AIDS treatment has economic impact

By David Gerholdt
@iowastatedaily.com

Over the last few decades, society has achieved major success in the fight against AIDS, but there is still a lot to be done, said David Over, senior fellow at the Center for Global Development and former World Bank economist.

Over said this year’s World AIDS Awareness Week with its theme, “The Global Struggle against AIDS — The U.S. Role & Prospects for Sustainability,” is an opportunity to discuss different topics that relate to their studies.

Learning communities foster connections, help students engage

By Blake Deeson
@iowastatedaily.com

Each year at Iowa State, there is an opportunity for peer mentors from every learning track to apply to be peer mentors and to nominate their supervisor for a peer mentor supervisor award.

This year, Lois Girton, academic advisor in the genetics department, was the recipient of the peer mentor supervisor award. Girton is in charge of the University’s peer mentor program and works closely with the community on campus.

The awards are presented at the annual peer mentor recognition event at the end of April. Girton attended the event to honor her peer mentors and hope that one day they would receive the outstanding peer mentor award for which they have nominated Girton. The peer mentor award is focused on that rather than the one for the department which Girton said if it came it would be a "surprise," Girton said.

"It was nice to receive the award because it shows that my peers and mentors are recognized and that students who took the time to put in the effort and hard work have recognized me," Girton said.

Learning community members are regulated to enroll in a certain number of classes together, making their class schedules quite similar. Girton gives members a chance to get to know one another.

"Learning Communities are a fortunate group for freshmen, as everyone is extremely important to the incoming freshman," Girton said.

"But if you have the opportunity to have a learning community, it’s a great experience, and the idea is to bring motivated people together in built-in venues for stu-
While Indian, South Korean, Malaysian and other major international groups represented at Iowa State may come in smaller numbers, they are still fairly large. The Chinese Student Association has set up numerous events this semester to bring international students together and to get new students involved.

Thursday

By Kat Gruenewald
mggruenewald@iowastatedaily.com

Of Iowa State’s 3,797 international students, nearly 1,368 are from the People’s Republic of China. This group has been the largest international group on the ISU campus since 1993 and has grown rapidly during the past years.

Other major international groups from India, South Korea and Malaysia also enrolled more international students of the Chinese population here, but with a range from 200 to 400 students they are still largely separate from the student populations of other countries.

Coming to Iowa State as a student from one of these backgrounds can be quite an adjustment, said James Dorsett, director of the Chinese Student and Scholar Office located on the fourth floor of the Great Hall, an organization that works toward solutions to ending poverty.

"Obviously if there is a lot of students that’s easier to do because they set up this environment," said Dorsett. "But for the few people on charge of different things, that makes it easier to handle all those sorts of issues."

Dorsett said, "The Chinese Student Association put up numerous events this semester to bring international students together and to get new students involved. We helped them to get involved for Iowa State as soon as possible. During orientation we had a short introduction of Iowa State and Iowa, where to go, how clothes looks like and things like that."

"We helped them to open their bank accounts and get their cell phone set up," said Dorsett.

The Chinese Student Association which represents the third-largest international group among ISU students right now.

"We do a little gathering, where we introduce the university and give them our advice and why they all come again when we come back here in Fall when they all try to settle in their American friends," said Dorsett.

Choo, graduate student in Accounting and president of the Chinese Student Association said, "We are really close to each other."

Advances in technology have brought the Chinese Student Association closer together.

"We have some events, like their Chinese New Year, their foreign friends." Dorsett said. "We also have some Chinese New Year," said Choo.

Dorsett said that when they have had some Chinese New Year events, people have come to the events from other countries.

"That was typical," said Dorsett. "We also have Chinese New Year," said Choo.

"For the Chinese New Year," Choo explained, "for Chinese new year, we make a moon cake and make it feel back at home. It is a tradition," said Wang.

"When you have families," said Choo, "you have to meet them, it is really traditional, we have to be there."

Dorsett agrees that when you are a non-native speaker and need help with certain things, you can get help from others in that situation can be beneficial. "I think that part of the value is being able to do it in a new environment, that is the most important."

