Iowa State Daily (02-04-2013)

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**Mon., Feb. 4, 2013**

**ISU alumni kick start new way to keep plants alive**

**Opinion**

Boy Scouts catch up with modern times

**Sports**

Cyclones make up for missed 3s, beat Baylor

**Style**

Layer up to combat cold in style

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**Easton Corbin**

Genre: Country

Since releasing his first single, “A Little More Country Than That,” in 2009, Easton Corbin has been growing in the country genre. His first, self-titled album was released in 2010 and sold 425,000 copies in its first seven years. His single, “Roll With It,” hit No. 1 on the charts and his next album, “All over the Road,” came out in January.

**B.o.B.**

Genre: Hip-hop


**Jana Kramer**

Genre: Country

Singer-songwriter Jana Kramer has been in the country music scene for more than 15 years. Her debut album, “Whiskey,” hit the Billboard country charts in March 2013. Since her rise to fame, she has released five more albums, most notably, “Hush, Hush,” which hit No. 1 on the Billboard country charts. Kramer will perform her hit songs “You” and 2010’s “Loving You Tonight,” which ranked No. 1 on the Billboard country charts for more than 22 weeks.

**Kris Allen**

Genre: Rock

With hits like “Miss Independent,” “Take Me Out,” and the hit single “The Truth,” from his latest album, “Out of the Ashes,” the American Idol veteran has been making waves in the music scene since his first album. Allen will perform his top hits from his self-titled album, “The Bright Lights,” released in 2010.

**Grouplove**

Genre: Pop/Rock

The band formed in 2009, but it wasn’t until 2010 when they released their first album, “Yours, Dreamers.” Since then, they have released three more albums, with their most recent, “Here Come the Insects,” in April 2013. The band has been on the scene since three of the four band members were students at Iowa State University.

**The Cab**

Genre: Pop/Punk

The quartet in Saints of Valor brings an international mix of performers from Brazil, France, Canada and the United States. The band’s members spent most of their time traveling and touring throughout the United States before coming to Iowa. The band was formed in 2006 and has been on the scene since then. Their song, “Providence,” was a Top 50 song. The band describes themselves as “a couple of folks who write and sing songs in the kettled forests of the Midwest.”

**The Veishea celebration goes throughout the week, with music, events, food, and fun!**

**Yearbook Staff**

**Photos courtesy of:**

(Starting at upper left, clockwise)

EASTON CORBIN  
A Ray  
Andrew Allen  
Kris Allen  
B.o.B.  
Grouplove  
The Cab  
Jukebox the Ghost  
Saints of Valor  
Blessed Feathers  
Andrew Country  
Jana Kramer  
Kris Allen  
A Ray  
Andrew Country  
Jana Kramer  
Kris Allen  
B.o.B.
New Campaign Styles
Part of the Symposium on Social Science, Presidential Campaigns and Political Reporting
Ryan Lizza
Sasha Issenberg
Boston Globe
He covered the 2008 presidential elections as a national political reporter.
Ryan Lizza is a staff writer at The New Yorker, and a nationally recognized journalist for his work on presidential campaigns. He covered the 1998 to 2007, covering the White House and Presidential politics.

Correction:
In Thursday’s article about international student experiences, Rodney “Rod” Clawson’s last name was misspelled. "The Daily regrets the error.

How New Campaign Styles Win Elections
By Daniel Bush

When students go to college, their reaction may be to start from scratch. But sometimes, learning communities can be overwhelming. Learning communities are one way students can build a multifaceted foundation with others. Students who independently build their foundation often find it harder to succeed.

Sponsored by: Harkin Institute of Public Policy and Committee on Lectures (funded by GSB)

Monday, February 4, 2013
8 pm - Great Hall, Memorial Union
Go to www.lectures.iastate.edu for the full schedule of events.
Austin Lyons and Emily Raney are ISU alumni developing “Plant Link,” a device that makes gardening easier by placing low-cost links by plants to communicate to the owner’s phone when his or her houseplants or row crops are thirsty.

