophomore middle blocker Tenisha Matlock.

Over the past two matches, Matlock has been attacking a .391 clip and has amassed two solo blocks and 12 block assists.

"[Matlock] is a tremendous athlete, she really is one of the best athletes I've seen,"

Johnson-Lynch said. "It's exciting to think about where she can be in a year or two, but she is developing into one of the best middle blockers in the Big 12 and maybe even the country."

The No. 15 Cyclones (15-3, 6-1 Big 12) will be back in action this Saturday in College Station, Texas, to take on Texas A&M (15-4, 4-2) at 6:30 p.m.

>>FOOTBALL.p6

a significant change from last year — when Washington had only 12 tackles in nine games all season — to this year.

"Jacques is a smart person," Benton said. "He's actually gotten [in and] watched a lot of film. It's funny because he still has two years after this year. He's building up the Iowa State football program game by game."

To ask Washington, he believes he can become that leader as well as someone who teammates and coaches can lean on.

"I was pretty lazy last year [with] my practice habits, and this year I've just taken the next step and practiced well," Washington said. "I can see myself becoming a leader of the team. I'm a vocal leader, and that's the way I see myself playing a role on this team for sure. In the next couple years I can definitely see myself becoming a leader on the team."

Washington said making the next step in becoming an elite player, as opposed to just a very good player, starts with the film room and really studying his opponents.

Rhoads believes Washington can make it, but that the Owasso, Okla., native will have to work extremely hard to get there.

"[He has to work on] every little thing, every little detail because he's an average athlete," Rhoads said. "He's not fast, he does not have explosive quickness, so every little detail, he's got to almost be as clean as can be to be that type of [elite] player."

Benton echoed his coach's thoughts that Washington can reach that level, and that he can easily see his roommate as someone who leads the Cyclones in the future.

"Jacques is a silly dude. He's more of a joker, he's not serious all the time," Benton said of Washington. "But when it's time to put on the pads and

buckle on the helmets, he's on it all the time.

"In the future, it's going to be better. Jake Knott, he's a leader all the time, and as Jacques grows up into it, he's going to be one of them."

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To create an environment through exceptional recreation facilities, programs, and services where Recreation Services can inspire, educate, and empower students and members of the ISU community to cultivate lifestyles to enhance health and wellness.

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## Utah

# Sister Wives’ describe harm of bigamy probe

By Jennifer Dobner  
The Associated Press

SALT LAKE CITY — The family from cable television’s polygamous “Sister Wives” reality show has told a federal judge in Utah how much they’ve been hurt by the threat of prosecution under the state’s bigamy law.

Kody Brown and his wives wrote in new court papers that they’ve lost jobs, were forced to move to Nevada and suffered harm to their reputations after police launched an investigation last year after the fall 2010 launch of their TLC show.

They said the law is unfairly applied to polygamists.

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honor for some.

“I’m excited to get on the turf and play, because it’s an event where I can competitively compete in a sport with my brothers,” said Charlie Heidrick, member of Sigma Phi Epsilon fraternity and junior in psychology. “Most of us grew up playing organized sports, and in college those times seem to become rare. This event stands out because it often gets very heated and physical.

“It’s also a very tiring sport, so everyone that competes is getting incredibly tired and also banged up from that turf ... nobody likes losing when they’re in that kind of condition.”

With “Cyclone State of Mind” being the theme for this year’s Homecoming, Kristyn Leinen, Homecoming Central Committee’s tournament co-chairwoman, said the tournaments are great because they make the week even more special.

“Anyone can choose to compete in tournaments and either compete competitively or just for the sheer fun of it,” Leinen said. “It helps get them in that



Photo: Yue Wu/Iowa State Daily


Steven Kellogg, junior in finance, warms up for his treds football game as part of the Homecoming tournament at Lied Recreation Athletic Center on Tuesday.

Homecoming spirit and makes the week even more memorable.”

Tournaments are available for all ISU students.

“Homecoming’ tournaments are not only for those in the greek community,” said Jacob Venner, Homecoming Central Committee’s tournament co-chairman.

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>>CAMPUSTOWN.p1

Many other senators agreed with Brown and felt there was no clear indication that the cameras would not be monitored in the future.

Morrissey countered the

idea of invasion of privacy.

“If we have a problem with our behavior being on record, then we should not be acting in such behaviors,” he said.

The resolution GSB drew up was not a direct act on its part that gave the group

the power to decide whether or not to install cameras in Campustown. In simple terms, this resolution was just a decision by GSB to inform the City Council of Ames that it supported the idea of the addition of security cameras and

lighting.

“Even if GSB did not endorse the cameras, they could still be put in Campustown,” said Aaron Brown, Interfraternity Council senator and sophomore in electrical engineering.

