By Emelie Knobloch
#iowastatedaily.com

At the Ames City Council meeting on Jan. 28, the council discussed and passed the first ordinance of the year, exempting fraternities and sororities from the Rental Housing Code.

The list of uses that exempt the Rental Housing Code include hotels, motels, university housing and state-licensed health and custodial facilities. There are houses that do not solve the parking problem, but it was to exempt them from the Rental Housing Code, it is probable that this type of housing would cease to exist.

The exemption of sororities and fraternities from the Rental Housing Code is to ensure that nonmembers of the housing community are not put in a situation where they are insecure. Therefore can make sure their own safety is protected.

According to the council, there are group members that need inspections were re-initiated, it may be of interest to note that nonmember rental can be a problem in older houses. There may be problems in- volving access windows, rest- rooms that are not up to code, and other issues.

Although we are proposing to exempt them from the Rental Housing Code, it does not solve the parking dilemma,” Sonya Peckoe, the building official of the inspec- tion department, said. “There are many things that need to be worked out, and it is important to note that nonmember rent can do so.”

The councilman Matthew Blake Lanser/Iowa State Daily said. “There are houses that do not solve the parking dilemma, so we are proposing to exempt them from the Rental Housing Code. It is important to note that nonmember rent can be a problem in older houses. There may be problems involving access windows, restrooms that are not up to code, and other issues.”

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Weather

Sunny with increasing clouds throughout the day.

Mostly cloudy with a chance of snow.

Mostly cloudy with a chance of snow.

By Lauren Stroube

College students sometimes struggle to fit exercise into their daily schedules because of school, work or other requirements. That struggle is not a concern for college students, though.

Tracye Jones, a kinesiologist lecturer, said to Konia women have a tendency to teach the importance of exercise. Jones traveled to Kenya for 14 days as an exercise psychologist to raise awareness about the benefits of exercise with Konia women.

Initially, Jones set up her camp through the Community Life International Missions Association, to set up a health clinic open to the public. Each station would explain the significance of physical and mental health.

Villages from 42 tribes would travel six or seven miles to receive non-commercial medicine from different stations of different exercises in many age groups, primarily in the Masai tribe.

“I had to convince the staff that was already established there that exercise is necessary,” Jones said. After Jones successfully convinced the medical staff, she was ready to aid the Kenyan public as their first exercise psychologist.

“People there were already very active,” Jones said. “They walked everywhere they went. (They walked) from their homes, to the school, to the medical centers.”

Jones and the medical staff had different stations set up for patients to be evaluated, taught and aided to receive the right exercise to help them feel better. She also showed patients how certain exercises can be used to prevent pain.

When patients came to her tent, they would point to the parts of their body that hurt and she would show them how to relax those parts.

“Exercises can use muscles to prevent pain,” Jones said. “Exercise is used to strengthen and improve muscles.”

Although language was a major barrier, Jones communicated well with Konia women in Swahili, their native language. Jones had a translator by her side that would assist her in communicating with the natives.

“Nothing the language barrier,” Jones learned a few phrases in Swahili that made language Jones could articulate say in Swahili how to do exercise or what kind of precription they should take. Either Jones was able to make a sign to the translator or (the patients) would point to the parts of their body that hurt and she would show them how to relax those parts.

Hopefuly, the Kenyan natives thought they could possibly understand it, Jones said.

Jones also hopes that they remain active and continue to motivate and challenge each other to do their best and challenge each other to do their best.
J. C. Penney plans to close down 33 stores

New strategies struggled to earn positive results, closures coming

By Daniella Ponzetti

J. C. Penney plans to close down 33 stores and is now at a price of $6.70.

The store released a statement saying that closing 33 under-performing stores is part of a turnaround effort in order “to reflect the performance of the company’s highest potential growth opportunities.”

By cutting the locations, J. C. Penney said it estimates a result in annual savings of approximately $650 million.

Of the 33 stores closing, the J. C. Penney in the Muscatine Mall is one of them and is expected to close May 1. A store employee said.

A store manager in Ames said he wasn’t supposed to comment on other aspects of the situation.

J. C. Penney media relations released a phone call inquiry as to whether employees who lose their jobs will go after severance.

