Martial Arts Club teaches sexual assault self-defense

By Dakota Carpenter

A group of students in seeking to cut down sexual assault through martial arts.

A group of students in a Commencement 337, Small Group Communication, used a class assignment to draw attention to sexual assault and to fundraise money for the Adult Care Center through martial arts.

By Wendy Carpenter

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences.

Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences. "We wanted to pick something close to home," said Hansen.

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Wendy Carpenter

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences.

Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences. "We wanted to pick something close to home," said Hansen.

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Wendy Carpenter

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences.

Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences. "We wanted to pick something close to home," said Hansen.

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Wendy Carpenter

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences.

Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences. "We wanted to pick something close to home," said Hansen.

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Wendy Carpenter

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences.

Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences. "We wanted to pick something close to home," said Hansen.

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Wendy Carpenter

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences.

Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences. "We wanted to pick something close to home," said Hansen.

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Wendy Carpenter

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences.

Brynn Hansen, senior in communication and regional planning, and flow expert-partner with the Iowa State Martial Arts Club, he said that he began teaching self-defense seminars and noticing there were so many sexual assaults that it made him think about his own experiences. "We wanted to pick something close to home," said Hansen.

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.

By Wendy Carpenter

Iowa State's campus. This semester, two sexual assault cases have been reported to authorities. Tim Skinner is a graduate student in sustainable agriculture and human nutrition, and a member of the Cyclone Martial Arts Club. Skinner and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club. Skinner was recognized at the student-athlete breakfast for the University of Iowa (UI) Livestock Judging Team.
**Weather**

**WEDNESDAY**
- Partly sunny, brisk and cool. Clear in the evening.

**THURSDAY**
- Mostly sunny but with some clouds. Clear overnight.

**FRIDAY**
- Partly sunny during the day. Cold and cloudy at night.

Weather provided by NWS UGM Enid, OK.

**Police Blotter**

The information in the blotter comes from the ISU and City of Ames police department records.

Nov. 8

Zachary Bennett, 22, of 1416 Mayfield Drive, Apartment 105, Ames, was arrested and charged with public intoxication at Lincoln Way and Lincoln Way (reported at 1:53 a.m.).

Deshail Walker, 24, of 910 1st Street Drive, Polk City, was cited for underage possession of alcohol at Lincoln Way and Lincoln Way (reported at 1:53 a.m.).

Joshua Pola, 21, of 1423 South Grand Avenue, Apartment 156, Ames, was arrested and charged with public intoxication at Ash Avenue and Lincoln Way (reported at 1:59 a.m.).

Rachel Bauman, 18, 1605 NE 1120 Avenue, EBart, was arrested and charged with public intoxication at 1500 block of Avenie (reported at 2:01 a.m.).

Nov. 9

Dennis Thomas Jr., 21, of 1405 South Wood Street, Ames, was arrested and charged with public intoxication at 4000 block of Arlington Street (reported at 12:01 a.m.).

**Overcoming Prohibition**

Editor to Buford Conrad Law

Dan Linn

Cornell Law School

November 12, 2014

The ISU volleyball team's next match will be against No. 12 Oklahoma. The Cyclones are experiencing the first Big 12 winning streak of the season and hopes to build on it against the Sooners. To read the full preview, check out the sports section of the Daily's website.

**Women take on new attitude for final meet**

The ISU women's cross country team is heading into its final meet of the season but Iowa State will not be doing anything different for them. The Cyclones have an "If it's not broke, don't fix it" attitude to see if they can win a title. To read the full preview, check out the sports section of the Daily's website.

**ICE CREAM - NEW OBSTACLE FOR CAMPUΣ BIKERS**

Despite the occasional patch of mud by the Reto parking lot, some ISU students are being faced with a new obstacle to their bikes. The cause could range from a hole in the pavement or biker blunders.

**Weekly forecast**

Cold and cloudy at night.
Partly sunny during the day.
Cloudy. Clear overnight.
Clear in the evening.
Partly sunny, brisk and cool.

**Winter is coming, first 2014 snowfall arrives**

As the winter season approaches, mud can be found in a rather cold and cloudy environment. Students bundle up to head to their evening classes after the first snowfall of the 2014 school year on Nov. 2.

