



Courtesy of Bob Elbert

Eric Lacey, junior in mechanical engineering, was involved in the Comedy College honors seminar last year and he performed standup for his final performance, which is a part of the course.

Comedy in the classroom

Honors seminar lifts public speaking fears

By Danielle Welsher
@iowastatedaily.com

Students come to Iowa State to learn about all kinds of different subjects, anything from engineering to women's studies, but there are other classes offered that may not be thought of as "traditional" courses.

This fall semester, a Comedy College course was offered to honors students where they learn tricks and methods on how to be funny.

The honors seminar meets once a

week, with 17 students enrolled in it this semester.

Peter Orazem, an economics professor, brought the idea of teaching the class to Gavin Jerome, a professional entertainer. Orazem had taken one of Jerome's comedy classes in the past.

"Peter was one of my best students; he really excelled," Jerome said, "When he asked me about it I couldn't say yes fast enough."

Orazem and Jerome currently lead the class in learning different styles of comedy as well as helping students overcome a fear of public speaking.

"The students come from all walks of life. Some may want to be stand-up comedians, others are in engineering or are English majors and just want to add more

humor to their writing," Jerome said.

For students enrolled in the course like Lisa Hansen, junior in pre-diet and exercise, the class has been a different experience.

"The class is definitely out of the ordinary," Hansen said, "but it's challenged me to think outside the box."

For homework, the students write their own material and practice delivering it in front of each other. Orazem and Jerome also utilize the internet for some assignments, such as asking students to send videos of their favorite comedians performing. Jerome says this helps them understand what styles of comedy they like.

On top of homework assignments, the students prepare all semester for their

"graduation night" on Dec. 3 and 4, where each of them have to perform a 10 minute routine of their own at the Maintenance Shop in the Memorial Union.

"They just have to get one laugh out of the audience, and they'll pass the class," Jerome said.

Jerome also mentioned he hopes sometime in the future that the class will be open for all Iowa State students to take, so they can benefit from the class as well.

While the honors seminar has helped students learn methods of how to be funny, it's also aided students in other ways.

Christian Springer, senior in biology, said he would recommend this class for everyone and that the course does require a lot of creative effort but hearing everyone's jokes is worth it.

New director Shamburger takes lead

Assistant dean hopes to meet students, provide opportunities

By Logan Olson
@iowastatedaily.com

After traveling more than 1,000 miles across the country, Kenyatta Shamburger took the positions of assistant dean of students and director of Multicultural Student Affairs at Iowa State.

Shamburger was the director of student activities at Clemson University in Clemson, S.C., for nearly seven years. The student population at Clemson University is about 17,000 students.

That number nearly doubles at Iowa State. It was a big step in Shamburger's career, he said.

"I was at [a] place where I wanted to do something different, and this was a great next step," Shamburger said. "So I applied, and as they say, the rest is history."

Along with the step forward in his career, Shamburger's role changed as well.

"From a Multicultural Student Affairs standpoint, I work closely with our multicultural students on campus," Shamburger said. "In our office we do programming, we provide academic resources and two scholarship programs."

Shamburger works in conjunction with the dean of students and provides other opportunities that engage all students.

Shamburger's main goals for the year are, "getting accustomed to the Midwest culture and weather," he said. "I think there are experiences I have had and things that I have learned from other positions, but learning how we do things at Iowa State is very important to know."

Shamburger said he also hopes to learn more about what the office has done in the past and some of the goals that the office would like to accomplish.



Miranda Cantrell/Iowa State Daily

Kenyatta Shamburger is the new director of Multicultural Student Affairs at Iowa State. He is the former director of student activities at Clemson University in South Carolina. He looks forward to getting to know the Iowa State students.

Ebony Williams, program coordinator for Multicultural Student Affairs, works with Shamburger on a daily basis.

"It's been really great working with Kenyatta," Williams said. "I think the noticeable difference for me in the office has been the leadership. He has great vision, and it's just been fun to work with him."

Shamburger has a different staff member lead the staff meeting each week.

Williams said that although it may be a minor thing, she feels that it lets staff members put their own personal touches to each meeting,

which allows each member of the staff to take ownership.

Shamburger said he encourages students to visit him and other staff members.

"There are a lot of great opportunities that the office offers and just stop by and get to know the staff," Shamburger said. "The Office of Multicultural Student Affairs exists, and we are here to be a resource of support for our students."

Students can also contribute valuable input about what can be done on a daily basis to provide resources so that students can meet their full potential.

Phone scams target Ames community

By Seth Young
@iowastatedaily.com

On average more than 30 million people fall victim to increasingly sophisticated scams every year, according to the Federal Census Bureau. Citizens of Ames have recently experienced these scams.

The technical term for such crime is consumer fraud, which according to the FBI is "deceptive practices that result in financial or other losses for consumers in the course of seemingly legitimate business transactions."

One specific method of consumer fraud is the common over-the-phone scam. According to the Federal Trade Commission, there are tell-tale signs that someone is being scammed.

An individual receives a phone call telling them they have won some sort of contest and are entitled to a cash prize, or that they have missed a payment on a loan. This person as an individual or representing a business is then urged to provide their credit card or banking information in order to rectify the situation.

"Don't ever give your information out over the phone unless you are 100 percent certain of whom you are talking to," said Commander Geoff Huff of the Ames Police Department.

Huff said one scam that has been hitting Ames hard in the past few weeks is one claiming to be representing Microsoft Corp. The com-

pany has been reported three times in the last week, a number which would not have been reached in a month in previous years.

Domestic citizens are not always the targets, and callers do sometimes find success.

In the past weeks, two Ames businesses have received calls from an individual or individuals claiming to represent Ames Municipal Utilities. In both cases, the receiver of the call was told that their establishment was behind on their utility bills and then payment was demanded over the phone.

"These businesses were not delinquent, and even if they were, the city of Ames does not demand payment over the telephone," said Mike Wheelock, Utility Accounts Supervisor.

The authorities recognize that there are more successful scams committed regularly than they are aware of.

Information such as banking codes or social security numbers are rarely requested over the phone, especially if you yourself did not make the call.

The Ames Police Department urges people to be smart about providing information to anyone by phone or online.

"We know there is quite a bit that goes unreported for embarrassment or it being a small amount of money stolen," Huff said. "I think the amount of fraud committed increases every year as the technology has."

TRIVIA NIGHT!

Wednesday nights at West Towne Pub! 7-11pm

FREE pint of beer for every teammate each time you win a round!

- \$3** Tator Tot Casserole
- \$4** Dragon Bomb
- \$4** Jamison Ginger Ale

End-of-Season Prizes for best teams and best attendance!

515-292-4555 • 4518 Mortensen Rd. • westtownepub.com

Weather

WED 27|44 Cloudy with a 30 percent chance of rain.

THURS 26|44 Mostly sunny.

FRI 37|50 Sunny and clear.

Provided by ISU Meteorology Club

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.

