A NEW LEASE ON LIFE

By K. Bambo
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Nearly 20 people are physically abused every minute by a spouse or partner in the U.S., according to the National Coalition Against Domestic Violence.

A domestic violence shelter in Story County is working to provide crucial resources to survivors of domestic violence. ACCESS, or Assault Care Center Extending Shelter and Support, has served the community since 1974 and opened their first shelter in 1981.

ACCESS, which also serves Boone and Greene counties, recently made a change to a shelter model that has been gaining traction globally.

Since ACCESS altered their shelter model, the results have been objectively positive.

ACCESS began the transition to scattered site sheltering, which are self-contained housing units, as the core model of their operations in July 2016. ACCESS is one of the first domestic violence shelters in the state of Iowa to operate a scattered site model but is part of what former executive director Angie Schreck described as a "movement" towards a progressive shelter model.

"When I first joined the agency, back in the fall of 2014, our shelter services looked very traditional," said Virginia Grischaheimer, interim executive director of ACCESS. "We had all read a lot of best practice articles on this new model to look like," Grieschaheimer said.

"We sat down, myself, the previous executive director, and our current operations director, and tried to kind of set out a plan of what we wanted this new model to look like," Grischaheimer said. "We had all read a lot of best practice articles on scattered site sheltering, sheltering that had less, for lack of a better word, supervision built in, something that was a little bit more empowering," Grischaheimer said.

"The conversation started when the state of Iowa changed the funding model for victims' services," Schreck said. "They decided not to fund as many shelters and they cited a lot of approved research that said that victims don't need to be, basically, institutionalized." Schreck said that oftentimes, when a victim is placed in a traditional shelter model, they end up working on social issues within the group they are now living with rather than being able to focus on themselves. Scattered site shelters are typically individual units that allow a survivor to feel a sense of independence and security while addressing tumultuous life circumstances that include poor financial standing and strain in personal relationships.

Most of those sheltered by ACCESS are low-income people. From July 2015 through June 2016, 69 percent of resident clientele at ACCESS had a monthly income of less than $1,000.

Those at ACCESS had been considering the change for some time and a group from the greek community approached ACCESS to purchase the building they had been using. ACCESS agreed to make the sale which forced them to expedite the process of transitioning.

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"We had all read a lot of best practice articles on scattered site sheltering, sheltering that had less, for lack of a better word, supervision built in, something that was a little bit more empowering, a little bit more independent."
Speaker Zoey Shipley listens during a Student Government meeting on Nov. 29 at the Memorial Union.

BY ALEX CONNOR
iowastatedaily.com

As an elected body, Student Government is not immune to gender disparities.

In an analysis of the 14 Senate meetings this fall that measured the amount of times voting members spoke, the Daily found that despite there being almost as many women on the Senate as men, 16 to 19, male senators spoke at a much higher rate than that of their female counterparts. At one meeting, for instance, men comprised 52 percent of the Senate yet spoke 82 percent of the time — a trend consistent throughout several other Senate meetings during the semester.

Additionally, the Daily found that while speaking privileges among the male senators were more evenly dispersed, it was the same women — who were also more veteran senators and often in a leadership position — that routinely spoke at each meeting. However, the analysis does not take into consideration the length of the speaking privileges nor the substance of what was said within that period, or the work senators have done within the committees they are a part of.

Speaker Zoey Shipley, who has been involved with the Senate for the past two years, said she wasn’t surprised by the percentage of times men spoke compared to women.

“That’s why I’ve stressed speaking to female senators and to try to create a group environment for women to come together and talk more. I have seen it as a huge issue,” Shipley said. “It does reflect a lot of what I expected for the semester.” Addressing diversity and inclusion has been an ongoing effort within Student Government and campus as a whole.

Last year, there were only seven female senators out of 34 in total. After the March elections, 13 female senators were elected out of 37 in total. However, with some senators resigning over the summer, the number of women dwindled to nine at the first Senate meeting.

