The event is hosted by the forum starts. There will be a meet and greet place at 7 p.m. Wednesday in the open forum will take questions from Iowa State stu- take the opportunity to answer well as other administrators, will join Provost Jonathan Wickert, as Admittomatric Administrators, worked with Green Umbrella, a student organization, to coordinate events for sustainability Day. Many GISB set up its own booths. Other sustainability efforts include approval from the Senate to distribute free fruit, student ponded recycling compactors to be set up on campus. There are several recycling centers within the office and campus. They will be working to make recycling a chore for its students rather than a hassle to participate. Wickert said: "We have..."...Thomas and Lamy Bettheil, co- Administrators, also worked on several projects. Having been an election year, the group spent time focused on encouraging student voters by hosting voter registration drives. "We teamed up with the League of Women Voters in order to increase turnout," Overall, we reg- istered over 400 students, and had approximately 500 students fill out. Thomas said: "Not only was [voting] directly involved with Students for a Sustainable Iowa, but the Government of the Student Body, an ex- "These" outdoor recycling units will let the stu- dents' transition to life in the United States. The government was created by the former Business Bureau at the time of its closing. The landlord of the north loca- tion, Dave Klatt, was unable to be reached for comment. "I definitely want to see [the program] grow- ing next year. The spring is going to be our pilot program, so there's definitely going to be a smaller..." GSB.p3 >>

The landlord of the north location, Dave Klatt, was out of town and unable to be reached for comment. "I definitely want to see [the program] growing next year. The spring is going to be our pilot program, so there's definitely going to be a smaller..." GSB.p3 >>

By Lindsay Hostert
@iowastatedaily.com

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of this year when Joe Sweeney, senior in agricul- tural business and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agriculture. Student organization

Student organization

New club promotes agricultural issues

A new club has emerged on campus with one primary goal in mind: to promote awareness of agricultural issues. The Student Federation for Agriculture as "being able to..." Sweeney explained the main goals of the club developing a voice on campus. Joe Sweeney, senior in agricultural business and co-president and co-founder of the Student Federation for Agriculture, did not agree with some of the negative conceptions about agriculture. Joe Sweeney, senior in agricultural business and co-founder of the Student Federation for Agriculture, talks about the new club and its goal to dispel some of the negative conceptions about agricultural.
Police Blotter: 

Nov. 25

Neal Hurley, 22, 111 Lyon Ave. Apt. 301, was arrested and charged with possessing a controlled substance, possession of a controlled substance with intent to deliver, and a parole violation at 8:30 a.m. (reported at 7:07 a.m.).

Krystal Brown, 20, 204 Windsor Dr. Apt. 205, was arrested and charged with domestic abuse in the first-degree and domestic abuse in the second-degree at 11:23 a.m.

Oscar Gudarzhou, 20, 105 South 4th St. Apt. 105, was arrested and charged with domestic abuse in the first-degree and domestic abuse in the second-degree at 11:23 a.m.

Nov. 26

Vehicle driven by Owen Henry, 19, 5624 Main St. Apt. 206, was involved in a property damage collision at South Fourth Street (reported at 11:36 a.m.).

Tyler Rurup, 23, of Fort Wayne, was arrested and charged with providing false information, unlawful possession of a controlled substance, possession of a controlled substance with intent to deliver, and parole violation at 11:36 a.m.

Nov. 26-Governors, 300, Minnesota Ave. Apt. 205, was arrested and charged with domestic abuse in the first-degree and domestic abuse in the second-degree at 11:23 a.m.

Nov. 27

A vehicle driven by David Dining, was arrested and charged with possession of a controlled substance, possession of a controlled substance with intent to deliver, and parole violation at 7:45 a.m.

Tyler Rurup was arrested and charged with parole violation at 7:50 a.m.

Randy Sabol, 29, 3911 Tylers Park Rd. Apt. 205, was arrested and charged with domestic abuse in the first-degree and domestic abuse in the second-degree at 7:50 a.m.

