Disaster effects linger

Total damages have yet to be estimated

By Sarah Hauk

iowastatedaily.com

Although the annual rainfall amounts have not been significantly higher in recent years, the number of large-scale rainfall events has increased. The 36 inches of rain that fell over the course of four days in August belies one of the costliest natural disasters experienced by Ames and Iowa State.

“The damage resulting from the flood of 1993 has no precedents for how the city of Ames does not yet have a comprehensive plan for dealing with the river,” said State Rep. Rick Radycki. From state officials and the university sufficient funding has not yet been allocated to the area.

FLOODING.p12

Reservoir may have prevented flooding

By Tyler Kingside

iowastatedaily.com

It’s time to act. Either build the reservoir or take down the أساس. That’s what the Des Moines Register said in an August 1986 editorial, “Overlooked for 18 years.”

The editorial said the city, north of Des Moines in Ankeny, $50 million in 1986 to build a lake called Lake Turkington. It was a part of a plan to reduce flood risk to 100 years.

“The reservoir would hold enough water to cover a football field by about 4 feet,” said the editorial. “It would cost about $100 million to build. But the city of Ames does not yet have a comprehensive plan for dealing with the river.”

The bottom line is it’s just an investment. The worst-case scenario for our city is that it costs $30 million to build.
BioBus receives grants, plans for production

Editor:

Ushering in a new phase of alternative energy: "BioBus"

BioBus receives grants, plans for production

BioBus, an alternative energy project designed to help students in the College of Business and the College of Engineering, has received a grant from the Iowa State University Foundation. The grant will help the organization continue its work towards building a biodiesel-powered bus for the University of Iowa.

BioBus is a student-run organization that focuses on developing a biodiesel-powered bus to replace the current fossil-fueled bus on campus. The goal is to create a sustainable and eco-friendly transportation option for students and faculty.

The grant will be used to purchase the necessary equipment and materials needed to build the bus. The group is currently working on the design phase and hopes to have the bus operational within the next academic year.

"We are thrilled to receive this grant," said BioBus co-founder Johnsen. "It will enable us to take the next step towards realizing our vision of a biodiesel-powered bus on campus."
Multicultural Business

Thicke's vision has potential to ease transition

While young voters often find unfamiliar candidates listed on their election ballot, in Iowa they may find an unfamiliar position — the secretary of agriculture. In the state of Iowa, the secretary of agriculture is an elected position. Former Democratic Representative Bill Northey will face Francis Thicke.

Iowans looking for a new direction in agriculture should look at Thicke’s campaign. Thicke’s vision for Iowa’s agricultural future is predicated on rising costs of fossil fuels in the coming years. Looking outside this October, it is easy to imagine the amount of fuel needed to produce the combined and transport necessary to move the transportation needs of getting grains to market.

Thicke believes that farmers currently spend too much of their time on the production of ethanol and biofuel production. On the other hand, the majority of Iowa agriculture may be a welcome change to those interested in its organic farming and preservation. Thicke himself is a dairy farmer who uses grazing fields — not confinement and corn — to raise his cattle. He is enthusiastic about this in the Information Age. We need to farm smarter, not harder.

A focus on high value and value-added agriculture may be a welcome change to those interested in its organic farming and preservation. Thicke himself is a dairy farmer who uses grazing fields — not confinement and corn — to raise his cattle. He is enthusiastic about this in the Information Age. We need to farm smarter, not harder.

Food expenses for local consumption will be part of this move to more localized, sustainable agriculture. He cites that despite the incredible amount of food produced in the state, we import the vast majority of our consumption. We import 65% of the state’s eggs and a break up of the sort that recently led to the recall of a handful of companies. We acknowledge that a handful of companies. We acknowledge that this is predicated on rising costs of fossil fuels and to produce wealth at a local level.

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Deal with differences

If Francis Thicke is correct and fuel prices are dramatically on the rise, why does the state of Iowa, the secretary of agriculture is an elected position. Former Democratic Representative Bill Northey will face Francis Thicke.

