



## A buried controversy

Courtesy of Wikimedia Commons

The map above shows the location of where the proposed Bakken Pipeline would be placed if approved by all four states that would include the pipeline.

### Plans for Bakken pipeline at standstill until Iowa votes

By Alex Connor  
@iowastatedaily.com

The Bakken pipeline, otherwise known as the Dakota Access Pipeline Project, is a pipeline that would extend 1,168 miles across a four-state region to ultimately carry North Dakota crude oil from the Bakken oil reserves to Patoka, Ill.

Dakota Access LLC, a subsidiary of Energy Transfer Crude Oil Company, LLC., first proposed the pipeline, which will enable domestically-produced light sweet crude oil to travel from North Dakota, through South Dakota and Iowa, ending in Illinois, to help reduce the

current use of rail and truck transportation that is currently used to move the oil.

The project also aims to reach "major refining markets in a more direct, cost-effective, safer and environmentally responsible matter," according to the Dakota Access website.

The pipeline, if approved in all four states, is projected to be operational by the end of 2016. The pipeline has currently been approved in three states: South Dakota, Illinois and most recently in a unanimous vote, North Dakota.

The pipeline is intended to transport roughly 450,000 barrels of crude oil per day and will ultimately cost an upward of \$3.8 billion in all four states, \$1.04 billion in Iowa alone, said Lisa Dillinger, who is part of the media relations team for Dakota Access.

"Shippers will be able to access multiple markets in a more direct, cost-effective, safer and environmentally responsible manner," Dillinger said.

The decision as to whether the pipeline will be approved in Iowa falls into the hands of the Iowa Utilities Board, IUB, which consists of three members appointed by Gov. Terry Branstad.

Geri Huser, Elizabeth Jacobs and Nick Wagner are currently deciding on the pipeline and it is estimated that they will announce their decision by the end of the first quarter of this year.

"We are pleased with

the decisions by the Illinois Commerce Commission and the South Dakota Public Utilities Commission," Dillinger said. "And [we] look forward to continuing to working with the Iowa Utilities Board to achieve a similar outcome."

If approved in Iowa, the pipeline will cut diagonally across the state throughout the following counties: Lyon, Sioux, O'Brien, Cherokee, Buena Vista, Sac, Calhoun, Webster, Boone, Story, Polk, Jasper, Mahaska, Keokuk, Wapello, Jefferson, Van Buren and Lee.

South Dakota, which was the first state to approve the pipeline, outlined that the construction of the 270-mile section of the pipeline is targeted to begin in early 2016.

The permit for the pipeline was approved by the South Dakota Public Utilities Commission with a 2-1 vote.

Beyond the construction permit granted by the state, local and state laws must be abided by, which means that the Energy Transfer

PIPELINE p4

## MLK lecture honors great achievements

By Alex Connor  
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Words have the ability to be one of the most powerful, inspiring and haunting forms of communication.

Alisha Gordon, a Georgia woman of many talents ranging from writer to activist to theologian, travels globally to touch on the intersections of humanity.

Gordon, who was the keynote speaker at the annual Dr. Martin Luther King, Jr. Legacy Convocation, spoke of what she introduced as "The Fierce Urgency of Now."

Walking up to the stage, Gordon broke out into song, "We're gonna keep on a walkin', keep on a talkin', marchin' up to freedom's land."

Beginning her speech with a segment of King's "I Have a Dream" speech, Gordon spoke on the gnawing feeling in a sense of urgency, and what it means for America today, and what it meant for America in the past.

"Our heads pound, our stomachs ache, all signals that there is something requiring swift and persistent action," Gordon said.

Gordon then brought forth a timeline, one that highlighted the gaps within societal change.

"There was a 58-year gap between Plessy v. Ferguson, the law that said everything was separate but equal, and the Brown v. Board decision in 1954, 58 years," Gordon said.

The Brown v. Board of Education ruling was the precedent that ended legal segregation in schools.

Gordon then mentioned a nine-year gap between that and when the first southern schools would begin to desegregate.

From there, it would be 30 years before some cities in the Northeast and Pacific Northwest would bus inner-city children into predominantly white schools after the Civil Rights Act of 1964.

"When the systems of injustice work in your favor, time is of little concern. What's 58 years? You finally got it, right?" Gordon asked. "But when these systems work against you, time means everything."

Then speaking in regards of King's life, Gordon said that even he didn't know he would become who he was, until he was thrust into the life of activism.

MLK p8

## ISU Dance Marathon 2016 to kick off Friday

By Tara Larson  
@iowastatedaily.com

Dance Marathon has been a part of Iowa State's campus for the past 18 years, and this year is no different.

The opening ceremonies will kick off the event at 7 p.m. Friday in the Great Hall of the Memorial Union. The first event will end at 7 a.m. Saturday and last until 11 p.m.

This is the second year that Iowa State is doing two separate events instead of one continuous 15-hour marathon.

"We switched it to two separate sessions because of capacity reasons," said Lauren O'Brien, co-director and senior in marketing. "The Great Hall can only hold 1,000 people and we had 1,500 to 2,000 people registered at the time [last year]."

Because of the relationships the organization had built over time with the Memorial Union, it did not want to switch locations.

Dance Marathon is an annual event that celebrates the year of raising money for Children's Miracle Network Hospitals. Iowa State donates all money that is raised to the University of Iowa Children's Hospital.

The event involves many different types of options to spend the 12-hour event. The entire Memorial Union is used for this as each major room inside is used for a different purpose, such as a craft room. Smaller conference rooms will also be used as well as hotel rooms.

"We always have some performance going on in the Great Hall,"

DANCE MARATHON p8

## Police work for roadway safety

By Travis Charlson  
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With recent events that have taken place, pedestrian safety is something people are working on to improve campus, including the ISU Police Department.

From the orange and yellow trees of Central Campus in the fall to the noon bells of the Campanile to the classical architecture of Beardshear and Curtiss, it's clear that Iowa State has a penchant for being easy on the eyes.

This is easily recognized by anyone who has wandered the campus of Iowa State, but for some of the 36,001 students who cram like sardines into a CyRide just in time to make their 8 a.m. — the day's first class — it's a scene that is often overlooked.

It's easy to wonder why students often miss out on the beauty that surrounds them, but with the rush to class or work, the landscape can often be overlooked.

However, there is one answer that may pop up in some minds: students are looking down instead of up.

Snapchat, Instagram, Spotify: the works.

It's been argued that most millennials on the sidewalk either have headphones in their ears or their eyes glued to a smart phone.

In fact, 37 percent of people you pass in the street are on their phones, according to a survey by the American Academy of Orthopedic Surgeons.

