



SPORTS Hrezi races to high hopes



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ISD IOWA STATE DAILY TABLET EDITION PUBLISHES SUNDAY isdai.ly/JgTa3Y

EVENTS: State Gym to close for Order of the Knoll By Frances.Myers Daily staff writer

The west and east basketball courts at State Gym will be closed Wednesday and Thursday, with the entire State Gym building to be closed Friday for Order of the Knoll events. Beyer Hall and the Lied Recreation Athletic Center will remain open Friday. The Order of the Knoll is Iowa State's most prestigious donor recognition society. According to the ISU Foundation website: "Members of the Order of the Knoll, Iowa State University's most prestigious donor recognition society, believe in creating opportunities to transform lives at Iowa State." Members of the Order of the Knoll acknowledge three giving levels: V.M. Beardshear Society, President's Circle and the Campanile Society. "All Order of the Knoll members enjoy many opportunities for ongoing engagement with Iowa State University. Benefits include special insider communications about important news at the university throughout the year and opportunities to attend events such as luncheons, regional and national gatherings, and various campus activities," according to the ISU Foundation's website.

INSIDE: News...2A Opinion...4A Sports...7A Flavors...1B Classifieds...8A Games...3B

Research

Leath proposes grant program

By Eric.Debner @iowastatedaily.com

President Steven Leath was recently installed as president of Iowa State but he is already striding toward building his legacy. A document, released Tuesday, laid out the president's plan for encouraging interdisciplinary research at Iowa State. Three research teams will receive funds to start interdisciplinary research projects.

The idea is to increase Iowa State's reputation for diverse research and to provide funds for projects that also encourage collaboration. The document outlines specific conditions for receiving funds, including an outline of how the funds should and should not be spent. Higher-risk research, or "proof-of-concept" projects, might receive funds between \$50,000 to \$100,000.

Each of the three leading teams will be selected to receive a \$500,000 pursuit fund over a three-year period. According to the document, research teams require "colleagues from other academic institutions, national laboratories and industry." "The Office of the President will proactively invest in such faculty initiatives in order to promote a culture of interdisciplinary research, to secure new large-scale research grants and contracts and to build the university's reputation for innovation," according to a "Presidential Initiative for Interdisciplinary Research" document. Tahira Hira, senior policy adviser for the Office of the President, said: "We just sent [the document] out today," Hira said. "I think it's a wonderful initiative; it's the right thing to do at this time."

Ranking

ISU rated 46th in public education

By Thaddeus.Mast @iowastatedaily.com

Out of more than 280 colleges and universities, Iowa State has been ranked as the 46th top public university, according to the most recent U.S. News & World Report rankings.

While this overall score shows Iowa State's stature, the seven individual indicators that are used to determine these ranks are more telling of the university's strengths and weaknesses. John McCarroll, executive director of university relations, gave an explanation of where Iowa State improved.



John McCarroll

"We're very pleased to see that our 'alumni giving' showed upward movement and our 'undergraduate education reputation' continues to move up," McCarroll said. "That's encouraging because we take great pride in the fact that we provide superior undergraduate education, not just on the academic side but the total student experience."

Two other indicators, "graduation and retention" and "graduation rate performance," stayed the same. The other three, "financial resources," "faculty resources" and "student selectivity," lost some ground compared to last year.



Jonathan Wickert

Jonathan Wickert, senior vice president and provost, explained why financial resources decreased. "One of the indicators the U.S. News & World Report has is actually the amount of spending per student for the education," Wickert said. "That has always surprised me... That's a measure they use in the ranking system. We actually would have ranked higher if our costs were higher."

State budget cuts and state funding reductions throughout the past two years are also a contributor to the lower indicators. "Student selectivity," however, may not be something to strive for. "That's one of those criterion that does not benefit us but is something that we believe we're doing right. We believe we are accepting students that are qualified, and we want to accept all students who are qualified," McCarroll said.

"That's one part of this ranking that we simply have to accept as not helping us." No matter what the ranking is, it is not the only thing to look at when looking at Iowa State, Wickert said.

"The ranking is a validation

RANK.p4A >>

Employment



Hilton Coliseum was filled with the booths of companies recruiting students for employment and internship opportunities Tuesday at the fall 2012 Engineering Career Fair. The career fair featured more than 280 companies between booths at Hilton Coliseum and in the Scheman Building.

By Mike.Randleman @iowastatedaily.com

In order to gain experience beyond the classroom, students headed to Hilton Coliseum and the Scheman

Building to meet and mingle with potential employers at the fall Engineering Career Fair.

While elbow room and walking space were hard to come by due to the throngs of students and potential

employers, excellent professional opportunities were not.

With more than 280 companies in attendance at Tuesday's career

FAIR.p2A >>

Clubs

Pro-life group displays flags

By Emma.Altheide @iowastatedaily.com

Those passing by Central Campus on Wednesday will undoubtedly notice the hundreds of flags lining the path from Curtiss to Beardshear halls.

The flags were placed there by the ISU Students for Life group and are meant to represent each life lost to abortion within the average time it takes to walk the route.

Kayla Wickman, president of club, said the group did not use the flags last



A student places flags in between Curtiss and Beardshear halls. The flags were placed to represent the number of fetuses aborted in the time it takes for someone to walk between Curtiss and Beardshear halls.

FLAG.p3A >>

Party on the Patio Wednesday. Buck Burgers & Hotdogs 7pm - 1am. 10 Beers for \$10 7pm - 1am. West Towne Pub Food & Spirits. 515-292-4555. 4518 Mortensen Road. www.westtownepub.com

Weather

Provided by ISU Meteorology Club

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42 | 75
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THURS
42 | 74
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FRI
42 | 73
Clear, sunny skies.

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A powerful storm brought an early snowfall to most of Iowa. Although the snow melted as it fell across the state, many stations reported their earliest trace of snowfall on record, and in north central Iowa, cooler temperatures near the surface allowed the snow to accumulate to 4.0 inches at Allison, Forest City, and Mason City.

Police Blotter:

Ames, ISU Police Departments

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

- Sept. 15**
- Caitlin Higgins**, 20, 2138 Sunset Dr., was cited for underage possession of alcohol at Lot G3 (reported at 6:36 p.m.).
- Seth McGowan**, 21, of Alden, was arrested and charged with public intoxication at Lot G3 (reported at 7:03 p.m.).
- Luke Swanson**, 23, of 300 Stanton Ave., Unit 205, was arrested and charged with public intoxication at Lot G3 (reported at 7:11 p.m.).
- Michael Ryndak**, 20, 4615 Steinbeck St., Unit 1, was cited for underage possession of alcohol at Lot G2 (reported at 7:38 p.m.).
- Jonathan English**, 18, 1403 Eaton Hall, was arrested and charged with public intoxication at the 100 block of Beach Ave. (reported at 7:19 p.m.).
- Justin Hoffmann**, 20, 4701 Steinbeck St., Unit 17, was arrested and charged with public intoxication and simple misdemeanor assault at Lot G2 (reported at 7:45 p.m.).
- Dylan Coyle**, 18, of Manly, was cited for underage possession of alcohol at Lot G3 (reported at 8:04 p.m.).
- Jacob Plager**, 24, 3401 Tripp St., was arrested and charged with public intoxication at Lot G3 (reported at 8:40 p.m.).
- Brandon Burns**, 23, 2101 Oakwood Rd., was arrested and charged with public intoxication and interference with official acts at Lot G3 (reported at 8:40 p.m.).
- Brianna Holden**, 18, 2072 Elm Hall, was cited for underage possession of alcohol at Lot G3 (reported at 8:53 p.m.).

>>FAIR.p1A

fair, students could meet numerous representatives from companies spanning industries correlating with every engineering major offered at Iowa State.

Doug Leiby, representative from Lincoln Electric, explained what Lincoln looks for in potential hires.

"We like to see a lot of co-ops and internships," Leiby said. "If somebody has a 4.0 but they don't have any co-ops or internships, it's not going to impress us as much as someone who maybe has a 3.5 but has good hands-on experience. We're looking for a balance."

Similar statements can be made by most companies in most industries. Practical, hands-on experience is continuing to rise in significance for students' education.

"[The students] have been top-notch," said Kirk Huss, ISU alumnus and representative for G4S, an international security company. Huss also said G4S is glad to be at the fair due to the convenience factor for both employers and students.

