Iowa State Extension and Outreach spans all counties

"The point is to make education accessible to everyone."

-Deb Sellers
Associate Dean of Human Sciences Extension and Outreach

Iowa Regents to convene Thursday

Campus safety, tuition among topics up for discussion

BY TYRUS.PAVCICH
@iowastatedaily.com

The Iowa Board of Regents will discuss topics including public safety and spending at the state universities during its meeting this week.

Key presentations include the Fall 2018 Enrollment Report, the Comprehensive Fiscal Report for FY 2018 and the annual Clery Act Reports, which disclose crime statistics in and around university campuses. Thursday and Friday's meeting is slated to be the Board of Regents' last until January 2019.

The board's November session will open with reports from the investment and finance committee at 11 a.m Thursday. This section will feature the report for Fiscal Year 2018, which covers "budgetary and financial matters," in addition to a five-year history of revenues and expenditures for entities controlled by the Board of Regents.

Brad Berg, the Iowa Board of Regents' policy and operations officer, said the report marks the end of the fiscal year and provides an overview of universities' cashflow.

"The final thing to close the fiscal year 2018 period is reporting the actual revenues and expenditures of the institutions," Berg said. "Since a portion of those budgets are comprised of taxpayer dollars, it promotes accountability of those funds."

Following the meeting of that committee, the board is scheduled to enter open session at 12:30 p.m. with a 30-minute public comment section. The previous Board of Regents meeting in September was interrupted by faculty comments on both the Facebook and Instagram posts, according to a post on their social media.

"I will miss the space because I have grown accustomed to the rainbow room being in the same space since I have moved in," Gray said. "I still go there to this day when I need a place to chill."
POLICE BLOTTER

11.12.18 cont.

Officers checked on the welfare of an individual at 62 Frederiksen Court (reported at 1:22 p.m.). An individual reported having been sexually assaulted. The assault occurred a couple of weeks ago (reported at 4:02 p.m.) at 72 Frederiksen Court.

Wilson Scott Solberg Gillespie, age 18, of 315 Richardson Court Unit 159 — Ames, Iowa, was arrested and charged with possession of a controlled substance, and possession of drug paraphernalia, possession of a controlled substance, and possession of alcohol under the legal age at Freeman Hall (reported at 8:01 p.m.).

11.13.18

An officer assisted an individual who was experiencing medical difficulties. The individual was transported to Mary Greeley Medical Center for treatment from the Memorial Union (reported at 1:02 p.m.).

An investigator property damage callion at Lot A4 (reported at 4:10 p.m.).

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 515-294-5686 or via email at editor@iowastatedaily.com.

CALENDAR

November 15, 2018

Build Your Canvas Course - Grading and Student Data in Canvas
9 to 10:30 a.m. at 2030 Morrill Hall. This one and a half hour interactive, hands-on workshop is open to all Iowa State University instructors and instructional designers to explore the Gradebook and discover student data available in a Canvas course.
Caterpillar Club
10 to 11 a.m. at Reiman Gardens. Join us this winter for our popular Early Childhood Development program featuring stories and creative activities around a nature-based theme.

Getting Started with Arduino, Raspberry Pi and Makey Makey
12:30 to 2 p.m. at Parks Library. An introduction to the basics, programming, and projects: Arduino, Raspberry Pi, and Makey Makey, three microcontrollers which allow interactions between computers and the physical world. Let us know if you need accommodation. Pre-registration required at Learn@ISU.

The Vinogram Monologues Auditions
5 to 6:30 p.m. at Sloss House. Auditions for February 14-15, 2019 performances of The Vinogram Monologues will be held Nov. 11 (3/3 to 4:30 p.m.); Nov 14 11 a.m. to 1 p.m.; and Nov 15 from 5 to 6:30 p.m. all at the Sloss House. No acting experience is necessary, and all people who lead their lives as women may audition. Scripts are available in advance at the Sloss House. Proceeds from the performances will be donated to the Ames shelter ACCESS and the National V-Day Spotlight Campaign.

Crafty Cocktail Night: Test Tube Nature Pendants
6 to 8 p.m. at Reiman Gardens. Join us at the Gardens after hours for a creative project where you sip on adult beverages in a beautiful setting.

