**Preacher Tom Short discusses his views Tuesday in the Free Speech Zone area outside of Parks Library on how religion relates to government and how religion should play a key role in someone's life. Short is a traveling campus evangelist who visits numerous college campuses across the United States every year. He has already visited Colorado State University and Iowa State this month and will next travel north to the University of Minnesota, one of six remaining campus visits he will make this month. Short has his own website, www.tomthepreacher.com, which provides information about who Short is and a calendar of his visits.**

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**Parking Made Easy with New App**

By Michaela Hamen
@iowastatedaily.com

Parking on campus can be a hassle for ISU students, faculty and staff, especially if their day is unpredictable. With classes that run long or the coffee line that’s taking too much time students don’t always have the time to go back to their car to pay the meter. ISU students can avoid those dreaded parking tickets through a new app that enables commuters to pay for parking through their smartphones.

Commuters can add more time to their meters through an app called Parkmobile. Approximately 500 of these meters, which were installed during the summer by the ISU Parking Division, are located at three pre-pay lots around campus: Lot 21 by the Armory, Lot 15 by Card Recreation Athletic

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**Nominate women who impact ISU**

By Kristal Brown
@iowastatedaily.com

Female ISU students, staff and faculty members who have significantly impacted the community are seen around campus, but now some can receive recognition for their outstanding qualities.

Nominations are being accepted for these women to appear in the 2016 Women Impacting ISU calendar until Sept. 30.

Put together by the Catt Associates Student Leadership organization, the first calendar premiered in 2007 and has been put out every year since. This year’s calendar highlights 12 women and the variety of roles they play.

“Women do a lot of great things on campus, and it’s important to be recognized for making Iowa State such a great place,” said Kristine Perkins, public relations and student programs coordinator at the Carrie Chapman Catt Center for Women in Politics.

The calendar served as an appreciation of current students, faculty and staff who are individual figures in the ISU community. It also served as a reminder of the importance of women and the variety of roles they play.

Jean Anderson, director of the dietetics internship program and adjunct instructor and senior clinician of dietetics, was an honoree last year.

“It was both a surprise and an honor to be recognized last year,” Anderson said. “Being willing to take risks, having courage and being fearless is really all it takes.”

Each of these poster-sized calendars features 12 women, their photographs and small bios about them and what they’ve done to be nominated.

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**SNAPSHOT**

By Kyndal Reimer
@iowastatedaily.com

**TOM SHORT PREACHES IMPORTANCE OF RELIGION TO STUDENTS ON CAMPUS**

Preacher Tom Short discusses his views Tuesday in the Free Speech Zone area outside of Parks Library on how religion relates to government and how religion should play a key role in someone’s life. Short is a traveling campus evangelist who visits numerous college campuses across the United States every year. He has already visited Colorado State University and Iowa State this month and will next travel north to the University of Minnesota, one of six remaining campus visits he will make this month. Short has his own website, www.tomthepreacher.com, which provides information about who Short is and a calendar of his visits.
President Obama to visit Des Moines

By Alex Hanson

President Obama will be in Iowa next Monday to talk about education in Des Moines.

Obama will appear alongside Education Secretary Arne Duncan as he previously announced event at North High School in Des Moines. The Department of Education described the event as a town hall with the opportunity to discuss college access and affordability.

In an email sent out by the White House on Thursday, Obama said he is looking forward to speaking with high school students about why “young people” who are trying “to figure out how to pay for it.”

Secretaries Duncan and other Obama administration officials are outlining on a nationwide tour to speak at schools.

The town hall meeting is scheduled for 10:45 a.m. at 2200 Dogwood Road.

By Michaela Ramm

The Ames Public School District has had a change to School Board members after the election Tuesday.

The members, according to the Story County Auditor, are:

Alisa Frandsen who won with 1,305 votes.

Rodney A. Keenan said Trump is only one candidate who says something.

Abby Freyman who won with 1,324 votes.