The email response read:

“Eligible associates will receive severance. We communicated that closing 33 under-performing stores is part of a turnaround effort in order to reflect the performance of the company’s highest potential growth opportunities.

In the future, J. C. Penney is introducing new pricing strategies, a new merchandising model to one based on everyday value will reenergize the store experience.”

The plan included reimagining the store and reimagining the store experience. The company said it was simplifying its business model to drive its re-energized brand to shoppers.

The plan has included selling off the J. C. Penney merchandise portfolio, looking into time-of-year trends, reinventing the store experience.

The store reported an adjusted net loss of $55 million.

The store planned an adjusted net loss of $55 million for the following quarter. The previous quarter, the net loss was $55 million.

“Now that we are in the first quarter of our transformation and while business continues to be slower than anticipated, we are confident the transformation of J. C. Penney is on track,” Johnson said in a financial release.

“The transition from a highly promotional business model to one of high margin brands and everyday value will take time and we will stay on this course. This month, we simplified our way, launched the first of our new ships, and accelerated our marketing efforts to focus on brands, products and value. Early response has been very encouraging.”

J. C. Penney reported a net loss of $885 million for the first quarter.

On April 15, 2013, Johnson stepped down from the company, the board directors appointed Myron E. Ullman, III, who was CEO prior to Johnson until 2011.

Last December, Johnson was fired and replaced by unless VII, who was the CEO of the one CEO’s company. Some insiders wondered if Johnson’s move on transforming J. C. Penney’s whole business strategy was risky.

An excerpt from the article reads: “The results were a complete disaster as sales across both physical and e-commerce plummeted, and cash dwindled. Johnson was canned in April but so much damage was done it’s still not clear if the 100-year-old chain will ever recover.”

As of current, J. C. Penney hopes to focus on improving its remaining stores. The company is currently in bankruptcy and struggling to stay afloat.

However, its New York Stock Exchange trading value is one of the lowest points it has seen in the past ten years. 0.57 as of Jan 24.

Recreation Services

Intramurals

Co-ed Water Volleyball

Deadline: Wednesday January 29

Hearts Club Tournament

Deadline: Wednesday February 5

Team Bowling

Deadline: Wednesday February 5

Visit our website to register: http://www.recservices.iastate.edu/im

Want to get involved? Join one of our 50 sport clubs!

Talk about variety! Lacrosse, wrestling, mountaineering & climbing, rugby, badminton, and motocross are available, just to mention a few.

Visit our website to learn more: http://www.recservices.iastate.edu/clubs
Dr. Hill wrapped up the march by giving a short speech. He talked about Dr. King and his message, and how people went through to make sure that the march was all about the message and the struggle. He talked about the impact King had on the students and what he can learn from his legacy and his impact on the world.

By Julie Paulson
@iowastatedaily.com

The ISU department of economics is now offering a new web service, suitable for students to ask questions of economists that can be answered any and all questions the general public has about economics.

This service was started because the department has received many questions from students and the public at large about current economic issues and economic events.

“it is not uncommon to hear questions about the stock market or the impact on the general public and there are a lot of political questions and questions about what people ask about taxes.”

“it is in people, everywhere, and there are a lot of political questions and questions about what people ask about taxes.”

Dr. Hill said, “Dr. King was one heck of a person.”

“For me, this march is about the struggle and the fight to maintain that status,” Flipping said. “It is your design. You have the freedom to design what you want.”

“In front of Parks Library, Hill said, “Dr. King was one heck of a person.”

“In a statement, Schroeter also said that the "Ask an Economist" website is intended to make it easier for people to understand economics and to make sure those questions are answered and the proper faculty members are involved. The service is for the general public and to ask about anything that would be helpful to be worked up to high school.

“Dr. Hill wrapped up the march by giving a short speech. He talked about Dr. King and his message, and how people went through to make sure that the march was all about the message and the struggle. He talked about the impact King had on the students and what he can learn from his legacy and his impact on the world.”

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The ISU department of economics developed a website called "Ask an Economist" that allows students and the general public to submit questions about current economic issues or economic general knowledge.

"I don't think about the struggle anymore. I just think about how I should like to take action on an individual level," she said. "I think it's a lot of participants could be due to the fact that it was a lot of people who were running from one class to another for the first time in 25 years."
After last night’s State of the Union address by President Barack Obama and the ensuing national discussions, many in Iowa have found themselves pondering one thing: term limits.

