By Jessica Opoien

President Barack Obama and the Democrats know how to do better,” O’Brien said. “The youth of La Croix around in the community, as well as part of Silentor Base have built a personal relationship with the community of La Croix and know that they need that facility for the youth of La Croix and for even the youth of Haiti.”

A Haitian voter at the voter registration center, O’Brien said Michael Vander Ploeg, DAB member and senior in architecture. “Since going to Haiti, we've built a personal relationship with the community of La Croix and we know that they need that facility for the youth of La Croix and for even the youth of Haiti.”

Scholarship gives students chance to join in tradition

Homecoming

By Frances Myers

ISU students will have the opportunity to make this year’s Homecoming by going to a bonfire near the ISU student union by applying for the ISU Central Court student council. By attending the bonfire, students will have the opportunity to provide data to the Special Urban Deer Task Force. The Special Urban Deer Task Force has surveyed deer population and made recommendations to the council regarding hunting policies and research studies.

By Tessa Callender

The children of Haiti are the driving force behind Design Around Borders’ understanding of designing a community center abroad, said Michael Vander Ploeg, DAB member and senior in architecture.

With that big-city atmosphere in mind, the children of Haiti are working to achieve their goals.

The Pew Research Center reports 45 percent of the population in 2006, the existing youth center in the area was closed due to political unrest, so the new center will give the children a chance to learn and grow. The children of Haiti are the driving force behind Design Around Borders’ understanding of designing a community center abroad, said Michael Vander Ploeg, DAB member and senior in architecture.

"You can't sit it out," Obama said. "You have to be out-educating us today or you are going to lose the competition tomorrow."
Crime

No one injured in Sunday night robbery attempt at Ames' Wendy's

Friday morning, two men robbed the Wendy's located at 206 12th Street, west of Main Street, at gunpoint.

The two suspects were arrested on Sunday night at 1:30 a.m., and have been identified as 19-year-old Steven Stine and 20-year-old Kevin Smith.

Business

Conference focuses on women

By Milly Dickerson milly@macomtel.com

Wednesday across Iowa congregate in the Cedar Falls Banbury Inn to wonder for the Young Women in Business Conference.

The conference, sponsored by The Banbury Inn and The University of Northern Iowa, brought together university students, professors and local business owners to discuss strategies for success in the business world.

The conference included a variety of sessions focused on topics such as entrepreneurship, leadership and marketing.

"Women are often overlooked in business, but we are here to focus on the importance of women in business," said conference organizer Julia Johnson.

The conference was organized by The Banbury Inn and The University of Northern Iowa, in collaboration with the Business Women of Iowa and the Iowa City Business Alliance.

"We want to empower women to pursue their passions, and to show them that they can be successful in any field they choose," Johnson said.

According to Johnson, the conference attracted a diverse group of attendees, including students, professors and local business owners.

"It was great to see such a wide range of people attend the conference," Johnson said. "We hope that they will take away valuable insights and leave inspired to pursue their dreams."
being thoroughly mishandled in 2010. The Republicans never really took control of the country, and it was over by the time they took the House Majority, if you consider the case.

This is, after all, the same Republican Party. They never really recovered from the backlash caused by the economic crisis of 2008, which forced their controlled Congress to pass stimulus packages and take big risks with their friends on Wall Street.

But why would Republicans suggest such a thing? It's not as if there's nothing to gain from it. They've always been able to tout their ability to cut taxes, even though their proposed solutions are always full of loopholes and exceptions.

If you're inclined to think this way, you're not alone. Republicans, who make up the majority of the U.S. Congress, have a history of pushing for legislation that benefits themselves and their wealthy constituents. They have a history of changing their positions on issues, often in response to changing circumstances.

So we can hear the words “tax cuts” during election years, even though it needs some fine-tuning and political action to craft a plan that is acceptable to both parties.

But why should we care about such inconsistencies? After all, it is not essential that Republicans or Democrats are united in their political approaches. We can expect to change direction as a response to surrounding events. No economic system is without some errors and failures. We cannot avoid change, as politicians agree with one another about such inconsistencies.

The politicians who adhere to ideological purity “act in their best interest.” They are, in many cases, dedicated to the idea that their political opposition is inherently evil, as Napoleon was to the concept of modern warfare, as all its unpredictability.

