



Courtesy of Susan Lamont

Susan Lamont, distinguished professor in agriculture and life sciences, is Iowa State's lead contributor in a research team aimed at developing and improving poultry production for developing nations. Lamont said Newcastle disease is the biggest virus affecting chickens in Africa.

City Council focuses on community renovations

Kingland, CAA hash out plan for Campustown's redevelopment

By Emelie.Knobloch @iowastatedaily.com

Resolutions were passed at the City Council hearing for the establishment and adoption of the Campustown Urban Renewal Area.

After the City Council meeting on Oct. 22, several actions involving the Kingland Redevelopment Project were taken.

"We have been number one in terms of ISU student employment in Ames for years," said Todd Rognes president of Kingland Systems. "We now need more space for our functions."

The planning and zoning commission decided the Urban Renewal Plan agrees with the city's land use policy plan.

"We have a good dialogue with city staff," Rognes said. "We have continued discussion with our tenants which has led to a few changes."

The city of Ames received a detailed redevelopment plan from Kingland Systems for the project including floor plans, architectural elevations and an animation of the projected appearance.

"That type of look and style is what I like to see," said Jeremy Davis, Ames City Council member. "I want to see if the staff can work this out."

These detailed plans and images can be found at the City of Ames website under the Nov. 12 City Council meeting agenda.

"This isn't the only chance to look at the plan," said Kelly Diekmann, the City of Ames Planning and Housing Director.

Kingland Systems requested tax increment financing which is a public financing method that is used as an endowment for redevelopment and other community improvement projects.

"I think we have plenty of time to work out an arrangement," Davis said.

Kingland Systems proposes to use the tax increment financing for new street level retail space, new offices for expanding business and additional office space for lease.

"We continue to work on

COUNCIL p6 >>

STRONGER CHICKENS, STRONGER AFRICA

ISU professors research cure for poultry disease

By Kelsey.Litterer @iowastatedaily.com

Two ISU professors are working to create chickens that are more disease-resistant and heat-resistant for people in Africa.

The project is conducted through the U.S. Agency for International Development in its initiative to "Feed the Future," which researches the science of food security.

Susan Lamont, distinguished professor in animal science and the lead on the project, said that the research will focus on Newcastle disease. Newcastle is a virus that affects chickens all around the world.

"It comes in many different forms, from very mild to extremely virulent," Lamont said

of the virus. "If a flock becomes infected with [the very virulent form], very soon, within a matter of days you could lose a large percentage of the flock."

Newcastle disease starts out as a respiratory problem, Lamont said. In a very short time, the virus can kill the chicken.

Lamont said that the virus is the biggest problem in chicken production in Africa. While there is a vaccine that is available in the United States, people in Africa are not able to use the vaccine.

"They don't have the proper refrigeration to store vaccines," Lamont said.

The research is a collaborative project with the University of California-Davis and the University of Delaware.

At Iowa State, Lamont and her project partner Jack Dekkers, distinguished professor of animal science with an emphasis on

CHICKENS p6 >>

Filipinos at ISU worry, want to help shocked homeland

By David.Gerhold @iowastatedaily.com

For two long days, she wasn't able to sleep. Darlene Sanchez, graduate assistant in agronomy, was left wondering if her family had survived Typhoon Haiyan's attack on the Philippines.

"I didn't know if my parents on the Philippines were still alive or if they were dead," Sanchez said. "There was no way to reach them. ... I constantly monitored Facebook and Twitter for news, always afraid that I would find my mother and my father there."

Sanchez' parents live in one of the areas of the Philippines that were hit by the typhoon Friday. Because of power outages, they weren't able to commu-

nicate they were alive and well with Sanchez.

"They told me that they were out of town when the typhoon hit our house," Sanchez said. "Fortunately, our roof was just partially destroyed, so we had a lot of luck."

In the following two days, Sanchez's parents couldn't get a phone signal, so they had to drive all the way out to the seashore to finally tell their daughter that everything was all right.

ISU Filipino students and faculty members said they were shocked when they heard the news of the typhoon devastating their home country.

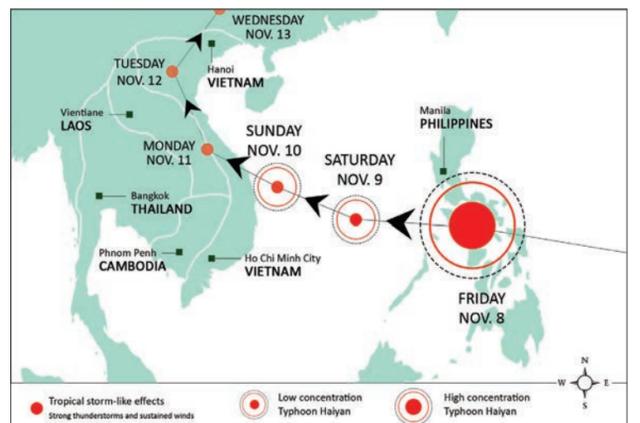
"When I first heard about it on the news, I thought it wasn't that big a deal, since typhoons

"I didn't know if my parents on the Philippines were still alive or if they were dead."

Darlene Sanchez

happen on the Philippines quite regularly," said Shanna Tan, freshman in food science. "As I read more and more, I realized what kind of disaster we were actually dealing with."

Tan immediately contacted her family. Fortunately, she said,



Azwan Azhar/Iowa State Daily

On Saturday, Typhoon Haiyan blew through the Philippines and affected many. This map shows the path of the storm as it traveled northwest.

TYPHOON p6 >>

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Police Blotter

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.

- Nov. 9**
- Tanner Reed**, 20, 2922 West St., Unit 8, was cited for underage possession of alcohol at Lot G3 (reported at 11:52 a.m.).
- Luke Schwartz**, 18, 9320 Wallace Hall, was arrested and charged with public intoxication at Lot G3. He was released on citation and transported to Mary Greeley Medical Center for treatment. He was later arrested and charged with interference with official acts and transported by the Story County Sheriff's Office (reported at 12 p.m.).
- James Winterbottom**, 20, 4728 95th St., Urbandale, and Thomas Greeninger, 20, 2519 Chamberlain St., Unit 405, were cited for underage possession of alcohol at Lot G3 (reported at 12:23 p.m.).
- James Dunphy**, 19, 3221 Lettie St., was cited for underage possession of alcohol at Lot G2 (reported at 1:30 p.m.).
- Gabriel Domingues**, 22, 320 Stanton Ave, Apt 117, was arrested and charged with public intoxication (second offense) at Lot G3 (reported at 1:45 p.m.).

IRHA fees give students opportunities

By Brian Keck
@iowastatedaily.com

The Inter-Residence Hall Association receives funds from every student living on campus each academic year.

IRHA is a student run organization set up with the hopes to connect students to each other while also creating a medium that connects students to the Department of Residence and ISU Dining.

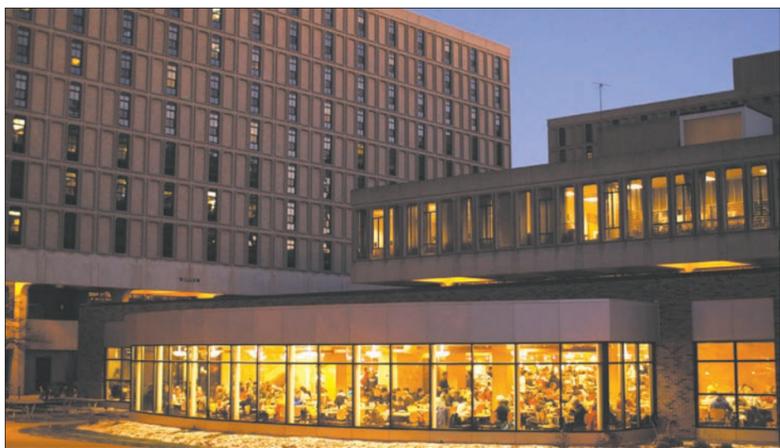
At the beginning of each academic year, students are charged \$11 for IRHA funds and \$7, which covers the newspaper fee.

"[The funds] go towards all the events IRHA puts out and bills proposed to IRHA," said Kelsey Behnke, director of finance of IRHA and freshman in finance. IRHA follows a budget proposed by the director of finance, which includes funds for events such as Fall Fest and Residence Hall Week, Cyclone Cinema, a newspaper readership program, scholarships, a depreciation fund and a discretionary fund, which includes all the money IRHA is able to spend outside of a preplanned budget.

Residence halls have members on IRHA who represent their own hall, and these members are able to vote on bills they feel is the best for their residence hall.

"We have a parliament which forms bills, and as a parliament, we debate, and vote on the bills to decide if we want to fund them collectively," Behnke said. "We debate and fluctuate on how much money we want to spend on each event."

