Tuition, new engineering center up for approval

By Danielle Ferguson
@dowastatedaily.com

Tuition rates for undergraduate students could be looked at during the 2014-15 year if the Board of Regents votes for a third consecutive tuition freeze. The board will examine tuition rates and a proposal to renovate Larch Hall on Wednesday.

The board is now recommending a 1.75 percent increase in in-state undergraduate tuition, but concern about rising higher education costs presented the board with the argument that the tuition freeze at the December meeting Wednesday.

The board had originally proposed an increase of 1.75 percent in state undergraduate tuition, but concern about rising higher education costs presented the board with the argument that the tuition freeze at the December meeting Wednesday.

“The board had originally proposed an increase of 1.75 percent in state undergraduate tuition, but concern about rising higher education costs presented the board with the argument that the tuition freeze at the December meeting Wednesday.

“The board had originally proposed an increase of 1.75 percent in state undergraduate tuition, but concern about rising higher education costs presented the board with the argument that the tuition freeze at the December meeting Wednesday.

“The board had originally proposed an increase of 1.75 percent in state undergraduate tuition, but concern about rising higher education costs presented the board with the argument that the tuition freeze at the December meeting Wednesday.

“The board had originally proposed an increase of 1.75 percent in state undergraduate tuition, but concern about rising higher education costs presented the board with the argument that the tuition freeze at the December meeting Wednesday.

“The board had originally proposed an increase of 1.75 percent in state undergraduate tuition, but concern about rising higher education costs presented the board with the argument that the tuition freeze at the December meeting Wednesday.

“The board had originally proposed an increase of 1.75 percent in state undergraduate tuition, but concern about rising higher education costs presented the board with the argument that the tuition freeze at the December meeting Wednesday.
Dec. 3
Youth Program Training 1 to 3 p.m.
The offices of risk manage-
m ent, conference planning and management, and ISU Extension and Outreach are offering training to growth 
transfer students and organ-
ization and student organiza-
tion officers on DYS youth relat-
ed policies, procedures and forms. Pre-registration required by emailing resumes@iastate.edu by Dec. 2.
Class: Photoshop Lightroom Software Training 6 to 8:30 p.m.
This course, on Wednesdays, November 5, November 12, November 19 & December 10, at 6:00 to 8:30 p.m.
Go in-depth with this pho-
tography editing program, as a 
photographer Mark Strowder helps to adjust your im-
age's vibrant colors, news-
tones and images. You will 
come away with an experi-
enced photographer, learn to more easily import, organize, enhance, & share your photos, as well as cre ate 
prints & photo books.
You are invited to bring the fol-
lowing in each class: laptop with a Photoshop Lightroom 4 or higher with power cord. Price: $60.00. Registration is required by Monday, Novem-
ber 3.
Dec. 4
Youth Program: Caterpillar Club 10 to 11 a.m.
If you throw a Caterpillar Club 
party for your kids, we have 
you covered. Your kids can 
ryhme twice per month, from October to March. Each 
month, a different theme is as-
signed and children can bring 
their own photos or bring one 
from the club's collection. 
Schedule: 10 to 11 a.m.
Dec. 4
Wreath Making Workshop 6 to 9 p.m.
Learn how to assemble a 
holiday wreath with Reiman 
Gardens staff! They will guide 
you through the steps to use

Winter clothing drive now taking donations
A winter clothing drive is taking place in the Main-West Lannon Center, located at the Maple-Willow-Larch commons, Union/Trailer Center and Kinnick, Walnut-Willow hall, International Community Center and Memorial Union.

Knots signs with Miami Dolphins practice squad
By Roni Berkley
The remainder of Knott's 
season is marred by hamstring 
and knee injuries before 
he was ultimately waived 
by the Eagles.
Knott and former 
Philadelphia Eagles 
linebacker A.J. Klein ar-
guably formed one of the 
greatest linebacker duos in 
the Philadelphia Eagles 
career. After playing spar-
ingly for the Dolphins in 
2015, Knott returned to 
the team for a bounce-
back season in 2014 
and was set to out the 
first five games of the season. 
The remainder of Knott’s 
time with the Eagles was marred by hamstring and knee injuries before he was ultimately waived by the team.
Knott & former 
Philadelphia Eagles 
linebacker A.J. Klein ar-
guably formed one of the 
greatest linebacker duos in 
the Philadelphia Eagles 
career. After playing spar-
ingly for the Dolphins in 
2015, Knott returned to 
the team for a bounce-
back season in 2014 
and was set to out the 
first five games of the season. 
The remainder of Knott’s 
time with the Eagles was marred by hamstring and knee injuries before he was ultimately waived by the team.

