Undergraduate 2014-15 fees
- $15,334.00 (nonresident)
- $5,200.00 (resident)

Graduate 2014-15 | fees
- $20,158.00 (2013-14)
- $20,804.00 (2014-15)

Nonresident students face higher tuition, fees for coming school year

Graduate tuition increases

Students face seasonal weight gain in winter

By William Rout
@iowastatedaily.com

Secondary behavior plays a primary role when it comes to weight gain during the three-month period of winter. Lack of activity and poor diet are the leading reasons why weight gain occurs during winter months. For students, this season can be more difficult. This winter, people need to be more aware of their choices and how they affect their well-being.

There are many reasons for seasonal weight gain. The most common one is overeating. Overeating can be a result of stress, boredom, or simply a desire to comfort oneself. These behaviors are often exacerbated by the cold weather.

Another factor is lack of physical activity. With the colder weather, people tend to spend more time indoors, which can lead to less exercise. Exercise is important for maintaining a healthy weight and reducing the risk of chronic diseases.

Another contributing factor is humidity. The dry air of winter can cause dehydration, which can lead to an increased appetite and, ultimately, weight gain.

Hunger can also be influenced by seasonality. Some studies have found that people are more likely to overeat during the winter months.

In conclusion, seasonal weight gain is a common occurrence, and it can be difficult to avoid. However, by being aware of the factors that contribute to weight gain, people can take steps to prevent it. This includes maintaining a healthy diet, engaging in regular physical activity, and avoiding habits that lead to overeating.

If you find yourself struggling with weight gain this winter, consider seeking professional help. A health care provider can offer guidance and support to help you achieve your weight loss goals.

By Michelle Schomine
@iowastatedaily.com

Students can be navigated to winter weight gain build

By Azwan Azhar
@iowastatedaily.com

The Food at First program is a local food pantry and meal program that helps serve low-income families in the Ames community. It is a partnership between local businesses and Iowa State, serving the people of Ames.

Seven days a week, Food at First provides hungry citizens of Ames with a free meal made up of food from local businesses and ISU Dining that otherwise would have been thrown away, no questions asked.

Whether people come to get grocery for a free meal, or whether they come to get groceries, we don’t have any limitations on that, anybody can come.

Ames is a no questions asked food program. First, there is a défini community mandate where people can come and receive a free meal from the leftover food that is donated to Food at First from area businesses. Second, there is a free grocery market, which has distributions three times a year.

Students can be navigated to winter weight gain build

By Azwan Azhar
@iowastatedaily.com

The study abroad experience is unique and has many benefits. Having an internship abroad boasts the opportunity to do an internship abroad which has been taken up.

One of the reasons might be that freshmen still have to train until their junior year Nelson said. Students shouldn’t wait too long if they want to take international experience.

I think that after a while, students get too comfortable here. They make lists of friends and start various activities, so the thought of studying in a faraway country, an intern programme becomes less attractive than it was when they were freshmen.

Andrew Tjaden, sophomore in marketing, is a student who decided in his freshman year not to wait to take advantage of the Study Abroad Program.

Freshman year is too early to speak about your international experience. You should be more comfortable here. They make lists of friends and start various activities, so the thought of studying in a faraway country, an intern programme becomes less attractive than it was when they were freshmen.

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Ciardo to bring 'amazing energy' from California at Riverside

By Lauren Viglar
IOWASTATEDAILY.COM

The 2013 department of computer science and Engineering has selected a new chairman. Gianfranco Ciardo, formerly vice chairman of the department of computer science and engineering at the University of California at Riverside, will become the new chairman.

“This position became available when the previous chair of about 12 years resigned,” said Wolfgang Kliemann, professor and former vice chair of about 12 years available when the previous chair of computer science and engineering at the University of California at Riverside, will become the new chairman.

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“My first goal will be to focus on the areas that I have enjoyed the most over the years,” said Ciardo. “I will continue to work with the students who have already shown that they have a passion for computer science and engineering.”
Students feel finals pressure during Dead Week

By Simone Scruggs

By Kat Gruenewald

“Some of my classes’ Dead Week is more of a review and then in others we are learning more material for a test that is during Dead Week,” Davis said. “I like getting my projects done at least two days ahead of Finals Week. We spend our time in the studio doing projects rather than during Finals Week.”

“I think they should consider canceling Dead Week. It’s nice to have no club meetings or chapter meetings to worry about while preparing for Finals Week,” Davis said.

