Students buzzing about bees

BY DANIELLE GEHR
@iowastatedaily.com

With the use of a queen bee to entice the other bees, Maia Jaycox tries to stay calm as the black and yellow creatures crawl onto her face, creating a beard that buzzes.

While most fear bees and their stingers, Jaycox, and the American Beekeeping Federation (ABF) who crowned her this year’s honey queen, want to show people if they remain calm, bees are harmless.

“Though she did want to say, “don’t try this at home.”

“I was a little nervous to start with, but once we started getting going and the bees were moving, I was like oh, I can calm down, I can breath,” Jaycox said. “It was a little weird having the bees walk all over my face, but it was just an amazing experience.”

Jaycox is an Iowa State sophomore and a member of Kappa Alpha Theta. She took the semester off to travel around the country talking about beekeeping.

Jaycox was first thrown into the world of bees when her mom took up beekeeping – only to discover that she was allergic. Jaycox and her dad took over caring for the bees.

The aspiring queen bees applying for the position are tested on their communication skills as well as their beekeeping knowledge.

Jaycox first got involved with the program after she started volunteering at the Iowa State Fair. On the American Beekeeping Federation’s website, it describes the honey queen’s position as the entire beekeeping industry’s salesman or public representative.

“The Queen and Princess educate the public with facts on the beekeeping and honey industry concerning pollination of our nation’s crops and how dependent we are on the honeybee for agriculture, how honey is a healthy substitute for sugar and how honey also extends the shelf life of baked products and adds that extra special something, such as taste or texture to other products,” the ABF’s website states.

Jaycox said they encourage people to do their part to help the bee population.

She said if people do not have the resources to keep bees themselves, they should support local beekeepers by buying their honey.

“Plant as many bee-friendly flowers as possible because they need a healthy habitat to forage on,” Jaycox said.

“Not having enough healthy habitats is one of a multitude of reasons that Jaycox gave for a declining bee population.

Jaycox also warns people not to go into beekeeping blind.

When she started beekeeping, on top of the knowledge her dad had, she received support from mentors of the Iowa Honeybee Association.

Since starting her tour in January, Jaycox has been to 13 different states, including Iowa.

“It’s just amazing being able to travel to different places and tell them about how they can help honeybees,” Jaycox said.

She has done school presentations ranging from elementary school to the collegiate level.

As she travels, Jaycox has been picking up new beekeeping techniques and tricks.

She said every state has their own way of beekeeping, so this has been a learning experience for her as well.

The American Honey Queen Program has been crowning young beekeepers since 1959.

Jaycox is one of three Iowan honey queens.
Cultural connections
Building international bonds

A combined 300 international and U.S. students are getting ready to embark on a peer-mentor and culture exchange program for the fall semester.

The Cultural Ambassador Program aims to provide students and scholars a unique chance to meet others of diverse backgrounds within the Iowa State community. International and U.S. students become cultural ambassadors through a pairing process based on their interests and preferences. "American students will be helping international students transition to American culture, talking about holidays and traditions and vice versa," said Anna Nesterova, International Students and Scholars Office (ISSO) programming graduate assistant.

The program allows students to build a mutual understanding while establishing partnerships. Whether it be academic, friendship or cultural exchange, they are encouraged to participate in a variety of activities.

Cultural ambassadors are required to meet a minimum of three times for the semester, but as the relationships continue to build, students are meant to engage in many more activities, like hanging out and going to sporting events to open new perspectives as they build the college team spirit.

Joining clubs and other student organizations is also part of the experience for international students in order to meet domestic students. Not only does this give them a chance to make friends but is also a way for the ambassadors to learn about the importance of gaining leadership and team building skills.

"Students are encouraged to attend different kinds of events together. It can be academic events like lectures on campus, presentations, seminars," said Marina Reaoner, diversity and retention coordinator. "It is not a secret that we have a variety of events where students get involved with academic life. So having a partner who has some kind of different experience and engages [international students] in this new experience is very beneficial."

In addition to the program, there is a mid-semester project on Nov. 2, in partnership with a charity organization called Project Linus, whose mission is to make blankets for children in need. Given this opportunity, it creates a path for the students to eventually build their careers and succeed in academics while meeting a wide variety of people.

