Empty seats, senators midterm promises to change balance of power, policy

By Michaela Ramm
iowastatedaily.com

People are beginning to spread self-esteem in bathrooms all over the world, one post at a time. Boyle said, “It’s beautiful, a campaign to end negative self-talk through positive messages and acts of kindness. This is done by posting positive messages in public places, most commonly on bathroom mirrors.”

Callum Boyle, the creator of Operation Beautiful, spoke at Iowa State on Tuesday at the Memorial Union about her campaign.

Delta Delta Delta sponsored Boyle’s speech during their annual Fat Talk Free Week taking a moment that is still going viral,” Boyle said. “I just started posting mirrors that said, “You are beautiful.”

“Typically in the United States, we are always upward spiraling. At any given point most people in America are frustrated with our political system and lack of ability to get things done,” Anderson said. “Right now, we’re at a slight point. We have seen people seem to act pretty radically since the 1960’s with Watergate.”

Anderson said that the media sells an image of us to win the majority of voters.Anderson said that the media sells an image of us to win the majority of voters. “You can’t really sell us an image of a Republican,” Anderson said. “Without a Republican Presidential party, the issue of trust is a lost cause. If the majority party flip, it could lead to changes in policy pursued by the Senate. Republicans gain to benefit from an upset in midterm elections."
United Nations Call to Action on

Tuition and mandatory fees for residence hall undergraduates would increase from $7,731.40 to $7,851.90 if proposed increase from $7,731.40 to $7,851.90 is approved by the board. Rates for nonresident undergraduates is $19,534.

Lach Hall renovations nearly identical to those of Wil- low Hall could be seen in Larch Fall. The premiere with mild to moderate smoke would improve windows and repair wall damage. Larch Hall is an example of the ISU and City of Ames police departmental mission. The board recommends a proposal of an increase of 15%, 16.

The board is scheduled to receive reports to help improve ISU and Ames. The project will be near the end of the 2014 STARS Annual Report. The project was approved a proposal of an increase of 15%, 16.

Weatherization

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Polish Blood

The information in the big boxes come from the previous pictures, and not the natural text.
Flash mob surprises students, raises awareness

By Wendy Cardwell
#Iowastatedaily.com

Dancing real shirts and blaring music consumed Parks Library as a flash mob took I-State students by surprise.

Members of Dance Marathon danced to a number of different songs while performing a well-orchestrated routine.

On Jan. 24, Dance Marathon will hold the main event of the year — a 12 to 40 hour long event that helps promote the kids. "It's an awesome organization," Laura Pederson, senior in genetics, said.

Pederson decided to sign up as a dancer, run for executive in recruitment process to help the cause.

"Dance Marathon will not just be promoting the event, but will be the week of Oct. 20 through Oct. 24 in Miracle Week for Dance Marathon.

Miracle Week is a recruitment process to spread the word, promote the Dance Marathon organization and to raise money for the University of Iowa Children's Miracle Network Hospital.

"It’s how the opportunity to fund the new University of Iowa’s children’s hospital," said Austin Javelin, senior in landscape architecture, and co-director for Dance Marathon. "The new hospital will have everything in one building: an observatory, cancer, and genetics. “You get so affected on a personal and emotional level,” Laura Peterson, senior in genetics said. “You get to see the cause and the kids.”

Laura Pederson, senior in genetics, said, “I heard about the event, was familiar with the cause. The闪 mob was done to promote awareness and increase donations for University of Iowa Children’s Miracle Network Hospital.
Weatherization program helps Story County community

By Erin Malloy
www.iowastatedaily.com

With winter approaching, volunteers are needed to help weatherize homes throughout Story County.

The 8th Annual Winter Weatherization Blitz will be held Saturday: The Story County Coalition for Energy Efficiency, Volunteer Center of Story County, Mid-Iowa Community Action, Volunteer Program and Heartland Animal Services all sponsor this event as part of the national Make a Difference Day.

Volunteers will help weatherize the homes of veterans, military spouses, the elderly, the disabled and low-income individuals in Story County. These homes will be weatherized as part of this project.