The restrictions established by this Dead Week policy are: • Due dates for mandatory graded submissions of any kind that fall within Dead Week must be listed on the syllabus provided at the start of the course. • Mandatory final examinations may not be given during the Dead Week period or the first two weeks of a normal final examination week. • Registered ISU student organizations may not hold any meetings, functions, or sponsored events during the Dead Week period. Any exceptions to these restrictions must be authorized in advance by Office of the Provost. (The intent of this policy is to establish a one-week period of substantial and probable study time for undergraduate and graduate students.)”

During Dead Week, regular periods are suspended to encourage the introduction of new content, as deemed appropriate by the instructor. The restrictions established by this Dead Week policy are:

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International students use agencies to find colleges in U.S.

By Simonne Scroggs

As Finals Week and the end of the fall 2013 semester ap- proaches, students are begin- ning to focus on their upcoming final exams.

Fan, international student from China and graduate, said she just graduated from high school in China. Fan said, “The agency helps a student apply to the school; however, these services sometimes come with a cost.”

“The fee that they charged is very high,” Fan said. “The agency emailed her a lot to apply to the school in China. Fan chose Iowa State, said she and her parents had no knowledge of what the application process entailed. She said the agency helped guide her a lot to apply to the school and then apply for my major.”

Agencies can really help families because they can bridge the gap between the student and the school, Fan said. “I can not really speak English after we graduated, and all our high schools recommended the low tuition schools they recommend. The hardest part for some students is the amount of work they must do during Dead Week. I think they should cancel Dead Week because it doesn’t really make sense to have home- work and quizzes up until Finals Week,” Young said.

Fan and Young both agree that limiting the framework for students would help students prepare for Finals Week. “I think they should consider Dead Week and a final exam the next week in the same class. It also has two labs this week this on top of studying for finals,” Odland said.

“I think they should cancel Dead Week because it doesn’t really make sense to have homework and quizzes up until Finals Week,” Young said.

Callie and Young both agree that limiting the framework for students would help students prepare for Finals Week. “I think they should consider Dead Week and a final exam the next week in the same class. It also has two labs this week on top of studying for finals,” Odland said.

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Group work can benefit everyone that is involved

By Katrin Titus
atowanstatedaily.com

College has been notorious for making students learn to rely on themselves, and it is important to us now and will be again in the future. A classmate is due to take a test and you study with him. Later, when you walk into a class to face an exam and then walk into a class with two people who seem to be going to be better or worse in the grade book, we can learn something. As a result, we are all students up with homework and mold our self-image accordingly. We need to become independent.

C
anonically that means asking them to partake in a continuing resolution and work with our government. Our representatives and senators were elected to do this. While our government is not any better than any other, it can be safely said that the government has become our spending negotiators. Some attempts to make last October's spending resolution, but even with modifications, a plan is actually written. In this case, that means asking them to look at a budget through a small amount of time.

Our government is showing that it will affect to know what will be happening years in advance and would dramatize the continuing resolution. Some continuing resolutions may look like a budget, and then walk into a class to face an exam and then walk into a class with two people who seem to be going to be better or worse in the grade book, we can learn something. For example, a continuing resolution, which resembles games of chicken with our government agencies and private industries that have just become our spending negotiators, is akin to living in the past. The world is changing, and our governing officials are accepting the past as the new normal in terms of expenditures. The main difference between the two is that a continuing resolution, as its name suggests, is just a one-time agreement on what those plans should be accomplished with low-level agreements that used to be flinging shuttles into the air, just to create a new ‘ Apollo’ mission. The president’s budget for NASA in 2011 didn’t include the XPRIZE, but the $6 billion to the first private spacecraft on the moon. The president’s budget for NASA in 2013, however, includes both the XPRIZE and a manned mission to Mars. It states that our government is no longer impossible to become independent. But what the expenditure. But what the expenditure. But what the expenditure. But what the expenditure. But what the expenditure. But what the expenditure. But what the expenditure. But what the expenditure.
The weather outside indeed has been frightful. It's true! And it is seemingly here to stay. The cold and wet conditions are forcing us to stay indoors and huddle up. Our immune systems are one of the reasons why. The immune system is one of the body's natural defense systems. It helps protect the body from foreign invaders, such as viruses and bacteria. But when the immune system is not able to fight off an infection, it can lead to serious health issues. Constant stress can have a negative impact on the immune system, making it more susceptible to infections. So, it is crucial to take care of ourselves and practice good hygiene, such as washing our hands frequently and getting enough rest, to keep our immune systems strong.

The problem, however, with loads of long assignments is that they can be too much. When a student is stressed about getting homework completed, it can prevent them from focusing on their studies. For example, a student who is stressed about assignments might have trouble concentrating and not be able to complete their work. This can lead to a cycle of stress and anxiety, as the more homework a student has, the more stressed they become. And the more stressed a student is, the less likely they are to complete their assignments.

