



NEWS

ISU alumni kickstart new way to keep plants alive

SPORTS

Cyclones make up for missed 3s, beat Baylor



OPINION

Boy Scouts catch up with modern times

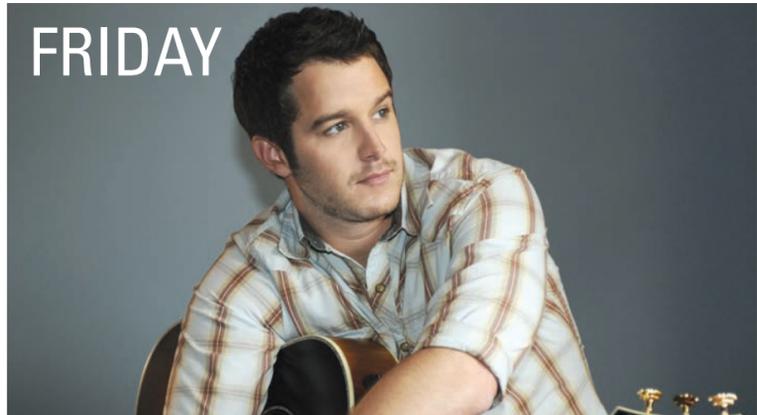


STYLE

Layer up to combat cold in style



AND THE BANDS ARE



FRIDAY

EASTON CORBIN

Genre: Country

Since releasing his first single, "A Little More Country Than That," in 2009, Easton Corbin has been growing in the country genre. His first, self-titled album was released in 2010 and sold 43,000 copies in one week, making the highest-recorded number on the label in seven years. His single, "Roll With It," hit No. 1 on the charts and his next album, "All over the Road," came out in January.

For fans of: George Strait, Jason Aldean, Craig Morgan



SATURDAY

B.o.B.

Genre: Hip hop

Six-time Grammy-nominated rapper B.o.B. will be headliner for Saturday's lineup. His lead single from his sophomore album, "Strange Clouds," topped the iTunes digital sales in September 2011. The album also featured hit singles "So Good" and "Hard to Breathe." His debut album, "B.o.B. Presents: The Adventures of Bobby Ray," featured his breakout hit, "Airplanes," and "Nothing on You."

For fans of: Lupe Fiasco, Kid Cudi, Wiz Khalifa



Jana Kramer

Genre: Country

Singer-songwriter Jana Kramer has been on the scene since three of her songs were featured on the show "One Tree Hill." Her self-titled album was released in June, featuring songs "Why Ya Wanna" and "Whiskey."

For fans of: Carrie Underwood, Thompson Square



Kris Allen

Genre: Pop/Rock

Since winning the eighth season of American Idol, Kris Allen has released his new album, "Thank You Camellia" and the hit single, "The Vision of Love." Prior to winning Idol, his debut album featured the hit single "Live Like We're Dying," which sold 1.7 million copies.

For fans of: Jon McLaughlin, Howie Day, Rob Thomas

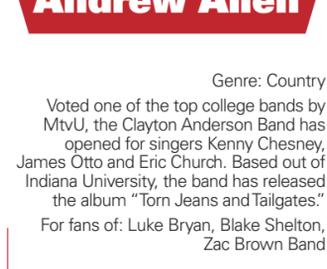


Andrew Allen

Genre: Pop/Rock

With three top Canadian hits, Andrew Allen has been put on tour with acts like The Script, Bruno Mars, one Republic, Train, Joshua Radin and Barenaked Ladies. Allen has released songs like 2009's "I Wanna Be Your Christmas," 2011's "I Want You" and 2010's "Loving You Tonight," which hit the top of the charts for more than 22 weeks.

For fans of: Andy Grammer, Train, Parachute



Clayton Anderson Band

Genre: Country

Voted one of the top college bands by MtvU, the Clayton Anderson Band has opened for singers Kenny Chesney, James Otto and Eric Church. Based out of Indiana University, the band has released the album "Torn Jeans and Tailgates."

For fans of: Luke Bryan, Blake Shelton, Zac Brown Band



A Ray

Genre: Country

Kansas native Ashley Ray, vocalist for her band A Ray, is fresh on the country music scene, debuting her first album.

For fans of: Miranda Lambert, Dixie Chicks, Ashton Shepherd

While the Veishea celebration goes throughout the week, the music event, Live @ Veishea, kicks off April 19. A wide range of bands, from hip hop to folk rock, will perform in the Molecular Biology parking lot April 19 and 20 from 6 p.m. to 2 a.m.

Tickets for the events go on sale today, and are available online through MidwestTix. Students interested in purchasing tickets can find them through the Veishea website. Tickets will be on sale through 4 p.m. April 19.

Anyone with a valid student ID can purchase up to five tickets for either \$15 for one night or \$20 for both nights. Night-of-show, tickets will be \$20 for and only available on site.

Tickets will be exchanged for wrist bands at the venue. The concerts will be held in the outdoor location rain or shine, and tickets are nonrefundable.

(Starting at upper left, counterclockwise)
Photos courtesy of:

- Easton Corbin
- Jana Kramer: justjared.com
- Francis Bertrand
- Kris Allen
- Andrew Allen
- Clayton Anderson Band: Clayton Anderson Facebook page
- A Ray: Ashley Ray Facebook page
- Blessed Feathers
- Saints of Valory: saintsofvalory.com
- Jukebox the Ghost
- The Cab
- Grouplove
- B.o.B.

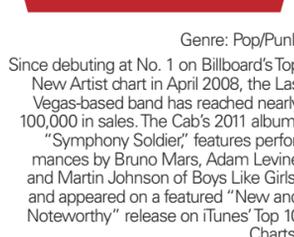


Grouplove

Genre: Indie rock

California-based band Grouplove released their debut album, "Never Trust a Happy Song," in September 2011. Their song, "Colours," ranked No. 12 on USA Today's alternative chart and was featured in games "Madden 12," "FIFA 12" and "MLB 2K12." Their other song, "Tongue Tied," has been featured on the iPod Touch commercials and also reached No. 1 on the Billboard Alternative Songs chart and became the band's first No. 1 single.

For fans of: Vampire Weekend, Cage the Elephant



The Cab

Genre: Pop/Punk

Since debuting at No. 1 on Billboard's Top New Artist chart in April 2008, the Las Vegas-based band has reached nearly 100,000 in sales. The Cab's 2011 album, "Symphony Soldier," features performances by Bruno Mars, Adam Levine and Martin Johnson of Boys Like Girls, and appeared on a featured "New and Noteworthy" release on iTunes' Top 10 Charts.

For fans of: Hot Chelle Rae, We the Kings, Boys Like Girls

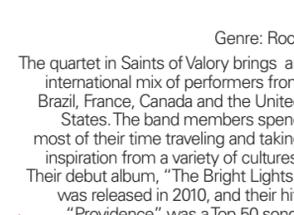


Jukebox the Ghost

Genre: Piano pop

Similar in style to Ben Folds, the trio in Jukebox the Ghost first came together in 2003 at George Washington University. They released their third album, "Safe Travels," last year and have made appearances on "The Late Show with David Letterman." The group has also toured with Barenaked Ladies and Jack's Mannequin.

For fans of: Young the Giant, Imagine Dragons, Phoenix



Saints of Valory

Genre: Rock

The quartet in Saints of Valory brings an international mix of performers from Brazil, France, Canada and the United States. The band members spend most of their time traveling and taking inspiration from a variety of cultures. Their debut album, "The Bright Lights," was released in 2010, and their hit, "Providence," was a Top 50 song.

For fans of: Coldplay, Snow Patrol, The Fray



Blessed Feathers

Genre: Indie folk

The group described themselves as "a couple of folks who write and sing songs in the kettled forests of Southeast Wisconsin." The acoustic group uses guitars, banjos, accordions and more during a majority of their performances.

For fans of: Dawes, Avett Brothers, Dr. Dog



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Calendar

Find out what's going on, and share your event with the rest of campus on our website, at iowastatedaily.com.

Monday

Memorial Union

Symposium: Social Science, Presidential Campaigns and Political Reporting

When: 9 a.m.

What: The Harkin Institute of Public Policy will offer scholars and journalists to discuss the 2012 elections.

Where: South Ballroom,

How New Campaign Styles Win Elections

When: 8 p.m.

What: Ryan Lizza, from The New Yorker, and Sasha Issenberg, from Slate.com, discuss the 2012 election.

Where: Great Hall, Memorial Union

Correction:

In Thursday's article about international student experiences, Batzaya "Zack" Batsaikhan's last name was mistakenly spelled incorrectly.

