CyRide Q&A

we doing here?” One Associated Press interviewer
Senator. Conlin brought up the issue early on in
the crowd. “He owes the people of Iowa a defense
he’s not coming out of his house again,” Conlin told
Public Television two days prior with Grassley
Hawaii and Alaska were named states.
Senator has been in public office since before
Social Security, while mentioning the Republican
iowastatedaily.com
By Tyler .Kingkade
2010 Elections
CyRide on the go
Android application features maps, times
By Tony.Robinson
CyRide-users note how route maps, timetable and CyRide bottle at their
Two ISU students developed a CyRide mobile application for Android-
based devices and released it for public
their fingertips.

Flood recovery
Lied reopening awaits final result
By Torrey.Robinson
City Council to discuss possibilities for flood mitigation

Ams
City Council to discuss possibilities for flood mitigation
By Sarah.Maas
City administrators will prepare to make possible
next step in the city’s response to the flooding that
occurred in August at the Lied Center. The presenta-
tion will highlight the budgetary costs to the city from the flood, which
also dev-}

Q&A

Geoffrey talks budget cuts, ‘new Big 12 Conference’

When 2007 President Gingrich’s budget cut was
conceived, Geoffrey implied the
last night, the students who
you want to travel, according to the CyRide website.
Graphic: Amapas Oshins/iamsdaily.com

Route Times/Route Maps
These will take you to a list of routes
running. Under ‘Route Times,’ click the
same list of links for each. Again, click
the box next to the name and you can
them from a map of that route.
Dial-A-Ride
Pushing this button will call CyRide’s
call center for paratransit service, 230-
5755. Riders may be picked up to
scheduled by 5 p.m., the night before
they would like to travel, according to the CyRide website.

CyRide users note how route maps, timetable and CyRide bottle at their

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Dining Days is an event where "Dine. Give. Enjoy!" with participating restaurants donating proceeds to Family Lea. This year, according to the Press release, Of the restaurants participating, 10 donate proceeds to Family Lea’s overall mission, 10 donate to specific projects, 2 donate to Family Lea’s general fund, and 2 contribute to other local charitable organizations.

The program started in 2011 to raise awareness for Family Lea’s mission and to support local restaurants in the community. The event is organized by the Family Lea Foundation and is held annually in the month of November. This year, the event is set to take place from November 13 to 17.

Diners can choose from a variety of participating restaurants, each offering a special menu item or deal during the event. Some of the participating restaurants include Lea’s Café, Lea’s Bistro, Lea’s Pizzeria, and Lea’s Bakery. Diners can enjoy delicious food while supporting a good cause.

For more information, visit the Dining Days website or contact Family Lea’s fundraising department at 513-123-4567. Participants can also follow Family Lea on social media to stay updated on the event and other upcoming initiatives.
How 'bout them Cyclones? Yeah, we know what the score the Cyclone football game was. We were there, mostly.

It wasn’t all bad, either; and we’ll get back to that momentarily.

The ladies of the volleyball and soccer teams made strong attempts on Tuesday and Wednesday, and are on some awesome streaks as they approach conference play.

The Cyclones found themselves down 1-0 against Creighton on Tuesday before taking advantage of a bad day in Omaha and pulling off the upset. Hookeysaw, thanks to some fantastic hitting at the hands of Jamie Straube, Carly Jenson, Kelsey Hawkeyes, thanks to some fantastic hitting at the hands of Jamie Straube, Carly Jenson, Kelsey

of silver lining in the cloud.

Of course, this isn’t simply a case of the ‘Big 12’ teams making their own problems. Any given team’s problems could cause a domino effect, resulting in bad games on the Big 12 schedule.

It’s not every day you find yourself dejected, should keep his head held tender. And rest assured, they’ll be handing out restrictions on technology in the classroom. The Department of Education has released guidelines for schools on the use of technology in the classroom.

Not only is volleyball riding a seven-game winning streak into conference play, the Cyclones have also found a spark of life on the tennis court.

This means the Cyclones are dreams are made of.

But the fun doesn’t stop there — the ladies of the soccer team ended Illinois State’s three-game winning streak Sunday with a 2-0 victory.

Not only had the Redbirds won 22 of their last 26 home contests, they were also the Missouri Valley Conference women’s soccer championship and tournament champs. Both goals came courtesy of freshman Brittany Morgan in the form of a penalty kick at 89:45 after a watchful eye on Illinois State’s soccer
gate.

For more information on how to reach us, please visit http://www.iowastatedaily.com.

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Iowa’s partnership with the world the way it is.