Behnke said almost everything comes out of the discretionary account unless it is a planned event. Events like Extra Life Dance Marathon and Haunted Helser are funded by the



Miranda Cantrell/Iowa State Daily

The Inter-Residence Hall Association collects funds from all students living on-campus at the beginning of the year. This money goes to fund events, scholarships, and housing activities.

discretionary account. Hall governments follow a similar budgetary guideline as IRHA. Each individual residence hall receives dues from their residences that are set aside for certain hall events.

Similar to many halls on campus, Buchanan Hall gives money to each floor to spend as they choose.

"We promote events that promote a more social active community," said Alberto Gomez-Estrada, treasurer for Buchanan Hall and junior in computer engineering. "They can plan anything fun; get food, watch movies."

Residence halls follow a similar protocol as IRHA when deciding how to allocate their funds. Gomez-Estrada said IRHA floors can request a special amount of money to fund events.

Behnke and Gomez-Estrada expressed the difficulties in managing a large amount of student's money.

"[The] most challenging part is handling money," Gomez-Estrada said. "There [are] a lot of checks and balances that come with being

What do students pay through IRHA fees?

Each student living on campus is charged \$18 each academic year

\$11 go toward all the events IRHA organizes and bills proposed to IRHA

\$7 newspaper fee

Azwan Azhar/Iowa State Daily

a student organization." Behnke said taking care of students' money is a major responsibility.

"Taking care of students' money is a big responsibility in a sense that I have a lot of control, and I don't want to mess anything up for future years," Behnke said.

IRHA and hall governments allow students to get involved in their commu-

nity, Behnke said.

"IRHA is a really good thing for us to have because it is for the residence halls and for our well-being at Iowa State," Behnke said.

Gomez-Estrada said she doesn't limit herself to just making budgets.

"I get to set up many events on the board. I get to put my input in being able to promote a diverse community."

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Publication:
ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.

Subscriptions are 40 cents per copy or \$40, annually, for mailed subscriptions to ISU students, faculty and staff; subscriptions are \$82, annually, for the general public.

The Iowa State Daily is published Monday through Friday during the

nine-month academic year, except for university holidays, scheduled breaks and the finals week.

Summer sessions:
The Iowa State Daily is published as a semi-weekly on Tuesdays and Thursdays, except during finals week.

Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.

The Daily is published by the Iowa State Daily Publication Board, Room 108 Hamilton Hall, Ames, Iowa, 50011.

The Publication Board meets at 5 p.m. on the fourth Wednesday of the month during the academic school year in Hamilton Hall

Send address changes to:
Iowa State Daily
Room 108 Hamilton Hall
Ames, Iowa 50011

PERIODICALS POSTAGE



Police to organize charity to help families in need through holiday season

By Seth Young
@iowastatedaily.com

The Ames Police Benevolent Association is preparing to host its "Shop with a Cop" charity event this holiday season.

For almost 20 years, law enforcement officers from departments such as Ames, Huxley, Nevada, Story County and Iowa State have donated time to the annual event.

Shop with a Cop aims to help kids and families in the area who might be facing hard times during the holidays.

The association's goal is to raise the highest amount of funds possible in order to best help children and families of Story County and its neighboring counties.

"We made a decision after the first year that we were no longer going to use telemarketers," said Cmdr. Geoff Huff, of the Ames Police. "Up to 50 percent of what the telemarketer takes in can be used to pay them, and we just did not think that was right."

The Ames Police Benevolent Association is currently made up of more than 70 active and retired officers from area departments. Since their formation more than 50 years ago, the association has worked to assist local organizations financially.

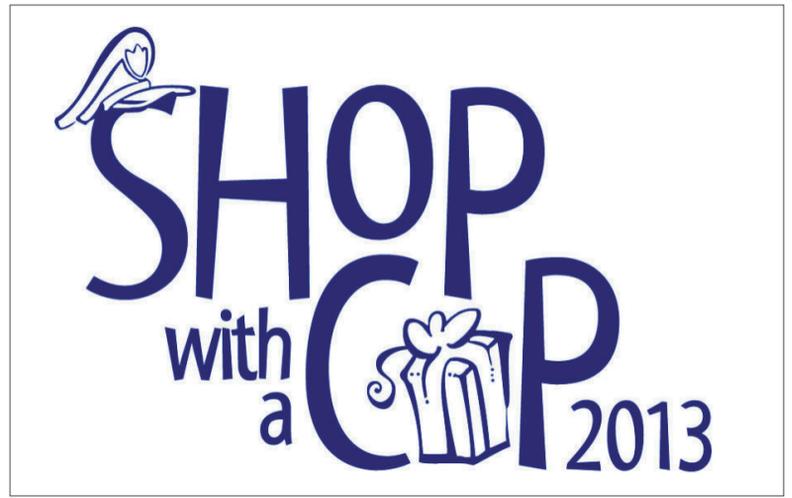
"We ask for donations," Huff said. "And then all that money actually comes to our organization."

Money raised by the association in the past has gone to assistance funding for the Cystic Fibrosis Foundation, the Special Olympics, the Jerry Rabiner Ranch for Kids and the local Boys' and Girls' clubs.

"We take applications from area families who might be needing a little help during the holidays," Huff said. "And then we take as many kids as we can afford to take."

Part of that application process is for the parents to provide a "wish list" of sorts detailing whatever they may want or need to purchase.

"When we see those needs that are



A community group works to raise funds effectively, so that they can help children and families in need. This year's Shop with a Cop charity event, organized by the Ames, Huxley, Nevada, Story County and ISU police departments, is scheduled Dec. 8.

'coats' and 'boots' and stuff like that, we want to make sure [those in need] get those things, especially as winter is coming up," Huff said.

This year's Shop with a Cop event is scheduled to take place on Sunday, Dec. 8. That day, the families selected from their applications will meet volunteers from the association at the Boy's and Girls' Club facility. From there the families will be accompanied by their volunteers to Kmart where they will be able to purchase any

clothes or supplies they may need with the help of donations from area citizens.

"We generally encourage [the families] to not only buy something for themselves, but also to look at the other members of their family so that they can try to get something for everybody," Huff said.

Anyone inclined to donate or apply for assistance can do so as soon as possible by contacting the Ames Police Benevolent Association at 515-239-5133 or at P.O. Box 744, Ames, IA 50010.

Faculty Senate discusses campus incident, police action

By Danielle Ferguson
@iowastatedaily.com

The effects of the Nov. 4 car chase on campus continue to demand discussion from the Faculty Senate.

During the senate's meeting on Tuesday, a main topic was how the faculty were informed of the incident.

Veronica Dark, senate president, addressed the senate about the car chase and shots fired by Ames Police Nov. 4.

She said faculty members who were in class had no way of being informed of the incident and therefore would not have known whether or not to release students from the classroom.

"The concern is there was no information available immediately to faculty who had students in the classroom," Dark said. "We had a situation where faculty in classrooms were seeking information, but no information was available."

Dark said some faculty members found out there had been a shot fired because a stu-

dent who either received a text message or saw a tweet informed the instructor.

If the instructor went to Iowa State's website, he or she would not have seen any information.

Concerns with the efficiency of ISU Alert were part of the discussion regarding the incident on Central Campus.

According to the ISU website, "the ISU Alert system will quickly alert Iowa State University students, faculty and staff of potentially dangerous situations." An alert was not immediately sent out.

By the time the ISU Alert was sent out, the incident was over and there was no more danger. Dark said discussion included whether or not to even use ISU Alert. The police were in the position to make the decision on whether or not to use the alert system.

"Police knew immediately after the shooting that there was no ongoing threat," Warren Madden, senior vice president of business and finance, said in a release statement. "They needed to

know what happened before they could tell you what to do about it. That takes time. It isn't a failure of the ISU Alert system ... It would have done no good to provide students, faculty and staff with an incomplete ISU Alert message, such as "shots fired," with no actionable steps."

Dark had a discussion with Madden, Jerry Stewart, director of public safety, and Miles Lackey, associate vice president, on Friday about why information wasn't at least posted.

Dark shared some of this discussion with the senate. She said a suggestion on shortening the time between an incident and the time when information is released was made and the senate will have presence on the review committee.

"I'm not sure whether my thoughts are appropriately said now," said Sen. Loreto Prieto, capturing the attention of those in the Great Hall of the Memorial Union.

Referring to a policy with the Ames Police Department that says they are allowed to conduct

Workings of the Faculty Senate

The Faculty Senate met Tuesday in the Great Hall of the Memorial Union.

Other topics discussed included:

- Setting up a committee that will interact with the Office of Student Affairs
- Reminding faculty members of dead week, syllabus and excused absences policies
- Reminding faculty they cannot prevent a student from dropping his/her class by withholding a signature on the student's drop slip: The purpose of faculty signatures are for the student to have the opportunity to consult with the instructor

Topics for December meeting include:

- A request for a name change in the program "Public Service and Administration in Agriculture" to "Agriculture and Society"
- A request from the College of Human Sciences to introduce a new minor in food and society
- A request to discontinue the current master's program of agriculture and professional agriculture
- A request from the College of Engineering to introduce a Master of Engineering in Energy Systems Engineering

high speed chases on campus, Prieto questioned whether that policy is a good one.

