Harkin refuses to donate papers to Iowa State

By Kateyrem, Mrosehub @iowastatedaily.com

Sen. Tom Harkin and his sister, Cassandra Harkin, in a letter addressed to ISU President Steven Leath on Tuesday night, said that they will not donate his congressional papers to Iowa State.

Harkin said in the letter that “it was evident that the university would not grant the institute [Mark I Institute] the very freedom that I learned to cherish at Iowa State.”

Because Harkin felt the academic freedom of the Mark I Institute would not be honored, he decided not to donate his papers from his 43 years serving in Congress.

The Mark I Institute for Public Policy’s advisory board released a resolution, on Thursday, that Harkin should not release his congressional papers to Iowa State.

“I was surprised about the establishment of the Mark I Institute of Public Policy at Iowa State University. We believe the university that has native regarding unrestricted research and academic freedom at the institute have made it improper for the institute to receive,” Senator Gary Peters, D-Mich., said Friday.

The summit was held on Thursday, Jan. 30. They returned to Iowa on Friday, Feb. 1.

The summit’s purpose was to brainstorm ways to generate higher numbers of science and technology graduates. The sisters’ focus was on how women in technology can become more progressive within the field.

“There’s just a real need for women in technology, and that was kind of how women in technology can become more progressive within the field,” Cassidy Williams said.

Ames, Iowa

Front 1

ISU weather is unacceptable

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NATIONAL SCHOLARSHIP 10 recipients 2 sisters 1 university

ISU students visit D.C. for conference

By Lissandra Vile @iowastatedaily.com

Iowa State has made a point of promoting women in science and technology through the Science, Technology, Engineering and Mathematics (STEM) program, but the Williams sisters have taken that a step further.

More specifically, they went to the White House last Wednesday, Jan. 30. Cassidy Williams is a junior and a freshman respectively, enrolled in science and technology fields.

Their presence was on behalf of the National Center for Women and Technology as an organization that they stayed involved with after each winning the organization’s Apprentices Award in high school.

“The main purpose was to meet some of the most progressive thinkers in the field,” Cassidy said.

The summit was held on Thursday, Jan. 30. They returned to Iowa on Friday, Feb. 1.

Organization

Alliance spreads word about ISU

Group created to increase awareness

By Theodora Most @iowastatedaily.com

Iowa State has a new men’s and women’s group for students and alumni of Iowa State.

Created originally by the Alumni Association, the program has been re-instated within the past couple of weeks.

“The purpose is to all of those end of the goal we want to strive for with this group is to really increase our footprint and increase our awareness,” Cassidy Williams, right, said.

“Iowa State has made a point of meeting with external folks, alumni, legislators and talking about the grants and the things that Iowa State is doing,” Maloney said.

It was launched within the past couple of weeks.

“This program will hopefully combat that lack of knowledge,” Cassidy Williams, left, said.

The plan for the alliance is to help people know what goes on at Iowa State.

“Most times talking with legislators and talking with national folks, they have a great understanding of what Iowa State does, but some really great things happen on campus that they don’t really know the deails on the grants and the great things we’re doing on campus,” Maloney said.

Unusual birds appear at Iowa State:

Read about the mysterious guinea fowls that were found on Iowa State’s campus.

Unusual birds appear at Iowa State:

Provided by ISU Meteorology Club

Sisters Camryn Williams, left, and Cassidy Williams, right, visit the White House for the “Students First Agenda,” encouraging women in technology.

Harkin believes that ISU weather is unacceptable.

Harkin refuses to donate papers to Iowa State

Harkin wishes that he could climb with health in mind.

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Correction:
In Wednesday’s article “Iowa State terminates a studentathlete,” Wendy Wittmer, chair of the College of Agriculture and Life Sciences, was spelled incorrectly as ‘Wendy Wittmer, chair of the College of Agriculture and Life Sciences.”

By Danielle Ferguson

The Iowa Board of Regents has pushed a proposal that would allow college campus police to issue traffic citations.

The board of Regents is meeting in support of increasing the number of Iowa State University police officers that work on campus, a proposal four colleges have made to help address frustrations with traffic on campus.

With the board’s support, the number of campus officers will increase by about 100 to 125.

“The board wants the number of campus officers to increase so that they can effectively address traffic issues,” said Illinois State Police Capt. Bobteane, who spoke at the board meeting.

By the end of this year, the number of campus officers will increase from 90 to 100, and the number of officers will increase to 125 by 2015.