Batsaikhan was also misquoted in the article about how the transition was to America was "tough."

The Daily regrets the errors.

How New Campaign Styles Win Elections

Monday, February 4, 2013
8 pm - Great Hall, Memorial Union

Ryan Lizza

Ryan Lizza is *The New Yorker* magazine's Washington correspondent and a CNN contributor. He joined *The New Yorker* after working at *The New Republic*, where he was a political correspondent from 1998 to 2007, covering the White House and Presidential politics.



Sasha Issenberg



Sasha Issenberg is a political journalist for Slate.com and author of *The Victory Lab: The Secret Science of Winning Campaigns*. He covered the 2008 presidential campaign for the *Boston Globe* as a national political reporter.

Part of the Symposium on Social Science, Presidential Campaigns and Political Reporting

Go to www.lectures.iastate.edu for the full schedule of events. Sponsored by: Harkin Institute of Public Policy and Committee on Lectures (funded by GSB)

Academics

Students build foundations with learning communities

By Daniel Bush
@iowastatedaily.com

When students go to college they can find themselves starting from scratch: new friends, a new school and a new town can be overwhelming.

Learning communities are one way students can build a solid foundation with others.

Students who independently build a foundation often find friends at random.

Sometimes it's "a matter of luck," said Doug Gruenewald, program manager of vice president student affairs.

"I've always thought of learning communities as this 'common sense' approach," Gruenewald said, "where you find common academic interests for students and then you cluster them together in some of their courses."

From the start, learning community students are placed in a residential group with the same general academic interests. This allows students to live together in close proximity and have a connection right away where others might not.

Samuel Schreier, senior in meteorology and peer mentor of the Earth, wind and fire learning community, wanted others to know the importance of learning communities.

"I think it's absolutely essential, especially for a smaller major," Schreier said. "It is the best way for them to meet the staff right away, meet the upperclassmen right away in the major and meet each other right away."

While some students prefer to work independently, some enjoy being driven by others to teach and learn the information together, said Nicole Hershberger, senior in dairy science and peer mentor of the animal science learning community.

"I think it's a good thing, at

"I've always thought of learning communities as this 'common sense' approach where you find common academic interests for students and ... cluster them together."

Doug Gruenewald

least as a freshman when they come in," Hershberger said. "It helps you get to know all [the] options that Iowa State has and just to meet some people initially that you are going to see over the next couple years."

Retention and graduation rates for learning community students are higher on average than non-learning community students.

Gruenewald said the average for one-year retention rates are 8 percent higher and six-year graduation rates are 12 percent higher.

There are two different types of learning communities: residential and non-residential. Living together can sometimes make it a challenge, and Schreier thought non-residential was better.

"Sometimes when you've got people living together they can kind of cause problems,"

Schreier said. "It's kind of better to have it spread out but still be able to come together." Hershberger agreed.

The increase in students at Iowa State has played its part in the program, as well. Trying to accommodate a large campus with a smaller community can be difficult.

"It's certainly a challenge, because part of the concept is to have a small program," Gruenewald said.

Both Schreier and Hershberger have found that guiding students in the right direction with their academics helps them retain the information.

"It's just really helped me to connect with people and listen and figure out the best way to help people," Schreier said.

"It's been an opportunity to meet more people," Hershberger said. "It's really a great way to branch out and learn about other things."

There are no requirements to get connected with a learning community. It all depends on the learning community and if it is specific to a major.

There are 4,909 students involved in the 88 different learning communities at Iowa State. The learning communities are separated by colleges within the university, so there are opportunities for every student.

"It's not like it's a time-consuming thing," Schreier said.

Learning communities

Agriculture and life sciences:

- Agronomy
- Animal science/dairy science/pre-vet

Business:

- Business learning teams
- Entrepreneurship and innovation

Design:

- Design collaborative
- Design exchange

Engineering:

- Computer engineering learning teams
- Electrical engineering

Human sciences:

- Food science and human nutrition first-year
- Kinesiology

Liberal Arts and Sciences:

- Chemistry
- Earth, wind and fire

More Options:

- Leadership ISU
- Multicultural vision program

"We don't do that hard of activities. We just really get them used to living at college here [and] pointing them in the right direction to graduate."



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Technology



Photo courtesy of Emily Lyons

“Plant Link” is in the process of gathering funding. The project is developing low-cost links, which would be placed by plants to communicate to owners when the plants are thirsty.

ISU alumni nurture ‘Plant Link’ project

By Benjamin Gauger
@iowastatedaily.com

Austin Lyons and Emily Raney are ISU alumni developing “Plant Link,” a device that makes gardening easier by placing low-cost links by plants to communicate to the owner’s phone when his or her houseplants or row crops are thirsty.

The two, now married, are in the process of kick-starting Plant Link, beginning their life together and changing the way plants are watered.

Emily and Austin met during their freshman year at Iowa State.

After marrying 3 1/2 years ago, just before Austin’s senior year at ISU, they decided to move to the University of Illinois Champaign-Urbana, where Austin completed his master’s degree and where the Lyons met the rest of their current team at Plant Link.

“Oso,” Spanish for bear, is the name of the company that designed Plant Link. The bear is the mascot for Baylor University, where six of the engineers that work at Plant Link received their undergraduate degrees.

Oso just finished raising funds for Plant Link through a Kickstarter campaign. Kickstarter is a website that matches investors with entrepreneurs. Emily Lyons joined Oso specifically to help with this campaign.

The Lyons are now Austin, Texas residents. The two moved away from the rest of the Oso employees when Austin got a job with Intel, a company that creates computer processors.

Both continue to work for Oso from their home office.

About Plant Link

- As of Feb. 3, Plant Link has raised \$96,690 on Kickstarter.
- 877 individuals have contributed to the Plant Link project.
- Plant Link can be utilized from across the world.

Emily is currently completing a master’s degree in mass communications at Texas State University. She said that Oso has proven to be useful while getting her master’s degree.

“It’s great to have a hands-on case for new concepts,” she said.

Plant Link has been quickly gaining capital. Their goal was to raise \$75,000 in 30 days.

“I think it was over \$84,000 this morning,” Emily said.

Oso has future plans to sell their products in India, potentially helping subsistence-level farmers.

“We want to offer a really cheap, automated moisture-monitoring system,” Austin said.

The Lyons have nurtured their young marriage through the toil of patenting home-gardening technology.

“There’s definitely a new dimension to our marriage from innovating and creating something like this together,” Austin wrote in an email. “The success is even sweeter because she’s played such a big role in getting Plant Link to where it is today.”



Photo courtesy of Emily Lyons

ISU alumni Austin and Emily Lyons are developing “Plant Link,” a device that makes gardening easier. Austin said creating Plant Link together has given their marriage a new dimension.

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EDITORIAL:

Celebrate history daily, not monthly

February is Black (or African-American) History Month. This designation dates to Congressional passage of a law in 1986. Since 1926, however, a Negro History or Black History Week has been observed. That designation began with an organization called the Association for the Study of Negro Life and History, and in 1975 President Gerald Ford began the observance of Black History Week.

According to the website of African-American History Month, such observance facilitates "paying tribute to the generations of African-Americans who struggled with adversity to achieve full citizenship in American society." The Library of Congress states that African-American History Month "celebrates the contributions that African-Americans have made to American history in their struggles for freedom and equality and deepens our understanding of our Nation's history."

In keeping with such observance, Iowa State has a student group, The Black History Month Planning Association, that plans and organizes commemorating events. A quick search on the university website shows that interested students could attend two events at the Memorial Union.

Stating in terms of "Where's White History Month?" our opposition to the events that recall the racial social struggle of African-Americans in addition to celebrating the advances society has made in social equality would give in to petty desires for either a month dedicated to the celebration of each demographic group or none, which minimizes the realities of history.

We can very easily remove discrimination from government. It is a fairly simple matter to write and pass laws requiring public agencies (in the sense that "public" equates to "government") to act blindly toward minority groups who might have a stigma attached to them. It is another matter entirely to write laws that eradicate the social prejudices founded in popular culture and custom. Without a huge expansion of governmental authority — think of the various Civil Rights Acts in the 1960s — it is impossible to prevent business owners, employers, landlords, banks and others from discriminating in who they serve, hire, lease property to, lend money to, etc. Trying through community organizations to convince people to abandon their deep-seated prejudices also doesn't get far.

We prefer to observe the prejudice and achievement that months such as African-American History months remember as daily, hourly staples in the lives of affected minorities. The history we remember in February occurred every day. Frederick Douglass and Martin Luther King Jr. did not deal with and fight against racism in just one month of the year. It was a daily struggle, and thus became their life's work.

