



Woman dies in Ames house fire

By Alex Connor
@iowastatedaily.com

A woman is dead after a house fire in Ames just after 10 a.m. Wednesday, according to the city of Ames.

Ames firefighters were dispatched to the house at 1214 Orchard Drive after receiving an alert from an automatic smoke alarm at

the residence, which was monitored by a fire alarm company, according to a press release.

After Ames Fire arrived, firefighters noted smoke from the home, and the alarm was upgraded to a working structure fire, according to the city of Ames.

Firefighters rescued the woman from the home and extinguished the fire. She was then transported by ambulance to Mary Greeley

Medical Center, where she later died.

The woman, whose name has not been released pending the notification of her family, was the only one home at the time of the fire.

"Our condolences go out to the family of this victim," Deputy Chief Rich Higgins said in a press release. "While we arrived quickly on the scene, we had hoped for a

different outcome."

While the cause of the fire is still being investigated by the State Fire Marshal and the Ames Fire Investigation team, the fire was ruled accidental, according to the city of Ames.

The damage from the fire is estimated at \$85,000, according to the city of Ames, and is believed to have started near a chair in the living room.

Connecting Iowans: ISU legacy

By Haley Knudsen
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Iowa State would not be the institution it is today if it weren't for land parcels granted by the Morrill Act in 1862.

The purpose of the Land Grant Legacy project is to bring together stories that Iowans have forgotten or never knew — stories about generations of Iowans as lifelong learners and innovators.

Abraham Lincoln signed the act that gave public land to states, including Iowa, to fund colleges for agriculture and mechanic arts. The western portion of Iowa had not been settled yet, which allowed land to be leased and sold to fund the public institution, Iowa Agricultural College.

Iowa was the first state to accept the land grant act. Wileta Klein, advancement specialist in the extension and outreach program, takes pride in Iowa State on being first for many things. She explained how land-grant universities were founded on three principles: higher education should be open to all, universities should teach practical subjects and universities should share knowledge with people throughout the state.

Now, more than 150 years later, Iowa State University is discovering where these parcels are located, deepening the connection the university has with the citizens of Iowa.

"Our legacy is forward thinking," Klein said. "Iowans are people ahead of their times, people with common sense, people determined to make life better for others."

Cathann Kress, vice president for extension and outreach, works with community members across the state of Iowa, benefiting more than one million people each year. An Iowan had recently inherited his family's farm and inquired to the department if his land was a parcel used to fund the university, which started the Land Grant Legacy project.

"Our land-grant mission means we not only provide the university's resources and education and research for the students who are here on campus, but also for citizens throughout the state," Kress said.

The news that these land parcels exist sparked a state-wide scavenger hunt. Moving forward, Kress hopes to keep confirming all of the parcels and continuing to gather the stories of those who have lived on the land for generations.

"The main thing we are trying to do is connect with Iowans," Kress

LAND GRANT p4



Katy Klopfenstein/Iowa State Daily

Afton Clark, a dispatcher at the Ames Police Department, on Friday. Clark described the job as being a really good waitress as they balance all of the aspects of their job at once. "There is not a book you could read or a class you could take on how to be a dispatcher," she said.

On the other side

Ames Police dispatchers share ins and outs of job

By Danielle Gehr
@iowastatedaily.com

When calling into the Ames Police Department, people may not think of the person operating the other line as a puppeteer.

But these often behind-the-scenes "puppeteers" are constantly doing several things at once to ensure the safety of whoever is on the other side of the line.

They are the puppeteers of the police and of the person calling in. They play a crucial role in handling all of the different levels of stress and anxiety as they spend their long shifts always speaking in calm and collected voices at the other end of the call.

"It takes someone that is compassionate. You truly have to care about each caller even though you've never met them," said Holly Lovig, a dispatcher at the Ames Police

Department. "You just have to think about that that could be my brother [or] ... my sister calling."

After having had experience working in fire and emergency medical services, Lovig already experienced numerous emergency situations and was prepared to take these tough calls. An aspect that Lovig did feel she needed time to adapt to was the anticipation of the next call.

"Perhaps that night I answered a lot of party calls and then all of a sudden the phone rings and somebody's friend isn't breathing," Lovig said.

The difficulty of that anticipation also is met with a lack of conclusion once the call ends. Although Ames Police will give information on how the case resolved, the information often will not reach these dispatchers until long after the phone call ends.

"When we hang up the phone, we have no idea what happens to you or your friend that wasn't breathing," Lovig said. "We don't get that end of the story."

In especially unnerving situations, it is imaginable that keeping a calm, steady voice would be nearly impossible for most.

"Sometimes we still are learning the skills

to just take a deep breath ourselves," Lovig said. "We get anxious too. Especially when we feel like we can't get help fast enough."

The key when taking an especially overwhelming call — when possibly the caller has a friend who needs immediate medical assistance, the location cannot be determined and the caller is unnerved — is for the dispatcher to control any anxiety they may have in their speaking voice. Lovig describes it as switching the voice to a monotone level to hide any nerves they may have.

There are many specific skills that are crucial to being a dispatcher such as the ability to multitask. Afton Clark, another Ames Police Department dispatcher, described it as being a really good waitress as they balance all of the aspects of their job at once.

"There is not a book you could read or a class you could take on how to be a dispatcher," Clark said. "You either intrinsically can or intrinsically cannot."

Clark, on top of dispatching, is a mother who loves that she spends the whole first part of her day with her children until she heads off to her 3 p.m. to 11 p.m. shift.

DISPATCHERS p8

Report: Leath damaged private plane in 2014

By Alex Hanson
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Iowa State President Steven Leath damaged a private plane he was piloting in 2014, 11 months before a hard landing caused \$14,000 in damage to a university-owned plane, the Associated Press reported Monday.

The August 11, 2014 trip caused damage to a propeller after landing hard in a crosswind, according to insurance documents obtained by the AP.

Megan Landolt, an assistant to President Leath for communications, said the 2014 incident has been listed on Iowa State's FAQ page for over a month, but the AP report Monday raises questions about insurance.

Landolt said the incident occurred while President Leath was flying a privately-owned plane on his own time and no university business or

resources were involved. She declined to comment on who owned the plane, how much damage was incurred or the purpose of the trip.

Leath was cleared to fly the university's single engine Cirrus SR22, according to the AP.

The incident was listed in Iowa State's 2015 insurance application, which noted a "hard landing with prop damage," according to the AP, but the school did not fully disclose the incident in their 2016 application through Nasom Associates, the university's aviation insurance broker.

Iowa State's 2015 insurance was through State National Insurance, but they switched to Catlin Insurance in 2016.

It's unclear whether or not fully disclosing Leath's 2014 incident would affect rates on insurance for the 2016 year.

Landolt said it wasn't necessary to note the 2014 incident again because

Nason already had the information on file.

Leath also did not note the 2014 incident when the Federal Aviation Administration forced him to take a test ride after his 2015 hard landing, according to the AP.

There was no action taken against President Leath's pilot license or FAA certifications, Landolt said.

The AP report Monday comes seven weeks after Iowa State first admitted Leath damaged one of the single engine Cirrus. The incident caused over \$14,000 in damage, which the school paid for without filing an insurance claim.

Additional reporting from news organizations has raised questions about Leath's mixed use of school aircraft for personal and business use. Iowa State's larger plane, a twin engine Beechcraft King Air, received almost \$600,000 in upgrades after they sold an older plane.