Nov. 28

A vehicle driven by Tyner Wilson, was arrested and charged with failing to obey a stop sign at 7:21 a.m.

Nov. 29

Nicholas Denaro, 18, 5323 E. Ontario St. Apt. 204, was arrested and charged with violation of a traffic safety law and possession of a controlled substance at 2:12 a.m.

 exposes himself to a child at 11:28 a.m.

Sharron Parker, 28, 309 7th St., was arrested and charged with criminal trespassing and theft in the fifth degree at 11:28 a.m.

Sheree Owen, 18, 1236 E. Ontario St., was arrested and charged with unlawfully possessing firearms on campus at 11:28 a.m.

Nov. 30

A vehicle driven by J.D. Wood, was arrested and charged with operating a vehicle while drunk at 10:47 a.m.

Wilson Lamson, was arrested and charged with criminal trespassing and theft in the fifth degree at 10:47 a.m.

Nicholas Denaro, 18, 5323 E. Ontario St. Apt. 204, was arrested and charged with violation of a traffic safety law and possession of a controlled substance at 2:12 a.m.

Subscribe to the ISU Police Blotter via email at http://isupolice.desmoinesregister.com/blotter.html

Faculty Senate

The purpose of the Faculty Senate Executive Board is to draft a more detailed treatment brought up in Faculty Senate meet- ings. They then set up the agenda for the actual Faculty Senate meeting. The main role is to explore strategic planning for the un

More Information

- The Faculty Senate Executive Board draft a more detailed treatment brought up in Faculty Senate meet- ings.
- The main role is to explore strategic planning for the university.

If you need assistance with the departure plan, contact: The Faculty Senate Development and Administrative Relations chair, on the other hand, said, “I think that faculty would want a faculty represen- tative rather than being a department chair.”

Regarding the being a con- tent of interest, Suzanne Hendrich, president of the Faculty Senate and university professor in food science and human nutrition, speaks at the Faculty Senate Executive Board meeting Tuesday, which starts to plan the next meeting of the Faculty Senate.

More Information
Iowa Better Business Bureau Standards for Trust

- Action honestly
- Tell the truth
- Honor promises
- Safeguard privacy
- Conduct fairly

---

Cash for your Stache FALL 2012 BUYBACK

It’s time to sell back your textbooks at these locations: ISU Book Store, UDCC, MWL, Frederiksen Court, Wallace/Willson.

Get cash and register for a chance to win prizes! BuyBack begins December 6th - 18th. See www.isubookstore.com for full list of hours and locations.

---

Trust

Bureau Standards for

■ Protect your privacy
■ Safeguard your personal information
■ Keep your credit history accurate
■ Use your credit card responsibly

■ Be transparent
■ Advertise honestly
■ Honor promises
■ Safeguard privacy
■ Conduct fairly

---

We’re looking for the best of the best for our January and March classes starting now!

Current students are a proven path where you’ve never been unemployed after you choose to be. Great stylists always are in demand. How do we know? We’ve been creating, hiring and placing them for over 30 years. We’re looking for the best stylists in demand. How do we know?

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

The Student Federation for Agriculture wants to continue to spread the word about their club and new members.

“We are more than happy with the response we’ve had from the College of Agriculture, but we are really interested in people from other colleges as well,” Foley said. We want the club to look into people who can benefit from a farming background.

“We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.”

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.

We would love to talk to people who have not only a passion for their work but also a passion for their clients and are driven to make their clients feel like family.
Finance

Library struggles to locate money for improvements

Walter Street

Library renovation projects have been curtailed by a lack of funds. (John L. Frank/Ames Tribune-Herald)

Two large cutouts that once stood in the foyer of the Iowa State University Library were recently removed and sent to a scrap yard. The items had been on display in the library for years and had become a point of contention for some students and faculty.