Although 500 students have registered, 300 have showed up to continue with the pairing process for the fall semester. This is the highest number that the program has seen since it was first established in 2015. This changes the dynamic of the process, as coordinators have started to introduce a new method to pair students.

"One of the ways we try to deal with that is introducing trios where there will be two domestic students and one international student because we have more domestic students who are interested in being a part of the program," Nesterova said.

In spite the fact that new laws were enacted earlier this year about the number of international people who are able to enter the U.S, "there was definitely some concern, it's really inspiring for us to see an interest in the domestic students who want to get engaged with international students to provide that support," Reasoner said.

The Cultural Ambassador program will begin a new session at the start of the spring semester.

LegaCY Club returns after nine-year absence

Putting on a cap and gown, walking across the stage and receiving a diploma is a dream that college students plan to one day make come true.

Graduation is not only a special day for students, but for their families and those that helped them get where they wanted to go. As alumni, some parents will even get to watch their children graduate from Iowa State as their legacies.

"The [LegaCY Club] was started to scale down. We didn’t have great participation in the program and were facing, like the rest of the university, a lot of budget cuts [in 2008]," said Sarah Craw, assistant director for member services. "So, the program scaled back significantly and then this year we decided it was finally time to bring it back."

After nine years and numerous requests to bring back the program, the LegaCY Club is returning and expanding with fresh ideas.

"We brought the program in its concept back this year, but changed the gifts that children were getting at their birthdays, changed from an email birthday card to a physical birthday card and then decided that we need to do things with current students as well," Craw said.

The LegaCY cords for commencement, one of the program’s new initiatives, came from the Student Alumni Leadership Council.

An honor cord is to be worn by students during commencement. Similar to academic cords and stoles, the LegaCY Honor Cord represents involvement and achievement.

"We saw that a lot of universities [with legacy programs] were doing legacy cords so we decided to bring them to our own program. We worked with Iowa State to get it approved, just so we had a way to honor families as students are graduating," Craw said.

The club is also working on events for current students that will start this year such as Family Weekend and move-in brunches as well as giveaways at orientation and Homecoming.

"[We want] to celebrate the current students who are legacies and have LegaCY family members," Craw said.

CRAW/IOWA STATE DAILY

COMMUNITY

BY WILLA COLVILLE @iowastatedaily.com

The LegaCY cords for commencement, one of the program’s new initiatives, came from the Student Alumni Leadership Council.
Volunteer and help support local women & families

BY KATLYN CAMPBELL
@iowastatedaily.com

Refuse, Repurpose, Reinvent are the buzz words associated with plastic pollution. Reduce, Re-use, Recycle isn’t enough.

Reiman Gardens showcases a sculpture exhibit that brings those 3 R’s to life. The Washed Ashore Sculpture Exhibit, obtained by Reiman Gardens in April, utilizes plastic debris as the main textile forming sea creatures to illustrate the affliction of pollution in oceans and waterways.

The Washed Ashore sculptures coincide with the Reiman Gardens 2017 season theme: water. There are 10 different sculptures throughout the garden.

Approximately 300 million pounds of plastic is produced globally each year and less than 10 percent of that is recycled, according to a Reiman Gardens pamphlet.

While plastic pollution may not be seen in Iowa to the extent it would be seen on the coast, the problem still exists.

“For us here in Iowa or even other states in the middle of the country, I think what happens is it’s out of sight out of mind. If we don’t see a direct problem we don’t think that it exists,” said Sara Merritt, education manager at Reiman Gardens.

At Reiman Gardens, the film “Washed Ashore: Art to Save the Sea” was shown every month since the exhibit opened. The film highlights artist Angela Haseltine Pozzi in her process of forming the idea for the sculptures and creating them with volunteer help.

“When I just kept seeing plastic on the beach I just thought ‘what’s going on?’ and I started doing research and realized that people just weren’t seeing it. I needed to get them to see it, and in a way that they could not ignore it,” Pozzi said in the film.