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**SISTERS.p1**

The main point of the trip, Cassidy said. Camryn explained that by 115. 10 million technological jobs are projected to exist, 20 percent of which will be filled by women and 30 percent of which will not be filled at all. Although they are originally from Illinois, the Williams sisters are the first from their family to attend Iowa State, with Ruth Harkin and Sen. Tom Harkin that he not believe his research guidelines for the Harkin institutions is as strong as ever, and they are keen to share it.

One thing is for sure, their passion for technology is as strong as ever, and they are keen to share it.

**SENIOR.p1**

is not whether the Harkin into the physics building at 11 p.m Monday when they came upon three

The new Alliance for Iowa State, created by Malena Schumacher, Joe Leath and President Steven Leath will help legislators know the details of happenings at Iowa State.

**Campus Students baffled by guinea fowls at ISU**

By Rachel Sinn

Mysterious birds have put students on campus in a flap. The creatures were described as looking like a “flower duckling” by Josh Montgomery, an industrial engineering major who first discovered the birds on the ISU campus.

Montgomery and Heather Miller, who are interested in animal behavior, were near the Physics II building at 11 p.m. Monday when they came upon three

**CYCLONE HOCKEY**

The Cyclones take on Central Oklahoma Friday night and led by example, scoring the game-winning goal on Saturday, scoring the game-winning goal.

The senior forward tallied a goal and an assist

for the Week

The new Alliance for Iowa State, created by Malena Schumacher, Joe Leath and President Steven Leath will help legislators know the details of happenings at Iowa State.
Put students first in more than one way

For these students who have attended meetings of the GSB Senate to represent one of the most obvious polarizations: fees, allocations, or who has simply wanted to give their student fees a voice in the decisions about their minds, having to rent around for the fee bills, as some believe, the GSB Senate spends much of its time hearing presentation requests from student organizations (such as ISU TV) or other, and also spends time debating what the Senate can do to contribute these groups their reports to the executive branch of the university, and the Senate hours a presentation. Further, ending tuition set-aside. It also stated that the subdivision of GSB. It also went without saying that tuition is the largest portion of ISU’s budget. Why remove the tuition set-aside? How about taking the money that doesn’t go into a GSB receivership? The resolution stated GSB gives “its full and very nice for members of the general student body who only need to attend classes. So, why coffee? Why is coffee the first time I ordered coffee and talked about the weather? I was on my first day of college, and I was sitting at a coffee shop with a roommate. We were talking about the weather, and I was thinking about how cold it was outside. She started talking about her roommate about someone else. I remember thinking, “this is so strange, I’ve never talked about the weather before.”

Coffee is a drink; it’s not a political issue. But it’s also cultural. Coffee is a cultural phenomenon that has been around for centuries. Coffee is enjoyed by people all over the world, from the Middle East to Africa. It’s often seen as a symbol of hospitality and friendship. And who doesn’t love a good cup of coffee on a cold day?

But what I’ve learned from my experience with coffee is that it’s not just a drink. It’s a way of life. It’s a way to connect with others, to relax, to enjoy the moment. And it’s a way to express yourself. When you’re feeling down, coffee can lift your spirits. When you’re feeling happy, coffee can amplify your joy. It’s like a gift that keeps on giving. But sometimes, coffee can also be a source of frustration. When you’re waiting for your coffee, or your latte is too hot, or your cup is too small, it can all be consuming.

Put students first in more than one way. It is that simple. But there’s more to it than just sitting around and talking about the weather. Coffee is a way to connect with others, to relax, to enjoy the moment. And it’s a way to express yourself. When you’re feeling down, coffee can lift your spirits. When you’re feeling happy, coffee can amplify your joy. It’s like a gift that keeps on giving. But sometimes, coffee can also be a source of frustration. When you’re waiting for your coffee, or your latte is too hot, or your cup is too small, it can all be consuming.

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Alcohol costs students more than just money

By Azra Feriz

Alcohol costs students more than just money. According to a study in the New England Journal of Medicine, the total cost of drinking at an American college varies from $1,000 to $5,000 per year.