Oct. 11
Chandler Heisler, 18, 3690 Helsler Hall, was cited for underage possession of alcohol at Lincoln Way and Lynn Avenue (reported at 9:32 p.m.).
 Officers assisted an 18-year-old male who had consumed too much alcohol at Welch Hall. The individual was transported by ambulance to Mary Greeley Medical Center for treatment (reported at 11:08 p.m.).

Corrections:
 In Tuesday's article "Iowa regents task force to enhance transparency," it was incorrectly stated Craig Lang is the president of the Board of Regents. Bruce Rastetter is the current president. The quotes were taken from a news release from March 2013. The Daily regrets the error.

ISU receives praise for sustainability

Recycling vinyl uniforms earns STARS rating

By Simone Scruggs @iowastatedaily.com

Iowa State has received one of the highest recognition awards from the Association for the Advancement for Sustainability in Higher Education this semester. Iowa State has earned the STARS gold rating for its achievements completed in the Sustainability Tracking, Assessment and Rating System reporting process.

The rating is an international certification for colleges and universities related to their sustainability activities and commitments according to Merry Rankin, director of sustainability.

Iowa State has done a number of things throughout the year in the area of sustainability to earn this recognition.

"For me, I think it's really exciting [receiving the recognition] because people on campus: stu-

dents, faculty and staff have worked very hard at a number of different ways related to supporting sustainability," Rankin said.

Solar trash compactors around campus are one of the sustainable green initiative ways Iowa State is pursuing a more green campus. The buildings around campus are also becoming designed, constructed and used with more green principles Rankin said.

Two major sustainable efforts that were acknowledged by the Association for Sustainability in Higher Education was the recycling of vinyl banners and marching band uniforms. The banners had been worn out by wind, sun and moisture so were then converted into tote bags in 2011 and sold by the University Book Store and on the ISU Alumni Association's website.

The Iowa State University Marching Band has recently purchased new uniforms and needed a way to get rid of the old uniforms. Due to trademark restrictions, the uniforms could not be donat-



Alison Kron/Iowa State Daily

Iowa State has done a number of things throughout the year to increase sustainability and earn this recognition. Solar trash compactors around campus are one of the sustainable green ways Iowa State is pursuing a more green campus.

The university decided to recycle 500 uniforms and turned them into 1000 unique band-themed products [tote bags, laptop bags and iPod cases that were sold by the music department in 2012.

In total, approximately 2,800 pounds of material was diverted from the waste stream through these efforts according to the Association for Sustainability in Higher

Education website. Peter Englin, director of the Department of Residence, stated that the gold status recognition is wonderful. Englin served on the steering committee for the application process.

The residence halls use recycling programs in order to help out with the green initiative. Reduction on water use was an effort by the department. New

SUSTAINABILITY p6>>

Rebarcak Chiropractic PAIN RELIEF CENTER

Dr. Rod Rebarcak
 Dr. Matt Cross
 Dr. Ben Winecoff

Neck & Back • Headaches • Extremities

WALK-IN CARE or by appointment

CHOICE 515.233.2263 | www.painreliefiowa.com

E. of Culvers Monday to Saturday

BEST 13 years

Good Food, Good Fun, Cold Beer

WEST TOWNE PUB

SPORTS BAR
 FOOD & SPIRITS

\$10 UV FISHBOWLS

515-292-4555 • 4518 Mortensen Road • westtownepub.com

IN THE MEMORIAL UNION AND AROUND CAMPUS

LET US ENTERTAIN YOU

Look for this ad EVERY WEDNESDAY!

www.sub.iastate.edu

SUB COMEDY WITH ADAM RAY

Thursday, Oct. 24
 9pm @ M-shop

FREE!

Seen in summer film *The Heat* and TV's *Two Broke Girls* and *Workaholics*

ROB DELANEY

FRIDAY, NOVEMBER 1

"The King of Twitter"
 Awarded "Funniest Person on Twitter" at the Comedy Central Awards
 11PM @ Great Hall

THE BRIGHT FUTURES TOUR
FITZ AND THE TANTRUMS AND CAPITAL CITIES

WITH BEAR CLUB

TUESDAY, NOVEMBER 19

7:30PM STEPHENS AUDITORIUM
 DOORS OPEN AT 6:30PM
 ISU STUDENTS: \$25 PUBLIC \$35

STUDENT UNION BOARD PRESENTS:

FARSHID ETNIKO'S INTERNATIONAL MUSICAL NIGHT

FREE SUNDAY OCTOBER 27

M-SHOP, MEMORIAL UNION

7PM

Extremely talented and versatile musician, Farshid Etniko combines gypsy, jazz, latin, and world music to create unique sounds from original creations to jazz standards with a Latin flavor and Persian touch.

IOWA STATE UNIVERSITY MEMORIAL UNION

www.sub.iastate.edu

PLAYING THIS WEEK

Monsters University

CYCLONE CINEMA

FREE WEEKLY SHOWINGS!

DELICIOUS CONCESSIONS FOR SALE

THURS FRI SAT SUN

7 & 10PM

@CARVER 101

WORLD WAR Z

NEXT WEEK

World War Z

MAINTENANCE SHOP

FRIDAY, OCTOBER 25 • 9PM

THE HUNTS W/ REBEL CREEK

(Indie/Folk)

Students: \$7* For fans of: Last Bison, The Lumineers, Mumford and Sons

Public: \$12*

FRIDAY, NOVEMBER 1 • 9PM

DROP CITY YACHT CLUB

(HIP-HOP/ALTERNATIVE)

Students: FREE For fans of: Mac Miller, Kid Cudi, Atmosphere

Public: \$10 (At door only)

FRIDAY, NOVEMBER 8 • 9PM

THE RAGBIRDS

(FOLK/ROCK/WORLD FUSION)

Students: \$5* For fans of: Rusted Root, Elephant Revival, The Duhks

Public: \$10*

WEDNESDAY, NOVEMBER 13 • 8PM

MISSISSIPPI HEAT

(Blues)

Students: \$7* For fans of: BB King, Muddy Waters, Jimmy Dawkins

Public: \$12*

www.m-shop.com
 TICKETS AVAILABLE AT THE M-SHOP BOX OFFICE OR OVER THE PHONE AT 515.294.8349 (Open Mon-Fri 11am-5pm)
 *Prices increase \$2 day of show
 All tickets subject to a \$2 MidwestTIX fee
 Online Sales available at midwestix.com

IOWA STATE DAILY

© Copyright 2011 • Iowa State Daily Publication Board

Iowa State Daily Main Office 294-4120

Iowa State Daily Newsroom 294-2003

Retail Advertising 294-2403

Classified Advertising 294-4123

General information:
 The Iowa State Daily is an independent student newspaper established in 1890 and written, edited, and sold by students

Publication Board Members:
 Megan Culp chairperson
 Preston Warnick vice chairperson
 Josh Adams secretary

Ria Olson
 Seth Armah
 Prof. Dennis Chamberlin Greenlee School of Journalism and Communication
 Prof. Christine Denison College of Business
 Chris Conetzkey
 Kyle Oppenhuizen The Des Moines Business Record

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 \$62, 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.