Cyclone Cinema: Mama Mia!
7 p.m. and 10 p.m. at Carver Hall 101. The Student Union Board presents Cyclone Cinema with Concessions such as popcorn, candy and pop are available for sale.

Lecture: Iowa State and The Great War
7 p.m. at the Sun Room of the Memorial Union. In recognition of the 100th anniversary of World War I, Douglas Biggs, a native of Ames and a graduate of Iowa State University, will discuss the impact of The Great War for Iowa State and its returning veterans.

Performance: Cardinal & Gold Brass Quintets
7:30 to 8:30 p.m. at Martha-Ellen Tye Recital Hall in Music Hall. Two ISU Brass Quintets will perform.

Documentary & Discussion: Talking Black in America
8 p.m. at Great Hall of the Memorial Union. The film “Talking Black in America” illustrates the history and symbolic role of language in the lives of African Americans and highlights its tremendous impact on the speech and culture of the United States.

Jon McLaughlin and Matt Wertz w/ Scott Mulvihill
8 p.m. at The M-Shop of the Memorial Union. Cost: $25 (18+ w/ ISU Student ID)

November 16, 2018

Visit Day: Prospective Design Graduate Students
12:30 to 5 p.m. at the Hansen Exchange, King Pavilion, College of Design. The College of Design is hosting a visit day for students considering a graduate degree in design or art majors.

Seminar: ISU Online Learning Community (ISU-OLC)
11:30 a.m. to 1 p.m. at Parks O031 Library. The purpose of the ISU-OLC is to share campus best practices to improve online teaching and learning; see how others are using the University Learning Management System (LMS).

Events courtesy of events.iastate.edu.

Sudoku by the Mepham Group

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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

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- The Publication Board meeting is at 5:15 p.m. in the newspaper office at the School of Journalism and Mass Communication.

Desktop Publishing

-を中心とするデスクトップ出版
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IOWA STATE DAILY

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**City Council moves forward on short-term rental proposal**

BY DEVYN.LEESEON  
@iowastatedaily.com

The Ames City Council moved toward crafting an ordinance relating to short-term rentals as there is no language within the Ames code that differentiates or defines short-term rentals compared to any other rental. With the passage of a rental ordinance in May, the City of Ames limited the number of rental properties within seven neighborhoods near campus to 25 percent, meaning short-term rental services like Airbnb would contribute to the rental cap.

The council looked into three options to help staff come back with an ordinance they could vote on.

The first option was in relation to one-family and two-family occupancies that have short-term rentals with an annual permit. Ward One Representative Gloria Betcher said she was concerned with allowing too many ways for these short-term rentals to come as they could be predatory.

“There are ordinances in cities around the country where short-term rental ordinances are being scaled back as predatory practices are happening,” Betcher said. “Large-scale companies will come in, buy homes and use the short-term rental provisions.”

Betcher said this could be an issue as short-term rentals typically charge a larger fee for how long a resident stays compared to long-term rental properties, driving up housing costs.

Ward Two Representative Tim Gartin questioned if these claims were true, to which Betcher said these practices had caused the city of New Orleans to scale back their short-term rental policies.

At-Large Representative Amber Corrieri said she didn’t think this would be as big of an issue as Betcher claims.

“We already have multiple organizations in Ames that own single family homes in Ames,” Corrieri said. “That is currently the case.”

Corrieri suggested a motion to the council that would allow for short-term rentals in single- and two-family homes if they are granted an annual license and show proof that they have paid a hotel or motel tax.

The motion passed on a 4-2 decision with Betcher and Ward Three Representative David Martin voting against it.

The second option was to allow for new classifications of multi-family residencies with short-term rentals, and gives a different path for those residences to get their short-term rental approved. A motion to allow these multi-family residency short-term rentals in all available districts and areas passed on a 5-1 decision. Betcher was the sole vote in opposition.

The final option was not adopted but discussed. This option would have changed the zoning standards for houses in medical districts in Ames which currently don’t allow for short-term rentals.

Houses near Mary Greeley Medical Center would be unable to host an Airbnb as a result. The council declined to push back the decision until staff could come back with more information on houses within medical districts in Ames.