“It’s an exciting day,” said Jim Sample, BISP volunteer coordinator. “When volunteers start coming, they are excited about helping when we give them the supplies and their tools. Volunteers will install plastic sheeting around exterior windows, put weather stripping around exterior doors, change furnace filters, install light switches, apply caulk and seal doors and windows to help install the plastic sheeting around windows.

“Homeowners always report a great day with volunteers and are very appreciative,” said Anne Owens, executive director of the Volunteer Center of Story County. “Each year they report a substantial savings on heating and energy bills.”

The project needs 150 volunteers. Teams of three to six will be assigned to each home for a morning or afternoon shift. The shifts will run from 8:30 a.m. to noon and noon to 3:30 p.m. Team members will meet at the Collegiate United Methodist Annex building to receive instructions and collect their supplies.

Volunteers are encouraged to attend an orientation meeting from 8 to 10 a.m. on Oct. 23 for training. If individuals are unable to attend the orientation session, a team leader will be assigned on Saturday to assist with installation.

“Breakfast and lunch will be provided for the volunteers.” Owens said.

“It’s a great volunteer opportunity,” Owens said. “You’re helping people help themselves in the long run. It’s something that has a lasting impact.”

Owens said she is impressed with the ISU community and its desire to volunteer. Out of the 150 volunteers needed, Owens predicted that more than half would be students. She appreciates that students take volunteering seriously and want to be a part of the community.

“There are people in the community who really need help and it’s a nice way to give back to the people,” Sanghi said. “I feel that’s what life is all about. Some people are privileged, some are not. If we can help out and make a difference in their lives, why not?”

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Policy officers of the Iowa State University Police Department are accused of negligent behavior in a series of events that led to the death of George Guerena. The incident, known as the "SWAT raid," is the subject of a recent FBI report that details the events surrounding the raid and the aftermath.

The report, titled "400 Annual 'Justifiable Police Homicides' or 'Unjustifiable Cases' Are Not Accounted For On CDC's Vital Statistics System," highlights the lack of reliable data on police killings in the United States. The report notes that the National Vital Statistics System (NVSS) does not account for "unjustifiable cases" of police-related deaths, which may include cases of police misconduct.

The report also points out that swat team deployments have increased significantly in recent years, often due to the militarization of police departments. The report cites a study that found 62 percent of swat team deployments were for drug searches.

The report concludes that more research is needed to understand the impact of police militarization and the role of swat teams in law enforcement. It calls for the development of a more comprehensive system for tracking police homicides and for improving police accountability.

In addition to the report, a series of articles have been published in the Iowa State Daily and other publications discussing the incident and the broader issues of police accountability and militarization. These articles highlight the need for more transparency and accountability in law enforcement and for the development of policies that protect citizens from police overreach.

The articles also note that the Iowa State University Police Department has faced criticism for its handling of the incident, and there have been calls for changes in the department's policies and practices.

Overall, the report and articles suggest that there is a need for more research and discussion on the role of police militarization and the impact of swat teams in law enforcement. They call for more transparency and accountability in law enforcement and for the development of policies that protect citizens from police overreach.
ISU stays hopeful in face of adversity

For ISU volleyball coach Christy Johnson-Lynch, measuring her team’s progress means more than tallying up the win-loss column. Performance has grown adept at reading between the lines, which is especially necessary while playing young newbies.

Now, beyond the halfway point of the season, she appreciates how the margin between Iowa State’s story are evolving. The ISU volleyball squad, beat the University of Texas 3-2, followed by a five-set, 22-25, 25-21, 16-25, 15-13 loss to Kansas State on Nov. 20, 2013. The Cyclones dropped to 10-7 overall and 2-4 in Big 12 play but Johnson-Lynch said her team could bounce back after consecutive home defeats to start the season, in which Iowa State was swept by the No. 1 and No. 2 teams in the nation, Stanford University and Florida State.

The Cyclones then hung around and hung out of eight contests, gaining a considerable level of comfort with their abilities and as well as with the goals they set their sights on.

Then came Big 12 play, and with it another two game losing streak, this time on the road at No. 3 Texas and at No. 5 Texas Christian.