Postmaster:
 (USPS 796-870)

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

PERIODICALS POSTAGE

Editorial

Affordable Care Act loses credibility with glitches, accessibility

The Affordable Care Act — despite having been considered constitutional for quite some time — nearly brought this country to its knees during the government shutdown. By deciding that the act's destruction was of utmost importance, Republicans put Americans' livelihoods (and their own dignity) on the line.

As a result of Republicans' prioritization, a smooth installment of the legislation was an essential goal for the Democrats and for the Obama administration. Unfortunately for them, that seamless transition did not happen.

The website through which Americans were supposed to sign up for health care was plagued by glitches and errors as soon as it was released. For one reason or another, most users are unable to actually sign up for health care through this federal exchange, leaving millions unprotected in what was meant to be a "new era" of health care reform. Whether because of an inability to sign up or to register family members, people have been unable to access what the Obama administration has so decisively promised.

Of course, nearly any new law has its problems at first, but these errors are particularly surprisingly because of Obama's reputation as a president who has truly harnessed the Internet. Just as television coverage forever changed federal elections and campaign coverage, so too does the Internet have the power to help or hinder this generation's candidates.

The Internet may have been commonly accessible since the '90s, but it wasn't until Obama's presidential campaign that it was used to its full potential in the political arena. Though Obama is working with a different staff than he was during campaign days, America has come to expect certain online stability from his administration. It is his reputation as a master of the internet that makes the "glitches" of the ACA such a shock and a blow to the Democratic Party.

Democrats have tried valiantly to save face, as President Obama has said such things as "Let me remind everybody that the Affordable Care Act is not just a website. It's much more." He claims that the "product," the health care itself, is stable and will be good for the American people. Additionally, the White House has proudly reported that since Oct. 1, the website (despite its issues) has had 17 million visitors.

Regardless of their attempts to salvage the situation, Democrats' publicity efforts are no match for the Republican barrage to come. In the wake of the government shutdown, the GOP is looking for any reason to tear at their opponents and recover whatever respect they lost. The website's glitches are a perfect excuse for Republicans to accuse the program of being faulty or destined to fail.

The Affordable Care Act website will probably be up and running fully at some point soon — in fact, the White House has flooded contractors and experts with funding in an attempt to get the site working as soon as possible. In the meantime, these errors have only provided fuel to those hoping to shoot down the Affordable Care Act and denounce its abilities to help this country.

Essentially, the Obama administration should have been prepared for this. Regardless of a tight schedule, or of the government shutdown, they should have ensured that the website was running as soon as they launched it, because all they've done now is enable ridicule. The errors in the system may be the fault of the individual contractors hired to establish the site and the program, but the blame will fall solely on Obama and the entire Democratic Party.

Instead of seizing an opportunity to further strengthen their policies and platform, the Obama administration has weakened itself through its problematic software and faulty website.

Editorial Board

Katelynn McCollough, editor-in-chief
Hailey Gross, opinion editor
Elaine Godfrey, assistant opinion editor
Phil Brown, columnist

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

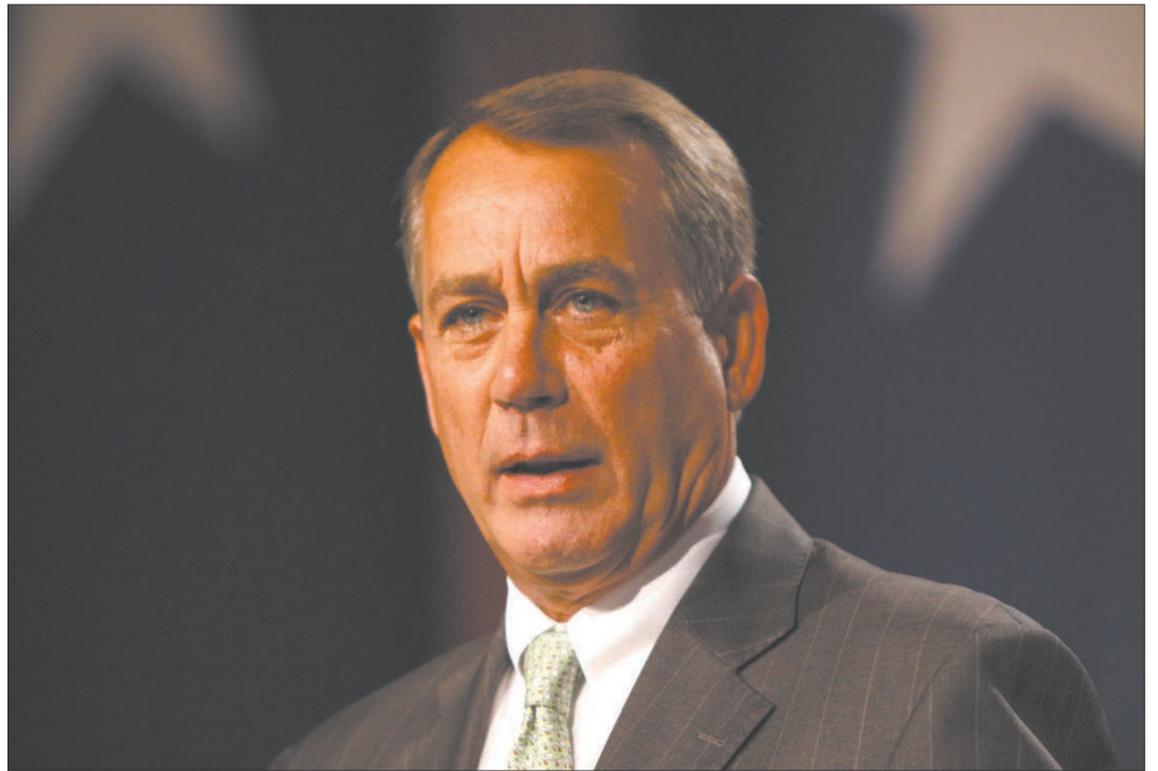
Feedback policy:

The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s).

Phone numbers and addresses will not be published.

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



Courtesy of Wikipedia Commons

House Speaker John Boehner tried to justify the decisions made by Congress leading up to the government shutdown. All the justifications in the world will not be able to mend the social and economic problems that America faces because of the shutdown.

You're WRONG, Mr. Speaker

By Ian Timberlake
@iowastatedaily.com

John Boehner, Speaker of the House said "We fought the good fight; we just didn't win."

No, Mr. Speaker, you did not fight the good fight; you are a child and you throw tantrums when you don't get what you want. You, and any other politician that supported the government shutdown have no respect for the governing system our founding fathers built and you have no right to continue any form of United States governing come re-election, November 2014.

In President Obama's speech about the government shutdown resolution, he said, "You don't like a particular policy or a particular president? Then argue for your position. Go out there and win an election. Push to change it, but don't break it. Don't break what our predecessors spent over two centuries building. That's not being faithful to what this country's about."