**Vatican delays vote on Charter for the Protection of Children and Young People**

BY KARA.GRAVERT  
@iowastatedaily.com

The bishop leadership in the United States received an order from the Vatican Monday forbidding the church leaders from voting on revisions that would increase accountability within the church the night before an annual bishop’s conference.

Every fall the United States Conference of Catholic Bishops has gathered current and former bishops across the nation to collaborate on vital issues confronting the Church.

For the first time, a policy for their own dioceses to improve accountability within the church the night before an annual bishop’s conference.

The Vatican asked the United States Conference of Catholic Bishops to hold off their vote until a global summit regarding the issue scheduled for this February takes place. The vote would have seen the charter’s fourth revision, with its latest revision enacted in June 2018.

“The Dallas charter did a good job for priests, [but] I would say Bishop’s were not held accountable,” DiGuglielmo said. The state of Iowa is split into a quadrant of dioceses: Sioux City, Des Moines, Davenport and the Archdiocese of Dubuque. According to the Dallas Charter for the Protection of Children and Young People, each diocese is required to make accusations public to civil authorities.

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Iowa State junior wins Miss Iowa USA

‘It’s not about competing against anyone else but yourself’

BY LAUREL GLYNN
@iowastatedaily.com

The lights were hot on Baylee Drezek’s face as she stood on stage with four of the women she befriended through the long process of competing for the title of Miss Iowa USA 2019. Her heart raced with anticipation as an announcer named the fourth runner up, and she didn’t hear her name called.

The announcer named the third runner up, then the second runner up, and as Baylee’s name had still not been called, she recognized that she was one of the top two contestants.

“You’re going to make a really great Miss Iowa USA,” Drezek whispered to Emmy Cuvelier, who stood next to her as they waited to learn which one would earn the title.

“Then they called [Cuvelier] was first runner up and it was me,” Drezek said. “I was just so overjoyed.”

In that moment, it was hard to believe that Drezek had only recently begun competing in pageants and had never entered a Miss Iowa USA pageant before taking the crown.

Drezek, a junior in business, was well into high school when she got a pamphlet in the mail to sign up for Miss Iowa Teen USA 2015. She said she used the money raised through sponsors to purchase a $50 dress from Macy’s, and a bathing suit from Target. Drezek then took third runner up in her first pageant.

In a new dress and the same bathing suit, she took second runner up in the Miss Iowa Teen USA 2016 pageant.

“It’s not about competing against anyone else but yourself,” Drezek said. “Because at the end of the day, even if you didn’t win, you can say that you were impacted in a positive way, because the confidence you gain is really how you win.”

After aging out of the teen division, Drezek said she took two years off to search for colleges and focus on her modeling career. In parallel with her entrance into the world of pageantry, she was inspired to compete for the title of Miss Iowa USA 2019 by a pamphlet in the mail.

“I raised all the money in my hometown through sponsorships,” Drezek said.

Drezek prepared to compete by changing her diet and exercise habits, practicing her interviewing skills and preparing mentally.

“For me, it was important to feel confident in a swimsuit,” Drezek said. “I feel like if I can walk on stage in a swimsuit and heels, I can do anything.”

Drezek said the positive impact that competing had on her confidence helped her to win the title, and that standing on that stage, she felt nothing but grateful.

“It was a huge accomplishment,” Drezek said. “Because it was my first year competing for Miss Iowa USA and I was competing against all these amazing women.”

StuGov, City Council host joint meeting on student housing

BY KARA GRAVERT
@iowastatedaily.com

Student Government held a joint meeting with members of the Ames City Council to discuss lease terms on Wednesday in the Campanile Room of the Memorial Union.

Student Government members got right to the heart of an issue most students face: affordable and reliable housing.

Students pushed for the requirement of landlords to offer short-term renting in their leases, expressing the burden students face to keep themselves housed throughout the academic year.

“This is really a state issue, not a city issue,” said John Haila, mayor of Ames. “You need to talk to your state senators. We are really kind of powerless.”

However, city council members also expressed sympathy for students while citing the importance of lease gaps.