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## American Foreign Policy after Iraq and Afghanistan



### Lee Hamilton

Former Indiana Congressman Lee Hamilton directs the Center on Congress, a non-partisan educational institution he established in 1999 to improve the public’s understanding of Congress: its strengths and weaknesses, its role in our system of government, and its impact on the lives of ordinary people. Hamilton served in the U.S. House of Representatives from 1965 to 1999. For more than forty years he has been an important voice on international relations and American national security. He served as vice chairman of the 9/11 Commission, co-chaired the Iraq Study Group with former Secretary of State James Baker and was President of the Woodrow Wilson Center. Hamilton’s books include *How Congress Works* and *Why You Should Care, A Creative Tension: The Foreign Policy Roles of the President and Congress* and *Without Precedent: The Inside Story of the 9/11 Commission*.

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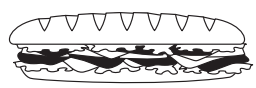


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# Crossword

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	65				66						67			
68					69						70			
71					72						73			

Across

- 1 Black Panthers co-founder
- 6 Sprightly dances
- 10 What race winners break
- 14 Flip chart stand
- 15 "Typee" continuation
- 16 Fancy molding
- 17 First name in British sports cars
- 18 Freshness
- 19 River to the Caspian
- 20 Add-on for a large party's tab
- 23 Deposed Amin
- 24 Siesta
- 25 In the lead
- 28 Even thieves have one, it's said
- 33 No-win situation
- 34 Banjo's place
- 35 Age-old stories
- 36 Sphere
- 37 Largest city in

California's wine country

- 42 Classic Capek play
- 45 In fighting trim
- 46 Chachi's mother-in-law, to Fonzie
- 50 Outback runner
- 51 Nickname seen on a Northeast license plate
- 55 Fruity soda brand
- 57 King at Versailles
- 58 Down-for-the-count count
- 59 Long-running game show, and a hint to the starts of 20-, 28-, 37- and 51-Across
- 64 Cures
- 66 Rugged vehicles
- 67 Writer Zora \_\_\_ Hurston
- 68 Sweeten the pot a little?
- 69 One and only
- 70 More pleasant
- 71 Axe

72 Hang in the balance

- 73 Jays and O's

Down

- 1 Wishing one hadn't rocked the boat?
- 2 Entered carefully, as a highway
- 3 With a leg on each side of
- 4 Pope of 903
- 5 Periodic weather disruption
- 6 Crèche figure
- 7 Apple for the teacher?
- 8 Mild oath
- 9 Wrigley slugger
- 10 "Not my problem"
- 11 Go along with
- 12 Whistle bead
- 13 Fish lacking pelvic fins
- 21 Half-\_\_\_: coffee order
- 22 Some steak orders
- 26 Go public with
- 27 New girl in gown?

# Word of the Day:

**Aesopian**  
[ee-soh-pee-uhn, ee-sop-ee-] adjective  
1. of, pertaining to, or characteristic of Aesop or his fables: a story that points an Aesopian moral.  
2. conveying meaning by hint, euphemism, innuendo, or the like: In the candidate's Aesopian language, "soft on Communism" was to be

Example:  
Dorsal fins broke the surface, carving the cobalt water clean and silver.  
What sounded like a friendly greeting from Jerome was in fact Aesopian code warning his partner, who had just entered the apartment, that an uninvited visitor was in the room.

# Random Facts:

- There is only one president who was a bachelor, James Buchanan
- The Chicago River used to flow into Lake Michigan, but the U.S. Army Corps of Engineers switched it to flow backwards, AWAY from the lake, for sanitation purposes.
- Despite being staples of the Old West landscape, neither horses nor tumbleweeds are native to North America.
- Vodka was used as an ingredient in early European formulations of gunpowder.

# SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level: 1 2 3 4

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

SOLUTION TO TUESDAY'S PUZZLE


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




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Daily Horoscope: by Nancy Black

# Aries: Express your love

**Today's Birthday** (10/19/11). You have a special sensitivity to emotions. Remind yourself of things you love (favorite smells, flavors, places, people) to erase any moodiness. Clean up a mess that's been bothering you, for freedom. Celebrate with people who appreciate you. 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 a 9 -- Home replenishes. Make household improvements that feed your spirit. Exercise your blood flow and express your love. Put that creative energy to good use.

**Taurus** (April 20-May 20) -- Today is an 8 -- Play isn't just for children. It's a great way to learn, and there's education happening today, especially when you least expect it. Find pleasure in the mundane.

**Gemini** (May 21-June 21) -- Today is a 7 -- You're better off working for a bonus than spending what you have. Don't dip into savings unless you really have to. Explore all the possibilities and add patience.

**Cancer** (June 22-July 22) -- Today is a 9 -- You're attracting attention, and your luck is turning for the better. Keep saving up; it's working. A quiet evening rejuvenates. Kick back with a movie and a friend.