And with this percentage of people engaged in "distracted walking," those who do so put greater risk upon themselves and others.



Charlie Coffey/Iowa State Daily  
Students wait to cross one of the busy intersections along Lincoln Way. The ISU Police Department plans to address the dangers of crossing high traffic areas around Ames.

pedestrian-related traffic accidents over the past five years, 10 of which resulted in fatalities.

"With continuous advancements in technology, distractions from such devices may be a factor in pedestrian fatalities," the Iowa Department of Public Safety website states.

However, many argue the burden of making the roadways a safer place rests on the shoulders of all parties involved — motorists, cyclists and pedestrians equally should take precaution when traveling.

"It's important to remember that pedestrian safety is not just a pedestrian issue," said Anthony Greiter, community outreach officer with the ISU Police Department. "It concerns all modes of transportation."

The ISU Police Department is heading a campaign with the Ames Police Department and

the Campustown Action Association to promote safety across all modes of transportation. The campaign is being called the Bike/Walk/Drive SMART campaign.

SMART, an acronym the campaign is using to spread its message, stands for the following: Share the road, Make yourself visible, Always be aware, Respect each other, Take your time.

ISU police officers promoted the campaign Jan. 11 on the corner of Lincoln Way and Welch Avenue.

There, they handed out pamphlets and spoke to people about safety, including sharing the road, being aware and making yourself visible.

The purpose of the campaign is to increase roadway safety and remind bikers, walkers and driv-

SAFETY p8

## Weather



**FRIDAY**  
Slight chance light snow then partly sunny

**23**  
**6**

Weather provided by National Weather Service.

## 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.

Jan. 20

**Jerome Elgin Guy Clinton**, 25, of 44 Schilleter Village Unit A, Ames, IA, was arrested and charged with three counts of aggravated assault; three counts of going armed with intent; three counts of intimidation with a dangerous weapon; three counts

of harassment 1st degree, unauthorized possession of offensive weapon and carrying a concealed weapon at 44 Schilleter Village (reported at 12:17 a.m.). Report initiated.

An individual reported the theft of a laptop at Durham Center (reported at 10:35 a.m.).

## Calendar

All events courtesy of the ISU events calendar.

Jan. 22

**ISU 4U Promise Mini-Conference**  
9 a.m.-2 p.m., 1009 LeBaron Hall

The ISU 4U Promise Mini-Conference will highlight the work of the many collaborators that work with ISU 4U Promise. Come to learn, reflect and plan for the future of the ISU 4U Promise.

5-8 p.m., **Workspace at the MU**

Choose from mugs of all sizes and styles for your favorite beverage. Studio fee is \$4 for ISU and \$5 for public to attend plus the cost of the bisque you select.

**Men's hockey**  
7:30 p.m., Ames/ISU Ice Arena

ISU vs. Iowa (American Collegiate Hockey Association).

**Perfance: Sleeping Beauty**  
7:30 p.m., Stephens Auditorium

\$25-59  
The Moscow Festival Ballet's Sleeping Beauty is the "magical tale of a beautiful princess who waits in slumber to be awakened by the kiss of her prince," according to the ISU website description.

**Retirement reception: John Hill**  
2-4 p.m., Room 240 Bessey Hall

John H. Hill, professor of plant pathology and microbiology, is retiring. A program will begin at approximately 2:10 p.m. A card will be available for signing throughout the reception.

**Friday Night PYOP: Mug Night**

## Guest speakers to come

By Alex.Hanson  
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The ISU 4U Promise mini-conference, which will feature guest speakers and highlight work by the group, will take place Friday in LeBaron Hall.

The mini-conference will begin at 9 a.m. in 1009 LeBaron Hall.

The schedule of events is as follows:

**9 a.m.:** Katherine Richardson Bruna, director of the ISU 4U Promise.

**9:15 a.m.:** Guest community speaker.

**9:30 a.m.:** Jane Rongerude, assistant professor of community and regional planning.

**9:45 a.m.:** Carla McNelly, ISU 4U Promise post-doctoral research associate, and Glennnda Bivens,

community development specialist for ISU Extension and Outreach.

**10 a.m.:** Kim Greder, associate professor of human development and family studies and family life extension state outreach.

**10:15 a.m.:** Christa Jackson, assistant professor of mathematics education, and Kayla Hamilton, ISU 4U Promise program assistant.

**10:30 a.m.:** Ruth Litchfield, associate professor of food science and human nutrition and nutrition extension state specialist, and Lorraine Lanningham-Foster, associate professor of food science and human nutrition.

**10:45 a.m.:** Glennnda Bivens, community development specialist for ISU extension and outreach.

**11:00 a.m.:** Gale Seiler,

associate professor in multicultural education.

**11:15 a.m.:** Andrea Nelson, executive director of Polk County Eextension and outreach, and Deb Sellers, associate dean of human sciences extension and outreach.

**11:30 a.m.:** Roberta Johnson, director of ISU financial aid.

**11:45 a.m.:** Vince Genereo, RISE post-doctoral research associate, and Robert Reason, associate director of research and administration for school of education.

**Noon:** Snacks and discussion during group activities.

The ISU 4U Promise is a partnership between King and Moulton elementary schools in Des Moines and Iowa State to promote college-going in these schools.

## Digital Content

NEWS

### Meeting with Rep. David Young

The Daily will meet with Rep. David Young Friday afternoon to discuss a variety of topics. Find out what we talked about through the story online.

SPORTS

### Hockey to play against Steel

Cyclone Hockey will play against Twin City Steel this weekend to recover after the loss against Illinois last Saturday. Find out how they're preparing through the story online and on the app.

SPORTS

### Wrestling takes on Oklahoma, Ok. State

The No. 16 Cyclones will be wrestling two top-10 teams in three days — No. 7 Oklahoma and No. 5 Oklahoma State. Find out how they are preparing through the story online.

SPORTS

### Swimming, diving match against UNI

The swimming and diving team prepares for an in-state match against Northern Iowa this weekend. Find out how it's preparing online.

## Corrections

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

## Rubio to host town hall at ISU

By Alex.Hanson  
@iowastatedaily.com

Republican presidential candidate Marco Rubio will visit Iowa State on Saturday to host a town hall meeting.

Details about the event,

which is free and open to the public, are below:

**WHO:** U.S. Sen. Marco Rubio, 2016 Republican presidential candidate

**WHAT:** Ames town hall meeting

**WHEN:** 1 p.m. Saturday. Doors open at 12:30.

**WHERE:** Iowa State

University Alumni Center, 420 Beach Ave., Ames

**RSVP:** Those wishing to attend should RSVP here.

Rubio was last in Ames in December, when he urged ISU students to turn out and caucus during an event at the Memorial Union.