"Maybe the discussion of whether we allow our external police force here in the city to come in and engage in [a] high speed chase ... whether or not that itself creates danger," Prieto said. "This committee needs to

consider all of the bigger picture, not just the ISU Alert system."

There was no open further discussion on this topic; however, Dark said she was glad this was brought forward.

Dark did not know when the review committee will meet or when decisions of who will be on the committee will be made.

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Editorial

Renewing outer space exploration

The United States has been a global leader for decades. In the aftermath of the World Wars, the United States rose to the pinnacle of power, and has held the figurative crown of the world ever since.

In the area of space exploration and aeronautics, the story has not been much different. After the early successes of the USSR — which include the launch of the first artificial satellite, Sputnik, and the first manned mission to space — the United States took a commanding lead.

Our dominance of the skies reached its apex when we first landed a human being on the moon. The world watched, captivated, as an American flag was planted in soil no human had ever walked upon, hundreds of thousands of miles away from the only home our species had ever known.

Though our role has subsided, the field of space exploration is not dead. Recently, India launched a mission designed to send a probe to Mars. While the mission encountered some hiccups during the Earth-orbit portion of its flight, the undertaking will very likely result in the first Asian spacecraft landing on the surface of Mars.

Many commenters bemoan the United States space program as a shadow of its former glory. Instead of leading the charge into the uncharted depths of the universe, we now seem barely ahead of the pack — if we are ahead at all — in the space race.

Although this might be disappointing, it might not be the devastating problem some make it out to be. We absolutely performed monumental achievements in the heyday of our space program. Nothing can ever remove the wonder and awe that we collectively felt at our own potential when we boldly entered the final frontier.

For better or worse, that wonder and awe is gone. It is at best an interesting tidbit of news when we surpass some previously unreachable goal in space or learn some new secret through our considerable off-world presence. It is no longer the earth-shaking, flag-waving moment that would have rocked our world decades ago.

This might partly be due to the decreased sense of competition we as a nation feel now that our long-time adversary, the USSR, is more or less a friendly power. It could also be caused by a desensitization to space-related achievements.

After walking on the moon, what is so special to the average American about discovering a six-tailed comet or learning that there are more near earth objects than previously thought?

While it was undeniably one of the greatest undertakings in world history, the American space program was about much more than making new discoveries and walking on different ground. The true value of our space exploits came in the form of a national identity they gave us; in the form of amazement young men and women had at the prospect of growing up to be an astronaut, a scientist, or an engineer.

Budget cuts to NASA and a rollback of our cosmic goals is often touted as evidence that we as a nation have lost our way. Unfortunately, just throwing money at a program that no longer captures our imagination is not a fool-proof plan to regain what we have now lost.

Yes, the work of NASA and other scientific agencies is important in and of itself and, yes, their programs should be remain funded to show our national support for science, technology, engineering and mathematics fields.

That continued support, however, will not be enough to return our nation to the undisputed prominence we once had. If we wish to make such a resurgence, it must come from a people that desire to see their country do well more than — or at least as much as — they desire to see themselves do well.

Perhaps a rejuvenated space program could again mold the United States together into a single, world-changing actor. Perhaps the age of such things left the world shortly after we did, never to return.

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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.



File photo: Jonathan Krueger/Iowa State Daily

Graduate Ebony Jones receives her degree from President Leath on May 11, 2013. Columnist Cummings discusses graduation as a milestone that raises many questions including, what should I do with my life? She finds it challenging to find a job that fits qualifications.

Graduates face grim future

By Kelsey Cummings
 @iowastatedaily.com

As students reach the end of their years here at Iowa State, one question remains at the front of their minds: What do I do now?

Some students will choose to end their college careers and start right into the workforce and others will take another route, heading on to graduate school and maybe even on to another institution after that.

But with the high costs of tuition and the amount of debt students have already accumulated, near-graduates must now wonder if getting a higher education is even worth it.

Though students holding a bachelor's degree have half the unemployment rate of those with only a high school diploma, around 11 percent of recent college grads are still job hunting. These figures peaked during the recession and are steadily declining, but is the slow job market recovery going to be enough for this year's college grads?

The problem lies not in the unemployment rates of college grads, but in what is now being called the "underemployment" rates of college graduates. Underemployment refers to the fact that an increasing amount of people are being forced into working jobs that they are overly qualified for.

For instance, the Bureau of Labor and Statistics reported that about 48 percent of employed college graduates are working jobs that require less than the four year degree those graduates

just earned.

So what does this say of our current job market? Are college degrees becoming obsolete, or has the poor economy taken its toll on the number of jobs available to graduates? Those in the fields of science or technology have a somewhat promising outlook, with about 75 percent of those jobs requiring a four-year degree. However, students majoring in the social sciences or the arts can only rely on an average of about 50 percent.

However, just because these fields require a degree does not mean that they are currently hiring. Even students attending the nation's top schools are not immune to the effects of the economy, with 40 percent of their graduates unable to find jobs in their chosen field of study.

With these statistics in mind, it would seem that students are left with few options: don't attend college and accumulate unnecessary debt, or get a degree and be willing to work jobs you're overly qualified for outside your field of interest.

Some argue that the disappointment recent college grads feel about the unexpected underemployment trend is just a natural reaction from this generation's supposed "entitled" mindset. Despite the logic behind wanting to be paid appropriately for our skill sets and wanting to work at a job we just spent the last four years studying for, those of us in the "entitled" generation are supposed to be happy getting a job at all, even if it is at Starbucks.

But the problem with this is that if

college graduates are taking low-paying, menial jobs that other people are usually working, then that forces those people who are unqualified for degree-requiring jobs into unemployment as well. The poor job market has created a vicious cycle of unemployment.

So although it may seem to some that our generation feels we are "entitled" to having a certain caliber of job, perhaps it is that we understand our inability to get the jobs we are qualified for affects more than just ourselves.

It is accurate to say that it takes more than possessing a degree to obtain a job, but when employers won't even consider you unless you have the degree qualifications they're looking for, and other employers won't hire you because you have too many qualifications and they're unwilling to pay you for it, college grads are left wondering if it was even necessary for them to graduate at all.

While I believe students are better off attending college in order to gain a broader knowledge base and skill set, the outlook for job hunting graduates at this time seems fairly grim. Unfortunately, students might have to be content with their minimum wage jobs until something better comes along.

And while I'm not advocating retreating into your parents' basement to mooch off them until your dream job comes around, I am saying that the sad reality of it is that college graduates who want to stick to their desired career path may have to do just that: stick it out and wait.

Conversations on Campus Diversity

Increase women's leadership at ISU

Editor's note:

This column is the eighth in a series called Conversations on Campus Diversity. It will appear each Wednesday in the Opinion section.

Latif Masud is a senior in electrical engineering and the president of the International Student Council.

While other forms of diversity, such as racial, ethnic and gender diversity, are continually discussed and celebrated, I've always felt that the lack of women in leadership positions is something that we as a society do not talk enough about.

Take Iowa State as an example. Of the 33,241 students, men account for 54 percent of the student population,

while women make up the other 46 percent. This basically means that we have a 1:1 ratio between males and females across campus, so basic math would tell you that leadership positions should be equally occupied by both men and women, yet that is not the case.

I will use the Government of the Student Body as an example because the leaders are elected by students all across campus and because they are the representatives of the student body. Of the 46 senators elected, only 10 are women, while the other 36 are men. Realize that this fact doesn't reflect poorly on GSB as an organization and GSB representatives I have spoken to over the last few years have always expressed their concern about it.

Instead, this fact reflects poorly on us, the student body because we are the ones not electing women into leadership roles.

To be clear, I don't believe that Iowa State students are sexist by any means, and the fact that we chose women for the roles of president of the Graduate Professional Student Senate and the vice president of GSB is proof of that. What I do think needs to happen is that student organizations need to do a better job of recruiting women and students—both male and female—need to be more aware of the problem and should encourage one another to get involved.

As the president of the International Student Council, I have had the opportunity to work with some incredible women. In

fact, 15 of the 23 officers and co-chairs that makeup ISC are women. These women have shown me that, when it comes to leadership, there is no difference between a man and a woman, and it is because of these women that I decided to dedicate this column to talk about the issue. I know that they have made my job a lot easier and introduced new perspectives and ideas to my organization, and I would hope other leaders all across campus realize the potential of having a gender diversified organization.

The International Student Council will be celebrating their annual fall tradition, International Week, from Friday, Nov. 15 to Thursday, Nov. 21. Please visit ISC's website for more information.

Letter to the editor

Adoption month, awareness and celebration

Dr. George Belitsos is the CEO of Youth & Shelter Services, Inc.

November is National Adoption Month, a time to raise awareness about children waiting to be adopted and to thank and celebrate adoptive families. Currently, there are about 880 Iowa children and youth who are legally eligible for adoption from foster care and more

foster parents are also needed. These children sometimes wait five years or more to be adopted, which can be a lifetime to a child. The average age of a child waiting to be adopted is 8 years old.