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Society

Let’s treat our bodies better before it’s too late

By Sean, Beekle@beekle@daily.com

I f it’s 10 p.m. and you’re trekking down the hallway of the dorms, you would be surprised to see how many students are still awake and out and about. It’s no secret that college is a time when many people’s sleep habits change, sometimes leading to later bedtimes and early mornings. It’s important to prioritize getting enough sleep as it has numerous benefits for both physical and mental health.

For many college students, the idea of going to bed early seems foreign and difficult to achieve. However, making small changes to daily routines can help establish a consistent sleep schedule. Some tips include:

1. Establish a sleep routine: Go to bed and wake up at the same time every day, even on weekends.
2. Create a sleep-conducive environment: Make sure your bedroom is cool, dark, and quiet.
3. Limit electronic device use before bedtime: The blue light emitted by screens can disrupt your sleep.
4. Avoid caffeine and large meals late in the day.
5. Practice relaxation techniques: Try meditation or deep breathing exercises before bed.

By implementing these tips, college students can improve their sleep quality and overall well-being. Remember, a good night’s sleep is essential for academic success and overall health.

Students are often self-diagnosis. Our story photo: The Daily

Flu Vaccination Clinics
$20 injectable
$25 Flu Mist

At Thiel College Student Health Center (Building 7) Monday to Friday 9 a.m. to 11 a.m.

• Please bring your ISU Card or ID
• No cash accepted

Camp Adventure
Internships, summer programs, and other opportunities for students.

Spring 2011

Camp Adventure offers internships, summer programs, and other opportunities for students.

- Living stipend of $900 for 1 week
- $300 per week for 2 weeks
- Live in a cabin with 3-4 other students
- Build your course related to work with children & youth
- Internships available in a number of fields including: Deaf, at-risk youth, and criminal justice.
- $25 of each internship program qualify for a Graduate Credit
- Priority housing with work experience in youth with special needs.
Execution amiss

Cyclones continue trek through ominous schedule with-testy season on Saturday

By Chris Cuellar
iscampusdaily.com

ISU defensive back Zac Sandvig misses a tackle on an opponent during the game against Utah on Oct. 9. The Cyclones have lost to Utah — Registration opens Monday for the MLR matches tied 1-1 in the 91st minute before Johnson-Lynch made a decision to play senior midfielder Brittany Morgan as the team’s designated penalty taker.

The Cyclones put the pressure on Texas, but the Longhorns were able to get the game over with. ISU[12] went 3-3 (1-1) in the Big 12 game, and in the season opener, they went 4-3 (1-1) against the Cyclones. ISU[12] had another chance to score in the 30th minute, when sophomore Amanda Clevett played a cross pass to junior Mogi Aluko, but her pass was intercepted by the goalie. The Cyclones had one more chance to score in the 35th minute, when senior midfielder Theresa Kaczenski played a cross pass to senior forward Jennifer McCorkle, who found herself in front of the goal, but she was unable to get the shot on goal.

ISU had one more chance to score in the 35th minute, when sophomore Amanda Clevett played a cross pass to junior Mogi Aluko, but her pass was intercepted by the goalie. The Cyclones had one more chance to score in the 35th minute, when senior midfielder Theresa Kaczenski played a cross pass to senior forward Jennifer McCorkle, who found herself in front of the goal, but she was unable to get the shot on goal.

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Focus lacks as Gophers sink swimmers, divers

By Nate Ryan

MINNEAPOLIS — The 105th swimming and diving team fell to the University of Minnesota on Saturday.

Swimmers and divers were more than a second behind Minnesota’s 2:25.96, just in third with a time of 1:07.67.

Breaststroke, but finished strong as she came backstroke.

Sink swimmers, divers

Halloween shop

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The junior scored 242.33 in the 1-meter dive, earning her second place. Warrick said that facility really helped his divers, but they still have work to do.

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By Nate Ryan

Jake Lovett

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Open 24 Hours!
It’s that time again. That mid-semester slump is here, bringing tests and papers that some students’ less-than-stellar work ethic can’t even begin to fathom. How can you boost your brainpower during this rough time? Turn to smoothies.