The removal of the cutouts was a result of budget cuts and the library's ongoing efforts to improve its facilities. The library's director, Dr. Susan Johnson, said that the funds necessary to replace the cutouts and other items in the library's collection were simply not available.

Johnson said that the library's budget has been reduced by 10% over the past three years, and that these cuts have forced the library to make difficult decisions about what items to retain and what to remove.

Despite these challenges, Johnson said that the library remains committed to providing high-quality resources and services to its patrons.

“While we have had to make some tough decisions, we are still committed to serving the needs of our community,” Johnson said.

The library has been working with different departments and organizations to find alternative funding sources, but so far these efforts have been unsuccessful.

“I know that we are not alone in these struggles,” Johnson said. “But we are committed to finding a way to improve our facilities and better serve our patrons.”

Are alternate funds needed?

Walter Street, assistant professor of political science from Iowa State, said the library's struggle to find funding is a reflection of larger issues within the university administration.

“As the university has made cuts to its budget in recent years, the library has been hit particularly hard,” Street said.

“While I understand the need to conserve resources, I believe that the library should be a priority for the university,” Street said. “It is a vital institution that supports the academic mission of the university.”

Street said that he believes the university administration should be more creative in finding ways to fund the library, such as exploring partnerships with local businesses or seeking external grants.

“I believe that the library is an essential part of our campus and that we should do everything we can to support it,” Street said.
Women's basketball

By Dylan Montz
@isudaily

The beginning of the season has been a bit of a grind for the Cyclones women's basketball team, as it has found itself at the bottom of the Big 12. King and Stewart are among the Big 12 players with the most minutes played this season, but they are not the only ones finding themselves in similar situations. The Cyclones have not found success in their conference play, and their next opportunity comes in the form of the Iowa State-Missouri State game on Wednesday.

Wrestling

Mayfield back after concussion

By Jake Calhoun
@isudaily

Max Mayfield had been cleared to return to the team before the entrance of the 2011-12 season, but Mayfield was held out of the first part of the season while he maintained another concussion at the Harold Nichols Open. It's been a year since we last saw him on the mat, but now it's time for Iowa State's home dual meet against North Dakota State on Nov. 16.

Gymnastics

New strength drives team

By Maddy Arnold
@isudaily

A strong team needs a strong anchor in the middle. The ISU gymnastics team hopes to improve from its poor showing at the NCAA Regional competitions last season with a stronger team this year. To do so, they have added four new athletes to the team this season.

Men's basketball

Luscious steps up in win vs. Eagles

By Cory Weaver
@isowrestlers

Sometimes there are those games when it's just not enough, and that's definitely not the case for the Cyclones this season. Luscious had a career-high 34 points, and the Cyclones are just three wins away from the NCAA tournament.

Anze Prilze fights for the ball against a Western Illinois player on Nov. 11 at Hilton Coliseum. Prilze had 14 points, nine rebounds and four assists in the 88-85 win. The team was given a few days off last week before preparing for this Thursday's Cy-Hawk game in Iowa City.

Team takes it easy before Iowa

By Dylan Montz
@isudaily

The No. 22 ISU women's basketball team (5-0) was physically and mentally tired and its next opponent, Iowa, was not even mentioned when preparing for this Thursday's Cy-Hawk game in Iowa City.

For PowerPoint presentations, PDFs, and more, visit isudaily.com/sports

STRENGTH.p8 >> LUCIOUS.p8 >>
Seasonal

Picking the perfect holiday gifts

Find the right something for your special someone

By Ashley Hunt
iowastatedaily.com

It's that time again. Time to pull your hair out trying to find the perfect gift for your husband, wife, boyfriend, girlfriend, etc. Gift-giving for your significant other can be challenging. That other person means so much to you, so you want to give him or her a gift that will impress that person. Here are some great gift ideas for the special person in your life.

MEN

For the tech-crazy

If your guy loves technology and owning the latest and most advanced gadgets out there, you can't go wrong with these gifts.