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belonging to a permanent family.

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Marijuana: a lesser evil

By Jamie Wandschneider
@iowastatedaily.com

There is an old saying that history repeats itself, and if we take a look back into our history we will see that history is, once again, doing just that.

In 1919, the 18th amendment was passed. This amendment made alcohol illegal in the United States. This did not end so well — many people still found ways to drink alcohol and anger and unrest seethed.

This is happening again only not with alcohol, but marijuana.

For years there has been a debate over whether or not marijuana should be legalized in the United States. More and more states are proposing bills to make marijuana a legal drug. As of 2012, 20 out of the 50 states have passed laws to have marijuana legalized for medical uses. On Oct. 3, Iowa Sen. Joe Bolkcom proposed a bill to have marijuana legalized for medical purposes in Iowa.

With the possibility of the law being proposed in my home state, it got me thinking, “should marijuana be legal?”

After looking at both sides’ convincing arguments, the big picture shows that marijuana should be legalized in the United States.

When we think of marijuana users, hippies are one of the first images that may come to mind. We think of people who smoke weed to be dirty and lazy. The term “pothead” instantly makes us think of the generalized stereotype.

It is because of this stigma that marijuana has such a poor reputation. Many successful people have admitted to using marijuana. A few of these iconic society members are: Maya Angelou, Martha Stewart, Morgan Freeman, and Ted Turner.

By stepping away from the stereotype it is easier to see why marijuana should be decriminalized.

A misconception is that marijuana is this big, terrible drug. In reality, it is less dangerous than some of the drugs that we consider legal. When compared with alcohol, marijuana is a much better option.

Unlike alcohol, there is no recorded evidence that someone has died from a marijuana overdose. In 2010, 25,692 deaths were caused by alcohol. That number shows how deadly alcohol, a legal

drug, can be. If marijuana is responsible for zero deaths, then how does that make it worse than alcohol?

Simply by nature, humans are risk takers. And what is a better way to take risks than by doing something illegal? If marijuana is to be legalized, that excitement of doing something taboo or illegal will be diminished. It wouldn't be as “fun” since there isn't that risk of getting caught and being punished for it.

By having marijuana legalized, medical fields would find much value in using it for treatments. As a medicine, marijuana is used to help treat symptoms for cancer, AIDS, glaucoma, and to help a variety of pain. By not having it legalized, patients are unable to receive this kind of treatment. Research on different uses for this drug will be able to move forward at a much quicker pace if it becomes legal to use it.

So by permitting marijuana for medical uses, ill people will be able to get the help they need. But, by having it available in that form, it is a worry that people will get ahead of it for nonmedical reasons.

This is true, but many people get ahead of medical drugs and use it for nonmedical purposes. If legalized, there can be stricter rules on who is able to get it and how they are able to do so. Also, if it is completely legal, people won't feel the need to try and steal it when they are able to go buy it themselves.

If people are able to go to a store a purchase it, the government will be able to put a tax on it. This has potential to bring in quite a bit of money into our dragging economy.

There will have to be a plan on how marijuana would be regulated if the law were to pass. It would need to be treated like tobacco or alcohol in the sense of regulation. The drug should not be smoked in public places, similarly to tobacco. A legal age would have to be established, so only people of that age could purchase it.

No matter what, marijuana is a drug and it does have its consequences. It is a health risk, but we have drugs that are bigger health risks legalized. If marijuana is to be legalized in the United States, it has to be like all other legal drugs - regulated.

If the drugs we consider legal are more dangerous than marijuana, then is the fight to keep marijuana illegal worth it?



Brandi Boyett/Iowa State Daily

Legislation to make medical marijuana legal and available in Iowa will be introduced in January. The bill, if passed, will provide legal access to marijuana for people with chronic illnesses.

Morals should not affect legality of prostitution

By Ian Timberlake
@iowastatedaily.com

“Without the freedom to offend, [freedom of expression] ceases to exist,” said author Sir Salman Rushdie, who at one point had a bounty of more than \$3 million on his head by a major Iranian religious group for speaking ill toward certain verses of the Quran. To know the escalated scale of the tension, realize that the United Kingdom broke all diplomatic ties with Iran over the incident.

The “freedom to offend” is paramount in understanding what it means to live in a free society. Essentially, this phrase implies that nothing can be illegal on the basis that it hurts someone's feelings or doesn't align with their own beliefs. As I've quoted before, “offense can never be given, only taken.”

If you have heard about the

ISU professor, Michael Spurlock, who was arrested on Nov. 6 for his involvement in a prostitution ring in Ankeny, Iowa, you may have been disgusted and offended. I was disgusted, but I was not offended. Prostitution is a victimless crime, provided it involves two consenting adults.

Given that Spurlock was a teacher, there are serious moral infringements on any sort of relationship with a student — though, this was not the case as far as we know, and if we did know, it still shouldn't be illegal and should only permanently bar him from teaching again.

Prostitution is a crime that you — speaking to “you” as society — take offense. You don't like it for reasons that include any of the following: personal religious beliefs, objectification of humans, or occasionally for the spread of diseases.

There is always a risk of transmitting a sexual infection no matter whom you engaged

with, and there is obviously a greater risk of infection when you're engaging with people you don't know or you have had multiple partners — but that's still simply a responsibility of the consenting adults. It should be illegal for a person to knowingly have a sexually transmitted disease and engage in sex without notifying the other adult by the fact that they haven't yet consented to the possibility of contracting that STD.

A person's personal religious beliefs have zero bearing on actual U.S. law. Even if your god makes sex sacred, and in too many cases, sin, your religion has no impact on its legality.

Prostitution involves the consensual objectification of a human body — using someone you're not bound to for the purpose of sexual pleasure does not remotely make it grounds for state or national legal control.

The act of exchanging money for the same intent

does not change this. You must remember the monetary value placed on consensual sex is not placing a value on the human, it's the prostitute placing a value on her time and your pleasure. It's literally business; the fact that people miss this perplexes me.

A sound person is someone who can agree that people have a right to do things that are against his own personal beliefs, provided they don't infringe upon the rights of another person. You have the right to be offended, as Sir Rushdie lucidly revealed above. I may be against the use of recreational drugs or the legality of wearing a seatbelt, but still believe all others have the right to partake or not partake.

Spurlock's actions may be disturbing, especially considering professorship is considered a dignifying position and those that involve themselves in prostitution are usually viewed as undignified people. However, society's disgust doesn't mean we

have the right to control. Nobody had their freedoms taken away because of him and therefore no law should exist to condemn him.

I won't even delve deep into the benefits of legalization either, because they are much the same arguments as for marijuana legalization — a legalization movement that's burning across the nation. Taxation will bring more money to the state, similar to how Colorado expects to put marijuana tax dollars towards education.

Legalization of prostitution also means protection can be monitored — there would be zero difference between prostitution monitoring and that of porn stars who have to get tested every two to four weeks; it's a very clean industry.

Spurlock may have lost his dignity and his reputation, but he should not be imprisoned in a society with an ideal structure of morals and freedoms.

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>>**COUNCIL p1**

a few design enhancements," Rognes said.

Kingland Systems' tax requests were approved by City Council Tuesday Nov. 12.

"We think the project is a great combination of economic development with great jobs and needed neighborhood development," Rognes said.

On Nov. 26, the City Council might approve the second reading of ordinances to create the Tax Increment Financing District and amend the zoning code for a third-story step-back exception.

On Dec. 10, the City Council will have the public hearing on the Tax Increment Financing Development Agreement.

"The CAA is in full support of the Tax Incentive for Kingland," said Anne Taylor of the Campustown Action Association.

At this hearing, the City Council will also be asked to approve a Plat of Survey to secure the properties for the Kingland System.

After the amendment of the Zoning Code, Kingland will submit the Minor Site Development Plan for staff reviews.

The Kingland System will then submit an application for a building permit.

The amendment to the Ames Urban Fringe Plan Land Use Framework Map about the expansion of the ISU research park was approved at the meeting on Tuesday.

"Story County approved the amendment earlier tonight," Diekmann said.

There are two areas at the edge of Ames that are shared with the city of Gilbert, Boone County and Story County.

The Ames Urban Fringe Plan was developed to provide guidelines for understanding and predicting future land use for this area, according to the plan.

"We sold part of our land to Iowa State knowing it would be used," said Mary Glenn, a citizen of Ames. "We are concerned about being swept into the industrial zoning."

The plan gives three categories that the land can be used for that include Urban Service Area, Rural/Urban Transition Area and Rural Service and Agricultural Conservation Area.

The southern portion of the land was identified as Industrial Reserve/Research Park, a sub-



Jeff Harris, from Roseland Mackey Harris Architects, speaks to the Ames City Council. The council met Tuesday with the public on Campustown expansion, Kingland Systems' projects and the Ames Urban Fringe Plan.

category of the Rural/Urban Transition Area.

However, only the northern portion was chosen for develop-

ment in the plan.