## Changes made to graduation schedule

By Michaela.Ramm  
@iowastatedaily.com

Iowa State has announced changes to the May graduation ceremonies in order to accommodate a large student population.

President Steven Leath and the college deans have approved the changes in order to improve the experience for graduating students and their families, according to the ISU News Service.

Major graduation scheduling changes include the conclusion of spring final exams at noon Friday, May 6.

The Graduate College's commencement has

also been moved from Friday, May 6 to Thursday, May 5.

Four of the six undergraduate colleges — Agriculture and Life Sciences, Business, Liberal Arts and Sciences and Human Sciences — will host events at Hilton Coliseum May 5 and 6, but without the limit on guests.

The College of Design and College of Engineering will host events in their own college spaces.

The schedule of individual college recognition events are as follows:

**Friday, May 6**

• College of Human Sciences, 2 p.m., Hilton

• College of Business, 5 p.m., Hilton

• College of Liberal

Arts and Sciences, 8 p.m., Hilton

**Saturday, May 7**

• College of Agriculture and Life Sciences, 8:30 a.m., Hilton

• College of Design, 8:30 and 11 a.m., College of Design building

• College of Engineering, 8:30 - 11 a.m., nine convocations organized by department

The university's commencement ceremonies are scheduled as follows:

• Graduate ceremony: 7:30 p.m. May 5, Hilton Coliseum

• Veterinary Medicine ceremony: noon May 7, Stephens Auditorium

• Undergraduate ceremony: 1:30 p.m. May 7, Hilton Coliseum



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### Story County Conservation

Story County Conservation is accepting applications for summer employment for the following positions:

- ◆ Conservation Aides
- ◆ Park Ranger Aide
- ◆ Summer Naturalists
- ◆ Vegetation Management Aides

To view job postings and apply online, visit:  
<http://agency.governmentjobs.com/storyia/default.cfm>

Application deadline is February 16, 2016.  
See us at the ISU Ag Career Day on February 3.



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For questions call: 515-294-0103

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# ISU staff member wins 4 under 40

ISU associate director of games operations wins uplifting award

By Katy Klopfenstein  
@iowastatedaily.com

There is a hush before any Iowa State athletic event, however, the one responsible is not necessarily a competing athlete.

Brian Honnold, associate director of games operations for Iowa State, was recently awarded the "4 Under 40" award by the Ames Chamber of Commerce for his work in the Ames community. Honnold is the man behind the scenes of every athletic event.

"All of my work usually takes place leading up to it," Honnold said. "I make sure schedules are on time and making sure the teams are on the schedule. Making sure that the floor is ready to go."

The 4 Under 40 awards is celebrating its 10th year of awarding four individu-

als under the age of 40, an award meant to uplift the professionals in the Ames community.

"It's humbling for sure, I would never have guessed that this would be something I would be nominated for," Honnold said. "It's nice to see all the hard work and long hours that I've put in is getting noticed. It's all worth it giving back what the Ames community has given me."

A long-time friend and colleague, Seann DeMaris, nominated Honnold. They have known each other since having classes together at Iowa State in the early 2000s. Honnold and DeMaris' friendship turned into working together for events that use ISU buildings.

"I nominated Brian because he is an individual who is behind the scenes," DeMaris said. "Not somebody who seeks the limelight. He works hard and does it a lot for our events. He is somebody that is a key component of our events."

Honnold was one of the four recipients who won the 4 Under 40, all of whom were nominated by someone in the community. From



Courtesy of Young professionals of Ames of the four 2016 4 under 40 award winners. The award is given to professionals in the Ames community under the age of 40 to uplift workers. Nick Johnson, Ames Ford Lincoln, was the fourth recipient of the award, but is not pictured in the photo.

there, members from various parts of the Ames Chamber of Commerce, Young Professionals of Ames and numerous volunteers vote

for the winners. The Young Professionals of Ames and the Ames Chamber of Commerce are the groups that give out the

award annually. "His role is not as public as other past winners," said Haley Cook, former president of Young Professionals

of Ames, a previous 4 Under 40 winner and a program coordinator in agriculture

4 UNDER 40 p4

# Students mix science, art

Unique major offers students new options

By Ashley Green  
@iowastatedaily.com

When people think of the College of Design, science doesn't normally come to mind.

Students majoring in biological and pre-medical illustration, however, split their time between the two fields.

BPMI is offered as an interdepartmental major between the College of Liberal Arts and Sciences and the College of Design. In the major, students take a balanced mix of natural science and studio art courses.

"Students that appeal to [BPMI] typically have an interest in both [science and art]," said ISU BPMI Club President Alex McGuire. "One of the things that kind of unites everybody in the major is that they love their classes."

Students apply their knowledge of the different fields together through scientific visualization, whether it be helping others understand scientific data, creating artwork for professors publishing their research or using skills off campus.

Celeste Moreno, senior in BPMI, recently created

an infographic for a clinic in Des Moines, which instructed patients on how to take their medicine.

Moreno began in the core design program planning to major in graphic design, but switched into BPMI after looking through the curriculum.

BPMI offered an additional challenge through science.

"No other major in the design college is going to split you evenly between the different colleges," Moreno said.

Another benefit is personalization.

"There's a lot of classes where you have to jump through hoops and appease professors when you're in the College of Design, and we don't really have to do that," McGuire said. "We get to go back and forth with our professors and fit the projects that we want to do with what we're interested in."

Projects vary through the major and each incorporates different mediums, skills and themes.

BPMI students also help other students around campus.

For example, Barbara Pleasants teaches an intensive class in ecology, evolution and organismal biology that is accompanied by a large lab manual.

"People in [BPMI] will go through and do illustrations for [Pleasant's] to help her students understand what they're looking at in



The College of Design hosts a gallery of alumni's artwork Oct. 2 2015. The gallery also displayed students' artwork.

the lab," McGuire said. The illustrations done by students are heavily researched.

While it is ideal to observe from life, it's not always a possibility, such as in cases where the animal is extinct. In these instances, students gather as many visual resources as possible.

One option for students is to look through past examples.

Figure drawing is vital to the major, and many students take more than one figure drawing course.

The grasp of the human form is important in the medical field, which many BPMI graduates go

into. The major begins with a focus on traditional mediums, but students are eventually able to incorporate the untraditional.

"You have to have a traditional background to make stuff look good, because if it doesn't look good it defeats the purpose," Moreno said. "The research is important because you might illustrate something, and if it's wrong and it's going into a textbook, that's a huge problem."

Student work from freshman through senior BPMI majors will be on display until Feb. 16 at Arts on Grand in Spencer, Iowa.

