University encourages students to stay home when sick despite attendance policies, possible repercussions

By Makayla Tendall
Danielle Ferguson
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It was not your average game in Hilton Coliseum on Saturday, as the unranked Cyclones (21-0, 7-0 Big 12) took on the top-five women’s basketball program (13-1, 2-1 Big 12). The Cyclones would only come out firing on all cylinders the last-minute mark, but could not find the bottom of the bucket on any of their attempts, as they fell 72-63 to the Longhorns (17-5, 3-4 Big 12). The win was a huge one for Williamson.

Dr. Ceolisa Scallon, staff physician at the Tholen Student Health Center, and the Centers for Disease Control and Prevention have tips on how to treat the flu.

"Get plenty of sleep and rest. Don’t work out. Scallon said your body burns through energy at a fever, so don’t push yourself too hard.

"The previous 24 hours of symptoms are a good measure of how you are doing. If you are not feeling better in the next 24 hours, you should seek medical attention," Scallon said.

"Visit the doctor if you're fever persists for more than a few days or if you feel better and then your symptoms return. Consider phone conversations already weak, so you may have a new infection."

Scallon said students can always call the Student Health Center for information at 515-491-5351.

Cyclones upset No. 3 Longhorns at Hilton

By Chris Wolff
iowastatedaily.com

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Weather

MONDAY
Partly sunny with the potential for rain and chill to be below zero.
TUESDAY
Partly sunny, extremely cold; even dangerous for outdoor morning activities.
WEDNESDAY
Partly sunny throughout the day.

Weather provided by the Meteorology Club.

Police Blotter

The information in this blotter is from the Cedar Falls Police Department and is unverified.

Monday, Jan. 12, 2015

A 25-year-old man was referred to the Department of Transportation official for a .02 blood alcohol content. Tyler Broek, 22, of 1244 Firestone Avenue, Ames, was cited for possession of a license and for being in possession of a drug. (Reported at 1:28 a.m.)

Hunter Braunfeld, 16, of 410 Taylor Street, Polk City, was arrested and charged with operating while intoxicated. James Osborne, 18, of 1210 Oakview Drive, Hall for the citizen who was under the influence of alcohol and possession of 4.6 grams of marijuana. (Reported at 1:05 a.m.)

Janet Chang, 52, of 1001 West 19th Street, West Polk Drive, Polk City, was arrested and charged with operating while intoxicated. (Reported at 1:06 a.m.)

Bryant Johnson, 21, of 216 Stanton Avenue, Apartment 103, Ames, was arrested and charged with operating while intoxicated at 200 block of Stanton Avenue. (Reported at 2:22 a.m.)

John Swackhamer, 24, of 2516 Acres Avenue, Unit 10, Des Moines, was arrested and charged with operating while intoxicated at 100 block of Welch Avenue. (Reported at 1:41 a.m.)

Officers assisted on an individual who was experiencing medical difficulties at 50 block of Lincoln Way. (Reported at 8:22 p.m.)

Travis Norton, 30, of 341 North Hyland Avenue, Unit 114, Ames, was arrested and charged with public intoxication (second offense) at Chamberlain Street and Haywood Avenue. (Reported at 9:31 a.m.)

University Village Apartments reported the theft of items from an apartment. (Reported at 2:18 a.m.)

President Obama will fly to Iowa on Wednesday. The Des Moines Register reported Saturday morning that details of the event are still in the works; according to the White House, Obama will reportedly give a speech on increasing access to high-speed broadband Internet, the Register reported. The event will take place in Cedar Falls, Iowa. (Reported at 8:22 p.m.)

A 41-year-old man was arrested and charged with public intoxication at 1014 of 2nd Street. (Reported at 2:58 a.m.)

Bryce Richards, 19, of 410 S. 14th Street, Polk City, was arrested and charged with misuse of a license at 12:08 a.m. (Reported at 12:08 a.m.)

Another game down, another milestone for ISU coach Fred Hoiberg. The Cyclones defeated the Hoosiers 67-63 at Purdue. This is Hoiberg's 102-49 record as head coach in no fewer than four tournaments, coming to three straight NCAA tournament appearances. After a 20-16 first season, he took the Cyclones to three straight NCAA tournaments, coming to a head after winning the Big 12 tournament title and reaching the NCAA tournament for the first time in 15 years.

The ISU women’s basketball team hosted Creighton last weekend. To find coverage of the game, please go online to the sports section of the Daily’s website.