Tips for avoiding procrastination
Procrastination can be detrimental to students’ 
grade point average and future career 
success. For more tips on how to focus, take a look at the news section of the Daily’s app.

How to donate
YWCA Ames/DL and 
Faculty Senate is holding 
their annual Giving 
Tree program this holiday 
season. The program pro-
vides gifts to less fortunate 
children. For more ways to 
donate, take a look at the news section of the Daily’s app.

Corrections
The Iowa State Daily ac-
tews comments and sup-
ports unsigned commentaries. 
To submit a correction, please contact us at 515-455-5888 or via email at editor@iowastatedaily.com.
By Michaela Ramm

**YOU HAD 20 MINUTES. NOW WHAT?**

**Why do it today when you can put it off?**

In today’s world, it can be tempting to procrastinate on assignments. But is it really helping you or is it just an excuse to put off work that needs to be done? Many Iowa State University students have reported procrastination as a barrier to success, saying it takes up time that should be spent studying or working on assignments. However, there are options available to help students avoid procrastination and stay on track.

### There Are Options

Iowa State University students have access to three different tools that allow them to block the Internet for a specific amount of time. The first tool, **Stop Procrastinating**, is a software application designed to prevent users from accessing the Internet for a specific amount of time. The second tool, **Internet Timer**, allows users to block the Internet by using the application through different options. The third option, **Internet Blocker**, can be blocked by students connected to the Internet, but blocks specific websites such as Facebook, Twitter or any other social media site at the user’s discretion. The third tool, **Blocker**, allows users to remain connected to the Internet, but blocks specific websites such as Facebook, Twitter or any other social media site at the user’s discretion.

### The Benefits of Blocking

Dr. Jennifer Owens, Iowa State University’s academic adviser, said that procrastination can be a hindrance to academic success.

"When students procrastinate, they may be causing a student to struggle in a class. Other commitments such as part-time jobs or clubs can hinder the ability to attend to academic success."

In addition, Owens said that procrastination can bring stress on your own can bring stress on the classroom.

"In general, technology has been a positive thing for students. It has allowed students to research and find information. It has also been a positive thing for students to be able to connect with their peers," Owens said. "It is important for students to use technology wisely and not let it become a distraction."
Students learn to ‘rent smart’ with new initiative
By Molly Wilson @wssudaily.com

Before signing a lease for a new apartment, Iowa State University Vice President and Chief Operating Officer David Koll said students should read the fine print. The website and the GSB plans to inform students on the

Tenants can even list their

Students using various forms of technology while waiting for their next class in the Carver lounge on Tuesday. Advisers warn students to be careful

Marston Hall overhaul helps
original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current projec-

Wine & Hot Chocolate at the Knoll

The Knoll is located at the intersection of Union Drive and Lincoln Way. The event is part of the annual WinterFest celebration.

Warm up …
During WinterFest with hot chocolate, made from the special recipe of former First Lady Ellen Seger Parks.

By Emilie Knobloch @wssudaily.com

While past tweets, statuses and photos can either help or hinder students when applying for a job, according to the Pew Research Internet Project. Of the 74 percent of adults using social networking sites, 89 percent of them were between the ages 18 and 29.

“Would I say that social media has transformed my student employees,” said Brittny Batherfeld, program coordinator for the Department of Residence and ISU Dining.

The DOR hires hundreds of students across campus.

“I don’t see a positive or negative impact of social media,” said Batherfeld."I think it’s a tool to use.

Angton said social media is

Many times, this helps improve our service,” Batherfeld said.

As of September 2013, 73 percent of online adults use Facebook.

As a social media manager, student’s attention span is shorter,” said Rachel Angton, graduate student in information science.

According to the Pew Research Internet project, between February 2005 and August 2008, usage of social networks grew from 5 percent to 22 percent of adults between the ages of 18 and 29 jumped from 9 percent to 40 percent.