The Powermat Phone Charger is great for someone who owns multiple electronic devices. For the gadget geek used to wires cluttered around him, this gift will seem like the best thing since sliced bread. Just set it up and install it with your device. After that you just charge the device by placing it on top of the power mat.

- $99.99 for home or base station
- $29.99 for Blackberry, Nintendo DS receiver
- $39.99 for iPod/iPhone receiver

www.powermat.com/us/home

For the adventurous

If your guy is an outdoors lover and enjoys being spontaneous and adventurous, tap into his wild side with a camping gift set. Northface Men's Vortex Triclimate Jacket is perfect for any weather.

- $290

If that's a little too pricey for your budget, try a Coleman grill. The PerfectFlow InstaStart Portable Grill is a great choice. It starts with just a push of a button and is completely matchless. This grill will keep you and your guy from ever being hungry on a camping adventure.

- $99.99

www.coleman.com

For the music lover

A foosball table is a classic gift for any guy, whether it's in the game room of his house, the kitchen of his apartment, or the middle of his dorm. This miniature table is great for travel, too.

- $159

www.offthetable.com

If that's a little too pricey for your budget, try a Coleman grill. The PerfectFlow InstaStart Portable Grill is a great choice.

- $99.99

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover

www.offthetable.com

www.coleman.com

For the music lover
For the fashionista
What girl doesn’t love to accessorize? Give her something extra special.

For the gamer
If your guy loves cuddling up on the couch and watching movies all day, get her a gift that will keep her heart pumping even before she begins eating.

For the health-fanatic
If your girl is mindful of her fitness, get her a gift that will get her heart pumping even before she begins eating.

For the tech-girl
If she’s touch-screen crazy, she might need a stylus to make texting a little easier.

For the fashionista
What girl doesn’t love to accessorize? Give her something extra special.

For the gamer
If your guy loves cuddling up on the couch and watching movies all day, get her a gift that will keep her heart pumping even before she begins eating.

For the health-fanatic
If your girl is mindful of her fitness, get her a gift that will get her heart pumping even before she begins eating.

For the tech-girl
If she’s touch-screen crazy, she might need a stylus to make texting a little easier.

For the fashionista
What girl doesn’t love to accessorize? Give her something extra special.

For the gamer
If your guy loves cuddling up on the couch and watching movies all day, get her a gift that will keep her heart pumping even before she begins eating.

For the health-fanatic
If your girl is mindful of her fitness, get her a gift that will get her heart pumping even before she begins eating.

For the tech-girl
If she’s touch-screen crazy, she might need a stylus to make texting a little easier.

For the fashionista
What girl doesn’t love to accessorize? Give her something extra special.

For the gamer
If your guy loves cuddling up on the couch and watching movies all day, get her a gift that will keep her heart pumping even before she begins eating.

For the health-fanatic
If your girl is mindful of her fitness, get her a gift that will get her heart pumping even before she begins eating.

For the tech-girl
If she’s touch-screen crazy, she might need a stylus to make texting a little easier.

For the fashionista
What girl doesn’t love to accessorize? Give her something extra special.

For the gamer
If your guy loves cuddling up on the couch and watching movies all day, get her a gift that will keep her heart pumping even before she begins eating.

For the health-fanatic
If your girl is mindful of her fitness, get her a gift that will get her heart pumping even before she begins eating.

For the tech-girl
If she’s touch-screen crazy, she might need a stylus to make texting a little easier.

For the fashionista
What girl doesn’t love to accessorize? Give her something extra special.

For the gamer
If your guy loves cuddling up on the couch and watching movies all day, get her a gift that will keep her heart pumping even before she begins eating.

For the health-fanatic
If your girl is mindful of her fitness, get her a gift that will get her heart pumping even before she begins eating.

For the tech-girl
If she’s touch-screen crazy, she might need a stylus to make texting a little easier.