Trotter, William. How the Grinch Stole Christmas. Penguin Group USA, 1997. This holiday season try not to go out and buy, buy, buy. Instead, focus on the true meaning of Christmas. It is a time to spend with your family and friends. It is a time to give back to others. This lesson can be shown through the story of the Grinch. The Grinch was trying to steal Christmas from the people of Whoville. But, in the end, he realized that the true meaning of Christmas is not about receiving, but about giving. It is a time to help those who are less fortunate. It is a time to raise donations to help those in need. It is a time to make the world a better place.
said. Students find internships immediately started re-
ed at Iowa State, Tjaden
or learned something new
Tjaden said. “Everywhere
and the people I meet,”
6  |  NEWS  |  Iowa State Daily  |  Tuesday, Dec. 10, 2013
junior in communication studies.
workouts,” said Victoria Patterson,
off and on, but our main
some work with catering
Dining.
Brittney Rutherford, mar-
see in cafes that are in the
products, so those things you
distributing groceries at
First Program is
a lot of reasons why the
good partnership.”
Rutherford said.
many leftovers as we can,”
food to feed their hungry
from expiring.
picks up food.
“Six or seven days a week,
pairs at the end of the day
energy and that’s why with
Martin said there are
their initial scariness and
abroad adds so much to
Internship, the company
coordinator for Absolute
Tjaden plans to return
when you fit for your new
agency that does, but often
the Food. “We’re keeping
food feeds the hunger
we’re meeting their needs,
his students not to waste too
much time in your com-
low fat milk.”
because of boredom or emotions.
professor during his intern-
China.”
Iowa beforehand,” Tjaden
originally thought.

SIDI/Dining and Food at First are partnering to provide the Ames community with free food
• A professional manner
• Excellent “people skills,” for working with a range of colleagues and clients
• Confidence, tact, and a persuasive manner
11. Complete administrative work, as required.
9. Act as the link between the client and agency by maintaining regular contact
5. Work with Sales & Marketing Director to devise an advertising campaign that
4. Make “pitches” to try to win new business for the agency.
3. Meet and liaise with clients to discuss and identify their advertising
1. Manage a portfolio of accounts to build assigned territory and increase market
2. Study various aspects of the field’s concepts, practices, and procedures.
1. Act as mentor and trainer with junior staff members.

Martin said there are
problems can...
Players allow fewer points with better communication

By Alex Halsted

The UNI defense stepped up Tuesday night as it led the way for its offense, suffering a close loss to the Northern Iowa Hawks.

The Panthers were down by one point, but the UNI defense allowed them to score 42 points on the night.

"We gave up too many points on our own goal line," said ISU coach Bill Fennelly. "Looking back at that game, we could have done a lot better.

"We're able to let them know, that's something [George Niang] [Niang] [Niang] let me know, that's something we can work on, and make it a point to improve on."
Final loss disappoints, marks end for Hahn, Matlock

By Mike Randelman
mrandelman@iowastatedaily.com

After making a Sweet 16 run in 2012 and receiving a top-25 ranking headed into the 2013 season, expectations were high for the ISU volleyball program.

A series of injuries throughout the season, the Cyclones (15-13, 8-8 Big 12) bowed out in the first round of the NCAA tournament and recorded their lowest win percentage since the 2008 season.

“It hurts because you’ve set the bar so high,” said ISU coach Christy Johnson-Lynch after the Cyclones’ season-ending loss to Colorado in four sets, 30-28, 22-30, 30-27, 30-22. “There is nothing that changes the disappointing.

Iowa State began the season ranked 13th in the American Volleyball Coaches Association poll, perhaps more as a result of the pedigree the program has achieved in recent years.

This year’s losing streak began with a loss to the University of Colorado on Sept. 28, 2013.

The Cyclones received six votes for the Big 12’s top three teams during the Big 12 swimming. The head coach of the Cyclones, Johnson-Lynch said. “We had a lot of new people on this team and the fleet was against Colorado and that had been one of our big expectations before.”

Johnson-Lynch is a four-year Big 12 All-Rookie team after the Cyclones won 2-2 in the Big 12 title run, as well as a chance at playing the first and second rounds of the NCAA tournament.

Iowa State was, however, able to take care of business against ranked opponents as well as within the conference.

The team appeared to be hit by the string of losses, recording losses to ranked opponents as well as within the Big 12 conference.

The Cyclones were 17-4 at the time of the meeting, finishing 14-4 for a 14th place finish in the conference.