The two, now married, are in the process of kick-starting Plant Link, beginning their life together and changing the way plants are watered.

Emily and Austin met during their freshman year at Iowa State.

After marrying 3 1/2 years ago, just before Austin’s senior year at ISU, they decided to move to the University of Illinois Champaign-Urbana, where Austin completed his master’s degree. They met the rest of the current team at Plant Link.

“Oso,” Spanish for bear, is the name of the company that designed Plant Link. The bear is the mascot for Baylor University, where six of the engineers that work at Plant Link received their undergraduate degrees.

Oso just finished raising funds for Plant Link through a Kickstarter campaign. Kickstarter is a website that matches investors with entrepreneurs. Emily Lyons joined Oso specifically to help with this campaign.

The Lyons are now Austin, Texas residents. The pair moved away from the rest of the Oso employees when Austin got a job with Intel, a company that creates computer processors. Both continue to work for Oso from their home offices.

Emily is currently completing a master’s degree in mass communications at Texas State University. She said that Oso has proven to be useful while getting her master’s degree.

“It’s great to have a hands-on case for new concepts,” she said.

Plant Link has been quickly gaining capital. Their goal was to raise $75,000 in 30 days. “I think it was over $84,000 this morning,” Emily said.

Oso has future plans to sell their products in India, potentially helping subsistence-level farmers.

“We want to offer a really cheap, automated moisture-monitoring system,” Austin said.

The Lyons have nurtured their young marriage through the toil of patenting home-gardening technology.

“There’s definitely a new dimension to our marriage from inventing and creating something like this together,” Austin wrote in an email. “The success is even sweeter because she’s played such a big role in getting Plant Link to where it is today.”
**Opinion**

**Editorial:**

The marriage debate continues to capture the nation's attention as gay couples across the United States have won the right to marry. In response to this historic shift, it is fitting that society, including the minorities or groups who have long been marginalized, be celebrated.

As representatives and role models for our country's youth, the Boy Scouts of America have a heavy influence on the opinions and attitudes of other children. If the Boy Scouts show prejudiced practices in the care of their beliefs, other children could see and follow that example.

**Send your letters to letters@iowastatedaily.com.**

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**FEBRUARY 4, 2013**

**Iowa State Daily**

**Letters to the Editor**

**Boy Scouts’ ban outdated**

**By Phil Brown**

The Boy Scouts of America is considering a ban on gay members. Though the act itself is good, the organization's motivation seems questionable. It is a small step. It has taken far too long for the Boy Scouts of America to finally take a stance on gay marriage.

Boy Scouts’ ban outdated?

The Boy Scouts of America is considering a ban on gay members. Though the act itself is good, the organization's motivation seems questionable. It is a small step. It has taken far too long for the Boy Scouts of America to finally take a stance on gay marriage.

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Boy Scouts’ ban outdated?
Dependency on technology grows for kids

Most of our children have cell phones or personal computers before they are 8 years old. Once they are born in 2010, it will be 10 years before they are 8 years old. That's why it's important that parents and educators know that technology is a part of their daily lives. The world is a lot different from when I was a child. I was born in 1990 and, 23 years later, I am already seeing the effects. The world is a lot different from when I was a child. I was born in 1990 and, 23 years later, I am already seeing the effects.

Several years ago, I was driving, and I wanted me to have it in case I needed to use it. Once I started using technology, I realized how much I needed it. I couldn't get through life without technology. I can't get through life without technology. I can't get through life without technology.

I was 10 years old when I was driving, and I wanted me to have it in case I needed to use it. Once I started using technology, I realized how much I needed it. I couldn't get through life without technology. I can't get through life without technology. I can't get through life without technology.

As for those who claim it is for emergencies, I don't think it should be that way. I think it should be that way.

I was 10 years old when I was driving, and I wanted me to have it in case I needed to use it. Once I started using technology, I realized how much I needed it. I couldn't get through life without technology. I can't get through life without technology. I can't get through life without technology.