So regardless of how you feel about the passage of time.
Poem

A Canoe Lacuna

The Upper Iowa turnout would usually reflect a number of additional species present in the water. The most apparent—whatever they are—do not appear to have any adverse effect on the lower stream. A large, single fish appears to be of no concern. The trout that are present are not the aggressive type to be feared. A final thought is that a more detailed study of the species would be beneficial.

Letter

Let’s cultivate peace, happiness, peace!

April 8, 2011

Navahad Morshidi, by: Cheryl Benick, 10, EMERGINGSPIRES in Boone.

This journey must be a turning point for both of us. Not by becoming firearmed by fear, anger and hatred. This is an opportunity to learn and become more of ourselves. It is the simple act of self preservation.

In the book Buddha’s Brain, Rick Hanson, Ph.D, neuro-philosopher and meditation teacher and partner of Richard Davidson, M.D., reveals that our three-point gray matter mind is brain-hard wired toward positive emotions, which produces various “happy” thoughts. The present moment is an opportunity to investigate self-destructive attitudes, emotions and concepts which can lead to harmful actions. We can observe our own thoughts without judgment, present with full awareness and attention to our own thoughts. We can become our own best friend and teacher.

Grammar

Y

our vs you’re: The importance of using correct grammar cannot be overstated. In the most commonly confused aspect of correct usage, one person said that: “In some cases, we use our vs you’re. When you know the difference, it isn’t a big deal at all.” The following questions should help you determine your answer. From whom do you have to listen in order to understand what you’re saying? Do you have to read in order to understand what you’re reading?

The conditions are not too hard when learning these rules. In fact, the rules are relatively simple. The good news here is that this skill takes some practice, but it’s the only skill that comes into play. No, it is not a matter of taste. If you choose to use your vs you’re, there’s no reason why your writing wouldn’t be correct. If you use the wrong word, it would appear to be a matter of choice. You should make a conscious decision to use the correct word. If you’re unsure of the correct word, you should check dictionaries and other reference materials. Do you use your vs you’re? It’s important to use the correct word.

Pay attention to the details

By Sean Plack (seanplack@mediaworld.com)

We can all relate to the challenge of perfecting our writing skills. In this day and age, where it is so easy to communicate with others online, we must be mindful of our grammar and spelling. As a writer, it is important to proofread your work before submitting it. This will help you avoid any errors that may arise.

Wednesday, September 15 - Tuesday, September 20

WEDNESDAY, SEPTEMBER 15 - WEDNESDAY, SEPTEMBER 20

SCHEDULE OF EVENTS

WED, Sept. 15 - 11:00 am

Business Week Kickoff (PIZZA!)
Outside of Garden (first come, first served)

THURS, Sept. 16 - 11:00 am

Business Week Picnic Lunch
Outside of Garden (first come, first served)

FRIDAY, Sept. 17 - 6:00 pm

Ice Skating
Following the Hockey Game, Ames Ice Arena

MON, Sept. 20 - 3:50 pm

Bowling
MU Underground

TUES, Sept. 21 - 9:10 am

Leadership Breakfast
Gateway Hotel

WED, Sept. 22 - 11:00 am

Etiquette Dinner
Outside of Gerdin (first come, first served)

FRI, Sept. 24 - 3:00 pm

Golf Tournament
Vomak Golf Course

SAT, Sept. 25 - 3:00 pm

FOOTBALL TAILGATE (UNI)
Jack Trice Stadium
Soccer

Cyclones endure weekend split

By Cory Weaver

The long trip is finally over. The Cyclones finished their season opener road stretch with a split - a 1-0 loss at Loyola-Chicago on Friday, and a 2-0 win over Illinois State on Saturday.

The ISU defense has been the backbone to the Cyclones success so far, but the Loyola-Chicago Rams found a way to exploit it Friday night. The Cyclones' first loss of the season.

"Really we get after them, we just didn't put a ball in and then we started giving away little pieces of the game,"said ISU coach Wendy Diilling. "We gave up that corner kick with 20 seconds left that ended up scoring a goal, kind of drawing the momentum going into the second half."

The Cyclone defense kept the Rams quiet in the first 15 minutes of the first half and only allowed them one shot on goal. There was a near goal at the 30 minute mark, but the ball went on a whistle with six on goal in eight minutes of the remainder of the half.

Diilling was quick to note, however, that the defense wasn't completely at fault, as the Cyclones' effectiveness slipped them vulnerable on turnovers.

"I am more注重的the two shots we pounting out, but I think we were a little over confident attacking," said Diilling. "When we pushed seven people forward, when we knew they had the ball, they would counter quickly."

Diilling said, "Statistics don't really do justice to what we were able to do in the first half."