"We can get in front of a lot of students in a short amount of time," Huss said.

One of the students who met with several employers was Steven Shudy, senior in aerospace engineering. Shudy said that standing in line to meet with employers was "kind of a stressful experience," but it was well worth the wait.

"The employers were very nice and very responsive; you could ask some questions, [and] they would answer," Shudy said. "Research who's coming, which companies

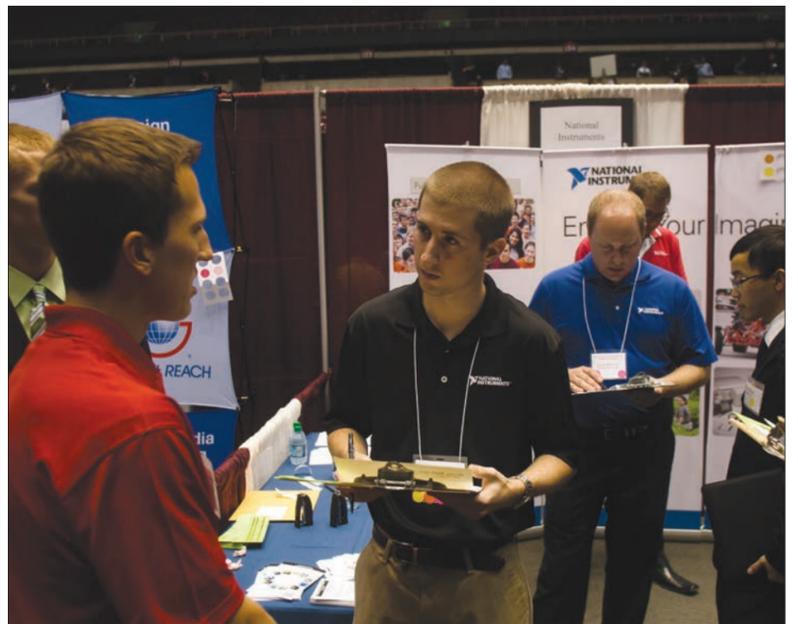


Photo: Yanhua Huang/Iowa State Daily

Danny Funk, center, a representative from National Instruments, looks through students' resumes and talks with students about internship and employment opportunities at the fall 2012 Engineering Career Fair. The career fair was Tuesday at Hilton Coliseum and in the Scheman Building.

you want to go with. I pick out companies ahead of time, and if I don't know exactly what they do, then I do a little research so I have a little background knowledge."

While some students are seasoned veterans in hobnobbing with industry professionals or landing that coveted internship, for some, it was their first career fair.

This was the case for Aaron Carter, freshman in engineering.

"[Attending the career fair] was certainly a worthwhile experience," Carter said.

"I did not come in with high expectations, but getting

More information

- Considered one of the largest career fairs in the nation
- Representation for all engineering majors
- Students are able to meet with potential employers for co-op and internships
- Studying what businesses will attend the career fair is recommended
- There are two Engineering Career Fairs: one in the fall and one in the spring.

my feet wet and seeing what everything's all about will help me for fairs in the future."

Carter recommended fellow freshmen "should definitely check out" the upcoming fair in the spring semester.

The spring Engineering Career Fair will be on Feb. 12, 2013. It will also be at Hilton Coliseum and in the Scheman Building.

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Public \$9*

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Students \$5* For fans of: Arcade Fire, Sufjan Stevens, Regina Spektor
Public \$7*

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w/ **GABE DIXON** (Acoustic/Folk/Pop)
Students \$12* For fans of: The Voice, Jason Mraz, Jack Johnson, Gavin DeGraw
Public \$15*

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PERIODICALS POSTAGE

>>FLAG.p1A

year but wanted to have the event again to keep the issue in students' minds, particularly as they prepare to cast their votes.

"We just wanted to pick it up again with the election and get people into the mind frame that we're voting for life," Wickman said. "I think that kind of gets overlooked by some other aspects of the election."

"To us it's pretty important because it's in our constitution. Life, liberty and the pursuit of happiness. Life is the first thing, so if we can't have that, then what else is there?"

The club is made up of 10 to 15 students who meet regularly to participate in meetings and events. Rachel Peller, senior in women and gender studies, has been a part of the club for three years. She thinks the display can have a strong impact on those who see it.

"Historically, what the club had done in the past, is they had 4,000 flags just out on the lawn as a cemetery," Peller said. "We just wanted to make it a little different every year so that way it wasn't just the same thing all the time and people were like 'Oh, here's the flags again.'"

Peller felt a strong reaction when taking the walk herself.

"For me it was really intense, because each step you took there was another flag," Peller said. "So you felt a sense of power almost, as if each step you were making it happen."

Signs placed along the route read: "In the time it takes to walk this path, 263 children will be aborted around the world. Every flag represents

Fast facts

- Lined up from Curtiss to Beardshear halls are 263 white flags, representing the number of abortions in the time it takes students to walk the path.
- Ten to 15 students regularly meet to participate in ISU Students for Life club's events and meetings.
- Every flag represents one baby aborted.
- Abortion was legalized in the United States in 1973 under the landmark decision Roe v. Wade.
- It remains a frequent topic of debate and a prevalent campaign issue in U.S. elections.

one baby. Help ISU's Students for Life reduce this number."

Peller said she has seen a significant student response to the event in past years.

"I remember seeing Facebook statuses after it, and people just said: 'Wow, I didn't realize how much that happened,' and their friends would comment on it, and they would have a conversation about it," Peller said. "I think that was what was really important about it, just getting people to talk about it again."

Abortion was legalized in the United States in 1973 under the landmark decision Roe v. Wade. It remains a frequent topic of debate and a prevalent campaign issue in U.S. elections.

"Even if we can't get people to change their mind about it, at least we can get them to think about it and start talking about the issue," Peller said.

ISU After Dark

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Sun Room/South Ballroom
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Food: Corn Dogs and Hot Pretzels
MU Commons
10:30pm

Crafts: Painted Magnetic Boards
Workspace, 9pm - 12am

Free Bowling & Billiards
Underground, 9pm - 1am

Musical Chairs with Drunk Goggles
Gallery, 9pm - 12am
(Co-Sponsored by Pi Beta Phi)

Carnival Dance Worldwide
Pioneer Room, 9pm - 11pm
(Co-Sponsored by Cyclone Breakers)

Green Screen Photos
Cardinal Room, 9pm - 12am

Crafting with Alpha-O
Cardinal Room, 9pm - 1am
(Co-Sponsored by Alpha Omicron Pi)

Carnival Games
Campanile Room, 9pm - 12am

Karaoke
M-Shop, 9pm - 1am

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Education



Photo: Ethan Crane/Iowa State Daily

Charity Campbell shares advice on how to become a better teacher at the lunch in her honor. Campbell is the 2012 recipient of the Iowa Teacher of the Year award.

Teacher of the Year shares experiences

By Lindsay Hostert
@iowastatedaily.com

Students in the education program at Iowa State got an education of their own when Charity Campbell, Iowa's 2012 Teacher of the Year, visited Iowa State.

Campbell, who is currently a physical education teacher at Norwalk Middle School, spoke Tuesday in several classes about her experiences as a teacher and becoming Teacher of the Year.

She gave tips and advice to students who were eager to learn about her curriculum and teaching style.

Erin March, senior in elementary education, said she was excited to listen to Campbell speak because "she's the Teacher of the Year.

I'm hoping to get some advice about teaching as a whole."

March said in addition: "Teachers all over Iowa know who she is."

The students were able to learn about Campbell's experiences and ask questions to shape how they may run their own classrooms someday.

Chantel Lischer, senior in elementary education, said: "It gets pre-service teachers excited. Everyone is excited to see the Teacher of the Year. It inspires you."

Campbell shared some of her experiences, illustrating the most rewarding part of teaching for her: seeing students begin making healthy changes in their lives, as well as seeing the members of her class working together and including everyone.

She began her speech by explaining what originally caused her to become interested in teaching.

"I started as a teacher in third grade, assisting my gymnastics teacher," she said

But it was her high school teachers, she said, who inspired her the most and motivated her to become a teacher.

Campbell said: "I do not like the classroom. I like my kids up and moving."

It was for this reason that she knew she wanted to get into physical education, where she knew her classroom would be in the gymnasium and outdoors, where students would not have to remain seated at all times.