**Leo** (July 23-Aug. 22) -- Today is a 5 -- Love shines through today, illuminating some perfectly gorgeous moments. Your conscience keeps you on the right path. Tell fears you'll get back to them later.

**Virgo** (Aug. 23-Sept. 22) -- Today is a 7 -- The more you get to know a friend, the better you get along. The right words come easily now. Love puts color in your cheeks and a spring in your step.

**Libra** (Sept. 23-Oct. 22) -- Today is a 7 -- Your friends are looking for your peacemaking skills. Your balanced view and strong sense make a difference now, especially at work. Use your diplomacy judiciously.

**Scorpio** (Oct. 23-Nov. 21) -- Today is an 8 -- Explore new ways of creative expression. Avoiding trouble could cost you rewarding experiences as well. Go ahead and risk failure. You'll

never know if you don't try.  
**Sagittarius** (Nov. 22-Dec. 21) -- Today is a 5 -- A lack of funds may threaten your plans. Start saving up for the key ingredients. Don't lose sight of what you're committed to. The most direct path saves time and money.

**Capricorn** (Dec. 22-Jan. 19) -- Today is an 8 -- Take positive action in the morning for maximum productivity. Afternoon chaos could thwart plans, so leave free time in the schedule. A quiet evening is just the thing.

**Aquarius** (Jan. 20-Feb. 18) -- Today is a 7 -- Obstacles and limitations could seem more apparent than the road they obscure. Focus on the direction forward, and sidestep. Quiet time provides peace.

**Pisces** (Feb. 19-March 20) -- Today is a 7 -- Follow love but not necessarily romance. Professional passions call to you. Your path may not be clear, but take slow steps forward anyway.

# Trivia

Name this city, the largest in mainland China.

ANSWER: Shanghai

This mountain, located west of Colorado Springs, is named for a noted explorer. Its summit can be reached by a cog railway.

ANSWER: Pikes Peak

Name this quantity lowered by the presence of surfactants, which makes falling drops of water into spheres and causes capillary action.

ANSWER: Surface Tension

Celsian and hyalophane are examples of feldspars named for this element because it replaces potassium. It has symbol Ba.

ANSWER: Barium

Name this Shakespeare play in which three witches inspire Duncan's death by the hands of the titular Scotsman.

ANSWER: Macbeth

# what? just sayin

Freshmen... about the drawstring backpacks.... just stop it.

...

Guys with hair longer than mine are a huge turnoff. especially if said hair is greasy. shampoo and scissors, fellas. just sayin

...

Can it be december 17 yet??? i forgot how much i don't like homework

...

I find awkward people highly entertaining, until they open their mouths..

...

I love campus town on halloween. Get ready ladies =)

...

Just remember... no matter how bad you do on an exam, there's always a kid out there who can count the number they got right on one hand.

...


To macho man yelling while lifting, did you have a boy or a girl?

...

You know its true love when he says he loves you more than food

...

Revvng your engine doesn't make me walk faster. It does, however, make you look like a jackass.



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## Low vitamin D linked to breast cancer

By Caitlin Diimig  
AmesEats Flavors Writer

The color pink adorns just about every product in the month of October. It's Breast Cancer Awareness Month.

Dr. Matthew Rowling, assistant professor of food science and human nutrition, has been doing research on cancer for seven years.

Rowling, as well as more than 1,000 other research studies, has found a correlation between an increase in vitamin D blood serum levels and a decreased risk for breast cancer.

"They have epidemiological data that shows breast cancer victims tend to have lower vitamin D status," Rowling said.

It's not just breast cancer. Increased vitamin D is correlated with decreasing prostate, colorectal and ovarian cancer.

Researchers have induced rats with tumors and then after treating the rats with vitamin D, the number of tumors was reduced.

However, it has not been proven in humans that vitamin D can reduce one's risk for cancer, simply because it's not ethical to induce tumors in a human.

There are other variables involved in reducing the risk for cancer that make it hard to pinpoint prevention only on vitamin D.

"These people that have good vitamin D status, they might be having a better diet too," Rowling said. "If they tend to have vitamin D levels that are higher, they might be people who are outside and active."

A general healthy lifestyle, Rowling said, might be the key to reducing one's risk for cancer.

"People that are obese tend to have much lower vitamin D levels," Rowling said. "Now the issue there is, is it because the fat sequesters that vitamin D, because it's a fat-soluble vitamin or is it that these people don't get enough nutrition or they just don't go outside and they're not active?"

He can't conclusively say vitamin D prevents cancer.

"I have a suspicion that it's a large contributor, but I don't think it's the magic bullet that everybody is saying it is," he said. "I think it's part of a bigger picture."