While people at the Reiman Gardens film screening admitted they’ve seen plastic pollution, they hadn’t seen it to the extent that was shown along the West Coast in the film “Washed Ashore: Art to Save the Sea.”

“It’s scandalous,” said Kitty Fisher, Reiman Gardens member.

While people at the Reiman Gardens film screening admitted they’ve seen plastic pollution, they hadn’t seen it to the extent that was shown along the West Coast in the film “Washed Ashore: Art to Save the Sea.”

“According to NOAA, an estimated 600 marine species including dolphins, whales, seals and turtles are killed or injured by plastic rubbish every year around the world.”

The film listed off ways viewers could reduce the plastic pollution issue. Involving the Ames Community Arts Council, Octagon Center for the Arts, Reiman Gardens and creating a local Washed Ashore chapter were mentioned as solutions.

Taking a page out of Pozzi’s notebook, Reiman Gardens employees began collecting plastic they found in their daily lives to help reduce plastic debris.

Unable to hold any more plastics, five months later with boxes full of food containers, bottle caps and milk cartons, Reiman Gardens had students from Lindsay Wede and Lisa Renze’s art classes at Ames High School take the garbage off their hands.

With the intention to use the plastic as supplies for art projects, the students—each left Reiman Gardens with a box or bag loaded with plastics.

Wede cited the Washed Ashore film as inspiring the art classes to be mindful of their waste.

“I really like the idea of conservation and mixing it with art,” Wede said.

While Reiman Gardens employees may not be collecting trash anymore they still focus on being cautious of the waste they produce. Ceramic plates, ceramic cups and glass glasses are used to reduce the consumption of plastic.

Sustainable gardening practices are also employed to cut back on the use of water, herbicides and pesticides.

“We can each make a small change in our consumer habits that prevent or help reduce the amount of plastic that ends up in our oceans,” Merritt said.

The Washed Ashore Sculpture Exhibit will remain at Reiman Gardens for the month of October. Another film screening will be shown during the month of October. Reiman Gardens is free to all Iowa State students with a valid ID.
POLICE BLOTTER
9.3.17
Tiana Marie Maier, age 22, of 985 26th Street - Des Moines, IA, was cited for driving under suspension at 5 16th St and University Blvd (reported at 10:14 a.m.).
An individual reported the theft of a package at Fredricksen Court (reported 11:01 a.m.).
An officer assisted an individual who was experiencing medical difficulties at Eaton Hall (reported at 7:49 p.m.).

9.4.17
Seekomin Sung, age 19, of 5,525 Welch Ave - Ames, IA, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Helser Hall (reported at 11:21 p.m.).

9.5.17
Daniel Cage Greesley, age 19, of 221 Beyer Court Unit 309 - Ames, IA, was cited for criminal trespass at Haber Court (reported at 10:43 a.m.).
An individual reported the theft of items from an apartment at 83 Frederiksen Road and N University Blvd (reported at 12:02 a.m.).

9.6.17
Jacob Kenneth Letsche, age 19, of 525 Welch Ave - Ames, IA, was arrested and charged with operating under suspension at S 16th St and N University Blvd (reported at 5:10 p.m.).

CORRECTIONS
IOWA STATE DAILY BUSINESS DIRECTORY

DANGEROUS CURVES is hiring entertainers. Must be outgoing and like to dance. Flexible schedule, perfect for students. Stop by 111 5th St for more information.

IOWA STATE DAILY BUSINESS DIRECTORY

Yesterday's crossword puzzle did not match the clues provided. The Daily regrets the error and inconvenience. Thank you for your patience.

Yesterday's crossword puzzle did not match the clues provided. The Daily regrets the error and inconvenience. Thank you for your patience.
Discrimination or political ideologies. Families enjoyed the whole day without any anger, fear, or political views.

The path of totality hardly touched any place in which a total solar eclipse could be seen. Although all 50 states had parts where at least a partial eclipse was visible, only 14 of those had the opportunity to gaze at the entire eclipse, in its 70-mile-wide totality, the shady path in which a total solar eclipse could be perceived. The path of totality partly touched the southwest corner of Iowa.