"If I am a non-native speaker and need help with certain things, it would be this helpful that your English is not very good," Dorsett said.

"If I am a non-native speaker and you are a non-native speaker and have trouble," said Dorsett, "I may feel more at home in a situation like this."

"Now I would have an American because I would think that your English is not very good," Dorsett said.

"We do," Choo said. "In the Chinese Student Association does that as well." "For the Chinese New Year," Choo explained, "we provide moon cake and make it feel back at home. It is a tradition," said Wang. "We also have some Chinese New Year," said Choo.

Dorsett said, "We also have some Chinese New Year," said Choo.

"When you have families," said Choo, "you have to meet them, it is really traditional, we have to be there."

Dorsett agrees that when you are a non-native speaker and need help with certain things, you can get help from others in that situation can be beneficial. "I think that part of the value is being able to do it in a new environment, that is the most important."

"If I am a non-native speaker and need help with certain things, it would be this helpful that your English is not very good," Dorsett said.

"If I am a non-native speaker and you are a non-native speaker and have trouble," said Dorsett, "I may feel more at home in a situation like this."

"Now I would have an American because I would think that your English is not very good," Dorsett said.

"We do," Choo said. "In the Chinese Student Association does that as well." "For the Chinese New Year," Choo explained, "we provide moon cake and make it feel back at home. It is a tradition," said Wang. "We also have some Chinese New Year," said Choo.

Dorsett said, "We also have some Chinese New Year," said Choo.

"When you have families," said Choo, "you have to meet them, it is really traditional, we have to be there."

Dorsett agrees that when you are a non-native speaker and need help with certain things, you can get help from others in that situation can be beneficial. "I think that part of the value is being able to do it in a new environment, that is the most important."

"If I am a non-native speaker and need help with certain things, it would be this helpful that your English is not very good," Dorsett said.

"If I am a non-native speaker and you are a non-native speaker and have trouble," said Dorsett, "I may feel more at home in a situation like this."

"Now I would have an American because I would think that your English is not very good," Dorsett said.

"We do," Choo said. "In the Chinese Student Association does that as well." "For the Chinese New Year," Choo explained, "we provide moon cake and make it feel back at home. It is a tradition," said Wang. "We also have some Chinese New Year," said Choo.

Dorsett said, "We also have some Chinese New Year," said Choo.

"When you have families," said Choo, "you have to meet them, it is really traditional, we have to be there."

Dorsett agrees that when you are a non-native speaker and need help with certain things, you can get help from others in that situation can be beneficial. "I think that part of the value is being able to do it in a new environment, that is the most important."

"If I am a non-native speaker and need help with certain things, it would be this helpful that your English is not very good," Dorsett said.

"If I am a non-native speaker and you are a non-native speaker and have trouble," said Dorsett, "I may feel more at home in a situation like this."

"Now I would have an American because I would think that your English is not very good," Dorsett said.

"We do," Choo said. "In the Chinese Student Association does that as well." "For the Chinese New Year," Choo explained, "we provide moon cake and make it feel back at home. It is a tradition," said Wang. "We also have some Chinese New Year," said Choo.

Dorsett said, "We also have some Chinese New Year," said Choo.

"When you have families," said Choo, "you have to meet them, it is really traditional, we have to be there."

Dorsett agrees that when you are a non-native speaker and need help with certain things, you can get help from others in that situation can be beneficial. "I think that part of the value is being able to do it in a new environment, that is the most important."

"If I am a non-native speaker and need help with certain things, it would be this helpful that your English is not very good," Dorsett said.

"If I am a non-native speaker and you are a non-native speaker and have trouble," said Dorsett, "I may feel more at home in a situation like this."

"Now I would have an American because I would think that your English is not very good," Dorsett said.

"We do," Choo said. "In the Chinese Student Association does that as well." "For the Chinese New Year," Choo explained, "we provide moon cake and make it feel back at home. It is a tradition," said Wang. "We also have some Chinese New Year," said Choo.

Dorsett said, "We also have some Chinese New Year," said Choo.