“It is a big challenge and we are sympathetic to both sides,” Haila said. “We want landlords to keep the property up, and we want students housed.”

Members of the Student Government suggested Airbnb as an approach to meet students needs for lease terms that better align with the university schedule.

City council member Gloria Betcher weighed in on Airbnb as a solution.

“We’re trying to balance earning stock available for individuals who want to own homes as well as rent short term,” Betcher said. “We are trying to make sure that we keep the market open, but that we don’t open it up to the same problems that we’ve seen in other towns.”

Betcher voted against measures to define and expand the ability of short-term rentals to be present in Ames at Tuesday’s city council meeting.

Further, the meeting sought to address the subjects of campus safety and communication methods between the city and campus.

Several weeks ago students and members of the Ames police department engaged in a Campanile Safety Walk.

“Students and PD members were divided into groups covering sections of Campanustown … and took diligent notes on areas that felt unsafe,” said Ali Hookins, ex-officio for the Ames City Council.

Haila used the moment to raise awareness around a new mobile app introduced by the City of Ames. The app, called “Ames On The Go,” allows users to report safety issues they see around Ames.

“When you sign up using your email address, you will receive a notification of any reports made within your residential area,” said David Martin, Ward Three representative for the Ames City Council.

Haila also acknowledged the seemingly ineffective communication between the city and the students, noting a recent traveling Smithsonian exhibit that failed to garner student attention.

Sen. Sandeep Stanely responded, “If you forge the bond, the communication will follow. We will see increased communication once those bonds are formed.”
Yoga stretches, tones and strengthens your muscles at the same time. You will leave the workout feeling taller and leaner while others gobble out of the gym.

You can also do it anywhere, all you need is a yoga mat and a little bit of space. Yoga connects the mind and spirit. All you need to do is search “Sivan Vinyasa Yoga” and you’ll discover a plethora of options for workouts.

Yoga promotes healthier and stronger bones. It helps you focus and relax your system. Yoga relieves tension in your limbs and it allows you to sleep more deeply. It allows you to make progress in personal flexibility and balance. It protects your spine and perfectly your posture. It’s a full body workout that offers many benefits to the human body.

Yoga is important for balance and flexibility, yet there are some benefits that aren’t quite as obvious.

Yoga can be the perfect antidote for weightlifters. The Yoga Journal said, “Each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by ‘squeezing and soaking’ areas of cartilage that normally aren’t used.” Joint cartilage is like a sponge; it receives fresh nutrients only when its fluid is squeezed out and a new supply can be soaked up. Without proper exercise, neglected areas of cartilage can eventually wear out, exposing the underlying bone like worn-out brake pads.”

Yoga is also great for the mind. According to the American Osteopathic Association (AOA), “Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. “Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse and an inability to concentrate,” Dr. Natalie Nevins, a board-certified osteopathic family physician and certified Kundalini Yoga instructor in Hollywood, said in the AOA. “Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.”

Yoga is also excellent for heart health. Health Line states, “A study followed 113 patients with heart disease, looking at the effects of a lifestyle change that included one year of yoga training combined with dietary modifications and stress management. Participants saw a 23 percent decrease in total cholesterol and a 26 percent reduction in “bad” LDL cholesterol. Additionally, the progression of heart disease stopped in 47 percent of patients.”

Yoga gives us so many physical and mental health benefits. I highly encourage college students to partake in this activity because it’s perfect for coping with high stress as we near the end of the semester.

Yoga beneficial for mind, body

BY NOAH GALLOWAY
@Iowastatedaily.com

Columnist Noah Galloway encourages yoga as a means to handling and coping with stress.

The Daily encourages discussion but does not guarantee publication. We reserve the right to edit or reject any letter or online feedback. Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s) and/or group affiliation(s) of the author(s). Phone numbers and addresses will not be published.

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Online feedback may be used if first name and last name, major and year or school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.
A first half without David Montgomery

BY TREVOR HOLBROOK
@iowastatedaily.com

Heading to Austin, Texas, for a night game against the Longhorns without a star running back for half the game is a daunting task for freshman quarterback Brock Purdy.