Lyn Keren/Iowa State Daily

Steven Leath reportedly crashed a private plane 11 months before he caused \$14,000 damage to a university-owned plane after a hard landing.

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WEATHER



TUESDAY
Sunny.

65
36

Weather provided by ISU American Meteorological Society

POLICE BLOTTER

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

Nov. 12

A 20 year old female was referred to Iowa DOT for a .02 civil violation at Mortensen Road and Hayward Avenue. **Cassidy Rae Bottjen**, 20, of 1406 Mayfield Dr., Unit 102, Ames, Iowa, was cited for possession of alcohol under the legal age at Mortensen Road and Hayward Avenue.

Peyton Elizabeth Kellner, 20, of 4518 Steinbeck St., Unit 3, Ames, Iowa, was arrested and charged with operating while intoxicated and turning from improper lane at Steinbeck Street and South Dakota Avenue.

An officer assisted an individual who was experiencing medical difficulties at Helsner Hall.

An officer initiated a harassment type investigation in Lot 54.

An individual reported damage to a gate arm at the Memorial Union Parking Ramp.

An officer initiated an assault related investigation between two individuals at Hilton Coliseum.

seum.

Daniel Paul Loes, 18, of 212 Beyer Ct., Unit 3419, Ames, Iowa, was cited for unlawful use of license at Friley Hall.

Nov. 13

An officer assisted an individual who was experiencing medical difficulties at Willow Hall. The person was transported to a medical facility for treatment.

A 20 year old male was referred to Iowa DOT for a .02 civil violation at University Boulevard and Mortensen Parkway.

Richard Millan, 22, of 3319 Story St., Ames, Iowa, was arrested and charged with public intoxication at Sweeny Hall.

An officer checked on the welfare of an individual at Linden Hall. The person was transported to a medical facility for treatment.

An individual reported the theft of a backpack and laptop at the Union Drive Community Center.

An officer initiated a drug related investigation at Helsner Hall.

CALENDAR

Nov. 15

Indigenous Heritage Month: Film series
7 p.m., 101 Curtiss
"Rhymes for Young Ghouls." Red Crow Mi'gMaq reservation, 1976: By government decree, every Indian child under the age of 16 must attend residential school. In the kingdom of the Crow, that means imprisonment at St. Dymphna's, at the mercy of "Popper", the sadistic Indian agent who runs the school. A Mi'gMaq teenager plots revenge against the sadistic Indian agent who imprisoned her in a residential school where rape and abuse are common.

Women's basketball
7 p.m., Hilton Coliseum
Iowa State vs. Northern Iowa.

Cost: \$5-12.

Film: Death by a Thousand Cuts
7:30 p.m., 205 Carver
Haiti and the Dominican Republic share the island of Hispaniola. "Death by a Thousand Cuts (Muerte por mil cortes)" centers on the island's fight for natural resources and highlights the ongoing struggle with deforestation as well as tensions between Haitians and Dominicans along the border and beyond. Sponsored by International Studies, U.S. Latino/a Studies, World Languages & Cultures, Department of History, and African and American Studies.

All event information is courtesy of the Iowa State University event calendar at event.iastate.edu.

City Council to discuss Campustown changes

By Thomas Nelson
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The Ames City Council will introduce an amendment to the Campustown Urban Revitalization Area and host a hearing on several development plans

Tuesday.

The Campustown Urban Revitalization Area currently includes the areas of 2700, 2702, 2718 and 2728 Lincoln Way, 112 and 114 S. Hyland Ave., and 115 S. Sheldon Ave. If the amendment is ap-

proved, 2700, 2702 and 2718 Lincoln Way would be removed.

There will also be a hearing on Major Site Development Plans at 2036, 2041, 2105, 2121 and 2135 Cottonwood Road and 3201 University Boulevard.

SNAPSHOT



Ryan Bretoi/Iowa State Daily

CONTEMPLATING THE NEXT MOVE

An Iowa State student watches an opponent's move closely during a game of Jenga at the International Game Night on Monday in the South Ballroom of the Memorial Union. Hosted by the International Student Council, the game night was a way for the council to showcase different games from varying cultures.

'Death by a Thousand Cuts' screening at ISU

By Ally Frickel
@iowastatedaily.com

The World Languages and Culture Department will screen the film, "Death by a Thousand Cuts," at 7:30 p.m. Tuesday in 0205 Carver Hall.

This documentary addresses the issues that the people of Hispaniola face on a daily basis.

Hispaniola is a shared island by Haiti and the Dominican Republic, so the people roaming the ground in search for natural resources may face conflict against one another.

The natural resources are limited, so the fight is on to claim them.

"Death by a Thousand Cuts" embodies the heartaches that are everyday lives, and Iowa State students will have the opportunity to see it.

SNAPSHOT



Alec Giljohann/Iowa State Daily

CARING, COPING WITH HUSBAND'S ALZHEIMER'S

Christine Sutton, author of "A Caregiver's Story," shares her story of caring and coping with her husband's Alzheimer's on Monday in the Reiman Ballroom.

How to make the most out of Thanksgiving break

By ISD Special Sections

With a whole week off from classes, it can be easy to take this time to binge watch Netflix or sleep for days.

But in addition to spending time with your family, here are five ways to make the most of your Thanksgiving break.

1. Bring all your laundry home.

Turn laundry into quality time with your family. Gather around the folding table and

make it a family affair!

2. Skip your diet.
Grab your sweatpants and forget about gaining the freshman 15.

Thanksgiving isn't the time to watch your weight.

3. Make sure your family didn't take over your room.

Check your bedroom and make sure it didn't turn into a storage closet in these four months away.

Don't feel bad if your family forgot you still need a room back home.

4. See your high school friends.

We know it's awkward, but you have to try at least once.

5. Spend all of the money you don't have.
Black Friday is a holiday in itself!

Don't miss out on the deals, and make sure you buy something for your friends and family too.

Editor's note: This article is intended to be a fun weekly piece about relevant topics Iowa State students face. This is not intended to offend anyone.

DIGITAL CONTENT

SPORTS

MEN'S BASKETBALL PHOTOS

Iowa State took on Mount St. Mary's Monday night at Hilton Coliseum. Check out more photos from the game on our website.

NEWS

INTERNATIONAL GAME NIGHT PHOTOS

The International Student Council held International Game Night Monday in the Memorial Union. Look for more photos on our website.

NEWS

LEATH PLANE USAGE TIMELINE

The AP reported Monday that President Leath damaged a private plane in 2014. We've created a timeline of his plane use at iowastatedaily.com.

SPORTS

MEN'S BASKETBALL RECAP

The Daily's Ryan Young and Luke Manderfeld recap Iowa State's men's basketball game from Monday. Find the video online.

NEWS

PRESIDENT OBAMA TIMELINE

As President Obama's term in office comes to an end, we've put together a timeline of his eight years in office. Find it on our website.

SPORTS

WRESTLING TAKEAWAYS

The Daily's Ben Visser has four takeaways from the Harold Nichols Cyclone Open. Look for the story on our website under Sports.

NEWS

INDOOR FARMING THE FUTURE?

Indoor farming may be the future of food production. Learn more through the story on our website at iowastatedaily.com under News.

NEWS

BLACK FRIDAY SHOPPING

Heading out Black Friday shopping after Thanksgiving? We've put together tips and advice as your go shopping on our website.