Over the course of the fall session, seven female senators were seated to Student Government bringing the total number of women to 16.

“A huge advantage for women, specifically last year, was that there were a lot of senior members who had more experience on Student Government,” Shipley said. “I don’t know if women spoke more than they are speaking now, but there might have been a little bit more speaking by women because there were more senior members.

“We lost a lot of great voices last year.” Shipley, due to her role as speaker and experience as a seasoned senator, spoke at every Senate meeting that she was in attendance and oftentimes spoke more than any of her female colleagues.

At a Senate meeting toward the beginning of the semester, Shipley spoke five times. Only two other female senators spoke at that meeting and they did it just once each. As more Senate meetings passed, however, more women began to speak more frequently.

At a meeting in late September, women made up 46 percent of the Senate and spoke 36 percent of the time — the highest percentage of the session.

Shipley attributed some of the hesitation on the female senators behalf to speak during meetings to the topic of debate, such as finance.

“I don’t talk a lot during the finance bills unless it is making sure that the student groups are prepared and represented,” Shipley said.

Student Government authored 76 pieces of legislation this fall with 34 bills relating directly to finance. Of the 36 finance bills, 34 were authored by men. The finance legislation authored by women related to internal Student Government matters such as funding food for its town hall or posters relating to addressing sexual violence.

Many speaking privileges granted to men were due to the sheer fact that they authored the legislation and were asked questions regarding the bill.

“I think it comes off [Senate] as sometimes a ‘Boys Club’ and specifically a white boys club. Half of our chief officers are white males named ‘Cody.’ That speaks volumes,” said vice speaker Cody Woodruff. “We have to be conscious of that fact.”

However, Shipley and Woodruff are optimistic of what next semester may bring — a more representative Senate and more experienced senators.

“I don’t have a solution. It’s just continuing to try, and hopefully — here on campus and in society — we can start to break down those barriers. We are seeing that slowly but surely. It’s too big of an issue for the Iowa State Student Government to solve,” Woodruff said.

Dianne Bystrom, director of the Carrie

He speaks, she speaks
ACCESS found a landlord within Story County that was able to lease them units that fit their ambitious goals — three units with differing levels of staff-involvement and responsibility. When people initially contact ACCESS, they are asked about preferences for housing and the amount of staff involvement they would prefer.

“It depends on where people are in their healing, it depends on the severity of abuse that they are coming out of, but at least now we have options to offer people,” Griesheimer said. “I think that it gives them a greater sense of ‘okay, well, I get to decide how I flee and where I flee to now,’ which is really important.”

The unit with the most staff involvement, referred to as the “staffed unit” which Griesheimer likened to their former model, operated with staff members who answer the door, operate security and are present at all times. The unit with the second most staff involvement, the “semi-staffed unit,” was located close enough to the staffed unit so clients had access to staff when they needed, but could choose to be without staff when they felt comfortable doing so.

The biggest difference between the two units is that the less staffed unit allows clients to have a key and operate their own security.

The third, “unstaffed unit,” was located miles away from the other two units and staff are only available by appointment or as-needed. Again, clients here have “full-control over the keys” and are responsible for operating their own security.

“That was a huge change. I think we had a few partners who were a little bit skeptical of what that would look like,” Griesheimer said. “Some folks who have been part of the anti-violence movement and who have been involved in sheltering services for a long time, there is this kind of belief that clients need supervision, they need full access to staff.

“What we found as a result of this transition is that it’s not the case.”

By operating a scattered site shelter, ACCESS was able to compare and contrast the results from the three varying levels of supervision and responsibility. What they found was that following the transition in 2016, clients who exited the shelter to permanent housing from the fully-staffed unit was 30 percent lower than clients leaving the semi-staffed unit. Clients leaving the unstaffed unit were 10 percent more likely to enter permanent housing.

Griesheimer said that before the transition, surveys from clients indicated that they wanted more independence and more control over their space.

