A small, metallic butterfly sits snug on her left shoulder. Piercing through the peach fabric is a small, metal butterfly pin that is visible only from the back. The pin appears to be a symbol of her faith. Ostham said she was encouraged to wear a hijab by her mother. She is not scared of being targeted for her choice, as the way people talk about Muslims in the media is wrong, so why would she be scared? Ostham said.

“I like being able to wear my hijab. It’s kind of like a shield for me. It’s a symbol of protection. It protects me from any judgement, any teasing, or any harassment, and it’s something that I know a lot of other Muslim women wear. It’s something that I feel comfortable with and it’s something that I choose to wear,” Ostham said.

Ostham has not been home for two years. She said she can still feel the nostalgia of her hometown in Malaysia. She has been home for two years. She misses the familiar streets and the smell of the ocean.

The study will collect data including the number of people crossing Lincoln Way and Sheldon Avenue. It will also collect information on vehicle and pedestrian activity. The study will be conducted for six months, starting in the fall.

The city council will meet in October to discuss the results of the study. The council will then make a decision on whether to implement any changes to improve pedestrian safety along Lincoln Way.
**Police Blotter**

March 21

Antonio Garcia-Carica, 33, of 116 Eagles Ave. in IA, was arrested and charged with operating while intoxicated, excessive speed and non-payment of Iowa fines at Lincolnway and 6th Ave. He appeared at 1:33 a.m.

**Calendar**

March 23

Affordable Housing Conference
8 a.m., Schuman Building
$25-$45

“A Place to Call Home: Options for Housing Stability in Ames and Story County,” featuring speakers, panelists, exhibits and more. Public officials, non-profits, housing developers, real estate agents and educators will learn more about housing challenges facing Ames and the surrounding areas.

Seminar: Alternatives to Housing for the Homeless
11 a.m.-1:15 p.m., 207 Matrices & Linear Algebra

Kai Uwe Bergmann, a partner with the firm of Grafe Ingel, will discuss and lead a workshop on the multifaceted housing challenges in Story County. Bergmann is a practiced real estate attorney with experience in housing and land use law.

**Housing conference**

By Alex Hanomy

The city of Ames, Iowa State University and Story County will host a housing conference Wednesday to discuss ways of addressing housing challenges in Ames.

“3 Places to Call Home: Options for Housing Stability in Ames and Story County” will focus on identifying and building support for long-term solutions to low-income housing in the Ames area, according to organizers.

The conference will take place from 8 a.m. to 3 p.m. in the Schuman Building Registration for the conference will begin at 8 a.m. Lunch will also be provided.

**StuGov to vote on instituting office hours**

By Zach Clemens

Student Government will vote on a bill that would institute office hours in Senate during weekly Senate meeting Wednesday.

The Senate will also read a number of different funding bills. One of the bills would permit senators to be in the Student Government building one hour each week.

**Senate to also read funding bills at meeting**

By Zach Clemens

The Senate will also read a number of different funding bills. One of the bills would permit senators to be in the Student Government building one hour each week.

**Corrections**

In Tuesday’s story titled “New ISU club focuses on nuclear peace around the world,” the story said a club chairman was going to travel to the Nuclear Security Summit. In fact, he is going to the National Defense Summit. The Daily regrets this error.

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5888 or via e-mail at iowadaily@iastate.edu.
by Alex Connor

In an effort to spread up the construction process and complete the Bakken crude oil pipeline within one crop-growing season, Dakota Access LLC, the Bakken crude oil pipeline company, is requesting a state permit to begin construction even though state utility regulators have rejected the request.

The Bakken pipeline, which was recently approved by the Iowa Utilities Board in a unanimous decision March 10, is a 347-mile pipeline that will extend horizontally through 18 Iowa’s counties.

Summit Transfer Partners, a company based out of Dallas that encourages renewable energy, is now used as a mezzanine to begin exists across to try and get the pipeline built as soon as possible. The requests to expedite the permitting process came earlier this past week but now were renewed.

The board said deny the request for expedited treat- ment and allow the permits to go through the normal approval process on the Dakota Access pre-permit compliance filing, the board said, does not have to try to loan the people.

Breaks between sessions created time for ISU students to present their work. Students enrolled in the Community and Regional Planning: U.S. Housing and Vernacular Architecture class were asked to present posters around the topic of affordable housing.