# Meeting resolutions may not require gym

By Derek Clayton  
@iowastatedaily.com

ISU students, faculty and staff aiming for weight loss as their New Year's resolution may be happy to hear their goal is more obtainable than they believed. "You don't really need to buy a gym membership, just try moving more," said Duck-Chul Lee, assistant professor of kinesiology.

Lee said people can reach higher levels of physical activity without hitting the gym. This is good news for the busy student or professor, as trips to the gym can be time-consuming. Exercise can be found in lifestyle choices that increase daily activity.

"Studies have shown that lifestyle activities, compared to exercise in the gym, have the same amount of physical activity," Lee said.

Ways to increase activity during the day may include walking to class rather than taking the bus. Using the stairs burns more calories than taking the elevator. Standing more at work and doing chores are also viable options. All of these can be easily incorporated into a daily schedule without the time commitment of gym exercises.

Increasing daily physical activity requires no knowledge of weight-lifting techniques or gym workouts. Anyone can do it and it works seamlessly into busy

schedules. This will make sticking to that New Year's resolution much easier.

Even with these easier activities, people might find themselves discouraged during the pursuit of their resolutions. Just looking at the number on the scale can easily shake someone's resolution.

Alison Phillips, assistant professor of psychology, stresses the importance of looking for other signs of progress.

"Try to find more benefits to watch out for that might come sooner than weight loss," Phillips said. "It takes a long time to see weight loss and it might be frustrating."

When weight loss is one's New Year's resolution, seeing no dip in the numbers can be disheartening. Weight loss takes time, and patience is key. Paying attention to other signs of healthy progress is vital in ensuring people stick to their resolutions.

Lee supports his colleague in her conclusion that people need to focus on benefits other than weight loss. Lee said he believes people with a weight-loss resolution should keep fitness in mind. Body composition is often ignored in people's pursuits of a lighter weight.

"People need to change their goal to include fitness rather than focusing on weight," Lee said.

RESOLUTIONS p4

# IOWA STATE DAILY

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**PIPELINE p1**

Partners, ETP, must “submit quarterly reports, hire a liaison officer to handle landowner disputes and concerns, in addition to hiring an independent third party to ensure compliance with the permit,” according to the Bakken website.

What does the pipeline mean economically?

The pipeline is estimated to create between 8,000 and 12,000 local jobs during its construction, and 2,000 to 4,000 jobs in Iowa alone.

The pipeline will require “millions of hours of labor” and will put “welders, mechanics, electricians, pipefitters, heavy equipment operators and others within the heavy construction industry to work,” according to the Dakota Access Pipeline website.

During the construction phases, the pipeline will generate millions in state and local revenues, along with producing \$129 million annually in income and property taxes.

It is also estimated to produce \$50 million annually in property taxes and approximately \$74 million in sales taxes to all four states.

The money generated will be used toward services for schools, roads, emergency services and

more, according to Dakota Access.

“Once the pipeline is in service, Dakota Access Pipeline will make an annual property tax payment to the traversed counties each year,” Dillinger said. “The estimated property tax to be paid in Iowa its first year in operation is \$27 million.”

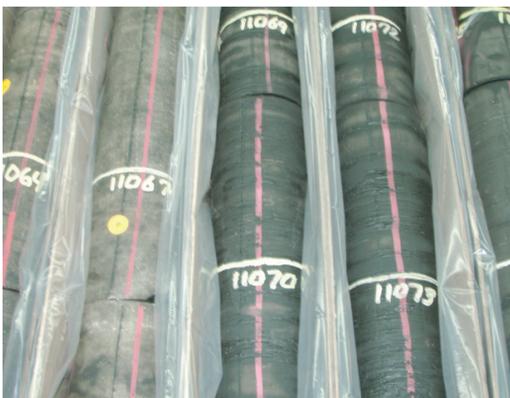
She also mentioned that in Iowa, the Dakota Access Pipeline will pay an estimated \$33 million in sales tax revenue to the state during construction and about \$2 million in local sales taxes.

“It’s going to constantly bring jobs to the area,” said Brittany Gaura, a member of ISU College Republicans who is in favor of the pipeline.

**Environmentally**  
Intended to be buried about two feet below the ground, the pipeline poses a few issues environmentally through soil and crop yields if the pipeline were to burst.

Dakota Access will inspect each and every weld that joins each section of pipe both visually and with X-rays. It also plans to do routine ground and aerial leak inspections of the pipeline at minimum 26 times per year.

It also promises to monitor pipeline pressures 24/7 by a pipeline control center, and educate the



Courtesy of Wikimedia Commons

The Bakken pipeline, if approved, will create more than 2,000 jobs for Iowa and pay out more than \$60 million to land owners affected by its arrival.

public by hosting an emergency response drill with its employees and local emergency responders along the pipeline route.

Rivka Fidel, a postdoc research associate in agronomy and part of the Bakken Pipeline Resistance Coalition, has some concerns with what Dakota Access is saying, however, especially with the soil.

“When a pipeline is buried in the ground, the soil has to be physically moved out of the way and then replaced back on top of and around the pipeline,” Fidel outlined in a statement during hearings in November for the pipeline. “Installing the pipeline also requires a lot of heavy machinery, which presses

down on the soil.”

Fidel said that because Iowa is a predominantly agricultural state, producing more than \$13 billion in corn and soybeans alone in 2014, that “all of that agriculture, all of those billions of dollars, are thanks to the quality of our soil.”

If the oil were to spill, crops wouldn’t be able to grow for years to come, Fidel said.

“In addition to containing hazardous hydrocarbons that threaten the health of farmers and soil microbes alike, oil contamination reduces nitrogen available to plants and adversely affects water flow,” Fidel said.

Gaura, however, disagrees and believes that the

**RESOLUTIONS p3**

Fitness leads to higher energy levels, better sleep, less stress and less fat. These are signs of progress that get more apparent the longer people pursue their weight loss resolutions.

However, benefits such as these also appear without weight loss. Paying more attention to these benefits will help people stay motivated to fulfill their resolutions.

“Focusing on how [exercise] improves your mood, how it helps you sleep better, how it makes you feel, will help with that intrinsic motivation than just weight loss,” Phillips said.

Phillips also emphasizes the importance of doing physical activities people enjoy.

For example, a treadmill run in the gym could be easily replaced by a nice walk in the park. By incorporating physical activity into lifestyle choices, focusing on benefits other than weight loss and doing activities people enjoy, New Year’s resolutions are very much within reach.

“If you exercise only for weight loss you are at risk of quitting when you achieve your goal or see no progress. ... Focusing on the smaller, sooner rewards will help people stick to it,” Phillips said.