For the fashionista
What girl doesn’t love to accessorize? Give her something extra special.

For the gamer
If your guy loves cuddling up on the couch and watching movies all day, get her a gift that will keep her heart pumping even before she begins eating.

For the health-fanatic
If your girl is mindful of her fitness, get her a gift that will get her heart pumping even before she begins eating.

For the tech-girl
If she’s touch-screen crazy, she might need a stylus to make texting a little easier.

For the fashionista
What girl doesn’t love to accessorize? Give her something extra special.

For the gamer
If your guy loves cuddling up on the couch and watching movies all day, get her a gift that will keep her heart pumping even before she begins eating.

For the health-fanatic
If your girl is mindful of her fitness, get her a gift that will get her heart pumping even before she begins eating.

For the tech-girl
If she’s touch-screen crazy, she might need a stylus to make texting a little easier.
LUCIOUS

The Eagles had a lead for the majority of the first half but a surge during the second half allowed them to solidify it.

The Eagles led 34-28 at halftime and outscored Old Dominion by 14 in the second half.

Hill said the Eagles will need to improve their defense.

The Eagles shot 50% from the field and 62% from three-point range.

SISTEAPEL

“arly in the game, we’re doing what we can to get our turnovers under control,” Fennelly said.

The Cyclones forced 16 turnovers and had 21 assists.

Transition points were a factor in the game.

Newcomer Prins is finding her stride.

“Call me unorthodox, but I’ll get our seniors into better shape before contact,” Fennelly said.

The Cyclones have set their sights on the NCAA Championships.

The Cyclones have been a force in recent years, but they face tough competition.

The Cyclones have already secured three wins this season.

The Cyclones have been cleared to wrestle again.

The Cyclones have been good in the last couple of games.

The Cyclones have been good in the last couple of games.

The Cyclones have been good in the last couple of games.

The Cyclones have been good in the last couple of games.

The Cyclones have been good in the last couple of games.
Sudoku

Fun Facts
In early drafts of Truman Capote's Breakfast at Tiffany's, Holly Golightly was named Connie Gurstafon.

In 1983, a tiny fleck of paint off an earlier spacecraft hit the windshield of the orbiter space shuttle Challenger at 20,000 mph, causing a crater to form in its windshield.

SCUBA is not a word. It is an acronym for “Self Contained Underwater Breathing Apparatus.”

Breathing Apparatus.”

SCUBA is not a word. It is an acronym for “Self Contained Underwater Breathing Apparatus.”

Wilbur and Orville weren't the only Wright Brothers. They had two older brothers, Rachel and Lorin, plus a younger sister, Katharine.

Grant Wood, famous for his painting American Gothic, won a Crayola coloring contest as a child, which helped perpetuate his interest in art.

Fun & Games

Downloadable Puzzles

Sudoku by the Meyoph Group

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Crossword

Fun & Games Unplug, decompress and relax...

Today’s Birthday

Home is your magnet this year. Investments, work, and traveling are all important to you. June 16th of 2013, and opens shift to career and finances after June. Stay open minded, and get a second opinion on big decisions.

To get the advantage, check the daily horoscope for the second day. It’s the most challenging.

March (21-April 20)

Today is a 6

The pace is picking up. Accept your greater workload. Your workload getting more intense, as the excellence attracts attention.

February (20-21)

Today is a 9

Your work starts to pick up. Get your mind off responsibilities, and focus on your personal life. You may feel more relaxed now.

Cancer (June 22-July 22)

Today is a 7

A versatile learning experience begins. Learning something new, perhaps.

Ralph Waldo Emerson

Today is a 9

It's a great time to learn more. Your learning phase begins. Practicing something you learned, good.

Virgo (August 23-September 22)

Today is a 9

Your learning phase continues. Practicing something you learned, good.

Today is a 9

Avoid backtracking. What you hold on to the responsibility.