CORRECTIONS

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

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Kyle Oppenhuizen
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PERIODICALS POSTAGE



Alex Kelly/Iowa State Daily
Zlatan Krizan, associate professor of psychology, presents "How Sleep Shapes Social Behavior (and Vice Versa)" on Monday at the monthly Osborn Research Club meeting. The club meets once a month to showcase a presentation of a research lecture.

Reception hosted for Berlin projects

By Rachel Ori
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The Lyle E. Lightfoot Forum in the College of Design was packed full on Monday night and for a good reason.

The opening reception for the 2016 Berlin Summer Academy was held from 5:30 p.m. to 7 p.m. and featured eight ISU architecture students' different design projects. These students participated in a five-week workshop held in Berlin, Germany.

Sponsored by Iowa State, the City College of New York, the German University of Technology and Beuth Hochschule für Technik Berlin, the eight Iowa State students spent their time in Germany immersed in the language, history and work over the summer.

Each year, the Summer Academy has a different topic. This year, the main objective for each student was to design a building or living space with a focus on the environmental process.

Alongside every piece of work featured a description of the project, detailed diagrams and photos of the design process.

Dianyu Yang was one of the student designers. A senior in the architecture-professional degree program, Yang built his project, titled "Infill-Unfold" with the "population and housing needs in Berlin"

in mind.

Yang described the five-week program, saying that during the design process, there were two workshops per week.

"Each [workshop] has a different topic... insulation, circulation... it's all about the design," Yang said.

Yang described the schedule of the program to be "very tight," as each student must come in with a piece in mind and works throughout the weeks to improve and tighten up their visions.

Despite the time crunch, he said that while in the city, the group of students did find time to have some fun, and by doing so became very tightknit.

"This trip is longer than others. We have weekend field trips with everyone together, going everywhere in the city with each other," said Yang.

Yang added that traveling to Berlin was an incredible opportunity. He described the group of students as "family" and said that the "introduction to the different culture" was one item he took away from the experience.

"We took Germany history and language classes ... introducing us to the culture we were staying in," he said.

The other works featured at the reception included pieces made by either individual students or groups of students from the sponsoring schools.

Sleep, health and you

By Emily Hammer
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In college, students' sleeping patterns can become more erratic as they stay up late to do homework and get up early for class.

Zlatan Krizan, associate professor of social psychology, discussed how sleep and social behavior are intertwined.

Invited to talk by the Osborn Research Club, Krizan's research is mostly concerned with social environments and comparison. He is also the director of the Sleep, Self and Personality Laboratory.

Although sleep is typically regarded as critical, some aren't sure how exactly it plays into brain functions. Cynthia Lidtke, a member of the Ames community, came to the lecture out of curiosity.

"I am really interested in the brain functions and works and I'm curious to see how sleep plays into that," Lidtke said.

Krizan began the discussion with why people should care about sleep, but continued by explaining how sleep actually works, showing a graph of the two-process model of sleep.

"As we sleep, the sleep load goes down because we are charging our batteries," he said.

He pointed out that sleep is really intertwined with learning, so people sleep less as they get older because they learn less. Showing a visual of sleep time, he noted students in college should get about eight hours of sleep each night.

Some of the consequences of sleep disruption include less stable attention and working memory failures, along with loss of motivation. Sleep disruption also plays a part in mental illnesses such as depression, anxiety and schizophrenia.

Sleep disruption can stem partly from social behaviors, Krizan explained.

SLEEP p4

Student works to influence community

By Mika Brust
@iowastatedaily.com

Born in a war-torn country ravaged by famine and eternal conflict, Akol Dok, a senior at Iowa State studying political science, has risen up and taken charge of opportunities surrounding him in the United States.

After being born in South Sudan in 1995, Dok came to the United States in 2000 and grew up in Des Moines. He will graduate from Iowa State in December 2016.

"I have a deep passion for my people and where I come from, you know, I came here as an immigrant escaping a war and was given the opportunities to contribute back to my country," Dok said. "These opportunities include get-

ting an education [and] obtaining skills and trades to inspire myself and those around me to build a nation one day. And here at Iowa State I was very involved."

During his first year at school, Dok was the president of Friley-Lincoln Residence Hall. He also was Mr. South Sudan in 2015, a member of the African Students Association, an invitee to the African American Leaders Conference in Washington, D.C., and one of the first African students to run for Office of Vice President. He recently won Mr. Africa International.

At Mister Africa International, men of African origin gather to represent the various nations they come from, as well as their knowledge and development. The whole concept

of the contest revolves mostly around fashion and youth empowerment.

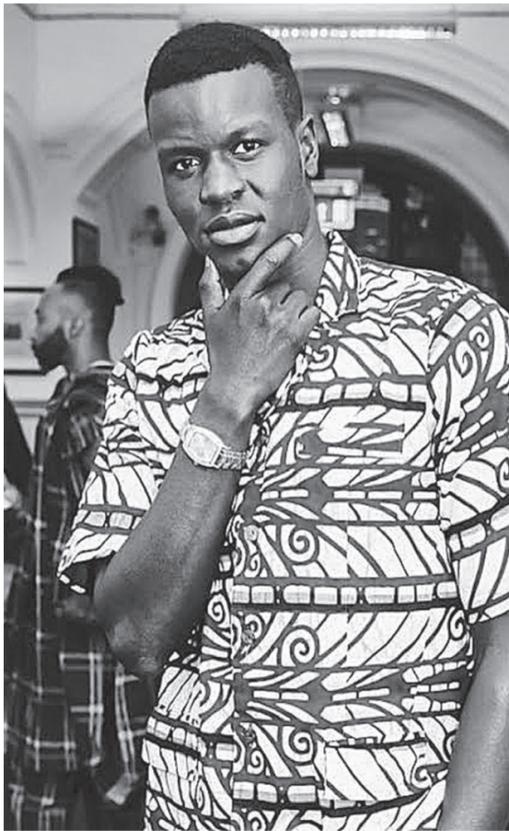
"My reaction to winning Mister Africa was a great pleasure because I was able to represent South Sudan, because all that has been going on in my country has been negative and I got to bring a positive side of things," Dok said.

Dok has made numerous achievements in his short time as a college student and is making milestones for his community and for himself.

"For us to improve the standard of life in Africa and South Sudan, it has to come from the citizens; the government won't do anything. It's the citizens who have to change the country," Dok said. "I want to just pave the way for many people, including those from my country and those from other countries and immigrants, to see that us here in America are privileged and we've got to make use of the opportunities that we have here."

Coming from Des Moines, Dok decided Iowa State was the best fit for him. Not only is it close to home, but it also consists of a connection to his background.

"This is a school that our founding father for South Sudan, John Garang, went to, so I want to carry on the legacy that he did for our people and follow behind him and inspire people the way he did. He set the



Courtesy of Akol Dok
Akol Dok, senior in political science, still has a strong passion for South Sudan despite escaping the country during a war when he was 5 years old.

standard for us as Africans; he was our leader for movement, for independence," Dok said.

Aside from making changes to his community, Dok's main goal is to inspire, prompt and motivate young adults to do

what they set their minds to, especially in areas of transformation.

"My platform is to inspire young kids to go into fields of science, technology, engineering, mathematics and entrepreneurship," Dok said. "You

know, encourage kids to innovate and create Africa because for us to have a strong country, a strong continent, there needs to be innovation. This innovation starts from the private sector, and I want to inspire young kids to overcome obstacles in their lives because there's a lot of obstacles, especially in my home country of war and famine."