**4 UNDER 40 p3**

communications. “He and his team provide an emphasis on Cyclone fans and add to the vitality of Ames. When the lights go on we go in as

fans. We don’t realize the process that it takes to go in for fans to enjoy the game.”

Honnold also plays a part beyond ISU athletics with his involvement of the Special Olympics Iowa.

“One of the big events that I deal with is the Special Olympics of Iowa, that’s one of the more rewarding,” Honnold said. “It’s very labor intensive and you are doing a lot of running

around because you have a lot of people who want to be involved but there are so many people, they need to be involved. So you are constantly moving around.”  
Seven ISU employees

have won the award over the past 10 years. Cook and Melissa Rowan, an assistant with the ISU Foundation, were two of the recipients in 2014.

“Once the game starts

everything is kind of out of my hands,” Honnold said. “You’ve got 14,000 people in the arena and it’s like all right, here we go. Ready or not. It’s nice to sit back and watch it all play out.”

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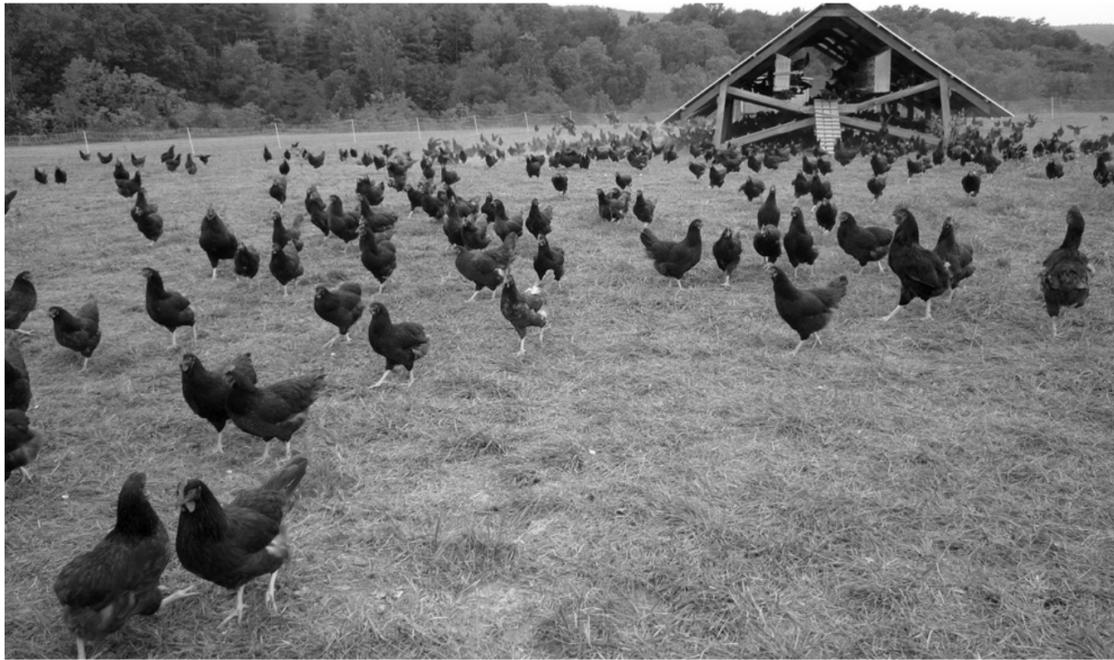
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**IOWA STATE UNIVERSITY**  
Recreation Services



Courtesy of Wikimedia Commons

Columnist King believes if people refuse to buy chicken or other meat from companies that mistreat their animals, the company will see a decrease in its sales for that year. After seeing a decrease in sales, the company may decide to decrease the number of chickens it produces.

# Stop funding animal cruelty

Spend hard-earned money on businesses that act ethically

By Scott King  
 @iowastatedaily.com

A lot of people, college students especially, don't have enough extra cash to frequently donate to charities. They see the Sarah McLachlan commercial during a late-night study session that shows shot after shot of the saddest looking shelter animals you'll ever see while playing McLachlan's "Arms of an Angel" as they desperately plead with the viewer to donate some of their scarce savings.

Unfortunately, said college student needs the last \$100 in his or her savings for gas and groceries.

It's a heart-wrenching situation for people who aspire to be socially responsible, but don't have the money to do so. Fortunately, outright donations are not the only way to contribute to a good cause.

Socially-conscious businesses present an incredible way for consumers to make a difference without breaking the bank. These businesses aim to make their money in an ethical way. An example would be a clothing company that pays its workers well rather than using sweatshops to make its products.

The idea of "voting with your dollars" is an important one that everyone should understand. What it means is that every time you spend money on

a product, you are, whether you are aware of it or not, voting for the company that produced it to succeed and thrive in the marketplace.

Now knowing this, I would suggest that people use their dollars to vote for socially-conscious businesses. As you might have guessed, products from these businesses are rarely the cheapest option on the shelf. This is because socially-conscious businesses refuse to engage in the unethical practices that save other businesses enough money for them to keep their prices lower.

So what do you get for spending a little extra money on ethically-produced products? There's two things that could be considered as the extra "bang" for your buck. First, you get to know that you are making choices in your life that aren't harming anyone or anything. Second, you get to avoid being a hypocrite.

Let's say you choose to refuse to buy chicken from a company that keeps its chickens stuffed into tiny cages for their entire lives. When that company looks at its sales numbers for that year, it'll have sold a few less chickens than if you had been buying from them. Subsequently, it may choose the next year to decrease the number of chickens it produces. This would mean that you have effectively decreased the amount of chicken torture going on in the world. Your vote counted.

Before explaining how voting with your dollars for socially-conscious businesses can also prevent you from being a hypocrite, I should point out that most people don't know that their purchasing choices are making them hypocrites, making it unfair to blame

them for their actions. That being said, the old saying "ignorance is bliss" only remains true for the ignorant.

If I were to ask everyone reading this column to raise their hand if they think Michael Vick, the NFL player who was charged with running a dog fighting ring, got what he deserved by serving a prison sentence, many of you would raise your hand.

And if I were to ask everyone reading this article if they buy the meat of chickens that have been raised in horrific conditions from grocery stores, many of you would again raise your hand. Taking a stance against animal cruelty, but continuing to buy the meat of previously-tortured chickens makes you a hypocrite.

There are a few things that can help curb your hypocrisy and make a difference in the world, one of which is voting with your dollars.

It first takes a confession that you may have been buying recklessly and that your shopping habits may be indirectly causing harm to others. The only option is to forgive your actions.