Campbell spoke about her time as Teacher of the Year.

"It has been an amazing experience. It's

also been the best year of my professional development."

Many people ask Campbell, "Why are you Teacher of the Year?"

She said she responds in the same way each time someone asks.

"I have a strong support system; I haven't done this by myself," Campbell said. "I'm not here because I'm something amazing. I'm here because I had a great support system and great opportunities."

Campbell closed her speech by saying: "I love being a teacher. I can't imagine doing anything else."

She wanted all the pre-service teachers present to understand that "being a teacher isn't something you just go out and do. Sometimes you have to ask for help."

>>RANK.p1A

that we're continuing to do the right things; that we're focusing on being as great a university as we can and providing students with a great edu-

cation and one that's very affordable at the same time," Wickert said.

"It's always nice to be ranked well, but we don't run the university chasing after rankings. We want to be the best Iowa State that we can, and

when we're doing all the right things on campus, the rankings just naturally come along."

"Really, what I'm most proud of is not the U.S. News & World Report ranking [of 46th], but the great work

that our faculty does, and I'm very proud of the outstanding students that come to Iowa State," Wickert said.

With 84 new faculty members and 450 new class sections this year

to accompany the largest class ever, Iowa State may move up in the ranks next year.

The ranking only takes into account undergraduate programs at Iowa State.

ART CLASSES

- 09/27 - Expressive Writing Class
- 10/01 - Swing Dance
- 10/03 - Intermediate Knitting
- 10/04 - Enameled Metal Jewelry
- 10/08 - Basketweaving
- 10/08 - Resin Jewelry
- 10/10 - Beginning Metals
- 10/11 - Embroidery
- 10/14 - Yarn Dyeing
- 10/15 - Silk Painting

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Research



Photo illustration: Liz Zabel/Iowa State Daily

The e-library website provides students resources even outside the Parks Library building. The library calls the e-library's search tool more efficient than Google, as students are able to find resources more relevant to their research than if they were to use only Google's broad search engine.

By Liz Zabel
@iowastatedaily.com

Parks Library has become more efficient for students to use, with most of its resources available from the comfort of home.

In the past five years, use of Parks Library has increased nearly 50 percent. David Gregory, associate dean at Parks Library, provided some statistics.

In the last five years, the collective number of entrances into the library has gone up from roughly 1.2 million to 1.8 million; use of the physical collection is up 4 percent.

The library is still buying nearly 200,000 volumes per year, but what has increased exponentially is the use of electronic resources. The library has more than 105,000 electronic journal titles, compared to 20,000 print journal titles.

"We started to purchase [e-journals and e-books] aggressively because we know that's what people use," Gregory said. "Students, especially undergrad, really want electronic."

Christine King, associate dean at Parks Library, agreed with Gregory: Even media that are rarely physically checked out might still be used electronically, because it is much easier to access.

She said the number of people coming to the help desk has gone down 46 percent in five years, but email questions have gone up 74 percent. The library's chat help service usage has gone up 325 percent.

King said they are trying to make things easier at the library, and while some people may have the impression that library materials are not used anymore, it's because there is so much available online.

Students can sit in their dorm rooms or apartments and still have access to books and journal articles. They never have to physically step inside the library.

Gregory said that the special collections, a section devoted to rare and unique material, used to be material that could be only utilized if a student were to physically come in to the building. Although this is mostly still the case, the library is starting to digitize more and make even those resources available on the e-library.

Although many resources are now available online, King said she stills thinks it's important to come to the library.

"With this electronic revolution, there is more material published than ever," King said.

Gregory agreed, saying the amount of material can be overpowering.

"Students are occasionally overwhelmed with just the quantity of what they find," Gregory said. "They would really like to know what the best sources of info are. Evaluating information is becoming more and more challenging."

This online redirection can lead to confusion and inefficiency, when students go to Google instead of the e-library's resources.

King said she believes people are so used to using Google they think they can get by with it, but in college, this might not always be the case.

Gregory said Google is a fine place to get

Fast facts

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- Number of people coming to the help desk has gone down 46 percent in five years.
- Email questions have gone up 74 percent.
- Usage of the library's chat help service has gone up 325 percent.

ideas, but it's "casting a really wide net" in a sea of information.

"Something like the e-library website helps people be much more focused," Gregory said. "Imagine searching a database like Google, but it's all about your subject area: You can be much more efficient. ... You don't get all the stray information you can find in Google."

He suggests students take advantage one of the most underutilized resources: the online indexes and abstracts. Located on the homepage under article indexes and databases, students can use the indexes to find a more specialized listing of literature.

"If you use one of those, you're really narrowing your search to highly-relevant material in your field," Gregory said. "They have a lot of built-in features so you can refine your search ... like search engines but designed to help the researcher zero in on really relevant material that generic searches aren't [able to]."

Resources through the e-library website are selected by librarians at Iowa State. By using the site, students can be sure they are finding quality material selected by those who understand the curriculum and needs of the university community.

"I think, if anything, librarians have as big a role as ever — perhaps bigger," King said, adding that although students do not have to go to the library to work with the librarian — because the librarians can help people through email or chat — it really helps if they are. A librarian can help students navigate through materials and show them what to look for.

"It's more of a full service approach," King said. "You've got the electronic resources and services provided by librarians to back them up."

Gregory encouraged people to come to the library because they can get much more done, much more efficiently. Students are no longer coming to the library to find a book and check it out, because they are able to do much more.

"The library has almost become more of a learning laboratory," Gregory said.

Saturday, Oct. 6th, from 8 a.m. to 5 p.m.

Help us **Stuff the Bus** by purchasing non-perishable foods and other items to donate. Drop off food donations at buses located at Hy-Vee West, Lincoln Center Hy-Vee, Fareway, Fareway North, Dahl's and Sam's Club. **All donations will go to Mid-Iowa Community Action and Food at First.**

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Editorial

Windy Ph.D. spins around specialization

Wind energy is an important resource for Iowa, and to further develop it, the Faculty Senate approved a new degree program in wind energy science, engineering and policy last week. The program will be interdisciplinary, involving departments as diverse as engineering, agronomy, sociology, statistics and journalism.

According to the request sent to the Board of Regents to implement the program, it will "prepare graduates for wind energy related careers in industry, academia and government institutions." Vocationalism, then, has become a significant factor in how faculty and administrators see their roles at our land-grant school.

This new program in wind energy will be a Ph.D.

To an extent, specialization in education is necessary. Sadly, there are not enough hours in the day to let us begin learning everything. Even if we do concentrate on one discipline, the probability is high that we will never learn all there is to know about it. Although the best experts may be intimately familiar with the literature on their subject, they will probably never satisfy the childhood ambition to know everything. This variety of specialization, however, is too much.

We understand that graduate students are supposed to specialize in their studies substantially more than undergraduates are. But if every dissertation became a degree program, where would we be?

The beauty of broad education, even on a graduate level, is that no matter what his or her major area of research, the student will know something about the rest of his discipline. The materials engineering Ph.D. who found a new way to make ceramics will still know the principles of engineering. If the market collapses, he is not left high and dry. His education was versatile enough that he does not have to return to school before he can find a job.

Instead, this Ph.D. in wind energy examines problems solely in a wind energy light.

Jonathan Wickert, senior vice president and provost, said: "We want to equip students with the skills necessary to solve problems related to wind energy generation and transmission, and well as address the engineering, science and policy issues in the future."

If a degree-granting institution — in our case, Iowa State — has done its job right, students from undergraduate and graduate programs alike will leave here equipped with an understanding of how the science of their field relates to the wider world. They will not need a new, interdisciplinary, specialized program to explain what are the economic, sociological, ethical implications of their research.

This is the beauty of a true liberal and practical education, as proposed by the land-grant ideal.

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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.

Politics



David Bartholomew, second from left, Jake Swanson, Jared Knight and Katie Brown socialize after a debate for the Government of the Student Body election last spring. Columnist Nading advises students to scrutinize GSB actions to ensure they earn the money they are given for holding office.

Keep tabs on GSB leaders

Speak up, get results from representatives to hold them liable

Political actors, in any arena, have very important jobs. Although they generally earn a reputation as some of the most hated people in society, there is no denying that what they do is impactful and stressful and entails great responsibility. With correct instinct, actions and timing, great politicians can be created. Those who manage to be great deserve, as in any job, reward.

