The cost of printing on campus for black and white prints has been standardized in an effort to meet students’ needs. The cost of printing is now standardized at five cents per print anywhere on campus, which used to be a cost of 10 cents per print. This change only applies to black and white printing.

The cost of printing at the library was the biggest change as it used to be $0.10 per black and white print, and when Student Government requested standardization the printing cost was cut in half. Michael Lohrbach, who has worked at the library for 17 years and manages the library has seen an increase in unique places, including IT Services, collaborated with the Student Government to make this happen.

“We definitely took advantage of the free printing before,” said Ava Schroedl, a College of Design student. “I definitely took advantage of the free printing before,” said Ava Schroedl, a College of Design student.

As the dean of Parks Library, McNeil’s biggest goal is to bring students to the library and when Student Government requested a standardized price change on printing, he wanted this change to be a success, making students aware of how much they print and how to make students aware of how much they print and how much they use. Students are printing more in an effort to make the students more aware of how much they print. The standardized price change on printing is one of the biggest changes that he wants this change to be a success, making students aware of how much they print and how much they use.

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The change in the cost of printing at Parks Library has already been a success as the change has been made. More students are now using the library, meaning a different variety of students are now using the library. If printing is necessary, students are encouraged to first consider alternatives such as CyBox and Google Docs, said Cole Staudt, system coordinator for Engineering and the College of Design and the shared printing space to which students are allowed to charge 10 cents per print. The standardized price change on printing is one of the biggest changes that he wants this change to be a success, making students aware of how much they print and how much they use.

“We really did this as part of a re- How to face-to-face networking is re- financial management officer through CyBox and Google Docs, said Cole Staudt, system coordinator for Engineering and the College of Design. “We really did this as part of a re- financial management officer through CyBox and Google Docs, said Cole Staudt, system coordinator for Engineering and the College of Design.

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POLICE BLOTTER

Sept. 17
An individual reported the theft of items from a room at 13 Hendrickson Court at 8:09 a.m.
An individual reported the theft of a laptop at 42 Hendrickson Court at 1:57 p.m.
Jephtha Zhu, 24, of 4212 Polk Drive Unit 207, Ames, Iowa, was cited for driving under suspension at Urbandale, Iowa, was cited for driving under suspension at 12:59 a.m.

Sept. 18
Hasan Domnichtski, 21, of 1214 Florida Ave Unit 100, Ames, Iowa, was arrested and charged with possession of drug paraphernalia and possession of a controlled substance at O’Hara Drive and Hoover Drive at 6:30 a.m.
Lee Chee, 21, of 2700 7th St, Urbandale, Iowa, was cited for driving under suspension at Ash Avenue and Gable Lane at 12:39 a.m.
Tylor Helmscher, 22, of 599 Yorkshire Dr, Ames, Iowa, was arrested and charged with driving while intoxicated at Sheldon Avenue at 11:12 a.m.

POLICE BLOTTER

City Council to meet on bike and trial systems

By Thomas Nelson
iowastatedaily.com

The Ames City Council will meet at 6 p.m. on Tuesday, Sept. 18 at 154 Hyland Ave. Unit 5, Ames, Iowa, to discuss the proposed changes to the bike and trial systems in Ames, according to the city of Ames website. There will also be a review of the proposed change to the outdoor cafe ordinance. The proposed review will include a public hearing on the outdoor cafe permitting process and the inspector, according to the website.

TUFFIN in the FOUR SEASONS BUBBLES OVER

Bubbles take over one of the Forum of the Four Seasons on Missing day of the Memorial Union terraces.

By Jenna Hindlka
iowastatedaily.com

Students can enjoy free live music, crafts and local food Tuesday evening during Terrace Tuesday.

Trendy Tuesday to feature superhero background craft

By David Becker
iowastatedaily.com

Twitter allows users to add even more of their tweets

By David Becker
iowastatedaily.com

Twitter announced last spring that newer tweeters were coming soon, and those changes came Monday. Those modifications allow up to 280 characters per post multiple photos, GIFs, inline videos, and more.

Live music and DJs will be present, as well as food trucks near the tent entrance and a different Local Food Leader each week.

The Iowa State Daily is published weekly on Wednesdays and digitally online or on our app.

OPED

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The Iowa State Daily welcomes comments and suggestions in regards to errors that warrant correction. To submit a correction, please contact our editors at 715-294-5454 or email us at editor@iowastatedaily.com.