Vitamin D is an essential nutrient for the human body and bone health regardless of whether or not it prevents cancer.

Foods naturally high in vitamin D are rare. Salmon is high in the nutrients, but Rowling said one would have to eat 10 pieces of salmon every day to reach high-

enough levels of vitamin D that would prevent cancer.

Even eating foods fortified with vitamin D, such as milk and orange juice, wouldn't meet the recommended daily allowance of 600 IU.

Rowling doesn't think 600 IU is enough vitamin D to reach a preventative effect on cancer. The RDA was set by the National Institute of Health to prevent problems in bone health.

Supplements are the only way to meet high vitamin D status, especially for lowans in the wintertime.

Rowling recommends talking to a doctor and having your blood serum levels checked in the wintertime before taking a supplement. A good serum level would be 25 to 40 nanograms/milliliter.

In the winter, if one has low serum levels, Rowling recommends taking 1,000 to 2,000 mg of cholecalciferol, which is available over the counter. In the summertime, standing outside for 10 to 15 minutes will give a person enough vitamin D, as the body can use UV rays to make it.

Currently the toxicity level is set at 4,000 IU, as too much might cause hypercalcemia (high levels of calcium in the blood) and kidney stones.

However, a Creighton University study showed 10,000 IU daily did not cause adverse effects.

Vitamin D toxicity is rare. Have you ever heard of a lifeguard who withstands UV rays for hours every day, getting vitamin D toxicity? Probably not.

This is because when your body intakes dietary or UV vitamin D, it is in an inactive form. Your body activates vitamin D when it needs it. Excess vitamin D is stored in fat cells or excreted in urine.

Talk to your doctor about whether vitamin D supplements are right for you.



Photo courtesy of Thinkstock

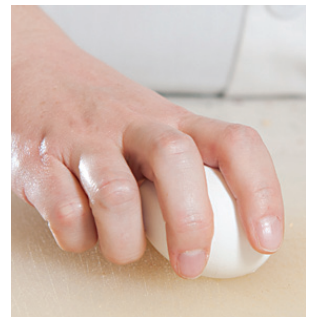


Photos by Claire Powell/AmesEats Flavors

## How to: Peel and cut hard-boiled eggs

Hard-boiled eggs are a quick and healthy snack anyone can do. After boiling the water with the egg in it, take it off the heat, place it in an ice bath and let it set for five minutes (the older the egg, the easier it is to peel).

### Step 1:



Crack the shell on a hard surface.

### Step 2:



Roll the egg around in your hands to crackle and remove some of the shell.

### Step 3:



Begin peeling the shell and skin off of the egg until all of it is removed.

### Step 4:



Chop the egg into slices, wedges or however you would like to eat it.

### Step 5:



Dice into smaller pieces.

Iowa State Daily File Photos

## Deal of the week: Mushrooms

Mushrooms are a low-calorie, high-protein food that go great in salads, risotto, pasta and so many other dishes. They are very versatile and are a good meat replacement for vegetarians and vegans. Whole, white mushrooms are going for a great price this week.

### Cost this week:

Pick them up at the grocery store for just 99 cents a pound.

### How to use:

Try adding them to a dish you make regularly, such as stir fry with a

side of rice. You can also grill mushrooms and serve them in place of meat for hamburgers or other grilled sandwiches.

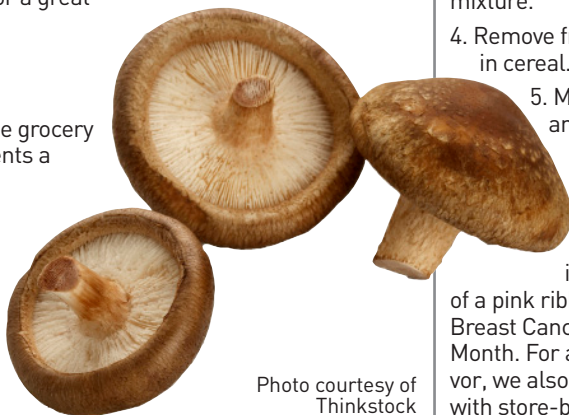


Photo courtesy of Thinkstock

## Strawberry cereal bars

6 cups crisp rice cereal  
4 tablespoons butter

1 1/2 cup strawberry cake mix  
1 10-ounce package of marshmallows

1. Melt the butter in a large saucepan over medium high heat.
2. Mix in the strawberry cake mix.
3. Melt the marshmallows in the butter over medium heat, being careful not to burn the mixture.
4. Remove from heat and mix in cereal.
5. Mold into a pan and let cool.

We cut our strawberry pink cereal bars into the shape of a pink ribbon in honor of Breast Cancer Awareness Month. For a little extra flavor, we also topped the bars with store-bought pink icing.



Photo by Claire Powell/AmesEats Flavors

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