Major political leaders are usually provided good incentives for good work. Take the president of the United States: Most of us are aware of the large benefits the leader of our country receives. He gets to live an entire term free of almost any expenses. But he also works very hard in that role. He is under direct scrutiny from all citizens of the United States, not to mention the world, and they make sure he knows when they are unhappy with his decisions.

What most ISU students may not be aware of is how well-rewarded our student government leaders are as well, just like the U.S. president. And as a political science major, my instincts tell me to encourage students to be aware

By Mackenzie Nading
 @iowastatedaily.com

of and be involved in the politics that occur on campus, mainly within the Government of the Student Body.

It's been preached to students over and over again to pay attention to what GSB does because it is our student fees with which they're responsible for allocating. And while that's all very true, there may be another reason students want to pay closer attention to the actions our student political leaders are taking.

The fees each student pays every year toward GSB go to more than just spending money for clubs and organizations on campus; they also go toward a scholarship incentive for the president and vice president.

The total incentive given to Iowa State's GSB president is \$20,143.92, according to GSB's yearly budget. This is distributed throughout different categories such as summer tuition, room and board, personal benefits, as well as both fall and spring semester

tuition, room and board. The vice president receives \$10,071.96, about half of what the president receives, and that reward is distributed between the same categories mentioned above. There are other members of GSB who receive close to the same reward, like the finance director, who is a part of the cabinet and appointed each year by the president themselves.

Has your mouth dropped to the floor yet? This is a hefty amount of money, and an awesome incentive for those who receive it. Each position gets virtually all or part of their tuition and room and board paid for. This \$30,000 is a large reward indeed but certainly well-deserved. I'm not arguing against what the student body president and vice president get, but I believe more students need to be aware that they are getting the money.

Indeed, pay proportionate to a job is typical and expected in modern society. The job of the president and vice president of GSB are and should be no different. But what does need to be remembered is that their job in return needs to be kept in high standards and under intense scrutiny by their constituents: all of you, the students of Iowa State.

It is your money, coming from the fees you pay to GSB each se-

mester, funding the compensation the president and vice president get for representing you each year. So pay attention to what they're doing. They should have to work hard for that money. And the more you pay attention, the harder they are forced to work.

If you don't like something that is happening in GSB, it's your responsibility to speak up and take action about it. Your money should be serving the leaders that you respect and trust, but that trust can't be built without some responsibility on the constituents' part. When the GSB elections come again this spring, remember that those who are running are receiving much more than just the fancy title of president or vice president; they're also receiving a scholarship to attend the same university you do.

You are paying for that scholarship, so be an informed voter and put those in office that you have properly examined and know will earn that reward. Don't let your money go to waste; keep the president and vice president of GSB accountable and know what they are up to throughout the year.

Mackenzie Nading is a junior in political science from Elgin, Iowa.

Dating

Focus on you to make finding love easy

Maintain respect for self when looking for 'the one and only'

The strange world of dating and relationships is a place that many of us have difficulty with. It's a lot like getting into a swimming pool: Do you test the waters or just dive in? Once interactions begin, things either go well or they don't, and you move on.

Sounds simple enough, right? Absolutely not.

The majority of issues happen even before things become "official." People who are in relationships aren't the issue (unless you're PDA-ing on social media, which is a completely different issue). It's those who complain without searching for any solutions. All women (and a few gentlemen, too) are guilty of this, myself included.

We like to play the blame game. It's never our own fault, is it? Wrong again. Instead of re-evaluating ourselves and our life choices, we blame our bad luck in relationships on other people or thing other than ourselves. By making this mistake and several others, we start to lose respect for ourselves and what we're really looking for in life and love.

We can start correcting these mistakes by not holding our standards so high. I'm not saying to not

By Katie Henry
 @iowastatedaily.com

have standards. In fact, you should have standards for your potential significant other. Just don't make your standards so unreachable that you'll never be happy with anyone.

old American literature if you hate reading, and if you really want to order a chicken Caesar salad on a date, order the salad. It'll be a lot easier to impress people with who you are and the knowledge you already have, instead of trying to stumble your way through a discussion of "To Kill A Mockingbird," which you should have already read in high school.

Forgiveness takes awhile, and those friendships will be hard to get back to where they were in the first place. Is it really worth the sacrifice?

More often than not, people will sacrifice friendships for a potential or current significant other. This is common in the honeymoon stage of things, but once things start to calm down, they've lost sight of friendships that were once important to them. What happens if the relationship doesn't work out? You're probably not the person your friends once knew. Forgiveness takes awhile, and those friendships will be hard to get back to where they were in the first place. Is it really worth the sacrifice?

The biggest mistake anyone can make is not respecting themselves. It could be a combination of different things: maybe we just don't care about ourselves, or we're too desperate for attention. We are so desperate to make things work that we'll do almost

anything to try. Why doesn't he/she like me? What's wrong with him/her? What do I need to do?

The answer to that last question is to MOVE ON. This lesson comes from one of my favorite movies, "He's Just Not That Into You." The movie title in itself is another valuable lesson. Many of us are naive enough to believe that text messages after midnight still mean that it's movie and cuddle time. Wrong again.

Don't let yourself go for an hour of "fun" to get your hopes up and to get hurt later. If it doesn't happen, it doesn't happen. Rejection will happen often enough that we'll get used to it. Sucks, doesn't it? I've only just started to wrap my head around this concept, but it's been a refreshing and eye opening experience.

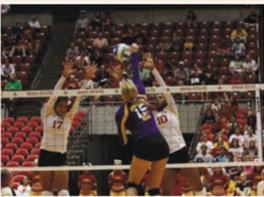
Stop worrying about when you're going to find Ryan Gosling (he'll be single again eventually) and quit stressing yourself out. Life is about making yourself the best person you can be. A significant other may or may not be a part of your life plan, but if it is, it will happen.

In time, you'll find that focusing on yourself will actually help you find that special someone, and soon you'll be saying: "And they lived happily ever after."

Katie Henry is a senior in journalism and political science from Pella, Iowa.



ONLINE:



ISU VOLLEYBALL HITS ROAD FOR BIG 12
 iowastatedaily.com/sports

NFL:

Isaac's Fantasy Football Corner — Week 4

By Isaac Hunt
 Daily staff writer

Week four tip

Be creative with your team name. If your team is still "Team Last Name" then it is time to catch up with the rest of us and change it. Do your league-mates a favor and make them smile.

En fuego

Seattle's Marshawn Lynch averages 24 carries a game, and it should be a cake walk against St. Louis. Currently ranked 21st against the run, the Rams allowed the not-so-special running game of the Lions to score 26 fantasy points earlier this year.

Heated

Tashard Choice will step it up as he gets his opportunity against New England while Buffalo continues to play running back musical chairs due to injuries for at least one more week.

Chilled

Packers D/ST and Saints D/ST. Expect this game to be an offensive shootout. Both teams' quarterbacks are hungry for wins and Lambeau leaps will be numerous.

Frigid

Mark Sanchez and Tim Tebow will not be able to do much against the 49ers defense. Struggles early and often for the J-E-TS.

Week 4 random fact Ryan Fitzpatrick is currently the ninth-best fantasy QB and is available in 57.8 percent of ESPN leagues.

GOLF:

Men's team takes fifth in VCU Shootout

By Brian Freda
 Daily staff writer

The ISU men's golf team completed its second tournament of the year, finishing fifth overall in the VCU Shootout. The team finished the meet with a total score of 894.

Virginia Tech won this year's tournament scoring 878, which was nine strokes ahead of second-place Wichita State.

Scott Fernandez led Iowa State through the week, tying for second place overall with rounds of 72-70-72 (214). This year's individual champion, Sean Bosdosh of Maryland, won two strokes ahead of Fernandez with a score of 70-71-71 (212).

Other key players for Iowa State include Sam Daley, who tied for 14th place and finished with the second lowest strokes for Iowa State.

Borja Virto and Zach Steffen both tied for 33rd, carding a total of 230 each.

Collin Foster also played this week, competing in his first college tournament. Foster finished with a three round total of 233, tying for 43rd place.

The team will play its next tournament Oct. 2, at the Rees Jones Intercollegiate in Dafuskie Island, S.C.

