1-27-2016

Iowa State Daily (January 27, 2016)

Iowa State Daily

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Steer toward the healthy side

Replace winter comfort foods with better alternatives

By Emily Blobaum
@iowastatedaily.com

The end of January can bring on a winter nervous breakdown, with the prospect of being cooped up in a small space, constant cold and either the continuation or cessation of the common New Year’s resolution to be healthier. If you like you’ve fallen into a mid-winter slump, find some tips from local experts to make simple steps toward being healthier as the weather improves.

Homemade

The first tip offered to those looking for a change to make is to know what goes into their food by making simple steps toward being healthier. One common New Year’s resolution is to stave off the chill and either the other guaranteed month of being cooped up in the house, or the start of a guaranteed month of being cooped up in the car. According to the latest poll from Iowa State University/WHO poll, Clinton, Cruz lead in support on the Republican side.

Less than a week until the first votes are cast, Hillary Clinton and Ted Cruz, right, lead in support from likely caucusgoers, according to the latest poll from Iowa State University

Obama targets modern slavery

By Iaki Caston
@iowastatedaily.com

Americans is called the land of the free, but people living in this country who are forced to work for no wages is not the case. The 13th Amendment abolished slavery in the United States of America in 1865. However, according to the United Nations, there are currently between 21 and 30 million people trapped in forms of slavery within the borders of the modern form of slavery all over the world, including in the United States.

This modern day slavery is known as human trafficking.

It is easy to assume that the problem lies across the globe, but that’s not true either. In fact, the United States is one of the largest stops for human trafficking in the world. Los Angeles, San Francisco and San Diego are three of the cities with the busiest trafficking networks. However, out of those three cities, Los Angeles and San Francisco have the least active ports of entry for human trafficking.

Trafficking month arrives

CyRide budgeting during the third time in February.

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IOWA STATE DAILY
Wednesday, Jan. 27, 2016

Weather

Patchy fog before 9 a.m. Otherwise, partly sunny. Winds will chill values as low as 5.

Wind chill values as low as 5.

Police Blotter

Jan. 25
An officer investigated a prop- erty damage collision at East Campus Parking Deck (re- ported at 12:57 p.m.). Report initiated.

An officer initiated a drug re- lated investigation at Armony Boot Shop (reported at 23 p.m.). Report initiated.

An individual reported the theft of a wallet at Wallace Hall (reported at 12:57 p.m.). Report initiated.

Officers checked on the well- fare of an individual. The person was transported to a medical facility for treatment (reported at 12:57 p.m.). Report initiated.

An officer assisted an individ- ural who was experiencing med- ical difficulties. The person was transported to a medical facility (reported at Memorial Union (reported at 4:57 p.m.). Report initiated.

ISU Weather

Weather provided by ISU Meteorology Club.

A Delsarte based approach to ISU Five punches for $35, Pub Iowa State Memorial Union Walk-In Belly Dance Followed by an open-ended dia-

gram talk will use art as a means to educate and engage both cadets and stu-
dents stay fit and healthy. Help both cadets and stu-
ent Visionary will also vote on an district in Iowa Revolution in Iowa. The resolution will deal with Iowa legislatures in Iowa. The

News

ISU-WHO poll

The Iowa Caucus is scheduled for Feb. 1, and if you are not registered to vote in Iowa, you’ll have a chance to sign up or change your registration. If you’re not currently registered to vote, you can bring the necessary forms to vote. These forms should be available in your local county agencies. If you plan to change your party registration, or if you need to switch your address to a different county, you can do so in person at your local county agency, or at the Secretary of State’s office (2516 Mortensen Road, ISU Memorial Union - South Ballroom, 2229 Lincoln Way, Ames - 515-294-8047). The Secretary of State’s office is open from 8 a.m. to 5 p.m. on the fourth Thursday of each month. The Secretary of State’s office is located at 2516 Mortensen Road, ISU Memorial Union - South Ballroom, 2229 Lincoln Way, Ames - 515-294-8047.

Iowa State Daily Publication University of the State of Iowa - TCU Grandpa's Moonshine Holiday Family Tootsie Part 2 at the Memorial Union 11:45 a.m. Sat Jan. 30

Butler Hall, 2400 Mortensen Road - SCHILSTETTER AND UNIVERSITY WEST

Iowa State University

Proposal: Church – Sanctuary, 2400 Martin Road - 515-294-8047

City of Ames to test new pipes

It is the city’s testing re-
cently upgraded water main that connects the new water main line to the existing one. Find out more on the up.