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Cyclones Lose Lead on the Road

Iowa State Daily Sports

**Quote:**

People recognize 12 times a day, but I think it’s the most understated arena in college basketball. Our fans continue to come out on a nightly basis. (There was) not an empty seat in the house tonight. Even though our shots weren’t falling, they continued to lift us up. Fans are a big reason why we win in this building.

— ISU coach Fred Hoiberg

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**Sports Jargon:**

SportS Jargon:

**Ball Screen**

Basketball

The ISU men’s basketball team is averaging 78.5 points per game. Hallie Christofferson has five

screen for Korie Lucious and Georges Niang set a ball

offensive player who has the

screen, or a pick, for another

offensive player sets a

A ball screen is when an

Texas Tech 9-10, 2-6

West Virginia 10-11, 3-5

Oklahoma 14-6, 5-3

Iowa State 15-6, 5-3

Oklahoma State 15-5, 5-3

Kansas 19-2, 7-1

Texas 9-11, 2-7

Kansas State 12-9, 3-6

West Virginia 12-8, 4-5

Kansas 14-6, 5-4

23 Iowa State 15-5, 6-4

21 Oklahoma 16-4, 6-2

1 Baylor 20-1, 10-0

**Standings**

Big 12

3 Texas Tech State 19-3, 9-3

2 Oklahoma State 19-3, 8-4

12 Texas 11-7, 4-9

11 West Virginia 11-8, 4-9

12 Texas Tech 8-10, 4-9

10 Kansas State 10-9, 3-6

9 Iowa State 10-9, 3-6

8 Kansas 10-8, 4-5

7 Oklahoma State 10-8, 5-3

6 Iowa State 10-7, 5-3

5 Oklahoma 10-6, 5-3

4 West Virginia 10-6, 4-4

3 Kansas State 10-5, 5-3

2 Oklahoma 10-5, 5-3

1 Baylor 10-4, 5-3

**Streaks continue for ISU**

The win Saturday extended the ISU men’s basketball team’s home winning streak at Hilton Coliseum to 19 consecutive games. The streak is now the seventh-longest active streak in Division I basketball.

The win Saturday extended the ISU men’s basketball

season average but still

so hard to hit the basket.

ISU guard

just a part of basketball,” said ISU guard

is an average of 9.3 per game.

Baylor (14-7, 5-3) put focus on denying 3-point

attempts from Iowa State, but ultimately the team’s

struggle shooting percentage.

The other streak was also extended as Baylor failed to

and Niang (14-3, 5-3) in all time at Hilton dating back to 1996.

ONLINE:

CYCLONES LOSE LEAD ON THE ROAD

iowastatedaily.com/sports

WILL POPPENS, right, focuses on making a free-throw shot Saturday. Senior Chelsea Poppens, left, dribbles the ball down the court, setting up a play in the 67-52 win against Texas Tech on Saturday at Hilton Coliseum.

**Women’s Basketball**

**BY THE NUMBERS**

78.5

The ISU men’s basketball team is averaging 78.5 points per game.

5

Heidi Schmidtbauer has 5 double-doubles on the season.

3:40.73

The women’s basketball team ran a 3:40.73 for second place.

12

The ISU men’s basketball team is 12-0 at home and 12-0 against Texas Tech this season.

**Sports Jargon**

**Ball screen**

SPORTS JARGON

**Basketball Definition**

A ball screen is when an offensive player sets a screen, or a pick, for another offensive player who has the ball in the possession.

George Niang sets a ball screen for Korie Lucious and rolls to the basket.

**Women’s basketball**

Senior Pops, left, dribbles the ball down the court, setting up a play in the 67-52 win against Texas Tech on Saturday at Hilton Coliseum. 

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Early wins not enough to secure Cyclone win

Iowa State falls to No. 2 Oklahoma State

By Jake Calhoun | jake.calhoun@iastate.edu

The raw score was 180 for the ISU wrestling team, but the final score against the No. 2 team in the country, Iowa State (6-4, 1-2 Big 12), had a 0-3 lead against Oklahoma State after three matches, but lost three straight on Radio City to a 25-60 total loss.

“Our guys, they’re going out there and they’re fighting,” said ISU coach Kevin Jackson.

