Automobile collision takes lives of ISU sophomore

By Kaitlin York
kerry@iowastatedaily.com

Samuel Kruger, 20, sophomore in civil engineering, died Friday in an automobile collision. He was pronounced dead at the scene.

Kruger’s vehicle crossed the center line and collided with another vehicle near 168th Street and Highway 59 north of 480th Street in O’Brien County.

Louis Lodermeier, a student from Cedar Rapids who planned to major in civil engineering, also died at the scene.

Kruger was involved in E2020, a student organization that promotes awareness of and action on climate change issues, according to the paper’s online obituary.

“I believe that he was also active in Earthankind, a group of different organizations working in conjunction with video work,” said Todd Lyon, senior in civil engineering, who was once a member of Earthankind.

The visitation was Monday at Farley Funeral Home in O’Brien County. The memorial service will be at 1 p.m. Sunday at the First Baptist Church in George.
Calendar

TUESDAY

Brown Bag Lunch (DST) for undecided students
Where: 2nd floor of Memorial Union
When: 11:30 a.m. to 1 p.m.
What: Bring a lunch or dine in. Faculty, staff and students will gather to meet and find out about community in celebration of National Coming Out Week. Select stories and discussions will take place throughout the week. Drop by or come and go as you please.
Where: Pine Room, Memorial Union

TUESDAY

Open mic Night
Where: Main Lounge
When: 8 p.m.
What: Sign up at 7 p.m. Performers welcome. Open mic and talent show. All talents and creative ideas welcome.
Where: Main Lounge, Memorial Union

WEDNESDAY

Art histórics: College of Liberal Arts and Science
Where: Noon to 1 p.m.
What: Join Jeni Nordin, educator of visual literacy and learning, on a tour of Art histórics, a new Ornamentation Art Gallery in the College of Liberal Arts and Science. Join Jeni as she introduces this new gallery space. Includes exhibition tours by Bill Barrett and Jillian Rucki.
Where: Garden Business Building, West entrance

WEDNESDAY

Panel Discussion: Flooding in Ames
Where: Ames, IA
What: A panel of ISU faculty will discuss factors contributing to flooding in Ames as well as the possible impact of such events. Panelists include Bill Gutowski, Kristie Franz, Bill Simpkins and Stephen Jones.
When: 7 p.m.

THURSDAY

Celebrity News

Rapper Eminem feels bullied by his critics
What: Eminem is one of the biggest rappers who say they were bullied as kids. In an interview with The Hollywood Reporter, the rapper said he has a lot to be thankful for but is aware that people may see that and think that's why he is so successful and not necessarily have everyone's best interest in mind.

Polite Blatters:
Ames, IA Police Departments
What: The Ames, IA Police Departments released their daily blotter for Thursday, Oct. 21. They reported several incidents, including one involving a minor being sexually assaulted.

Friday Night Lights (TV show)
What: The series follows the lives of the football players and coaches of Dillon, Texas, high school. Season 6 of the show, titled "Fool for Love," follows the team as they navigate the challenges of the regular season and the playoffs.

Police Blatter:
Ames, IA Police Departments
What: The Ames, IA Police Departments released their daily blotter for Thursday, Oct. 21. They reported several incidents, including one involving a minor being sexually assaulted.

Daily Snapshot

Stay stress-free during midterm exams
When: 1 p.m.
What: There is no reason to talk to your BFF at 2 a.m. Turn your phone on silent overnight. Take time to go for a short walk, bike ride or run. Although stress makes you want to eat greasy take-out, eating healthy will make you feel better in the long run.

Bromance - Cruel world
What: The term “bromance” doesn’t always work for everyone. Try planning out your study schedule ahead of time and focus on your most important classes first. This will keep you from getting overwhelmed.

creenshots
What: Screenshots are images taken from the Internet, Twitter, or other social media platforms. Screenshots are often used to document events, or to convey a message or idea.

TV networks adapt shows from the Internet
What: Several popular TV networks have adapted shows from the Internet, such as "Awkward Family Photos" and "Shh... Don't Tell Steve." The shows are often based on the Twitter diary of a popular Twitter user.

Catch Craft's director
What: Catch Craft's director, Jake Meyers, has been cast in the leading role in the upcoming television show "The Simpsons." Meyers will play the character of Homer Simpson's long-lost twin brother, Bimbo, who has been living in hiding for years.

Daily Weather

Mostly cloudy with a chance of rain in the late afternoon and evening.
Sunny and cooler 
Winds out of the northeast will still be strong at 10 to 15 mph.