It also takes a willingness to actually align your newfound beliefs with your behavior. This is the hard part because we've all heard about things like the cruelties of factory farming, but then we have continued to purchase those products because they didn't make a big dent in the budget.

Lastly, take time to research which businesses are behaving in ways that make them worthy of your money. This will allow you to enjoy your meals while knowing that the money you paid to eat or use a product is going to a company that morally treats its animals and workers.

EDITORIAL



Lani Tonse/Iowa State Daily

Student Government's vote to censure BOR student representative Rachel Johnson was a positive move for the university.

## StuGov backs international students

Student Government voted Wednesday to censure an Iowa Board of Regents student member, Rachel Johnson, after she voted for an increase in international student fees at Iowa State.

Johnson is a UNI student who is this year's student representative for the Board of Regents. While there are valid arguments both for and against the censure, the simple fact that Student Government senators are taking a bold, united stance for the students they represent is a positive of our university.

The Iowa Board of Regents unanimously approved an international student fees increase at Iowa State last December.

Beginning next year, international students will have to pay an additional \$500 per year for the next three years — totalling \$1,500 per student — to go toward services for international students.

In response to Iowa State's request to the Board of Regents for this fee, Student Government voted to send a resolution with its recommendations on the fee increase to ISU administration and the Board of Regents.

Instead of supporting the proposed fee increase, the resolution recommended by administration was that if there must be a fee increase, it should not exceed \$250 per year over the next three years.

Johnson received the resolution from Student Government just 24 hours before the board's vote on the fee increase, which could have affected her vote.

One senator said during Wednesday's meeting that Thanksgiving break and the mail delivery may have delayed Johnson's reception of the resolution.

Additionally, why should a UNI student vote on a bill that only affects ISU students?

Perhaps if the student member was from Iowa State, the person would be more likely to side with Student Government and, in turn, with the student body.

Student Government's frustration with the international student fees increase and Johnson's vote is understandable, especially after it recommended a much lower fee increase for international students.

It seems as though Student Government's vote to censure Johnson was the next logical, albeit drastic, step for the Senate.

It is encouraging to see Student Government taking drastic steps to show it is passionate about standing up for its students, especially when it comes to something as important as student fees.

Voting unanimously to formally disapprove of a Board of Regents member is obviously a bold step that should not be taken lightly by anyone involved.

While the consequences of the censure are still yet to be determined — ISU Student Government President Dan Breitbarth said it would not affect the relationship with the board — it was still a positive move for the Senate to boldly show it is standing up for its students.

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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.

## Coloring has more meaning than kindergarten pastime

By Angelica Lawson  
 @iowastatedaily.com

A huge trend is happening right now and it's been going on for quite some time — adult coloring books. Personally, I thought it was a bunch of hoopla to get grown people to buy coloring books and make it socially acceptable for them to sit around wasting time.

I often wondered why you would need "adult" coloring books. It seems like a money pit because these are coloring books after all and when you slap "adult" on the cover the price automatically escalates.

Coloring pencils, markers and all of the regular tools needed for coloring are then added to the mix, but are branded as "adult." They can be found with the adult coloring books — where the adults will pay extra money for a childhood hobby — just for being adults.

I don't know why this bothered me so much. It's just smart branding to take something outdated like a coloring book and make it trendy again. Adding accessories that are "necessary" for the new trend is a great way to keep an idea growing and trending.

I only recently had a change of heart because one of my good friend's doctors suggested that she consider a calm and stress-relieving activity.

Coloring, he suggested coloring.

What's worse is that she loves it. It helps her relax and gets her into a calm state of

mind. I took to google after this epiphany and did a little research. I quickly remembered that there is actually something called art therapy, and I was hit in the face with information I already knew.

The American Art Therapy Association credits adult coloring with allowing the artist to "explore feelings, reconcile emotional conflicts, manage behavior and addictions, develop social skills, reduce anxiety and increase self-esteem."

I had to re-educate myself, which means in order for more people to jump on the coloring book bandwagon the public also needs a little re-education.

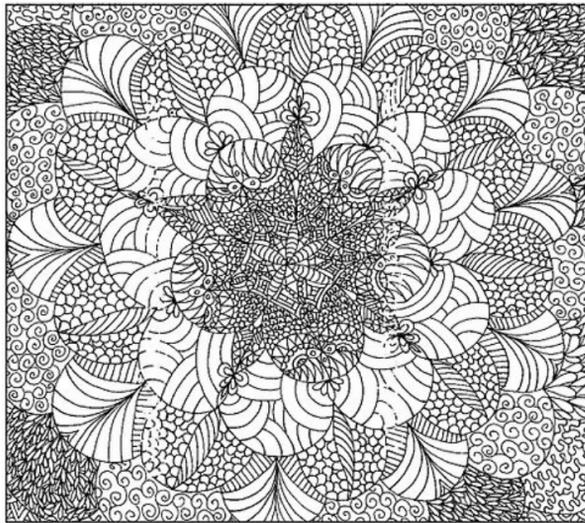
The freedom that comes from art has been proven to be beneficial for people in so many different ways.

I'm not the only one who didn't understand the hype of adult coloring books; it turns out that the author of an article published in Shape magazine went through the same thing.

She was not into the hype of adult coloring and then bought a coloring book and gave into the reality.

Adult coloring books have been gaining so much popularity. At one point this past summer, a coloring book was ranked above Harper Lee's highly anticipated return to literature, "Go Set A Watchman," on Amazon's top best sellers.

A new group has emerged as a result of the coloring trend. Members of this group call themselves "colorists." This is a clear indication that the coloring trend has no end in sight. The



Courtesy of Wikimedia Commons

After experiencing adult coloring books, columnist Lawson understands the hype.

people who call themselves colorists are referring to themselves as people who enjoy coloring as a hobby; they are not the colorists who are responsible for the colorings in comic books, TV or coloring in any other professional aspect.

Coloring is actually good for you. Participants who colored mandalas showed experienced decreased levels of anxiety, according to a study from 2005. Coloring is the new form of meditation taking over the nation.

It can be relaxing and freeing as well as help spark your creative juices and help you perk up on a day that is dragging.

As the owner of mandala

coloring book, I agree that it is like a mental breakthrough. It is just so freeing to not be distracted by everything else and having that overwhelming sense of quietness and calmness. It is really nice during high-stress times, and I'm sure they will be nice to have during exam times and the dreaded finals week.

It seems like coloring is more than just a childhood pastime.

Here's to coloring: invest in one of the adult coloring books. Unleash your creativity and reduce the stress and anxiety in your life. Who knows how 20 minutes of coloring can affect your daily routine and entire outlook on life?



# 'Coach Naz' adjusting to new role

'Player-coach' stays positive despite injury

By Chris Wolff  
@iowastatedaily.com

His teammates were on their way to beating the No. 1 team in the country.