The game wasn't a total lossfor Iowa State though, with the Cyclones starting in a losing experience heading into a C-USA series game this upcoming weekend.

"You take all the games you've played in and bring them together that was going to last 90 minutes so we knew what to do better; and since Iowa is our number-

The Cyclones realized Friday that they can't take teams for granted, and the loss to Loyola-Chicago for her second shutout of the year. She didn't play the best that we could, so we know what to do better, and since Iowa is our number-

"It helped a lot because in the past couple games I've had second chances to score and put the ball in the goal a few times," the junior goalkeeper said.

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Head of officials supports call that resulted in Lions’ loss

By Larry Lage
The Associated Press

LIONS STAFF - The NFL is staring down its biggest labor battle in years. On the sidelines, the league’s top executives and agents are trying to avoid a sit-down meeting with the players’ union.

On Saturday, the NFL announced that it had rejected the players’ latest proposal, which included a 16-game season and a salary cap. The league’s proposed 15-game season would have cost the players $300 million in salary, according to a source familiar with the negotiations.

“Every time there’s a labor impasse, it’s on the unions’ terms,” said NFL Chief Operating Officer and General Counsel Jeffery Pash. “That’s where we’re at now.”

The union is set to make its next move in the coming days, with a potential strike looming.

ISU men confident after weekend meet

By Dean Berbee-Woolley

The Cyclones men’s track team scored a big victory last weekend, winning the Big 12 Championship with a 202-193.5 victory over Texas and 187.5 over Oklahoma State.

“Our guys have been working hard all season,” said head coach Mike Hall. “They’re definitely ready to take on the big stages.”

The Cyclones finished strong in the 4x100, 4x400 and 4x800 relays, as well as the 400 and 800 meters.

Eagles’ Reid defends concussion reaction

NFL Players Association also happy with situation

By Ken LaRocque

The Philadelphia Eagles’ head coach, Jim Reid, was wishing the team had never had to deal with the issue of concussions.

“I wish we had never had to deal with the issue of concussions,” Reid said. “But we have to keep working on it and trying to find a solution.”

The Eagles have had five players suffer concussions this season, including quarterback Nick Foles, who missed the team’s last two games.

Concussions are a major issue in the NFL, with many players going through the process of recovering from them.

Golf

ISU men confident after weekend meet

View team first competition as learning experience

By Dean Berbee-Woolley

The Cyclones men’s golf team finished in third place in the Big 12 Championship, finishing with a team score of 836.

“The guys really stepped up this weekend,” said head coach Mike Hall. “They’re ready to take on the next challenge.”

The Cyclones’ most consistent performer was freshman Jake Miller, who shot a 76 in his final round.

Upcoming imaturals

Upcoming imaturals registrations

Adventure race: registration open Sept. 14 - Sept. 16, 2013

www.safesex.org

Eagles’ Reid defends concussion reaction

NFL Players Association also happy with situation

It’s the next step for the players: a new proposal that includes a 16-game season and a salary cap.

“Go for the long shot, go for the run around the world,” Reid said about his team’s next move. “We’re ready to take on any challenge that comes our way.”

The Eagles’ players are confident that they can come back stronger next season.

On the field, the Lions’ loss was a major blow to their playoff hopes. However, they are far from giving up on their season.

“We’re not going to let this loss get to us,” said Lions head coach Jim Schwartz. “We’re going to keep working hard and see where we can go from here.”

The Lions will have to regroup quickly if they want to make the playoffs. But their season is far from over, and they have a chance to make a comeback.
Taco truths

By Lauren Ingebrand
AmesEats Flavors Writer

When you think of taco meat, do you imagine the beige, neon orange substance served to you in the elementary school lunch tray? A couple Fridays a month, my school served beefy nachos for lunch. Each time I watched the soup drain into the giant vat of lumpy meat and arose again dripping orange liquid across the counter until it stopped onto my tray. I walked to the sunshine table, lifting my tray in order to avoid the lumpy monstrosity’s slime from contaminating the rest of my meal. As I ate my own-rolled tortilla chips dipped in processed cheese, I couldn’t help but wonder what was actually in the taco meat.

I picked up a packet of Old El Paso Original Taco Seasoning Mix in hopes to find an answer to this age-old question. The ingredients include maltodextrin, salt, chili pepper, monosodium glutamate, cornstarch, yellow corn flour, spice and sugar. Maltodextrin is derived from hydrolyzing corn starch and can be moderately sweet or almost flavorless. Monosodium glutamate (MSG) is a flavor enhancer deemed to be safe in moderate amounts but some believe the culprit of headaches, sweating and nausea. It was no surprise that one serving of Old El Paso Seasoning Mix contains 24% of a normal daily value of sodium.