SPORTS JARGON:

Center back

SPORT:

Soccer

DEFINITION:

The center back is the player who helps in the middle part of the team's defense. The main job of this player is to defend the attack.

USE:

Junior Theresa Kucera acts as a center back on the ISU soccer team.

Cross-country



Two homes, one dream

Photo: Katie Hansen/Iowa State Daily

Hrezi's running start creates high hopes

By Mark Specht
 @iowastatedaily.com

It did not take long for junior and first-year cross-country runner Mohamed Hrezi to make an impact on the ISU cross-country team. In fact, it took Hrezi just his first race: a first-place finish on Sept. 15 at the Iowa Intercollegiate.

Hrezi's teammates and coaches — who use words like "tough," "motivated," "flamboyant" and "energetic" to describe him — will tell anyone they believe he is just beginning to scratch the surface of his potential as a cross-country runner.

"We joke about it on a daily basis with him," said assistant coach Travis Hartke. "But he's going to be really, really good in cross-country."

Hrezi, the oldest of six children of Libyan natives Fuad Hrezi and Hanadi Eskoni, grew up primarily

in Connecticut.

Mohamed's father first came to the United States to get a degree in computer science.

After getting his degree, he returned to Libya to marry Mohamed's mother.

They then both moved back to the states, where Hrezi was born.

Mohamed's parents and four sisters have recently moved back to Libya's capital city Tripoli, but for a long time Mohamed said his father "never wanted to go back that often."

"The biggest problem was the old dictator [Muammar Gadhafi]," Mohamed said. "My dad never wanted to go back because you could be in the airport, and they just like pick you up and throw you in jail for the rest of your life, and you have no idea why."

Mohamed also said his parents and sisters are just now becoming acclimated to their new home after making the jump from Connecticut.

HREZI.p8A >>

Soccer

Kucera left to fill McLaughlin legacy

By Dan Cole
 @iowastatedaily.com

Replacing a leader is never easy.

When Mary Kate McLaughlin graduated in May 2012, she left a void of substantial depth in the ISU soccer team's locker room.

McLaughlin captained the Cyclones defense for each of her four seasons at Iowa State, a time during which she started 73 of the team's 78 games. She led the Cyclones in minutes played

during each of her sophomore, junior and senior seasons and now owns a vast array of awards and nominations as a testament to the legacy she left behind.

"Mary Kate is the type of player that every coach really enjoys," said ISU coach Wendy Dillinger, who coached McLaughlin through her entire career as a Cyclone. "She was just incredibly competitive and a big part of building the team, especially my first four years here. I couldn't have asked for

more in a player. She epitomizes what it means to be a student-athlete."

Although McLaughlin left an impact, ISU junior Theresa Kucera is doing her best to create a legacy of her own. Kucera, who has taken over McLaughlin's role this season, started just four games during her freshman and sophomore seasons combined. Last season, Kucera started just one game and failed to record a goal or assist.

This season, Kucera has

started all 12 games for the Cyclones, has scored one goal and is currently second on the team in minutes played with 944, just 109 minutes less than the previous two full seasons combined.

"It's definitely a big role to fill," Kucera said. "M.K. really had an impact on the team, being a captain and being very vocal. It's a challenging position that I'm willing to take. I think I'm taking it in strides; I've learned a lot but I

KUCERA.p8A >>

Kucera by the numbers

High school: First-team all-state in both 2009 and 2010.

2010: Games started: 3; Minutes played: 714; Goals: 4; Assists: 1

2011: Games started: 1; Minutes played: 339; Goals: 0; Assists: 0

2012: Games started: 12; Minutes played: 944; Goals: 1; Assists: 0 (through 12 games)

Commentary

Big 12 home games help, hurt ISU

As the winds of fall are upon us. As nonconference play wraps up and the meat of the college football season gets under way, the race for the conference crown will be the focal point heading into the bowl season.

For the Big 12 Conference, the obvious preseason pick for conference champion would typically be Oklahoma or Texas. However, the implementation of round-robin conference scheduling and the addition of Texas Christian and West Virginia have made the championship picture a little more blurry.

One upset has already taken place in the Big 12 — Kansas State stunned Oklahoma 24-19 last Saturday in Norman, Okla., as just the third team to defeat the Sooners in the Bob Stoops era — there are bound to be more before December comes around.

Oklahoma was widely predicted to be the Big 12 champion before the season began, but after a mere four weeks, that prediction has ceased to maintain any merit.

For Iowa State to have five conference games at home this season is huge for ISU coach Paul Rhoads, who has amassed a 6-5 record at home against Big 12 opponents the past three seasons.

The only problem for Iowa State: It will likely be the underdog in all five games.

But that is no problem for Paul Rhoads and company. In his 21 wins as ISU football coach, Rhoads' team has only been favored in nine games.



By Jake Calhoun
 @iowastatedaily.com

That stat is probably regurgitated more often than it should be, but that is because it perfectly illustrates upsets do happen.

But will Iowa State be in serious contention for the Big 12 title this season? No.

I am not saying Iowa State will never win a Big 12 title, but the transition to a round-robin conference schedule only hurts its chances of playing for one.

When the conference was at 12 teams, it was divided into the North and South divisions. Iowa State played every team in the North — Colorado, Kansas, Kansas State, Missouri, Nebraska — while alternating three opponents every year in the South. When Iowa State played the South schedule of Baylor and Oklahoma State, it typically had a better chance of making it to a bowl game opposite the years it played Texas and Oklahoma.

If I had to guess, I would say Iowa State has the best opportunity of winning its home games against Texas Tech and Baylor, but the others are a little bit more of a stretch.

Kansas State has beaten Iowa State in their past four meetings by an average of less than six points



File photo: Iowa State Daily

The Iowa State Cyclones beat the then No. 2 Oklahoma State Cowboys 37-31 on Nov. 18, 2011, at Jack Trice Stadium. The victory was the first win for the Cyclones against a team ranked higher than No. 7.

per game. With the Wildcats' momentum emerging from a win at Oklahoma last week and a seemingly easy matchup against Kansas before the Oct. 13 game, Iowa State will have an even tougher task ahead of it trying to stop them.

Beating Oklahoma is doable but very unlikely. Iowa State has not beaten Oklahoma since 1990, and Bob Stoops' team is still going to be a heavy favorite heading into Jack Trice Stadium.

The longest shot of them all is the Cyclones' regular season finale against West Virginia in the inaugural matchup between the two.

West Virginia quarterback Geno Smith is one of the frontrunners for this year's Heisman Trophy. Since

Iowa State has never beaten a team with the eventual Heisman Trophy winner (0-11-1), this will be considered monumental for the program if it should pull off the upset.

If I had to guess, Iowa State will probably not get away with more than three conference victories — vs. Texas Tech, vs. Baylor, at Kansas — to become bowl eligible for the second straight season and the third time in four years.

However, just like my prediction for last season's game against No. 2 Oklahoma State, I have been wrong before and I could be wrong again.

Jake Calhoun is a senior in journalism from Urbandale, Iowa.

>>KUCERA.p7A

still have a lot to learn.”

This season has been a growing experience for Kucera. Her increase in playing time has allowed her to steadily mature into her new role and learn something new every day, whether it be from the coaching staff or from her predecessor, McLaughlin, who Kucera says is always available to go over film with her and provide support.

Although Kucera has found a home centering the Cyclones’ back line this season, she has not always played centerback.

During her time at Millard North High School in Omaha, Neb., Kucera spent most of her time as a center-midfielder. Her role in the midfield consisted of a lot of defensive play, demanding many of the same tools she now utilizes to orchestrate the Cyclones’ defense.

“Theresa definitely fills in that physical role,” said ISU junior Amanda Woelfel, who also went to Millard North and spent three years playing defense behind Kucera in high school. “She wins the ball; she’s tough back there; and she’s really good at communicating and helping get things organized in the back line.”

This season’s Cyclone roster boasts six players from the Omaha area, including Kucera and Woelfel. ISU freshman Marquette Pick, who also went to Millard North, played on the same high school team as Kucera. Fellow junior Margaret Powers played on Kucera’s club team prior to their arrival at Iowa State, as well.