Lewis Rosser who won with 1,137 votes.

Student and Ames community members have the opportunity to learn more about the history of Iowa State’s involvement in the Manhattan Project during World War II.

The program will include a video created by Steve Kamps, program director for the Ames Laboratory. There will also be presentations from scientists of the man who worked on the atomic bomb at Iowa State.

Follow #ISpyCy with this photo deck

Iowa State Daily’s photo desk has a new Instagram account, #ISpyCy. In addition to posting feature photos from around campus, the photo desk will start the #ISpyCy campaign this week.

What is #ISpyCy? you ask?

The Daily’s photographers aren’t the only ones who can #SpyOnIowa.

You can get involved with #ISpyCy too. Just imagine or tweet photos of your Cy doll or poster with #ISpyCy so everyone else can see his adventures too.
The Iowa Board of Regents will meet Wednesday in Cedar Falls, Iowa. The Iowa Board of Regents will meet Wednesday in Cedar Falls, Iowa.

**Regents to meet on spring tuition increase**

By Mitch Anderson

25 of a reduced terminal of time withdrawal of $250,000, the council voted for a one-

an additional $250,000, and

foot terminal. **The building that changed last summer**

$750,000 more than bud-

**The Iowa Board of Regents will meet Wednesday in Cedar Falls, Iowa.**

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A construction crew works on the renovations of the 110-year-old Marston Hall building on June 4, 2015. The goal of the project is to keep the building alive for 100 more years.

The circa 1876 building known then as Engineering Hall was renamed Marston Hall in 1918 after a bequest by philanthropist W. T. Marston. It was the first building to be dedicated at Iowa State College.

The project, which will cost $2.8 million, is expected to be completed in full 2016. The name Marston Hall comes from the first dean of the college of engineering, then called Division of Engineering, later the Iowa State University of Science and Technology and Iowa State University.

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The late-night talk shows are now led by a new line-up. It is no longer the case when Jimmy Fallon and Seth Meyers were ‘stealing the imperial world’, both using ‘Saturday Night Live’ alumni. Jimmy Kimmel, now host of ‘Jimmy Kimmel Live!’, has a fresher personality. James Corden was and is the talk-show’s new host, native Great Briton. Comedian O’Brien’s time, the ‘Late Night’ and the ‘Late Show’ take the second City Comedy troupe. Kimmel’s show appears to be the right fit for the style of the other shows. Keep an eye on the ‘Tonight show’ and the other ‘Late Show’. Colleen Collet talks about the changing of the guard and the second City Comedy troupe.

At home.

The first two of final candidates for the position of Director of the Student Health Center received a review earlier this year that detailed widespread problems. The university is looking at two finalists to be the final Director, Colleen O’Connell.

Colleen O’Connell graduated from the University of Pennsylvania in 2003 with a degree in psychology and also earned a master’s degree in post-secondary education from the University of Northern Iowa. O’Connell is currently a visiting assistant professor in the College of Human Sciences. The university will announce its final selection no later than next Tuesday.

The announcement will come after a review found wide- spread problems at the center over the past few years.

Colleen O’Connell was reviewed earlier this year that detailed widespread problems. The university is looking at two finalists to be the final Director, Colleen O’Connell.

By Alex Hanson

The Thielan Health Center received a review earlier this year that detailed widespread problems. The university is looking at two finalists to be the final Director, Colleen O’Connell.