Luckily for him, he’s already thrived in a similar situation. When the Cyclones traveled to Stillwater, Oklahoma, in October, coach Matt Campbell mixed it up. After a Zeb Noland drive, Iowa State swapped in Purdy. It wasn’t the only new face in the game with junior running back David Montgomery out due to injury.

It’s likely the running back usage will vary from the Oklahoma State game considering Purdy has more snaps than two under his belt; the matchup also provides a different look, but some of the same tendencies may stay in the second go-around.

The Cyclones are stuck with 30 minutes of Montgomery-less football against Texas. Here’s a breakdown of the running backs in Iowa State’s 48-42 win over Oklahoma State.

Committee
Iowa State doesn’t have a traditional system at backup running back. Behind Montgomery, the Cyclones list redshirt junior Sheldon Croney Jr., redshirt freshman Johnnie Lang, redshirt sophomore Kene Nwangwu and redshirt senior Mike Warren.

The jumble of backup running backs all saw action against Oklahoma State. Nwangwu carried the largest workload with 10 carries and 49 yards. Lang found his way on the field quite a bit, but he was limited to three carries. The redshirt freshman started the game and contributed on downs with passing situations or when Purdy rushed.

Croney Jr. played a lot and received four carries for 20 yards and a score. He also added two catches for six yards. Croney Jr. showed the most red zone action of the four running backs.

The Cyclones also used Croney Jr. paired with Nwangwu. A couple times, Iowa State kept Purdy in the shotgun with the two running backs next to him. Nwangwu received the handoff twice with Croney Jr. lead blocking.

Warren unofficially played one snap for the Cyclones against Oklahoma State, where he provided pass protection for Purdy. Warren tackled on more playing time in the following week against West Virginia — again, in pass protection.

Motion
Iowa State tends to leave Montgomery in the backfield next to Purdy. Against the Cowboys, Iowa State shifted its running back around. The Cyclones frequently left Purdy in an empty back field with a running back split out (usually Nwangwu or Croney Jr.), then Purdy would bring him back in motion and into the backfield.

A couple times, the running back stayed split out with Purdy alone in the shotgun.

Some of the motion plays consisted of a running back motioning past Purdy, as a fake jet sweep look. The Cyclones also replicated this look with wide receiver Deshaunte Jones.

Purdy options
Purdy rushed for his highest total yardage without Montgomery next to him. The freshman carried the ball 19 times for 84 yards and a score. The score was one of Purdy’s early rushes.

Purdy faked a handoff to Croney Jr. with freshman Tarique Milton motioning past before the snap. One defender bit on Croney Jr. and Purdy freed himself of the other defender with a pump fake to Milton.

Purdy incorporates rushing abilities other Iowa State quar- terbacks (outside of maybe Re-al Mitchell) don’t have. Iowa State used more read options against Oklahoma State than it has in games since.

Without Montgomery, keep an eye on the volume of Purdy’s rushes.
Dynamic duo to perform at M-Shop

Songwriter Jon McLaughlin & Matt Wertz stop in Ames on their Win/Win tour

BY TREVOR BABCOCK
@iwastatedaily.com

Singer-songwriters Jon McLaughlin and Matt Wertz, known for their pop success, will come together onstage Thursday at the M-Shop.

“Matt was one of the first people that came to my mind,” McLaughlin said, referring to his fellow headliner Wertz at the moment when his manager threw out the idea of doing a co-headline tour.

Through mutual friends, the pair met when Wertz played a show at Anderson University where McLaughlin was attending. Sixteen years later, McLaughlin said the pair has been friends forever. Wertz and McLaughlin even live two blocks away from each other.

Combined, the two have more than 30 years experience of touring and playing shows.

“Having all that experience on stage definitely helps pace the show and throw banter back and forth between the two of us,” McLaughlin said. “We get a lot of comments from fans after shows and online that they really loves seeing us just chat between songs.”

McLaughlin said that none of the stage banter is scripted.

“Halfway through that first show in San Diego it was like ‘oh this is gonna be great,’” McLaughlin said on how easy and fun it is performing with Wertz.

McLaughlin describes the experience as refreshing and imagines Wertz feels the same way.