“They want to be able to kind of feel empowered to make decisions for themselves. This was a great way for us to actually put that into practice,” Griesheimer said.

While ACCESS has 12 beds in their current shelters, six less than the traditional model had, they were able to shelter 42 more individuals in their first year as a scattered site shelter, a near 44 percent increase. This is largely because the average length of stay for the unstaffed space was 19.7 days and the average length of stay overall for the traditional model was 35 days.

“We wanted to have what felt like individual options but still wanted to capacity to shelter the significant numbers that need sheltering,” Schreck said.

According to Schreck, ACCESS’ ideal outcome is to provide support services so victims never need to enter a shelter and they offer a bevy of other services. ACCESS provides 24-hour crisis lines, counseling, support groups, community education and various advocacy services including information and referrals for legal, medical and social service needs.

Sexual Assault Crisis Line: (515) 292-5378 or (800) 203-3488
Domestic Abuse Crisis Line: (515) 292-0519 or (855) 983-4641
Housing/Sheltering Crisis Line: (515) 292-0543 or (855) 665-2998

Phone numbers and additional services provided are courtesy of www.assaultcarecenter.org.

For Shipley, however, she knows firsthand how intimidating it may seem to run for political office — as she, too, had to be asked to run for speaker.

“I think there is always going to be that back of the mind voice telling women that they cannot run because of what is happening in society, so until there is a huge societal change — I think women are always going to have that voice … saying I don’t think so or ‘That doesn’t sound like something for me,’” Shipley said.

She’s excited, however, for the continued progress she sees Student Government making.

“How much you speak at Senate does not determine how good of a senator you are,” Shipley said.
Cheerleaders perform before the men’s basketball game against Northern Illinois on Dec. 4.

POLICE BLOTTER

12.1.17
Wallace Hall (reported at 11:11 p.m.). An officer investigated a property damage collision at Duff Ave and Grand Ave (reported at 12:44 p.m.).

An individual reported the theft of a laptop at King Pavilion (reported at 4:51 p.m.).

An individual reported the theft of a fire extinguisher at Memorial Union (reported at 7:34 p.m.).

12.2.17
A 17 year old female was referred to Juvenile Court Services for possession of alcohol under the legal age at 119 Stanton Ave (reported at 12:11 a.m.).

An officer assisted an individual who was experiencing medical difficulties at Wallace Hall (reported at 11:11 p.m.).

An officer investigated a property damage collision at Lot 91 (reported at 12:43 a.m.).

An officer assisted an individual who was experiencing medical difficulties at Helser Hall (reported at 1:26 a.m.).

An officer assisted an individual who was experiencing medical difficulties at Martin Hall (reported at 1:30 a.m.).

An officer assisted an individual who was experiencing medical difficulties at Larch Hall (reported at 3:18 a.m.).

An officer investigated a property damage collision at 119 Stanton Ave (reported at 12:11 a.m.).

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Take a moment to relax!

Walk the Labyrinth

December 6, 10 a.m. - 4 p.m.
Sun Room, Memorial Union

Perfect Games is the perfect place to visit for a night of fun-filled gaming activity and delicious food. The venue offers a full service bar, restaurant and numerous attractions for gamers. Laser tag, a mini golf arena and bowling are just some of the games offered… come on in and check the rest out!

Perfect Games also offers options for those looking to throw a larger party or event. According to Perfect Game's website, "Holiday parties, corporate events, team building, reunions, lock-ins and post prom events are our specialty. Give us a call at 515-598-2695 (BOWL) or email us at moreinfo@perfectgamesinc.com and let our party planning team help you create an event that you will not soon forget!"

Location: 1320 Dickinson Ave, Ames, Iowa
Phone: 515-598-BOWL (2695)

ATTRACTIONS:
- Mini Golf
- Cosmic Bowling
- 24 lanes of bowling
- 2-story laser tag arena
- Arcade
- Sports bar and full service restaurant
- Over 30 TV screens
- Meeting rooms with internet access

BY NICOLE MILLER
@iowastatedaily.com

CHRIS JORGENSEN/ IOWA STATE DAILY

Perfect Games offers loungers and tables for a luxurious bowling experience.
POUR 'O' SCOPE

 Keep pushing through, Aries! Your hardworking nature and determination will help you finish the semester strong. You can do this!