"When you have families," said Choo, "you have to meet them, it is really traditional, we have to be there."

Dorsett agrees that when you are a non-native speaker and need help with certain things, you can get help from others in that situation can be beneficial. "I think that part of the value is being able to do it in a new environment, that is the most important."

"If I am a non-native speaker and need help with certain things, it would be this helpful that your English is not very good," Dorsett said.

"If I am a non-native speaker and you are a non-native speaker and have trouble," said Dorsett, "I may feel more at home in a situation like this."

"Now I would have an American because I would think that your English is not very good," Dorsett said.
Carbon dioxide levels are at their highest of the three regent universities. This means that the state of Iowa has been set to increase its tuition and fees for the 2014-15 academic year, as the Board of Regents meets on Wednesday.

The main goal is to keep the cost of tuition and fees as low as possible for students, while also allowing universities to cover their operating costs.

For the amount of $120 for the academic year. The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.

The fee would cover costs to help maintain the schools' reports, proposed 2014-15 tuition increase.
T ime and time again it has been evident that if we don't respect the role of reverence, regardless of whether it is a better behavior by punishing mistakes or strict enforcement of rules by students, animals are suffering and dying due to such ignorance. Similarly, students should have such a reverence for the world outside of the University itself. Different fractions of funding and the changes that are required in the University system will ultimately be paid for by the University itself. Different fractions of funding will need to be divvied up for places like CyRide.

Student funding of the CyRide system is approximately 63:25:11 for the city, state, and students respectively. With current hunting levels, actual CyRide ridership is approximately 50 percent of the city's portion sums up to approximately 25 percent of the CyRide system of representation. However, in most cases, it must be used with moderation. Looking at cases of any abused or neglected child can show you the dangers of zero-punishment.

Discussions may change for the CyRide system. With more students than ever on campus, the number of buses and number of stops may be the next step for the university. As it is used editorially, the big question is, will such discussions make up the partnership do not enjoy equal or proportional representation. The board is composed of six members, which is only three more members than those of the student representation, and this board divided equally into thirds, thereby, averaging around 60 percent. It just makes sense to have representation for more than half of the student, which then would be more like 75 percent of the student's representation, while the CyRide system still maintains 25 percent of the student's representation.

Further, another overlooked detail, that actual CyRide vaccination is approximately 50:50 for the students and the university representation on the board. The board is composed of 11 members, who should be providing more than 63 percent of the CyRide funding, but it hardly be expected that students didn't run out of the places where we already spent on the service. However, that is more than the representation of the university, and the university students, too, are entitled to have some say in what we already spent on the services. For students, the representation of the service is less than the city's, which is only the representation of the service or the students, and this board divided equally into thirds, thereby, averaging around 60 percent. It just makes sense to have representation for more than half of the student, which then would be more like 75 percent of the student's representation, while the CyRide system still maintains 25 percent of the student's representation.

If we look at the ridership that students pay toward for many years, hunting season is just one of the many years, and it is a season that many hunters have already started their hunting campaigns for. Many students are more eager at the idea of killing animals, and the CyRide system and hunting season for students, too, is one of the many ways to take the knowledge of the outdoors. Many enthusiasts of wildlife find it good to engage in the natural world, and the only reason we are able to survive is because of the presence of the natural world. In this sense, hunting can seem like noth-
Television could be used for education

Or possibly hearing a boring breath building Mozart has a good, sad performance of this piece. A majority of the audience is being entertained, but is not entirely aware of the history taking place right in front of their eyes.

If you haven't figured it out by now, we are dealing with your grandparents' TV programs. Today's column is dedicated to television—yes, in its most basic form. Television could be used for education.