Term limits on our government officials have been a topic of discussion for decades, yet in Iowa we have maintained the privilege of electing our public officials to six-year terms. As the arguments for term limits seem to grow louder, I can’t help but wonder what the type of out of touch, insider politics are we allowing ourselves to embrace.

To be sure, time spent as an elected official can serve as an opportunity for advancement, a stage to platform themselves and gain importance in the political scene. Of course, some senators or governor may be content to serve for many years on the same level, but in reality, our local, national and global government can likewise be seen as no more than an assembly line for advancement. Those that fail to follow through with the campaign promises of improvement, reform and bringing a fresher mindset to government can continue on for as long as they wish.

Those that fail to follow through with campaign promises of improvement, reform and bringing a fresher mindset to government can continue on for as long as they wish. Term limits, that is to say, are only one of the many tools needed to improve the political system we call our own. But for whom, and the how of these term limits, that is what needs to be asked.

By Jamie Wandschneider
iowastatedaily.com

General education credit requirements waste students’ time, hinder education

Westmoore completed her degree in computer science because she was required to. Many students, in fact, are required to take courses in subjects they have no interest in. Whether it be through the pressure of their peers, the need for a high GPA or the need to graduate on time, students are often required to take courses that are not of interest to them.

However, these courses are nowhere near the exception. Numerous studies have concluded that students are wasting their time on courses that have no benefit to them. Instead, students should be allowed to take courses that align with their career goals.

This past semester, I decided to take an entry-level astronomy class to satisfy three of my eight required general science credits. Granted, I did learn a lot about the night sky and about the technological advancements. It is true, however, that these advancements in science and technology still demand the need for human-based jobs. At least two-thirds of those involved in the manufacturing, manufacture, and service industries today work in workplaces that are still required to have human-based jobs.

There appears to be a trend in the technological sector, too. According to the Iowa State University Extension Service, 7.5 million jobs lost during the recession were middle- to high-wage jobs. At least two-thirds of those who were unemployed are still looking for work, and the unemployment rate for Iowa is quite high. There is certainly an argument to be made concerning the impact technology still demands the need for human-based jobs, and the potential for students to be employed simply because they still need to keep their credentials up to date.

By Natalie Hanson
iowastatedaily.com

Political term limits are not fit for Iowa

The achievements, Branstad recently announced, that he will seek a sixth term, which would surpass Governor George Clinton of New York as the longest-serving governor in United States history.

While the coming election is far from decided, incumbent governors have a higher than 90 percent victory rate and Branstad looks to be an emerging favorite for his coming campaign.

With the potential of democratic candidates coming up, an ages-old issue has resurfaced, one that has been around for decades. With our current political climate in mind, our current term limits seem to be increasingly valid, but in reality our local, national and global government can likewise be seen as nowhere near complete. While the coming election is far from decided, incumbent governors have a higher than 90 percent victory rate and Branstad looks to be an emerging favorite for his coming campaign.

The arguments for term limits seem to grow louder, but what is the true purpose of our elected officials, to serve with baseless or genuine intentions while our leaders continue to replace the need for them to illustrate an offering of a more effective alternative.

But are these systems really more convenient? One study suggests that self-checkout systems might not be as good as the easy shopping experience businesses had hoped. But it might be fac, in fact, to push customers back to the cash register. These systems are called elections. Without a doubt, they are the best option for electing our officials.

By Kelsey Cummings
iowastatedaily.com

Hello technology, goodbye jobs

As you look at the list of courses that you have to take and those that you feel are not important to your career path, how can you keep these courses from being a waste of your time? How can you keep from having to take courses for a career that may not even exist?

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As you look at the list of courses that you have to take and those that you feel are not important to your career path, how can you keep these courses from being a waste of your time? How can you keep from having to take courses for a career that may not even exist?
Cyclones continue to build off Moody’s overtime energy

By Alex Gookin

The Cyclones sat on a four-game losing streak and some headed into overtime against a team who hadn’t won a Big 12 game for four-straight years. The energy Iowa State lacked in their lost four games this season, Moody’s overtime outburst as she scored nine of the team’s 13 points to propel the Cyclones to their first win at Kansas since 2005.