 You've been avoiding a major project, Taurus. The longer you procrastinate, the harder it will be for you. Plus, the quicker you get your work done, the sooner you can head over to Perfect Games!

 A career opportunity has presented itself but you're feeling cautious, Gemini. Consider the benefits it will bring you and go for it.

 You feel like you're behind all of your peers, Cancer. Stop comparing yourself and celebrate what you have accomplished; you've done more than you think!

 Winter break feels years away to you, Leo. You've been dragging your feet and avoiding responsibilities. You're close to the finish line, you can do it!

 Preparing for finals is exhausting you, Virgo. Give yourself a night out with friends (Perfect Games is a great spot!) to unwind. A little laser tag or bowling may just be what you need.

 Feelings for a past relationship are reforming and distracting you. Remember why the relationship didn't work and move on, Libra! Someone special and even more deserving of you is out there waiting.

 It's OK to ask for help when you need it, Scorpio. You have the resources to fix a problem, you just need some guidance. Remember, you have got plenty of willing resources to help you, whether it may seem like it or not.

 A financial boost is coming your way, Sagittarius. Get that thing you've been eyeing, you deserve it! A little self indulgence here and there is good for the soul.

 Negative thoughts are making you pessimistic about a certain goal. Take note every time you think negatively and turn it into a positive. You know that you're capable of this goal, Capricorn!

 A recent change in paths has you questioning whether or not you made the right choice. Trust your instincts and keep with it, Aquarius. Positivity is key.

 A new relationship, romantic or not, is pushing you out of your comfort zone in a good way. Continuing this relationship will bring you joy and new opportunities. But don't forget to focus on school work!
Perfect Games Specials

Perfect Games offers game and food specials Sunday through Friday, so come on in and take advantage of the deals available.

Sunday: 11 a.m. - 7 p.m.
Game special: Kids bowl free with a playing adult, half-price arcade games
Food special: $10 for one 14-inch pizza with two toppings

Monday: 9 p.m. - midnight
Game special: $2 bowling games and $2 shoes
Food special: $4 for six wings, two-for-one domest- tic draws

Tuesday: 9 p.m. - midnight
Game special: Free pool, $2 bowling games and $2 shoes
Food special: Half price wells, two for one pizza slices

Wednesday: 9 p.m. - midnight
Game special: $2 bowling games and $2 per shoes
Food special: $9 domestic pitchers, $2 walking tacos, $1 chips and salsa

Thursday: 9 p.m. - 1 a.m.
Game special: $2 bowling games and $2 shoes, $3 laser tag games
Food special: $3.50 Captain and Jack cocktails, half-price appetizers

Friday: ALL DAY
Drink special: $10 buckets of domestics
Showcased is the Perfect Games full-service bar, a view of the arcade and bowling lanes.
Chances are that if you've ever had an unforgettable night out on the town with your friends, you know hangovers all too well. You also probably remember saying “I'm never drinking again,” and then proceeding to break that promise the following weekend. If this sounds like you, you probably don't want to miss out on the fun. Plus, who can pass up all the specials offered at Perfect Games?! Here are some common hangover myths that have been debunked by Health Guide.

**MYTH**
“Chose diet cocktails- you’ll save calories and feel better tomorrow.”
Wrong! Research shows diet drinks get you drunk faster from the fewer calories, as it allows more alcohol into the bloodstream.

**MYTH**
“I’ll grab a coffee to get rid of that hangover!”
Please, don’t. Coffee and caffeine contain diuretics which will contribute to the dehydration you are already experiencing the morning after. Stick to Gatorade or something high in electrolyte content.