While preparing for midterms, there are still nutritious portable snacks you can take with you on campus: fruits and vegetables. Fruits and vegetables have vitamins that your brain loves. You can even get a little crazy and add some berries, if you dare.

Fruits and vegetables are high in vitamins A, C, B and E. These vitamins help promote and preserve memory by acting as antioxidants. Vitamin B sustains nerves in the brain during times of stress. So drink, and eat, up.

We’ve all heard that berries are good for you. Blueberries, cranberries, strawberries and acai berries promote antioxidants. These remove free radicals in the body to reduce cell damage, which can contribute to deterioration of memory.

Borons are great for hair or skin, which makes them an easy, convenient and beneficial addition to your smoothie.

Here are some smoothie ideas to help boost your memory. You don’t have to follow these recipes exactly, so get creative!

Brain booster smoothie:
The berries here aren’t just super food for your brain; they also have a positive influence on long-term memory.

• Blueberries: 1/2 cup fresh or frozen blueberries
• Raspberries: 1/2 cup fresh or frozen raspberries
• Berries: Berries contain antioxidants and polyphenols, which help your brain tissues develop.
• Spinach: Rich in vitamins A and K, spinach is one of the ultimate study foods.
• Cocoa powder: Cocoa powder is made from the cacao bean, which is low in calories but high in theobromine — a mood-enhancer — and antioxidants.
• Salmon: Salmon is rich in omega-3 fatty acids, which helps your brain tissues develop.
• Eggs: Eggs contain choline, an essential nutrient to improve memory functions.
• Curry: Tumeric, the yellow substance found in curry, is a spice that has been shown to improve cognitive function, and is being tested as a possible treatment for Alzheimer’s.
• Oatmeal: Whole grains are easy to take with you. If you have a microwave oven in campus, you are allowed to take one piece of fruit with you after your meal, so take advantage of this opportunity and head to the library.
• Almonds: They contain natural mood-enhancing macronutrients. Opt for raw instead of fried.
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Memory aid smoothie:
This low-calorie smoothie is a good source of fiber, protein, vitamins and antioxidants.

• 1/2 cup orange juice
• 1 pint navel orange or peach frozen yogurt
• 2 1/2 cups sliced peaches
• 1/2 cup fresh or frozen blueberries
• 1/2 cup fresh or frozen blueberries
• 1/2 cup fresh or frozen raspberries
• 1 cup pineapple orange juice
• 1/2 cup low-fat vanilla yogurt
• 1 cup ice

By Hannah Dankbar
AmesEats Flowers Writer

By Kelsie Geiger and Kate Adams
AmesEats Flowers Writers

The better study buddy
Around this time of year a few things happen: late-night study sessions, on-the-go meals and midterms. Whether you are busy working on a project or studying, it is important to get the proper nutrition to boost your brain while preparing for midterms.

While you might not have a lot of time to sit down and have a healthy meal, there are still ways to give your body the energy it needs to do well. Here are a few ideas for healthy, portable snacks you can take with you on campus:

• Raisins: These can be purchased in small, single-serving boxes, making them easy to throw in your backpack and a healthy alternative to snacks from the vending machine.
• Fruit: Apples and bananas are easy to take with you. If you have a microwave oven in campus, you are allowed to take one piece of fruit with you after your meal, so take advantage of this opportunity and head to the library.
• String cheese: It provides you with calcium and comes in individual packing, so string cheese is great for having during a busy day on campus. The downside: It has to be stored with an ice pack.
• Vegetables: Veggie sticks, such as carrots, celery and broccoli contain vitamins and fiber. However, they may be noisy if you eat them during class.
• Greek yogurt: The high protein content of Greek yogurt will stabilize blood sugar. This in turn will stabilize your mood and keep your brain from going bonkers because of a sugar crash.
• Oatmeal: Whole grains like oatmeal improve circulation and have been shown to lower cholesterol.