That daily struggle makes it that much more significant. Racial prejudice still exists, but we cannot for a minute entertain the idea that it approaches the level and effects of such prejudice in the 1960s. Other taboos, too, are falling away. In November, two states legalized possession and use of marijuana, and a steadily increasing number of states have legalized same-sex marriage.

It is that same daily struggle that requires us to recall all the members of society, including the minorities or marginalized groups within it, at all times. History is written by the victors, but it does not belong to them. History belongs to those who lived it.

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Feedback policy:

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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.

Prejudice



As representatives and role models for our country's youth, the Boy Scouts of America have a heavy influence on the actions and attitudes of other children. If the Boy Scouts allow prejudicial practices to be the core of their beliefs, other children could see and follow that example.

Boy Scouts' ban outdated

There's been a piece of big news in the social issues arena recently: the Boy Scouts of America is considering ending its national ban on gay members being admitted to the organization. This a new and surprising update, considering that the group publicly reaffirmed its policy against gay members less than a year ago, in July 2012.

This statement forced the issue into the public's view; previously, few people had known about the ban. The story of Ryan Andresen, a member who was denied Eagle Scout status on account of the fact that he had recently come out, struck chords with a sympathetic society. In an increasingly progressive United States, the Boy Scouts of America's archaic views did not sit well.

It seems the organization is considering repealing the ban at last. The new policy they might institute leaves the issue up to local chapters. On the national level, they will no longer bar gay individuals from involvement, but specific troops may choose to deny gay scouts and leaders. Even though it hasn't officially been revoked yet, the potential policy change has gay rights activists celebrating all over. No matter how small or inconsequential it seems, it is a step in the right direction.

Though the act itself is good, the organiza-

tion's motivation seems questionable. It is hard to believe the group is doing it out of the goodness of its heart, considering how recently it had declared itself against gay admittance. For the organization to continue to be relevant, it had to change some of its out-dated opinions. Some of the group's sponsors even retracted their funding last year. When money starting slipping through the Boy Scouts's fingers, they realized they desperately needed a policy revision. It is no coincidence that liberal organizations have more stable funding. The Girl Scouts of America, which has had a neutral policy on sexuality for more than two decades, stays safely afloat on its generous sponsorships and supporters. Perhaps the Boy Scouts decided they needed to take a leaf from their sister organization's book.

The Boy Scouts of America are definitely helping both their image and their treasury with this small step. But that is exactly what it is: a small step. It has taken far too long for the organization to make even this change. It's 2013, a socially liberal era, and though many are disgruntled about gay marriage in the United States, most associations have done

what they can to include the gay population.

Keep in mind that the repeal of the ban will not necessarily be all-inclusive. If enough local chapters decide to keep out potential gay scouts or leaders, it will be as if nothing has changed. National public outrage has forced change on the national level. What is needed now is local-area support of gay members, to ensure that small chapters abandon their prejudices as well.

Why is it so important that the Boy Scouts of America forsakes its discriminatory ways? There are plenty of other organizations that have similar or worse prejudices. However, few groups are thought to represent America's youth as the Boy Scouts of America does.

The organization has been around for more than a century, and for most of that time, it has represented the values we want to instill in children: charity, hard work, acceptance and self-reliance. These traits are meant to help the youth grow into the American ideal of successful men. How can we trust the Boy Scouts of America to do this when it so stubbornly clings to old bigotries? Even boys who are not members of the Boy Scouts of America are influenced by the ideals they portray. By

SCOUTS.p5>>

Relationships

Marriage is just a legal matter

Many people believe marriage is a celebration of love and devotion. Others think it is a sacred contract. Some consider it an exhilarating drunken activity (looking at you, Las Vegas), and still others think of it as a death sentence of sorts.

Whatever our opinion on marriage, one thing is certain: If you're getting married in the United States, the government is involved.

The origin of the relationship between marriage and government certainly predates the United States, but holding true to tradition, we have kept that relationship strong. Marriage licenses are signed by any couple wishing to be recognized by the government as married, usually in a less-than-romantic ceremony involving a couple of dotted lines, an ID, and, here in the state of Iowa, \$35 in cash and a county recorder.

The reasons for marriage — which tends to be thought of as a rather intimate relationship — being regulated by the government are not perfectly clear. Certainly, our system of taxes allows for "benefits" to being married, mostly in terms of re-assessing economic standing.

The classic notion that "first comes love, then comes marriage, then comes the baby in the baby carriage" alludes to marriage being equated with children. Government incentives to marry, then, were incentives to procreate.

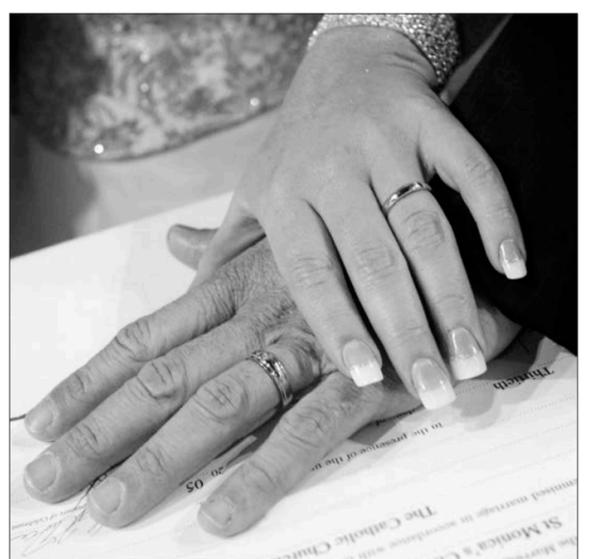


By Phil Brown
@iowastatedaily.com

Certainly, when government first became involved in the regulation of marriage, the world was a much bigger place. Overpopulation concerns were either nonexistent, or at least only on local scales.

Out of all the reasons a government could have to regulate marriage, one commonality is clear: The married couple is treated as a single entity. That is the purpose of marriage, after all. Pledging to live one's life with another is all we can really do short of surgery to become one with another human being.

Of course, the whole "for life" part is not really a requirement of the state. To government, marriage is effectively a contract declaring that two individuals wish to be addressed in many, but not all, ways as one. As with any contract, a marriage can be rescinded, although in most states this must be done before another marriage can be recognized. Government therefore has a completely legitimate interest in regulating marriages. Just as citizens of the United States have a legal name and a legal date of birth, they have a legal marriage status. In 1996, however, the federal



Courtesy photo

Because marriage is so closely tied to the U.S. government, laws regarding it should not be affected by religion. The legal aspects include documents and benefits for two people becoming one union.

government took its regulation of marriage a step further.

The Defense of Marriage Act of 1996 declared legally that no state must recognize same-sex marriages from another state, and that the federal government does not recognize same-sex marriages for both federal and international purposes. Signed into law by President Bill Clinton, who has since reversed his stance on federal recognition of same-sex marriage, the Defense of Marriage Act codified govern-

ment discrimination.

That discrimination is undeniably true, although some would argue that it is warranted. To many people in this country, it is a legitimate interest of the state to ban, or at the very least to not recognize, same-sex marriages.

Reasons for disagreeing with the idea of same-sex marriage are diverse, but most have to deal with one of three main points. First, marriage is for heterosexual

MARRIAGE.p5>>

Digital age

Dependency on technology grows for kids

Most of us have heard our parents or grandparents say "back when I was your age..." or "back in my day..." followed by a story about their childhood. I was born in 1990 and, 23 years later, I am already saying that. The world is a lot different from how it was even a decade ago, especially in terms of technology and parenting styles.

For example, in recent years children in middle school and even elementary school have cell phones, which is becoming the norm. I agree that cell phones are a necessity these days. They provide a form of safety, allow convenient communication and most phones are capable of basically being mini computers that make most jobs and schoolwork easier.

Why children who can't even drive need a cell phone and why their parents actually buy them for children of that age is beyond me. Children don't really need one to keep in touch with their parents, considering they typically live with at least one of them. They don't need a cell phone during school hours for obvious reasons, and after school they are probably going back to their house or to a friend's (in either case, there are adults present, or should be).

As for those who claim it is for emergencies, a parent should know where their kids are at all times and if they are not watching their kid, they should make sure someone is. Most of the time these kids use their cell phones to communicate with friends and rarely much else. Welcome to the digital age, where even kids can't get through life without technology.