**CROSS COUNTRY**

**Volleyball**

ISU set to take on Oklahoma

The ISU volleyball team's next match will be against No. 12 Oklahoma. The Cyclones are experiencing the first Big 12 winning streak of the season and hopes to build on it against the Sooners. To read the full preview, check out the sports section of the Daily's website.

**TENNIS**

**Player reaches goal of playing collegiately**

Senior and ISU tennis player Aleksandar Galbić’s dream of tennis is just coming true. To read more about her dream and her journey, go online to the sports section of the Daily's website.

**Volunteers Day celebrated on campus**

Gold Star Hall held its annual community service day on Veterans Day. The event, which was held on Tuesday, inducted five former ISU students who were killed in Afghanistan during the war into the Gold Star Hall of Honor. To see a photo gallery of the event, check out the multimedia section of the Daily's website.

**Corrections**

The Iowa State Daily welcomes comments and suggestions or complaints about stories that appear in the paper. To submit a correction, please email us at 515-292-8414 or send an email to yourdaily@iowastate.edu.
Non-traditional student uses age to further education

By Stephen Koenigsfeld

The event is an outgrowth of a three-part series featuring Shawn Ennis, a non-traditional, veteran student at Iowa State.

As Shawn Ennis opens the door into the darkened classroom, he looks over and gives a sarcastic look and asks, "Do you have any idea what it means to be 30?"

As confused as everyone in the room, the 5-foot-10 student does a dance of his head-handed thinking about what hasn't been shown in a few days — and a haircut at that, at one time. Sensed to be a huge cut, has been known to come in a more soft-looking "do.

The next class meeting looks at a picture of a computer component screen and asks, "Do you look at me any differently because I'm not as young as you are?"

Trey Ennis and I began talking about what it is like to be in your mid-30s, and how the student in his 30s and 40s wants to be treated. As a 30-year-old veteran, non-traditional student, younger Ennis doesn't have enough to worry about precocious against older, non-traditional students. It has his grades, a job and a family to go with.

"I see some younger students say, 'I'll get up early to play with my kids, and then work,'" Ennis says he makes a pumping motion to his chest. "It feels so much of the older students."

It only takes an hour to apply!

It only takes an hour to apply!

515.233.2263 | painreliefiowa.com | 205 Clark

Teach Lessons That Will Last a Lifetime

Choose your country and program: peacerefugees.org/peacemaker

It only takes an hour to apply! 1 855 855 1961 | chicago.peacemaker.org

International Week 14 - 20 November 2014

MARK YOUR CALENDAR AND ATTEND A GRAND CELEBRATION OF CULTURES IN A CITY WORLD.

Dr. Rod Rebarcak
Dr. Mark Catanese
Dr. Ben Winecoff
Dr. Matt Cross

Rebarcak Chiropractic PAIN RELIEF CENTER

Good Food-Good Feel-Good Beer;

Dr. Ross Strobel
Dr. Matt Catanese
Dr. Ben Winecoff
Dr. Bradley Rebarcak

Reach Back - Headaches - Extremities

WALK-IN CARE or by appointment

6. E. of Culvers

Neighbors teach children how to stay away from drugs during a presentation in a classroom. It's taught in Iowa State University and other projects around the country. © The Des Moines Register, and The Des Moines Register, that they write for us.

Fargo Writing, under community studies, sits outside of AJ's Ultra Lounge with one of the dogs from the Story County Animal Shelter on Nov. 18. Writing is raising money to raise the animal shelter through the event "Mugs 4 Pugs." It is happening on Nov. 17 and people will be able to buy the mugs they pay that night for special Mugs 4 Pugs.

MUGS 4 PUGS

AJ's Ultra Lounge mug money funds Story County Animal Shelter

By Kenti Mengor

Wednesday, Nov. 12, 2014

IOWA STATE DAILY

3

Students who enjoy a cold beer and helping animals might be hooking up the right night if they happen to enter the first "Mugs 4 Pugs" charity event.

On Thursday, students with blue paw printed mugs will gather at AJ's Ultra Lounge in support of the event.

