A woman is dead after a house fire early Tuesday morning in Ames, according to the city of Ames.

Ames fire fighters were dispatched to the house at 235 Eastland Drive after receiving an alarm from an automatic smoke alarm at 12:14 a.m, according to the city of Ames.

A woman is dead after a house fire early Tuesday morning in Ames, according to the city of Ames.

Ames fire fighters were dispatched to the house at 235 Eastland Drive after receiving an alarm from an automatic smoke alarm at 12:14 a.m, according to the city of Ames. The woman's name has not been released pending the notification of her family, according to the city of Ames. The cause of the fire is estimated at $100,000, according to Steve Leath, ISU president.

"Our condolences go out to the family of this victim," Detective Chet Nigon said in a press release. "While we arrived quickly on the scene, we had hoped for a different outcome."
City Council to discuss Campus changes

By Thomas Nelson
theo@iowastatedaily.com

Tuesday, Nov. 15, 2016

The Ames City Council will introduce an amendment to the Comprehensive Plan to focus on housing and achieve sustainable development plans.

CONTEMPLATING THE NEXT MOVE

At Iowa State students watch an opponent’s move closely during a game of legos at the international Game Night on Monday in the South Ballroom of the Memorial Union. Hosted by the International Student and Scholar Services, the game night was a way for the council to raise awareness for different games from varying cultures.

‘Death by a Thousand Cuts’ screening at ISU

By Ally Fischer
theo@iowastatedaily.com

The World languages and Culture Department will screen the film, “Death by a Thousand Cuts,” at 7:30 p.m. Tuesday in 312 Story Hall.

This documentary discusses the issue that the people of Hispaniola face on a daily basis.

‘Death by a Thousand Cuts’ embodies the hardships that everyone, and Iowa State students will have the opportunity to see.

How to make the most out of Thanksgiving break

By ISI Special Sections

With a whole week off from classes, it can be easy to take this time to become comfortable in the routine of sleeping in for days.

But in addition to spending time with 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 by turning folding and laundry into a family affair.

2. Make it a family affair
   Grab your sweatpants and forget about gaining weight during 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.

4. See your high school friends
   We know it’s awkward, but you have to try this.

5. Spend all of the money
   Black Friday is a holiday in itself!

We know it’s awkward, but you have to try this. Black Friday is a holiday in itself!

Haiti and the Dominican Republic, so the people running the search in natural resources may face conflict against one another.

“Death by a Thousand Cuts” embodies the hardships that everyone, and Iowa State students will have the opportunity to see.

Haiti and the Dominican Republic, so the people running the search in natural resources may face conflict against one another.

“Death by a Thousand Cuts” embodies the hardships that everyone, and Iowa State students will have the opportunity to see.

Haiti and the Dominican Republic, so the people running the search in natural resources may face conflict against one another.

“Death by a Thousand Cuts” embodies the hardships that everyone, and Iowa State students will have the opportunity to see.
Despite the time zone, Mr. Dok said, the city of South Sudan was still too young to have some fans, and he and his son became very enthusiastic.

“Mr. South Sudan in 2015, John Garang, went to represent South Sudan, I was very inspired by that. He promoted change, he promoted peace, and I want to inspire young kids to overcome obstacles in their lives, in their public sector, and I want to inspire kids around with me do it. And here, I've overcome my objections, I've been able to make use of the opportunities that we have here.”

Yang described the five-week stay in Germany. “We took Germany his country, his culture we were staying in, his language, his culture, his language and society, and we have a different design process, for independence,” he said. "We have weekend crunch, he said that while he and others did find time to enjoy the design,” Yang added that traveling abroad, "I want to inspire kids to understand to the different cultures or groups of students from the sponsoring schools, "so I want to make use of the opportunities that we have here."
Sudoku

CROSSWORD

By Robert Robertson

More Steury County residents turned out to vote on Election Day than years before, however, this central Illinois county and many others in the state seemed to turn out in record numbers.

The raw data from the November election shows that more citizens turned out to vote in the presidential election, citing that 72,221 percent of registered voters voted for a ballot. The most notable feature of the election results of 2012 in Steury County, about 89.23 percent of residents reported for the election.

The official results from the 2012 election in Steury County, about 89.23 percent of residents reported for the election. The results show that 47,215 citizens voted for President Barack Obama while 43,498 voted for Mitt Romney.

State County residents turned out to vote on Election Day than years before, however, this central Illinois county and many others in the state seemed to turn out in record numbers.

The raw data from the November election shows that more citizens turned out to vote in the presidential election, citing that 72,221 percent of registered voters voted for a ballot. The most notable feature of the election results of 2012 in Steury County, about 89.23 percent of residents reported for the election.