And to counter what Boehner said, Obama also noted, "There are no winners here. These last few weeks have inflicted completely unnecessary damage on our economy. The American people are completely fed up with Washington. Probably nothing has done more dam-

age to American credibility in the world than the spectacle we have seen in the last couple of weeks."

Even Sen. John McCain said, "The real losers are the American people."

According to the consulting firm Macroeconomics Advisors, The House shutdown cost our country roughly \$24 billion in the last couple weeks and the Republican's drag-down tactics since 2010 have cost us about \$700 billion and nearly a million (non-furloughed) jobs — which has made the unemployment rate rise to about 8.5 percent instead of the projected value of less than 7 percent.

On Oct. 9, I published a column in regard to the shutdown and more importantly, government partisanship. I quoted George Washington, reading, "... and sooner or later the chief of some prevailing faction, more able or more fortunate than his competitors, turns this disposition to the purposes of his own elevation, on the ruins of public liberty."

And I closed the column with another, "The common and continual mischiefs of the spirit of party are sufficient to make it the interest and duty of a wise people to discourage and restrain it."

This is why we, as a capable people, need to vote those

responsible for the drag-down tactics that lead to the government shutdown, out of office. The next election occurs in about a year and until that time all of Congress will be doing everything within their power to soothe you over the damage they created and the embarrassment they caused this nation.

Our country and our media need to flog the House extortionists like the proverbial dead horse with a brigade of accusatory questions as if they were on a witness stand — to be honest, it's too late, Congress has lost my trust. Extortion, simply stated by the Oxford Dictionary is "the practice of obtaining something, especially money, through force or threats."

The GOP didn't just threaten America, they threatened the world with a government debt default simply because they don't like the Affordable Care Act that was passed four years ago. Now I don't know enough about economics to argue why this is bad so I'll pull some words from the Oct. 5 issue of The Economist:

"America enjoys the 'exorbitant privilege' of printing the world's reserve currency. Its government debt is considered a safe haven, which is why Uncle Sam can borrow so much, so cheaply. America will not lose these

advantages overnight. But anything that undermines its creditworthiness — as the farce in Washington surely does — risks causing untold damage in the future. It is not just that America would have to pay more to borrow. The repercussions of an American default would be both global and unpredictable.

It would threaten financial markets. Since American Treasuries are very liquid and safe, they are widely used as collateral. They are more than 30% of the collateral that financial institutions such as investment banks use to borrow in the \$2 trillion 'tri-party repo' market, a source of overnight funding.

A default could trigger demands by lenders for more or different collateral; that might cause a financial heart attack like the one prompted by the collapse of Lehman Brothers in 2008. In short, even if Obamacare were as bad as tea-party types say it is (see Lexington), it would still be reckless to use the debt ceiling as a bargaining chip to repeal it, as some Republicans suggest."

I urge you to share this column and this sentiment with your social circle, provided you wish to end this tomfoolery of a governing body we have. Welcome back Congress, but don't expect a vote from me.

Conversations on Campus Diversity

Feminism can benefit everyone

Editor's note:

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

Ouma Amadou is a volunteer at the Margaret Sloss Women's Center

I started to self-identify as a feminist shortly after my sixteenth birthday. However, I did not realize that I needed feminism until my senior year of high school.

During senior year, I constantly received unsolicited advice about how I should live my life. It felt like no one could accept me as I was. Everyone wanted their own ideal version of me. At first, I complied to their requests because I feared rejection.

One day, I realized I was no longer the me I wanted to be. I soon discovered why I need feminism: I want to live my life without the input of others. Feminism became my support system for living my life on my own terms. This is my reason for needing feminism, but everyone will need feminism at some point in their lives regardless of race, gender, nationality, disability, religion

and sexual orientation.

Why should ISU students accept feminism? Students should accept feminism because the lack of gender equality affects everyone. Feminism can help bridge this gap of inequality because by definition it is an organized movement for the attainment of equal social, political and all other rights to those of men.

We are forced to prepare for our futures in college. We learn the most about ourselves and we face some of our hardest obstacles.

Gender inequality should not be one of those obstacles. As a community, we should use feminism to combat gender inequality. Feminism has the power to remove the barriers women face to be successful.

Feminism has the power to allow men to be in non-traditional roles without having to face criticism. Most importantly, feminism demands the creation of an accepting community where gender does not determine where a person fits into life.

The Who Needs Feminism photo campaign seeks to remove the negative stereotypes surrounding feminism. It was originally started at Duke University and came to Iowa State through the

Margaret Sloss Women's Center last year.

As the campus organizer for the campaign, it is my job to push the students, faculty, and staff of Iowa State to find their reasons for needing feminism. We, at the Margaret Sloss Women's Center, want a variety of Iowa Staters to participate.

Our diverse campus has 33,341 different reasons for needing feminism. All of these reasons need to be shared. People who take the time to write their "I need feminism because ..." statement and take a photo with their reason help demonstrate the range of feminists and their support of it.

Additionally, Who Needs Feminism provides one of the few opportunities in life where being explicit about your needs is acceptable. It does not matter if you do not identify as a feminist or do not necessarily believe in feminism, what matters is that participation in the campaign demonstrates that Iowa State wants to create an inclusive community. At its basic core, that is what feminism is about: inclusivity.

So, who needs feminism? Iowa State does. Why do you need it? Come share your reason at the Margaret Sloss Women's Center.



JAZZIN' UP YOUR JARS



Lauren Grant/Iowa State Daily
A recent innovation is storing and eating fresh salads in canning jars. This could be a convenient alternative for making salads in advance. The lettuce is the last layer to go in to ensure the salad does not get soggy before eating.

Salad Try this BLT salad

By Lauren.Lee
@iowastatedaily.com

While eating healthier and more natural foods continues to be a leading food trend, salad consumption has also seen new trends.

A recent innovation is storing and eating fresh salads in canning jars. It's simple. All you need is fresh produce and canning jars with rings and lids.

Salad in a jar comes in many types.

- 4 slices of bacon, chopped
- Handful of cherry tomatoes, halved
- 2 cups romaine lettuce
- 2 cups spinach
- 2 scallions, chopped
- 1/4 cup low-fat mayonnaise
- 2 tablespoons milk

Starting from the bottom, layer dressings, vegetables, cheeses, protein, nuts or seeds, and lettuce. The lettuce should be the last layer to go in to ensure the salad does not become soggy.

Mix together mayo, scallions and milk to make a healthy

dressing. Place the dressing into the bottom of the Mason jar. Then add the halved tomatoes. Add the bacon on top. Alternate layers of romaine lettuce and spinach. Add a lid to lock in freshness.

Keep refrigerated until consumed.

Desserts

By Lauren.Grant
@iowastatedaily.com

Impressing someone with an outstanding dessert might be easier than you think. Do not get frustrated with complicated recipes that never seem to turn out perfectly.

Prepare a simple yet delicious dessert and impress your guests with a unique and creative presentation.

Place chocolate chips or broken up bars in a large glass bowl over a pot of simmering water. Make sure the water does not hit the bottom of the glass bowl. Continually stir chocolate until melted. Once chocolate is completely melted, remove it from the heat.