Sunny with winds switching to the west and calming further to 5 to 10 mph.

Weather

Tuesday

Clear skies

Wednesday

 Mostly cloudy with a chance of rain in the late afternoon and evening.
Sunny and cooler 
Winds out of the northeast will still be strong at 10 to 15 mph.

Sunny with winds switching to the west and calming further to 5 to 10 mph.
By Heath Verhasselt

Iowa State Daily

"Hello, there!" was the first bit of contact between us that evening. We were in a small room, the only light coming from a dim lamp on the corner of the room. There were a few chairs and a table, but no one else was around. We were alone with our thoughts and our fears.

The police had called us to the scene. They had found a body in a nearby park. It was a young man, just 20 years old. He was dead. And I didn't want to be the one to tell his parents.

I hung up the phone and sat down at the desk. My mind raced with questions. Who could have done this? Why? What happened? And most importantly, how could something like this happen?

I knew that I couldn't solve this problem on my own. I needed help. So I called the school's crisis center. They sent over a counselor who met with me shortly after I called.

The counselor listened as I told her everything that had happened. She took notes and asked questions. I could tell she was trying to understand.

She told me that I shouldn't blame myself. That this wasn't my fault. That it was just a terrible coincidence.

But I couldn't help but feel guilty. Guilty for not being able to protect him. Guilty for not being able to save him.

She told me that I needed to take care of myself. That I needed to seek help for my own grief. That I needed to talk to someone who could understand.

I agreed. And I did. I started seeing a therapist. I started talking to my friends. I started reaching out for help.

And slowly but surely, my life started to change. I started to heal. I started to move on from the guilt and the pain.

It wasn't easy. But I made it. And I know that I wouldn't have been able to do it without the help of those around me.

So if you're struggling with something right now, please don't hesitate to reach out. There is help out there. People care. And they want to help you.

By Heath Verhasselt
We are not an online college

By Peter Lange
george@georgelange.com

You know what gets my goat?
Course digitizing

I was looking at the recent Commission on College and University Communication (CUES) data on online learning and, frankly, I was surprised. The data are clear: online classes are not a viable substitute for traditional classes, at least not at the University of Iowa.

We have had online offerings before, but in the past, they were more of a supplement to the in-person classes, rather than a replacement. That is changing. Online classes are now a significant part of the academic landscape, and they have implications for the future of higher education.

The data show that online classes are not a viable substitute for traditional classes. They do not provide the same level of interaction and engagement that is possible in-person. Students who participate in online classes often report feeling isolated and disconnected from their instructors and peers.

In addition, online classes can be a source of stress for students who are trying to balance their academic responsibilities with their personal lives. They may feel like they are always on and must be constantly available to respond to messages and assignments.

This is why I believe we should be focusing on improving our traditional classes, rather than just adding online options. We need to make sure that our in-person classes are engaging, interactive, and provide students with the support they need to succeed.

We cannot simply replace traditional classes with online options. Instead, we need to work together to create a system that supports all students, regardless of their learning style or needs.
Staying slim in the cold, college-style

By Kate Adams
AmesEats Flavors Writer

There are many food temptations in the dining halls, around campus and off campus that are all too easy to resist when Mom and Dad are no longer around to regulate your intake. When you cook for yourself or watch over what you eat, it’s easy to gain weight. A few food pitfalls students should consider are:

- Bottled coffee drinks: Sure, it may be tempting to grab one on the way to class, but these drinks come with a hefty health cost. An average of 32 grams of sugar per bottle, these drinks are closer to soda real coffee. Try an iced coffee with skim milk instead.
- Salad dressings: You may think you are doing yourself a favor by loading up on the salad bar. If you substitute dressing for as much as 200 to 300 calories to your meal. Instead, use a low fat dressing or a balsamic vinaigrette, which will add flavor without adding too many calories.
- Energy bars: On occasion, pre-packaged vitamin-packed energy bars will make a suitable break if you are in a pinch and you are literally running on empty, but these bars are high in sugar. Even bars that contain added protein and fiber are little more than candy bars, dressed in whey protein. Instead, keep a small bag of almonds and raisins in your bag for emergency study snacks and the perfect study-break treat.
- *Homestyle* meals: Just because your mom made the best mashed potatoes in the world doesn’t mean that campus food services does too. Many school cafeterias are big companies. These companies know that doing it all themselves is expensive, which means that the mashed potatoes are more likely to be heavily processed and not the creamy, fresh mashed potatoes with real butter that you find yourself longing for after an especially hard mid-term exam. For a healthier alternative, grab a baked potato, mash up the inside and add a little butter or a dollop of sour cream.