StuGov to vote on SUB

Students will vote on a financial agreement with ISU in the Memorial Union. This contract, if approved, will last for three years, from July 1, 2016 to June 30, 2019. The agreement will also vote on an district in Iowa Revolution in Iowa. The resolution will deal with Iowa legislatures in Iowa. The

candidate who loses the caucus will have the right to appeal to a court of law. By Alex Hanson #Iowastatedaily.com

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Candidate Bio:

Dr. Amanda Martin O’Malley cam- paign stop at ISU.

WHERE: 7-15 p.m. Wed Jan

Howe Hall, 2400 Oakwood Rd., Ames

WHERE: 11:30 a.m. Sat Jan

WHERE: 6-7:30 p.m., Reiman Gardens

Crafty Cocktail Night WHERE: 6-7p.m., The Memorial Union, 2229 Lincoln Way, ISU - MARTIAUZ

WHERE: 5:30 p.m. Sun Jan 31

WHERE: 5 p.m. on the fourth Thursday of each month. The Secretary of State’s office is located at 2516 Mortensen Road, ISU Memorial Union - South Ballroom, 2229 Lincoln Way, Ames - 515-294-8047.

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Four ISU students’ love of exploring Iowa brought together four Menlo Park businesses, resulting in a unique collection of products and a website for adventure.

Content extracted from the image:

"Reactor, ready!" echoed across Lee Rec. Room Monday morning as about 150 cadets rounded the rec center.

MS 150, the army physical readiness class, known for one of the most physically taxing (PT) tests in the army cadets and cadre’s arsenal.

The test involves two main exercises, the sit-ups and the minutes of push-ups.

The class is designed to “see” the basic military skills and instruction to ensure a confident and capable leadership and physical fitness of the future military leaders.

With the cadets already having kicked off the school and are different than what they are used to during the school year with a change.

Conrad Andrew Filip, sophomore in mechanical engineering and platoon leader, has taken the class at least twice.

It is a requirement of the class to sign up each semester.

He helps squad leaders and cadre group based, so everyone is motivated and that it “kicks butt.”

"Our goal is to reach every corner of the state," said the cadets to sign up each semester.

"We drove around to a lot of unique locations that are just so many different," said classmate Jamieson said. "We really want to make this a huge project where every part of the state is involved in this adventure."

Two of the adventurers behind the new adventure website, Exploring Iowa, take photos. The website currently includes areas in central Iowa close to Ames. The founders hope to include other counties across Iowa. New explorers can use the website's maps and articles to plan their adventures.

"It is a requirement of the class to sign up each semester."

"We've been serving Iowa since 1976," said Thomas Lashier, president and CEO of Laser Resources Inc., Freaky Fresh said the merger of the two companies results in a unique collection of products and a website for adventure.

"Our acquisition of Freaky Fresh Marketing allows us to broaden our mailing services to include printers, scanners, digital signage, graphic design, video production and large format printing capabilities," said Rob Lashier, president and CEO of Laser Resources Inc.

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Your foundation, to avoid losing a pocket. Bring excitement to the way... follow your heart. Keep on your side.
News organizations fail to fairly represent third-party candidates

By Beth Woodruff

Bernie Sanders has taken his final field trip to searing personally consideration by surpassing former Democratic frontrunner Hillary Clinton and New Hampshire. Though Clinton has clinched the nomination, the final two nominations would be contested by Sanders, the one and only video of which is still on the air. With an uphill battle still ahead of him, Sanders must ensure that he is no longer the unbeatable candidate he was once, and before Clinton has announced.

In an interview with The Iowa State Daily, Clinton unleashed a barrage of attacks against Sanders for his policy positions. These attacks were so full of Asked, the comparisons that they were akin to comparing German economists to the real thing. The attacks against Sanders range from his proposed increase in the minimum wage to his policies on Medicare for All. Clinton’s attacks on Sanders appear to be targeted at the independent voters, who make up a significant portion of the Democratic electorate. Clinton’s attacks on Sanders are likely to hurt him in the general election against a Trump or Clinton who has consistently campaigned as a candidate of the working class.

Unfortunately, political debates do not address the real issues that matter to voters. The debates that have been held so far have been focused on the candidates’ personal attacks rather than on substantive issues. This is unfortunate because the debates are an opportunity to discuss the policies that will affect the lives of voters. Instead, the debates have been a platform for the candidates to air their differences.

In the final debate before the Iowa caucuses, Clinton criticized Sanders’ health care plan as being too radical. Clinton said that Sanders’ plan was too expensive and would be difficult to implement. Sanders also criticized Clinton’s health care policy as being insufficient. Sanders said that Clinton’s plan was too weak and would not provide the health care that people need.

In conclusion, the media is failing to fairly cover the third-party candidates in the Democratic primary. Instead of focusing on the issues, the media is focusing on the candidates’ personal attacks. This is not fair to the voters who are trying to make an informed decision about their votes.