The politicians who adhere to ideological purity “act in their best interest.” It is not, as we may already know. The only time that we were able to get the government to cut taxes was in 2001 and 2003, when President George W. Bush was in office. The only time that we were able to get the government to cut taxes was in 2001 and 2003, when President George W. Bush was in office.

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Academic responsibility

Is financial reward for grades Mephistrophanesian?

By Heath Verhesstal IowaStateDaily.com

For as long as I can remember, I've been rewarded (or more properly, repressed) for my good behavior. If I go to school, I get good grades. If I work, I get paid. If I succeed, I get recognition. If I fail, I get punishment. And this cycle of rewards and punishments is one that I have come to expect and rely on.

But what happens when the rewards and punishments are not tied to academic performance? What happens when the rewards and punishments are tied to other factors, such as athletic ability or social status? Does this create a Mephistrophanesian environment, where the only way to succeed is to conform to the expectations of others?

I believe that this is a dangerous trend. The pressure to conform to the expectations of others can be overwhelming, and it can lead to a lack of individuality and creativity. It can also lead to a lack of critical thinking and problem-solving skills, as students are encouraged to focus on memorization rather than understanding.

In conclusion, I believe that the current system of rewards and punishments is flawed. It is time to re-evaluate the way in which we reward and punish students, and to create a system that is more focused on individual achievement and personal growth.
**Linebacker Knott earns Big 12 defensive honors**

By Jake Lovett, iowastatedaily.com

**Volleyball**

**Cyclones head south to face No. 12 Longhorns**

By Jake Calahan, iowastatedaily.com

**Football**

By Jake Lovett, iowastatedaily.com

**Commentary**

By Jeremiah Davis, iowastatedaily.com

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By Jeremiah Davis, iowastatedaily.com
Soccer

Defence keys big 12 victory

By Cory Weaver

The Cyclones' stingy defense proved the key to their first conference set of the season.

"Our whole team was incredible," said junior middle fielder Shannon Jenson. "We didn't give them much of an opportunity to score at all."

The 'Cyclones were led by a brilliant defensive effort that kept the Bears from scoring the entire game. McLaughlin and Satriakos played a key role in the team's success, as they both made crucial tackles to prevent any potential goals.

"I think it was our best performance of the season," said Jenson. "We knew what we had to do and we did it."

The win moves the Cyclones to 2-0 in conference play and 3-1 overall. Their next game is against the Kansas State Wildcats on Oct. 30.

Upcoming Informal Walks

Informal walks and registration deadlines.

Swoop Meet

Mile, 5k, 10k - Registration deadline Tuesday

Wolleyball

Mile, 5k, 10k - Registration deadline Wednesday

The talks were organized to provide a fun opportunity for students to socialize and get some exercise.

Football

Several members of the second-year Cyclone softball team...
Oct. 1 marks World Vegetarian Day, a day not only devoted to vegetarians but also to promote this lifestyle. Everywhere we look in society, our parents, doctors and other health professionals are telling us to eat more fruits and vegetables. This day is dedicated to exactly that: Eating more fruits and vegetables. Vegetarianism may be a confusing and scary concept to the meat eaters of the world. However, there are many reasons why one chooses this lifestyle, such as budget constraints, ethical issues due to the treatment of livestock, environmental sustainability, religious obligations and health concerns.

Being poor college students, budget is critical. The price of ground beef per pound is roughly $3.50, while a bag of white rice can cost all beans cents $2. The following list shows the different ways people have adapted vegetarianism:

- **Vegan:** Eliminates all meat and animal products from the diet, including honey, eggs, gelatin and dairy. Resist the use of animal products in apparel and cosmetics.
- **Vegetarian:** Eliminates meat and fish from diet. May consume honey and gelatin. Some use of animal products, such as leather.
- **Ovo-vegetarian:** Consumes eggs but no meat or dairy.
- **Lacto-ovo-vegetarian:** Consumes dairy products and eggs but no meat.
- **Pescetarian:** Consumes seafood in an otherwise meat-free diet.
- **Flexatarian:** Consumes primarily a plant-based diet plus occasional meat. May consume fish, dairy and eggs occasionally as well.

So, this year we are encouraging you to try being a vegetarian for just one day. Who knows? You might love it enough to change your eating habits or maybe just find some creative ways to introduce more fruits and vegetables into your everyday diet.