The drive and courage that it takes to make a change is exactly what Akol carries around with him. He promotes change and awakens the desire for a difference in the South Sudanese and African community. Dok wants to shed a more positive light on his community and contribute his talents toward those who can relate to his past struggles and experiences.

"I want other kids to be like, 'Look I can do that.' At the same time, I want South Sudanese and Africans who read this to be like, 'Wow I can achieve my goals and I can overcome my objectives.' You know, they saw me do it. And here, I've overcome objectives, I've jumped hoops, but one thing I've learned is to be resilient. Keep pushing and keep striving and put in the best of your effort in everything you do," Dok said.

"Greatness is what you show, and I always say 'Be great,'" Dok said. "Not become great, just be great, because 'be' is a current state."

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Sudoku by the Mephram Group

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

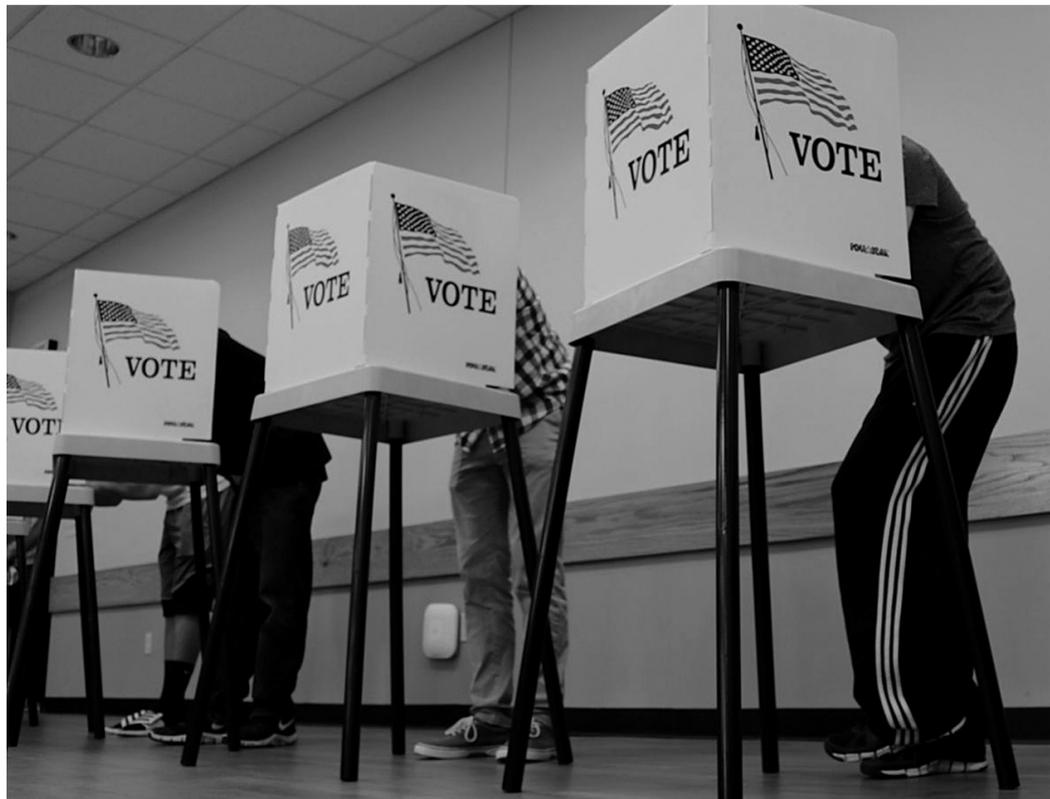
LEVEL:
1 2 3 4

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

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13			14					16			
17				18				19			
	20				21	22			23		
	24			25		26			27		
28		29				30					
31		32				33			34	35	36
37				38	39			40			41
	42			43				44			
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50	51	52				53			54		
55				56			57		58		
59		60			61	62					63
64				65				66			
67					68				69		

- ACROSS**
- 1 Union foes
 - 5 Sing like Joe Cocker
 - 9 Cowl wearer
 - 13 '90s-'00s Lakers great
 - 15 Kevin's "A Fish Called Wanda" role
 - 16 ___ sprawl
 - 17 Progressive Era muckraker
 - 19 Walk away
 - 20 Charms
 - 21 Grain Belt st.
 - 23 TV diner owner
 - 24 "Spring forward" letters
 - 25 "Pretty darn good"
 - 28 Carte start
 - 29 Settle up
 - 30 More unusual
 - 31 Hobby shop wood
 - 33 "Terrific!"
 - 34 With 26-Down, fashionable footwear
 - 37 Assume a military posture
 - 42 Child-care writer
 - 43 Stirs in
 - 44 Sunburn-causing emission, for short
 - 45 Driving ___
 - 47 Readers of MSS.
 - 49 Corp.-partnership hybrid
 - 50 Waved from the curb, perhaps
 - 54 One of four in Minnesota: Abbr.
 - 55 Chicago trains
 - 56 Sun. address
 - 57 Balthazar, Caspar, and Melchior
 - 59 In again
 - 61 NSA surveillance activity ... or, the process needed to dig out the info hidden in 17-, 25-, 37- and 50-Across?
 - 64 Sink down
 - 65 Villainous
 - 66 Proofreader's mark
 - 67 Store
 - 68 "Good shot!"
 - 69 "One more thing ..."
 - 11 Orange variety
 - 12 Mournful ring
 - 14 Fast flight
 - 16 Raddi-paralleling bones
 - 18 Gossipy Barrett
 - 22 Bewilder
 - 26 See 34-Across
 - 27 Network with the slogan "Not Reality. Actuality"
 - 28 Core muscles
 - 29 Knee protector
 - 32 Traffic problem
 - 33 Officer-to-be
 - 35 Unlikely tomboy
 - 36 Pair on a football field
 - 38 "Storage Wars" network
 - 39 Boston Bruins' home
 - 40 Letters after mus
 - 41 Lincoln Ctr. site
 - 46 Man of fables
 - 47 Sigh with relief, say
 - 48 Carpe ___
 - 50 Grazing groups
 - 51 Wide awake
 - 52 Insistent words from a sandbox
 - 53 Commonly dusty room
 - 54 Capital of Yemen
 - 58 Open ___ night
 - 60 Ticket word
 - 62 Bird: Pref.
 - 63 Sporty Pontiac
- DOWN**
- 1 Louis XIV, par exemple
 - 2 Ran over
 - 3 Vegetarian side
 - 4 Occupied, as a booth
 - 5 Cocktail named for a Scottish hero
 - 6 Bikini tryout
 - 7 Mo. town
 - 8 Bikini feature in a 1960 hit
 - 9 Field fare, briefly
 - 10 2009 Peace Nobel



Iowa State students cast their ballots Nov. 8 in the Memorial Union. Raw data from the Story County website shows that 72.23 percent of registered voters in the county cast a ballot.

Turnout results down from past

By Robert Roberson
[@iowastatedaily.com](mailto:riowastatedaily.com)

More Story County residents turned out to vote on Election Day last Tuesday than years before, however, this contrasts a trend seen across the country in which voters seemed to turn out less to vote.

The raw data from the Story County website shows that more citizens turned out to vote for the presidential election, citing that 72.23 percent of registered voters cast a ballot.

Estimates show that out of the 49,890 ballots cast, 300 did not vote for the presidency.

The official results from the 2012 election, in Story County, show 69.23 percent of voters reporting for that election. The results show

that 47,215 citizens had voted, and 65 of those voters did not vote on the presidency.