With a hand mixer, beat the heavy cream in a chilled metal bowl, or in a glass bowl placed over ice. Beat until the heavy cream forms soft peaks. Set whipped

cream aside for later.

With a hand mixer, whip the egg whites to soft peaks. Slowly add the sugar and continue to whip until stiff peaks are formed.

Remove the chocolate from the glass bowl and gently fold in all of the egg whites with a whisk or rubber spatula.

Once the egg whites are mostly incorporated, gently fold in whipped cream. Separate mousse out into individual glass canning jars, cover and chill in refrigerator for one hour.

Top the dessert with whipped cream and shaved chocolate, if you desire.

*Note: For a white chocolate mousse, replace bittersweet and milk chocolate with white chocolate. Skip the whipped cream topping and finish with fresh fruit and mint.

Combine sliced strawberries,

Mousse in a jar

For the mousse:

- 2 ounces bittersweet chocolate, coarsely chopped
- 3 ounces milk chocolate, coarsely chopped
- 1 3/4 cup heavy cream, chilled
- 3 large egg whites
- 2 tablespoons white sugar

Whipped cream for topping:

- 1 cup heavy cream, chilled
- 3 tablespoons white sugar
- 2 teaspoons espresso powder
- 1 tablespoon freshly grated orange zest

sugar and liqueur in a small bowl. Stir the mixture occasionally.

Allow strawberries to sit at room temperature for 10 to 15 minutes or until sugar is completely dissolved.

Using a hand mixer beat the chilled heavy cream, sugar, extract and 1 teaspoon orange zest. Set aside remain-

Strawberries and cake

- 1 angel food cake, diced into 1-inch pieces
- 1 pound fresh strawberries, sliced
- 1/4 cup white sugar
- 1/4 cup orange-flavored liqueur, such as Grand Marnier (optional)

Whipped cream:

- 1 cup heavy cream, chilled
- 3 tablespoons white sugar
- 1 teaspoon vanilla or almond extract
- 1 tablespoon freshly grated orange zest, split

ing zest for garnish. Beat heavy cream until soft peaks form. This will take 1 to 2 minutes to get the proper consistency.

In a regular sized canning jar, alternate layering the cake, strawberries and whipped cream.

Finish with whipped cream on top, sprinkle with remaining zest and serve immediately.

Breakfast Suggestions of fruit combinations

By Jessica.Hale
@iowastatedaily.com

Try something new for breakfast or a snack. Creamy Greek yogurt mixed with heart-healthy old-fashioned oats, chia seeds and a splash of milk, and then layered with frozen fruit and berries in a jar for a make ahead, grab-and-go treat. Make one, two or 10 at a time.

They keep for a few days in the fridge.

The combination of yogurt and oats mixed together then left to sit overnight in the refrigerator tastes great.

The oats become nice and chewy, then the frozen fruit melts to create a sweet fruity sauce.

For utensils, all you need is a Mason jar.

First, grab six ounces of your favorite Greek

yogurt. There are many brands and flavors out there, have fun with it. Scoop the six ounces of yogurt into a bowl and add 1/3 cup of old-fashioned oats.

Oats are heart healthy and give great texture to these parfaits.

Next add 1 teaspoon chia seeds. Chia seeds act as a binding agent but also have many great health benefits.

These can be found in Hy-Vee's

- Blueberry and pineapple
- Strawberry and banana
- Raspberry, blackberry and blueberry
- Strawberry, mango and pineapple
- Pineapple, coconut and shaved almond
- Strawberry and dark chocolate chips

health market. Then add 2 tablespoons of milk.

Mix together until combined.

Grab your Mason jar. Add half of the yogurt mixture into the jar. Then add your favorite frozen fruit to make the next layer. There are many com-

binations, so be creative. A couple tablespoons will do. Then add the rest of the yogurt mixture, and top it off with more frozen fruit. Stick in the fridge overnight, and the next morning you will have a delicious parfait ready to eat.



Steph Ferguson/Iowa State Daily
Grab a Mason jar and try something new for a healthy home-made breakfast or snack. The combination of yogurt, oats and fruit mixed together then left in the refrigerator overnight makes an easy and healthy breakfast.

open 24 hours a day ■ 7 days a week ■ two convenient locations

10% off Wellness Wednesday

Receive 10% off your purchase of items from the Health Market at your local Hy-Vee!



West Lincoln Way Dietitian
Nicole Arnold, RD, LD
515-292-5543
namold@hy-vee.com

west lincoln way
3800 West Lincoln Way 292-5543



Lincoln Center Dietitian
Amy Clark, RD, LD
515.450.0508
aclark@hy-vee.com

lincoln center
640 Lincoln Way 232-1961

Bulk foods, over 170 varieties!
Choose from over 1000 Gluten free items!



Now Open in Curtiss Hall's Harl Commons!
Featuring Burgie's Ugandan coffee, snacks, sandwiches, freshly-baked goods & more.

SIBLING RIVALRY

Kleiner sisters swim for opposing teams, still support each other

By Chris Wolff
@iowastatedaily.com

Things were a little different last weekend for Elizabeth Kleiner at the dual meet against South Dakota. Her team set eight pool records en route to a 180-117 win, and yet, Kleiner still felt a little conflicted.

That's because the win came against Elizabeth little sister, Erin.

Elizabeth, a junior at Iowa State and Erin, a freshman at South Dakota, faced off as opponents for the first time ever, after spending 11 years as teammates.

"Since I was nine years old we have been on the same team, so it was pretty weird to be competing against each other," Elizabeth said.

On top of the siblings' teams facing off, the Kleiners also faced off in a number of different events.

Elizabeth got the best of her little sister in the 400 medley relay and 200 freestyle relay where her team placed first and second. Erin placed sixth and fifth.

In the 200 butterfly, Erin again fell to her big sister, finishing fourth, while Elizabeth claimed another first-place finish.

Erin also felt a little strange after competing against her sister for the first time.



Elizabeth Kleiner, current junior in microbiology, practices the butterfly stroke last year in the Beyer Hall. This year, Kleiner competed for the first time against her younger sister, Erin, in the dual meet in South Dakota. Elizabeth and Iowa State came out on top, but there was no bad blood after the fact.

File: Yanhua Huang/Iowa State Daily

"I felt conflicted, because I wanted to see her succeed, but at the same time I want to see my team succeed, and when we were competing, I felt like those things could happen at the same time," Erin said.

After the meet, there was no bad blood. Instead of cashing in her recently-acquired bragging rights, Elizabeth used the moment to encourage her sister.

"I was trying to motivate her



Erin



Elizabeth

and I know that she was really happy for me and all of us, because we got the pool records and she was actually really proud of our team for doing that," Elizabeth said.

While there is a playful rivalry, both sisters agree that it isn't a serious one. In fact, Elizabeth is the reason Erin began swimming.

When the older sister began swimming competitively at age nine, the little sister, Erin, begged their parents to let her start swimming as well.

"I have looked up to her as a role model and mentor since the day I started swimming," said Erin. "She has been there for me through all my success and hardships in the sport."