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**Religiously vegetarian**

Many people see vegetarianism as a fad people follow for moral reasons, but did you know some people are vegetarians for religious reasons? There are many types of religions around the world that prohibit the eating of certain types of meats.

Larger religions that set restrictions on meat include Judaism, Islam, Hinduism and Buddhism. Each religion has a different reason as to why they abstain from certain types of meat.

**Judaism:** Food consumption is affected by Laws of Kashrut. Food that is kosher is permitted to be consumed.

Non-kosher foods include pork, shellfish and rabbit. Any other type of meat that is eaten must be slaughtered by a kosher butcher, and the blood must be removed before consumption.

Another restriction concerning meat is that a Jewish family must have two separate sets of dinner ware: one set for meat products and one set for other foods. According to the Laws of Kashrut, consuming dairy products and meat products within the same meal or less than six hours of each other is prohibited.

**Islam:** Restrictions are similar to that of Judaism. Muslims follow the rules of dinneware and slaughtering with slight adaptations to suit their religion.

Islam also has set groups of foods that are not permitted. Fish that is lawful is called halal, while prohibiting food is called haraam. Haraam includes pork, carnivorous animals, birds of prey and shellfish.

Hinduism and Buddhism follow dietary habits most closely to that of vegetarians. Hinduism supports the idea of Karma very strongly. ‘Meat-eating has a negative influence on existence, causing ignorance and disease.’

This excerpt from the Mahabharata, an important text of the Hindu faith, summarizes their feelings about meat. Many Hindus are vegetarians, but some choose not to completely cut meat out of their diet. Those that do eat meat eat absolutely no beef because cows are sacred within the Hindu religion.

Perk, peel, crab, and duck are not prohibited, but they are offered. Other meat that is consumed must be killed as a sacrifice.

Buddhists have their own reasons to abstain from eating meat that are similar to the ideas of Karma. Here in Ames we have a Buddhist organization called Karma Kagyu Study Group.

‘The most basic point is that if they are able to do so while maintaining good health, Buddhists should be vegetarians,’ said Margaret Holmgren, the adviser of KKSG.

Buddhists believe that after death they reincarnate, or rebirth, into an animal form, and vice versa. They feel as if violence or pain inflicted on others will rebound upon them. This belief is why they are mostly vegetarian.

Along with reincarnation, another motive is stated in one of the five moral percepts: ‘I take the vow not to intentionally kill any living being.’

Vegetarianism is a choice within Buddhism, and not a law. Those who choose not to be vegetarians refrain from eating particular types of meat, such as beef. Also, fish and fowl are avoided at all costs because it takes many kills to make a meal. Modern-day Buddhists that do not eat meat order that their meat be butchered by the Chinese or Muslims.

With all religions there are different extents to which people follow these rules, and many diets are influenced by local culture and geographical location. It is important to keep in mind that not all followers of these religions adhere to these strict regulations. Modern day modifications have been made to these religions allowing more liberal choices, especially within the United States.
Filling in the gaps

By Kate Adams
AmesEats Flavors Writer

There are many reasons someone might choose to become a vegetarian, and there are many more reasons to try it out. If you decide to try it, it is very important to make sure you are still getting adequate nutrition, as there are many important nutrients found in meat. The main nutrients include: protein, iron, zinc and Vitamin B-12. Protein maintains healthy organs, bones, muscles, and skin. It is found in plant-based sources such as soy products, meat substitutes, whole grains, legumes, nuts and seeds. Iron is an important part of red blood cells. It is readily absorbed in the body from iron-rich plant foods such as beet greens, lentils, and wheat germ. Zinc is a key part of many enzymes and is important in cell division. Like iron, zinc doesn’t absorb as well in the body when coming from plant sources, so more is required. Good sources include: cheese (depending on what type of vegetarian you are), nuts, whole grains, and whey germ. Vitamin B-12 is essential for producing red blood cells and preventing anemia. B-12 is found almost exclusively in animal products, so it is encouraged to eat enriched cereals and soy products, or consider taking a supplement.

With any diet, variety is key. Eat many different types of foods while sticking to all the nutrients your body needs. Try to eat different colors of fruits and vegetables with each meal to ensure you’re getting a good selection.