The Planning and Zoning Commission has voted to recommend the City Council to adopt

the map amendment to the Ames Urban Fringe Plan Land Use Framework Map for the expansion of the ISU Research Park.

>>**TYPHOON p1**

they live far enough away from the affected areas.

"I have a lot of friends though, who still haven't been able to contact their families," Tan said. "I've seen the pictures. It is terrible. There is debris everywhere; bodies lie on the streets. The situation is war-like. It's survival of the fittest, the government does what it can, but it's by far not enough."

Eugenio Matibag, professor in world languages

and culture and president of the ISU Filipino Association, said the current situation in the affected areas is catastrophic.

"People don't have access to clean water, because it's contaminated by putrefying corpses," Matibag said. "Most of them don't even have the basic means to survive, so they resort to looting relief vehicles — they are that desperate."

The ISU Filipino association is currently planning out strategies to help

out their fellow countrymen in need.

They put together boxes with clothing, shoes, blankets and other non-perishable items to send to the Philippines.

"Let's face it, though: Whatever we do right now, it's too little, and it's too late," Matibag said. "The people need what's necessary to survive and they need it now."

Matibag said he has a strong personal connection to the Philippines, since it's the country

where he was born.

"Filipinos all over the world see the country as their ancestral homeland," Matibag said. "It's a very diverse country, but we all feel like a national community and want to do everything we can to help."

Maria-Nera Davis, clerk in computer science, has family in the Philippines, but they were safe from the typhoon. She said she is still saddened by the tragedy.

"I am a Filipino myself, so it is heartbreaking

to see the pictures of the people and their losses," Davis said. "I can't even look at them any more, I immediately start crying, because I always imagine it could have been my relatives."

Davis' brothers and sister live in the southern part of the Philippines, so they weren't affected.

"Me and my family, we all basically grew up with typhoons, but we've never witnessed a disaster of these proportions," Davis said.

Davis said she'd rather see her house robbed than ever have to see so many of her countrymen die in a catastrophe like this again.

Matibag said he encourages students at Iowa State to donate money to help the victims of the catastrophe. He recommends relief agencies like Oxfam and World Vision International.

"We all need help now," Sanchez said. "We really need all the help we can get to recover from this tragedy."

>>**CHICKENS p1**

poultry, will be experimenting with chickens to find out what genes make a chicken more resistant to Newcastle disease.

To perform the experiment, Lamont said that some of the chickens will be infected with Newcastle disease.

"The vaccines are themselves a live virus. They're a more mild form of the virus and that can be used in a protective fashion at a low dose," Lamont said. "But if we use it at a higher level of infectivity, we can actually use the vaccine virus in order to look at the birds' response to Newcastle disease."

The infected chickens will be held in biosecure rooms, Lamont said. Every student that interacts with them will have to

follow biosecurity measures. While the virus very rarely causes conjunctivitis in humans, it can spread to other chickens very easily.

From this experiment, Dekkers said that the team will be able to look at the genes that are responsible for creating resistance to the virus using statistical models. Once the genes are discovered, the team can then screen chickens for those genes.

"We can screen birds and find ones that have good genes versus bad genes in resistance to the virus," Dekkers said. "It's like with cancer genes. You can get a genetic test for the gene."

Birds from the ISU poultry farm and from Hy-Line, a poultry company in Dallas Center, Iowa, will be used for the

experiments.

While the chickens will not be the same breed as those in Africa, they will be similar enough to conduct the experiment.

Another part of the project is determining what gene is responsible for heat resistance. The University of California-Davis will be working on finding that gene.

In January 2014, Dekkers and Lamont will be traveling to Africa to start planning for the next step in the project, which is meeting with the team from the African universities they will be working with and planning training sessions that can be passed on to African farmers.

Lamont said they will be in Tanzania for the first part of the trip and in Ghana for the second part of the trip.

The project is intended to not only de-

velop healthier birds in Africa, but to also help the people in Africa be able to sell and consume the healthier chickens.

"One of the things that makes me feel very strongly about this is that the poultry production really, really contributes to the family nutrition and lifting families out of poverty," Lamont said. "We are really looking forward to it and we have really comprehensive experts."

Lamont said the project is planned out over a five-year span in which the goal is to have developed more resistant chickens at the end of the five years. She also credited Max Rothschild, distinguished professor of animal science, for his role in showing the U.S. Agency for International Development that not only plants but animals are needed for development.

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Redshirt senior defensive back Jacques Washington tackles tailback Jordan Moore of TCU during the game Saturday at Jack Trice Stadium. Washington had eight tackles in the 17-21 loss. Jonathan Krueger/Iowa State Daily

Defense plays with more passion as season ends

By Dylan.Montz
@iowastatedaily.com

Amid a season where the ISU football team hasn't seen success translated to wins on game day, Paul Rhoads sees improvements.

With a bevy of young players seeing extended minutes on both sides of the ball for the Cyclones (1-8, 0-6 Big 12), the ISU coach is looking for two things out of his team: continued improvement and energy on the field.

"I'm always looking for improvement; whether you're 9-0 or 1-8, I'm always looking for improvement out of a football team," Rhoads said. "In addition to that, I'm looking for them to play with the same energy and emotion and passion that they displayed in Saturday's game. Top-25 pro-

gram in Oklahoma on the road in series that is as lopsided as exists in the Iowa State record books.

"I'm looking for a team to look forward to going to Norman, [Okla.,] and taking the field and playing with every ounce of energy that they have and then finishing it with two more conference games."

Defensive back Jacques Washington knows that encouraging not just the starters on defense but also the younger players seeing repetitions is going to be vital for the rest of the season in preparing them for next year.

The active leader for Iowa State in career tackles (277) and interceptions (4), Washington said the senior leaders got together and talked about playing for the love of the game and showing that love to their teammates.

"We just thought that we weren't having fun out there even when we were making plays," Washington said of the defense during games. "We weren't really cheering each other on and high-fiving. This past weekend we celebrated every little thing on the practice field and people coming in for celebrations. We'll probably do the same thing this week."

Rhoads said one thing that stands out to him about Washington is his leading ability, first and foremost. What Rhoads has tried to instill in not just his team leaders but in everyone on the team is that for the most part, you will get what you earn in life and on the field.

"And you've got to go out and earn success, you've got to go out and earn victories and we haven't done that nearly enough," Rhoads said. "There's so much

work that goes ahead of that game-day experience that we've got to continue to put forward. There's no problem with work ethic in our program."

For linebacker Jeremiah George, getting back to the basics of playing for the love of the game is where he has been able to really see the growth in his teammates.

George, the Big 12 leader in tackles per game (11.3), knows that even though his time in an ISU uniform is drawing closer to the end, he can still make a difference for his teammates as a team captain.

"Although I only have three weeks left, three games left, I'll always be a part of this family, this program," George said. "Seeing my younger brothers succeed is something that I cherish. Especially as a captain, having a new role within this family, that's something I hold onto dearly."

ISU gives strong performance, sink shots for 80-50 win

Coach Hoiberg puts in players showing 'energy'

By Dean.Berhow-Goll
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With 16:31 left in the second half, Iowa State's DeAndre Kane stood at the top of the key and swished a 3-pointer to make it 42-28 against Texas A&M-Corpus Christi.

That bucket sparked an 18-2 run over the next

5:06 to put the game out of reach, with Iowa State winning 80-50.

Dustin Hogue played the energy role and filled the box score with 13 points on only six shots, eight rebounds and two steals.

"I looked at the box score to see he only had eight rebounds; I thought he had 20," said ISU coach Hoiberg. "He got his hands on so many balls and was just a monster out there all over the court."

"He was in the gym for a good hour yesterday after practice working on

his shot trying to find that rhythm and obviously that pays off when you put that extra time in. ... And it's great to see, when a guy's putting that much time into it, that it pays off and the end of the day."

A slew of Cyclones reached the double-digit mark, but Iowa State was led by Kane's 15 points, hitting five of nine shots with seven rebounds and four assists.

"I've been working on my jump shot a lot lately," Hogue said. "Coach Fred has been working with

me a lot on my perimeter game, just to be able to hit shots felt good."

An early spark on offense was freshman Matt Thomas, who had 13 points on five of 10 shots, hitting three 3-pointers.

Fellow freshman Monte Morris quietly filled the box score with 11 points, six rebounds, three assists and three steals. He also hit two of his three 3-pointers. As a team, Iowa State cracked double-digits again hitting 11 of 25 at a 44 percent clip.

Daniel Edozie was

the first post player off the bench instead of Percy Gibson in the game.

The 6-foot-8-inch forward added energy and effort to Iowa State's front court in his first two games.

"I just thought [Edozie's] energy was really good in our first game," Hoiberg said. "I thought he really battled and defended on the block and rebounded well. Really went up there strong with two hands, so I thought [Edozie] deserved to be the first guy off the bench in our front court."

Ejim update

A scan of his knee today showed that Melvin Ejim could be back for the game against Michigan, but it is not a strong possibility according to Vic Miller, trainer for the ISU men's basketball team.