Taurus (April 20-May 20)

Today is a 9

Your workload getting more intense, as the excellence attracts attention.

Aries (March 21-April 19)

Today is a 6

The pace is picking up. Accept your greater workload. Your workload getting more intense, as the excellence attracts attention.

February (20-21)

Today is a 9

Your work starts to pick up. Get your mind off responsibilities, and focus on your personal life. You may feel more relaxed now.

Cancer (June 22-July 22)

Today is a 7

A versatile learning experience begins. Learning something new, perhaps.

Ralph Waldo Emerson

Today is a 9

It's a great time to learn more. Your learning phase begins. Practicing something you learned, good.

Virgo (August 23-September 22)

Today is a 9

Your learning phase continues. Practicing something you learned, good.

Today is a 9

Avoid backtracking. What you hold on to the responsibility.

Taurus (April 20-May 20)

Today is a 9

Your workload getting more intense, as the excellence attracts attention.

Select healthy snacks to eat while studying for exams

By Cathlyn Diimig
AmesEats Flavors writer

The most stressful time of the semester for many is during Dead Week and Finals. While studying for exams, many students are drawn to sugary snacks or comfort foods. Instead, try eating healthy snacks to help you stay focused and alert.

The super foods listed below will help you feel more relaxed and boost your mood during one of the most stressful times of the year. Each of these foods are full of different nutrients and minerals to combat feelings of stress, anxiety, and depression. Not only will you reduce your stress, these foods won’t leave you feeling sick or bloated.

- Avocados contain vitamin E, which plays a role in healthy skin. No more stress acne for you.
- Blueberries are high in antioxidants and vitamin C, which can lower blood pressure and the stress hormone.
- Salmon is high in omega-3 fatty acids, which reduce the release of cytokines. Eating an omega-3 supplement, make sure the high-quality contain DHA and EPA.
- Spinach is full of magnesium, which regulates levels of cortisol, the stress hormone. Spinach can help you concentrate, and can also keep you from feeling sluggish and drowsy.
- Turkey or chicken are great for when you are stressed. Poultry is full of the amino acid tryptophan, which triggers the release of serotonin, a feel-good chemical.
- Oranges are rich in vitamin C, which can help you concentrate, and it can also induce serotonin. And since oatmeal is high in fiber, it helps to digest so you will feel full and won’t need for sweets.
- Almonds are full of B2 and E vitamins, which repair and protect cells when we are stressed.
- Green tea is great to sip on when you are stressed or anxious. Green tea contains theanine, which helps you calm down, concentrate and focus.
- Apples and peanut butter are great snacks to eat when stressed. Apples are complex carbohydrates, which means they release energy slowly and help keep you full. Peanut butter is a healthy fat. This snack will give you energy. It can also slow the digestion process, which may make you feel the energy last longer.

While studying, don’t forget to drink water. Drink water before, during, and after exams. Every time you feel like grabbing something to eat, try a sip of water first. It can help you reduce your cravings.

Cafes

Cafe Diem
6 a.m. to 10 p.m. weekdays, 7 a.m. to 9 p.m. weekends
4800 Mortensen Road
Cafe Milo
6 a.m. to 10 p.m. weekdays, 7 a.m. to 11 p.m. weekends
229 Main St.
Cafe Milo
6 a.m. to 10 p.m. weekdays, 7 a.m. to 11 p.m. weekends
2320 Lincoln Way
Lorry’s Coffee
5 a.m. to 9 p.m. weekdays, 7 a.m. to 9 p.m. weekends
200 Main St.
Stomping Grounds
9 a.m. to 9 p.m. weekdays, 10 a.m. to 9 p.m. weekends
320 West Ave.

The super foods listed below will help you feel more relaxed and boost your mood during one of the most stressful times of the year. Each of these foods are full of different nutrients and minerals to combat feelings of stress, anxiety, and depression. Not only will you reduce your stress, these foods won’t leave you feeling sick or bloated.