After all those years of being

teammates and cheering each other on, the sisters have been unable to change course and become really competitive with one another. More than anything, they support each other.

The two both had illustrious high school careers, with Elizabeth being a four-time all-state performer at Lakeville North High School in Minnesota and Erin being a two-time all-state performer at the same school.

When it came time for a college decision, Elizabeth couldn't persuade her sister to follow her.

While Erin is just starting out her freshman campaign at South Dakota, Elizabeth is already an established veteran at Iowa State.

After winning Iowa State's

newcomer of the year award her freshman season, Elizabeth is now in a crucial position.

ISU coach Duane Sorenson noted the 100 and 200 butterfly as events in which Iowa State has struggled and will need to improve at going forward. Sorenson looks to Elizabeth to fill that void.

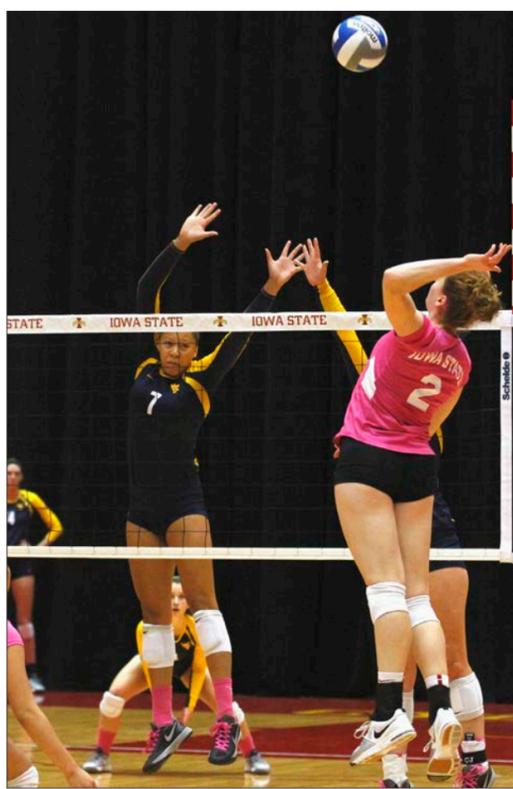
"We know she's very capable 200 flyer and she's trying to work on her speed for the 100 fly," Sorenson said.

Elizabeth plans to be a valuable piece of the puzzle for the Cyclones this season, and will be sure to check up on Erin.

Elizabeth wants to see her sister do well, but as she put it, "Nobody wants to lose to their little sister."

CYCLONES prepare for large crowd at Kansas

Coach: Iowa State must 'hit high and hit well against a big block'



Suhaib Tawil/Iowa State Daily
Sophomore Mackenzie Bigbee gets ready to spike the ball against West Virginia on Oct. 12. She is preparing for the strong blocking skills of the Jayhawk defense.

By Clint Cole
@iowastatedaily.com

The Cyclones were building momentum with home sweeps of Kansas State and West Virginia, but they have taken a step back with a loss to Texas.

The team will try to get back on track when it hits the road to Lawrence, Kan., for a match against No. 22 Kansas on Wednesday.

The Jayhawks (16-4, 6-1 Big 12) host the Cyclones (10-6, 4-2 Big 12) after winning their last two matches on the road.

The Jayhawks lead the conference in assists per set, kills per set and blocks. ISU coach Christy Johnson-Lynch said that will make for a nice challenge on the road.

"[Victoria] Hurtt and [Mackenzie] Bigbee, we need them to continue to hit high and hit well against a big block," Johnson-Lynch said. "Same with [Tenisha Matlock]. It'll just be a good test for us because it's a great team that's good in every aspect of the game, so those teams are difficult to play."

ISU sophomore right side hitter Mackenzie Bigbee said that hitting high was something they focused on last week as they prepared for Texas, and they will need to continue to compete against the Jayhawks' blocking.

"Teams that are great blocking teams, you really have to put that extra mental focus into making sure that every time you take that approach that you're swinging high," Bigbee said. "You can't ever pull it down because that's

when they have those great blocks."

The Cyclones won their last meeting with the Jayhawks in Ames but fell 3-2 last time they played in Lawrence. Bigbee said that Kansas is a tough place to play.

"Coming in freshman

year, you don't really know what to expect," Bigbee said. "They always have great crowds and it gets really rowdy in there, and I think that was a little overwhelming for us; so going in I think we can just have that mentality I think, because we've played at

Nebraska ... We've played in front of some pretty big rival crowds this year, so I think that will definitely help us prepare for that."

The Cyclones take on the Jayhawks at 6:30 p.m. Wednesday at Horejsi Family Athletics Center in Lawrence, Kan.

IOWA STATE DAILY

EARN WHERE YOU LEARN!

Senior Advertising Account Executive

Part-Time / Graduate Students / Internship Candidates

When was the last time you were PAID to go to school?

How would you like to have unlimited earning potential while taking a class?

General Description:

The Senior Advertising Account Executive targets potential advertising clients and develops relationships in order to acquire new advertising accounts, as well as maintains relationships and favorable contacts with current and potential advertising accounts. He/she liaises closely with his/her clients throughout ad campaigns, often on a daily basis. He/she manages administrative and ad campaign work, ensuring that everything is completed on time, on budget, and meets the customers' expectations.

Responsibilities:

1. Manage a portfolio of accounts to build assigned territory and increase market share; Maintain electronic and printed client account records.
2. Achieve sales targets, relying on extensive experience and judgment to plan and accomplish goals.
3. Meet and liaise with clients to discuss and identify their advertising requirements.
4. Make "pitches" to try to win new business for the agency.
5. Work with Sales & Marketing Director to devise an advertising campaign that meets the client's brief and budget. Become and remain familiar with a variety of the field's concepts, practices, and procedures.
6. Present creative work to clients to obtain approval and/or modification.
7. Lead and direct the work of other Advertising Account Executives; Act as a mentor and trainer with junior staff members.
8. Brief media, creative, and research staff, and assist with the formulation of marketing and ad campaign strategies.
9. Act as the link between the client and agency by maintaining regular contact with both, negotiating with clients and agency staff about the details of campaigns, and ensuring that communication flows effectively.
10. Monitor the effectiveness of campaigns; Deliver and present client reports.
11. Complete administrative work, as required.

Skills:

- Excellent spoken and written communication skills
- Strong presentation and negotiation skills
- Confidence, tact, and a persuasive manner
- Excellent organizational and time management skills
- Excellent "people skills," for working with a range of colleagues and clients
- Ability to meet deadlines and reach goals
- A professional manner
- Excellent business sense

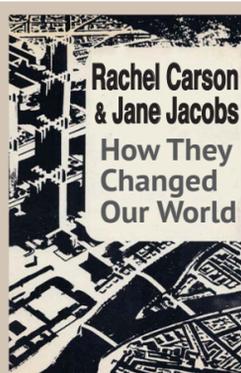
Apply at:

<http://www.iowastatedaily.com/apply/>

Iowa State Daily, 108 Hamilton Hall, Iowa State University, Ames, Iowa 50011

Send Inquiries To:

apply@iowastatedaily.com



Robert Fishman is an expert in the areas of urban history and urban policy and planning. He will discuss the impact of Jane Jacobs and Rachel Carson, two women who revolutionized the fields of urbanism and environmentalism as well as changed the way we think about sustainability. Professor Robert Fishman currently has an appointment in the Taubman College of Architecture and Urban Planning at the University of Michigan.