In Ames, 18,237 voters turned out to vote out of the 46,809 who were registered, not including those who voted via absentee.

Story County unofficial reports also cite that out of the 43 precincts in the county, 50.58 percent of residents voted for Hillary Clinton and 38.54 percent of residents voted for Donald Trump. Gary Johnson pulled 5.97 percent of votes.

According to unofficial voting data by the state of Iowa, 1,561,478 votes were cast for the presidential race, while only 1,536,637 voted for the senatorial race, a difference of 24,805 votes.

In 2012, it was reported that statewide 1,589,951 voters turned out to vote.

National statistics are also reporting that there was a smaller turnout for the election in the United

States, where about 43 percent of eligible voters didn't bother filling out a ballot this year, according to the U.S. Elections Project, which compiled voter turnout statistics.

In 2012, 61.8 percent of the general public voted. The numbers from The New York Times and Politico are just over 121 million, according to the U.S. Census Bureau.

It was also reported by the Pew Research Center in early August that U.S. voter turnout trails most other developed countries.

While voting results continue to roll in and are yet to be finalized, according to the Associated Press, 60,375,961 Americans voted for President-elect Donald Trump and 61,047,207 Americans voted for Hillary Clinton, which could mean that Clinton might officially win the popular vote.

But Trump was able to

secure the Electoral College votes long before Clinton, leading 290 to 232.

Steffen Schmidt, university professor of political science at Iowa State, offered several reasons why he believes that the Democrats lost the election in a Des Moines Register column, one rationale being that "focus group and polling information that suggests that Democrats had a brand hat consisted of 'small identities,' not one big theme such as 'Make America Great Again.'"

"Many voters identified the themes of the Democratic Party as Black Lives Matter, LGBTQ issues, gender-free pronouns instead of using 'she' and 'he,' sanctuary cities, abortion, 'overregulation' of business and agriculture, not a friend of religion, gun control and other issues that did not resonate well with many voters," Schmidt said.

Horoscopes by Linda Black

Today's Birthday (11/15/16)

Focus on a passion this year. Social networking advances your career. Make love lists, and schedule actions. Self-discovery abounds until 12/23, when a new and profitable annual phase begins. Discipline pays off, and well. A romantic new phase in fun sparks after 3/20, leading to a peaceful, quiet phase after 4/4. Meditate on love.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

- Aries - 7** (March 21-April 19)
Things seem easier and more fun today and tomorrow. Practice a beloved art or craft. Play a fun game with family. Do some futuristic dreaming. Catch up on the news. A little effort restores harmony.
- Taurus - 7** (April 20-May 20)
Helping others achieve fantasies pays well. A female teaches you a thing or two. Attend to household matters today and tomorrow. That includes more paperwork, too. You're in the groove.
- Gemini - 9** (May 21-June 20)
Your creativity gushes today and tomorrow. Capture and record it. Study, practice and put it all into words. You can get farther than imagined. Fantasize, and share your ideas with someone who likes to banter.
- Cancer - 9** (June 21-July 22)
It's getting fun now. Today and tomorrow are good for making money. Keep playing, and your cards improve. Have faith. Friends help you make an important connection. Get advice from an expert.
- Leo - 8** (July 23-Aug. 22)
Feelings of love surround you. You're especially charming now. Your personal power could seem intense over the next few days. Settle into a fascinating conversation.
- Virgo - 7** (Aug. 23-Sept. 22)
Finish up tasks today and tomorrow. Keep track of what you're owed. Gain more than expected. Store away special things for next time. Meditate in seclusion, surrounded by beauty and dreamy relaxation.
- Libra - 7** (Sept. 23-Oct. 22)
Talk about your imaginings, and draw beautiful fantasies. Good things come of it. Your team gets inspired, and they inspire you more. Commit to a romantic dream. It's possible to be objective.
- Scorpio - 8** (Oct. 23-Nov. 21)
You're thinking you've won big. Assume more responsibility over the next few days. Talk over plans with family before committing. Communicate your dreams, and how you see this opportunity.
- Sagittarius - 7** (Nov. 22-Dec. 21)
Clarify your direction with friends. Consider a business seminar, professional or educational travel or exploration over the next two days. Discoveries arise spontaneously, revealing hidden beauty.
- Capricorn - 8** (Dec. 22-Jan. 19)
Arrange financing or play with investments over the next two days. Continue a renovation project. There's a profitable opportunity to increase your assets. Discuss ideas for realizing dreams.
- Aquarius - 9** (Jan. 20-Feb. 18)
Write each other love notes. Express your passionate dreams. Accept a promise, with compliments. Negotiation and compromise flow easily. Collaboration provides greater results.
- Pisces - 7** (Feb. 19-March 20)
Get a clear picture of what you want. Friends respect your skill. Your workload could seem intense over the next few days. Use your secret weapon. Don't embellish the truth. Talk about your work.

Info session hosted for LGBT+ conference

By Nik Heftman
[@iowastatedaily.com](mailto:niowastatedaily.com)

Brad Freihofer and Clare Lemke, director and assistant director of the LGBT+ Student Services Center, respectively, hosted an information session Monday night to promote an LGBT+ leadership conference this winter in Chicago.

"[The conference] is an excellent opportunity for professional development," Lemke said. "It's also a wonderful learning opportunity for anyone interested in identities outside of their own."

The Midwest Bisexual, Lesbian, Gay, Transgender and Ally College Conference (MBLGTACC) is an annual three-day conference for members of the LGBT+ community, and allies to celebrate the many identities that comprise the LGBTQ+ community and learn about issues pertaining to the LGBT+ community.

Historically, the conference has been hosted by Midwestern colleges and universities. The first MBLGTACC was hosted at Iowa State in 1993, hosting the event three times total.

"Students who decide to go this year will continue a long lineage in connection to other students who have been involved with the conference," Lemke said. "The conference is student organized, which makes it unique."

The conference will kick off Feb. 17, 2017, at Navy Pier and conclude Feb. 19. It will feature a variety of panels, resources, workshops and identity-specific forums. There will also be performances of music and poetry. One point of excitement for Freihofer was the keynote speakers.

"[Students] will get a chance to see some of the best speakers in the country," Freihofer said. "Keynote speakers in the past have been some amazing

people."

The keynote speakers this year will be Patrisse Cullors, co-founder of Black Lives Matter, and Jenicet Gutierrez, co-founder of La Familia, a trans queer liberation movement.

Thousands of college students are expected to attend.

Jasmin McKenna, junior in psychology and president of the Iowa State LGBT+ Alliance, attended last year's conference.

"I got the most out of the workshops because I went to one about developing leadership," McKenna said. "The most memorable part was actually the Drag Show. Seeing thousands of students completely safe and comfortable within their identities just hit me in the soul and I almost cried."

Large companies and corporations seeking employees from the LGBT+ community will also be in attendance, allowing students to network with

potential employers. Freihofer hopes that students will bring the education provided by the conference back to Iowa State.

"[The conference] is going to allow students a chance to learn tons of stuff," Freihofer said. "It is going to fall nowhere if students don't bring it back to Iowa State. Students can bring that energy back and apply it to student orgs, projects and research."

Registration is open to dues-paying members of the LGBT+ Alliance. Non-dues paying members may also attend with the payment of \$10. The trip will cost \$30 to \$35 for anyone who applies. Transportation, registration costs and hotel rooms will be provided by the Alliance. Transportation will be assessable for handicapped students.

Students interested may find the application on the event's Facebook page or contact Freihofer, Lemke or McKenna.