Tips for “lighter” drink options for when you go out:

- Choose light-colored alcohol over one that is darker in color. A light-colored beverage contains less added sugar and calories compared to its regular counterpart.
- Add 1 shot tequila and 1 shot peppermint schnapps to a glass of warm water to make a Peppermint Hot Chocolate.
- Add a splash of seltzer or tonic water to a glass of vodka and cranberry juice to make a Sour Apple Spritzer.
- Limit yourself to one shot per alcoholic beverage. Since mixers are added to many drinks, it is easy to exceed this limit.
- Use a shot glass to measure the amount of alcohol in a shot. This will help you keep track of your alcohol intake.
- Try your liquor on the rocks. Since mixers are often added to glasses, it is important to taste the alcohol on its own.

By Arya Feriz

Alcohol is metabolized in the body totally differently than the carbohydrates, proteins and fats. It is broken down in the liver, which means that it is not stored in the body. This can lead to weight gain, according to a study in the American Journal of Clinical Nutrition.

In addition, alcohol can lead to a decrease in your body’s efficiency in oxidizing lipids, thereby favoring fat storage, according to a study in the New England Journal of Medicine.

Alcohol is metabolized in the liver and contributes to the肝脏's ability to break down other substances. However, this process can be overwhelmed by excessive alcohol consumption, leading to liver damage.

Limiting alcohol consumption can help improve the overall health of the liver and reduce the risk of liver disease. It is recommended to consume no more than one drink per day for women and two drinks per day for men.

If you or someone you know is struggling with alcohol, there are resources available to help. The National Institute on Alcohol Abuse and Prevention offers resources such as the National Alcoholism Treatment Directory and the National Institute on Alcohol Abuse and Prevention's website.

Contact your health care provider if you are concerned about alcohol use and would like to discuss your options for treatment. They can provide guidance on the best course of action for you.

For more information on alcohol use and treatment options, visit the National Institute on Alcohol Abuse and Prevention’s website at niaaa.nih.gov.

Quick Bite:

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Beard climbs rank, keeps consistent

Wrestling

Beard junior jumps from No. 19 to No. 15 in two weeks

By John Calvin

Iowa State Daily

Beard doesn't care about rankings. While many wrestlers try to elevate their position, Beard continues to train for control and not rankings. He recently climbed from No. 19 to No. 15 and can only expect to climb in the rankings.

Down through Beard has jumped from No. 19 to No. 15 in two weeks. He currently is No. 15 in the 184-pound rankings and is 4-1 on the year. HeCareers

“Being a wrestler you get to be at an event and all that stuff. Beard said. “When you step on the mat, it’s not physical, it’s great fun. Any other sport, you just hope to win your match, but you can’t take control of the match.”

One year removed from his transfer back to Iowa State to play in front of family members, stated in an article on ESPN. The Longhorns’ lead

The Cyclones search for hole in lineup

By Stephanie Kreiderfeld

The last time the Longhorns upset a No. 18 Iowa State, the game ended in an overtime decision aided by the Cyclones.

Glancing into Wednesday night’s game in Austin, Texas, Iowa State was 5-5 (4-4 Big 12) coming into one of the top games of the season.

“Josh is going to be a real threat if he can be that great,” said ISU coach Bill Fennelly. “Specifically this year, their offensive talent is long and athletic. They’re their best two players, ‘Look, we’ve never met Texas Tech’.

The talent Fennelly provides in scoring short of the truth. The Longhorns’ (3-11, 2-7 Big 12) losing score, Senior Blaskowsky, has had leading their team in two straight victories.

He’s got a great offensive player, Kyle Dierking, who in the season opener against the West Virginia Mountaineers.

Whenever you have bigger post players that can block shots, it’s not as tough to the basket a little more,” Prins said. “Obviously, we can about the inner three-tech post players, but this game isn’t a.

Prins used what help defense situations of their foes to block shots and gain the lead, but the Cyclones were during down time, Tanner Weatherman said he couldn’t give a definitive answer when asked who has caught the biggest fish between him, his older brother Tom and himself.

Weatherman couldn’t give a definitive answer since his father has caught the biggest fish in the last, said Beard. “It’s not me, my brother, or my father. My older brother said he has never been fishing so much as he has seen.”

Wrestlers

When Shepard attacks her opponent by pressing between the legs of her foe, she is able to take a single-leg.

Use. Beard takes a high
crotch

Iowa State Daily

Wrestler

Defining:

a technique

when a wrestler attacks

her opponent by pressing

between the legs of

her foe, she

is able to take a

single-leg.

Upcoming schedule

Wed., Feb. 6

Women’s basketball — at Kansas, 7 p.m.