Moody got some help as well, with former Cyclone Melvin Ejim crashing the glass for 12 rebounds, 33 points and six assists which did not stop him from being triple-teamed her, hoping to steal a win on the road from the Big 12’s biggest team. Moody continued to produce and get even more impressive in her nine overtime points and helped her account for 34 of the team’s 85 points.

Against Texas Tech, Moody put some faith in all five starters scoring double-digits for the first time all season. Perhaps even more impressive than her nine overtime points were her six assists which helped her account for 34 of the team’s 85 points. To this point in her career, Moody has had only one double-double with two 15-point games.

With former Cyclone center Joel Embiid and Stacey Francis, being labeled as “the best,” for 12 minutes, it is small comapnionship. However, Moody is focused on the scoreboard results and not on the stat sheet. After falling to West Virginia at the buzzer in Morgantown, Wednesdays win over Texas Tech was required.

It was a hard one to handle.” Moody said of last season’s win at Kansas since 2005. “It was a hard one to win because you have to win at Kansas and I think just the energy level of our team that lacked energy in its four losses. But a win was imminent. But fouled out and was sitting at the end of the bench because I thought that looks a little off to the left and then it hit the backboard and I was like wow that just went in. That loss still sits with me this is day. Not long only played a really small part of the game but he remembers it perfectly, sitting on the left side of the bench and feeling his heart jump — possibly the biggest win of the season was about to take place. But McLemore’s shot banked in, tying the game at 79 and spurring overtime, which Kansas completely lacked in their four losses.

The Cyclones also benefited from limiting mistakes defensively and in-forming back in transition. Moody’s overtime outburst as she scored nine of the team’s 13 points to propel the Cyclones to their first win at Kansas since 2005.

Fennelly applauded Moody after the game, saying that they are excited to go back to practice and hopefully that will carry over with these couple days leading up to the Kansas game, because you have to get yourself ready to go. "I thought we had a great at preparation in practice and hopefully it will carry over on tomorrow," Fennelly said.

Fennelly also complimented the guard for her passing game, because you have to get yourself ready to go. "I thought we had a great at preparation in practice and hopefully it will carry over on tomorrow," Fennelly said.
Try Cowboy Caviar

By Lindsay MacNab

Ingredients:
- 1 1/2 cups black beans
- 1/2 cup white hominy
- 1/2 cup diced tomatoes
- 1/2 cup corn
- 1/2 cup diced red onion
- 1/2 cup lime juice
- 1/2 cup cilantro
- 1/2 avocado, cubed
- Green onions
- Salt and pepper

Directions:
1. Combine and let flavors meld
2. Great for topping or as a dip

Ultimate Potato Pizza

By Lauren Grant

Ingredients:
- 1 tubtoothbrush pizza crust
- 1/4 cup thousand island
- 1/2 cup shredded cheddar cheese
- 1/2 cup crumbled bacon
- 1/2 cup diced red onion
- 1 scoop of vanilla ice cream

Directions:
1. Preheat oven to 425 F
2. Combine thousand island and sour cream
3. Combine and drizzle all over pizza

Serve pizza for Super Bowl

By Lauren Grant

Ingredients:
- Fresh pineapple
- Apple
- Jalepeno peppers
- Lime
- Cilantro
- Guacamole

Directions:
1. Preheat oven to 425 F
2. Combine all and serve on a wooden board

Restaurant of the Month: Wallaby’s Bar and Grille

By Morgan Casey

Wallaby’s Bar and Grille has been serving homemade food since 1988 and has the whole package for sports fans and local beer lovers alike. Wallaby’s is located on front of West HyVee on Lincoln Way. It serves up a great atmosphere with TVs in every room, a designated beer bar with 24 hours a day and 34 televisions to watch the big game. Venue one of the “101 Best Sports Bars in the U.S.” by CNN Travel, Wallaby’s offers an extensive list of appetizers, a great menu and a brand new bar that is sure to do well.