Information gathered from www.mayoclinic.com

What is this?
Hin: It’s not soy.

To find out, go online to www.flavors.ameseats.com

Junk food vegetarian

By Gina Garrett
AmesEats Flavors Writer

Not every vegetarian follows their lifestyle for the same reason. I personally know several vegetarians and vegans, and I have never heard the same story twice.

But, I think there is a stereotype that vegetarians are anemic, pale and running through the woods eating berries and mushrooms.

The truth is you can’t spot a vegetarian by looking at them and some vegetarian restaurants serve a very restrictive diet that includes a lot of fast foods that other people do. I didn’t coin the phrase ‘junk-food vegetarian’, I truly believe it is a referring to vegetarians who aren’t vegetarians.

Meat allergies are rare and rarely cause anaphylactic shock. However, to really enjoy the benefits of a meat-free lifestyle, it can be quite problematic, especially if he or she was born and raised with the “meat and potatoes” food chain. And maybe you think it’s just plain unpalatable. You get the idea.

And maybe you think it’s just plain unpalatable. You get the idea.

So, even though someone says they are vegetarian, you cannot assume they eat a healthy diet.

When someone consumes a vegetarian diet including French-fries, macaroni & cheese, and full sugar sodas, they probably will see the same health issues we all deal with. It’s important to eat a healthy, meatless, whole-foods diet for health reasons.

Fridays at the local diner as part of the Lenten sacrifice? Not in my house. My Catholic grandpa opted for fish fry because he doesn’t like the idea of killing animals. He was a vegetarian for 26 years, according to his Catholic grandpa’s wife for fish fry Fridays at the local diner as part of the Lenten sacrifice. That might be nice for someone who can’t eat meat or not, almost no one in the U.S. eats enough fruits and vegetables. And maybe you think it’s just plain unpalatable. You get the idea.

There are many reasons someone might choose to become a vegetarian, and there are many more reasons to try it out. If you decide to try it, it is very important to make sure you are still getting adequate nutrition, as there are many important nutrients found in meat. The main nutrients include: protein, iron, zinc and Vitamin B-12. Protein maintains healthy organs, bones, muscles, and skin. It is found in plant-based sources such as soy products, meat substitutes, whole grains, legumes, nuts and seeds. Iron is an important part of red blood cells. It is readily absorbed in the body from iron-rich plant foods such as beet greens, lentils, and wheat germ. Zinc is a key part of many enzymes and is important in cell division. Like iron, zinc doesn’t absorb as well in the body when coming from plant sources, so more is required. Good sources include: cheese (depending on what type of vegetarian you are), nuts, whole grains, and whey germ. Vitamin B-12 is essential for producing red blood cells and preventing anemia. B-12 is found almost exclusively in animal products, so it is encouraged to eat enriched cereals and soy products, or consider taking a supplement.

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Vegetarian, but not by choice

By Kathleen Kohlhaas
AmesEats Flavors Writer

Vegetarians: Those who choose to abstain from eating meat for personal or religious reasons, right? Your 4yo friend possesses on the popularity because she doesn’t like the idea of killing animals. Your Catholic grandpa opts for fish fry because he doesn’t like the idea of killing animals. The environment, religious reasons, right? Your girlfriend stains from eating meat for personal or religious reasons, right? Your girlfriend doesn’t like the idea of killing animals. Your Catholic grandpa opts for fish fry because he doesn’t like the idea of killing animals.

But what about those who can’t eat meat because they are allergic to it? Meat allergies are rare and rarely cause anaphylactic shock. However, to really enjoy the benefits of a meat-free lifestyle, it can be quite problematic, especially if he or she was born and raised with the “meat and potatoes” food chain. And maybe you think it’s just plain unpalatable. You get the idea.

Whatever the reason you don’t eat meat, whether you are trying to help the animals, the environment, developing countries or other reasons, don’t forget to take care of yourself. It is more common for improvement in almost anyone’s diet. Whether you eat meat or not, almost no one in the U.S. eats enough fruits and vegetables. And maybe you think it’s just plain unpalatable. You get the idea.

The truth is you can’t spot a vegetarian by looking at them and some vegetarians are anorexic, pale and running through the woods eating berries and mushrooms. And maybe you think it’s just plain unpalatable. You get the idea.