- Avocados contain vitamin E, which plays a role in healthy skin. No more stress acne for you.
- Blueberries are high in antioxidants and vitamin C, which can lower blood pressure and the stress hormone.
- Salmon is high in omega-3 fatty acids, which reduce the release of cytokines. Eating an omega-3 supplement, make sure the high-quality contain DHA and EPA.
- Spinach is full of magnesium, which regulates levels of cortisol, the stress hormone. Spinach can help you concentrate, and can also keep you from feeling sluggish and drowsy.
- Turkey or chicken are great for when you are stressed. Poultry is full of the amino acid tryptophan, which triggers the release of serotonin, a feel-good chemical.
- Oranges are rich in vitamin C, which can help you concentrate, and it can also induce serotonin. And since oatmeal is high in fiber, it helps to digest so you will feel full and won’t need for sweets.
- Almonds are full of B2 and E vitamins, which repair and protect cells when we are stressed.
- Green tea is great to sip on when you are stressed or anxious. Green tea contains theanine, which helps you calm down, concentrate and focus.
- Apples and peanut butter are great snacks to eat when stressed. Apples are complex carbohydrates, which means they release energy slowly and help keep you full. Peanut butter is a healthy fat. This snack will give you energy. It can also slow the digestion process, which may make you feel the energy last longer.

While studying, don’t forget to drink water. Drink water before, during, and after exams. Every time you feel like grabbing something to eat, try a sip of water first. It can help you reduce your cravings.

Cafes

Cafe Diem
6 a.m. to 10 p.m. weekdays, 7 a.m. to 9 p.m. weekends
4800 Mortensen Road
Cafe Milo
6 a.m. to 10 p.m. weekdays, 7 a.m. to 11 p.m. weekends
229 Main St.
Cafe Milo
6 a.m. to 10 p.m. weekdays, 7 a.m. to 11 p.m. weekends
2320 Lincoln Way
Lorry’s Coffee
5 a.m. to 9 p.m. weekdays, 7 a.m. to 9 p.m. weekends
200 Main St.
Stomping Grounds
9 a.m. to 9 p.m. weekdays, 10 a.m. to 9 p.m. weekends
320 West Ave.

The super foods listed below will help you feel more relaxed and boost your mood during one of the most stressful times of the year. Each of these foods are full of different nutrients and minerals to combat feelings of stress, anxiety, and depression. Not only will you reduce your stress, these foods won’t leave you feeling sick or bloated.

- Avocados contain vitamin E, which plays a role in healthy skin. No more stress acne for you.
- Blueberries are high in antioxidants and vitamin C, which can lower blood pressure and the stress hormone.
- Salmon is high in omega-3 fatty acids, which reduce the release of cytokines. Eating an omega-3 supplement, make sure the high-quality contain DHA and EPA.
- Spinach is full of magnesium, which regulates levels of cortisol, the stress hormone. Spinach can help you concentrate, and can also keep you from feeling sluggish and drowsy.
- Turkey or chicken are great for when you are stressed. Poultry is full of the amino acid tryptophan, which triggers the release of serotonin, a feel-good chemical.
- Oranges are rich in vitamin C, which can help you concentrate, and it can also induce serotonin. And since oatmeal is high in fiber, it helps to digest so you will feel full and won’t need for sweets.
- Almonds are full of B2 and E vitamins, which repair and protect cells when we are stressed.
- Green tea is great to sip on when you are stressed or anxious. Green tea contains theanine, which helps you calm down, concentrate and focus.
- Apples and peanut butter are great snacks to eat when stressed. Apples are complex carbohydrates, which means they release energy slowly and help keep you full. Peanut butter is a healthy fat. This snack will give you energy. It can also slow the digestion process, which may make you feel the energy last longer.

While studying, don’t forget to drink water. Drink water before, during, and after exams. Every time you feel like grabbing something to eat, try a sip of water first. It can help you reduce your cravings.