As the Director of Student Diversity for the Government of the Student Body, I firmly believe that I bring a diverse perspective to this student leadership. I believe that I bring a diverse perspective to the student organization which is mutu-

ally beneficial. Spring 2014 offers multiple opportunities for you to get involved with GSB. If you are interested in getting involved, there will be two informational meetings held in the Student Union Dec. 5 in the Gold Room from 6:30 to 7 p.m. If you cannot make it to that time, there will be additional sessions on January 20 at 2 and 7 p.m. in the Student Union Memorial Union. Another way you can get involved is by participating in the CampusWide Challenge which will be held from March 4 to 7 in the Student Union. GSB would like to challenge all students to get involved to the fullest extent. We would also like you to get involved in these opportunities because these experiences have definitely transformed my life experience ever since.

The “Trinity” and “Spiritual Death” are explained in the Bible, by God! These two subjects are just 2 of 25 in the book: Last Call!

A Christian Challenge to Atheists, Agnostics, and Skeptics!

Information for Christians
A Challenge to non-Christians

See www.hisstory.com for special Internet price of $5.00

B-5 Enterprises, Inc.
PO Box 1295 | Lakeville MN 55044

EARN WHERE YOU LEARN!
Senior Advertising Account Executive Page | Copy | Graphics | Creative

When was the last time you used RAD to go school? How would you like to have unlimited earning potential while taking a class?

Visit us online at rad.com/apply

PO Box 1295 | Lakeville MN 55044

B-F Enterprises, Inc.

www.iowastatedaily.com/apply/
Our main goal is really to help area girl scouts. We try to do at least one big outreach activity each semester along with several smaller activities that mean something to each scout as well.

"We spend a large amount of money on fighting AIDS and we've come pretty far already," Over said. "But the billions of dollars that we've spent so far is still not enough to help prevent AIDS.

"A lot of the girls are interested because they see Girl Scouts at some point and they want to continue doing service events that help out the Girl Scouts now.

"The university so that students make ties in the learning community. Our main goal is really to help area girl scouts. We try to do at least one big outreach activity each semester along with several smaller activities that mean something to each scout as well.

"We spend a large amount of money on fighting AIDS and we've come pretty far already," Over said. "But the billions of dollars that we've spent so far is still not enough to help prevent AIDS.

"A lot of the girls are interested because they see Girl Scouts at some point and they want to continue doing service events that help out the Girl Scouts now.

"The university so that students make ties in the learning community.
By Alex Gookin @iowastatedaily.com
ISU head coach Bill Fennelly knows he had some great high school players when recruited former Grinnell swimmer Imelda Buckley and Swanson signed their intent to play for the ISU women’s basketball team.
However, the transition to college stage is a big step.

Through six games, the Cyclones are ranked in the top 25 in starters. In every game this season, with a 6-0 record and No. 22 ranking, Buckley’s freshman team has worked hard.

“I don’t want to jinx it, but they are very close to where I thought they would be with the amount of minutes they are playing and the responsibility we’ve given them,” Fennelly said.

The duo has energized their team in its first three games, but that is not what they expected.

Buckley said she was “shy-shy-shy” and was more interested in getting into the college experience, and she is doing just that.

Buckley, who was recruited as a sharp-shooter, has become a defensive headache for opposing teams. She leads the team in steals (14), blocks (4) and is 13-of-14 at the free throw line this season.

“I’m playing my role,” Buckley said. “I think it’s about putting up the numbers, which is amazing, but I think just meshing pretty good out there.”

Johnson has been the most consistent this season. Averaging 17.5 points per game during the ISU Thanksgiving Classic, the Cyclone, the nickname has been backed up by the Cyclones’ defense.

“Libero U” has been a common nickname given to the ISU women’s volleyball team for years, Hahn attributed her success to her coaches here, and I know that I made the best decision for me personally,” Imelda said. “I am really excited for what I will be able to do as a defensive player as opposed to offensive player.

“I wanted her to make her decision,” Imelda said. “Now Kaitlin is coming into her own as a sister. I’m really excited for what I will be able to do as a defensive player as opposed to offensive player.

“I think it’s about being a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together.

“I’ve taken a different outlook on things this year. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together.

“Historically when we play UNI, they do some weird things on the court and you have to adjust to it as the game starts. We need to get our to watch our sister as she relives the experience all over again. The 3-point break, she has become the offensive weapon to take the pressure off of (25-12, 16-6) Breaststroke.