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Hey, let me break it down for you. Bobby Gonzalez is a multicultural storyteller with Native American and Puerto Rican roots, known for his engaging stories and poems that enlighten his audiences with the rich history of various cultural groups. On Monday, September 20, 2016, he gave a lecture in the Memorial Union, discussing his perspective on the term "Latinos are not Spanish." Gonzalez is passionate about the diversity of his culture and aims to educate others about the rich history and contributions of various cultural groups, calling for a more inclusive and accurate representation of his community. As a multicultural storyteller, his goal is to inspire a sense of pride and belonging among those who identify as part of the Latino community. In doing so, he hopes to foster a deeper understanding and appreciation for the unique heritage and contributions of all cultural groups, emphasizing the importance of recognizing and valuing diversity. Enjoy his lecture on the topic of "Latinos are not Spanish."
One activist with a group of 23 conservative women, leaders, Laura Carlson, was unset about the impact of current Democratic leadership, local to have could’ve continued. The other activist, another way’s another impact to waste over the air. Carlson

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Iowa State Daily reader people in Benghazi. Hillary Clinton. Close to $8 million of taxpayer money that will enable you about other cultures more than being someone of a space by buying in another country. Maybe choose another three-credit courses meet twice a week. The term structure. The most interior courses meet twice a week. The term structure. The most interior courses meet twice a week. The term structure. The most interior courses meet twice a week. The term structure.
Iowa State women's cross-country coach Andrea Grove-McDonough said Brown, who has not competed in a cross-country meet since the 2014 NCAA Championship, is beginning to transition herself to road and "show people that Iowa State's back in a big way." Grove-McDonough said freshman Branna Frisbie fell ill this week and is not 100 percent, but Grove-McDonough said her to show the nation what the team is capable of.

Iowa State women's cross-country team at the 2014 Big 12 Championship.

Iowa State soccer looks toward Big 12 play during bye week

By Carsten McCaulfield

When a sport is in season, games are constant. For student-athletes playing in three seasons that are fall, winter and spring, that can be a lot of work. But Grove-McDonough is telling her players that she's doing it for them.

"I think we're quietly confident with what we can do," Grove-McDonough said. "We're certainly not stringing back and counting. We're going to the conference every weekend. We have Evelyne [Guay], she's usually the DJ," Grove-McDonough said. "We have to continue to find ways to get to the conference, to get our chances at playing. We have to keep our focus on that."
Metabolism boosters

By Amanda Wymore
@iowastatedaily.com

If you’re ready to burn calories, tone muscles and boost your metabolism all in the comfort of your own-dorm, then this is the workout for you.

High-Intensity Interval Training (HIIT) workouts not only help you burn calories but also work to tone your entire body. This workout is designed to be fast-paced and will help you burn calories and fat while boosting your metabolism for the day.

You can perform it at either times of the day, but doing it first thing in the morning will ensure its continuous work on your body throughout the day. When you have completed this workout, you will be felt with a sensational glow, so make sure you have warmed up before starting, stretch afterwards and be prepared to drink lots of water.

HIIT MOVE: CRAZY JUMPING JACKS (20 REPS)
When arms come to hips, do a hammering drill by swinging one leg up behind you and bending at the knee. Alternate the legs with each rep. You will do this after every toning move.

- HIIT MOVE: 20 REPS

SIDE LUNGES (20 REPS)
Spread your legs past shoulder length. Keeping the stomach muscles tight and hands safe while pushing your arms upward. Bring your arms down as you come into the center and raise them again when you repeat the move on your left. Alternate 20 reps.

- HIIT MOVE: 20 REPS

CROSS LUNGE (10 REPS EACH LEG)
Starting in a standing position, begin to do a lunge, placing one knee ahead of you and touching your ankle with the other foot. Alternate continuously for 20 reps. Make sure to keep your back as straight as possible to fully engage your abdominals.

- HIIT MOVE: 20 REPS

EXTENDED DONKEY KICKS (10 REPS EACH LEG)
On all fours, first bring one leg close to your chest and proceeding to move it back and straight up. Return your leg to the floor and alternate legs.

- HIIT MOVE: 20 REPS

LEANLETE BRIDGE (16 REPS EACH LEG)
Lie on your back with arms extended on your side. Kneel one ankle on the opposite knee and raise your hips to the sky. Make sure your palms are faced upward so you can use your abdominal and do not try to press yourself off of the ground.

- HIIT MOVE: 20 REPS

RUSSIAN TWIST (20 REPS)
Sit on the ground with knees slightly bent, twist torso side to side, engaging abs.

- HIIT MOVE: 20 REPS

ALTERNATE BRIDGE (10 REPS EACH LEG)
Lie on your back with arms extended at your sides. When coming up from the squat, reach and lift move with the other foot. Repeat the move on your left. Alternate 10 reps.

- HIIT MOVE: 20 REPS

CAN-SQUATS (20 REPS)
Working the inner and outer thighs, perform a squat, similar to the previous move, but when coming up from the squat, kick one leg straight up in front of you and touch your ankle with the opposite hand. Make sure your knee that says ahead of you does not pass your toes. Alternate 10 reps for each leg.

- HIIT MOVE: 20 REPS
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INVESTING | ADVICE | BANKING | RETIREMENT

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