Traditional Mexican cuisine didn’t consist of maltodextrin and MSG. Most common flavors include cumin, oregano and chili powder. They also include cumin, oregano and chili powder. They also include cilantro, lime juice, charred corn, tomatoes and red onion. After examining several taco-seasoning recipes, I realized I didn’t need a seasoning packet and created a recipe of my own. If you’re sick of being scared of the neon liquid dripping out of your taco, give this recipe a try.

Combine:

- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon dried oregano
- ¼ teaspoon smoked paprika powder
- 1 teaspoon ground cumin
- ¼ teaspoon sea salt
- 1/2 teaspoon black pepper

2 – 2 1/2 Tablespoons of the spice mix is equivalent to one spice packet, which seasons roughly 1 lb of ground beef.

Viva la Mexican food

By Kelsea Griger
AmesEats Flavors Writer

What better excuse to get your Mexican food fix than pigging out on Mexican Independence Day? Every year since 1810 on Sept. 16, Mexico celebrates their Independence from Spain. In the United States, many celebrate their Independence Day by grilling out, but Mexico does things a little differently. Mexico is decorated with red, green and white, the colors of their flag, and people about “Viva Mexico!” They also have their own traditional dishes they serve for celebration such as taquitos, tacos, refried beans, chilaquiles, flan and margaritas. Try these fun recipes this Mexican Independence Day:

Flan

Ingredients:
- 14 ounces can sweetened condensed milk
- 14 ounces milk
- 4 eggs
- 1 1/2 teaspoon vanilla
- 1 teaspoon almond, optional

Blint ingredients in a large bowl, set aside.
- 1/2 cup water
- 1% cup sugar

Mix together and continuously stir on low heat until sugar dissolves. Stop stirring and and shake until the flan and syrup come out on to the plate, enjoy!

Margaritas:
- 1 can frozen limeade
- 1 canlopedia
- 1 can lime sour, or lemon-lime soda
- 1/2 cup triple sec
- Ice to taste

Tip: use the can from the limeade to measure the rest of your ingredients!

Blend all ingredients together. Serve in glasses rimmed with lime juice and kosher salt. Please drive responsibly!

Want more information on Mexican food?
Check out our website at www.flavors.ameseats.com.

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Large or small…we do it all! From banquet catering to having lunch with friends or associates in one of our five different in-store dining options.

By Devon O'Brien
AmesEats Flavors Writer

Tortilla chips, contrary to popular belief, are not a traditional Mexican food. Originally made in Los Angeles, this Americanized snack has become something to eat out of a bag, that came from a factory. Traditionally, tortilla chips were made by taking leftover tortillas, cutting them, frying them. How compares like Tostitos, is skipping a step. The tortilla chips are not actually tortilla chips. They are corn to make a maize (corn) dough, which is then cut into the desired shapes, slightly baked, fried and sometimes seasoned.

What could be better? Making them at home.

Many Mexican restaurants serve tortilla chips and salsa before a meal, and personally I always find myself filling up on chips before I even set my dinner because they are delicious and appease. So my roommate and I started a new food ritual: making our own tortilla chips and coming up with new flavors. It’s easy, too, all it takes are some tortillas, butter or oil and your choice of seasoning.

Start by spreading a thick coating of oil or butter over both sides of your tortillas. Next, sprinkle seasoning over the whole tortilla. I like to use cumin-sugar, Lawry’s Sazon Salt, garlic salt or just plain salt! Then, cut the tortilla into your desired shape. You can cut them into strips for dunking, use a circular cookie cutter for bite-size chips or use a potato cutter to make the traditional triangle shape. The final step is to cook your homemade treats. For fast cooking set your oven to 375 degrees and cook the chips on each side for about three minutes, but watch them closely to ensure you don’t end up with black tortilla chips. Enjoy!
A versatile Mexican meal

By Gina Garrett
AmesEats Flavors Writer

This recipe is sure to be a family favorite, it is for me! This tortilla casserole can be modified to fit any taste or eating-style goal. It is a stick to your ribs, decadent-tasting delight that can be anything from a hearty healthy vegan dish to a spicy, beefy and cheesy pie. Read through the basic recipe directions, and then be sure to check out all the variations following the main recipe:

Ingredients:

- Package of 10 inch tortillas (any size will work, you may have extras)
- Can of refried beans (pinto or black)
- Can of chili (see variations below for options)
- 1/2 cup of taco sauce (use the spiciness level you prefer)
- 8 ounces shredded cheese (optional—I use low-fat Mexican blend)

Directions:

Preheat oven to 350 degrees. Mix the refried beans, chili, and taco sauce together in a bowl. Place tortilla (or multiple tortillas if needed) to cover the bottom of a circular glass baking dish (approximately 2 quart). Spread the bean mixture about one inch thick on top of the tortilla layer. Sprinkle cheese over top, if desired. Layer another tortilla, beans, and cheese as done before. Repeat as many times as it takes to use up the bean mixture (probably 5 or 6 layers). Place tortilla on top to finish. Garnish with cheese, if desired.