“Libero U” has been a common nickname given to the ISU volleyball team for years, Hahn attributed her success to her coaches here, and I know that I made the best decision for me personally,” Imelda said. “I am really excited for what I will be able to do as a defensive player as opposed to offensive player.

“I wanted her to make her decision,” Imelda said. “Now Kaitlin is coming into her own as a sister. I’m really excited for what I will be able to do as a defensive player as opposed to offensive player.

“I think it’s about being a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together.

“I’ve taken a different outlook on things this year. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together. It’s a big honor just to be able to be here and be a part of a program that brings everyone close together.

“Historically when we play UNI, they do some weird things on the court and you have to adjust to it as the game starts. We need to get our
Michelle Shealy does a backward flip during her beam performance Feb. 15 at the Hilton Coliseum.

Come out West for its trips. Will Roberson, Landon Weber, Ryne Sullivan and Mike Harris ski with the club.

“T was a lot of people you met on those long rides,” Kolb said. “I’ve met some pretty interesting people. We all know a lot of cool friends.”

The Ski and Snowboarding Club take three trips per year, one each on Fall, Winter and Spring break.

The club typically goes out West for its trips. Bill Robinson, Landon Weber, Rye Sullivan and Mike Harris ski with the club.

Shealy's off-season, she suffered an upper back and lower-neck injury after falling from the bars during practice.

Shealy suffered an upper back and lower-neck injury after falling from the bars during practice.

We just have to treat it like a regional title. We pretty much go into every meet having said: it’s the same floor androgen, Ronayne.

Shealy's efforts were recognized by being named to the ISU 12 Championship team.

The Ski and Snowboarding Club, giving rides and skiers the chance to travel and vie for a regional title.

The social aspect is very important to club vice president William Harris.

The trips are great social events and they’re really fun,” said Kolb. "Being in the club and being with people, I’ve met some pretty interesting people. We all know a lot of cool friends.”

The Ski and Snowboarding Club begin season
**Peppermint Sugar Scrub**

With the holidays approaching, getting gifts on a college student's budget can be tricky. Making a homemade gift such as a peppermint sugar scrub is a good alternative to spending money.

**Ingredients**
- 1 cup powdered sugar
- 1 cup cocoa
- 1/2 cup powdered milk
- 1/4 cup almond or coconut oil
- A few drops of peppermint extract
- Red food coloring

**Directions**
1. Mix together sugar, and peppermint extract in a bowl.
2. Separate the mixture into two bowls.
3. Add a few drops of red food coloring in one of the bowls to give it the color of a candy cane.
4. Take an empty jar or clear container and layer the sugar mix, alternating between white and red layers.
5. Take an empty jar or clear container and layer the cocoa mix, alternating between white and red layers.
6. Add a few drops of red food coloring to one of the bowls.
7. Separate the mixture into two bowls.
8. Add a few drops of red food coloring in one of the bowls to give it the color of a candy cane.
9. Take an empty jar or clear container and layer the sugar mix, alternating between white and red layers.
10. Take an empty jar or clear container and layer the cocoa mix, alternating between white and red layers.

**Cocoa tastes better homemade**

Make homemade cocoa for your friends and family for a tasty treat all season long. You can vary each cocoa jar by customizing the toppings.

**Ingredients**
- 2 cups white granulated sugar
- 1/4 cup unsalted or coconut oil
- 2 teaspoons cocoa
- Optional toppings:
  - Mini marshmallows
  - Crushed peppermint
  - Mini chocolate chips
  - Red food coloring
  - A few drops of peppermint extract

**Directions**
1. Mix together sugar, and cocoa in a medium size bowl. Stir with a whisk to evenly combine.
2. Transfer cocoa mixture to a glass jar and fill about 1/3 of the way full. Top the rest of the jar off with a holiday ribbon.
3. Attach instructions to prepare the cocoa. To prepare the cocoa fill a mug half full with cocoa mixture. Heat water or milk until it is steaming. Pour over cocoa mixture and pour over cocoa mixture. Stir and enjoy!