Ejim will start working out on the court after being restricted to the pool and a stationary bike.

Ejim injured his left knee in practice on Oct. 30. The original diagnosis was four-to-six weeks, but that window has shortened since starting rehab.

"I don't think there's any reason after a week and a half or so why he wouldn't be in there, that would be plenty of time," Miller said.

Christofferson, Blaskowsky bring two different sparks to Iowa State

Women overcome height disadvantage, rebounding struggle

By Alex.Gookin
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Hallie Christofferson played arguably the best game of her career Sunday against North Dakota.

With a career record 32 points and 11 rebounds, the senior was as productive as she had ever been.

Perhaps the only person in Hilton Coliseum to be unaware of her impact was herself as she walked off the court to a standing ovation with about five minutes left in the game.

"Actually I didn't really think about that until I got to the bench," Christofferson said of her record-setting performance. "My teammates got me the ball, and I was able to finish around the basket."

The Cyclones fittingly scored 32 points in the paint as well, better than either exhibition game total. The statistic that jumped out to the team, however, was the work in the paint on missed shots.

The Cyclones out-rebound-



Suhaib Tawil/Iowa State Daily

No. 15 Nicole Blaskowsky looks for an opening. Iowa State beat North Dakota 84-55 on Sunday at Hilton Coliseum. Blaskowsky had her first career double-double with 14 points and 10 rebounds against North Dakota.

ed North Dakota 44 to 40 despite ISU coach Bill Fennelly saying it would likely be a weak spot for the team this season. Iowa State also overcame the height advantage North Dakota possessed, with the starting line-up being

almost nine inches taller than the Cyclones.

Players like Christofferson, who is 6 feet 3 inches tall, quietly did her work under the hoop. Even competing against players taller than her, Christofferson

found a way to win the battle under the hoop, earning her a spot as Big 12 Player of the Week.

"It's always awesome to see her succeed on the court and she's a big part of this team," said Nicole "Kidd" Blaskowsky regarding Christofferson. "It's great to know that we have a post player that's willing to fight for us and that's what builds trust as a team."

Blaskowsky herself played an important role against North Dakota, recording a double-double with 14 points and 10 rebounds. It was her first career double-double as the 10 rebounds is also the highest of her career.

The sophomore also drew two charges and drained four 3-pointers to give the Cyclones a spark on both ends of the floor.

Against a South Dakota team that has averaged 48.0 rebounds per game through two games, the Cyclones will be counting on the energetic Blaskowsky to be aggressive under the hoop again.

"Unless something really weird happens, we aren't getting taller by Wednesday night," Fennelly said. "It's a mindset. You've just got to get tougher."

South Dakota will not be a team lighting up the scoreboard. Through two games the team av-

erages 67 points and has turned the ball over 51 times.

Junior guard, Nicole Seekamp has proven to be the team's leader, averaging 19.0 points through two games after being the Summit League Tournament MVP last season. However, the emphasis will be on staying out of foul trouble as the Coyotes have made more free throws (50) than field goals (36) this season.

Fennelly's solution is getting the ball to more players. Highly-touted freshman Jadda Buckley leads the team with six assists, but Fennelly wants to see more shots out of the high school 3-point specialist.

"It's ridiculous to think [Christofferson] can score 32 points every night," Fennelly said. "We've got to get [Buckley] to shoot more. I've never had a player I've had to beg to shoot, ever."

Perhaps with a combination of Christofferson's quiet attack and Blaskowsky's energetic spark, players like Buckley can find the perfect balance.

"I need to get some of Kidd's blood into [Buckley]," Fennelly joked. "If it feels like leather, Kidd's going to shoot it."

Tipoff between Iowa State and South Dakota is set for 7 p.m. Wednesday at Hilton Coliseum.

Underclassmen's strength influences Paintball Club

Mix of new talents leads to dreams of return to nationals

By Chase.Russell
@iowastatedaily.com

On a rain soaked course in Texas, Joseph Bauer and his teammates dove through knee-deep standing water, dodging opponent fire.

A storm rolled through Galveston Island during a spring break trip in 2011, leaving the complex almost entirely underwater, but that did not keep the ISU Paintball Club from competing.

Bauer, a senior in mechanical engineering and German, began his collegiate paintball career before arriving at Iowa State. As a high school student in Hastings, Minn., Bauer competed for the Wisconsin Stout team alongside his older brother.

Now the vice president of the ISU club, Bauer joined as a freshman in the fall of 2008. As



Courtesy of Colin Neumann
ISU Paintball Club is hoping to return to the National Collegiate Paintball Association's championships this year. With strong underclassmen and the experience of veterans, it is competing with a lot of passion and talent.

one of the longest-tenured players on the team, Bauer has seen the good and the bad, but he described the club as successful and established on campus and in the National Collegiate Paintball Association.

"Just like any team, we've had our ups and downs; seasons when we're a lot stronger than others," Bauer said. "Otherwise, we're always a strong presence in

the league."

Colin Neumann, junior in agricultural business, was elected president of the club after joining during the spring of his freshman year.

Neumann, like Bauer and many other members of the team, got his start in the sport at an early age.

Currently ranked 35th in the nation, the ISU Paintball Club

has earned a reputation of consistency in the NCPA, according to Neumann.

"We have had pretty good roots as far as being around for a while," Neumann said. "We have been a face in the league for quite a while now, over 10 years. At times, we've been ranked in the top-10."

Neumann claimed the overall performance of the team can be heavily dictated by the incoming freshmen class.

With a mix of fresh talent in their newest crop of freshman and veteran experience from players such as Bauer, the club looks to return to the NCPA national championships in April 2014 after a 33rd place finish a year ago.

"The team fluctuates with every freshman class coming in, but there are a lot of good freshmen that came in this year," Neumann said. "We have quite a few returners, and we have experience also."

The freshmen the club relies on are not typical recruits, they seek out the opportunity to be a part of the team.

The newest addition to the NCPA is a division for high school students.

It gives younger paintball players the opportunity to compete, but also enables channels of the recruitment to open up for schools such as Iowa State.

One recruitment tool the club can boast apart from other teams in the NCPA is its own paintball course.

In 2001, the team became the first in its league to acquire an on-campus course, just one year after the team's founding. Owned and maintained by the university, the course is used primarily for practices and events hosted by the paintball club.

Like most club sports on campus, the paintball team is largely self-funded through membership dues and fundraising efforts.

Bauer and Neumann agreed that they have made sacrifices for their organization, but their passion for the sport keeps them on the course.

"You have to have a lot of passion for it, especially being a college student," Neumann said.

ISU set to play West Virginia with only 5 matches remaining

Cyclones strive to reach NCAA tournament play

By Maddy.Arnold
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On a six-match winning streak and with only five left to play in the regular season, Iowa State will travel to West Virginia. The Cyclones anticipate an NCAA tournament appearance while keeping in mind their original goal of winning-out the season.

The ISU volleyball team (16-6, 9-2 Big 12) will travel to West Virginia (17-10, 3-8 Big 12) on Nov. 13. The Cyclones defeated the Mountaineers 3-0 in their first match up earlier this season.

"We seem to be in a good spot right now, just physically and mentally I think we're in a good place. [We're] really excited about these last few weeks of conference and getting into the NCAAs," said ISU head coach Christy Johnson-Lynch.

The first time these two teams played, Iowa State hit .297 while holding West Virginia to a .153 hitting percentage. The Cyclones won all three sets by a margin of at least six points.

During that match, the Cyclones made eight total team blocks, a category in which they have struggled this season.

Iowa State is last in the Big 12 in blocks and only averages 1.60 per set.

Iowa State had five players with five or more kills against West Virginia in their previous match up. Senior libero Kristen Hahn led the defense and averaged over six digs per set in the match.

"Just remembering that [West Virginia is] going to be a different team the second time around especially at home," Hahn said. "I think [we'll] just make sure we're thinking we're out to sweep every team possible and kind of get that anger and play tough."