In addition to eating right, students should make some conscious effort to do some kind of physical activity. It doesn’t always have to mean heading to the gym — sometimes simple exercise in the comfort of your own room can do the trick. Following are exercises students can do during a 15-minute study break:

- **Bench dips:** Face away from your desk chair and use your hands to support your weight behind you as you plant your hips far back and straighten your knees. Slowly lower your body toward the floor by bending your elbows until your upper arms and forearms form a right angle. Do not let your torso pass the 90-degree angle, as this may stress your shoulders. Slowly raise back up to the start position by straightening your arms.
- **Toe touches:** Lie with your back on the floor and elevate your legs up into the air. Make sure you keep your lower body pressed flat on the ground. Tuck your abdominals and crunch forward to touch your toes — toms of exercise. Keep your chin down toward your chest and shoulders, hold for one second and press up back to the starting position.
- **Pushups:** Position yourself so that your hands are directly below your shoulders and toes are on the ground. Hold your body up straight. Keep your head back and lower your chest down toward the ground. When your chest and shoulders, hold for one second and press up back to the starting position.
- **Bird dogs:** Start on all fours with your hands under your shoulders and your knaps under your hips. Bracing your abdominals and extend one leg straight back and the opposite arm straight out. Hold this position for two seconds and lower back down to the floor.
- **Wall sits:** Lean with your back flat against a wall with your knees bent at a 90-degree angle. Hold this position as long as you can. Although this exercise looks easy, this killer isometric exercise will strengthen your quads and glutes.

Warm drinks that benefit a workout

By Alicia Hendrix
AmesEats Flavors Writer

This season of travel, music, two highs and coffee filters, the chilly weather has everyone reaching for warm liquid relief. But don’t reach for the gut-busting white chocolate mocha — try these workout boosters instead.

**Coffee:**
In a study published in the Journal of Pain, researchers at the University of Georgia found that drinking a cup of coffee before exercise can cut post-workout soreness by up to 46 percent. Caffeine likely works by blocking the body’s receptors to chemicals that cause inflammation and pain.

**Hot Chocolate:** According to new research by Eastern Michigan University, fat-free chocolate milk helps repair and rebuild muscle. Chocolate milk has the right mix of nutrients and protein to help relax muscles. The protein in milk helps build lean muscle and contains minerals like calcium, potassium and magnesium that promote muscle growth.

Try a seasonal twist on this tried-and-true favorite:

- **Milk in a seasonal twist:** Mix in some coconut extract for a little vacation in a cup. Stir in some chopped mint leaves or berries. Sprinkle on some cinnamon and nutmeg.
It’s that time of year to go to your near-est pumpkin patch and pick the biggest, orangeest, and most attractive pumpkin out there! Take it home and set it on your doorstep for decoration, carve it up jack-o-lantern style while reminiscing of your childhood, or bake it and put it in some of your favorite recipes.

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 Nov. 9

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

E-mail:
recipe@flavors.ameseats.com

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The simply slender lunch
By Justine Mattiussi
AmesEats Flavors Writer

Staying fit and trim becomes increasingly more challenging as the temperature begins to drop and the days of sunbathing are a distant memory. For most people, weight gain is inevitable during the colder months due to a decreased activity and the need to indulge during the holidays.

As the days get colder, weight gain becomes inevitable. But before you purchase, here are some healthy facts about pumpkin.

Pumpkin is also rich in fiber. Fiber is the part of a plant that the human body cannot break down; however, it is necessary in our diet for healthy digestion and helps prevent heart disease and colon cancer. Just one serving of pumpkin, which is why pumpkins are orange, contains about 20 percent of your daily fiber needs.

A contributing factor to the increase in pounds is what we choose to consume. For instance, at the Memorial Union, a student meal could include a Panda Express two-entree meal with fried rice, a large soda, and a cookie or even a Jumbo chocolate chip cookie:

• Jumbo chocolate chip cookie: 261 calories
• Lean meat or seafood (optional: beans and rice make a complete protein)
• Beans (low-sodium canned or fresh)
• 2 cups flour
• 3 eggs
• 1 cup sugar
• 1 teaspoon baking powder
• 1/2 teaspoon cinnamon
• 1/2 teaspoon vanilla

Combine the dry ingredients with the wet ingredients. Mix only until just combined. Heat a skillet or griddle to medium heat and grease to prevent sticking. Once the griddle is hot, pour about 1/4 cup of batter onto the skillet for each pancake. The batter will be thick, so spread accordingly. Cook until bubbles begin to form and the underside of each pancake is lightly browned. Flip and brown the other side. Serve hot with honey and walnuts, Cool Whip and cinnamon, butter and syrup or any other toppings you prefer.