“They’re fighting and that’s all we ask because we’re not prepared to switch some ball screens and I thought we switched some ball screens and I thought we did a good job taking advantage of the mismatch and that was fine with Hoiberg.

“We found a way tonight.”

TheAdjuncts helped Iowa State keep pace in the Big 12 without its biggest weapon, shooting guard Monte Morris, who was ruled out of the game with a shoulder injury. However, the Adjuncts were able to get six points in the first half and kept the game close.

“We thought Matt Gibson should have gotten the takedown,” Jackson said. “If he would have gotten the takedown 15-8 instead of 13-8 before we went into overtime and we’re on a little bit of a roll. I mean, we’re making a comeback and we’re on the momentum shifting.”

After a close 3-1 loss by No. 3 Tanner Weatherwax to No. 1 Chris Perry at 174 pounds, ISU coach Kevin Jackson said Meeks has a leg injury, but declined to divulge any more information.

“Actually I don’t even know what happened,” said Jackson of a technical foul by John Meeks at 133 pounds.

“Should have wrestled on the mat. He wanted to wrestle so bad and we thought we were in a position to possibly get an upset in the dual and on that match.”

Redshirt-sophomore Kyven Gadson attacks Oklahoma State’s Blake Rosholt’s legs Sunday at Hilton Coliseum. Gadson won his match 3-1 in the Cyclones’ 9-2 loss to the Cowboys.

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STUDENTS:
Tell the Daily!

Entries due by noon, February 8.
Winners announced on February 28.

Also vote online at: iowastatedaily.com/student_choice

Food
Best sit-down restaurant
Best outdoor dining
Best BBQ
Best salad
Best burrito
Best frozen yogurt
Best buffet
Best late night deal
Best place to take a first date
Best carry out or delivery food
Best fast food
Best place to get lunch for under $10
Best place to get breakfast
Best place to get a late-night meal
Best place to get sushi
Best place to get Mexican
Best place to get Italian
Best sandwich shop
Best bakery
Best chicken wings
Best pizza
Best french fries
Favorite drink food
Favorite healthy snack
Best ice cream
Best restaurant service

Fashion and Beauty
Best place to get a spray tan
Best place to get a tan
Best place to get a wax
Best women’s apparel store
Best men’s apparel store
Best salon
Best barber shop
Best nail salon
Best place to buy shoes
Best place to buy Iowa State gear
Best jeweler
Best consignment store

Lifestyle
Best bank
Best property management
Best grocery store
Best place to get your car serviced
Best gas station
Best car wash
Best tattoo parlor
Best place to get flowers
Best wireless provider
Best internet provider
Best pet store
Best place to get your oil changed
Best outdoor store
Best new business
Best off-campus apartment
Best party supplies
Best car dealership
Best tire shop

The 4-1-1
Best house for house parties
Best place to have sex
Best place to group with friends
Best place to “people-watch"
Best thing to happen to Ames in past year
Best place to buy a mattress
Best place to buy electronics
Best printing service

Nightlife
Best bar for karaoke
Favorite bar for dancing
Best bar to hang out with friends
Best sports bar
Best place to hear live music
Best drink special
Best beer selection
Best bartender
Best bar
Best movie theater

Campus
Best place to map on campus
Best ISU tradition
Best residence hall
Best dining center
Best ISU sports team
Best class to take at ISU
Favorite professor
Best place to get school supplies
Best place to get art supplies

Health and Fitness
Best overall fitness center
Best golf course
Gym with the hottest guys
Gym with the hottest girls
Best place for dentistry
Best place to visit a chiropractor
Favorite fitness class
Favorite fitness instructor
Best healthcare center
Best bike shop
Best place to get a massage

Drinks
Best cafe
Best place for happy hour
Best place to get margaritas
Best “hole-in-the-wall” bar
Best liquor store
Favorite beer
Favorite mixed drink
Favorite wine
Best coffee shop

Form Drop Off Locations
- MU main lounge(near post office)
- MU east student office space (across from Panda Express)
- Parks Library(1st floor near stair-well)
- the Daily (108 Hamilton Hall)
By Kayleigh DeLucy

Monday, Feb. 4, 2013
Iowa State Daily

With the weather constantly dip-
ing to the extreme fronts to adverse
conditions, it’s no wonder women
have so much difficulty picking out
what to wear to class each day. Even
though Iowa is known for its extreme
weather, it still can be challeng-
ing to dress stylish when there is a
weekly winter storm warning.