“When you play solo you’ve got control of the whole room. You can pace the show however you want to pace the show,” McLaughlin said. “But in that same reason it’s so great to share the same stage as somebody because it’s not all on your shoulders. Even the way you interact with the crowd changes because it’s this triangular thing that’s happening.”

McLaughlin explained that when he performs solo, he gets feedback from the crowd, but it doesn’t come in the form of “actual conversation” like it does while performing with Wertz.

McLaughlin is also known for writing music for television and film.

“There’s a freedom in that very focused, rigid writing,” McLaughlin said on writing music for television. “I don’t feel as connected to it as if I’m writing for an album.”

He explained that the freedom comes from the contemplative and complicated that is making an album while writing music for a specific scene in a TV show doesn’t warrant the same thinking processes.

“I’m way more protective of something like an album,” McLaughlin said.

McLaughlin released his latest album “Angst & Grace” just last week.

American singer-songwriter Scott Mulvahill will open for McLaughlin and Wertz’s Thursday night show.

Doors for the show open at 7:30 p.m. with show beginning at 8 p.m. Tickets are $18 for ISU students and $25 for the public with a $2 dollar increase the day of the show and can be purchased at the M-Shop box office or online via midwestix.com.

London Underground to host Harry Potter-themed fundraiser for library

BY ANGELA RIVAS
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For the first time ever, London Underground will host a Harry Potter-themed night after J.K. Rowling’s “Harry Potter and the Philosopher’s Stone,” on Thursday. The British pub is partnering with the Ames Public Library Friends Foundation (APLFF) to raise money from the drink proceeds.

“This event will raise funds for the APLFF that can go toward enhancements to library programming and collections,” said Lynn Carey, the director of the Ames Public Library.

London Underground has been planning the “Harry Potter and the Philosopher’s Stone” event for more than two months. To keep the British originality of London Underground, the bartenders chose to name the event after the original name, “Harry Potter and the Philosopher’s Stone” over the American name, “Harry Potter and the Sorcerer’s Stone.”

“There will be lots of ways to earn points, but everything is voluntary,” says Bryon Dudley, the promotions director for London Underground. “If you just want to come hang out and have a drink, that’s cool too.”

The origin of the Harry Potter event came from London Underground’s event, Pub Fiction, an annual bar crawl that donates to the APLFF. Pub Fiction includes six partner bars on Main Street where adults can dress up as their favorite characters from fictional stories.

The Harry Potter fundraiser encourages participants to dress as their favorite character. Individuals will be placed in their respective

“House,” Gryffindor, Slytherin, Hufflepuff or Ravenclaw, based on the character portrayed.

Participants then will receive a button to distinguish themselves and their “House.” As the night goes on, participants will be able to gain points by participating in games. At the end of the night, the points will be added up to determine prizes for individuals and “House” winners.

One prize will include movie passes. Dudley hopes that these passes will be used to go see the new “Fantastic Beasts: Crimes of Grindelwald,” the prequel to the Harry Potter series that releases this weekend.

The timing of the event is a coincidence with the release date of the new “Fantastic Beasts” film.

Throughout the night, adults can have their drinks chosen for them by the Sorting Hat. A themed drink menu will be available, including the world recognized Butterbeer.

The event coordinators were resistant to the sale of Butterbeer during the event, believing that it wasn’t introduced until the third book, Harry Potter and the Prisoner of Azkaban, and would cause some debate.

“London Underground] is an organization committed to helping the community thrive,” said Amy Juhneke, co-chair of the APLFF events committee. “Partnering on events like the Harry Potter event [helps] the foundation advocate for the library.”

In the future, Dudley hopes to continue with an annual Harry Potter-themed night, following all seven of the “Harry Potter” books and potentially all three of the “Fantastic Beasts” books.

“If this goes well, we could be hosting Harry Potter events for 10 years,” Dudley said.

The event will start at 7 p.m. Thursday, Nov. 15. Costumes are recommended, but not required. There is no cover charge to attend.
Students, faculty and community members joined together Wednesday for the Veterans Center Community Supper to honor veterans and their family members. This event was held at 5 p.m. in the Great Hall of the Memorial Union. The ISU Choir opened the night with several songs and performed the National Anthem in honor of the event.