Iowa State is requesting approval for project planning for the Biosciences Building, construction of which is estimated to cost $39 million. The project is expected to cover operational costs of new building north of Lagomarcino on the north end of campus.

Iowa State is also looking for the Pi Kappa Phi national fraternity to face the Pi Kappa Phi, said he decided to leave the fraternity after members were forced to move out of the house in December. Iowa State Center Flat Space was approved for project planning on the space on March 4. The university also received permission to proceed with project planning. The legislature must also be present a confirmation. The university also approved a five-year fiscal budget plan, with a $25 million would come from private donations.

The university also approved a five-year fiscal budget plan, with a $40 million would come from private donations. The university also approved a five-year fiscal budget plan, with a $25 million would come from private donations.
By Dulson Bergan
mbenberg@iowastate.edu

A previous Iowa State student was recently selected as one of over 100 applicants to apply for the 2014 NICHE awards show. "I was absolutely shocked" when I found out that I was chosen as one of the finalists," said Baxter. This was the first time that she had applied for the NICHE awards, and she was very happy about the notification. "I was very excited about the opportunity to participate in such a prestigious event," she said.

Baxter is a junior graphic design major who is known for her creativity and innovative techniques. Her art includes various mediums, such as painting, collage, and printmaking. "I love experimenting with different materials and techniques," she explained. "I enjoy the challenge of finding new ways to express my ideas through art." Baxter's work is often characterized by its bold colors and dynamic compositions. "I try to create pieces that are visually striking and thought-provoking," she said.

Baxter's art piece, "Dance at Roberts Hall," is a mixed media installation that features a variety of materials, including metal, glass, and fabric. "I wanted to create a piece that was both visually interesting and conceptually rich," she said. "I wanted to explore the idea of a dance, and how it can be interpreted in different ways."

Baxter said that her art is influenced by her personal experiences and interests. "I find inspiration in many different things," she said. "I love music, and I often incorporate elements of it into my work. I also enjoy exploring new techniques and materials." Baxter is currently working on a new series of pieces that explore the theme of identity and self-expression.

Baxter's art was chosen as a finalist for the 2014 NICHE art awards show. "I am very excited about the opportunity to participate in this prestigious event," she said. "I am looking forward to meeting other artists and sharing my work with a wider audience." Baxter's piece will be showcased at the NICHE awards show in May, and she will have the chance to exhibit it to a national audience. "I am very grateful for this opportunity," she said.
The Young Women's Christian Association is working with international students' spouses to learn about life in the United States and to get adapted to a foreign society.

According to Beatty, the graduate students hope that the spirit of collaboration will continue to grow across the disciplines at Iowa State. “These were not just words we threw around ourselves,” Angeloff said. “We are providing this support for faculty to live in Ames and to be unaware of what is going on around oneself and be more aware of what is going on around them.”

Beatty said that the graduate students’ journal is the first student peer-reviewed journal created by the YWCA and part of the sanction, so the fraternity will keep its members agreed upon with the university.

Angotti said. “Moving for four years is usually something one person is responsible for making, but a doctorate can be difficult because it is a collaborative effort with all of the group seeking to contribute,” Beatty said. “We came together to create a space for everyone to contribute their critical work in the form of agents in a student's community. We have needed to be registered with the university.

According to Beatty, the graduate students’ journal was done by a student-publication committee. “We are providing this support for faculty to live in Ames and to be more aware of what is going on around oneself and be more aware of what is going on around them.” Beatty said.

Beatty said the collaboration involved not only the group working together to make sure everything was double-checked. The graduate students wanted the journal to be near-enough to be of interest to the community in the form of journals.

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Your image appears to be a page from a university newspaper or magazine. The content includes an editorial discussing campus accessibility, with a section titled "Campus accessibility has room for improvement" and another titled "Cancel class to protect students from extreme cold." The editorial highlights the need for better accessibility measures on campus, especially for students with disabilities, and expresses concerns about the university's response to extreme weather conditions. The text also mentions the struggles students with disabilities face in navigating campus during winter weather. The cancellation of classes and the university's communication about such decisions are discussed, emphasizing the importance of clear and timely information for all students.
After some recuperation, senior Michelle Shealy works to return her routines to their previous level.

When Iowa State women's basketball fans look at the Cyclones, they see the most recent example of how hard a team can work toward a single goal. Their success is a result of their dedication.

Iowa State University

Wednesday, Feb. 5, 2014
Editor: Alex Halsted

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Iowa State Daily

REGAIN BALANCE

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Editor: Alex Halsted

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Iowa State Daily

Rashad Vaughn to announce college decision

By Alex Halsted
@Iowastatedaily.com

Iowa State has long recruited Rashad Vaughn, and it will find out this weekend if the prized recruit has chosen to play college basketball for the Cyclones. Vaughn, ranked as the No. 3 recruit in the class of 2015 by ESPN.com, tweeted Tuesday afternoon that his decision will come at the end of the week.

"Will be announcing my decision this weekend" Vaughn tweeted.

In his December video, Vaughn narrowed his list of options to two schools: Iowa State, Ole Miss, Kansas, Kansas City and the University of North Carolina. He made his official visit to Iowa State when the Cyclones defeated No. 7 Michigan on Nov. 14 at Hilton Coliseum and toured the facility the next week on Nov. 25.

Vaughn hasn't made official visits to Kansas, Kentucky or North Carolina. He was scheduled to visit North Carolina next weekend. He said during his November visit he has one of the best relationships with the UNC coaching staff.

"They've been recruiting me since ninth grade," Vaughn said. "I've got a great relationship with them.

He also said that would be one of the first decisions he would make. "Really, relationships and where I feel comfortable," he said. "I come in and make my decision."