But, I think there is a stereotype that vegetarians are anemic, pale and running through the woods eating berries and mushrooms. However, to really enjoy the benefits of a meat-free lifestyle, it can be quite problematic, especially if he or she was born and raised with the “meat and potatoes” food chain. And maybe you think it’s just plain unpalatable. You get the idea.

There are many reasons someone might choose to become a vegetarian, and there are many more reasons to try it out. If you decide to try it, it is very important to make sure you are still getting adequate nutrition, as there are many important nutrients found in meat. The main nutrients include: protein, iron, zinc and Vitamin B-12. Protein maintains healthy organs, bones, muscles, and skin. It is found in plant-based sources such as soy products, meat substitutes, whole grains, legumes, nuts and seeds. Iron is an important part of red blood cells. It is readily absorbed in the body from iron-rich plant foods such as beet greens, lentils, and wheat germ. Zinc is a key part of many enzymes and is important in cell division. Like iron, zinc doesn’t absorb as well in the body when coming from plant sources, so more is required. Good sources include: cheese (depending on what type of vegetarian you are), nuts, whole grains, and whey germ. Vitamin B-12 is essential for producing red blood cells and preventing anemia. B-12 is found almost exclusively in animal products, so it is encouraged to eat enriched cereals and soy products, or consider taking a supplement.

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What?  
If you have an umbrella and you’re getting on the bus, it’s mighty tough to not let those without umbrellas off first.

We just got the umbrellas and the breaks are already winding and grinding...just saying.

To the fifth floors boys of Matur–Thang you for making my day.

Ayo! If you’re going to wear black pants and black shoes, wear some black socks. You’re not an oreo. Just sayin’.

Hey, don’t be a jerk-support legaljay walking by people at crosswalks.

There’s a 30% chance you’re already raising.

I wish tatt all the buildings on campus had fireplaces, I could use the Rho network.

To my roommate who asks a pound of bacon for dinner the other day, you’re going to have a heart attack.

To the lady on the bus, I’m sorry, I did not mean to open your umbrella in your face. You looked very angry. And rightly so I suppose.

To the guy that asked if he could eat to the 5th floor girls and called me Miss, Thanks :) you made my day.

Best pick up line ever: what’s the best way to ask your prof out on a date?

Submit your LMAO(txt) at

Looks like I need a vacation. I was charged $12 to drop a class (a class button in August. EUV will NOT be accepted.

As a 30% chance that it’s already raining.

Hey-don’t be a persons nightmare.

Wishing you that all the cyberpunks for which you were charged $12 for recieving donations.

I wish taht all the chance that it’s already raining.

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What is it?
Stuffed the Bus™ is the Daily’s annual food drive. The goal of this philanthropy is literally to Stuffed the Bus™ full of food donations. All donations go toward the Mid-Iowa Community Action food pantry.

Want to help?
If you or your organization is interested in volunteering, please contact public_relations@iowastatedaily.com or call 515.294.4120 for more information.

Tips from our Dietitian:

Sara Lee 80 Calories
Blue Chips
No Salt Added
2.88 oz
2.99

Salsa Market Organic
2.48 oz
3.49

Garden Tricoles
2 oz
2.88

Beans
Salsa Green
3 oz

HEALTH

Tailgate the Healthy Way
Iowa State Cyclones football is home this weekend! Help cheer on the Cyclones while having a healthful tailgate celebration.

Tips from our Dietitian: Amy Clark RD, LD

Tailgating Tips

1. Compare and contrast menu items to find the most healthful options. Sometimes a sandwich or hot dog can be very healthful if you are careful to choose healthful sides and condiments.
2. Keep leftovers of your best dishes and save them for later. By starting simple, you are building a healthy tailgate.
3. Try leaner cuts, instead of ground beef, such as turkey or chicken. This will help limit the amount of calories and fat you consume.
4. Only make as much food as you expect to eat. This will help you avoid creating too much food and potentially wasting it.

Please enjoy from 10/20-10/20, 2010.

Electoral P: 24/1122

Q: How likely is it you’ll vote in the November elections?
80%
60%
5% 12%
6% 12%

30% 40% 50% 60% 70% 80% 90% 100%
60% 16%
12%
40%
100%
10%
100%
100%
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