"I think you always feel pressure. I was feeling a lot of pressure a couple of weeks ago, probably even more than I do now ... I think there's been pressure since the beginning"

Christy Johnson-Lynch, ISU volleyball coach

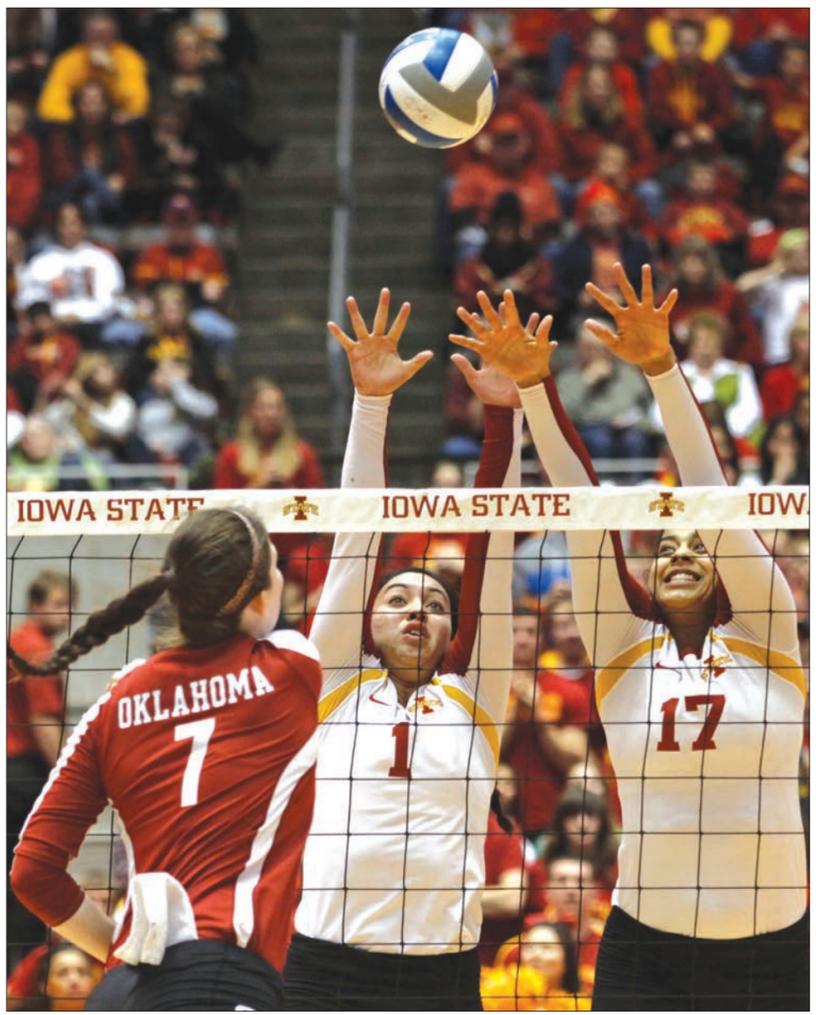
Similar to last season when Iowa State won 10 straight regular-season matches to finish its schedule, the Cyclones have made it a goal this year to win out their remaining matches.

In addition to West Virginia, Iowa State will have four more regular-season matches remaining including one against No. 1 Texas. Johnson-Lynch said this year Iowa State is in a similar situation as last year and there is pressure to repeat the success.

"I think you always feel pressure. I was feeling a lot of pressure a couple of weeks ago, probably even more so than I do now, just because of where we were at and what I felt like we needed to do and how we were playing," Johnson-Lynch said. "I think there's been pressure since the beginning. I don't know that that's changed."

Although the Cyclones have won six matches in a row and have high hopes for the post season, Matlock stressed not overlooking each opponent from now until the NCAA tournament.

"I think for some of us we just like to just think it's kind of like another game. But it's just a game we've got to win," Tenisha Matlock said. "If we stay focused and everything and just give our opponents the most respect that we can."



Miranda Cantrell/Iowa State Daily
Setter Jenelle Hudson, middle, and middle blocker Tenisha Matlock, right, stretch to block a ball during the volleyball game against Oklahoma Nov. 9 at Hilton Coliseum. The Cyclones won 3-0.

Swimmers, divers transition to next phase of competition schedule

Break allows for narrower focus during practices

By Chris.Wolff
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The ISU swimming and diving team tore through the beginning of its season.

The Cyclones (3-1-1, 0-1 Big 12) were undefeated through the first four dual meets, which was the team's best start since the 2006-07 season, before dropping a meet to Texas Christian this past Friday.

After rattling off five dual meet competitions in less than a month, Iowa State will head into a different part of their schedule.

The Cyclone swimmers will have this weekend off, before competing in the Kansas Invitational from Nov. 22 to 24 and will not compete after that until Dec. 13.

The divers' next action isn't until Dec. 6 to 8.

All the down time provides the Cyclones with an opportunity to focus on the little things.

"Maintaining our speed is probably the biggest thing we're working on this week," said coach Duane Sorenson. "It's easy to swim the first 25- or 50-[yards] of a race, but

Upcoming schedule

- Kansas Invitational (swimmers only) on Nov. 22-24
- Iowa Invitational (divers only) on Dec. 6-8
- Dual meet against Iowa on Dec. 13
- Georgia Diving Invite and Winter Training on Jan. 1-8
- Winter training (swimmers only) in Fort Lauderdale, Fla., from Jan. 4-11

then you have to maintain your tempo and stroke rate."

Sorenson also emphasized working on consistency in turns and other fundamental aspects of swimming.

When the swimmers begin to get tired in a race, they tend to revert back to old habits that inevitably hurt their times. A major emphasis of practice this week is to maintain proper technique throughout an entire race.

After a month of constant travel and dual meet competitions, the team is happy to have a break from competition.

"It gets really tiring traveling a lot and having meets every weekend, so it's nice," said junior Sarah Deis of the time off.

While the team gets a



Iowa State Daily
Alex Gustafson, freshman on the Cyclone swim team, is pushed by her teammates during the meet against Nebraska on Jan. 29, 2011, at Beyer Hall. Gustafson doesn't see the team's recent loss to TCU as a setback but instead as a learning experience.

break from traveling and live competition, they still have plenty of work to do. Since they have no competition to save up energy for this weekend, practices are that more difficult.

"We cycle through our training; we up the yardage a little bit and up the intensity," Sorenson said

of the way practices will be conducted this week.

It is all part of the plan. The time off allows the Cyclones to train a little longer for the Kansas Invitational, which, like the Big 12 Championships, spans multiple days and forces swimmers to swim preliminary and finals

races.

Training for these type of events differs from training for dual meets, so having an invitational meet now will benefit the team when the Big 12 meet roles around.

While the Cyclones suffered their first loss last weekend, the team

remains positive heading into this phase of their schedule.

"I think we are about where we thought we would be," said senior Alex Gustafson. "We wanted to win [against] TCU, but I don't see that as a setback. It was just a learning experience."



Kirsten Mancosky/Iowa State Daily
The Mobile SHOP is a traveling extension of the on-campus food pantry. This semester's Mobile SHOP will feature free, prepackaged, Thanksgiving-themed food bags for students.

The SHOP plans Thanksgiving mobile meal event

By Lindsay MacNab
AmesEats Flavors

Students Helping Our Peers (The SHOP), a student-run food pantry on campus, will continue its outreach efforts this fall by setting up Mobile SHOP 4:30 to 6:30 p.m. Friday, Nov. 15., at the Schilleter and University Village apartments.

The SHOP was founded back in January 2011 when a group of transfer students studying family science and human nutrition were approached about the possibility of starting an on-campus food pantry. After talking with other university food pantries, finding a location and receiving funding from the Government of the Student Body, The SHOP was created.

Since opening in 2011, The SHOP has expanded its hours of operation and has seen an increase in both the number of students utilizing The SHOP as well as volunteer involvement.

"We've definitely been growing and have more people coming in," said Andrew Doherty, president of The SHOP and senior in dietetics. "We are a resource here that is easily accessible for students to be able to get that supplemental food. We also provide volunteer experience and leadership experience for Iowa State students as well."

The SHOP is now open from 3 to 6 p.m. Tuesday through Thursday in 2616 Food Sciences Building.

This semester's Mobile SHOP will feature free, prepackaged, Thanksgiving-themed food bags including stuffing mix, apple cider/hot chocolate packets, cranberry juice, green bean casserole ingredients, a seasonal desert and fresh produce from the ISU Horticulture Station.

Mobile SHOP, a traveling extension of the on-campus food pantry, was launched in April. It was created in order to increase outreach efforts and provide students living off-campus with a food resource they can use.

All ISU students are encouraged to pick up a free food bag and learn more about The SHOP's involvement on campus.

"Our ultimate goal is to provide meals for students to help them get through Thanksgiving break while we're not open," Doherty said. "I hope that just having this one special event will promote the services of The SHOP and all that we provide."

The SHOP is looking to set up another Mobile SHOP event in the spring of 2014. They are hoping to increase off-campus outreach efforts in addition to continuing to generate awareness and utilization of The SHOP.

Canning fruit

Turn seasonal harvests of pears, apples into year-round snacks

By Lauren Lee
AmesEats Flavors

How to make and how to preserve applesauce

Now that it's fall, it's apple season again. Apples seem to come falling down all at once and then are gone before any of us are ready for them to leave. They make fall and winter side dishes as well as desserts. Unfortunately freshly picked apples don't stay fresh long and even frozen apple slices can sometimes be a hassle and less than desirable when thawed. One of the most popular ways to consume and preserve apples is making applesauce.

How to preserve pears

As fall rolls around, so do fresh pears. Pears make a fall and winter fruit to serve as side dishes and desserts. Eating canned pears bought from the grocery store is not the same as eating home-canned pears. Instead of having all the unhealthy preservatives and added sugar, canning fresh pears at home provides a way to eat healthy. Also, freshly canned pears can be added to other recipes, particularly into desserts or just served plain for a meal.