"The "Mugs 4 Pugs" event is in order to encourage people to say "Keep your paws off my mug," and offering special pricing and drink specials. All of the profits from the mugs will go to the Story County Animal Shelter.

According to their website, the shelter cares and houses abandoned or missing pets and investigates cruelty cases.

The fundraiser was created by seven students who decided to collaborate with AJ's Ultra Lounge for their small group project in Small Group Communications.

They wanted to help an animal shelter because everyone in the student group loves animals, and felt like helping with the communication studies.

The owner of AJ's Ultra Lounge, Ben Singh, agreed to help and give free mugs.

Singly purchased the mugs for $5, with a group of 10 or more each national, non-traditional student at Iowa State.

As Shawn Ennis opens the door into the darkened classroom, he looks over and gives a sarcastic look and says, "You have any idea what it means to be 30?"

As confused as everyone in the room, the 5-foot-10 student does a dance of his head-handed thinking about what hasn't been shown in a few days — and a haircut at that, at one time. Sensed to be a huge cut, has been known to come in a more soft-looking "do.

"I see some younger students say, 'I'll get up early to play with my kids, and then work,'" Ennis says he makes a pumping motion to his chest. "It feels so much of the older students."

Rebarcak Chiropractic PAIN RELIEF CENTER

Good Food-Good Feel-Good Beer;

Dr. Ross Strobel
Dr. Mark Catanese
Dr. Ben Winecoff
Dr. Bradley Rebarcak

Reach Back - Headaches - Extremities

WALK-IN CARE or by appointment

6. E. of Culvers

Neighbors teach children how to stay away from drugs during a presentation in a classroom. It's taught in Iowa State University and other projects around the country. © The Des Moines Register, and The Des Moines Register, that they write for us.

Fargo Writing, under community studies, sits outside of AJ's Ultra Lounge with one of the dogs from the Story County Animal Shelter on Nov. 18. Writing is raising money to raise the animal shelter through the event "Mugs 4 Pugs." It is happening on Nov. 17 and people will be able to buy the mugs they pay that night for special Mugs 4 Pugs.

MUGS 4 PUGS

AJ's Ultra Lounge mug money funds Story County Animal Shelter

By Kenti Mengor

Wednesday, Nov. 12, 2014

IOWA STATE DAILY

3

Students who enjoy a cold beer and helping animals might be hooking up the right night if they happen to enter the first "Mugs 4 Pugs" charity event.

On Thursday, students with blue paw printed mugs will gather at AJ's Ultra Lounge in support of the event.

"The "Mugs 4 Pugs" event is in order to encourage people to say "Keep your paws off my mug," and offering special pricing and drink specials. All of the profits from the mugs will go to the Story County Animal Shelter.

According to their website, the shelter cares and houses abandoned or missing pets and investigates cruelty cases.

The fundraiser was created by seven students who decided to collaborate with AJ's Ultra Lounge for their small group project in Small Group Communications.

They wanted to help an animal shelter because everyone in the student group loves animals, and felt like helping with the communication studies.

The owner of AJ's Ultra Lounge, Ben Singh, agreed to help and give free mugs.

Singly purchased the mugs for $5, with a group of 10 or more each national, non-traditional student at Iowa State.

As Shawn Ennis opens the door into the darkened classroom, he looks over and gives a sarcastic look and says, "You have any idea what it means to be 30?"

As confused as everyone in the room, the 5-foot-10 student does a dance of his head-handed thinking about what hasn't been shown in a few days — and a haircut at that, at one time. Sensed to be a huge cut, has been known to come in a more soft-looking "do.

"I see some younger students say, 'I'll get up early to play with my kids, and then work,'" Ennis says he makes a pumping motion to his chest. "It feels so much of the older students."

Rebarcak Chiropractic PAIN RELIEF CENTER

Good Food-Good Feel-Good Beer;

Dr. Ross Strobel
Dr. Mark Catanese
Dr. Ben Winecoff
Dr. Bradley Rebarcak

Reach Back - Headaches - Extremities

WALK-IN CARE or by appointment

6. E. of Culvers

Neighbors teach children how to stay away from drugs during a presentation in a classroom. It's taught in Iowa State University and other projects around the country. © The Des Moines Register, and The Des Moines Register, that they write for us.