When I was younger, my parents didn't get me a cell phone until I had a driver's license. I didn't need one prior to that. Once I started driving, they wanted me to have it in case I wrecked my car. Before that I used the ancient contraptions known as land lines and answer-

By Caitlin Ellingson
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ing machines to get in touch with people, and I didn't have the convenience of texting. Don't get me wrong, I begged for a phone like all kids my age did, but a simple "no" from my parents set me straight until I was deemed old enough.

Additionally, when I did get my first phone it wasn't a smart phone (they didn't really exist at the time), nor anything remotely that great. That actually worked out for me though, considering I accidentally ran it over with my car a year later. I was then reduced to using a hand-me-down old-school Kyocera that was so durable I personally believe it could have survived a nuclear bomb. Nevertheless, I was just happy to get a phone at all, and I didn't throw a fit that it wasn't "good enough" like many kids tend to do these days.

Most people in my generation weren't so reliant on computers and technology, which is completely different from kids today who probably wouldn't know what to do if you took them away. When I was growing up in the '90s, my sister and I hardly spent time on the computer (which was a large machine that took over the entire desk, not a laptop or an iPad), we were not glued to our cell phones, and we didn't constantly play video games or watch television.

My mother would see my sister and me sitting around and tell us to go play outside. We might have complained a bit, but in the end we were out the door and it was wonderful. Most of my childhood memories take place outside in the company of my family. As kids, we explored the jungle, which was just an overgrown acre of land behind the house. We created a "secret" clubhouse near a creek down the road that could easily be seen by passersby. We also



Courtesy photo
The growing dependence on technology of today's youth is troubling. With new technology coming out nearly every day, kids are given their first phones and computers at earlier ages.

visited the neighbors often and made strong friendships with them that didn't die because we "didn't text each other enough." We were encouraged to talk to people in person and have human interaction, not just through cell phones and the internet.

Technology is great, but it can be a necessary evil. The world as we know it today could not function without cell phones and computers, and if we took that away the world would be in chaos. But are we taking it too far when a child cannot grow up happily without technology?

Children today spend most of their time texting and playing video games, rather than experiencing the simple pleasures of the outside world or spending time with their families. If you want to know where the world is heading, then look at the youth of today and see what matters most to them.

Caitlin Ellingson is a junior in journalism and mass communication and environmental studies from Milo, Iowa.

>>MARRIAGE.p4

couples and any other use would lessen the integrity of the institution. Second, marriage was designed for procreation, and same-sex couples are in some way less effective parents. Third, marriage is a religious institution, and the government cannot interfere with religious groups.

The first two points are legitimate concerns that cannot simply be dismissed, although they can be countered, while the third point is simply nonsense. As amply described earlier, marriage is now a legal

contract, regardless of its historical implications. Any religious control of a legal institution is unconstitutional.

As far as the integrity of marriage is concerned, since the argument stems from a personal judgement, it cannot be proven wrong. It can, however, be proven irrelevant. Again, marriage is a contract. As such, any third party seeking legal standing to intervene must demonstrate a clear vested interest. Since integrity is subjective and marriage is financially 'beneficial,' it would be like McDonald's asking to ban the sale of Burger

King food on grounds that it was ruining the integrity of hamburgers.

Regardless of historic implications, marriage is a contract that now does not equate to procreation. According to a recent Economist article, 41 percent of births were to unmarried women.

With regard to parenting, an irrelevant personal judgement is again being made. In the United States, people can and are encouraged to report abusive, neglectful or otherwise unfit parents to the authorities, but it is not within the power of the state

to proactively say who can and cannot raise children.

Ultimately, just like jointly owning a corporation, marriage is a legal matter, and as such, should not be subject to the discriminatory attitudes or the belief structures of those not involved.

Phil Brown is a senior in political science, biology, and environmental studies from Emmetsburg, Iowa.

>>SCOUTS.p4

accepting the organization's policies against gay members, we allow them to spread their prejudice to a new generation.

If the Boy Scouts of America wants to continue representing the finest qualities in youth leadership, it should accept that every child deserves equality. Now that the Boy Scouts of America is considering

removing the ban against gay members, it seems the organization finally realized it. With continued social action, small steps will eventually become large, and the Boy Scouts will become what it previously was: an exemplary tradition for educating boys and young men.

Hailey Gross is a sophomore in English from Cedar Rapids, Iowa.

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'QUOTABLE':

“People recognize it some, but I think it's the most underrated arena in college basketball. Our fans continue to come out on a nightly-basis. [There was] not an empty seat in the house tonight. Even though our shots weren't falling, they continued to lift us up. Fans are a big reason why we win in this building.”

— ISU coach Fred Hoiberg on Hilton Coliseum and the crowd Saturday.

WOMEN'S BBALL:

Big 12 standings

- 1 Baylor 20-1, 10-0
- 21 Oklahoma 16-4, 6-2
- 23 Iowa State 15-5, 6-4**
- Texas Tech 16-6, 6-4
- Kansas 14-6, 5-4
- 19 Oklahoma State 15-5, 4-5
- West Virginia 12-8, 4-5
- Kansas State 12-9, 3-6
- Texas 9-11, 2-7
- TCU 7-13, 0-9

MEN'S BBALL:

Big 12 standings

- 2 Kansas 19-2, 7-1
- 18 Kansas State 17-4, 6-2
- Oklahoma State 15-5, 5-3
- Iowa State 15-6, 5-3**
- Oklahoma 14-6, 5-3
- Baylor 14-7, 5-3
- West Virginia 10-11, 3-5
- Texas 10-11, 2-6
- Texas Tech 9-10, 2-6
- TCU 9-12, 0-8

BY THE NUMBERS:

78.5

The ISU men's basketball team is averaging 78.5 points per game.

5

Hallie Christofferson has five double-doubles on the season.

3:40.73

The women's 4X400-meter relay ran a 3:40.73 for second place.

12

The ISU men's basketball team is 12-0 so far this season at Hilton Coliseum.

SPORTS JARGON:

Ball screen

SPORT:

Basketball

DEFINITION:

A ball screen is when an offensive player sets a screen, or a pick, for another offensive player who has the ball in their possession.

USE:

Georges Niang set a ball screen for Korie Lucious and rolled to the basket.

Men's basketball

The Will to win



Photo: Huiling Wu/Iowa State Daily

Senior Will Clyburn drives to the basket during the 79-71 win against Baylor on Saturday at Hilton Coliseum. Iowa State fell five 3-pointers below its season average but still won.

Iowa State defeats Baylor despite lack of 3-pointers

By Alex Halsted
 @iowastatedaily.com

When the 3-pointers rolled around the rim and clanged off the side, the Cyclones were forced to adjust.

The biggest weapon for Iowa State (15-6, 5-3 Big 12) rarely fell through the net Saturday, yet it still found a way to adjust to beat Baylor 79-71, extending its winning streak at Hilton Coliseum to 19 consecutive games.

The win came on the heels of a two-point loss to Oklahoma State on Wednesday and kept the Cyclones in the Big 12 race as one of four teams tied for third in the conference.

“This was a huge game for us,” said ISU coach Fred Hoiberg. “Our guys battled back once again, and they’ve continued to do that throughout this year.”

The task became more difficult as Iowa State went 0-for-10 beyond the arc in the first half. The Cyclones entered the game leading the Big 12 in 3-pointers with an average of 9.3 per game.

Baylor (14-7, 5-3) put focus on denying 3-point attempts from Iowa State, but ultimately the team's shots simply couldn't find the bottom of the net.

“Some nights you don't make some shots and they probably missed some open ones,” said BU coach Scott Drew. “For the most part, we tried to make sure that we contested them as good as we could.”

Three more 3s failed to drop in the first 2:10 of the second half before forward Georges Niang put one through on the team's 14th attempt of the night with 16:40 remaining in the game. The Cyclones ended the night 4-of-24 on 3-pointers for a 16.7 shooting percentage.

That mark fell five 3s below Iowa State's season average, but it wasn't enough to hinder the team.

“It's just a part of basketball,” said ISU guard Will Clyburn. “Your shots aren't always going to fall.

WILL.p7>>

Streaks continue for ISU

The win Saturday extended the ISU men's basketball team's home winning streak at Hilton Coliseum to 19 consecutive games. The streak is now the seventh-longest active streak in Division I basketball. One other streak was also extended as Baylor failed to win at Hilton yet again. The Bears are now 0-11 all-time at Hilton dating back to 1988.



Photo gallery:

Check out photos from this weekend's men's and women's basketball games at iowastatedaily.com/sports



Iowa State
 (15-6, 5-3 Big 12)



Oklahoma
 (14-6, 5-3 Big 12)

Where: Hilton Coliseum

When: 6 p.m. Monday

Media coverage: ESPN (TV), Cyclone Radio Network (Radio), iowastatedaily.com

Notes:

- Iowa State and Oklahoma are two of four teams currently tied for third in the Big 12 with 5-3 records in league play.
- The Cyclones swept the two-game series with the Sooners last season.