For the applesauce

- Clean, peel (optional), core and quarter apples.
- Boil apples in 1 to 2 inches of water either on stovetop or in oven.
- Remove apples from oven when desired texture/softness is achieved.
- Blend apples in blender until applesauce consistency is reached.
- Pour applesauce into hot, sterilized canning jars.
- Add hot, sterilized lids and rings.
- Put jars into large pot and cover jars with 1 inch water.
- Boil water for 20 minutes.
- Remove jars and let cool.
- Label jars with date and store in cool dark place.



Lauren Grant/Iowa State Daily

As fall rolls around, so do fresh apples and pears. Unfortunately fresh fruits don't stay fresh long and even frozen fruits can become less desirable when thawed. Apples and pears can be preserved to enjoy throughout the year.

For the pears

- Clean, peel and quarter pears.
- Add quarters to cold water mixed with lemon juice or citric acid to avoid oxidation and discoloration.
- Add sugar, water and desired spices to large pot and bring to boil.
- Transfer pear quarters from lemon juice to sugar water.
- Boil for 5 minutes.
- Strain out pears and pack into sterilized canning jars.
- Add remaining pear juice to jars leaving 1/2 inch at top of jar.
- Put jars into pot and cover with 1 inch of water.
- Boil for 20 minutes.
- Remove jars and let cool.
- Label with date and store (pears can be stored up to 1 year) in a cool, dark place.



Steph Ferguson/Iowa State Daily
Canned pumpkin filling can be used for several recipes other than to make traditional pumpkin pie.

Transform plain canned pumpkin filling into the belle of your next holiday meal

By Lindsay MacNab
AmesEats Flavors

If you think canned pumpkin can only be used for making a delicious pumpkin pie, think again. Here are some healthy, alternative ways to use a can of pumpkin that has been sitting in your kitchen pantry.

Milkshakes:

Blend together low-fat vanilla ice cream or frozen yogurt, canned pumpkin, cinnamon or honey graham crackers, cinnamon and nutmeg to create a pumpkin pie milkshake. Pour into a glass and enjoy.

Oatmeal:

Mix in a couple spoonfuls of

pumpkin with cooked oats. Add toppings such as raisins, nuts, cranberries and more.

Pasta and pasta sauce:

Stuff homemade ravioli with a pumpkin filling or mix with a low-fat cream sauce such as Alfredo.

Cream cheese spread:

Combine canned pumpkin with low-fat or fat-free cream cheese. For additional flavor, add spices such as cinnamon, nutmeg or pumpkin pie spice. Spread on top of a bagel, English muffin or a piece of whole grain toast.

Quesadillas:

Mix 1/2 can pumpkin with 1 tablespoon adobo sauce or 1/2

cup refried beans (or combine all three together). Spread onto a flour/corn tortilla, sprinkle with cheese, and place an additional tortilla on top. Cook in a skillet until golden brown, top with salsa, avocado and cilantro, and serve with Mexican/Spanish rice.

Risotto:

Add some color and flavor to your dish by adding canned pumpkin. Instead of stirring continuously, bake for approximately 30 minutes to save time.

Cocktails:

Fill a shaker with ice and add 1/3 cup half-and-half, 1/4 cup pumpkin, 2 ounce coffee-flavored liqueur (e.g., Kahlua) and 1 ounce vodka. Shake and pour

into a martini glass. Sprinkle with cinnamon and sugar.

Pancakes:

Combine your traditional pancake mix a few scoops of canned pumpkin in addition to cinnamon, nutmeg and a hint of brown sugar.

Chili:

Add canned pumpkin to your favorite chili recipe.

Pumpkin butter:

Simmer (on low-heat) a mixture of pumpkin puree, apple cider, brown sugar and spices for approximately 30 minutes. Store in an airtight container in the refrigerator or seal properly in canning jars.



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Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13				
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67								68								69

Across

- 1 Tucked-in part of a dress shirt
- 4 Cocoon contents
- 9 Glaringly vivid
- 14 "___ you kidding me?"
- 15 Words after make or close
- 16 Carne ___: roasted Mexican dish
- 17 Ford Model T, colloquially
- 19 Siesta taker
- 20 Eight-armed cephalopod
- 21 Speed demon
- 23 Open-___ shoes
- 26 TV producer Norman
- 27 Online "Yikes!"
- 30 Chinese leader
- 33 Bus depot: Abbr.
- 36 Mature male gorilla
- 38 Purim observers
- 39 Essayist de Botton
- 40 Match for a pocket handkerchief
- 41 West Pointer
- 42 Mideast strip
- 43 One only in it for the money
- 45 Baton Rouge-to-Montgomery dir.
- 46 Twisting force
- 47 WWII venue
- 48 Latin god
- 50 "___ a lift?"

Down

- 1 Boaters and bowlers
- 2 Actor La Salle
- 3 It may drop down or pop up
- 4 Made vulnerable
- 5 Axlike shaping tool
- 6 Tribal land, informally, with "the"
- 7 Colorado resort
- 8 Out of the wind
- 9 Fire truck feature
- 10 Lady Liberty's land, familiarly
- 11 Somerset Maugham novel, with "The"
- 12 Prefix with logical
- 13 Pub missile

Across

- 18 On fire
- 22 South Sudanese supermodel Wek
- 24 Goof
- 25 Short person?
- 27 Missouri river
- 28 La Scala's city
- 29 Like eyes showing boredom
- 31 Drops in a slot
- 32 Stranded at 7-Down, perhaps
- 34 Chirp
- 35 Jetson dog
- 37 By way of
- 38 Spree
- 41 Multi-screen theater
- 43 "Gee whiz"
- 44 It goes for a buck
- 46 Second-most populous Arizona city
- 49 Warm Argentina month
- 51 "Stupid me!"
- 52 "Dies ___"
- 53 Massage deeply
- 54 Actor Jannings
- 55 Earthquake response gp.
- 57 Cozy home
- 58 Writer Grey
- 59 Inactive
- 62 Art on the reality show "Ink Master"
- 63 Single-malt datum

Horoscope

by Linda Black

Today's Birthday

(11/13/13)
 Creativity abounds this year, quite profitably. Write, record and document your expressions. This autumn and next spring prove especially fertile, with late next summer a perfect launch. Partnership grows and gets romantic. Career communications peaks with new opportunities around July 25. Work may include travel.

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 – You're on top of the world in a variety of ways. There are some interferences in romance. Invent something new in your relationship. Your self-confidence helps, but don't get arrogant. Try listening for what's wanted.

Taurus

(April 20-May 20)
Today is an 8 – For the next seven months with Neptune direct, work and career flow forward. Decisions seem easier. Take care, but don't get stopped by old fears. Consider what you want. Slow down and contemplate.

Gemini

(May 21-June 20)
Today is a 7 – This week spins some good party days. Avoid excesses that could cloud your thinking, as tempers run a bit short now. Relaxing is a priority. Plan a vacation, even just by scheduling time to do nothing.

Cancer

(June 21-July 22)
Today is a 9 – Consider new opportunities; however, don't take a job you don't understand. Listen to your heart before saying yes. Until about the middle of next year, it's easier to save money. Take advantage.

Leo

(July 23-Aug. 22)
Today is a 8 – Travel is appealing, although it could be challenging. Expand your boundaries. Team actions move toward goals you set some time in the past.

Virgo

(Aug. 23-Sept. 22)
Today is a 8 – Focus on what you love, and the money will come. Tailor your passion to the market. Track your finances to increase the bottom line. Reaching an agreement could seem like a balancing act. Divining fact from fantasy gets easier.

Libra

(Sept. 23-Oct. 22)
Today is a 9 – Everything works better together with a reliable partner now. Supporting each other, you both get farther. Your romantic fantasies seem more achievable. But there's still room for misunderstanding.

Scorpio

(Oct. 23-Nov. 21)
Today is a 7 – Do like the bees, and get busy collecting nectar. There's plenty of work to be done around the hive. Use safe cleaning supplies. It's not necessarily the best time for romance. Make long-term plans. Creature comforts are nice.

Sagittarius

(Nov. 22-Dec. 21)
Today is a 9 – There's room for conflict and disagreement but also for love and pampering. Find the balance you strive for. Things are falling into place. For the next few months, it's easier to understand abstract thoughts.

Capricorn

(Dec. 22-Jan. 19)
Today is an 8 – Home is where the heart is. The next two days are good for domestic projects. And your income seems to rise naturally, now that Neptune's direct. Trust your own good judgment. Keep in action, and pace yourself.

Aquarius

(Jan. 20-Feb. 18)
Today is a 7 – An unexpected bonus arises. It's easier to achieve your goals. You're getting smarter by the minute, but don't get cocky. There's a lesson here. Postpone romance until you get it. Write your musings.

Pisces

(Feb. 19-March 20)
Today is a 9 – Focus on making honest money. Your dreams are more achievable, now and for the next seven months. Complete one project, and then dream up new ones. Remain obsessed with details.

Sudoku

by the Mephram Group

	8	9		1				
	2						7	6
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	7		2	5	6			
				1		5		
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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

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