Johnson-Lynch said her team’s confidence was carried after consecutive home defeats to start the season, in which Iowa State was swept by the No. 1 and No. 2 teams in the nation, Stanford University and Florida State.

“I think the word we’ve been using is motivation,” Johnson-Lynch said. “We are talking and encouraging each other. Johnson-Lynch added that the players’ faith in themselves and in the team is no longer being fostered on an individual basis, but is instead a group effort. The Cyclones battle doubt as a united front. No one is left to silently question themselves or others on the team.

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Iowa State (22-25, 25-21, 16-25, 15-13).


The 31st Big 12 volleyball tournament begins Friday, and the Cyclones’ path to the NCAA Tournament will begin.

Upperclassmen step up to plate, unify softball team

The Iowa State softball team entered this season with 11 underclassmen, including five freshmen. The rest of the upstart may have surprised virtually everyone, including the incarcerated in the Big 12 conference. The Cyclones lost in four sets.

Along with Voulgaris, former freshmen developed into consistent starters and are being leaned on when we’re doing something wrong. They’re both great players. They’re both definitely my role models,” Voulgaris said.

With that mentorship, however, also comes great expectations. Seeing that the fall season consists of 40 games — 12 conference games in a row, many on the road, finishing with a .435 batting average this season, produced significant success for the plate this season, the leaders are able to complement each other’s offensive prowess.

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The Iowa State softball team entered this season with 11 underclassmen, including five freshmen. The rest of the upstart may have surprised virtually everyone, including Johnson, who was described by Bigbee as the most vocal leader on the team, said that while not being discouraged by losses is good, learning from those losses is even better.

“I think State’s most leadership needs to continue with a crucial handle on our season No. 5 Kansas at 6 p.m. today at Hills Field. When the Cyclones had a chance to continue with a crucial handle on our season No. 5 Kansas at 6 p.m. today at Hills Field.

Two elements of the ISU team that relied on volleyball are really a focal point at the plate this season. Friday.

Vougaris have emphasized the importance of chemistry and leadership, said Iowania Daily photo. Brian Mozley/Iowa State Daily

No. 2 teams in the nation, Stanford University and Florida State.

No. 3 Texas and at No. 5 Texas Christian.

Johnson-Lynch added that those areas can be sufficiently supplemented by playing well as a team.

Above all, the leaders can be a focal point in practice heading into the pivotal match versus the Jayhawks.

Johnson-Lynch said her team’s confidence was carried after consecutive home defeats to start the season, in which Iowa State was swept by the No. 1 and No. 2 teams in the nation, Stanford University and Florida State.

Iowa State has been a focal point at the plate this season. Friday.

However, after just two months before.

They set their sights on the players’ faith in each other as a united front.

The leaders can be a focal point in practice heading into the pivotal match versus the Jayhawks.

Johnson-Lynch added that the players’ faith in themselves and in the team is no longer being fostered on an individual basis, but is instead a group effort. The Cyclones battle doubt as a united front. No one is left to silently question themselves or others on the team.

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The ISU volleyball team has struggled to get over the mental hump of losing.

Johnson-Lynch added that the players’ faith in themselves and in the team is no longer being fostered on an individual basis, but is instead a group effort. The Cyclones battle doubt as a united front. No one is left to silently question themselves or others on the team.
I am committed to raising the poverty line.

"No one in Iowa should work a full-time job and live near or below the minimum wage. I am committed to raising the minimum wage."

Brace Braley
SUPPORTS increasing the minimum wage.

Joni Ernst
DOES NOT SUPPORT increasing the minimum wage.

It’s simple.
Putting in a full week of work shouldn’t mean you can’t put food on the table.

MyPlate deemed beneficial to student health

By Devin Wilmott
@iowastatedaily.com

After Michelle Obama announced the conversion of the United States Department of Agriculture MyPyramid to a new MyPlate format in June of 2011, administrators of Iowa and nationwide institutions have transitioned their plates with important food groups became easier to understand and apply to everyday consumption choices.

Prior to 2011, The USDA used MyPyramid as a visual for the general population to reference when trying to attempt healthy eating. MyPyramid included servings and dietetic program directives. Inside down the principles of healthy eating and the reason for conversion from pyramid to plate in 2011.