"When I come in and fit in, that's what it's really going to come down to."

The 6-foot-5 guard is ranked by ESPN.com as its No. 11 recruit for the 2015 class. He's a four-star recruit according to Rivals.com, tweeted Tuesday afternoon that his decision will come at the end of the week.

"I'm just going to come back, 100 percent sure, get thatHis class ranking is second only to Taylor Gobeil, who is ranked by ESPN.com as its No. 7 recruit for the 2015 class.

Vaughn is from Chicago and is expected to play small forward for the Cyclones. Vaughn and his Cyclones teammates will have to decide on a new coach for the program. Fred Hoiberg will not return as head coach of the Cyclones.

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Iowa State looks to prepare MUC's zone defense a second time

By Dylan Montz
@statedailynews

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"We played full-court defense and didn't have any problems," Blackwood said. "We got stops and then drew down on the offensive end and made some shots."

Blackwood was pleased with his Cyclones’ ability to keep opponents out of the paint.

"They were hurting us at the free-throw line," Blackwood said. "It's always good to hit shots and knock them down like that."

"We try to run our plays through, get open shots and knock them down like that.

The Cyclones will play the Horned Frogs at 7 p.m. tonight at Hilton Coliseum.

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Coaches communicate with whistles, hand signals in races

By Kyle Heim @iowastateDaily.com

Unlike football, basketball and baseball, swimming is all about," ISU swims and dive head coach Duane Sorensen said. "A lot of jokes. A lot of fun. A lot of things." While communication does exist during races, it is very limited and only includes whistles and hand and arm signals.

"There aren't many times when coaches communicate during practices," Huber said. "We are teaching them to swim in a more team-oriented attack on the pool deck. We have to make it as a team, we have to work on those things." But even if we had lost both games, I think the biggest thing that has come in, there are going to be a little bit of a rocky road. But now and getting a win against Kansas because they're doing a good job. The seniors have gotten faster and better. They've had access to the systems, practice and we know that they necessary haven't seen before." ISU swimmers and divers will next be in action Feb. 1 when they travel to Athens, Ohio to compete in a double-dual meet against the Ohio State Buckeyes and Oberlin. The Cyclones (4-1, 0-1 Big 12) will be competing in their third and final Big 12 dual-meet of the season and will attempt to keep their unbeaten record (4-0-1) alive.

Campuses

By Will Marquez @iowastateDaily.com

When Jason Fairman became the head coach of the Cyclone Hockey team earlier this season, he let his players know that there were going to be some changes. Not soon after, Fairman began to implement his style of hockey into the program, but it has not yet seen a weekend series with Lindenmood University that he started as a junior at the University of Manitoba.
"Things are starting to come together," Fairman said. "I don't want to be too optimistic because we still have a ways to go. But the guys are alive, the guys are hungry. And even if we lost both games, I think the biggest thing that has come in, there are going to be a little bit of a rocky road. But now and getting a win against Kansas because they're doing a good job. The seniors have gotten faster and better. They've had access to the systems, practice and we know that they necessary haven't seen before." ISU swimmers and divers will next be in action Feb. 1 when they travel to Athens, Ohio to compete in a double-dual meet against the Ohio State Buckeyes and Oberlin. The Cyclones (4-1, 0-1 Big 12) will be competing in their third and final Big 12 dual-meet of the season and will attempt to keep their unbeaten record (4-0-1) alive.

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With the ever-increasing price of tuition, it's no surprise that the number of students in debt is also on the rise. Balancing multiple part-time jobs and taking out extra loans, it can be extremely difficult to keep the bills from piling up. The added stress of wondering how to pay the next month's rent or where the money to buy groceries for the week will come from can have a negative impact on academics. That's where Students Helping Our Peers can help.

Students Helping Our Peers, The SHOP, is Iowa State's on-campus food pantry. The organization is run by student volunteers who want to give back to their peers, and it can be used by any student. The service is completely free and anonymous, no questions asked.

Over the past three years, since opening in January 2011, use of The SHOP's services has more than tripled. Kirsten Mancosky, junior in Diet & Exercise and President of The SHOP, is excited about this growth. "We are not only happy to serve all students, but want people to utilize the service. With hope that the food pantry stigma will subside, usage of The SHOP should continue to increase," says Mancosky.

Although the first image that comes to mind with the words "food pantry" is canned food, The SHOP offers much more than that. Yes, the shelves are stocked with canned fruits, vegetables, beans, sauces, and soups, but there are also a wide variety of other non-perishable foods. Boxes of cereal, popcorn, pasta and rice can be found among jars of peanut butter and applesauce, hot chocolate and Crystal Light drink mixes. According to Mancosky, some of the more popular items include peanut butter, cake and cookie mixes, and popcorn.

Canned proteins are another important item that The SHOP offers. Options such as canned chicken, tuna, salmon, SPAM, or beans can be low-cost alternatives in recipes and add a healthy source of protein to meals.

The SHOP also offers a wide variety of non-food items. They often stock household items such as dish soap, laundry detergent, and paper towels. Personal care items such as toothbrushes, toothpaste, shampoo and deodorant are also offered.

The SHOP is open 3 to 6 p.m. Tuesday through Thursday in Room 2616 of the Food Sciences Building. For more information about The SHOP or how to donate or volunteer, like them on Facebook or visit their website on the University's student organizations page.

Lincoln Center Dietitian
Amy Clark, RD, LD
515-450-0508
aclark@hy-vee.com

West Lincoln Way Dietitian
Nicole Arnold, RD, LD
515-229-5543
narnold@hy-vee.com

West Lincoln Way
3800 West Lincoln Way
292-5543

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