SLEEP p3

What someone does socially affects their environment as well, which also has the potential to disrupt sleep.

"Some of these choices are our fault, like nighttime socialization," he said. "But family and work demands are not always our fault."

On the flip side, sleep disruption also has the potential to harm social behavior. It can lower motivation, effort and performance and has the ability to reduce self-regulation.

These may reduce complex logic, which can interfere with the ability to contain impulsive behavior.

Jason Herzog, senior in mechanical engineering,

attended the lecture to learn more about sleep for a project he's doing.

"I'm currently working on a device to help you sleep, so it was interesting to see what goes on while you sleep and how it affects your daily life," Herzog said.

In response to an audience question, Krizan admitted that stimulants and caffeine

are able to heighten arousal temporarily, but they do not protect people from the negative consequences of less sleep as people who use these products still accrue a sleep debt that they have to pay off.

"This is a predator you can't escape, even if you are able to manage your debt," Krizan said.

collecting stories to using the legacy data for projects. The extension and outreach program welcomes any student who is interested to learn more.

LAND GRANT p1

said. "For over 100 years, we have had this relationship and it is very important."

It's proud Iowans who

have built Iowa State University. With about 3 million people, Iowa is a fairly small state, but it consists of 30 million acres of the world's best agricultural land. Part

of Iowa's legacy is the agriculture and its people.

"This is everyone's story," Kress said.

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Iowa State gets win in 'Long family reunion'

By Ryan Young
@iowastatedaily.com

Elijah Long and Mount St. Mary's are in the middle of an 11-game road trip to start out the 2016-17 season — many of which are against the nation's top basketball programs.

That's not an easy task for anyone.

But when Elijah stepped on to the court at Hilton Coliseum, he found an unusual, but familiar, face staring back at him. It was his brother, Naz Mitrou-Long.

Iowa State (2-0, 0-0 Big 12) took on Mount St. Mary's (0-2, 0-0 NEC) Monday night, providing a rare reunion for the brothers. And while the Cyclones beat The Mount 73-55, Naz said the game was not like one he's played before.

"Going in to it I was like, 'Oh, this is going to be another game,'" Naz said. "Then the lights started flashing and I look over, and I'm like, 'Man I'm really about to play.' It was kind of surreal, honestly."

The brothers had a sizable crowd of family in the arena — 36 by Naz's count — all packed in behind the Mount St. Mary's bench in white hybrid shirts honoring both teams and the brother's numbers.

Regardless of how the game went, Iowa State coach Steve Prohm said

he was just happy to get to bring "Team Canada," as he calls it, to Ames to watch Naz and Elijah play. That, he said, isn't something that gets to happen very often in the world of college basketball.

"[There was] a lot of emotion in this game with Naz and Eli, but I think it was great," Prohm said. "It was great to get Eli here. ... It was great to have that, especially for all that Naz has done for this university and this community."

While the Cyclones went in to halftime up 39-22, Elijah and The Mount provided quite the challenge for the Cyclones in the second half. Mount St. Mary's started chipping away at Iowa State's 17-point halftime lead and was down just 10 points seven minutes into the second half.

Iowa State quickly got itself back into a safe zone, going on a 12-0 run over nearly a five-and-a-half minute span to take a 22-point lead. From there, the Cyclones cruised to the 18-point win.

A lot of The Mount's run, though, can be credited directly to Elijah. The sophomore finished the game with 19 points and seven rebounds. Iowa State point guard Monté Morris, who was matched up with Elijah for a large portion of the game, had nothing but praise for Naz's younger



Naz Mitrou-Long hugs his brother, Elijah, after Iowa State's game against Mount St. Mary's on Monday at Hilton Coliseum. Iowa State won the game 73-55.

brother — and even drew some comparisons between the two.

"He's a good competitor. He's a big time player, and that team needs him to stay aggressive and make plays," Morris said. "He's got that same competitive edge that Naz does. You can tell out there. I'm happy that he and Naz got to play against each other, and the whole Canada came out tonight."

And while the situation was abnormal, and some-

thing that Naz hasn't likely experienced since the two lived together in Mississauga, Ontario, he said he was just happy for the experience to get to play against his brother one last time.

"Part of me wanted to cheer for him. I can't even lie, because he was making some plays tonight," Naz said. "Everybody saw that. Part of me was keeping it competitive. It was a little weird, but man it was a good time."

INDIVIDUAL STATS

IOWA STATE

Deonte Burton: 10 points, 13 rebounds
Monté Morris: 18 points, 3 rebounds, 3 assists
Nick Weiler-Babb: 10 points (5-for-6), 5 rebounds, 2 assists

MOUNT ST. MARY'S

Elijah Long: 19 points, 7 rebounds, 4 assists
Miles Wilson: 11 points, 1 rebound
Mawdo Sallah: 2 points, 14 rebounds

IOWA STATE

FG:44.8% (30-67)
3FG:25% (4-16)
FT:64.3% (9-4)
Turnovers:11
Rebounds:50
Points in Paint:38

MOUNT ST. MARY'S

FG:26.6% (17-64)
3FG:40% (8-20)
FT:81.3% (13-16)
Turnovers:13
Rebounds:38
Points in Paint:18

Cyclones go for 13th straight win against UNI

By Brian Mozey
@iowastatedaily.com

In-state rivalries can be entertaining for fans, programs and players.

And on Tuesday, Iowa State women's basketball coach Bill Fennelly and company will attempt to make it 13 straight wins over their neighbor to the north. Iowa State (1-0, 0-0 Big 12) will take on Northern Iowa (1-0, 0-0 MVC) at Hilton Coliseum, but a 13th win can't be done without stopping several dominant players on the Panthers' roster.

"UNI teams are always the same," Fennelly said. "They're fundamental, they're going to shoot the 3 a lot, and defensively, they're going to do a lot of different things."

Guard Seanna Johnson said the Northern Iowa teams like to stick to a certain game plan from their coach. Iowa State needs to find a way to interrupt that game plan and confuse the players to take advantage of their mistakes.

The main focus defensively for Iowa State is guarding Madison Weekly and Ellie Herzberg. Weekly had a dominate performance last season against Iowa State with 26 points, eight rebounds and five



Redshirt junior Jadda Buckley points to a teammate during Iowa State's season-opening victory against UCSB on Friday at Hilton Coliseum.

assists.

Fennelly said Weekly is a senior and has played a lot of basketball in her career, so she's a dangerous player who needs attention when it comes to game time. Herzberg just came off an injury last season but

was dominant in the first regular season game for Northern Iowa this year.

Herzberg recorded 22 points and five rebounds against IUPUI. Fennelly knows she'll be coming into Hilton with energy and confidence.

"If the last game you played was a good one, you're going to walk in [feeling] a lot better about yourself," Fennelly said.

Iowa State has focused much of its attention on offensive rebounds and grabbing defensive rebounds that can lead to fast-break opportunities. If the Cyclones can have multiple chances to put points on the board with offensive rebounds, Fennelly said the team could be dominant.

For Johnson, rebounds are just part of the game for her and she doesn't focus her attention on a technique to grab the rebound. She has a much simpler strategy when grabbing rebounds.

"I think it's going after the ball," Johnson said. "I don't think there's really much to it, but your effort, for me personally."

Iowa State will need to use that effort in the game plan for Northern Iowa. Fennelly said he knows that the Panthers will not guard certain players because of their shooting ability, while the Cyclones will be guarded closely at any point on the court.