“We definitely have some con-



Photo: Huiling Wu/ Iowa State Daily

Theresa Kucera, junior from Omaha, Neb., has taken on a leadership role for the Cyclones’ back line this season. Kucera has started all 12 games for the Cyclones this year, after starting just four total during her freshman and sophomore seasons combined.

nections in Omaha. There’s a bit of talent there,” Dillinger said. “They’re all very different; they bring different elements to the game. There’s not one defining [common] characteristic in all of the Omaha players.”

When choosing to attend Iowa State as a kinesiology major, Kucera

placed academics ahead of athletics, which is something she knows will benefit her beyond graduation.

“When I first came here, they showed me the academic side before the soccer side,” Kucera said. “With soccer, you like the girls. You like the team, but it only lasts for a certain

amount of time. The school had the kinesiology program; the campus is beautiful; and the team chemistry was there.”

This season, Kucera has established herself as a leader and has done her best to satisfy the role that McLaughlin so successfully fulfilled

for the previous four seasons.

As much as Kucera’s teammates see her as a leader, she sees it in herself, as well.

“I definitely feel it,” Kucera said. “I feel it with the coaches; I feel it among myself; and I feel like the team feels it too.”

>>HREZI.p7A

Mohamed and his younger brother, Muad, both stayed in the United States.

Mohamed is at Iowa State while his brother attends the University of North Carolina, where he runs for the Tar Heels’ cross-country and track teams.

His first experience with running, Mohamed said, came in middle school where he ran on the cross-country team for fun and for the social aspect of

the sport.

“I was dead last every meet. I was not that good at all,” Mohamed said with a laugh, while recalling his first year.

Mohamed would go on to become a top competitor on Naugatuck High School’s track team in the 400- and 800-meter events.

After high school, Mohamed attended Central Connecticut State, where he studied accounting and ran cross-country and track.

“I barely did cross-coun-

try — I was on the team, but I wasn’t really productive at all,” Mohamed said. “I was strictly 800-meters.”

In his first year running for Central Connecticut, Mohamed set multiple personal records for himself.

But after a coaching change with the track team, he found his times becoming worse and worse.

“I talked to my father and was like: ‘Dad, this isn’t working out,’” Mohamed said.

His father encouraged him

to seek out another school — one that was better than Central Connecticut.

Texas was Mohamed’s first choice for college, but after discovering he would have to retake a whole year of general education classes and maintain a 3.5 GPA to get into the university’s College of Business, he decided to return home.

At that same time, Hartke was recruiting Mohamed’s brother to Iowa State. Muad informed Hartke about the

situation with Mohamed.

“I kind of stumbled upon him,” Hartke said, “I didn’t get [Muad], but I got [Mohamed].” Mohamed arrived in Ames last January and competed in both indoor and outdoor track for the Cyclones.

“I’ve never trained this hard in my life,” Mohamed said.

Individually, Mohamed hopes to eventually qualify for the Olympics.

“I like to think that every runner, if you’re running in college, your goal is ulti-

mately to make the Olympics,” Mohamed said.

With his dual-citizenship, that would mean possibly needing to make a choice between running for the United States or Libya.

“To be honest with you, it would probably be one of the toughest decisions I’d have to make in my life, if I had to make that decision,” Mohamed said. “I don’t really give that much thought. Let me just get there first, and I’ll worry about that later.”

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IOWA STATE DAILY



Captured moments



Wedding memories frozen in time

Students share different angles of photography

By Ashley Hunt
 @iowastatedaily.com

A wedding is one of the most important days of a person's life. It is something people remember forever, filled with memories they will cherish for a lifetime.

Of course people are going to remember the

big moments — the "I do" and first kiss as a married couple.

What about the smaller moments? Those are what photographers are for.

What is a wedding without a million photos to remember each and every second of the special day?

There are also the "befores" of a wedding: When sending out the "Save the Dates," couples want a cute photo of themselves on it.

Today, engagement photos are just as common as day-of wedding photos.

Wedding photos are one of the most important parts of a wedding day — people want to hire a special photographer to make sure those moments are captured.

ISU students Chelsey Rouse and Annie Eischen strive to do just that.

Rouse, sophomore, and Eischen, junior, are still busy with school work but make time for their passion of photography.

Rouse is a new face to the photography world but just as passionate as the next person. In May, Rouse said she stumbled upon a

photography blog and realized how amazing being a photographer could be.

"I had no camera, no experience and no idea what I was doing, but I went on a whim and ordered a camera that very day," Rouse said. "I had no idea if I'd be good at it or would even like it, I just knew that I would make myself be good at it."

Rouse quickly found out she loved it. "Part of what excited me most about photography

PHOTOGRAPHY.p10 >>



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>>PHOTOGRAPHY.p9

was that it provided me with the opportunity to combine my creativity with my passion for the business world."

Rouse has utilized social networking sites in order to target potential clients and has since gained a following.

Her Facebook page — Chelsey Rouse Photography — currently has almost 900 likes.

As a bit of a beginner in the world of photography, Rouse is always looking for inspiration from other photographers.

Rouse said she constantly looks at other photographer's websites and blogs for inspiration.

"I also gain inspiration from each individual client. Everyone's personality is so unique, and I try my best to make that shine through in their photos," Rouse said.

Rouse has been focusing more on senior portraits than anything, but said she has found out that she enjoys engagement photography as well.

Rouse said she has turned down clients asking for wedding photography in the past because of the pressure but has found shooting engagement photos are something she not only feels comfortable with but something she can find enjoyment in.

"Anyone who knows me knows how obsessed I am with weddings," Rouse said. "I worked as a bridal consultant all through high school, have dedicated countless hours to my "Dream Wedding" board on Pinterest and even began college with an event management major in hopes of becoming a wedding planner."

Needless to say, Rouse wants a perfect wedding for herself someday.

And that, of course, includes photography. "I want everyone else's photos to be perfect too."

Perhaps some day, Rouse said, when she gets a little more experience in the photography world, she'll shoot weddings.

But for now, engagement photos are just right.

Rouse just finished an engagement photo shoot and said it was an amazing time. "I love love. It makes me so happy to be able to capture sweet little moments between two people who are so blissfully in love," Rouse said.

Perhaps, that is why she has been found to be a skilled engagement photographer.

The last engagement shoot Rouse was a part of was something really special.

Both bride and groom were ISU alumni and continue to be loyal Cyclone fans today.

Because of their love for Iowa State, the couple chose to have their photos taken in Jack Trice Stadium.

"It was the perfect place to capture their love for each other and love for ISU," Rouse said. "It was also crazy to see the stadium when it was empty, and the field wasn't painted — the pictures were taken on our bye week."

As Rouse keeps her focus on engagement photos, fellow ISU student Eischen has found enjoyment in taking pictures of the bride and groom on their special wedding day as well as engagement photo shoots.

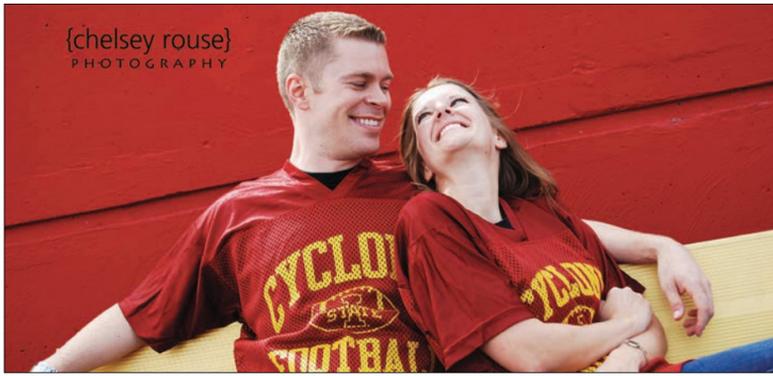


Photo courtesy of Chelsey Rouse, top, and Annie Eischen
ISU students Chelsey Rouse and Annie Eischen explore the art of photography with taking pictures for high school students, shooting photos for newly engaged couples and capturing memories during couple's special wedding days.

Eischen found her passion for anything involving creativity at a very young age, but while in high school, she began taking photos with a small digital camera for fun, and it grew from there.

After investing in a decent digital camera, Eischen had friends and family members coming to her with photography gigs, knowing she would be reasonable and fun.

From there, Eischen began a small side business called Annie's Easel.

Eischen specialized in more than just photography: She also painted murals and participated in art shows across Iowa this past summer.

Like Rouse, Eischen has found inspiration in each separate person she photographs. "I love the feeling I get when I'm done with a shoot and realize these photos are going to be something that a family cherishes forever."