Don’t worry if you forget to pack a healthy midterm snack while you are on campus — the brain’s memory control center knows.

What can you do to get your brain ready for the next school session? Here are some ideas you can purchase. Hopefully now you have some ideas on what to pack for a healthy midterm snack to get you through the week.

For more recipes, visit www.Flavors.AmesEats.com or contact Devon OBrien and Gina Garrett at Devon.OBrien@ameseats.flavors.com & Gina.Garrett@ameseats.flavors.com.

Want more recipes? Check out our local Hy-Vee for free healthy recipe cards.

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editors: Devon OBrien@ameseats.flavors.com & Gina Garret@ameseats.flavors.com

Recipe from www.menshealth.com/nutrition/
food-for-fitness/smoothie-recipes/article/
72156
Power on with antioxidants

By Carly Van Zemeren
AmesEats Flavors Writer

Ever wonder what antioxidants do for you and your body? When digging deeper into the idea, it was easy to see that they are good for your body and keeping you healthy.

Antioxidants are nutrients that can prevent or even slow the oxidative damage in our bodies. When the cells in our bodies use oxygen, they produce by-products that cause damage, but antioxidants prevent and repair the damage. Health problems like heart disease, diabetes, cataracts, etc. can be caused by oxidative damage.

Including antioxidant-rich food in your diet is one way to feel better when under stress, such as midterm sessions.

Try these antioxidant-packed foods as a snack, in a side dish or in your daily meal to help you power through midterm study sessions:

- Radishes
- Kelping’s Fiber Plus Antioxidants
- Whole Fruits — berries, grapes, oranges, plums, pomegranate, kiwi and grapefruit are all great options
- Vegetables — chili peppers and spinach are great choices
- Nuts — try pecans, walnuts, hazelnuts, groundnuts or peanuts
- Seeds — pumpkin, sunflower, flax, dill, basil, red pepper
- Carbohydrates — quinoa, corn, millet, barley

Check out some great recipes utilizing these spaces at flavors.ameses.com.

Spice it up

By Elisey Hartman
AmesEats Flavors Writer

Ever wonder how to make your meal a little healthier when you are constantly on the go? Here are a few quick tips that will have your favorite or a new food on your plate in a bit.

Spices and herbs can be added for numerous reasons and can enhance or reduce, or give certain flavors. A few spices that are great for enhancing flavor in bland dishes. They are also a cheap and easy way to store in your cupboard.

Basil, parsley and cilantro are great herbs, perfect for adding flavor to any type of dish. Cilantro is great in salsa and can be added to any dish you are preparing to retain the most flavor. Parsley is very well known as a table garnish; it’s perfect for a light lunch or as a salt substitute. Ginger, garlic, Allicin, helps fight infections, boost your immune system, as well as certain types of cancers. Obviously you can’t smell something with like that.

Spices come in very handy when cooking as well as for great substitutes for salt when preparing a meal. Salt tends to cause your body to retain water, making you feel bloated, as much reach of your comfort zone and use these as a salt substitute.

Chili peppers or crushed red pepper — similar to cayenne pepper. If you don’t like the heat, you can use paprika or Italian restaurant pepper. Chili peppers are a great way to spice things up but not too much.

It is a good spice that is cheap and easily stored in your cupboard for any meal. It is equally good to add into soups, custards or pasta dishes, or use in marinades. It will be perfect for the upcoming holiday season.

For all of you that don’t like spicy foods, try adding this to your meal a little at a time, and you might be surprised and end up enjoying the Flavor Plus, according to an article by Elizabeth M. Ward, registered dietitian, chili peppers contain a compound that boosts your fat-burning capacity and may even lower blood pressure. How can you say no to that?

Another spice to add to your daily routine is cinnamon. In most cases, you have used cinnamon at some point in your life, but did you know that it is a great substitute for salt when preparing a meal. Cinnamon is commonly paired with oatmeal, baking and, of course, your morning cup of coffee.