Western wildfires: 65 wildfires were ablaze in the West, including the La Tuna fire which has set the record for the largest wildfire within Los Angeles city limits, burning around 7,200 acres.

Mexico earthquake: the strongest earthquake to hit Mexico in a century with a magnitude of 8.2 killing at least 61 people has also set off a tsunami warning.

Hurricane Irma: the most powerful Atlantic hurricane on record hit Florida with 130 mph winds, killing at least 26 people and continuing to move North towards Alabama.

Hurricane Jose: yet another hurricane in the Atlantic has reached Category 2 and is possibly en route to hit the East Coast.

What is going on? What is causing all of these disasters? Is this it? Is the world ending?

The answer might be a little less dramatic and slightly less terrifying than the end of time: climate change.

Whether you believe that global warming is the result of human industrialization or just the planet naturally getting warmer on its own, there is scientific evidence that Earth’s climate is changing. And now this warming is attributing to more and more natural disasters.

The Los Angeles Times reported on some ways that researchers found climate change is affecting natural disasters: Higher temperatures mean higher sea levels and a higher risk of floods caused by a storm pushing water onshore. These high temperatures also increase the amount of moisture the atmosphere can hold and then release as rain which causes majorly destructive flooding during hurricanes.

As far as the fires, the higher temperatures create a drier ground which causes droughts that can easily spark. Once the fire is going, it easily moves through the dry air, scorching everything in its path.

Before you jump into the comments to attack me for believing in climate change, look around you. Between 2000 and 2009, there were three times as many natural disasters than from 1980-99.

The environment is changing and it’s not going to stop changing because we don’t believe in it.

Whether you believe in global warming or not, it won’t hurt for all of us to work on reducing our carbon footprint and do whatever we can to try to save our planet before it’s too late.

Remembering the unity of the solar eclipse

On Aug. 21, people in the U.S. observed their first coast-to-coast solar eclipse since 1918. Millions were successful in catching the full show directly, while others had to deal with dark bulky clouds or make do with live shows on social media. The exact figure is unknown, but it very well could be the most observed and the most important eclipse in 2024 and the one after that in 2045.

The excitement was at its peak and people enjoyed the whole day without any anger, fear, discrimination or political ideologies. Families and friends constellated lawns, streets and open grounds at midday on Aug. 21 to enjoy one of nature’s splendid galactic spectacles with love, peace and unity for the whole gorgeous day.

Besides all this excitement, researchers from different walks of science successfully collected a large amount of scientific data during this short-lived galactic event. Scientists will be working on this hefty data for years to answer various complex and mysterious questions of their respective fields.

In short, this natural celestial event proved to be an attractive force to unite the whole nation together. The nation should use this momentary natural event as a learning opportunity; if we can stay together for a few hours, we should be able to stay peacefully, hand in hand for the rest of this universe’s life.

Let’s envision together that the next total eclipse in 2045 and the one after that in 2045 will bring us more unity, peace, kindness and much more.

The environment is changing and it’s not going to stop changing because we don’t believe in it.

Whether you believe in global warming or not, it won’t hurt for all of us to work on reducing our carbon footprint and do whatever we can to try to save our planet before it’s too late.

Remembering the unity of the solar eclipse

On Aug. 21, people in the U.S. observed their first coast-to-coast solar eclipse since 1918. Millions were successful in catching the full show directly, while others had to deal with dark bulky clouds or make do with live shows on social media. The exact figure is unknown, but it very well could be the most observed and the most important eclipse in 2024 and the one after that in 2045.

The excitement was at its peak and people enjoyed the whole day without any anger, fear, discrimination or political ideologies. Families and friends constellated lawns, streets and open grounds at midday on Aug. 21 to enjoy one of nature’s splendid galactic spectacles with love, peace and unity for the whole gorgeous day.

Besides all this excitement, researchers from different walks of science successfully collected a large amount of scientific data during this short-lived galactic event. Scientists will be working on this hefty data for years to answer various complex and mysterious questions of their respective fields.

In short, this natural celestial event proved to be an attractive force to unite the whole nation together. The nation should use this momentary natural event as a learning opportunity; if we can stay together for a few hours, we should be able to stay peacefully, hand in hand for the rest of this universe’s life.