**MYTH**
“Go take a cold shower, that’ll snap you out of it.”
Sadly, your body temperature is already low from the alcohol and a cold shower will make what you’re feeling worse.

**MYTH**
“Here, I brought you some ibuprofen. Take it and you’ll feel better.”
Ibuprofen or aspirin will only contribute to the pounding headache you already have. It won't help with vomiting, cold sweats or any other hangover symptoms. It increases acid in the stomach and doesn’t help rid the alcohol at all.

**MYTH**
“Come on, let's go grab brunch. I’ll buy mimosas, you have to keep drinking to fight the hangover.”
Wrong again! While keeping the pace may prolong symptoms, avoiding the inevitable hangover and continuing to drink alcohol won’t stop what’s coming your way.

**MYTH**
“I’m on my way to the gym to try to get rid of this hangover.”
Save it. This won't help either. According to the Department of Health, physical activity will only increase the body’s fluid making it worse.

**MYTH**
“We HAVE to stop for a Super Dog or get a pizza so we’re not sick tomorrow!”
Actually, skip it. You must have food in your body before the drinking begins for it to consume any of the alcohol.

**MYTH**
“You’re a girl, you’ll never get a hangover. Just drink it!”
This is where manner comes into play and you kindly decline the fifth shot. Men have more water in their bodies which allows them to dilute the consumed alcohol.

There you have it! Be a smart drinker!

Information found at https://health.thefuntimesguide.com/hangover-cures/
WHAT TYPE OF GAME DO YOU PREFER?

1. How physically active do you like to be while playing games?
   A) I don’t like to be physically active
   B) I like minimal physical activity
   C) I like short bursts of physical activity
   D) I like to be as physically active as I can be

2. How many people do you like to play with?
   A) By myself
   B) Two people
   C) Six people
   D) Fourteen people

3. What format of gaming do you like?
   A) Digital tactics
   B) Strategy
   C) Hand-eye coordination
   D) Physical interaction

4. Who do you like to play games with?
   A) I like playing alone
   B) I prefer to play with a close friend or a sibling
   C) I prefer to play with family
   D) I prefer to play with a large group of friends

5. How often do you participate in these games?
   A) All the time
   B) Frequently
   C) Occasionally
   D) When I can get friends together to play

6. How much are you willing to spend on games?
   A) 29 cents to $2
   B) Free
   C) $4 per person
   D) $5 for 7 minutes

7. What time do you like to game?
   A) Earlier in the day
   B) Sometime in the afternoon
   C) In the evening after dinner
   D) Late at night

If you picked mostly A, you probably enjoy going to the arcade! A lot of these games are single player, but that doesn't mean your friends can't get in on the fun. Perfect Games has 80 arcade games to try at a reasonable price!

If you picked mostly B, you probably enjoy playing pool with a friend or two! Although it's a low-key game, you still have to have a good strategy if you plan to win!

If you picked mostly C, you probably enjoy bowling! Bowling is the perfect game to pick for a study break. Although it doesn't require a lot of physical activity, it can be really entertaining and challenges hand-eye coordination.

If you picked mostly D, you probably enjoy laser tag! It's fun to grab a team of friends and see who has the best aim. The black lights are an added bonus.
WATCH YOUR INBOX

BOWL EDITION

THE DAILY DOSE

DEC. 24 - DEC. 31
JOIN THE BIG FOUR IN OUR...

NAUGHTY OR NICE

CHRISTMAS CRAWL

DON'T FORGET TO GRAB YOUR LIMITED EDITION CHRISTMAS CRAWL MUG

THURSDAY, DECEMBER 7TH
EDITORIAL

Tax bill harmful for graduate students

The recently passed House version of the tax bill decreases taxes for the 50 to 60 Iowans (most of whom are not farmers or small business owners) who pay estate taxes, but increases taxes for more than 3,000 ISU graduate students who receive tuition scholarships/waivers by treating those scholarships as earned income.