Grilled steak with chips and salsa is Wallaby’s signature dish for sculpture at the top of the pizza. The crust should be golden brown and cheese should be bubbly. Wallaby’s signature dessert is the Cookie Monster, a plate-sized chocolate chip cookie served with a scoop of vanilla ice cream and drizzled in chocolate sauce. However, perhaps Wallaby’s best kept secret is the Cookie Monster, a plate-sized chocolate chip cookie topped with a scoop of vanilla ice cream and drizzled in chocolate sauce. The Cookie Monster is a must-have item, but let this be a warning, this cookie is meant to be shared with friends.

With more people thinking about theirs cals when they drink, beer companies have added several lines that have fewer calories in a can. Miller Lite, Miller 64, Miller Lite Low Carb, and Miller Lite Unleashed are just a few brands that have advertised a lower calorie drink.

Tip: A bottle of Dr. Pepper may do wonders for the sour cream and ranch packet for better taste. You can also divide more ranch dressing on top of pizza when it comes out of the oven.
Many girls have dreamed of the perfect wedding dress for so long that they can’t even describe what it looks like. These dreams can take many forms. Some girls envision a dress that is long and slim, while others see one that is short and flirty. Some girls want a dress that is simple and elegant, while others want something more elaborate. Still others dream of a dress that is unique and special, something that no one else will have.

There are many factors to consider when planning a destination wedding. The first thing to consider is where to go. The most popular destinations are Hawaii, the Bahamas, the Caribbean, and the Mexican Riviera. Each of these locations has a different climate and从属群enery and is perfect for a destination wedding. Couples also like to incorporate local culture and traditions into their wedding, which is another important factor to consider.

Once the location is decided, the next step is to choose a hotel or resort. Make sure to do your research and read reviews before making a decision. It’s important to find a place that is comfortable andaffordable for both you and your guests.

Another thing to consider is the weather. Make sure to check the weather forecast for the date of your wedding and plan accordingly. It’s also a good idea to have a backup plan in case of bad weather.

When it comes to the wedding dress, it’s important to try on as many dresses as possible. This is the only way to find the dress that is perfect for you. Make sure to try on dresses of different styles and colors to find the one that fits your body type.

Once you find the dress that you love, it’s time to make some changes. This is where a seamstress comes in. A seamstress can make adjustments to the dress to ensure that it fits you perfectly.

One thing to keep in mind is the importance of the wedding dress. It’s the one thing that you will wear on your wedding day, and it’s important to choose something that makes you feel special.

Finally, don’t forget to have fun! This is your special day, so make sure to enjoy yourself and create memories that you will cherish for a lifetime.
Engagement rings to match your personality

By Samantha Pearsall
samantha.pearsall@iowastatedaily.com

Proposal represents pair, meaningful tips to help

By Alesha Olson
alesha.olson@iowastatedaily.com

There are many variations you can get to make your wedding band or engagement ring tailored for you. There are main criteria you should be considered when selecting the ring you are going to wear for the rest of your life: stone, cut and metal.

1. Stone

Lake John from Riddle’s Jewelry says the diamond is of course the most popular, but if you are looking for a less expensive option, colored diamond, rubies, sapphires or even white gold, yellow gold and rose gold are very popular alternatives.

Depending on the trend for the season you can see a variety of colors.

2. Cut

You can get numerous types of cuts for your stone. The cuts below are circular, oval, princess, heart, pear and marquise (resemble a diamond shape), round and oval (resemble a square shape with sharp corners), asscher and radiant (resemble a diamond shape). Princess, brilliant, marquise and radiant (resemble a square shape with sharp corners) are the most popular. The cuts below have very hard qualities which are very hard to break down.

These are best for men’s wedding bands because they are durable.

An important thing to think about with the band is how long the ring will last. Brian Achenbach from K’J’s Jewelry says as of now rings come with certain warranties you receive when purchasing the ring. Some rings come with certain perks while others do not.

Learn from her experience, make sure it seems like the real deal. Even if it is shaping the same cut, the memory should be special for the one getting the ring and the one finishing it.

3. Metal

White gold, yellow gold and rose gold are the most popular, but if you like to think outside the box, colored diamonds, rubies, sapphires or even white gold, yellow gold and rose gold are available.

White gold, yellow gold and rose gold are the most popular, but if you like to think outside the box, colored diamonds, rubies, sapphires or even white gold, yellow gold and rose gold are available.

The sweetest decision you will make!

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By Alesha Olson
alesha.olson@iowastatedaily.com

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