Forward Meredith Burkhall is prepared for a different strategy and is excited to see it on Tuesday. Burkhall knows that she might not be guarded as tightly outside the

paint, which is why she's working on her jump shot and finding a good release from the free-throw line and farther back.

Fennelly thinks this will be a good matchup for an earlier game in Iowa State's schedule. Iowa State will focus on any type of rebound and make sure to minimize scoring opportunities for Weekly and Herzberg. Northern Iowa will stick to its game plan, which is to guard the point scorers more closely and have different plays set up to score offensively.

"It's always fine to play an in-state rivalry like UNI," Burkhall said. "We need to understand it's a tough matchup and it'll be a good game to see how far we've come throughout practice."

GAME INFO

Northern Iowa (1-0, 0-0 MVC) vs. Iowa State (1-0, 0-0 Big 12)
Tuesday | 7 p.m.
Hilton Coliseum | Ames, Iowa
Watch: Cyclones.TV

For updated information during the game, follow @BrianMozey and @Sean_Sears6 on Twitter.

Montgomery emerges as starting running back

By Luke Manderfeld
@iowastatedaily.com

At this time last season, Iowa State running back Mike Warren broke the 1,000-yard mark on the season with a 73-yard rushing performance against Oklahoma State on Nov. 14.

Now, with two games left in the season and after being named the Big 12 Offensive Newcomer of the Year in the 2015 season, Warren is listed as the backup behind true freshman David Montgomery.

Montgomery appeared atop the two-deep depth chart Monday, a week after starting and putting up 169 yards in Iowa State's 31-24 win against Kansas en route to the Big 12 Newcomer of the Week award.

But even though Montgomery has impressed in the past few weeks, coach Matt Campbell said the competition isn't done at running back.

"As much as David is playing well right now, it's going to be great to see the competition at that spot continue to unfold and that's what I'll look for in practice," Campbell said.

Campbell credited Montgomery's maturity and rugged work ethic for reasons why he has risen to the starting position at such a young age.

Walk-on running back Mitchell Harger, who tallied his first touchdown as a Cyclone on Saturday, has seen Montgomery's tough work ethic firsthand. Harger and Montgomery room together before games, and Montgomery spends late nights studying plays and memorizing defenses.

He might even stay up too late.

"He's usually out by — we have bed check — but he stays up later than he probably should sometimes," Harger said, adding bed check is at about 9:30 p.m. "He's trying to elevate his game, and I can't fault him for that."

Montgomery's hard work was evident from the day he stepped on campus. Harger said he and the team knew Montgomery was going to find himself in the lineup from day one.

"You feed off it. As soon as you see David go out there he's so calm," Harger said. "It's just good to know not only he trying to elevate his game as fast as he can, he's just producing as well."

Montgomery's rise to the starting position was slow and steady this season. He had two carries against Northern Iowa in the team's season opener.

The next week, against Iowa, he had three carries.

Throughout the season, Montgomery didn't break 10 carries in any game. Against Oklahoma on Nov. 3, Montgomery got the start, but he was still limited to nine carries in the game.

But his first big impact came Saturday against Kansas. Montgomery racked up 169 yards on 24 attempts, an average of 7 yards per carry.

Campbell said the plan with the running backs in the last few weeks was going with the hot hand. Montgomery was that guy Saturday.

"I think he became the hot hand on some of those early rushes," Campbell said. "He kind of gave us a spark. His tenacity that he



Iowa State running back David Montgomery cuts up field on his way to scoring a touchdown in the second quarter against Baylor on Oct. 1 at Jack Trice Stadium. Montgomery was listed as the starter on the depth chart Monday.

was running with on Saturday."

As for Warren, who only had three rushes for 17 yards Saturday to bring his season total to 547, Campbell said the biggest thing for him is to get healthy. Warren hurt his ankle against Kansas State in late October and hasn't been completely healthy since.

"[Warren's] big deal is getting himself healthy and getting himself back into the swing of things," Campbell said.

But Montgomery hasn't slowed down during Warren's injury. He has taken the

starting job and is running with it.

"A lot of guys like to relax," Harger said. "David likes to keep elevating his game until he's ready to play."

IOWA STATE RUSHERS

Mike Warren547 yards
David Montgomery.....391 yards
Joel Lanning.....347 yards
Mitchell Harger.....78 yards
Kene Nwangwu.....65 yards



Halee Olson/Iowa State Daily
All you need to create candy turkey bites are pretzels, candy corn, Rolos, M&M's and candy eyes (the white tips of candy corn will work). This Thanksgiving treat only takes about a minute to make and is a fun holiday-themed activity to do with kids.

Dorm-friendly holiday treats

By Halee Olson
@iowastatedaily.com

CANDY TURKEY BITES

This is a fun, yummy holiday treat that only took me about a minute to make.

If you have kids, are related to kids or babysit kids, this would be a fun Thanksgiving-themed activity to do with them.

It could even be cute to set out on the kids' table at Thanksgiving dinner.

WHAT YOU NEED:

- Pretzels
- Candy corn
- Rolos
- M&M's
- Candy eyes (I just used the white tips of candy corn)

WHAT YOU DO:

• Gently press, or just set, a Rolo on top of a plain pretzel. The Rolo is the turkey's face, and the pretzel is its body. Then take three pieces of candy corn and gently dig them into the sides of the Rolo.

• The candy corn pieces are the turkey's feathers. Then, turn a yellow M&M on its side and gently press it into the bottom half of the Rolo for the beak. Add on two eyes and you have yourself a turkey.

PUMPKIN PIE IN A MUG

Pumpkin pie is a classic dessert that many people serve on Thanksgiving. But what if you crave pumpkin pie on a day that isn't Thanksgiving? Instead of baking up a whole pie, try out this easy mug recipe.

WHAT YOU NEED:

- 1 tablespoon butter
- 2 tablespoons graham cracker crumbs
- 1/3 cup pumpkin puree
- 1 egg
- 2 teaspoons milk
- 2 tablespoons light brown sugar
- 1 teaspoon pumpkin pie spice

WHAT YOU DO:

• In an 8-ounce mug, melt the butter in a microwave for 30 to 45 seconds. Stir in graham cracker crumbs and press into bottom of mug.

• In a small bowl, combine pumpkin, egg, milk, brown sugar and pumpkin pie spice. Mix it together well and then pour the mixture into the mug.

• Microwave for three minutes, or until you can insert a knife into the middle and it comes out clean.

Thanksgiving core workout in 4 minutes

By Amanda Wymore
@iowastatedaily.com

It's time to tone up for turkey day with this quick core workout. Do it for the turkey, the mashed potatoes, the stuffing, the green bean casserole, the pie and whatever else you decide to stuff your face with that day. And remember, there are always leftovers, so feel free to repeat this set of exercises multiples times. You won't regret it.

TURKEY TROT

Run in place for one minute to get the body warmed up and to boost your metabolism before the barrage of food is stuffed in your mouth.

PILGRIM PUSHUPS

Lie on the ground facing the floor, keeping your back straight and raising your body by pressing with your hands. The rectus abdominis and transverse abdominis continuously contract while performing this exercise in order to hold the body off of the floor. Do these for 30 seconds.

THANKSGIVING TABLE PLANK

Stay in the same position as a pushup, but bend the elbows so your weight is on your forearms, not your hands. Engage your core and continue to keep the back straight. Hold this position for 30 seconds.