Perhaps Republican House members have forgotten, or never considered, the many reasons we, at a university of science and technology, need to encourage graduate studies.

BY ERIC SCHULTZ
senior in accounting

Before I start, I want to let it be known that I do, in fact, believe that Alabama is deserving of being in the top four. I believe that the College Football Committee has got it correct.

However, I also believe that both me and the committee could be dead wrong. I believe that there is a strong possibility that UCF could be the “champions who never got the chance”. This is because if history has taught us anything, it has always been apparent that human error exists.

Whether it is with stocks or weather forecasting or even guessing which team will win it all, humans are typically wrong more times than we would like to admit, especially when picking four teams out of more than 120 in the nation.

I look at how bad Ohio State got creamed last year and remember the “what if” scenarios from the BCS era involving TCU (2011), Boise State (2007), and Utah (2005 & ’09) and I look at UCF this year. I wonder if in the future if the Iowa Hawkeyes have an off year and everybody in the Big 12 beat each other up, if the weak strength of schedule would cost ISU a spot in the playoff.

To improve the playoff system, there has to be criteria for eliminating teams and for guaranteeing teams in the playoff (like conference championships). The human element can still play a role for seeding purposes and for tie-breaking when determining teams is evident with human error and a clear lack of criteria for guaranteeing teams in the playoff. It is literally impossible to pick the top four teams based solely on opinion yet this is how the NCAA does it. Underseeded teams are not given a chance prove they are worthy. UCF cannot improve its strength of schedule because Alabama and Auburn would rather play teams like Mercer than chance it with ISU.

I will admit that it was a bit poorly written but rather than help improve it, I was told that “sports related stuff is a waste of time” (compared to the funding bills for sports clubs and a resolution asking for BYU to be excluded from the Big 12).

I am writing this because I care for the students on the football team. I am taking action and asking for improvements to a system because I do not want to see ISU or anybody else snubbed because of a weak schedule.

Think about it. If Wisconsin was on the outside looking in for most of the season, who is to say the same will not happen to ISU?

COURTESY OF WIKIMEDIA COMMONS

The Editorial Board argues that the recently passed tax bill negatively impacts graduate students by forcing them to pay more money they may not have.

LETTER

Possible errors with College Football Committee

BY ERIC SCHULTZ
senior in accounting

I wonder if in the future if the Iowa Hawkeyes have an off year and everyone in the Big 12 beat each other up, if the weak strength of schedule would cost ISU a spot in the playoff.

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However, I also believe that both me and the committee could be dead wrong. I believe that there is a strong possibility that UCF could be the “champions who never got the chance”. This is because if history has taught us anything, it has always been apparent that human error exists.

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I look at how bad Ohio State got creamed last year and remember the “what if” scenarios from the BCS era involving TCU (2011), Boise State (2007), and Utah (2005 & ’09) and I look at UCF this year. I wonder if in the future if the Iowa Hawkeyes have an off year and everybody in the Big 12 beat each other up, if the weak strength of schedule would cost ISU a spot in the playoff.

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Think about it. If Wisconsin was on the outside looking in for most of the season, who is to say the same will not happen to ISU?
The senior center from Parker, Texas, has been searching for post depth for years now.

This season, there was hope that it had finally arrived, especially in the pre-season. Junior Meredith Burkhall, after being on her own for nearly two years, was now one of four options on the interior.

But how are they faring so far? With Iowa State off to a disappointing 3-4 start with losses to UNI and Central Michigan, there have been plenty of offensive areas in which the Cyclones have been inconsistent at best. The Cyclones have a turnover-to-assist ratio of 1.21-to-1 this season, and the three main post options (Kristin Scott, Meredith Burkhall and Bride Kennedy-Hopoate) are currently shooting a combined 41.73 percent from the field.

With that in mind, let's dive into the stats and see how each of Iowa State's posts are performing seven games in.