Women's basketball



Senior posts step up, motivate Iowa State to sweep Texas Tech

By Dylan Montz
 @iowastatedaily.com

Life on the bench can make players pretty anxious.

That's what forward Chelsea Poppens and center Anna Prins learned in No. 23 Iowa State's 67-52 win against Texas Tech on Saturday at Hilton Coliseum.

Poppens was benched for six minutes while Prins was benched for four into the first half due to receiving two fouls each. The absence of the senior leaders was noticeable on the offensive end as the Cyclones (15-5, 6-4 Big 12) shot just 38.1 percent from the floor.

“You're worried about your team because, believe me, I'm not very good and I'm really not good when our two best post players aren't playing,” said ISU coach Bill Fennelly on having Poppens and Prins on the bench. “And you feel bad for them because they're seniors, they want to play so badly, and they want to do something right.”

“The other thing you worry about is are they even going to be able to get it going again? That's a long time to sit, but they stayed in the game. They were

SENIORS.p7>>

Lady Red Raiders struggle shooting

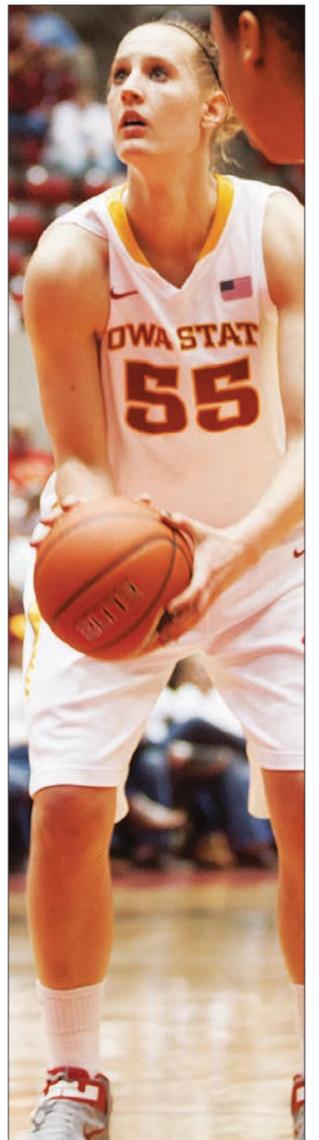
For a team that has an average 40.5 percent field goal percentage this season, Texas Tech struggled to find any offense in the second half against Iowa State on Saturday.

The Lady Red Raiders shot just 21.4 percent from the field in the second half and 28.8 percent for the game. TTU coach Kristy Curry feels it was just an off night for shooting rather than a problem with matchups.

“I think we were as cold in here as it is outside,” Curry said about the shooting woes. “If you go back and look and were charting like we were, we just missed a lot of open looks. I don't think it was anything [they did] necessarily.”

Forward Chelsea Poppens mentioned after the game that Iowa State did switch defenses at halftime to try and give a different look on offense and exploit any size differences it could.

“We played quite a bit of zone [defense] in the second half,” Poppens said. “Mainly to help keep us out of foul trouble and it worked for the most part. Just the fact they couldn't drive as much and there were more bodies down there, it just kind of limited their drives in.”



Photos: Suhaib Tawi/Iowa State Daily

Senior Chelsea Poppens, left, dribbles the ball down the court, setting up a play in the 67-52 win against Texas Tech on Saturday at Hilton Coliseum. Senior Anna Prins, right, focuses on making a free-throw shot Saturday.

Wrestling

Early wins not enough to secure Cyclone win

Iowa State falters against No. 2 Oklahoma State

By Jake Calhoun
@iowastatedaily.com

The fuse was lit early for the ISU wrestling team, but that didn't mean much against the No. 2 team in the country.

Iowa State (6-4, 1-2 Big 12) had a 6-3 lead against No. 2 Oklahoma State after three matches but lost three straight en route to a 25-9 dual loss.

"Our guys, they're going out there and they're fighting," said ISU coach Kevin Jackson. "They're fighting and that's all we ask because eventually their skill level will take over."

After a close 3-1 loss by No. 20 Tanner Weatherman to No. 1 Chris Perry at 174 pounds, Boaz Beard lit said fuse with his upset of No. 10 Chris Chionuma at 184.

Beard's counterattacks worked to fruition in the match, allowing him to take advantage of Chionuma's positioning after failed shots to his legs.

Thirty seconds into the third period, Chionuma nearly secured the takedown position with Beard on his back while trailing 5-1. However, Beard was able to keep his cool.

"He tried to hit a lateral drop on me and for a

Varner honored at intermission

Former ISU wrestler Jake Varner was honored at intermission of Iowa State's 25-9 dual loss to Oklahoma State on Sunday. Varner became the sixth ISU wrestler to win an Olympic gold medal after winning the 96-kilogram (211.5-pound) freestyle wrestling title last summer in London. In commemoration for his medal, a banner was unfurled in the rafters at Hilton Coliseum.

Varner was a four-time NCAA finalist and two-time 197-pound national champion in his time at Iowa State. He recorded an all-time collegiate record of 121-10, which included his 31-0 senior campaign in 2009-10.

second I thought he was going to get me," Beard said of that moment. "I wrestled through the position and ended up on top scoring."

Another upset carried the Cyclones to a 6-3 lead, as Kyven Gadson turned in his second win against a higher-ranked wrestler this weekend.

At 197 pounds, Gadson took down Rosholt with seven seconds remaining in regulation to win 3-1 two days after he defeated No. 7 Jake Meredith of Arizona State by a 9-1 major decision.

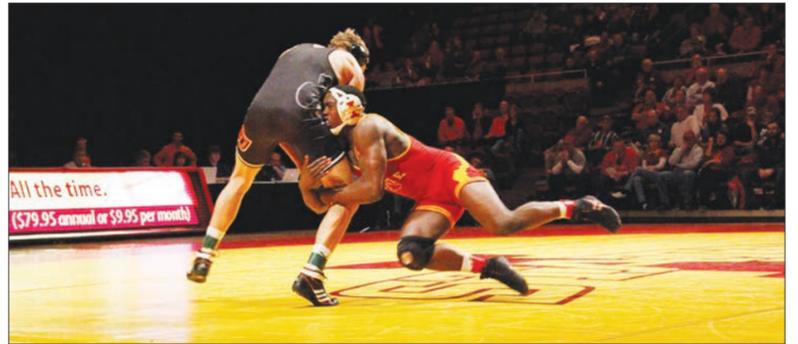


Photo: Jonathan Krueger/Iowa State Daily

Redshirt sophomore Kyven Gadson attacks Oklahoma State's Blake Rosholt's legs Sunday at Hilton Coliseum. Gadson won his match 3-1 in the Cyclones' 9-25 loss to the Cowboys.

"Actually I don't even know what happened," Gadson said of takedown. "Boaz told me that I did a reshot, so I guess I just was reacting."

Shoulder issues were plaguing Gadson early on, making him more cautious and less willing to take shots during the early moments of the match.

"He hasn't told me he's not all right," Jackson said of Gadson. "I know he tweaked it a little bit on Friday ... but I just think every now and then the lack of matches just kind of rears its head for Kyven."

Matt Gibson was primed for overtime against No. 3 Alan Gelogaev at heavyweight when he notched a takedown to tie the score 5-5 in the closing minutes of regulation.

However, the officiating crew ruled that since Gelogaev had a hold on Gibson's ankle, the takedown could not be awarded until he officially let go with eight seconds remaining. Because of this, Gelogaev maintained his one-

minute riding time advantage to earn the deciding point.

"We thought Matt Gibson should have gotten the takedown," Jackson said. "If he would have gotten a takedown seven seconds before they called it, we erase the riding time, we go into overtime and we're on a little bit of a roll. I mean, we're making a comeback and we see the momentum shifting."

Gibson's loss was the first of three that propelled the Cowboys (13-0, 3-0) to a 16-6 lead that killed momentum following an injury default by John Meeks at 133 pounds.

Jackson said Meeks has a leg injury, but declined to divulge any more information.

"Once I noticed that he was 100 percent, I pulled him out of there," Jackson said. "We need him for the rest of the year, but he's a kid that wanted to wrestle so bad and we thought we were in a position to possibly get an upset in the dual and in that match."

>>SENIORS.p6

talking to their teammates and trying to help."