Bake for 30-35 minutes until hot and bubbly. Cut into wedges to serve. Top with sour cream or guacamole, if desired, before serving. Serves four people, probably with leftovers!

Variations:

Fast-Microwave in glass casserole dish for 10 minutes, instead of oven-baking.
Vegan-Use vegetarian chili or chili beans with sauce. Don’t use cheese or sour cream.

Shop: A.J.’s Market

By Linda Berlakovich
AmesEats Flavors Writer

A.J.’s Market—Tienda Mexicana is becoming a staple establishment in the Ames community. It is run by A.J. Singh and her husband, Ben, who settled in the Ames community when Ben opened India Palace, a restaurant on Sheldon Ave. “There was no place to find a good corn tortilla,” A.J. said. “And now customers buy [them] by the case.”

Growing up near large factory farms in Arkansas, A.J. had a lot of exposure to Mexican culture and food and knew that Ames would benefit from her store. They sell Mexican snacks, meats, cheeses, milk, tortillas, juices, bread, produce and other items as well as college staples such as frozen pizza and chips and cheese. They also opened a section of their store to sell beer and liquor. Since then, they have been very busy because customers like that they are conveniently located near campus.

They have experienced so much success that they have even opened a new liquor store at 4518 Mortensen Road. It has a large walk-in cooler and is well stocked for all needs. Apart from food and drink, A.J.’s Market also offers services such as sending money to other countries, calling cards as well as being able to put money on pre-paid phones in any Central and South American country. This is really useful for students who are studying abroad or visiting foreign countries with a pre-paid cell phone and would like to put on minutes before they get to that country.

The people in A.J.’s Market are also very friendly, helpful and enjoy talking to their customers. So head down to A.J.’s Marketplace and see a different side of Ames.

Flavors Recipe Contest

Send us your best original recipe using cinnamon and get the chance to see your recipe on the Flavors page in the Iowa State Daily on Oct. 6.

Our recipe-testers will be judging on flavor and creativity, so don’t hold back!

E-mail to: recipes@flavors.ameseats.com

What’s This?

To find out what this cactus-like plant is go to www.flavors.ameseats.com
I think that’s right for pictures. Many phones are slowlyquilting together a social networking site on a social networking site. You shouldn’t realize that it isn’t smart to put on the horizon until people what social networking site bz before you hurt yourself. This seems to be some other problem for people, so you know how to act, you probably for you if you fly off the handle joining your friends list: That is what it comes down to.

Our collection is getting the fire of a collection. People that do for horse farms find that there is no way to end up under a French fork. While I admit that is not going to end up under a French fork. The quality of life for the horses in those facilities. Another quality of life deteriorates across the country. These overflow has drastically reduced the quality of life for the horses in those facilities. Another quality of life deteriorates across the country. People that do give you the op-

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By Jason Armitage. iowastatedaily.com

Internet
Social Darwinism: an unmeriting power of social networks

Kwesell the brunch banquet in the land of the common person. Marie

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Ethics
Let them eat horse d\’oeuvres

By Tyler Langer. iowastatedaily.com

are going to continue to be in the future too. The way they mine networking sites are free, that the majority of social networks are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow. The way they mine networking sites are free somehow.

For Horse lovers, we have a great offer for you. Get up to $350 from www.nationhealthlife.com!
Democrats like Gov. Chet Culver to plenty of time for herself and other before going on to win the Iowa gubernatorial primary in June, which was a victory for moderate Democrats, as Culver beat the more conservative, Tea Party-backed Republican candidate, Terry Branstad.

Branstad, who now said the individual mandate a “cardinal sin” and would have insisted on a federal balanced budget amendment if elected, has been trying to reframe the debate in Iowa. Branstad said he would cut funding for pre-kindergarten, which Branstad said would provide tax relief by allowing

Boswell said he was not worried about the big names who came to his campaign.

Conlin reminded reporters of a 2006 Bush administration in the high-stakes race, which the Bush campaign argued was a “race to the bottom.”

The Republicans don’t see this as a race to the bottom. The Democrats don’t see this as a race to the bottom.