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ISU softball leaning on bats to lead this season

By Sean Sears
iseawinataldaily.com

The Cyclones have a short tradition of top pitchers, headlined by Natalie Teplymann (2007-08) and center-field-turned-shortstop Brittany Gomez. Gomez was the lone returning pitcher this year. The Cyclones will start with 14 new and old faces for the 2018 spring season.

And that season looks bright.

The Cyclines have a strong foundation of upperclassmen, headlined by utility hitter Sydney Carleton and center-field-turned-shortstop Brittany Gomez. Gomez was the lone returning pitcher this year. The Cyclones will start with 14 new and old faces for the 2018 spring season.

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And that season looks bright.
Fake sun won’t prevent future skin damage

By Alexa Weber
alexaweb@gmail.com

A total of 3.5 million teenagers use tanning beds every year in the United States, according to the Melanoma Foundation. This includes 35 percent of 17-year-old girls.

“Tanning beds emit UV rays up to 15 times more UV rays than the sun, which is very dangerous to skin and dangerous to tanning beds,” said Kierstyn Feld, a sophomore in architecture.

Many people may be unaware that tanning beds emit UV rays, which can damage DNA cells by penetrating the dermal-epidermal junction of the skin. When this happens, abnormal cells that cause melanoma begin to grow, possibly becoming cancerous.

The American Cancer Society defines melanoma as “a cancer that begins in the melanocytes.” This is the most serious type of skin cancer and one that commonly presents itself as a, “sore older than normally healing.” It is one of the most common cancers of young adults, especially young women.

Tanning beds increase one’s risk of developing melanoma by 75 percent. This risk can increase up to 15 times more UV rays are present.

The quicker, the better.

This is apparent if left un-moisturized. Soaking in way more self tan can tend to be extra dry and will require moisturizing.

Getting a spray tan is one alternative to using a tanning bed. Other alternatives include self tanners in the home. Both are safer alternatives.

Don’t get burned by tanning beds

Hiring that tanned glow year round is a great way to beat the winter blues, but there are problems that can look like just frizzed out across the face.

With current science, there are alternatives to deep tanning beds.

The risk of cancer is increased by 7 percent when tanning beds are used before the age of 35, according to the American Cancer Society.

So why risk it? It’s a waste of money. It’s a waste of time. It’s a waste of emotion to get that beautiful glow.

Start off by exfoliating the entire body. Body scrubbing gloves — found for a few dollars in the beauty section at most stores — will help the skin look like just frizzed out across the face.

While the ski season is upon us, there are questions about the dangers of tan, and what’s right for you, even if it hurts some people you love.

—Nicholas Sparks

Iowa State Daily
Wednesday, Jan. 27, 2016

PUBLIC NOTICE OF STORM WATER DISCHARGE

Iowa State University plans to submit a Notice to the Iowa Department of Natural Resources, Environmental Protection Division, 502 E. 9th Street, Des Moines, IA, 50311, located in SE 1/4 Section 6, Township 209N, Range 42W, to discharge storm water from a total of 2.5 million square feet of paved and non-paved areas.

The storm water will be discharged through four point sources and will be discharged to the following storm drains:

- Southwest Corner
- North and South
- East
- West

The public is notified that a Notice of Intent from an area has been received by the Department.

Published by the Iowa State Daily, Wednesday January 27, 2016

Don’t get burned by tanning beds

By Molly Hawks
mollyh@iowastate.edu

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_Quot e of The Week_

_“You can’t live your life for other people. You’ve got to do what’s right for you, even if it hurts some people you love.”_ —Nicholas Sparks
HEALTH

Fiber vs. Sugar

Fiber is extremely important in the function of the digestive system. "The goal is to get three grams of fiber per serving," Arnold said.

The grocery store is bursting with snacks more than three grams of fiber per serving, minus the sugars on the label. "This is not the same as whole wheat," Arnold said. "It is healthier to choose whole wheat. Whole grain is not the same as whole wheat."

It is important to have more fiber and less sugar in your diet. "Always check the addedsugars on the label," Arnold said. "If you decide to drink apple juice, make sure to pay attention to the amount per serving and the added sugar."

It is important to read the ingredients list, check and see if the first ingredient is whole wheat. "Stick to what is in nature," Arnold said. "Cheese with a low-fat content is recommended. The Laughing Cow cheese is a great low-calorie snack. Even though it is a little more expensive, it is nutritious and less expensive than vending machine options because it comes already made, contains healthy fats and protein and tends to be fairly inexpensive."

Inexpensive snacks include "Wrap string cheese around deli meat for a good snack," Arnold also recommended. "Peanut butter and jelly can be one of the best snacks to have if the right whole wheat bread is chosen with a slight layer of jelly."

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