In the second half, Poppens attempted to make up for time lost in the first half, getting a layup 12 seconds into the period and bringing the Cyclones within two points of the Lady Red Raiders (16-6, 6-4).

Poppens would go on to help the Cyclones lead with 18 points while putting in nine rebounds. Prins also bounced back and ended with 12 points and five rebounds.

"I think the second half, we played about as well as we could play," Fennelly said. "To only be down four at half-time with our

two senior post players basically sitting on the bench, and were assistant coaches the first half, I thought those two played like seniors."

With the 78-75 overtime loss at Kansas still fresh in her mind, Poppens knew this game was important to come out with energy, especially at home.

"I know, for me at least, I was ready to get on the court and make up for those mistakes that I personally made the last game," Poppens said. "I think that goes for everybody. Everybody just wants to get in there and give a better effort than they did the previous game."

Without Poppens and Prins in the first half, junior forward

Hallie Christofferson tried to hold the team together as she tallied 11 points in the period on 4-of-6 shooting while playing all 20 minutes.

At half-time, Christofferson sensed that everyone on the team knew exactly what they needed to do coming out of the break, and she wasn't worried that the team wouldn't be able to execute in the second half.

"The seniors knew they couldn't make those silly fouls," Christofferson said. "We knew we had to take care of the ball more and we only had five turnovers the second half. We knew they were short on the inside so we could definitely get the ball in and give the posts some work in there."

>>WILL.p6

So you have to try to get to the free-throw line, try to get something inside."

Clyburn led Iowa State with 28 points and 10 rebounds for his sixth double-double of the season. The senior scored 17 of his points in the second

half to help lift the Cyclones and was helped by Niang, who scored 17 points in the win.

In all, three of the team's 3-pointers came from Clyburn, who Drew said "went to the NBA-and-beyond line" in the second half.

Iowa State adjusted to the lack of 3s by getting to the free-throw line. The Cyclones went

25-of-30 from the charity stripe.

"When your shot isn't falling you talk to your guys about attack," Hoiberg said. "[Baylor was] switching some ball screens and I thought we did a good job taking advantage of the mismatch either getting it in the post or driving it past their bigs."

The adjustments helped Iowa State keep pace in the Big 12 without its biggest weapon, and that was fine with Hoiberg.

"It's a great sign," Hoiberg said of winning despite a lack of 3s. "Great teams find a way when your shots aren't falling."

"We found a way tonight."




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- Best sit down restaurant _____
- Best outdoor dining _____
- Best BBQ _____
- Best salad _____
- Best burrito _____
- Best frozen yogurt _____
- Best buffet _____
- Best late night deal _____
- Best place to take a first date _____
- Best carry out or delivery food _____
- Best fast food _____
- Best place to get lunch for under \$10 _____
- Best place to get breakfast _____
- Best place to get a late-night meal _____
- Best place to get sushi _____
- Best place to get a burger _____
- Best place to get Asian _____
- Best place to get Mexican _____
- Best place to get Italian _____
- Best sandwich shop _____
- Best bakery _____
- Best chicken wings _____
- Best pizza _____
- Best french fries _____
- Favorite drunk food _____
- Favorite healthy snack _____
- Best ice cream _____
- Best restaurant service _____

Fashion and Beauty

- Best place to get a spray tan _____
- Best place to get a tan _____
- Best place to get a wax _____
- Best women's apparel store _____
- Best men's apparel store _____
- Best salon _____
- Best barber shop _____
- Best nail salon _____
- Best place to buy jeans _____
- Best place to buy Iowa State gear _____
- Best jeweler _____
- Best consignment store _____

Lifestyle

- Best bank _____
- Best property management _____
- Best grocery store _____
- Best place to get your car serviced _____
- Best gas station _____
- Best car wash _____
- Best tattoo parlor _____
- Best place to get flowers _____
- Best wireless provider _____
- Best internet provider _____
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- Best place to get your oil changed _____
- Best outdoor store _____
- Best new business _____
- Best off-campus apartment _____
- Best party supplies _____
- Best car dealership _____
- Best tire shop _____

The 4-1-1

- Best house for house parties _____
- Best place to have sex _____
- Best place to gossip with friends _____
- Best place to "people-watch" _____
- Best thing to happen to Ames in past year _____
- Best place to buy a mattress _____
- Best place to buy electronics _____
- Best printing service _____

Nightlife

- Best bar for karaoke _____
- Favorite bar for dancing _____
- Best bar to hang out with friends _____
- Best sports bar _____
- Best place to hear live music _____
- Best drink special _____
- Best beer selection _____
- Best bartender _____
- Best bar _____
- Best movie theater _____

Campus

- Best place to nap on campus _____
- Best ISU tradition _____
- Best residence hall _____
- Best dining center _____
- Best ISU sports team _____
- Best class to take at ISU _____
- Favorite professor _____
- Best place to get school supplies _____
- Best place to get art supplies _____

Health and Fitness

- Best overall fitness center _____
- Best golf course _____
- Gym with the hottest guys _____
- Gym with the hottest girls _____
- Best place for dentistry _____
- Best place to visit a chiropractor _____
- Favorite fitness class _____
- Favorite fitness instructor _____
- Best healthcare center _____
- Best bike shop _____
- Best place to get a massage _____

Drinks

- Best cafe _____
- Best place for happy hour _____
- Best place to get margaritas _____
- Best "hole-in-the-wall" bar _____
- Best liquor Store _____
- Favorite beer _____
- Favorite mixed drink _____
- Favorite wine _____
- Best coffee shop _____

Form Drop Off Locations

- MU main lounge(near post office)
- MU east student office space
(across from Panda Express)
- Parks Library(1st floor near stair-well)
- the Daily (108 Hamilton Hall)

Style

ISD IOWA STATE DAILY

FASHION

Layer On Up Don't let snow stunt style

By Kaylee DeLacy
ISD Style Writer

With the weather constantly dipping from the upper forties to subzero conditions, it's no wonder women have so much difficulty picking out what to wear to class each day. Even if you're not a stranger to the dramatic Iowa winters, it still can be challenging to dress stylish when there is a weekly winter storm warning.

Yes, it may be tough being a fashionista in the Midwest in February, but there are still plenty of ways to turn some heads while staying toasty warm! With the help of a few of your seasonal staples, you'll be able to whip up a winter-friendly ensemble!

To be a warm fashionista in Iowa, it is a necessity to own at least one pair of really great sweater tights, a few pairs of full-length leggings, a sturdy pair of leather boots and mix and match knit accessories.

The key to looking fierce in the furrries is to put your base clothing on, then layer up! For a base layer, start out with a pair of solid leggings and a long sleeve thermal tee.

From here, you put on the essentials: sweater tights, leg warmers, boots, and a thick, cable-knit sweater. Pick a neutral pair of leggings which won't be noticeable under your cozy sweater tights. Kohl's has a really great selection of sweater tights at extremely affordable prices. The Simply



Photo: Brenna Lyden/ISD Style

Keeping fashionable when it's freezing is no easy task, but start with a base layer and add on stylish accents for a cool look every time. Sweater tights, leg warmers, boots and a cable-knit sweater are recommended this season.

Vera by Vera Wang collection is of excellent quality, with fashion forward patterns and designs.

Put on some thick wool socks, slouchy leg warmers, and lined leather boots to round out the bottom half

of your winter ensemble. If you're on a budget, we understand. Zappos always has a wide variety of genuine leather boots for as low as \$40 that will keep you warm, while putting your best foot forward.

For the top half of your outfit, try a heavy sweater with a flowing skirt or a knee length sweater dress. Either option will block the wind, while still giving you the comfortable-yet-cute vibe that you're striving for.

Personally, we love Old Navy's sweater dresses. Their charcoal cowl-neck dress flatters without adding unnecessary bulk at only \$31.

Now that you're fully dressed for class, it's time to get ready for the chilly campus. Here is where many ladies tend to stumble. Many women put on a stylish outfit and completely fall flat by putting on a large, not to mention ill-fitting, ski jacket. Don't get us wrong, ski jackets may be warm, but a pea coat is too, and it's an excellent alternative to looking like you took a wrong turn on your way to the 2014 Winter Olympics.

When shopping for a winter pea coat, don't be afraid to splurge a little. A pea coat is an essential item for at least three months of the year that you will wear daily. Try to get one that is fully lined, comfortable, and long enough to cover your hips.

This is an excellent time to buy winter apparel, since most retailers are clearancing outerwear for the upcoming spring lines. If you're on a budget, try American Eagle's olive double-breasted, notched-lapel coat. It's chic, fully-lined, and practical. You can find it at select stores and on their website for a discounted price.