Let’s envision together that the next total eclipse in 2045 and the one after that in 2045 will bring us more unity, peace, kindness and much more.

The environment is changing and it’s not going to stop changing because we don’t believe in it.

Whether you believe in global warming or not, it won’t hurt for all of us to work on reducing our carbon footprint and do whatever we can to try to save our planet before it’s too late.

Remembering the unity of the solar eclipse

On Aug. 21, people in the U.S. observed their first coast-to-coast solar eclipse since 1918. Millions were successful in catching the full show directly, while others had to deal with dark bulky clouds or make do with live shows on social media. The exact figure is unknown, but it very well could be the most observed and the most important eclipse in 2024 and the one after that in 2045.

The excitement was at its peak and people enjoyed the whole day without any anger, fear, discrimination or political ideologies. Families and friends constellated lawns, streets and open grounds at midday on Aug. 21 to enjoy one of nature’s splendid galactic spectacles with love, peace and unity for the whole gorgeous day.

Besides all this excitement, researchers from different walks of science successfully collected a large amount of scientific data during this short-lived galactic event. Scientists will be working on this hefty data for years to answer various complex and mysterious questions of their respective fields.

In short, this natural celestial event proved to be an attractive force to unite the whole nation together. The nation should use this momentary natural event as a learning opportunity; if we can stay together for a few hours, we should be able to stay peacefully, hand in hand for the rest of this universe’s life.

Let’s envision together that the next total eclipse in 2045 and the one after that in 2045 will bring us more unity, peace, kindness and much more.

The environment is changing and it’s not going to stop changing because we don’t believe in it.

Whether you believe in global warming or not, it won’t hurt for all of us to work on reducing our carbon footprint and do whatever we can to try to save our planet before it’s too late.

Remembering the unity of the solar eclipse

On Aug. 21, people in the U.S. observed their first coast-to-coast solar eclipse since 1918. Millions were successful in catching the full show directly, while others had to deal with dark bulky clouds or make do with live shows on social media. The exact figure is unknown, but it very well could be the most observed and the most important eclipse in 2024 and the one after that in 2045.

The excitement was at its peak and people enjoyed the whole day without any anger, fear, discrimination or political ideologies. Families and friends constellated lawns, streets and open grounds at midday on Aug. 21 to enjoy one of nature’s splendid galactic spectacles with love, peace and unity for the whole gorgeous day.

Besides all this excitement, researchers from different walks of science successfully collected a large amount of scientific data during this short-lived galactic event. Scientists will be working on this hefty data for years to answer various complex and mysterious questions of their respective fields.

In short, this natural celestial event proved to be an attractive force to unite the whole nation together. The nation should use this momentary natural event as a learning opportunity; if we can stay together for a few hours, we should be able to stay peacefully, hand in hand for the rest of this universe’s life.

Let’s envision together that the next total eclipse in 2045 and the one after that in 2045 will bring us more unity, peace, kindness and much more.

The environment is changing and it’s not going to stop changing because we don’t believe in it.

Whether you believe in global warming or not, it won’t hurt for all of us to work on reducing our carbon footprint and do whatever we can to try to save our planet before it’s too late.
It started off as curiosity. "I wanted to do something different," Camryn Linster said.

"I love sports and fighting specifically, so I thought maybe I could be as cool as them." Now it's other boxers hoping to be as cool as Linster, as she's transformed herself into an All-American going into her senior season for the Iowa State Boxing Club. Last year, she made it all the way to the semi-finals before running into eventual champion Stephanie Simon of the Naval Academy, a boxer so good she was once featured on "60 Minutes."

"Simon said that was the toughest fight that she's had in her college boxing career," said Iowa State boxing coach Jon Swanson.

Many of the competitive boxers for Iowa State started off as having little to no experience prior to joining the club. Mikaela Blount, another All-American on Iowa State's boxing team, initially joined the club as a way to get in shape.

"I started my freshman 15 in senior year of high school," Blount joked. "I went to ClubFest and Cam actually shoved a piece of paper in my face and said 'join boxing,' and I'm like 'okay.'"