Pumpkin pancakes
An excellent, healthy choice for those cool, autumn weekdays and weekends. One batch makes approximately 12-15 small pancakes. For an even better choice:

Ingredients:
• 1 box brownie mix
• 1 15-ounce can pumpkin

Preheat the oven to 350° F. Mix the pumpkin with the brownie mix. Batter will be difficult to combine and very thick. Pour into a greased 9x9 baking dish and bake in preheated oven for one hour. Enjoy!


Pumpkin brownies
A healthier, sugar-free alternative to your favorite dessert. This brownie makes the brownies dense and moist.

Just one meal! An alternative solution is to consider bringing lunch from home, which can be cheaper, healthier and more filling. Instead of high-calorie lunches, opt for sir-fry dishes which allow for creativity with a multitude of flavor combinations.

Stir-fry
• Brown rice
• Brows low-sodium and canned are the easiest
• Assorted vegetables
• Sauce: soy, oyster, and hoisin
• Szechuan peppercorns
• Leek or scallion
• Beef or chicken

For more information check out www.flavors.ameseats.com, www.verybestbaking.com, or any other recipe site you prefer. The idea behind these modifications is to avoid the winter weight gain by preceding filling, delicious, and healthier subsistuents to the everyday Panda fix.

For more information check out: www.flavors.ameseats.com, www.verybestbaking.com, or any other recipe site you prefer.
Series tied 2-2
C. Lee (1-0)   D. Price (0-1)
Texas Rangers vs. Tampa Bay Rays

The Rays, who had the American League’s best regular-season record, were no match for their NL counterparts, cruising to a 5-0 victory in Monday night’s Game 6.

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Volleyball
Iowa State prepares to rebound
By Kelsoe Jacobs
kbv@iowastateconv.com

Iowa State didn’t go into Saturday’s match against Kansas with much to celebrate. The Cyclones were coming off a loss to TCU in Fort Worth, Texas. The Horned Frogs dropped Iowa State’s conference record to 0-10, and the Cyclones’ record fell to 4-15, 2-11 in the Big 12.

"We were definitely feeling 100 percent not in control," said Madison Murphy, a junior setter for the Cyclones. "We played a pretty bad game, and we didn’t give ourselves a chance to get back in the game."

This was the fourth straight loss for the Cyclones, who have not won back-to-back matches since Oct. 17-24. They are now 0-4 in the Big 12.

Next up for the Cyclones is a trip to Lubbock, Texas, to face the Red Raiders. The Cyclones’ next conference match is set for 7:30 p.m. on Nov. 12 against Oklahoma State at the Reavis Center in Ames.

Catholicism and Buddhism
Eastern and Western Spiritualities in Dialogue
By Alan Hartway

Drake looks to replace Josh Young
By Luke Meredith
lkm@iowastateconv.com

Josh Young was one of the key players for the Cyclones last season in terms of scoring,rebounds and overall production. He started 29 games and averaged 15.9 points per game.

"Josh Y was a great basketball player, and we’re going to miss him," said Craig Jentsch, associate head coach of the Cyclones. "It’s a difficult situation for us, but we’re looking forward to the new season and moving on."
By Chris Jenkins
The Associated Press

ANNIVERSARIES

GREEN BAY, Wis. — Quarterback Aaron Rodgers has been cleared to return and might have to wait his turn.

Rodgers has been out since suffering a broken collarbone in Week 6.

The NFL has not ruled out a return, even though he has not played in a game since the injury.

He is expected to be ready for the season opener.

The Packers could still be without him.

The Associated Press

EAST RUTHERFORD, N.J. — Brett Favre was cleared for duty before practice Monday.

Favre returned to practice after missing two days with a sprained ankle.

He has been limited to light practice.

An MRI exam was performed on Favre's ankle.

Favre has practiced on a limited basis since returning from injured reserve.

He's listed as questionable for Sunday's game against Miami.

The Associated Press

DALLAS — Tony Romo and the Dallas offense scored 42 points in the first half.

The Associated Press

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