Once you've put on your coat, go all out with your winter accessories. Put on a pair of fun mittens, a warm scarf, and some furry ear muffs to complete your look. Get ready, get cute, and go brave the cold in style.

DESIGNER

Prabal Gurung comes to Target



Photo courtesy of Target

A model shows off a Prabal Gurung blouse and skirt, \$29.99 each, and pumps, \$39.99.

By Ian Laughead
ISD Style Writer

Unlike around campus, springtime is blooming at Target. Prabal Gurung, the high-fashion designer behind dresses for first lady Michelle Obama, has created a line for the cheap-chic store due out Feb. 10.

Gurung was inspired by love and all the shades of a romance, from the first kiss to the steady relationship, and these clothes, unlike his mainline, cater to the everywoman.

Kaleidoscope-printed sleeveless shirts dotted with orchids in tropical tones, \$26.99, complement the colorful skirts in cerulean or yellow-green.

Even with full, peplumed tops bursting with technicolor

roses, simple ankle-strapped sandals in a rainbow of variations seem the freshest and easiest add to any wardrobe, a shoe staple for under \$40 if we've ever seen one.

Gurung's color-blocked twinsets in blues and corals are an updated take on a classic, and can be styled up with a belted skirt or down with a pair of dark wash denim.

Other items, however, are fashion with a capital F, including a blazer sprinkled with printed flowers, \$49.99. They make a definite statement.

Gurung collaborated with Target in another project, the recent Neiman Marcus holiday line, which was widely criticized for high prices and lackluster style. This attempt, however, is making us crazy already.



Photo courtesy of Target

A model wears an outfit designed by Prabal Gurung and available at Target. The dress is \$49.99, and the pumps are \$39.99.

ACCESSORIES

Skip the hat-hair: our favorite winter headband solution

By Elizabeth Krugler
ISD Style Writer

Avoiding the dreaded cold-weather hat hair? Try sporting a chunky knit headband. They are a chic alternative to the original stocking hat in the winter.

While these cold temperatures make it increasingly hard to look cute and stay warm, wearing one of these knit headbands can help you do both.

They are offered in different styles whether you are going for a sporty or even a more fashionable look. These headbands come in various colors, sizes, and materials perfect for all different personalities — some even have knitted rosettes attached!

These chic headbands are perfect for wearing hair up or down. Use a narrow band for hair with bangs to allow them to peak through. But for longer hairstyles, try going for a wider band to allow the rest of your hair to frame your face.

Knitted headbands can be found at various places all at affordable prices. The crafty website Etsy offers a range of different colors and styles, all from different knitting artisans.

These headbands are also available at kiosk locations in numerous malls.

Whether it is dressing up a simple outfit or simply attempting to stay warm, these knitted headbands are a standout head warmer for this winter season.



Photo: Huiling Wu/Iowa State Daily

Chunky knit headbands are a great stylish option for keeping your head warm in the frigid Iowa winter. They come in many different styles, colors and sizes.



Photo: Huiling Wu/Iowa State Daily

Knit headbands are reasonably priced and available for purchase in malls, local stores and even on the website Etsy, where people sell goods they make themselves.

F A S H I O N
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D E C O R

Portobello Road

WHAT ARE YOU WEARING?

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ANNOUNCEMENTS

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Bar tender needed evenings and weekends. Apply at the American Legion, Ames, 225 Main Street.

SWEDISH! Need a translator from Swedish to English. Old person making Swedish contact. Contact Bob or Sharon Jensen 515-733-4262 REWARD!

Ballard Schools. Immediate need: Head girls' soccer coach (2013) Assistant soccer coach (2013) For 2013-2014 head volleyball coach Gr. 9 volleyball coach. Go to www.ballard.k12.ia.us for appl. EOE Earn \$1000-\$3200 a month to drive our new cars with ads. www.DriveCarJobs.com

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Sorority Seeking Cook Iowa State Sorority is seeking a new cook for 62-120 chapter members. Duties include cooking, meal planning, budgeting and overseeing smooth operation of kitchen and waiters. Salary dependent on experience. For more information call Jami at (515) 554-8642.

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Sublessee needed IMMEDIATELY. 1-bedroom apartment February through end of July. \$530/month plus electric/gas. Westward Apartments managed by RESGI. Call Jennifer 224.383.5347.

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Lost item: red ISU polyester pullover coat. Lost between Insectary building and Lot 34. Small reward if found (515) 707-2087.

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Fun & Games

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Fun Facts

The View-Master was originally for adults. The device was used to help soldiers recognize ships, planes, and artillery from afar.

Antarctica gets very little snow, so why is there snow on the ground? Because the snow that does fall on the continent never melts.

The popular dice game known as Yahtzee was created by a Canadian couple who played it aboard their yacht — hence the name.

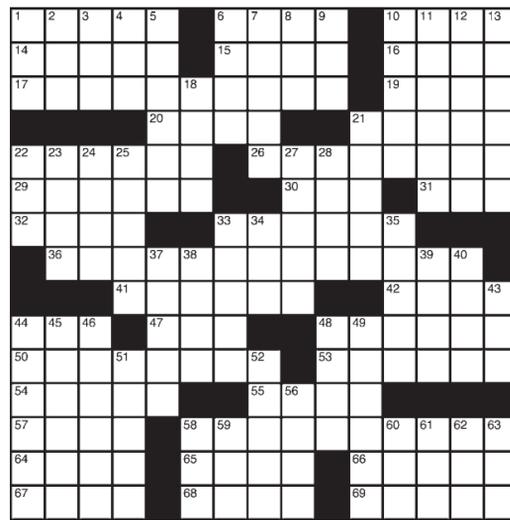
Adolf Hitler was Time Magazine's Man of the Year for 1938.

While Antarctica is very cold, it's not all ice and snow. About 1,200 square miles of the continent are made up of "dry valleys" where mountains and ridges keep out any precipitation.

The United States Merchant Marine Academy is the only U.S. military academy to lose students in a time of war. 142 students died during WWII.

The first private detective agency was established in 1833 by Eugene Francois Vidocq, a former fugitive. He used his extensive knowledge of the Parisian underworld to become a master criminologist. Vidocq was a pioneer in the use of surveillance and disguise, ballistics, card-index record keeping, and was the first to use plaster-of-paris to take impressions of shoe prints.

Crossword



Across

- 6 Mocking remark
- 10 ___ team: police crisis unit
- 14 With good cheer
- 15 Airline to Tel Aviv
- 16 Hawaiian seaport
- 17 High-performing Wall Street investment
- 19 Giggly Muppet
- 20 "He's ___ no good"
- 21 Distribute in portions
- 22 Resume the original speed, in music
- 26 Salmon, trout, cod, etc.
- 29 Double-check, as in a lab
- 30 Netherlands airline
- 31 Farm pen
- 32 Sp. maiden
- 33 Like the area under an awning
- 36 Big day for a new store, or an apt description of each part of 17-, 26-, 50- and 58-Across
- 41 Giorgio of fashion
- 42 Per ___: daily

- 44 Ship's pronoun
- 47 Have the flu
- 48 Scrabble 10-pointers
- 50 Past all major obstacles
- 53 Borgnine who did voice work in "SpongeBob SquarePants"
- 54 Fowl pole
- 55 Swim meet assignment
- 57 Stops hedging
- 58 Unifying connection
- 64 Beekeeper played by Fonda
- 65 Throat-clearing sound
- 66 Ready for bed
- 67 Fathers
- 68 Bull in a corrida
- 69 Popular toaster waffles

Down

- 1 British sports cars
- 2 ___ de toilette
- 3 Tear at the seam
- 4 NFL's Browns, scoreboard-style
- 5 Pancake toppers
- 6 Rocker Joan
- 7 Emotionally detached

- 8 Gp. providing campaign funds
- 9 Fraternal society member
- 10 Knickknack holder
- 11 "The Sixth Sense" star Bruce
- 12 "Close, but no cigar"
- 13 Like Alfred E. Neuman's grin
- 18 Dalmatian feature
- 21 Product pitchers
- 22 ___ gratia artis: MGM motto
- 23 Contract period
- 24 James or Jones of jazz
- 25 Stiller's comedy partner
- 27 Giraffe cousin
- 28 Merrie ___ England
- 33 Like dry bread
- 34 Sugar substitute?
- 35 Bumped off
- 37 "Make today delicious" food giant
- 38 Mideast chieftain
- 39 Luxor's river
- 40 Thousands, to a hood
- 43 Denver hrs.
- 44 Turin treasure
- 45 Fanfare
- 46 Gushed on stage
- 48 Stoicism founder
- 49 Thirty, in Montréal
- 51 Double curves
- 52 Toondom's Fudd
- 56 Gun filler
- 58 Calico pet
- 59 "Well, well, well!"
- 60 Sizable
- 61 URL ender for a charity
- 62 Prefix with natal
- 63 Cavity filler: Abbr.