Yes, it may be tough being fash-
onable in the Midwest in February,
but there are still plenty of ways to
turn your head warm while staying toasty
warm. With the help of local Iowa
seasonal staples, you’ll be able to whip
off your look. Get ready, get cute, and go
from the upper forties to subzero
piece of sweater tights, a
cable-knit sweater. These
options seem the freshest and
most vivid when bursting with technicolor
dresses for first lady Michelle Obama,
has created a line for
the cheap-chic store due out
Feb. 10.

President Barack Obama, has created a line for
the cheap-chic store due out
Feb. 10.

Keeping fashionable when it’s freezing is no easy task, but start with a base layer and add on stylish accents for a
cute vibe that you’re striving for.

But there are still plenty of ways to
turn some heads while staying toasty
warm, these knitted headbands
are a chic alternative to the original
stocking hat in the winter.

While these cold temperatures
make it increasingly hard to look
attractive for wearing hair up or down.
Use a narrow band for hair with bangs
to allow them to peek through. But

These headbands are also avail-
able at kiosk locations in numerous
malls.

Photo: Brenna Lyden/ISD Style

Prabal Gurung comes to Target

By Isak Longhead

Unveil her style for just $10.

Photo courtesy of Target

Unlike second campus, springtime is blooming at Target. Prabal Gurung, the high-designer designer behind dressing for first lady Michelle Obama, has created a line for the cheap-chic store due out Feb. 10.

Gurung was inspired by color-blocked
dresses for first lady Michelle Obama,
has created a line for
the cheap-chic store due out
Feb. 10.

The designer is known for
for longer hairstyles, try going for a
narrow band for hair with bangs
to allow them to peek through. But

These headbands are also avail-
able at kiosk locations in numerous
malls.

Photo courtesy of Target

Photo: Huiling Wu//Iowa State Daily

Knit headbands are reasonably priced and available for
out with your winter accessories. Put on a pair of mittens, winter coat, and furry ear muffs to complete
your look. Get ready, get cute, and go
from the upper forties to subzero

Photo: Huiling Wu//Iowa State Daily

Accessories

Chunky knit headbands are a stylish option for
keeping your head warm in the frigid Iowa winter. They
come in many different styles, colors and sizes.

Photo: Isak Longhead/Iowa State Daily

Designer

Prabal Gurung comes to Target

By Elizabeth Krugler

By Elizabeth Krugler

But there are still plenty of ways to
Pick a neutral pair of leggings which
are clearancing outerwear for the
winter apparel, since most retailers
are already.

Photo courtesy of Target

ASSISTANCE

Photo: Isak Longhead/Iowa State Daily

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Once you’ve put on your coat, go all
through your accessories. Put on a pair of mittens, winter coat, and furry ear muffs to complete
your look. Get ready, get cute, and go
from the upper forties to subzero

Photo: Isak Longhead/Iowa State Daily

Knee-high boot headbands are an excellent accessory that can
keep your head warm in the frigid Iowa winter. They
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Fun Facts

The View-Master was originally for adults. The device was used to help soldiers recognize ships, planes, and artillery from afar.

Antarctica gets very little snow, so why is there snow on the ground? Because the snow that does fall on the continent never melts.

The popular dice game known as Yahtzee was created by a Canadian couple who played it aboard their yacht – hence the name.

Adolf Hitler was Time Magazine’s Man of the Year for 1938.

While Antarctica is very cold, it’s not all ice and snow. About 1,200 square miles of the continent are made up of “dry valleys” where mountains and ridges keep out any precipitation.

The United States Merchant Marine Academy is the only U.S. military academy to lose students in a time of war. 142 students died during World War II.