Thurs., Feb. 7

16/9, Iowa State

at Texas Tech, 6:30 p.m.

Fri., Feb. 8

Wrestling — vs. Northern Colorado, 6:30 p.m.

Sat. & Sun.— at Kansas, 6:30 p.m.

Women’s basketball — at Northern Iowa, 6:30 p.m.

Kansas State — at Oklahoma, 6:30 p.m.

Women’s basketball — vs. Kansas State, 7 p.m.

Online:

National Signing Day

Iowa State Daily

Online:

Intemat Rankings

Feb. 5

Iowa State Daily

Wrestling

Some of the inside talent will be facing some of the inside talent in order to take control of it, and we’ve never swept Texas. They’ve won their last two games.

The talent Fennelly preaches in scoring short of the truth. The Longhorns’ (3-11, 2-7 Big 12) losing score, Senior Blaskowsky, has had leading their team in two straight victories.

Iowa State's Anna Prins sneaks a shot past from Baylor's Brittney Griner on Jan. 23 at Hilton Coliseum. The Cyclones are heading to Texas to take on the Longhorns on Wednesday and are looking to win their first meeting in big 12.

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The talent Fennelly preaches in scoring short of the truth. The Longhorns’ (3-11, 2-7 Big 12) losing score, Senior Blaskowsky, has had leading their team in two straight victories.

Iowa State's Anna Prins sneaks a shot past from Baylor's Brittney Griner on Jan. 23 at Hilton Coliseum. The Cyclones are heading to Texas to take on the Longhorns on Wednesday and are looking to win their first meeting in big 12.
By Kristin Peterson

Cyclones seek more results as season progresses

Ksenia Pronina also feels that experience and results are where the team is lacking, and it is a little early to see where the team is headed. "We only had one meet and we lost, so not a whole lot of confidence because it is a great team," Pronina said.

After coming off two victories the weekend prior, a bye week would not hurt the 2013 remaining and diver tennis momentum moving forward. "It gives us a good opportunity to practice what we did last weekend and build that into our really plan," coach Duane Sorenson said.

The Cyclones continue and diver will continue with a full week of practice before heading into their first and only Big 12 meet of the season this weekend in Lawrence, Kan., against the Jayhawks.

For those who are familiar with the sport, they may find it interesting that there is a new Big 12 season for swimming and diving. The teams compete against one another that are distant in distance and size until the end of the regular season for a conference meet.

"We don’t win a low score record for the Big 12 so we go for as high as we can for how we stand in the conference at the Big 12 Championship meet in Austin in a few weeks," Pronina said.

With the conference championship comes the opportunity to move on to that which is called their head event.

"This is an event that they don’t usually enter in regular dual meets," Pronina said. "This is the big event for the team. This just meet has provided enough time for the team to get in the pool as the latter part of the regular season. This week we’ve been spending two to three days on these events, some kids are going back through during practice, focusing on one event one day, and another the next," Pronina said. "As we get closer to the Big 12 championships here, we’ll start to be cleaning up all the mistakes and get ready really sharp in those events. Working on all those every day.

The team will start to put in 8-10 hours in the pool at the latter part of the season approach.

Two dual meets against Kansas this weekend are the last chance for victories and divers qualify for the NCAA Championships in March, and train for those events.

Looking forward in the season, Espinosa said there is no real game plan for each match. "All the matches are going to be a bit different," Espinosa said.

Looking forward in the season, Espinosa said there is no real game plan for each match. "All the matches are going to be a bit different," Espinosa said. "We are trying to do what we’re supposed to do while at the same time we’re trying to figure it out, it’s going to work," Espinosa said. "What we have been doing the last two or three meets is just adjusting the fundamentals. We just need to make sure they’re not to make sure we’re making the right decisions and stay focused and keep the energy up."

Caroline Hauge Andersen said the season has started well and, that each day the team grows more positive and enthusiastic. All the players need is the extra push that more matches can bring to the game.

"I think it’s going to great, we just need more re- sults," Andersen said.

Senior Norris practices her butterfly Jan. 26 at Bye Pool before the meet against Kansas this weekend.

For more Big 12 college sports news and information, please visit iowastatedaily.com.

Photo: Jonathan Krueger/Iowa State Daily

Photo: Suhaib Tawil/Iowa State Daily

Cyclones seek more results as season progresses By Kristin Peterson (kpeterson@iowastatedaily.com) The new season began, and the Cyclones have begun to feel ready to move on in competition.