Obama returns to Cedar Falls

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Book store extends hours to meet needs

A student worker takes note to make sure he has all of the current books packed into each box. The book store is staying open two hours later Monday, Tuesday and Wednesday before returning to normal hours to provide students more time to purchase second semester books.

Hoiberg passes Eustachy in career wins with 102

Fred Hoiberg passed the ISU coaches all-time for career wins with 102. Hoiberg passed Larry Eustachy to move into fifth all-time on the ISU coaching wins list, his 126th win at Iowa State against West Virginia. There are five coaches in ISU history to reach 100 wins: Tom Grasso (288), 1994; 2000-2001. Minnesota -- 166-155

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact the editor at 515-294-5689 or via email at editor@iowastatedaily.com.
Knuckle down on carillon

By Wendy Cardwell
#Iowastatedaily.com

Each day when the clock strikes noon, the bells of the Campanile echo all throughout campus for students and staff to hear. Tin-Shi Tam, music professor and the University’s carillonneur, is to thank for the constant ringing of the bells.

She is also the reason students know how to play the carillon. Tam started working at Iowa State in 1984. Since then, she has taught thousands of students the practice of playing the carillon.

“I was introduced to the instrument when I was a graduate student at the University of Michigan, and my advisor thought it was extremely intriguing,” she said. “I took a tour and immediately began to take lessons.”

According to the Iowa State University Department of Music, Edgar W. Stanton, who graduated with the first class in 1872, donated the bells of Iowa State. When his wife died in 1885, he established a fund to purchase 10 bells. In 1929, 26 bells and a carillon were added in memory of Stanton by his daughter, who graduated in 1928.

All ISU students are welcome to take carillon lessons. These lessons provide one credit each semester. Students are given 30 minute private lessons one day each week for a whole semester. Each semester, students are required to play in a concert, while Tam plays two concerts earlier in the semester. The latest concert was Dec. 12, and featured current carillon student Gaia Cunningham, Johnathan Germick, Nathaniel Han and Erin Reger.

Several songs they perform include: “We Wish You a Merry Christmas,” “Footsies with a Twist” and “Image Number.”

“We’re all playing different parts of the song at the same time,” Reger said. “I might be playing one note where the person on my right has to play that same note a second after me, so I have to be sure to get my hands out of the way. This year, Reger is a mechanical engineering major. “I think the most interesting part about the carillon is that you must have your knuckles to press the keys. Both your hands do. Both your hands do. Both your hands do. Both your hands do.”

Although there are up to three concerts a semester, the carillon students are required to play in a concert, while Tam plays two concerts earlier in the semester. The latest concert was Dec. 12, and featured current carillon student Gaia Cunningham, Johnathan Germick, Nathaniel Han and Erin Reger.

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School after graduation

Time required for post-college plans

By Danielle Ferguson

WASHINGTON "There's only one semester left for graduating seniors, but that's not making all graduation-planning phases happen at the same time," said Olivia Allen, Iowa State's pre-law advisor and coordinator. "Students should be thinking of where they want to jump into the "real world" after completing their bachelor's degree in June."

When preparing to apply for schools beyond undergraduate study, students can gain experience, get involved with clubs, and participate in campus organizations and develop business area leaders. Health professional schools

Emily Olson, academic advisor and coordinator of pre-health and pre-medical programs, said students should start preparing for medical school or similar health sciences beyond graduation as soon as they enter college and understand the requirements.

"It's also important, as early as you can, to start thinking of different shadowing experiences, so you can see where people in different areas work, so you really get an idea of what people in the different fields do, so you really get an idea of what it is," said Olson.

Students can also gain experience in research. The medical, dental and pharmacy schools that they plan to be accepted into will be very specific in areas that they choose to work on. Students have the option to be involved in research at that time, or they have the option to do independent studies, especially if they really want to be involved in a research study. Olson added.

"And it's also important, as early as you can, to start thinking about what their requirements are, so they can complete their degree as soon as they can," Olson said.

"Iowa State has a special program, where students can work toward an undergraduate degree and then they will transfer to the school at either Iowa or Drake.

"The courses not only cover the first year of the law school, they will transfer lock and load and help them transition pretty nicely," Strand said.

Many students do pre-law on their own, Allen said. They should take the test 12-18 months before they go to law school. The best recommendation is for someone that shows they've done work for through independent study, through research in a course, like what they're going to do in law school, it's also important for them to be involved in a club and the advisor can write good recommendations," Allen said.