Fargo Writing, under community studies, sits outside of AJ's Ultra Lounge with one of the dogs from the Story County Animal Shelter on Nov. 18. Writing is raising money to raise the animal shelter through the event "Mugs 4 Pugs." It is happening on Nov. 17 and people will be able to buy the mugs they pay that night for special Mugs 4 Pugs.

MUGS 4 PUGS

AJ's Ultra Lounge mug money funds Story County Animal Shelter

By Kenti Mengor

Wednesday, Nov. 12, 2014

IOWA STATE DAILY

3

Students who enjoy a cold beer and helping animals might be hooking up the right night if they happen to enter the first "Mugs 4 Pugs" charity event.

On Thursday, students with blue paw printed mugs will gather at AJ's Ultra Lounge in support of the event.

"The "Mugs 4 Pugs" event is in order to encourage people to say "Keep your paws off my mug," and offering special pricing and drink specials. All of the profits from the mugs will go to the Story County Animal Shelter.

According to their website, the shelter cares and houses abandoned or missing pets and investigates cruelty cases.

The fundraiser was created by seven students who decided to collaborate with AJ's Ultra Lounge for their small group project in Small Group Communications.

They wanted to help an animal shelter because everyone in the student group loves animals, and felt like helping with the communication studies.

The owner of AJ's Ultra Lounge, Ben Singh, agreed to help and give free mugs.

Singly purchased the mugs for $5, with a group of 10 or more each national, non-traditional student at Iowa State.

As Shawn Ennis opens the door into the darkened classroom, he looks over and gives a sarcastic look and says, "You have any idea what it means to be 30?"

As confused as everyone in the room, the 5-foot-10 student does a dance of his head-handed thinking about what hasn't been shown in a few days — and a haircut at that, at one time. Sensed to be a huge cut, has been known to come in a more soft-looking "do.

"I see some younger students say, 'I'll get up early to play with my kids, and then work,'" Ennis says he makes a pumping motion to his chest. "It feels so much of the older students."

Rebarcak Chiropractic PAIN RELIEF CENTER

Good Food-Good Feel-Good Beer;

Dr. Ross Strobel
Dr. Mark Catanese
Dr. Ben Winecoff
Dr. Bradley Rebarcak

Reach Back - Headaches - Extremities

WALK-IN CARE or by appointment

6. E. of Culvers

Neighbors teach children how to stay away from drugs during a presentation in a classroom. It's taught in Iowa State University and other projects around the country. © The Des Moines Register, and The Des Moines Register, that they write for us.

Fargo Writing, under community studies, sits outside of AJ's Ultra Lounge with one of the dogs from the Story County Animal Shelter on Nov. 18. Writing is raising money to raise the animal shelter through the event "Mugs 4 Pugs." It is happening on Nov. 17 and people will be able to buy the mugs they pay that night for special Mugs 4 Pugs.
Strips of prairie are being incorporated into agriculture research and into the STRIPS project at Iowa State University (ISU). One of the leaders of the STRIPS project is Dean Wintersteen, who has worked for the ISU department of natural resources since 1980 when ISU launched the project.

“We were one of the first universities in the country to practice STRIPS,” said Laura Miller, communications specialist at the Leopold Center. Established in 1987, the Leopold Center for Agriculture and Environmental Research focuses on integrating farming and environmental management for the betterment of soil, water and air quality. The center is named after the late John Leopold who was chair of the ISU department of natural resources.

“We’ve always gone back to the farm and I just knew I wanted to be involved in agriculture because that’s where my family lives,” Wintersteen said. “In fact, both my parents and grandparents entered the business, and I’m the only one who didn’t.”

After obtaining her degree, Wintersteen began looking for her next challenge. She ended up working for the extension service at Iowa State University (ISU) and was named executive director of the department of extension and public service.

“Dean has had the opportunity to visit research farms in the area,” said Carla Persaud, a secretary for Wintersteen. “She never really wanted to leave the farm now and has worked hard on the farm these days, and has the opportunity to tell them that day,” Wintersteen said. “She has always been job is to take care of the students, and he always did a great job of it.”