NATIVE AMERICAN TWIST:

Begin this exercise by sitting up straight, knees bent and upper body

creating an imaginary V-shape with your thighs. Keep feet planted on the ground for stability. For a more challenging move, raise feet off of the ground. Twist the upper body, touching the hands to the ground on either side of you. Continue this motion for 30 seconds.

MAYFLOWER CLIMBERS

Return to the pushup position with your weight on your hands and toes. Flexing the knee and hip, bring one leg up toward your chest and engage the core. Extend the bent leg back so the toes are supporting the weight, and perform the same with the other leg. Alternate for 30 seconds.

BIRDPEES (30 SECONDS)

Start this exercise in a standing position. Drop into a squat position with your hands on the ground. Kick your feet back into a plank position while keeping your arms extended. Immediately return your feet to the squat position, and jump up from the squat position to the standing position. Repeat for 30 seconds.

REVERSE ROAST CRUNCHES

Lie on your back with your knees together and your legs bent at a 90-degree angle, feet planted on the ground. Place your palms face down on the ground for support. Tighten your core muscles to lift your hips off of the ground as you bring your knees inward to your chest. Return your feet to the ground. Continue this move for 30 seconds.

Morning routines of influential Cyclones

By Madison Pincombe
@iowastatedaily.com

Each morning, influential members of the Iowa State community wake up quickly or slowly and begin their day.

These people serve all kinds of roles: presidents, deans, athletes, members of clubs and more.

Have you ever wondered what the first thing that these successful individuals do in the morning is? We asked a few influential Cyclones what their morning routine looks like.

FIND ADDITIONAL
RESPONSES ONLINE



Kelby Wingert/Iowa State Daily

OFFICER ANTHONY GREITER

IOWA STATE POLICE DEPARTMENT-
COMMUNITY OUTREACH SPECIALIST

FIRST THING:

"Go back to sleep. Let's be honest, not even P. Diddy wakes up in the morning feeling like P. Diddy."

ROUTINE:

"After hitting 'snooze' on the four alarms I set, I fall out of bed, drag myself to the bathroom and ease myself into reality with a scalding shower. Believe it or not, this half-awake state is when I do a lot of my great thinking. I follow this up with getting dressed, brushing my teeth, perfecting my hair and packing breakfast/lunch for me and my wife before we rush out the door to start the day."



Courtesy of Iowa State Athletics

SAMI HILLMER

IOWA STATE WOMEN'S VOLLEYBALL
ATHLETE (FRESHMAN)

FIRST THING:

"I get up and wash my face in the morning. I hate the feeling of gross, morning oily skin and there is something about having clean pores that makes me feel great in the morning."

ROUTINE:

"I usually wash my face, start up the Keurig, take a shower, blow-dry my hair, get dressed and do my makeup. Then I grab a to-go container for my coffee and head out the door."



Emily Blobaum/Iowa State Daily

COLE STAUDT

STUDENT BODY PRESIDENT (SENIOR)

FIRST THING:

"The first thing I do every morning is check my emails."

ROUTINE:

"Assuming I don't oversleep, I will wake up, check my emails and my Student Body President Twitter account to see what has developed overnight. I read the Morning Brief from the New York Times, which gives me short updates on about 10 stories for the day. Then, I take my shower, turn on my Keurig, and get dressed. On my way out the door, I grab an [issue of the] Iowa State Daily and read through it on my way to class."

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DISPATCHER p1

She found a way to make the strange work hours of a dispatcher work for her.

"I feel very lucky that I get to be essentially a stay-at home mother and then I still get a full-time job and get to provide for my family," Clark said.

An experience that stuck out in Lovig's mind when recalling two and a half years of fielding emergency and non-emergency calls was an instance where a man was stuck in a location, injured, with no clue as to where he was.

She spoke on the phone with the man for hours as help was still trying to locate him. Lovig explained that cases like these where the call lasts longer than the typical few minutes are the ones that stick out in this dispatcher's mind because she gets a better chance to connect with the caller.

The man turned out to have been in the middle of an abandoned lot during the dead of winter. It was hours before he was found because the only description he offered Lovig was that he saw grass.

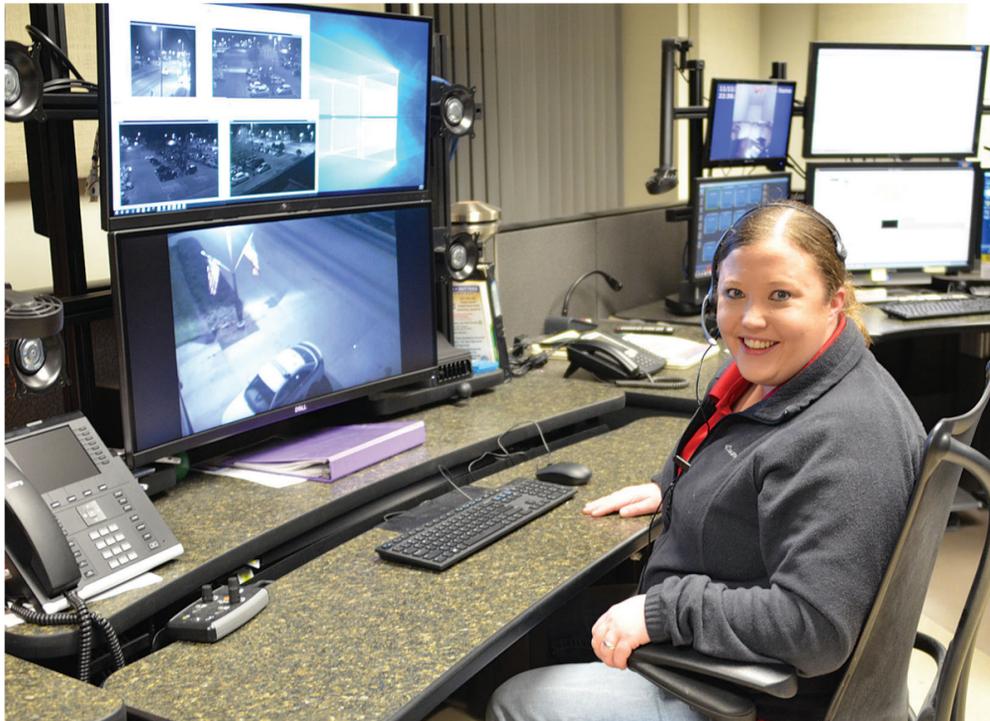
Lovig said that calls dealing

with mental illness always stick out in her mind, as well, since she can personally connect it to family that also battles with some form of mental illness. Lovig and Clark both said that mental illness has long been a growing issue in Ames, leaving dispatchers to be constantly fielding calls of this nature.

Clark explained that she feels there is a lack of transparency that comes with this job. Not many people know what happens behind the curtain, which leads many to have misconceptions of their job as dispatchers.

"People get their idea of what a dispatcher does based on the show from the 90s, 'Rescue 911.' TV, and like so many things, it's not a good representation of what we actually do and there's so much stuff we do behind the scenes," Clark said.

Both dispatchers gave advice as to what would help an emergency call go smoother. Clark said letting the dispatchers dictate the call will help them get the information faster. Clark and Lovig both explained that location is paramount and is the first piece of information they'll request.



Katy Klopfenstein/Iowa State Daily
Holly Lovig, dispatcher at the Ames Police Department, at her desk on Friday. Dispatchers constantly perform several actions at once to ensure the safety of the person on the other side of the line. "You truly have to care about each caller even though you've never met them," Lovig said.

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