Despite the losses, the Cyclones finished 23rd in the NCAAs.

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Iowa State was, however, able to take care of business against ranked opponents as well as within the Big 12 conference.

Senior libero Kristen Hahn returns a serve against Colorado on Friday at the Sports Pavilion in Minneapolis, Minn., during the second round of the NCAA tournament.

The Cyclones were ranked in the AVCA top-25 at one point in the season, dropping three of its last four matches, as well as its last two in the Big 12 title run for home court for the NCAA’s.

Senior libero Kristen Hahn returns a serve against Colorado on Friday at the Sports Pavilion in Minneapolis, Minn., during the second round of the NCAA tournament.

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Despite the losses, the Cyclones finished 23rd in the NCAAs.
Fashion dictionary: chambray, peplum, wedge

By Miranda Pollitt / @iowastatedaily.com

Chambray is often used for the fabric of a shirt, for denim, due to the similar blue hue. Applications range from shirts to jeans. Chambray makes for a of fabric is meant to flatter the body because the chambray appears at the hips and is known to be less heavy and bulky.

Wedge falls in the shoe category. When the heel of the shoe is raised and is solid, it is a wedge — it is a wedge. This style is common in sandals and heels and is admired for its comfort in comparison to stilettos heels.

Social media tags

Ashley Altstadt
@justaddglam
Katie Dosen
@edgyeggs
Carly Heitlinger
@collegeprepster
Jennifer Henry-Novich
@collegeprepster
Katie Dosen
@edgyeggs
Ashley Altstadt
@justaddglam

Where to shop

ToLiveForStyle.com

New Year’s Eve is one of the most fabulous holidays of the season, but deciding what to wear is sometimes a challenge. We found four fashion bloggers and asked them to give us the scoop on their New Year’s Eve fashion tips.

Embracing style

“You can turn your outfit around with accessories,” said Katie Dosen, DJ alumna and blogger behind ToLiveForStyle.com. Dosen said her best advice is to step out of your comfort zone for New Year’s Eve. Because it is the one time a year you can really get dressed up.

“Wedges are a huge trend right now. They are a shorter heel but they keep with your personal style,” Dosen said about her ideal New Year’s Eve look.

Cathy Heitlinger, blogger behind TheCollegePrepster.com, said her ideal look for New Year’s Eve is classic but a little bit fun.

“I normally wear the same types of things every day — so this is the perfect opportunity to go a bit outside of my comfort zone,” Heitlinger said.

Ashley Altstadt, Blogger of Edgy Edges. Instagram/Twitter: @justaddglam, said her Southern New Year’s Eve outfit wouldn’t be to a gold clutch with nude pumps.

Jennifer Henry-Novich, Blogger behind TheRunwaytoStyle.com, said her blog focuses on personal style and adding a bit of glam to your every day.

“Anything with sparkle and color that shines,” Henry-Novich said of her New Year’s Eve outfit of choice.

Accessories and makeup

“I am really into little hair accessories like cute Bobby pins or barrettes,” Dosen said and explained that you can even make a DIY hair clip out of an old noisemaker for New Year’s Eve.

Adding small accessories, like a haphazard, is a great, inexpensive way to add sparkle to your New Year’s Eve look. Chambray jeans are another way to add interest to an outfit without having to splurge.

“If I’m wearing a classic, simple dress then I like to accessorize a little bit more,” Heitlinger said. “Tribble a statement necklace or a stack of bracelets.”

Henry-Novich said she loves to play around with makeup on New Year’s Eve. She loves to wear a glittery dress and add accessories to add personal flair to her outfit. She also suggests getting a pair of false eyelashes or a store like Target to mix up your eye makeup routine.

“Anytime you are making a statement with a little black dress,” Altstadt said. “I would find a little Black dress that I already own or borrow one from a friend then go out and buy some statement accessories.”

Henry-Novich said another great way to save money is to borrow dresses from your girl friends. Borrowing a friend’s dress and adding accessories to add personal flair is a cheap trick for those on a budget who want to avoid wasting money on their New Year’s Eve look.

“Make do with what you have and don’t be afraid to wear a dress you’ve already worn,” Dosen said.

The clutch

Overall, you should keep your party clutch light and only carry your essentials. I usually carry a small clutch that I can carry across my body. I carry the basics like my credit card, ID, lip gloss and some cash,” Dosen said.

For all the social media addicts a portable charger is a great thing to pack in your purse. “For me personally I need a huge social media addicts. So I carry a portable phone charger with me,” Henry-Novich said. “I also carry my ID, credit cards and a lipstick for touch ups. Then some mints.”

Fashion bloggers share their fashion secrets