"A job is a job. I would say that social media has been positive for ISU Dining.

“Social media has a job. I would say that social media has been positive for ISU Dining.

“Social media has helped me do my job,” said Laura McWhorter, director of marketing and communications for ISU Dining.

"It distinguishes students for paying attention to their education by creating them to want to check their Facebook, Twitter, Instagram, Snap, they are instead of paying attention in class or focus-

Students understand today’s student’s attendance often arises during tenancy.

with any problems that may arise during tenancy.

Tenants can fill out a search form to refine a spec-

Social media usage affects work ethic
By Emilie Knobloch @wssudaily.com

It’s simply what a lot of students are used to as means of communication, she said.

saying today’s students’ student employees,” said Brittny Batherfeld, program coordinator for the Department of Residence and ISU Dining.

The DOR hires hundreds of students across campus.

“I don’t see a positive or negative impact of social media,” said Batherfeld. “I think it’s a tool to use.

"I could not be more thrilled with the outcome of the renovation,” said Ryun Hobbs, a junior in aerospace engineering.

The project is anticipat-

in a place, what places are available, what their lease should have and what their rights and responsibilities are. Pretty much any ques-

They have questions about

Tenants can even list their

Tenants can even list their

Tenants can even list their

Tenants can fill out a search form to refine a spec-

Students using various forms of technology while waiting for their next class in the Carver lounge on Tuesday. Advisers warn students to be careful

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wistine @wssudaily.com

Marston Hall is often referred to as the flagship building on campus. Originally, the building was dedicated as an Engineering Hall in 1933 and wasn’t renovated since its opening. In honor of Anson Marston, Iowa State’s first dean of the College of Engineering — until 1947 — today, the building stands empty and closed to the public. There had been many discussions about moving the iconic building over the years, but the current project is the first major renovation since its completion in 1933.

Before the renovation, half of the building’s main floor had been used for administrative offices and the old building, and windows could be found used in a quarter of the original building stay updated
By Erika Wisted
Saying active is an in- 

The release of the grand 

The university can help mend part 

The connotation that comes with 

Use course evaluations to improve ISU

As temperatures drop lower than 

Iowa State plays a no -

This within itself is calls 

in the case of Michael Brown, 

is a law in this nation,” said 

Ferguson police officers will not stop pursuing

pass fairness in intramurals sports

Pass fairness in intramurals sports

Advocate peace to stop destruction

T he release of the grand 

However, there are still 

Occasionally, teams 

IOWA STATE DAILY

OPINION

Wednesday, Dec. 3, 2014

Pass fairness in intramurals sports

Occasionally, teams “underperform” their skill level and enter into a smack- 

as skilled or not as skilled as 

This within itself is calls 

Ferguson police officers will not stop pursuing

in the case of Michael Brown, 

is a law in this nation,” said 

Ferguson police officers will not stop pursuing

Feedback posted online is eligible for print in the Iowa 

Send your letters to letters@iowastatedaily.com.

The Daily encourages discussion but does not 

The connotation that comes with 

Ferguson police officers will not stop pursuing

Ferguson police officers will not stop pursuing

@Iowastatedaily.com

IOWA STATE DAILY

OPINION

Wednesday, Dec. 3, 2014

Pass fairness in intramurals sports

Occasionally, teams “underperform” their skill level and enter into a smack- 

as skilled or not as skilled as 

This within itself is calls 

Ferguson police officers will not stop pursuing

in the case of Michael Brown, 

is a law in this nation,” said 

Ferguson police officers will not stop pursuing

Feedback posted online is eligible for print in the Iowa 

Send your letters to letters@iowastatedaily.com.

The Daily encourages discussion but does not 

The connotation that comes with 

Ferguson police officers will not stop pursuing

Ferguson police officers will not stop pursuing

@Iowastatedaily.com

Spice up your workouts with a KETTLEBELL

By Tiffany Herring/Iowa State Daily

Kettlebells can be used for a variety of workouts as a substitute for dumbbells and medicine balls. Try these six easy but effective kettlebell exercises next time you head to the gym.