Wednesday, October 23, 2013
7 pm ~ Sun Room, Memorial Union

Sponsored by: Center for Excellence in the Arts & Humanities, College of Design, College of Liberal Arts & Sciences, Vice Provost for Research & Economic Development, and Committee on Lectures (funded by GSB)

Robert Fishman

>>SUSTAINABILITY p2

shower heads played a role in helping decrease water use.

Water usage according to Englin was reduced by a third after making these changes.

"We are up to 40 big bellies [garbage cans] on campus at \$5,000 a piece to have them around and they are solar power, reduce the number of pick ups and keep the trash down," Englin said.

The addition of refill drinking fountain stations is another sustainable initiative enacted by the residence halls.

Another green sustainable option for students are the numerous courses provided for students to take and gain a better understanding of the rapidly

growing sustainability field in various majors. Many courses have either a sustainability focus or relationship to another course topic.

Opportunities outside the classroom for students involve many student organizations supporting sustainability, service-learning opportunities, alternative breaks, out of the classroom educational experiences and volunteering opportunities for students and staff to take part in.

The Ames community is highly encouraged to get involved in any opportunities as well.

There are three main areas that the Association for the Advancement of Sustainability in Higher Education examines to determine the status of the recognition given to the college

or university. The areas are education and research, operations and planning, engagement and administration efforts related to sustainability.

Education and research are looked at to see how courses and university research are connected to sustainability.

Operations are examined by how the university operates in sustainable ways. Many of those ways include water, energy, grounds and building operations.

The planning, engagement and administration is determined individually in each area. Engagement is looked at by the volunteer opportunities, specifically by the students in the community.

The planning area has to do with the commitment to sustain-

ability through a strategic campus plan and sustainable initiative. The administration area examines aspects such as the hiring practices, providence of childcare and having a wellness program.

A college or university can receive the STARS award on four different levels. They are bronze, silver, gold and platinum. The area of certification depends on the score given to the college or university based off their application information.

The gold recognition is the first for Iowa State, and also the first time the university has taken part in the application process. The application is a self-reporting framework application.

The certification that Iowa State received is good for three

years. The application is a long and involved process according to Rankin that takes numerous members of the faculty to comprise all the information needed to be submitted.

There is a sustainability working group on campus that was entirely committed to the application process.

The application process for Iowa State took about three years to complete. The university examined the application for over a year and decided in the second year to commit to finish and submit the application.

"Every piece of campus has a piece of the certification," Rankin said. "There is not a corner of campus that has not made this recognition possible."

ISD Marketplace

515.294.4123

www.iowastatedaily.com/classifieds

classified@iowastatedaily.com

IOWA STATE DAILY BUSINESS DIRECTORY

Jackson Cleaning Service
Call us at 231-3649

- Residential Cleaning
- Getting Your Home Ready For the Market
- Windows
- Deep Cleaning
- Rentals
- Sorority & Fraternity

References • Insured & Bonded • 25 Years Experience • Gift Cards Available

HUD Publisher's Notice

Equal Housing Opportunity

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 as amended which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, family status or national origin, or an intention to make any such preference, limitation or discrimination."

This newspaper will not knowingly accept any advertisement for real estate which is a violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD toll free at 1-800-424-8590.

The IOWA STATE DAILY Recommends ALL ITS READERS

Closely examine any offer of a job opportunity or service that sounds too good to be true; chances are it is.

Before investing any money, please contact the

Des Moines Better Business Bureau at 515-243-8137

HELP WANTED

STUDENTPAYOUTS.COM Paid survey takers needed in Ames. 100% free to join. Click on surveys.

Dublin Bay hiring kitchen help. Apply in person at 320 S. 16th Street. South of Kmart.

Assistant Teacher University Community Childcare needs assistant teachers to work with children 6 weeks - 11 years old. Morning hours needed MWF. ECE or related major required. Eligibility for college work-study a plus. For application, call Candy at 294-2653 or message ckgaedke@iastate.edu

ITS is looking for part-time assistance to perform hardware/software setup and installation and PC/Network troubleshooting support. We are specifically looking for students in computer engineering, electrical engineering, computer science or MIS. Must be able to work at least three semesters, including Summer, and have a valid driver's license. 20 hours a week during school; 40 hours during break and summer. To apply, go to <http://www.it.iastate.edu/employment/student/>.

HELP WANTED

Construction Worker Needed. Must be willing to work. Start wage \$11.00/hour. Overtime available. Driver license required. Also required; work gear such as boots and gloves. Basic working skills and some carpentry experience preferred. Employer will train. Pre-employment Physical includes Drug testing. Call Monday - Friday, 8am-5pm for appointment.(515) 382-4494

FOR SALE

2007 Mini Cooper for sale. \$7,950. 6-speed. Full sun roof, excellent gas mileage, excellent condition and a great college car. Call 515-290-9368.

FOR RENT

Independent Students You may qualify for reduced rent or even free! 1 or 2 BR apts for rent in Nevada, Huxley, & Boone Rental Assistance and Utility Allowance is available, on-site laundry, no pets This institution is an equal opportunity employer and provider Handicap Accessible/ Equal Housing Opportunity Call 515-290-2613 or visit us at www.tlpropertiesiowa.com

HELP WANTED

The Best College Job You'll Ever Have

The Iowa State Daily is accepting applications in all departments. Learn sales techniques, newspaper design, advertising design, reporting, photography, and much more! Improve your communication skills and build your resume while earning Top Dollar!

Call Today!
515.294.4120

Apply at 108 Hamilton Hall or visit www.iowastatedaily.com to download an application