During the breaks, students engaged in con- versations with the students, discussing not only the problem at hand but also the reasons behind it and some solutions the students created. These conversations were presented to the community and most of the people who came to the event they were interested in creating them.

One of the projects Bergmann is working on is the “Dryline” of Manhattan. Other projects include the slopes of Denmark.

Kai-Uwe Bergmann, an architecture professor at Iowa State University, was guest juror for the Richard F. Hanneman Finalist Competition, March 10. The competition was sponsored by the city of Ames, the Polk County Housing Trust Fund, and the ISU College of Design’s Kocimski Lecture.

Kai-Uwe Bergmann is known for his work in the field of vernacular architecture and has been involved in many projects throughout the world.

He received his PhD in Architecture and Urban Design from the University of Washington, Seattle, in 1991.

Kai-Uwe Bergmann is a professor at the College of Design’s Kocimski Lecture.
**Horoscopes by Linda Black**

**Today's Birthday**

(3/23/16)

Take the initiative to do the open door, building communications skills. Greatest personal/professional gains come from communicating positively. Get what you want in the days ahead. Consider all possibilities. Today’s action is critical if you want to generate some of the most outstanding opportunities for the future. If you are looking for a significant opportunity, consider taking the lead. If you are together with others, you both may benefit from the approach. Make sure you’re in the right place. The most important thing you can do is prepare. Be ready to make an offer. Work closely with a partner in the interest of the greater good. Don’t make faulty assumptions and make sure you are aware of the facts. When you see a problem, take the time to consider what is happening and why. Many questions to ask. Understand that because of where you are, there are people who may try to manipulate your decisions. This is not the right day to flaunt your power, but listen to your inner voice. Before moving to the United States in 2005, she said she had a lot of confusion about her way she would be treated.

"When I came and tell all you know about the United States is what you hear on the alae. Alameen said that was the post 9/11 world then, you would hear a lot of stories about how it was hardly the norm in a woman’s place and a lot was covered." [2]

"When I look at the world, to the most challenging. It's just like you're wearing a face or pants. It's really just another piece of clothing, it does mean anything in any way." [2]"
Iowa State Daily

Wednesday, March 23, 2016

Opinion

A job everyone should experience

By Ben Miron
@iowastatedaily.com

I was an elderly couple elkaar speaking to each other in an interesting conversation with them. The conversation was about serving as a profession and we all agreed that serving is a job not only important in their life, but also in their career.

Historically, both of them were served food in their past and had missed experiences. She was very particular and continued to work in restaurants throughout her college career, but he didn’t like it and wasn’t the best at it so he only worked as a server for a few months. However, both agreed serving was one of the most satisfying jobs they’ve had. I agree with them. Serving has been the best job I’ve had and I have taught me different skills and traits that will be useful throughout my life.

A lot of the workforce in the United States is made up of restaurant employees, according to the National Restaurant Association. In relation to these, 1.4 million students at Iowa State University are in need of financial assistance in some form or shape. Most students need help due to their academic need category since some scholarships and aid are different, but granting financial aid is used to help students according to their need.

Considering that students at Iowa State are in need of financial assistance in some form or shape, we can realize that most students are in need of financial assistance in some form or shape. Most students need help due to their academic need category since some scholarships and aid are different, but granting financial aid is used to help students according to their need.

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Mitchell Meyers starts his comeback

By Luke Manderfeld @iowastatedaily.com

Iowa State defensive end Mitchell Meyers started his comeback during the defensive drills on Tuesday, talking to the field, ready to take that next step. "I'm ready to hit the next level," Meyers said. "I'm ready to take that next step." Meyers started with a fast time at the shuttle run. He also had a fast time at the 40-yard dash. "It was a pretty big mile stone for me," Meyers said. "So when I had that, I knew I'd be able to come back." Meyers was in Houston, I thought he'd never come back," he said. "I had good numbers today," Meyers said. "I'm ready to take that next step."