Friday's solution

Z	E	L	D	A	A	C	C	T	O	N	E	D
I	L	I	A	D	R	I	O	R	O	N	O	
P	A	T	R	O	L	M	A	N	P	A	T	E
S	L	A	T	L	O	O	F	A	C	T	O	R
S	T	A	R	T	H	E	N					
A	H	S	A	M	P	A	N	E	E	E	L	
R	A	T	E	B	A	L	L	S	O	F	F	I
I	D	O	L	A	G	T						
E	A	R	L	I	N	T	E	R	R	I	U	P
S	T	I	M	A	E	O	A	R	A	S	S	
L	A	I	R									
R	A	I	D	S	C	H	O	O	L	A	S	I
U	L	N	A	S	A	R	M	S	T	R	O	N
S	I	E	G	E	L	E	E	A	L	I	T	O
T	A	S	E	D	F	O	R	Z	E	R	O	G

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

Friday's Solution								
5	7	1	6	9	3	4	8	2
9	8	6	2	4	1	5	7	3
3	4	2	5	8	7	6	1	9
1	2	4	8	6	5	9	3	7
8	9	7	1	3	4	2	6	5
6	3	5	9	7	2	8	4	1
7	1	9	4	5	6	3	2	8
4	5	3	7	2	8	1	9	6
2	6	8	3	1	9	7	5	4

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

(02.04.13)
Fun and romance blossom like early spring flowers. July and December are ripe for career advancement this year. Explore promotional opportunities around April; June's great for launching. Keep to your financial plan, and your status rises through community participation. 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 -- Travel at your own risk. News affects your decisions for the next two days, so remain flexible. Don't stress; keep studying. Cut the fluff. Keep a low profile.

Taurus

(April 20-May 20)
Today is a 9 -- Appearances deceive, and changes require budget revisions. Craft inspiring goals that push the boundaries of what you consider reasonable. No boredom allowed.

Gemini

(May 21-June 20)
Today is an 8 -- Vivid feelings and expression of love occupy you for awhile. Good judgment is still required. Keep your home clean to avoid an

argument.

Cancer

(June 21-July 22)
Today is an 8 -- The next few days get busy. Don't spend over budget, speculate or take financial risks. Discipline is required. Get team opinions before committing. A wide perspective sees farther.

Leo

(July 23-Aug. 22)
Today is an 8 -- Romance blossoms, but there could be difficulties, like temporary confusion or misunderstanding. Ignore insubstantial irritants and advise your partner to do the same.

Virgo

(Aug. 23-Sept. 22)
Today is a 9 -- Change takes time. Plan a project privately without rushing. No detail is too small. Research the full story and impress an elder. Score extra points for flair.

Libra

(Sept. 23-Oct. 22)
Today is an 8 -- Request copies of missing documents. You'll find it easier to concentrate. Stick with what you have. Relax and enjoy it.

Scorpio

(Oct. 23-Nov. 21)
Today is a 9 -- Morale gets

a boost. Others buy in to your plans. Don't fuss about something that doesn't fit expectations. Often it's better (although disguised).

Sagittarius

(Nov. 22-Dec. 21)
Today is a 7 -- Take a solitary walk. Answers raise new questions. Provide comfort. Heart and mind are in sync today and tomorrow; let practical optimism guide. An old love blossoms anew.

Capricorn

(Dec. 22-Jan. 19)
Today is an 8 -- Watch for surprises, and keep secrets. Work through some old business. Figure out what you really have together. The possibility of error is high.

Aquarius

(Jan. 20-Feb. 18)
Today is an 8 -- Guard against being impetuous, and hold your temper. Keep following your dream, and do what you promised. Set up a meeting, but don't show excitable folks unfinished work.

Pisces

(Feb. 19-March 20)
Today is a 9 -- There's a test or challenge coming up. Get quiet to find your focus. Determine priorities. New information dispels an old fear. Amazing results are possible.

watch for our

VALENTINE'S EDITION

Your guide to planning the perfect Valentine's Day

ON STANDS FEBRUARY 7th

IOWA STATE DAILY

Health

Students advised to be aware of detox diets

By Juliann Finn
@iowastatedaily.com

Celebrities praise detox diets that changed their life drastically for the better, but students should be aware of the dangers before attempting any diet of this caliber.

One of the more popular detox diets is the lemon water detox. Drinking only water with a hint of lemon juice for 168 hours could be potentially harmful. It is attracting the attention of young women in the search for perfection.

"I'm not aware of any proven benefit to a detox diet and I can't understand why a treatment such as this would be helpful," said Dr. Carver Nebbe, physician at Thielen Student Health Center physician.

The word cleanse implies a purification of the body; however this new fad can have some major nutritional drawbacks.

"It could cause some fatigue and you might find yourself feeling quite hungry," Nebbe said. "I would not recommend it for a diabetic or person with another major chronic medical problem."

In some cases it can cause nausea, dizziness and a low immune system.

"I can see how it would result in some short-term weight loss, but long-term weight loss with these methods would be really hard to maintain because of the major changes in diet," Nebbe said.

Make sure that before you decide to jump into any sort of cleanse or diet it is always good to get advice so that you are informed of any drawbacks.

"It's not a bad idea to get input from someone who knows a bit more about evidence and drawbacks," Nebbe said. "Many physicians likely don't know a lot about these treatments since they are not medically based or FDA approved."



For more info:
View the story in its entirety at:
iowastatedaily.com/news

This, however, immediately will raise concerns in the minds of most physicians."

Another draw back is the cost associated with this type of diet.

"It's likely to cost a fair amount of money for the shakes and other products marketed with these cleanses," Nebbe said.

Fitness companies all across the United States have jumped on advertising drinks and vitamins that make you shed pounds. The most effective way is simple, the same things that students have been hearing about since grade school: fruits, vegetables and exercise.

"If a person is able to change and maintain their diet to a low-fat, high-fruit-and-veggie diet, they may lose weight and maintain that weight loss. But I'm not sure that I see the benefit of the enemas or the fad shakes that go along with it," Nebbe said.

Being fit is not a one-week dedication but a lifetime. When it comes to healthy dieting, there are certain ways in which one can safely cut calories.

"This depends a lot on the person and their activity level," Nebbe said.

In the diet process, every individual person is unique and has their own needs. It is good to talk over goals and the process of your weight loss with a professional.

"I do a lot of counseling on this, but definitely tailor it [dieting] to the person," Nebbe said.



Courtesy photo

Lemon water detox diet has major nutritional drawbacks including fatigue, nausea and dizziness. Thielen Student Health Center physician Dr. Carver Nebbe suggests that this diet may not be the most efficient way to lose weight.



Courtesy photo

Seven rules to assist you with your weight management

#1 Eat three meals a day

People who eat breakfast are thinner! Skipping breakfast slows your metabolism and makes you more prone to binge and stress eating.

#2 Eat 1/3 of your total calories at each meal

Calculate your basal metabolic rate and consume only what you need. Basal metabolic rate is your basal energy expenditure plus your exercise expenditure.

If trying to lose weight, figure your basal metabolic rate and subtract 500. This will result in sustainable weight loss.

#3 Understand your hunger

Hunger between meals means you may need to include more fat or protein. Make sure you getting all your

calories and not waiting more than 6 hours between meals.

Post-meal hunger means you may need more carbohydrates or to eat more slowly.

#4 Sleep eight hours per night

Eight hours is very important, allowing for four sleep cycles and appropriate production of leptin, the satiety hormone, which helps to control eating during the day.

#5 Exercise 30 minutes or more per day

Preferably vigorous cardiovascular exercise. Any exercise is good, but not all exercise is created equal.

#6 Take care of yourself!

Other problems can make it harder to lose or maintain weight and need

to be addressed. These include:

- Stress
- Depression, anxiety and other mental health problems
- Substance and alcohol abuse
- Pain and physical disability

#7 Never stop

This is a regimen that will help establish a healthy body for life, but it needs to be followed for life.

Living according to these rules is as important for depression, anxiety, concentration and memory issues as for weight maintenance.

Adapted from: Burstain M.D., Todd. "Treatment of Obesity." 37th Annual Refresher course for the Family Physician. Iowa City, Iowa. April 6, 2010



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