Eischen said she, similarly to Rouse, enjoys taking engagement photos. "I like the one-on-one aspect of the shoot," Eischen said. "I can witness the excitement they have about getting hitched. It makes me all sorts of warm and fuzzy inside."

As Rouse indicated that she may feel added pressure to a wedding day shoot, Eischen said she feels different.

"I have been blessed to work with clients that have full trust in my abilities, so it has been easy so far," Eischen said. "If I sense any stress, I analyze the situation and come up with a way to resolve it. If the bride is unhappy, I'm unhappy."

Eischen recently took photos for a wedding and found it to run very smoothly.

This, Eischen said, was probably because the bride was very organized and had an itinerary set up for Eischen — the bride told her what kinds of photos she wanted but also left her with complete freedom to do what she felt would look good.

Eischen arrived at the wedding for the "first look" shot: The bride getting ready with her bridesmaids.

She then headed over to the church where the wedding would be held and figured out the lighting so she would be prepared for all the photos she would take during the wedding.

Her next step was to head to the reception area to plan out some photos and angles for the photos she would be taking during the reception.

"Once the wedding party was all spiffed up, the fun really began," Eischen said. "One of my absolute favorite moments of the entire day was when I caught the first reaction of the groom seeing his bride-to-be."

Eischen said she understands that wedding and engagement photos are some of the most important pictures a person will have taken during their lifetimes.

She advises future brides and grooms who are booking photographers to really try to feel out not only the photographer's style but also their

attitude before committing to a photographer.

Rouse and Eischen both have found passion in photography, as have many people before them, and many people will after them.

Both offered some advice for aspiring photographers.

"Practice, practice, practice," Rouse said. "Try new things, even if you're unsure of how the photos will look. Read photography blogs. Surf the photography category of Pinterest and look at other photographer's websites to gain inspiration."

"I strongly believe anyone can be a photographer, but it is your attitude, personality and spirit that will set you apart from the rest," Eischen said.

If you can leave a shoot and know you did your best to make them happy, you are guaranteed to be successful."

Eischen added: "There is no such thing as a bad photo, unless it is completely black. Then, it's a really bad photo."

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Beverages



'Tea of immortality'

Kombucha contains many health benefits

By Steph Ferguson
AmesEats Flavors writer

With a bubbly, fruity and refreshing taste, it's not surprising an ancient tea making process is becoming more popular. The tea, kombucha, is a type of frothy, fermented and sweetened tea. Originating in Asia about 212 B.C., kombucha has also been referred to as the "remedy for immortality"

and the "tea of immortality."

Even if you won't become immortal from drinking kombucha tea, there are several health benefits from consuming it. The tea is high in vitamins A and C, B vitamins, potassium and manganese. It also works as a detoxifier from the antioxidants produced during the initial fermentation.

Kombucha is a good choice for those taking antibiotics. Also, kombucha helps to balance good and bad bacteria in intestinal microflora that antibiotics can throw off.

This tea also has been shown

to help clear and prevent acne and help with arthritis due to the creation of lactic acid during production. You can find kombucha tea at grocery stores or online. Wheatsfield Cooperative, 413 Northwestern Ave., supplies over seven different brands of kombucha. Wheatsfield is even offering a "Kombucha 101" class for only \$5 so you can make it yourself. The class is from 7 to 8:30 p.m. Oct. 3, but it fills up quickly so register soon. For more information go to: welcome.to.wheatsfield.coop/co-op-classes.

Do-it-yourself

Can't take the class? Make it yourself by starting your own yeast culture (S.C.O.B.Y.) at home. Here's what you'll need:

Ingredients

- 1 gallon glass container
- 3 quarts boiling water
- 1 cup sugar
- 4 bags black or green tea
- 1/2 cup Kombucha starter liquid
- 1 S.C.O.B.Y.

Directions

Take the boiling water and tea bags and make tea as you normally would in the glass container. Remove steeped bags after tea has reached desired strength. Then add the sugar to the tea and stir until fully dissolved.

Wash your hands thoroughly then add the starter liquid. Now place the S.C.O.B.Y. into the glass container with the tea. Cover the

opening of the glass container with a tea towel or cheese cloth, keep it tightened using a rubber band.

Let this sit at room temperature (68 to 85 degrees Fahrenheit is ideal) without bright light for at least eight days. Strain off the liquid and pour into glasses with airtight lids. Keep the Kombucha refrigerated. When ready to drink add the juice of your choice to some Kombucha for a refreshing drink.

Leaves

Tea infusers make tea more fun

By Kelsey Schirm
AmesEats Flavors writer

Nothing feels better during the chill of fall evening than wrapping your hands around a warm cup of tea.

Whether you like black, white or green tea you can find almost every variety in the form of loose tea leaves.

So ditch your bags this year and upgrade to a tea infuser and tea leaves.

Available in an array of simple, cute and interesting designs, tea infusers will make brewing your favorite cup of tea more fun.

Try some of these varieties that can be found online and in stores:

Tea Leaf Infuser, middle, \$11.95

- Where to get it: StashTea.com

Strawberry Infuser, \$7.20

- Where to get it: Amazon.com

Robot Infuser, right, \$8.99

- Where to get it: Amazon.com

Rubber Ducky Infuser, left, \$9.99

- Where to get it: ThinkGeek.com

Tea-Rex Infuser, \$8.61

- Where to get it: Amazon.com



Photos courtesy of Flickr/Calgary Reviews, Flickr/ç"ÿæ"ç«¥è©±, Flickr/Divya Manian

Quick bites

Go green with your tea.

Research on green tea catechins published in a number of scientific journals has revealed the catechins may help stimulate weight loss in a number of ways.

A study in The Journal of Nutritional Biochemistry stated green tea catechins influenced the sympathetic nervous system helping to increase energy expenditure. A study in the Journal of the American College of Nutrition said that a catechins consumption group had a significant decrease in body weight over an eight-week study compared to the control group, which did not consume catechins.

Many studies cited that caffeine along with the green tea catechins work together to help boost weight loss. So the next time you make a cup of tea, go green.

— Caitlyn Diimig



Recipes

Whole wheat pumpkin scones

By Janey Rose Kinley
AmesEats Flavors writer

How can you enjoy the simple sweetness of a muffin with the heartiness of eating homemade bread? The answer lies in scones. Scones originated in Scotland and can be either sweet or savory. These pastries provide the perfect accompaniment to your favorite warm drink. Try your hand at this fall-inspired scone recipe.

Ingredients

- 2 cups whole wheat flour
- 2 tablespoons brown

sugar

- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1 tablespoon cinnamon
- 5 tablespoons unsalted butter, cold and cut into small pieces
- 1 cup pecans
- 1/2 cup plain or Greek yogurt
- 1/2 cup + 2 tablespoons pumpkin puree
- 1 tablespoon honey

- 1 large egg
- 1 tablespoon milk

Directions

Preheat oven to 400 degrees Fahrenheit. Mix flour, sugar, baking powder, baking soda, nutmeg, ginger and cinnamon together. Use your fingers to mix in the cold butter until it looks like coarse crumbs. Stir in the pecans.

Mix the yogurt, pumpkin puree and honey in a separate bowl. Pour the yogurt mixture into the flour mixture and mix with your hands until a rough (slightly gooey)

dough is formed. Place the dough onto a lightly floured surface and knead until it resembles a ball.

Place the dough on a greased cookie sheet and form into an 8-inch round. Use a knife to cut the dough into 8 wedges.

Whisk the egg and milk together and brush the surface of the dough. Sprinkle with sugar if desired.

Bake for 15 to 20 minutes or until golden brown. Allow scones to cool on the baking sheet for five minutes before removing.



Photo: Amber Hair/AmesEats Flavors

Scones combine the sweetness of a muffin with the heartiness of homemade bread and can be sweet or savory.