Naz Mitrou-Long was watching from the bench.

He watched just like he has for the past 10 games since his season was shut down because his hips weren't recovering as quickly as the team had hoped after off-season surgery.

His body has been shut down. His basketball mind and passion for his team, though, is still going strong.

Against Oklahoma, Mitrou-Long took control of the huddles during timeouts and talked to the guys while the coaching staff was in a huddle of its own. Mitrou-Long gave praise, direction, advice and kept spirits high.

The coaches broke their huddle and joined the team. Mitrou-Long stepped aside and let ISU coach Steve Prohm take over the talk.

Mitrou-Long once again chimed in as the buzzer sounded, signaling the end of the timeout. But he still doled out last-minute advice and positive vibes before taking his seat on the bench.

"I'm just always trying to keep guys' heads up, reiterate what coach has been preaching all year," Mitrou-Long said. "One thing that I feel has been working a lot with the guys is poise. Just reminding them that we've been in hostile environments our whole careers, so it's no different when we're in a hostile environ-

ment now."

That poise was on display against Oklahoma, when Iowa State's starters, who all played at least 34 minutes, pushed fatigue to the side and withstood a second-half 3-point barrage from No. 1 Oklahoma. The Sooners hit 10 of their 17 3-pointers in the second half.

It would be easy for a player to get discouraged after his season came to an early end, but Mitrou-Long has been energetic and positive ever since announcing he was done playing for the season and essentially shifting to a player-coach role.

Being down and dejected wasn't even an option.

"Put the family before the individual," Mitrou-Long said. "If I were to sit on the bench and be sulky and kind of upset that I'm not out there, that would be selfish. I understood the decision that coach and I and the staff made. I understand my [new] role."

Despite his upbeat attitude, adjusting to his new role has been anything but easy for someone as competitive as Mitrou-Long, who said sitting out has been one of the hardest things he's ever had to do.

"There is no real way to explain how it feels and how bad I just want to be out there and help my team win," Mitrou-Long said.

He might not be on the court, but Mitrou-Long is certainly still helping his team win.

His new role as part cheerleader, part coach has made an impact on his teammates, who say it's one thing to hear something coming from a coach, but it's different when it comes from a teammate.

There is a different relationship dynamic that allows Mitrou-Long the ability to be effective as a

player-coach and a key addition to the staff.

"He has so much experience," said Monté Morris, who called Mitrou-Long a father figure. "He's got game-winners, big games that he's played tremendous in. So with him having that knowledge ... everybody listens to him."

Mitrou-Long has employed a coaching strategy that uses positivity because that's what he always liked hearing from his coaches.

"It's good to hear positive things from teammates and other people because that's not something you hear when you're down," he said.

During the course of a game, where coaches have so much going on, Mitrou-Long is always cognizant of his teammates and trying to build them up.

While coaches have to deal with big picture things, Mitrou-Long can tailor his approach to the individual and keep spirits high when guys might be struggling.

"It's big because he has relationships with all of us that are deeper than basketball, so it is real big when Naz can come over to you and give you a hand or just tell you to stay calm," said Jameel McKay. "That's always big for us."

McKay wishes Mitrou-Long could be on the court, but said he has handled the entire process in stride.

"He's just being a leader," McKay said. "He's just being the person he is off the court and still helping us out. Naz is big time in his leadership. He's always pushing us to be better and telling us what he sees and we all take his word strongly because he means so much to us."

One mantra that Mitrou-Long has taken to heart is "know your role and play it well." His body wouldn't allow for his on-



Naz Mitrou-Long helps guide his teammates from the bench to an 82-77 win against No. 1 Oklahoma on Monday at Hilton Coliseum. Mitrou-Long is out for the season recovering from off-season hip surgery.

court role this season, so he's created a new one and worked hard to play that role to perfection.

He thinks about being out on the court with the guys "literally every day" and that's certainly been hard on him, but he also said he enjoys his new role.

"It's stressful," Mitrou-Long said. "I completely understand the coaches' perspective now ... but I

like it. I do. Guys come to me and ask me about specific plays, their positioning, how they should guard a person, how they look out there. I love doing that. I just love being able to help my team in any way I can, so it does feel good."

Mitrou-Long, a senior, hopes to secure a medical waiver from the NCAA that would allow him to come back and suit up next

season, but it might not be long until Mitrou-Long is coaching again.

"Hopefully," he said, when asked if he wants to coach in the future. "I love this game."

Even with all the stress? "Even with the stress," he said. "I love this game. I put this game before a lot of things in my life and I definitely want to be a part of it for as long as I can."

# ISU post faces tall test against Baylor



Jadda Buckley makes a move against Baylor at Hilton Coliseum on March 4, 2014. Buckley and the Cyclones will play the Lady Bears on Saturday.

Interior defense prepares for top-five opponent

By Luke Manderfeld  
@iowastatedaily.com

If the ISU women's basketball team's thin lineup at the post position needed a break after a couple of hard-fought games, it won't find one this weekend.

Iowa State (11-6, 4-4 Big 12) will face its toughest test of the season as a team, but also in the post, when it takes on No. 4 Baylor (18-1, 5-1 Big 12) in Ames on Saturday.

The Lady Bears have always been among the top teams in the NCAA, and this team remains in the top seven.

Boasting large size with a mix of shifty guards, Baylor has an early lead in the race for the Big 12 title after beating No. 6 Texas on Sunday.

"I think the thing with Baylor is they keep looking down the bench there's another 6-6 high school All-American," said ISU coach Bill Fennelly.

"That doesn't even include Nina Davis. It's

like the Alabama defensive line."

Baylor leads the Big 12 in rebounds per game, sitting at a 45.6 per game clip. After the loss of Bryanna Fernstrom a week ago, the Cyclones have struggled in post defense.

In the overtime loss to Oklahoma State on Wednesday, Iowa State conceded 45 points in the paint, the highest total this season.

Freshman Meredith Burkhall, who has taken the starting center role, has seemed overmatched on defense. But Fennelly said that was to be expected from an inexperienced player in the Big 12.

"Our defensive angles have got to get better," Fennelly said. "When you play post defense, the thing that you talk about all the time is you can't do the work after they've already caught the ball. I think when you have inexperienced post players — and I think the hardest thing in the game to do is playing good post defense — there's nothing harder."

Baylor's main force down in the post, Davis, has the best résumé on the squad. She was an All-American last season and was a finalist for the Wooden award, which is

given to the best player in the country.

She started this season right where she left off the last, averaging 16.9 points and 5.7 rebounds per game.