1. KETTLEBELL SWING

Start with your feet shoulder width apart, holding the kettlebell in front of your body with both hands on the handle. Partially bend your knees. Keeping your back straight and allowing the kettlebell to swing back behind your knees. Explosively drive your hips forward and straighten your knees to propel the kettlebell upward to chin height. Engage your core and glutes. Remember that the body weight is the prop. As you extend your hips lower the kettlebell back down to between your legs in the starting position, keep the repetition going for 12 to 15 reps.

2. DOUBLE SQUAT

Essentially, this is just a double squat. In hand, start with your feet shoulder width apart, holding a kettlebell by both hands in front of your body. When squating, push your knees out and pull your thighs parallel to the ground. Make sure that your knees are pointed and do not go past your toes. Stand back up making sure you have full extension in the hips. Remember to keep your elbows close to your sides while holding the kettlebell.

3. KETTLEBELL ROW

This requires a pair of kettlebells at the same time. Stand with your feet directly under your hips. Bend your knees slightly and bend forward at the waist, keeping your back straight. Grasp the kettlebells at the same time and pull them towards your stomach. Keep your elbows close to your sides while lowering the kettlebell back down to the floor.

4. KETTLEBELL LUNGE

Start in a standing position with a Meadowbell held up at shoulder height in one hand. Range forward with the same leg, the kettlebell on. As you rotate facing, raise the kettlebell over your head. While straightening your arm, keep it close in the side of your head. If you have short hair on using moisturizer after because the mask will work best. Avocados are known to reduce harsh blemishes and can build scars? Tomatoes are known for it's amino acids that can prevent future breakouts. According to Livestrong, cinnamon is great a plumping and can reduce bacteria in the skin.

As you’re lunging, raise the kettlebell to other hand and do the same move with the opposite leg.

5. KETTLEBELL PUSH-UP

This is simply a push-up with kettlebells underneath! Place the kettlebells under your feet on the floor. While squaring down, bend slightly at the knees, pushing your hips back. Remember to keep your core engaged while holding a hold of the handle with both hands. As you stand up, engage your core and glutes. Keep your arms fully extended. Lower the kettlebell back down on your ground. For each movement, perform 3-5 sets of 12-15 reps. Feel free to vary the weight for each exercise and adjust as needed.

Egg Yolk Mask

1. INGREDIENTS

- 2 eggs
- 1 tsp cinnamon
- 1 tsp honey

2. INSTRUCTIONS

Crack the eggs and separate the egg whites from the egg yolks. Then, remove the egg white in a preferred bowl. To avoid eating the whites, pour the egg white into a preferred bowl without any yolk. Add the egg white to the egg yolk and mix it with a fork. Use it while fresh, otherwise, it will go bad. Add a handful of cinnamon and honey to the bowl. Mix all together and use it in the mask. Do not store.

3. USE

Apply the mask to the entire face for 1 minute. With a clean face, apply the mask. Make sure you cover the entire face. Remember to keep your teeth closed and your mouth open. Remove the mask when it’s dry. Wash with a wet towel and pat dry with a dry towel.

Avocado Mask

1. INGREDIENTS

- 1 avocado
- 1 tsp honey

2. INSTRUCTIONS

Peel off the avocado and mash it into a preferred bowl. Add a teaspoon of honey into the bowl. Mix the mixture well and use it on your face. Apply the mask to the entire face with your fingertips. Keep the mask in your face for 20 minutes or until the mask is dry. Wash with a wet towel and dry with a dry towel. Avoid applying the mask around the eyes, mouth, or nose.

3. USE

Apply the mask to the entire face for 20 minutes. Wash with a wet towel and dry with a dry towel. Consider not using moisturizer after because the face will be left dry.

Tomato Mask

1. INGREDIENTS

- 1 tomato
- 1 tsp honey
- 1 tsp lemon juice

2. INSTRUCTIONS

Peel the tomato and mash it into a preferred bowl. Add a teaspoon of honey into the bowl and 1 tsp lemon juice. Mix all together and use it in the mask. Do not store.

3. USE

Apply the mask to the entire face for 1 minute. With a clean face, apply the mask. Make sure you cover the entire face. Remember to keep your teeth closed and your mouth open. Remove the mask when it’s dry. Wash with a wet towel and pat dry with a dry towel.

Honey Mask

1. INGREDIENTS

- 1 tbsp honey
- 1 tsp lemon juice

2. INSTRUCTIONS

Mix the honey and lemon juice together. Apply the mask to the entire face. Do not store.