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Registration Close: *Sept. 26*

Adventure Race
Registration Close: *Sept. 26*

Foosball Doubles
Registration Close: *Sept. 26*

Racquetball Singles
Registration Close: *Oct. 3*

Dodgeball
Registration Close: *Oct. 10*



OUTDOOR RECREATION WEEKEND TRIPS

Overnight Canoe Trip on the Des Moines River
Oct. 6 & 7



NEW

Caving Trip to Maquoketa State Park
Oct. 13-14

OUTDOOR RECREATION DAY TRIPS

Kayaking Brushy Creek State Park
Oct. 7

Hiking and Photo Tour
Oct. 7

Hiking and BBQ at Ledges State Park
Oct. 13

OUTDOOR RECREATION EXTENDED TRIPS

Backpacking Ozark Trail in Arkansas
Nov. 16-21

Kayaking Lake Ouachita in Arkansas
Nov. 16-21

Backpacking Buffalo National River in Arkansas
Nov. 16-21



OUTDOOR RECREATION WORKSHOPS

Rock Climbing I
Oct. 4

Lead Rock Climbing
Oct. 10

Rock Climbing II
Oct. 11

Kayak Paddling
Oct. 14

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Oct. 15

NEW

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Oct. 17

NEW

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Fun & Games

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Fun Facts

The Earth's North and South Poles flip polarity on a semi-frequent basis, having done so more than 20 times in the past 5 million years. That means that with the next flip, all compasses will be pointing South rather than North.

The so-called "Spanish Flu" of 1918 started at a military camp in Kansas before spreading around the world and killing 50 million people.

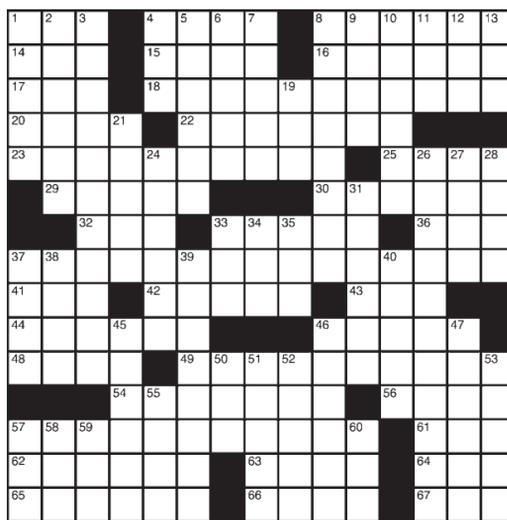
In 1914, Henry Ford doubled the daily wage for his factory workers (from \$2.40 to \$5) while cutting their daily work hours from nine to eight.

In South Africa prior to 1985, it was illegal for individuals of European ancestry and non-European ancestry to marry one another.

President Monroe was almost the second president to be elected unanimously (The first, and only, being George Washington). However, one elector voted for John Quincy Adams to make sure that President Washington was the only president ever elected unanimously.

The Flatfish is born with one eye on each side of its head, giving it a grotesque appearance. As it grows, one eye begins to move until both are on the same side, allowing the fish to lie on the ocean floor and scan above for food.

Crossword



Across

- 1 Stir-fry additive
- 4 [frog lands in pond]
- 8 Remote control battery
- 14 Baba of folklore
- 15 Bindle carrier
- 16 "Zip your lip!"
- 17 Diarist Anaïs
- 18 "Gotta hit the hay"
- 20 Future snakes, perhaps
- 22 Regards highly
- 23 Elementary school fundamentals
- 25 Cut from the same cloth
- 29 Lemon and lime
- 30 Swift means of attack?
- 32 Put into words
- 33 Poe's "ungainly fowl"
- 36 D.C. athlete
- 37 Mom's behavior warning
- 41 ___ of Good Feelings
- 42 Gives the heave-ho
- 43 Rap's ___ Wayne

Down

- 44 With-the-grain woodworking technique
- 46 Theater sections
- 48 Canadian pump sign
- 49 Marks to brag about
- 54 "Why bother?"
- 56 Color property
- 57 Canned pasta brand
- 61 "Characters welcome" network
- 62 Receive, as a radio signal
- 63 South American country at 0 degrees lat.
- 64 Looney Tunes collectible
- 65 Structural threat for many a house
- 66 Gels
- 67 Towel lettering

- 5 Solitary sorts
- 6 Beyond zaftig
- 7 Baudelaire, par exemple
- 8 Evaluates
- 9 Quark's locale
- 10 Global networking pioneer
- 11 Girl in a pasture
- 12 Gossipy Smith
- 13 OCS grads, usually
- 19 "___ Rosenkavalier"
- 21 Bed or home ending
- 24 "Over here!"
- 26 Reader with a sensitive screen
- 27 Modern site of Mesopotamia
- 28 Keeps after taxes
- 31 Like Big Ben
- 33 Big chunk of Eur.
- 34 Framed work
- 35 No. twos
- 37 Nothing more than
- 38 Eye part
- 39 Surpassed in extravagance
- 40 Elie Wiesel work
- 45 Large eel
- 46 Took it on the lam
- 47 Grandchild of Japanese immigrants
- 50 Little one
- 51 Traditional doings
- 52 "That has ___ ring to it"
- 53 Elite Navy group
- 55 Kent State's home
- 57 Norm: Abbr.
- 58 Water filter brand
- 59 Whichever
- 60 Airline to Oslo

Tuesday's solution

A	B	R	A	S	C	R	U	B	S	L	A	S
L	O	O	P	O	M	A	N	I	S	A	W	E
M	R	I	S	R	O	B	I	N	I	S	O	N
A	N	Y	O	N	E	G	E	M	O	G	R	E
N	J	I	R	S	E	R	A	T	C	H	E	D
W	E	S	P	E	I	S	H	E				
E	V	I	L	D	R	O	P	S	A	L	I	N
N	I	G	E	R	E	L	O					
T	E	N	D	E	R	N	E	S	S	T	A	R
G	E	E										
C	R	U	E	L	L	A	D	E	V	I	L	
H	E	R										
A	V	G										
S	U	E										
M	E	S										



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Sudoku by the Mephram Group

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

Tuesday's Solution

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

LEVEL: 1 2 3 4

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

Horoscope by Linda C. Black

Today's Birthday

(09/26/12)
Where would you love to be in five years? Take small steps toward an inspiring possibility. Use tools like a budget. Adapt to changes with a positive attitude. An income raise could occur after October for a November purchase. 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-- Check through the archives, meditate, consider all possibilities and then begin a project. Work on it like you really mean it. Opposites attract. Be careful.

Taurus

(April 20-May 20)
Today is a 5-- It's difficult to choose between work and attending a social event. Favor work or do both. You discover underlying truth. Friends help you make the connection.

Gemini

(May 21-June 20)
Today is a 5-- Progress at work could be a bit bumpy. Take it as it comes to find the opportunities. Stick to your budget. There could be a conflict of interests or snags in the schedule. Accident alert: watch out!

Cancer

(June 21-July 22)
Today is a 5-- Haste makes waste (and nicked fingers). Keep track of finances; you'll know how much to spend. There's good news from far away. Keep learning, even if it's hard.

Leo

(July 23-Aug. 22)
Today is a 5-- Gaining security could mean giving up something. There are even more costs to cut that you didn't see before. Clear up confusion before proceeding.

Virgo

(Aug. 23-Sept. 22)
Today is a 5-- Family matters vie with work for your attention. Work smartly so that you have time for both. Avoid obvious and not-so-obvious distractions. Pay a bill before buying treats.

Libra

(Sept. 23-Oct. 22)
Today is a 6-- Show you have what it takes, use your wits and increase profit, even in the face of a possible conflict of interests. A social event sparks passion. Opposites attract.

Scorpio

(Oct. 23-Nov. 21)
Today is a 6-- Learn a lot from a child. Others may disagree on details, but it's not worth

the fight. Dress for success. Love blossoms over the next few days. An older person shows you how.

Sagittarius

(Nov. 22-Dec. 21)
Today is a 5-- Good news comes from far away. It's even better from a perspective bigger than your own. Cleaning house reveals a treasure in your home. Count your blessings.

Capricorn

(Dec. 22-Jan. 19)
Today is a 5-- Let your partner do the talking to clear up a temporary setback. Friends have lots of great plans. Study them carefully and add your talents to those that call to you the most.

Aquarius

(Jan. 20-Feb. 18)
Today is a 6-- Focus on details to increase financial productivity. Work out bugs in a new idea. Use gains to pay off an old debt, not to gamble. A conflict in romance could arise.

Pisces

(Feb. 19-March 20)
Today is a 5-- Try not to get impatient... there's still time. Conditions will be better tomorrow anyway. Work on something that will last. Enjoy a new level of awareness.



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by Michael Frayn



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