"From there I stuck with it and I thought 'this is actually a lot of fun.' Nothing really pushes you as much as boxing does mentally, physically and emotionally."

So how does Swanson and the rest of the coaching staff turn regular students into some of the best collegiate boxers in the country? The club's officers agree that in addition to hours of hard work and dedication to pushing each other, the emphasis on teaching the technical aspects of boxing plays a large role in the club's success.

"A lot of clubs basically have the same style," Blount said. "They're brawlers, which we don't teach. We teach more head movements and counter punches, and taking more control of the ring."

This style, reminiscent to that of Mike Tyson, has proven to be very effective when going up against the best boxing programs in the country. The very best of these programs include the U.S. Military Academies, which have long held a vice-grip at the top of collegiate boxing.

Swanson points out that Simon came up to him after the aforementioned fight with Linster and specifically mentioned Linster's head movements as a key reason for the fight's difficulty.

Another key factor in the success of Iowa State boxing has been a gradual increase in members this decade, which in turn has increased the talent level. What was once a club that only had 30 members in 2010 now gets as many as 100 members to show up for the first practice, according to member Andrew Smith.

A big reason for this uptick in members has been the increase in popularity of boxing among women. While there are several additional factors, the biggest reason for the member increase has been the integration of a women's national competition and the subsequent success of former ISU National Champion Olivia Meyer, who now coaches for the club.

“She basically started women's boxing at Iowa State,” said junior Connor Jobes. “She showed that men aren't always the best boxers.”

The number of new members could even further increase with the recent Floyd Mayweather vs. Conor McGregor mega-fight.

“I think more people will show up, which means more people will stay,” Jobes said. “The fight did a good job shining a spotlight on boxing.”

“The club prides itself on creating a tight knit atmosphere that pushes members to be the best that they can be. To anyone on the fence about joining, Jobes offers up a piece of advice. "It never hurts to try.”
Swap guilty for healthy

BY JILL OBRIEN  
@iowastatedaily.com

The first few weeks of school mark the onset of a semester of sleep deprivation, stress and the development of potentially poor eating habits. A packed schedule and very little break time means grabbing whatever is easiest or cheapest and eating it between lectures.

However, the easy choice is not always the healthiest, and when those choices pile up, they can have consequences. If you’re looking for a quick snack that won’t leave you feeling guilty, here are a few options that will keep you, your body and your wallet satisfied.

**Whole grains to last a whole day**

While bread and sweet treats provide a quick burst of energy, they lead to a fast crash and destabilized blood sugar.

That said, stick to whole grains for energy to last the whole day. Look for snacks that incorporate oats, quinoa or air-popped popcorn — try to find fun combos of these snacks.

**Feeling fatigued?**

Hectic schedules and a subsequent lack of sleep are not good feelings, and grabbing the nearest junk food snack only amplifies the feeling of exhaustion. Instead of grabbing a candy bar from the C-Store, opt for a small bag of mini bell peppers or a container of berries. These are antioxidant-rich snacks that will help eliminate feelings of exhaustion and dehydration. For a snack with an extra boost of protein, try apples with a tablespoon of peanut butter.

**Plan ahead, pack a lunch**

Not only does grabbing fast food between classes spell guilty feelings, but spending all that money tends to add up. If you know you are going to have a long day on campus, pack a lunch with your favorite foods for the long day ahead. Start with a sandwich with a lean protein, like turkey or chicken, throw in an easy-to-eat fruit or vegetable, like the aforementioned mini bell peppers or a small bag of fruity granola. This way, you’ll be saving money and eating something you already know you will enjoy.

BY JILL OBRIEN  
@iowastatedaily.com

The first few weeks of school mark the onset of a semester of sleep deprivation, stress and the development of potentially poor eating habits. A packed schedule and very little break time means grabbing whatever is easiest or cheapest and eating it between lectures.

However, the easy choice is not always the healthiest, and when those choices pile up, they can have consequences. If you’re looking for a quick snack that won’t leave you feeling guilty, here are a few options that will keep you, your body and your wallet satisfied.

**Whole grains to last a whole day**

While bread and sweet treats provide a quick burst of energy, they lead to a fast crash and destabilized blood sugar.