Although she is 5-foot-11, Davis still heads the Lady Bears' large presence in the paint.

Fennelly said Baylor will provide the hardest test for the team's bigs.

"Certainly [our post players are] a work in progress, and it will get challenged dramatically on Saturday afternoon with what Baylor has in the post," Fennelly said.

It isn't just the post players who will be tested. On paper, Baylor is far and above the better team. Even Fennelly recognizes that it's going to take something a little special to beat a top-five squad.

"If they play their best and we play our best, we're going to lose," Fennelly said. "I'm not trying to be disrespectful to our players, but that's the fact. We have to play at a level that's maybe above us as a group. And they've got to come down to us a little bit."

It was the last game of the 2014-15 regular season when the Cyclones hosted the Lady Bears at Hilton Coliseum last time around. Iowa State grabbed one of

**Game Info**

**Who:** Iowa State (11-6, 4-4 Big 12) vs. Baylor (18-1, 5-1 Big 12)

**Where:** Hilton Coliseum

**When:** 12:30 p.m. Saturday

**Follow:** @Luke\_Manderfeld and @TreyAlessio33 on Twitter for updates.

its biggest wins in the past few years, defeating then-No. 3 Baylor.

The ISU men's basketball team had an upset of its own Monday night, beating No. 1 Oklahoma at Hilton Coliseum. Fennelly is hoping that there's a little bit of magic left in Hilton when Saturday's game comes around.

"That's the great thing about basketball," Fennelly said. "You've still got to play, you've still got to make shots. Obviously, I hope there's a little bit of magic dust left here from Monday night."



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**DANCE MARATHON p1**

to park at the hospital. A total of \$3.2 million has been raised during the past 19 years since Iowa State has had the program. Last year, ISU Dance Marathon pledged an additional \$2 million for the new hospital. The co-directors have both been involved since they were freshmen, and this cause has made an impact on each of them. "You can see immediately the impact that what you're doing makes," Aldrich said. O'Brien agreed and also felt as though an impact is being made. "It brings together so many different types of people: kids who are treated at the hospital, families who are going through all of these things, students, graduate students, alumni, high schoolers and sponsors," O'Brien said. The two directors also believe the organization impacts the community and campus. "It's allowing people

to be a part of something bigger than themselves," O'Brien said. "It really puts things into perspective, and I think that's why so many people want to be involved with the organization." Aldrich also believes the event has become a big deal in Ames. "Dance Marathon is definitely part of the culture of Iowa State, and I think people are starting to recognize that," Aldrich said. Jackson Mores, senior in kinesiology and health, has also been working with Dance Marathon since he was a freshman. Mores now serves on the families committee. "I've always had a passion for helping kids," Mores said. "When I came to Iowa State my fraternity encouraged me to get involved in it and I absolutely loved it." Mores said as a part of the families committee, he is partnered with one Miracle child to keep in contact with throughout the year. "You hang out with [the child] and get to know them a lot better throughout the

year," Mores said. "You become like another kid in their family." The families committee also hosted Make Miracles for children involved, similar to ESPN's Make a Wish organization. With this program, Miracle children were given opportunities to do things such as go to the zoo, take helicopter rides and other fun events. Families are also very involved in this organization. A family can become a Miracle family simply by speaking with Iowa State's Dance Marathon committee. One family, the Wulfekuhles, have been a part of Iowa State's Dance Marathon since 2013. Their daughter Reese was born with a spinal cord tumor. She was born in Ames, where the family lives, but was transferred that day to Iowa City to undergo her first surgery. Reese, now 6 years old, has had four additional surgeries to deal with complications brought on by the tumor. "Certain organs [of



More than \$440,000 was raised for Dance Marathon in Iowa in 2015. Iowa State Daily

Reese's] don't work," said Allie Wulfekuhle, Reese's mother. "She goes to Iowa City every six months to see three specialists." The Wulfekuhles became a Miracle family in 2012 after they heard about the program through a friend and attended their first Dance Marathon the next January. "We love Dance Marathon because it's a great weekend," Wulfekuhle said. "It's Reese's favorite weekend. She loves to meet college students and others involved. Most of all we love the relationships we have with college students.

They're a great support for our family." The Wulfekuhles will join 26 other Miracle families this weekend at the event. To join Dance Marathon next year, a student would have to sign up at dm.stuorg.iastate.edu and register. Next, one would go onto Access Plus and pay a registration fee and next raise \$250 before the event to attend. However, there is a program to extend the amount of time to raise the money by March 1. If the person does not raise all of the money, he or she would have to pay out of pocket.

**SAFETY p1**

ers to be cautious of others when traveling, Greiter said. Sheri Kyras, director of transit for CyRide, said the city's bus system safety protocol keeps in line with the SMART campaign. In light of the recent arrest of a CyRide driver in connection with the death of Emmalee Jacobs, an ISU student killed in a hit-and-run accident in December, Kyras said safety has been a main topic of concern at the city's bus system. At this point, however, Kyras said she does not know if CyRide's current procedures will be reviewed or revised. "We don't know what happened, it is an ongoing investigation and information hasn't been provided to us yet," she said. "Once we know more information, we can begin to take a look at our program and we will do that to learn from this situation to make everyone as safe as possible." Michaela Ramm contributed to this article.

**MLK p1**

She said that you might not actually see the work you have done in your lifetime, but we, as a society, have to accept to see change now. "Time passes, but the urgency for change has always been here," Gordon said. She then asked, "Is yesterday's movement today's movement?" begging the question, what are millennials fighting for? She answered this by suggesting that to make a change, one must dismantle the system. "The civil rights move-



Students and staff at the MLK Convocation spread their arms to show that they are all in reach of a cause. Alex Connor/Iowa State Daily

ment did not offer an exchange of power," Gordon said. "Power that gives mi-

nority groups the ability to change and dismantle the structures that made

discriminatory practices against all people possible. Yes, I can enter through

the front door, but what happens when I'm ready to apply for a job?" Gordon then offered two ways to make a change in the system possible. She said to first "stay in motion," and to secondly "use what you got." She asked members in the audience to find their role in change and asked what causes are in their immediate reach. "You can change the world around you," Gordon said. "You can change the world that's right within your reach." The program agenda also included words from

Kenyatta Shamburger, director of multicultural affairs, Daniel Breitbarth, Student Government president, Reginald Stewart, vice president for diversity and inclusion, and Chrishelda Green, senior in child, adult and family services. Stewart handed out the 2016 Martin Luther King, Jr. Advancing One Community Awards to Jazmin Murguia, senior in journalism and mass communication; Dianne Bystrom, director of the Carrie Chapman Catt Center for Women and Politics; and to the Black Student Organization.

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