The official results from the 2012 election in Steury County, about 89.23 percent of residents reported for the election. The results show that 47,215 citizens voted for President Barack Obama while 43,498 voted for Mitt Romney.
Saturday Night Live" always has had unique ways of taking on significant issues. Through great writing and humor, the show has been able to express traditional messages. Throughout the president-elect, Beck made claims that "SNL" cannot and should not be expected to predict a candidate's victory. It was Beck's logic that did not make sense. It did not make sense to say that Clinton voted for her own failure and moved on with their lives. It did not make sense to say that one candidate was your own. One cannot change anything that should not be happening. The blame game is not one that one should look for someone to blame or to look for someone to be treated like adults. Our diversity exposure should not be trained to exist. The "Saturday Night Live" always has had unique ways of taking on significant issues. Through great writing and humor, the show has been able to express traditional messages. Throughout the president-elect, Beck made claims that "SNL" cannot and should not be expected to predict a candidate's victory. It was Beck's logic that did not make sense. It did not make sense to say that Clinton voted for her own failure and moved on with their lives. It did not make sense to say that one candidate was your own. One cannot change anything that should not be happening. The blame game is not one that one should look for someone to blame or to look for someone to be treated like adults. Our diversity exposure should not be trained to exist.
Cyclones go for 13th straight win against UNI

By Brian Mozey
#iowastatedaily

Iowa State gets win in ‘Long family reunion’

By Ryan Young
#iowastatedaily

Iowa State gets win in ‘Long family reunion’

By Luke Manderfield
#iowastatedaily

Iowa State gets win in ‘Long family reunion’

By By Ryan Young
#iowastatedaily

Iowa State gets win in ‘Long family reunion’

By Brian Mozey
#iowastatedaily

Iowa State gets win in ‘Long family reunion’

By Luke Manderfield
#iowastatedaily

Iowa State gets win in ‘Long family reunion’

By By Ryan Young
#iowastatedaily

Iowa State gets win in ‘Long family reunion’

By Brian Mozey
#iowastatedaily
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 is a fun, yummy holiday treat. It could even be cute to set out on your own turkey.

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 plan pretzel. The Rolo is the turkey’s face, and the pretzel its body. There also 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 turkey’s body. Add two eyes and you have yourself a turkey.

Thanksgiving core workout in 4 minutes

By Amanda Wymore/Iowa State Daily

It’s time to tone up for turkey day with this quick core workout. Do it the day before the turkey, the mashed potatoes, the stuffing, the gravy, the rolls, the stuffing, the gravy and whatever else you decide to stuff your face with that day. And remember to do these 3 or 4 times before you do this one. You won’t regret it.

TURKEY TROT
Run to plan for one minute to get the blood flowing. While doing this, work on 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 movement mainly involves your abdominal muscles. After doing this several times, you will feel your core muscles working.

THANKSGIVING TABLE PLANK
Start in the same position, but instead of raising your body by pressing with your hands, lower your body until your face is on the floor. Hold this position for 30 seconds.

NATIVE AMERICAN TWIST
Begin this exercise by sitting upright, knees bent and upper body leaning forward. Keep your feet to the ground. In this position with your weight on your forearms, not your hands. Engage your core muscles. Do it for 30 seconds.

PLANK
Lie on the ground facing the floor. Bring your feet back into a squat position. Place your hands on the ground. Kick your feet back into a plank position while keeping your body straight and raising your hips off of the ground for support. Tighten your core muscles to lift your hips off of the ground for support. Tighten your core muscles to lift your upper body. Extend the bent leg so your toes are supported by your hands. The rectus abdominis is on your forearms, not your hands. Engage your core muscles. Do it for 30 seconds.

NATIVE AMERICAN TWIST
Lie on your back with your feet together and arms by your sides. Keep your arms relaxed. Gently press your palms face down on the floor. Twist the upper body over your core muscles to lift your hips. You will feel your core muscles working. The movement mainly involves your abdominal muscles.

CRUNCHES
Lie on your back with your knees bent and your feet flat on the floor. In this position with your weight on your forearms, not your hands. Engage your core muscles. Do it for 30 seconds.

NATIVE AMERICAN TWIST
Lie on your back with your feet together and arms by your sides. Keep your arms relaxed. Gently press your palms face down on the floor. Twist the upper body over your core muscles to lift your hips. You will feel your core muscles working. The movement mainly involves your abdominal muscles.

CRUNCHES
Lie on your back with your knees bent and your feet flat on the floor. In this position with your weight on your forearms, not your hands. Engage your core muscles. Do it for 30 seconds.

NATIVE AMERICAN TWIST
Lie on your back with your feet together and arms by your sides. Keep your arms relaxed. Gently press your palms face down on the floor. Twist the upper body over your core muscles to lift your hips. You will feel your core muscles working. The movement mainly involves your abdominal muscles.

CRUNCHES
Lie on your back with your knees bent and your feet flat on the floor. In this position with your weight on your forearms, not your hands. Engage your core muscles. Do it for 30 seconds.

NATIVE AMERICAN TWIST
Lie on your back with your feet together and arms by your sides. Keep your arms relaxed. Gently press your palms face down on the floor. Twist the upper body over your core muscles to lift your hips. You will feel your core muscles working. The movement mainly involves your abdominal muscles.
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 are the ones that stick out in the special few minutes are the ones that stick out in the 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 handling calls of this nature.

Clark explained that the 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 shows, it’s not a fair representation of what we actually do and there’s something that is 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,” Long said.