Meredith Burkhall:
One of the team leaders heading into the season, Burkhall has had mixed performances this year. Through the first six games of the season, the Urbandale native was one of only two players to start each game, alongside star junior guard Bridget Carleton. The more concerning stat is the foul trouble that Kennedy-Hopoate has often found herself in. The only two games in which she has had less than three fouls were against Tulane and Drake, and she fouled out against Vanderbilt. Given her limited minutes, her propensity to foul could cause problems later in the season, especially if she takes on a larger role.

Kristin Scott:
The JUCO transfer from Brisker-Hopoate has rapidly become the top post option for Iowa State this year. An inside-outside threat with a smooth jump shot, she has showcased versatility and confidence generally not found in a true freshman.

Fennelly points to her impressive rebounding numbers as the main reason for her rise up the depth chart. The freshman, who Fennelly said has been battling a back injury recently, is averaging 8.1 rebounds per game.

Final Thoughts:
The Cyclones' posts were the subject of lots of hype before the season began, and deservedly so. After seven games, though, it's not too difficult to see that the performances have not lived up to expectations.

It's no secret that the Cyclones women's basketball team has been searching for post depth for years now.

The more concerning stat is the foul trouble that Kennedy-Hopoate has often found herself in. The only two games in which she has had less than three fouls were against Tulane and Drake, and she fouled out against Vanderbilt. Given her limited minutes, her propensity to foul could cause problems later in the season, especially if she takes on a larger role.

Kristin Scott: A breakout performer at times for the Cyclones this year. The freshman has jumped at the chance to make an early impression on Fennelly, and has found herself rapidly becoming the top post option for Iowa State this year. An inside-outside threat with a smooth jump shot, she has been consistent on the offensive end. In three of the Cyclones' seven games, the Kasson, Minnesota, native is shooting over 50 percent.

Claire Ricketts: The senior center from Parker, Texas, has played sparingly this season, averaging only 3.5 minutes per game.

Burkhall has only taken one 3-pointer all season, and her shot attempt numbers have gone down each year. Scott's shooting numbers have not been as sterling, though. Her field goal percentage is three percent higher than her numbers last year, but still short of the national average. Burkhall has averaged 6.4 points per game and has been consistent on the offensive end. In three of the Cyclones' seven games, she was one of only five freshmen in the country averaging over nine rebounds.

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Fennelly, after a tough loss to Drake in which the posts went 5-of-16 from the floor, had a blunt assessment of their current performances.

"Our post game is... fill in the blank," Fennelly said. "We're not good right now."

The Cyclones have been primarily a perimeter-based team for years now. Carleton and senior guard Emily Durr are making sure that trend continues. But with a young, inexperienced team and a constantly changing lineup, the Cyclones have struggled to find their groove as a whole.

The posts have been no exception.
For most book lovers out there, when a movie adaptation is made from one of their favorite books they feel one of two things: worried that it won’t amount to the books greatness, or excited to see how the director set up the movie and brought their favorite characters to life.

So, what makes a good book-to-film adaptation, and what does “good” even mean in this context? The number one factor that makes a book-to-film adaptation good is the amount of faithfulness the film adaptation has to the book. Obviously, if a reader loved a book and decided to go see the film, they would most likely be wanting to see what they loved about the book come to life on the screen. This includes, keeping the same plot line as the book and adding major details, though small twists the director adds to the film can be quite enjoyable.

The second factor in whether a book-to-film adaptation is good, is honestly just personal opinion. There have been many popular book series that have turned into film adaptations that became blockbusters within a few days or even hours, and are largely viewed all over the world. A few examples of these being the “Harry Potter,” “Narnia,” “The Hunger Games” and “Divergent” franchises. Depending on personal values, likes, dislikes and personal view of the world, opinion over certain books and movies alike will differ.

Some people love reading, some do not. So if you have any down time during the holidays and aren’t sure what to do, challenge yourself by reading a novel that has a film adaptation, and compare the two. Even going back and reading a favorite classic and then watching the film, I’m sure you will catch something you never noticed before.

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