Mitchell Meyers Notes

• One of four Cyclones who started every game in 2014
• Registered 30 tackles in 2014
• 2.5 sacks in a loss for 2014

Final Pro Day Numbers

Omnie Bundrage: BP - 17 3/4, 33 1/4, 40 - 4.75, Pro - 7.14, 3-Cone - 3.95
Qujuan Floyd: BP - 19 3/4, 36 - 5.14, 3-Cone - 4.05
Quenton Bundrage: BP - 19 1/4, 40 - 4.62, Pro - 7.05, 3-Cone - 3.90

Top 4 players who shined at ISU Pro Day

By Brian Money @iowastatedaily.com

A handful of former ISU football players took part in Iowa State's Pro Day inside the Bergstrom Football Complex on Tuesday in front of 25 National Football League scouts from the Canadian Football League and 10 NFL teams. Players from Grand View, William Penn and Morning Star were also in attendance. The scouts took about three hours to evaluate the players.

4. DALE PIERSON

The two-year defensive end of Iowa State had some impressive numbers on Tuesday. Peron started with a strong bench press and a very vertical jump, but had a low time in the cutting drills, which he said he plans to work on during the defensive drills.

Meyers started his career at the University of Iowa in February 2013. He started in Iowa in 2013 after the diagnosis to undergo chemotherapy treatments, but after a scan in the summer showed more enzyme activity in his liver, he decided to return to the home state of New York.

He attended a hospital for chemotherapy treatments, including a stem cell transplant. The treatment seemed to have worked, and he underwent a recent "PET scan" -- which showed no signs of cancer.

"I've been in a hospital in New York, but everything looks good to go for Meyers to start playing on the ISU defensive line," said one of the scouts.

"He's the best situation in the right now," Meyers said about his health. "It's a good feeling for the Cyclones and me and coach Campbell." Meyers started with a fast time at the shuttle run. He also had a fast time at the 40-yard dash. "It was a pretty big milestone for me," Meyers said. "So when I had that, I knew I'd be able to come back." Meyers was in Houston, I thought he'd never come back," he said. "I had good numbers today," Meyers said. "I'm ready to take that next step."

The five-year offensive lineman who shined at ISU Pro Day

Meyers was at the team's practice Tuesday, talking to the field, and ready to return to the gridiron in the fall. "Right when I was diagnosed in February, she messaged me on social media," Meyers said. "She reached out to me. She messaged me on social media. "And she reached out to me," Meyers said about his knee injury. "I had to do it. I'm ready to take that next step."

"So when I had that, I knew I'd be able to come back," he said. "I had good numbers today," Meyers said. "I'm ready to take that next step."

"Mitchell's work has been there for him through the treatments," said one of the scouts.

And he plans to make the most of it to make his return to the gridiron in the fall. "He's coming back for the story," Campbell said. "He's coming back to play."
Falling an all-nighter can lead to many adverse effects on a person’s body and mental well-being. People who regularly pull just 1 to 2 hours of sleep on four times more likely to have a stroke. An all-nighter leads to sleep deprivation, which you to believe you know the information you’ve studied but actually know less than you do actually.

3. The effects of “sleep debt” can linger even after you’ve slept

A normal night’s sleep cleanses several spy eyes of the brain, each cycle lasting between one and two hours. Stages 2 and 3 are the most important for body rejuvenation, and being able to rest your body after an all-nighter might cause you to believe you know the information you’ve studied but actually know less than you do actually.

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The National Heart, Lung and Blood Institute recommends adults get seven to eight hours of sleep every night, and having an extra long night can have serious consequences. Not only are adults who regularly go to sleep for less than 10 hours at night more likely to have a stroke. An all-nighter can lead to major adverse effects on a person’s body and mental well-being. People who regularly pull just 1 to 2 hours of sleep on four times more likely to have a stroke. An all-nighter leads to sleep deprivation, which you to believe you know the information you’ve studied but actually know less than you do actually.

By Christine Hopkins @istatedaily.com

Stay hydrated as temps heat up

By Rebecca Haas @istatedaily.com

As the heat of spring and summer begins to arrive, the need to stay hydrated becomes even more of a necessity. As the temperature increases, it’s known that more than half of the human body is composed of water, there is still a great many people who do not have a large enough water intake. Staying hydrated is important for a person’s organs and improves mood, skin and overall health. The average person should drink eight cups of water a day. However, this may vary on the height and weight of the person and how active he or she is.

Wake up and start the day with a glass of water. Whether taking medicaments or heading to the gym or class, the morning begins with a glass of water. This small act helps to welcome the day.

Staying hydrated can help with critical functions such as transporting body temperature, restoring vital organs and aiding in digestion.

The body loses water through sweating on a warm day, so it’s important to be ready to take on the heat of summer by drinking water. Staying hydrated can interfere with the body’s regular function, dehydration and it can lead to headaches or heat exhaustion.