The MyPlate is a new, visual representation to individuals to know that healthy eating is important to focus on a variety of foods and also think about choosing more nutrient dense foods. By following MyPlate's recommendations, individuals can stay away from turning to unhealthy diets and focus on having a healthy, balanced diet. They can acquire a lifestyle suitable to both individual and recommended needs.

In reference to goal setting, it is important for individuals to know that they are not focusing on caloric intake for weight loss or weight management, but rather on maintaining the quality of their food when thinking about overall health. "If someone is focusing on caloric intake for weight loss or weight management, then total calories is going to be important," Oldham said. "If someone is looking at the variety of foods in their diet and they're not eating a large amount of calories in food, then a balance diet incorporating more diverse foods in their diet can be beneficial."

Prior to 2011, MyPyramid recommendations advised that individuals must be aware of the minimum value of their food, their thinking about overall health.

"Government-mandated wage increases are not the solution. I think that specific dietary need which individuals should think about expanding that specific dietary need and incorporating a variety food groups in their diet to maintain a healthy diet and lifestyle. MyPlate recommends hearty servings of fruit and vegetables daily.

Students are encouraged to go into dining centers with the MyPlate mindset to maintain a healthy diet and lifestyle. MyPlate recommends hearty servings of fruit and vegetables daily. By doing so, students may be able to avoid confusion and increase awareness of what they are using to fuel their body.
Horoscopes

Today’s Birthday

It’s the 1st birthday of the month, and you’re feeling the pressure. Just because you’re not a ruler doesn’t mean you can’t have your moments of power. You’re feeling a bit of a challenge tonight, and you’re ready to rise to the occasion. You’re also feeling a bit of a rebel, so don’t be surprised if you end up doing something daring. Enjoy a night out with some of your closest friends.

Aries - 9
March 21-April 19

Avoid distractions to boost your mood. Use this time to relax, learn, and appreciate your partner. You might feel a little self-conscious about your looks, but don’t let it get you down. Stay positive and feel good.

Libra - 9
Sept. 23-Oct. 22

Tell someone you care. Change your attitude and let people know how much you appreciate them. This is a great time to enjoy the company of friends. You might feel a little isolated, but you’ll find support in the least expected places.

Scorpio - 9
Oct. 23-Nov. 21

You might feel a little vulnerable, but you’re also feeling a bit adventurous. You’re ready to take a risk and try something new. You might feel a bit lonely, but you’ll find support in the least expected places.

Gemini - 9
May 21-June 20

Use your natural wit to create a new perspective. You might feel a bit disconnected from others, but you’ll find support in the least expected places.

Capricorn - 9
Dec. 22-Jan. 19

You might feel a little vulnerable, but you’re also feeling a bit adventurous. You’re ready to take a risk and try something new. You might feel a bit lonely, but you’ll find support in the least expected places.

Aquarius - 9
Jan. 20-Feb. 18

You might feel a little vulnerable, but you’re also feeling a bit adventurous. You’re ready to take a risk and try something new. You might feel a bit lonely, but you’ll find support in the least expected places.

Virgo - 9
Aug. 23-Sept. 22

You might feel a little vulnerable, but you’re also feeling a bit adventurous. You’re ready to take a risk and try something new. You might feel a bit lonely, but you’ll find support in the least expected places.

Prostitution

Mitchell’s allegations, however, are serious. They were one of the first women to speak up about the sexual abuse of minors in the Catholic Church. She was one of the first women to speak up about the sexual abuse of minors in the Catholic Church.

I think [she] shines because she’s willing to take a stand against powerful institutions. She’s willing to take a stand against powerful institutions.

Schaal said that next term will be a crucial opportunity for women to be heard. She said that next term will be a crucial opportunity for women to be heard.

Mitchell is just one of many women who have come forward with allegations of sexual abuse and harassment.

I was inspired and moved by what she said. I think that’s what matters most.

Schaal said that Mitchell’s testimony was just the beginning of a larger movement. She said that Mitchell’s testimony was just the beginning of a larger movement.

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