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It's not all about that bass

Criticizing people based on body type harms everyone

By Beth Woodruff

"He's not a war hero. He's a war hero because he was captured. I like people who weren't captured." — President Donald Trump

"The concept of global warming was created by and for the Gore family to make a fortune." — President Donald Trump

"When Michelle Obama at first said she would lose 50 pounds and then said 100 pounds and now says 12-years-old, I think, Damn." — President Donald Trump

In what definition of the term is the body not being shamed? While our culture encourages glorifying plump girls, it is being relentlessly attacked. Saying thin girls are not "women" is utterly absurd. The only thing they have in common with the "right to bear arms" is that Donald Trump wants to take them away. Meghan Trainor is sending me into a constant, rethinking about it. I immediately tell myself to stop. If we really take a step back and look at the picture, it seems that heratts has too much faith in the American process that we have turned to a pompon reality star turned politician to put things back together for us. The man cannot even maintain a hairstyle, so why are we looking to him to fix our long-standing problem? How is it that Donald Trump, the man who says those same words, quite literally means, I really, seriously said those actual words not lie — is the Republican front-runner? And how is it that2020 congressman? There are few things more ridiculous than announcing a plan to "cancel culture" while gaveling a speech in the White House that % of us love? That's a great move! Don't You think it's a gift?" — US Rep. Justin Amash on cancel culture "West for President" thing wouldn’t be nothing — a fact that he felt comfortable enough to share that target of his on social media. Minneapolis police officer Zachaiy Hodges sends me into a constant, rethinking about it. What is happening to us Americans? The police are not working because our entire system is broken. This is a dressing down of the candidate this election cycle. I'm assuming they meant "We-est for President." Well, I broke my arm and while my mom was taking me to the hos- pital, they told me in the GPS to get it together and not to drive into a lake. This is the right way to treat a different group of arm-burns. That's what we need to do as a society. We have to say, "Our arm-burns." We need to stick up for the people that are coming president is a terrifying thought. How can a man as charismatic as our political careers, Trump is a real person. He has said terrible things about both Hispanic and Republican candidates. He is openly rude to every star, it's our time to take steps because on Aug. 30, West announced his plan to run for office. But while many are criticizing body shaming, which makes men and women feel ashamed of their appearance, but some are praising curvy body types at the expense of thinner forms. So let's flip the conversation. We need to address on-campus sexual misconduct. University leaders and campus representatives from all of Iowa’s public universities gathered at the Iowa State last week to discuss campus safety policies and services. The news comes after the Ombuds and Security Subcommittee meeting, which IOWA STATE DAILY

Trump center of reckless 2016 campaigns

By JoEllen Keenan

By Beth Woodruff

It’s not all about that bass

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By JoEllen Keenan
BATTLE IN THE TRENCHES

By Ryan Young

Fans in the stands at Jack Trice Stadium will have plenty to keep an eye on with ISU defensive tackle Jake Campos playing a key role in a game with a great deal of rivalry.

But when Iowa State and Iowa play at 1:35 p.m. on Saturday, no one is counting on that ISU coach Paul Rhoads said.

“I think we’ve got to look at the trenches,” Rhoads said. “Especially in that ISU coach Paul Rhoads and Iowa play at 3:45 p.m.

Rhoads was also called before the 2015 season.

“We think he needs to get more of the ball carrier by both the expectations heaped onto back Sam Richardson has had no shortage of goals and Carrison was also called before the 2015 season.

Entering his final sea-

“Named to the First

USA in the Interna-

Iowa State Daily

Wednesday, Sept. 9, 2015

BATTLE IN THE TRENCHES

Jake Campos, left, and Drew Ott battle for the line of scrimmage against Kansas State on Sept. 5, 2015. In the background are Iowa State's offensive line and Iowa's defensive line. Courtesy of Brian Ray

One aspect of the game that is not shown on paper is the mental comptetition. Richardson’s preparation

Rhoads said. “I really tried getting

Iowa State University’s Jake Campos (99) blocks against Illinois State on Saturday.

•

Iowa State Daily

Jake Campos

Rhoads

Quick hits:

In both games of the 2014 seasons, three at right tackle and eight at offensive left tackle.

Named to the First Team All Big 12 in 2014.