3. USE

Apply the mask to the entire face for 1 minute. With a clean face, apply the mask. Make sure you cover the entire face. Remember to keep your teeth closed and your mouth open. Remove the mask when it’s dry. Wash with a wet towel and dry with a dry towel. Consider not using moisturizer after because the face will be left dry.

Do it yourself: FACIAL MASKS

By Rachel Geromino @iowastatedaily.com

From a semester full of homework, project and tests, the body needs a little getaway to propel the kettlebell back to the floor. While squatting, bend slightly at the knees, pushing your hips back. Remember to keep your core engaged while holding a hold of the handle with both hands. As you stand up, engage your core and glutes. Keep your arms fully extended. Lower the kettlebell back down on your ground. For each movement, perform 3-5 sets of 12-15 reps. Feel free to vary the weight for each exercise and adjust as needed.

Egg Yolk Mask

1. INGREDIENTS

- 2 eggs
- 1 tsp cinnamon
- 1 tsp honey

2. INSTRUCTIONS

Crack the eggs and separate the egg whites from the egg yolks. Then, remove the egg white in a preferred bowl. To avoid eating the whites, pour the egg white into a preferred bowl without any yolk. Add the egg white to the egg yolk and mix it with a fork. Use it while fresh, otherwise, it will go bad. Add a handful of cinnamon and honey to the bowl. Mix all together and use it in the mask. Do not store.

3. USE

Apply the mask to the entire face for 1 minute. With a clean face, apply the mask. Make sure you cover the entire face. Remember to keep your teeth closed and your mouth open. Remove the mask when it’s dry. Wash with a wet towel and pat dry with a dry towel.

Avocado Mask

1. INGREDIENTS

- 1 avocado
- 1 tsp honey

2. INSTRUCTIONS

Peel off the avocado and mash it into a preferred bowl. Add a teaspoon of honey into the bowl. Mix the mixture well and use it on your face. Apply the mask to the entire face with your fingertips. Keep the mask in your face for 20 minutes or until the mask is dry. Wash with a wet towel and dry with a dry towel. Avoid applying the mask around the eyes, mouth, or nose.

3. USE

Apply the mask to the entire face for 20 minutes. Wash with a wet towel and dry with a dry towel. Consider not using moisturizer after because the face will be left dry.

Tomato Mask

1. INGREDIENTS

- 1 tomato
- 1 tsp honey
- 1 tsp lemon juice

2. INSTRUCTIONS

Peel the tomato and mash it into a preferred bowl. Add a teaspoon of honey into the bowl and 1 tsp lemon juice. Mix all together and use it in the mask. Do not store.

3. USE

Apply the mask to the entire face for 1 minute. With a clean face, apply the mask. Make sure you cover the entire face. Remember to keep your teeth closed and your mouth open. Remove the mask when it’s dry. Wash with a wet towel and pat dry with a dry towel.

Honey Mask

1. INGREDIENTS

- 1 tbsp honey
- 1 tsp lemon juice

2. INSTRUCTIONS

Mix the honey and lemon juice together. Apply the mask to the entire face. Do not store.

3. USE

Apply the mask to the entire face for 1 minute. With a clean face, apply the mask. Make sure you cover the entire face. Remember to keep your teeth closed and your mouth open. Remove the mask when it’s dry. Wash with a wet towel and dry with a dry towel. Consider not using moisturizer after because the face will be left dry.
Today's Birthday

Aries - 4
Libra - 7
Taurus - 8
Gemini - 7
Sagittarius - 9
Cancer - 6
Capricorn - 10
Leo - 11
Virgo - 12
Pisces - 13

Plan an exciting trip, and get your ahead. You're on top of the world.

REGENTS

Additional topics to look

KIRE 1

... was there an incorrec-

... decided to look

... have to offer certain

... with toilet paper, 

... is the question

... is the reason

... a lot to offer

... a lot to learn

... was a lot

... a lot to

... a lot to

... a lot to

... a lot to

... a lot to

... a lot to

... a lot to

... a lot to

... a lot to

JOURNALS

FOR RENT

FOR RENT

FOR RENT

FOR RENT

FOR RENT

CROSSWORD

KIRE 1

区 was there a mis-

as you know

in the same way

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know

as you know