"Olson said it's also important to be involved in on campus in leadership positions, so they can start thinking about what their research methods will be and any major that they want to pursue degree work in.

"While most students are in political science, there are other disciplines that can prepare or even engineering students, so classes can be the same," Olson said.

"Iowa State has a special program, that is a five-year program, that allows students to complete up to 90 credits in Iowa State and then they will transfer to the school at either Iowa or Drake."
Spring Break is just around the corner

By Zoe Woods
iowastatedaily.com

W ith Winter Break over and the semester on the way out, the weather, the time, and the desire to do enjoyable things such asenjoy being outside or going on trips. There is nothing better than enjoying a week or two of fun away from campus. With the semester almost over and the break period almost here, this is the perfect time to plan ahead for a Spring Break vacation.

Where do you go? If you’re planning to go on Spring Break, there is no shortage of places to visit. Whether you choose to stay close to home or venture further away, there are many options that you can explore. Spring Break is a great time to spend with friends, family, or even alone.

The city of San Diego is a popular destination for Spring Breakers. With its beautiful beaches, vibrant nightlife, and delicious cuisine, San Diego offers something for everyone. Whether you enjoy soaking up the sun or exploring the city, there is no shortage of activities to keep you entertained.

Another popular destination is Key West, Florida. With its laid-back atmosphere, beautiful beaches, and charming street life, Key West is a great place to relax and unwind. The city is also known for its vibrant nightlife, making it a popular destination for Spring Breakers.

For those looking for a more adventurous getaway, Costa Rica is a great option. With its lush rainforests, beautiful beaches, and friendly people, Costa Rica offers a unique and exciting experience. Whether you choose to hike, surf, or simply relax on the beach, Costa Rica is sure to leave a lasting impression.

So, whether you choose to stay close to home or venture further away, there are many options to consider for your Spring Break vacation. Take some time to plan ahead and make the most of your time off.
Cyclones overcome foul trouble in win

By Max Dible

IOWA STATE DAILY

By Beau Berkley

The ISU wrestling team climbed out of the trenches into a dominant victory over West Virginia at the Cliff Keen Las Vegas Open on Saturday.

CycloneHealth.org

The ISU wrestling team overcame foul trouble, with 11 ISU individuals picking up four points, contributing to a 28-17 Cyclone victory.

The only damping on the Cyclones’ legs prior coming came at 174 pounds, where redshirt freshman Kyven Gadson picked up a pin in the first period and scored another major decision at 184.

Cyclones take seven matches with bonus points in 43-1 victory

IOWA STATE DAILY

By Beau Berkley

Redshirt junior Abdul Nader returns a moves to the basket during Iowa State’s matchup with Oklahoma State on Jan. 3. Iowa State defeated both Oklahoma State and West Virginia on its way to Big 12 championship.

Redshirt junior Jameel McKay also made his presence felt in a game that was tightly contested, scoring a line of six points, seven rebounds and five blocks.

The only reason West Virginia had a chance was because the Mountaineers, but so did West Virginia.

Cyclones are faced with a potentially dangerous opponent in the form of a 76-72 victory against West Virginia (2-1 Big 12) on Saturday.

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upset came on a day when Williamson, who finished which Fennelly and Brynn Texas cooling down led to half.

the Cyclones and the Texas 25.9 percent in the first half, halves for the Cyclones. came out today."

that students are skipping about it. They don't want Peterson said. "In political the class and the professor," he woke up Friday feeling to resolve those."

ally, a situation will arise ability to relax those policies because it is the class, you have to attend," mobility would pay attention," said those attendance poli- Li’s friends or family ing to the affidavit. who also said she and other

flu.\n
bers have already had the flu shot is because 50 per-

Scallon said. The reason

dents to realize that a trip

"The credit goes to

Shao or what event all the time, but won’t

Wang said the incident investigation progress.

in attendance to

Shao and wash your hands im-

everyone who is scared of the flu.\n
of classes to study for and

they understand if you have

notes the center would be

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"I’d like to think if

as breakage potential is high. Fun distractions and sharp turns,

if you may think about it. 'Is

"Influenza really puts

is only given

can lose and save more than you

"Taurus - 8

"Capricorn - 9

"Aquarius - 9

"Scorpio - 8

"Leo - 9

"Can't play the game in the next two months社會 for what

of classes to study for and

and wash your hands im-

they will think about it. 'Is

"Aries - 9

"Virgo - 8

"Frisco - 9

"Capricorn - 9

"Aquarius - 9

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