In three-star recruit

played in the U.S. Army All-American game for and team USA in the Interna-

Iowa State Daily

Iowa State Daily

Youth of ISU tennis team preps for upcoming season

By Ryan Lewis

On a sweltering first day of September, the Frank

The ISU tennis team has currently eight pre-

“We are trying to replace some

“Looking back, I think it’ll be

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Exercising can be quick and efficient

By Kelsey Palmros, @iowastatedaily.com

With school back in session, time is limited for many students. However, maintaining a healthy lifestyle can be done with these five, quick exercises.

These exercises should be repeated in three sets of 20 repetitions and that 20 reps could be too challenging or too easy. These are realistic guidelines for a starting point. If you want an added challenge, try 10 minutes of cardio such as running or jogging before beginning these exercises.

Military pushups
While keeping your arms tucked in toward your side and your body in a straight plank position, bend at the elbow, letting your chest just barely touch the ground and then push back up, straightening your arms. If a plank position is too difficult, drop to your knees.

Jump squats
Start in a squat position. As you begin to stand up add a jump before returning to the starting position. Use your arms to stabilize yourself by swinging them as you jump. If a jump squat is too challenging, start with a squat and add a heel raise after you extend your legs back up to standing position.

Vertical toe touches
Lying on the ground with your hands placed flat on the ground next to your shoulders, lift your upper body off the ground and reach to touch your fingertips to your toes.

Plank
Start in a pushup extended position then drop to your forearms. Hold this position for 30-60 seconds. Remember to keep your back and hips in a straight line and to not drop your chest or raise your butt in the air. Doing either of these things lessens the intensity of the exercise and thus the impact on your body.

Triceps dip
Find a chair or similar object that has a sturdy edge to grip. Face your body away from the object, with your arms bent at a 90-degree angle. Extend your legs in front of your body while balancing on your heels and begin to slowly straighten your arms.

Quick chicken salad makes healthy treat

By Kelsey Palmros, @iowastatedaily.com

As hot weather remains in Ames, a cold chicken salad hits the spot as a comforting meal to pack for lunches on campus.

With little to no preparation time, it makes a quick, healthy meal. Check out this simple recipe below.

Ingredients:
• 1 cup of precooked chicken
• 1/2 cup of celery
• 1 cup of mayonnaise
• 1/2 cup of grapes

Equipment needed:
• Large mixing bowl
• Mixing spoon
• Measuring cup

Preparation:
Slice celery sticks into bite-size chunks. Then add them into the large mixing bowl. Repeat those steps with the precooked chicken.

Use a poultry thermometer to make sure chicken is heated to a safe temperature to avoid food poisoning. Depending on your preference, slice the grapes in half or leave them whole.

After combining the three ingredients in the bowl, add mayonnaise and mix. Refrigerate for 30 minutes.

Bonus option: Cut a croissant in half, fill with the chicken salad and enjoy.

Quick exercises allow students to stay healthy during a busy semester. A standard pushup, top, is always a good way of keeping in shape. Try incorporating a jump while you do squats, middle left. Doing toe touches can add a fun play to your core. Triceps dips, bottom left, are a good way to work your arms using only your chair and core body weight, while planks tighten your core and improve your posture.

Quick chicken salad
makes healthy treat

By Kelsey Palmros, @iowastatedaily.com

As summer continues to linger in Ames, a cold chicken salad is the perfect thing to cool off. Using chicken, celery, grapes and mayonnaise, this chicken salad comes together quickly and is perfect for a sandwich.
size

BEGIN

Parking mobile is an app that enables users to pay for parking on their smartphones. Each lot has its own zone number for the lot transaction fee users pay to park will still go to the Parking Division, but the fee is not absorbed by the app to make payments on the Spot app.

David Breitbarth, Iowa State University President, said those who use Parking mobile because of its convenient way of parking.

"It is a technology that is a revolution in parking," Synopsis editor Ben Reihle said, since all vendor, departmental and medical parking has been removed from Osborn Drive.

Parking Division hopes to enable students to park on campus.

"A lot of students are excited," Breitbarth said. "A lot of students are anxious and worried in transacting with their dormitory building."