The private detective agency was established in 1833 by Eugène François Vidocq, a former fugitive. He used his extensive knowledge of the Parisian underworld to become a master criminologist.

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Students advised to be aware of detox diets

By Juliann Finn
@iowastatedaily.com

Celebrity praise for detox diets that changed their life dramatically for the better, but students should be aware of the dangers before attempting any diet of this caliber:

One of the more popular detox diets is the lemon water detox. Drinking only water with a hint of lemon juice for 168 hours could be potentially harmful. It is intriguing the attention of young women in the search for perfection.

“I’m not aware of any proven benefits to a detox diet and I can’t understand why a treatment such as this would be helpful,” said Dr. Carver Nebbe, physician at Thielen Student Health Center.

The world of detox implies a purification of the body. Know that any diet can have some major nutritional drawbacks.

“It could cause some fatigue and you might feel yourself feeling quite hungry,” Nebbe said. “I would not recommend it for a diabetic or person with another major chronic medical problem.”

In some cases it can cause nausea, diarrhea and a few common systemic changes.

“I can see how it would result in some short-term weight loss, but long-term weight loss with these methods would be really hard to maintain because of the major changes in diet,” Nebbe said.

Make sure that before you decide to jump into any sort of cleanse or diet it is always going to be a change in your lifestyle, not a 168-hour fast, which is in essence a starvation that requires medical intervention.

“It’s not a bad idea to consult someone who knows a lot about nutrition and whole foods,” Nebbe said. “If you are not consulting a physician likely don’t know much about these treatments since they are not medically based or FDA approved.

This, however, immediately will raise concern in the minds of most physicians. Another draw back is the cost associated with this type of diet.

“It likely to cost a fair amount of money for the drinks and other products marketed with these cleanses,” Nebbe said.

Fitness companies all across the United States have jumped on advertising hype and literature that markets the popular detox diets.

The most effective way is simple, the same thing that has worked since grade school: fruits, vegetables and exercise.

“If a person is able to change and maintain their diet to a lower fat, high-fiber and veggie diet, they may lose weight and maintain that weight loss, but I’m not sure that the benefits of the cleanse or the full 168 hour that go along with it,” Nebbe said.

Being fit is not a one-week dedication. Fitness companies all across the United States have been promoting this idea to get input from a younger generation to attract a market.

The word cleanse implies a purification of the body. Know that any diet can have some major nutritional drawbacks including fatigue, nausea and dizziness. Thielen Student Health Center physician Dr. Carver Nebbe suggests that this diet may not be the most efficient way to lose weight.

“Treatment of Obesity. ” 37th Annual Refresher course for the Family Physician. Iowa City, Iowa. April 6, 2010

For more info: View the story in its entirety at: iowastatedaily.com/ news

Seven rules to assist you with your weight management

#1 Eat three meals a day
People who eat breakfast are thinner! Skipping breakfast slows your metabolism and makes you more prone to overeating throughout the day.

#2 Eat 1/3 of your total calories at each meal
Calculate your basal metabolic rate and consume only what you need. This will result in sustainable weight loss.

#3 Understand your hunger
Hunger between meals means you may need to include more fat in your diet. Make sure you are getting all your calories and not waiting more than 4 hours between meals. Post-meal hunger means you may need to include more carbohydrates to aid satiation.

#4 Exercise 30 minutes or more per day
Most experts recommend at least 30 minutes of physical activity per day. People who exercise can make it easier to lose or maintain weight and need to be addressed. These include:

■ Stress
■ Depression, anxiety and other mental health problems
■ Substance and alcohol abuse
■ Pain and physical disability

#6 Take care of yourself!
Other problems can make it harder to lose weight.

#7 Never stop
This is a regimen that will help establish a healthy body for life, but it needs to be followed for life.

Living according to these rules is as important for depression, anxiety, substance and alcohol abuse, pain and physical disability as it is for weight management.

Adapted from: Burstain M.D., Todd. “Treatment of Obesity. ” 37th Annual Refresher course for the Family Physician. Iowa City, Iowa. April 6, 2010

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