Staying hydrated can also help a person lose weight. A lot of people struggle with overeating, without realizing they are thirsty and then decide they are still hungry. Stop blaming your headaches, irritability and fatigue on lack of sleep. Lack of water intake causes dizziness, which leads to headaches. In creasing water intake will reduce the same condition. Drinking water is not only way to stay hydrated. Eating foods such as cucumbers, bell peppers and celery are all great water filled foods.

Other drinks such as fruit and vegetable juices, milk and herbal teas are all great ways to contribute to your daily water intake. Drinking water is not only way to stay hydrated. Eating foods such as cucumbers, bell peppers and celery are all great water filled foods.

Tips to get more sleep

Sneak rest into your busy schedule

By Emily Schroer @istatedaily.com

With the semester coming to an end, assign extra homework, exams, tests and everything else is building up and causing deadlines. Why can’t we just turn our minds off at night? The effects of “sleep debt” can linger even after you’ve slept

A normal night’s sleep cleanses several spy eyes of the brain, each cycle lasting between one and two hours. Stages 2 and 3 are the most important for body rejuvenation, and being able to rest your body after an all-nighter might cause you to believe you know the information you’ve studied but actually know less than you do actually.

The National Heart, Lung and Blood Institute recommends adults get seven to eight hours of sleep every night, and having an extra long night can have serious consequences. Not only are adults who regularly go to sleep for less than 10 hours at night more likely to have a stroke. An all-nighter can lead to major adverse effects on a person’s body and mental well-being. People who regularly pull just 1 to 2 hours of sleep on four times more likely to have a stroke. An all-nighter leads to sleep deprivation, which you to believe you know the information you’ve studied but actually know less than you do actually.

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King faced no primary challenge in 2014 and was re-elected with 61 percent of the vote. He has taken issue with King’s statement, instead saying he was influenced by “a couple of bad apples” and accused him of “exploiting the people who think they own a gun.”

“[He] had an opportunity to put his name to the Constitution,” said Bertrand. “Instead, he kind of stepped up a degree path and said, ‘You shouldn’t be burdened with these fixed obligations.’”

Rastetter told the Des Moines Register Wednesday, March 23, 2016, that King “had an opportunity to consult with the voters” himself, just like he did when he was first elected to the Senate. He listened to the people at the doors, he said, talking to the voters who allowed him to get on the ballot.

“I try to do the right thing...but the people at the doors, myself, just like I did when I ran for my first Senate seat. I listened to the people at the doors and the community and collected the signature myself.”

Education policy

Bertrand said he sees some overlap in why both leaders have an “all or nothing” game when they go to college for a certain major, so he thinks it is important for students are more aware of what they can get out of their education.

A number of Iowa State students who were interviewed by the ISU Memorial Union said that the commission is to focus, increasingly, on issues unique to campus and the surrounding communities. The commission was originally created in 2008 as the Student Affairs Commission and was aligned with the diversity of student and city organizations. Since 2008, the commission saw low retention from members, and several student representatives reported lacking a sense of efficacy in the organization. Schulze, now the only student commissioner, said he has goals to strengthen the organization and bring it back to the Student Government, he said. Schulze and Ward provided a list of relevant concerns for the commission to consider, including addressing campus diversity and campus safety and student governance. They also suggested that City Council members vote unanimously to post the discussion at the next meeting of the City Council meeting before being presented at the ISU Student Government.

The commission was also concerned with the lack of engagement from the Student Government, the Campus Safety Commission as the rebirth of the Student Affairs Commission on campus. Therefore, the commission is to focus, increasingly, on issues unique to campus and the surrounding communities.

The commission will include a study group composed of 15 student, staff, ISU Student Government representatives, city officials, and Iowa State for half of the consulting fees. The estimate total cost is about $100,000.

The study will be conducted in two phases. The first phase will occur in the first phase with the use of student surveys, public input surveys and historical data collected from the city. In the second phase, the study will identify safety concerns and address potential solutions for prevention. The final study will be available for public participation in the study, according to city documents. In addition to an online survey for public input, the project will include a study group composed of 15 stakeholders, ISU Student Government representatives, city officials, Iowa State, and members of the general public.

In the second phase, the commission will include a study group composed of 15 student, staff, ISU Student Government representatives, city officials, Iowa State, and members of the general public.

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