IOWA STATE DAILY

FOR RENT

FOR RENT

FOR RENT

FOR RENT

FOR RENT

FOR RENT

OPEN HOUSE! October 26 Noon-4pm

Tours, Special Rates & More! Hickory Park Catering Gift Basket Drawing

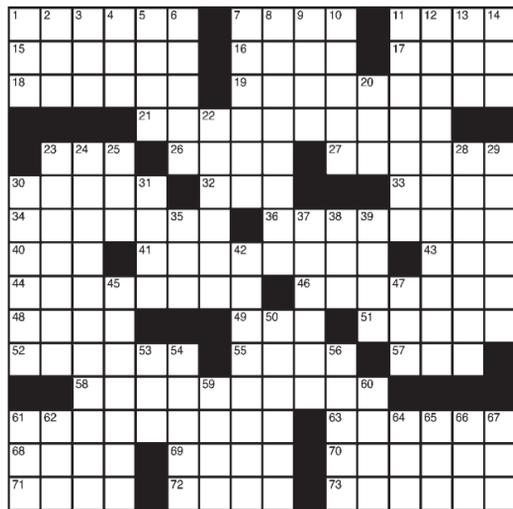
grove

515.232.1046 • 1407 S. Grand Ave. GOGROVE.COM • info@gogrove.com

Daily Fun & Games

Puzzle answers available online at: www.iowastatedaily.com/puzzles

Crossword



Across

- 1 "Let's hear it!"
- 7 Beginning on
- 11 "Essence of Man" cologne
- 15 Bar game fodder
- 16 Old Roman coin
- 17 Light, to a moth
- 18 Cooks, in a way
- 19 Up the creek
- 21 *Small fruit first cultivated in Oregon
- 23 Ruler divs.
- 26 '80s-'90s German chancellor
- 27 Brief brawls
- 30 Kansas City footballer
- 32 L.A. commuter org.
- 33 16-Across replacer
- 34 Daniel Barenboim's opera house
- 36 "Agreed!"
- 40 Surg. sites
- 41 Humanitarian symbol, and a hint to what happens where the answers to starred clues intersect
- 43 BART stop
- 44 Jumble
- 46 Haiti's elder
- 48 Somewhat, in music

Down

- 49 Oaf
- 51 Facebook option
- 52 Facebook option
- 55 Tool with teeth
- 57 Part of Mac OS X: Abbr.
- 58 *Vin Scully will be its 2014 Grand Marshal
- 61 Chevy pickup
- 63 "My goose is cooked!"
- 68 Clothing patch site
- 69 72-Across speaker
- 70 Angry outburst
- 71 "It's for you," on an env.
- 72 69-Across's tongue
- 73 Patron of lost causes
- 1 Rehab symptoms
- 2 Crumb
- 3 Bind
- 4 Actress Longoria
- 5 Life partner?
- 6 Vision-correcting surgery
- 7 Come down to earth
- 8 "Arrowsmith" Pulitzer decliner Lewis
- 9 Sports MD's specialty
- 10 Orbitz info

- 11 Said suddenly
- 12 *Chain named for a Stones hit
- 13 Google revelation
- 14 Titleist holder
- 20 Valuable rock
- 22 Oasis seekers
- 23 Ben-Hur's vehicle
- 24 *Clue" suspect
- 25 "Gimme a _"
- 28 Stump figures
- 29 Comfort
- 30 Treads heavily
- 31 Henhouse locale
- 35 Rural expanse
- 37 Brown v. Board of Education city
- 38 FICA-funded org.
- 39 Nile snakes
- 42 Game in which one player doesn't speak
- 45 Pizza-making need
- 47 Contented sighs
- 50 It can shorten a sentence
- 53 Put to work
- 54 Suit material
- 56 Trims text, perhaps
- 59 Allen's successor on "The Tonight Show"
- 60 Give off, as rays
- 61 Reggae kin
- 62 Bankbook abbr.
- 64 Sixers' #6
- 65 Vichy water
- 66 Put in
- 67 Start to dig?

Horoscope by Linda Black

Today's Birthday

(10/23/13)
Fun and creativity energize this year. Your muse for talents and romance blesses you this spring and summer and could carry you to distant shores. Expand boundaries, and explore new flavors. Share your expression. Embrace a golden opportunity. Partnerships grow, and a rise in romantic status follows the spring eclipse. Enjoy abundance.

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 7 - For the next month, save more than you spend. Focus on resources and planning. Some things are still out of reach. Don't tell everyone what you've got. Get your affairs into order. Rejuvenate romance with poetry, art and magic.

Taurus

(April 20-May 20)
Today is an 8 - You can plan for the future while managing current changes. Learn to delegate. Expect the temporary opposition of a partner. Don't make assumptions. Get extra efficient.

Gemini

(May 21-June 20)
Today is an 8 - There's plenty of work this month with increased income, so stash it in a safe place. Postpone a family gathering temporarily. Opposites attract. An old flame reappears. There was a reason the spark went out. Keep your focus.

Cancer

(June 21-July 22)
Today is a 7 - Save enough to get the highest quality. Organize creative efforts. You're exceptionally lucky. A female shows you what really matters and is very pleased that you get it. Allow extra time.

Leo

(July 23-Aug. 22)
Today is a 6 - Tempers are short, especially at work. Go for quiet productivity. Your family needs you around. Use this time to invest in home, family, land and real estate. Moderate a disagreement. Love inspires love.

Virgo

(Aug. 23-Sept. 22)
Today is a 6 - Express your true feelings gently at work. Focus on gathering information and disseminating it wisely this month. Education becomes a priority. Wait until the directions are clear, and papers are in order.

Libra

(Sept. 23-Oct. 22)
Today is a 7 - Things don't go exactly as planned. Keep some of your treasure hidden. Research new structures and practices for more efficiency around daily routines. Keep enough supplies on hand.

Scorpio

(Oct. 23-Nov. 21)
Today is a 7 - Navigate a conflict of interests. You're in charge this month, with spotlight and megaphone. Ask for help. Postpone gathering with friends (unless it's to accomplish something in teamwork). You're extra powerful.

Sagittarius

(Nov. 22-Dec. 21)
Today is a 7 - Avoid a delicate subject. Follow through on old promises and do the financial planning for the next month. Opposites discover a magnetic pull. Take care not to provoke jealousies. Watch out for hidden agendas.

Capricorn

(Dec. 22-Jan. 19)
Today is an 8 - Listen carefully to another opinion. Get festive this month, as social life and status rise together. Think of somebody who needs you. It's better to save than to spend, now. Gracefully mediate a controversy by listening to affected parties.

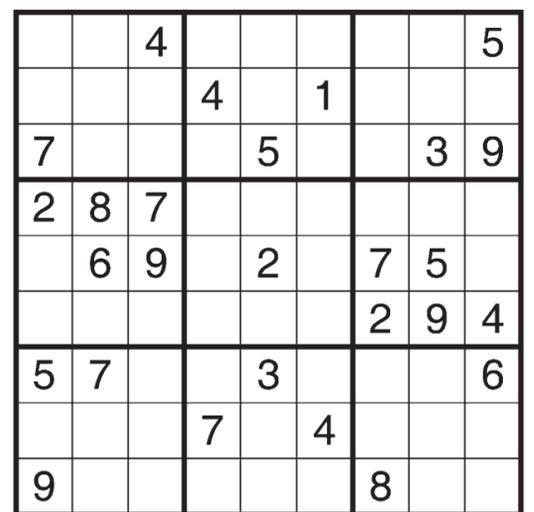
Aquarius

(Jan. 20-Feb. 18)
Today is a 6 - Have fun advancing your career agenda. Notice the effect on your partner. Don't overlook someone who cares. Career matters may take up your time and effort, but you can squeeze in some love.

Pisces

(Feb. 19-March 20)
Today is a 7 - You meet people with strong will power. List all the possibilities you can imagine, especially what you'd like to learn. What collaborations can you invent? Travel gets easier this month. Schedule carefully.

Sudoku by the Mepham Group



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