In an article from Women’s Health, cinnamon has been linked to lowering blood sugar, which can be huge with people suffering with diabetes and even for people who aren’t. Cinnamon can also reduce inflammation and fight bacteria invading your body. Try adding a pinch to your coffee grounds in the morning or ask the baristas to add it to your favorite latte at Caribou.

It is also great on toast with a little sugar or in yogurt for breakfast. With these benefits and simple ways to add this great spice to your everyday meals, you will be left eating a great deal.

Boost your immunity

By Linda Bartlowski
AmesEats Flavors Writer

It’s cold and flu season, or vitamin C tablet and orange juice season — whichever you prefer. So you have a cold and a midterm tomorrow? You know what to do to boost your immunity: Take a vitamin C tablet with a glass of orange juice, wash your hands and then up on some ephedrine like while listening some chicken-noodle soup simmer on the stove, have a shot of Dayquil and stick your face into a humidifier.

You also need to get plenty of rest — you know, when you’re not busy studying for that exam.

There is a lot of things people do in order to boost immunity and combat illnesses, but let’s take a closer look at some of the simple practices are truly more effective:

Having adequate vitamin C in your diet is helpful for keeping your body in overall good health.

So, yes, make sure to eat your fruits and vegetables. However, it is also water-soluble, so consuming a pill every hour will just lead to the excess being excreted out of your body.

It is still controversial and if how much vitamin is truly effective at combating colds, but a lot of research, even from a Nobel Prize winner with this ingredient claims it will help.

If you’d makes you feel better to drink some tea, thank you. For all of you know the fluids will help you hydrated.

Wash your hands.

You just touched that door handle the kid in front of you with the cold touched on the way to the dining center. Wash your hands for at least 20 seconds, sing a verse from you favorite song, count to yourself — either way, just do it.

A cold is a virus, so popular over-the-counter medicines that kill the cold; only your body’s natural immune defenses can attack the virus. If your cold persists, or if it does not respond to cold medicines, then medicine can help. However, remember that some of these pills, such as a few, are produced in ways that can harm your health.

Finally, a lot of rest. Everything is better after a good night’s sleep.

Sleep allows your body to put more energy toward fighting the virus and repairing your body. So stay hydrated, eat a healthy dinner, turn off the TV and try some reruns of “Grey’s Anatomy” and go to sleep.

Sleep allows your body to put more energy toward fighting the virus and repairing your body. So stay hydrated, eat a healthy dinner, turn off the TV and try some reruns of “Grey’s Anatomy” and go to sleep.
goal, but no one was able to get to
McLaughlin missed the header.
played back into the box, but
fielder Kelsey Calvert and a cor-
shot wide by sophomore mid-
“Need to put them away,” Kucera said.
like we’ve been coming up short,
Cyclones’ 2-1 loss.
Sunday’s match at the ISU Soccer Complex. Cacciatore had three shot attempts at the Longhorns’ goal in the
Forward Amanda Cacciatore dribbles the ball away from Texas defender Nina Frausing Pedersen during
Ten minutes later, Texas got
utes remaining and the ball got
Bishop created a late opportunity
keep them from scoring the last
Tournament.
also played a very, very good football team.
also played a very, very good football team.
peating on Fox Sports Net. All of Iowa State’s
record of 20-9. The Cyclones need three
victories, the opponent’s combined record
Cyclones has been indicative of the final
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very important.
Aggies, it will have no problems against
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Iowa State University’s students, faculty and staff total over 63% of the population of Ames truly making it a college town.
home then,” Campbell said. “I can re- house and about a block away from her house south of the greek area. Ann Campbell said she remembers this year. ed in 1975 including 1993, 2008 and this, the waterway openings for flooding. mitigation report similar to the one completed after 1993. Jones offered some analysis based on his extensive waterways- research. He said Lied could be protected with flood walls that proved useful in keeping Maple-Willow-Larch dry through the flood stage reservoir on the Skunk River. Smith believes if a new cost- benefit ratio analysis would be done today, because of all of the new businesses along Duff Avenue and growth of Iowa State business, the result would be favorable for the city. However, he admits this is a "pure guess."