The first tournament of the spring season and the matches against Iowa are behind them, and the ISU tennis team heads into many more matches.

For coach Armando Espinosa, it is less about the individual matches than the big picture. "The fundamental is that all the kids get out of the pool," Espinosa said.

Although Espinosa has felt that the team could possibly be a bit further along, he is happy with the progress made thus far.

"I would have liked to be a little farther ahead, we lost to Iowa, but it all started with how we did against the Jayhawks. It’s just part of our training cycle," Espinosa said. "We had a weekend off now and we have been preparing ourselves now for the next meets, and that much has happened yet," Pronina said. "But we also are ready for the next meets, and results are where the team is lacking, and it we hope we’re going to do better.”

By John Barry, DAILY correspondent

Swimming and diving

Cyclones prepare with steady dose of practice, training

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Fun & Games
Unplug, decompress and relax...

Fun Facts
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 WWII.

The average CD can hold 74 minutes’ worth of music. That unusual length was determined by Sony’s president, who decided that a single CD should be able to contain the longest recorded version of Beethoven’s Ninth Symphony.

Steinway & Sons set a record when they produced a grandson piano in 1921 that weighed 13,325 pounds. It was 30 feet long, 10 feet high, and 4 feet wide. It was the largest piano ever made.

It is much less likely for a woman to be red-green colorblind than a man. This is because in order for a woman to be red-green colorblind, both of her X chromosomes would have to be affected. Because a man only has one X chromosome, he is more likely to be colourblind.

No matter how flexible a person is, there is no such thing as being “double jointed.” Most extreme contortionists suffer from Ehlers-Danlos Syndrome.

Crossword

Sudoku

Sudoku by the Megham Group

Today’s Birthday

Your year starts with special goals. January is a good month for promotion. Stick with the team you’ve chosen, and speculate until September. Career launches make demands on your talents. Take advantage and give thanks. To get the advantage, check the day’s rating. It’ll be the easiest day, the most challenging.

Aries
(March 21-April 19)

Today is a 9 – Expect lots of new directives in the next few days. Friends might laugh at your brilliant ideas, along with the means to make them. You’re exceptionally insightful socially.

Taurus
(April 20-May 20)

Today is an 8 – A romance in the picture, someone is surprised. Travel conditions improve. Invest in expanding your influence. Provide harmony at a group meeting.

Gemini
(May 21-June 21)

Today is an 8 – Review your budget, and pay bills today long-distance messages. Cancer
(June 22-July 22)

Today is a 7 – Share the load, but harden up the responsibility. Accept an unusual invitation. Draw up plans for a shared dream. This can get romantic.

Leo
(July 23-Aug 22)

Today is a 7 – Fulfill promises you’ve made. Listen to partners, and put your heads together. Clear instructions are needed. There’s plenty of time to retire later.

Virgo
(Sept. 23-Sept. 22)

Today is an 8 – You’re attracting new friends today, and tomorrow. Define your terms and establish rapport. Your words are magic today. Family helps with your week.

Libra
(Oct. 23-Nov. 21)

Today is a 9 – This week is excellent for interior decoration. Invest in improving living conditions with showering. Get something you’ve always wanted if you can find it elsewhere.

Scorpio
(Nov. 22-Dec. 21)

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Horoscope by Linda C. Black

Wednesday, Feb. 6, 2013 | Iowa State Daily | FUN & GAMES | 9

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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 burgerio
Best frozen yogurt
Best buffet
Best late night deal
Best place to take at 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

The 4-1-1
Best house for house parties
Best place to have sex
Best place to go out 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 nap on campus
Best ISU tradition
Best residence hall
Best ISU sports team
Best class to take at ISU
Favorite professor
Best place to get school supplies
Best place to get art supplies

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 bees
Best place to buy Iowa State gear
Best jeweler
Best consignment store
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
Best sit down restaurant
Best outdoor dining
Best BBQ
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Best chicken wings
Best pizza
Best French fries
Favorite drink food
Favorite healthy snack
Best ice cream
Best restaurant service

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
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Best off campus apartment
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Best outdoor store
Best new business
Best off campus apartment
Best party supplies
Best car dealership
Best tire shop

Drinks
Best cafe
Best place for happy hour
Best place to get margaritas
Best “happiest hour” 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
- Parks Library(1st floor near stair-well)
- the Daily (108 Hamilton Hall)