That said, stick to whole grains for energy to last the whole day. Look for snacks that incorporate oats, quinoa or air-popped popcorn — try to find fun combos of these snacks.

**Feeling fatigued?**

Hectic schedules and a subsequent lack of sleep are not good feelings, and grabbing the nearest junk food snack only amplifies the feeling of exhaustion. Instead of grabbing a candy bar from the C-Store, opt for a small bag of mini bell peppers or a container of berries. These are antioxidant-rich snacks that will help eliminate feelings of exhaustion and dehydration. For a snack with an extra boost of protein, try apples with a tablespoon of peanut butter.

**Plan ahead, pack a lunch**

Not only does grabbing fast food between classes spell guilty feelings, but spending all that money tends to add up. If you know you are going to have a long day on campus, pack a lunch with your favorite foods for the long day ahead. Start with a sandwich with a lean protein, like turkey or chicken, throw in an easy-to-eat fruit or vegetable, like the aforementioned mini bell peppers or a small bag of fruity granola. This way, you’ll be saving money and eating something you already know you will enjoy.

BY JILL OBRIEN  
@iowastatedaily.com

The first few weeks of school mark the onset of a semester of sleep deprivation, stress and the development of potentially poor eating habits. A packed schedule and very little break time means grabbing whatever is easiest or cheapest and eating it between lectures.

However, the easy choice is not always the healthiest, and when those choices pile up, they can have consequences. If you’re looking for a quick snack that won’t leave you feeling guilty, here are a few options that will keep you, your body and your wallet satisfied.

**Whole grains to last a whole day**

While bread and sweet treats provide a quick burst of energy, they lead to a fast crash and destabilized blood sugar.

That said, stick to whole grains for energy to last the whole day. Look for snacks that incorporate oats, quinoa or air-popped popcorn — try to find fun combos of these snacks.

**Feeling fatigued?**

Hectic schedules and a subsequent lack of sleep are not good feelings, and grabbing the nearest junk food snack only amplifies the feeling of exhaustion. Instead of grabbing a candy bar from the C-Store, opt for a small bag of mini bell peppers or a container of berries. These are antioxidant-rich snacks that will help eliminate feelings of exhaustion and dehydration. For a snack with an extra boost of protein, try apples with a tablespoon of peanut butter.

**Plan ahead, pack a lunch**

Not only does grabbing fast food between classes spell guilty feelings, but spending all that money tends to add up. If you know you are going to have a long day on campus, pack a lunch with your favorite foods for the long day ahead. Start with a sandwich with a lean protein, like turkey or chicken, throw in an easy-to-eat fruit or vegetable, like the aforementioned mini bell peppers or a small bag of fruity granola. This way, you’ll be saving money and eating something you already know you will enjoy.
If you haven’t decided on a major yet, consider an exciting future in business. Our graduates have a high job-placement rate and high average starting salaries. Learn more during Business Week 2017!

www.business.iastate.edu

Understanding and Defeating Racism and Discrimination in America

Tim Wise

Tim Wise is a prominent antiracist writer and educator and author of the memoir White Like Me: Reflections on Race from a Privileged Son. He has spent the last 25 years speaking to audiences across the country about tackling corporate, government, media, and military professionals on methods for dismantling racism in their institutions.

Wednesday, September 13, 2017

2 pm - Stephens Auditorium Iowa State Center

Iowa State University

PRESIDENT’S ANNUAL ADDRESS

Interim President Benjamin J. Allen shares his priorities for the start of the academic year and the presidential transition.

THURSDAY, SEPTEMBER 14

GREAT HALL, IOWA STATE UNIVERSITY MEMORIAL UNION

6:30 p.m.

Doors will open at 6:00 p.m.

Light refreshments will be served following the address.

LIVE VIDEO STREAMING OF THE EVENT

WILL BE AVAILABLE AT

WWW.PRESIDENT.IASTATE.EDU

THE FIRST STEP TO YOUR CAREER

JoHNSTON & MURPHY

215 Main St. | Downtown Ames | 515.232.3473

*15% off when you show your ISU ID!