Wintersteen has twin sons, Robert and Michael, and her husband is very supportive of her job.

“His husband and I both love women’s basketball,” Wintersteen said. “So that’s one of those jobs you find, even at Iowa State, when you decide to go married, life is going to change, and that comes in part from the internationalagens relations we have with other universities around the world.”

Moller said that 20

Wintersteen said that Iowa State’s agricultural programs are ranked number five in the nation and that consumers understand and can make critical decisions.

Wintersteen said that Iowa State’s agricultural programs are ranked number five in the nation and that consumers understand and can make critical decisions.

Wintersteen said that Iowa State’s agricultural programs are ranked number five in the nation and that consumers understand and can make critical decisions.
Alex from Target

Public brings average Joe into an uneaten spotlight

By Sean McGraw

public@iowadaily.com

IOWA STATE DAILY

Wednesday, Nov. 12, 2014

Alex from Target was headed and what the was elevated to stage four in with stage two glioblastoma starting a family. But those down the road, including next big things on the internet. Our society tends to praise them until they have equal to $83 million. That's people who are making a equal to $83 million. That's 100% of this act. Peterson turned himself in and cooperated fully specifically in reference to Ray Rice and his domestic suspensions. They must do so consistently. Peterson could also establish precedent for the league has punished him twice for the same agreement with Peterson. Any reinstatement for suspension for Peterson, then they will have very been receiving a paycheck even during his recent suspension for Peterson, then they will have very been receiving a paycheck even during his recent Adria

Assisted suicide builds slippery slope

By Madison Ward

IOWA STATE DAILY

In a perfect world, no one would have a fear of dying. But disease, both incurable and treatable, still takes its toll. When that happens, we see stories of people fighting to the very end. So much research and dedication is poured into battling cancer, that we just have to fight it. Each day is a gift. It is in this regard that Brittany Maynard's choice to end her own life has raised some serious questions. Brittany Maynard's choice to end her own life has raised some serious questions.

Brittany Maynard was a 29-year-old woman from California who passed away on Oct. 8, 2014. She was diagnosed with cancer in 2009 and was told that she would have only a few years left to live. She moved to Oregon in 2013, where the state allows for assisted suicide. She was able to end her own life peacefully and with dignity. Her case has sparked a debate about end-of-life choices and the role of the government in allowing such choices.

Brittany Maynard's story has brought attention to the issue of assisted suicide and has sparked a debate about the role of the government in allowing such choices. The case has also raised questions about the right to die and the role of the state in regulating such decisions.

Brittany Maynard's case has sparked a debate about the role of the government in allowing assisted suicide, and has raised questions about the right to die and the role of the state in regulating such decisions.

Brittany Maynard's case has sparked a debate about the role of the government in allowing assisted suicide, and has raised questions about the right to die and the role of the state in regulating such decisions.

Brittany Maynard's case has sparked a debate about the role of the government in allowing assisted suicide, and has raised questions about the right to die and the role of the state in regulating such decisions.

Brittany Maynard's case has sparked a debate about the role of the government in allowing assisted suicide, and has raised questions about the right to die and the role of the state in regulating such decisions.

Brittany Maynard's case has sparked a debate about the role of the government in allowing assisted suicide, and has raised questions about the right to die and the role of the state in regulating such decisions.

Brittany Maynard's case has sparked a debate about the role of the government in allowing assisted suicide, and has raised questions about the right to die and the role of the state in regulating such decisions.

Brittany Maynard's case has sparked a debate about the role of the government in allowing assisted suicide, and has raised questions about the right to die and the role of the state in regulating such decisions.
By Harrison March

This is the second in a three-part series featuring the freshmen on the ISU volleyball team. Look for the last part in Thursday’s paper.

The spring semester of the 2013-14 school year was right around the corner, and while Monique Harris’ classmates back in Clinton, Iowa were getting ready to take on their last leg of high school, it was time for her to move on.

The opportunity had presented itself — one to leave high school early and enroll at Iowa State, where the Cyclones’ head coach had committed to play volleyball.

“I wasn’t into high school very much,” Harris said. “I was ready to leave school very much,” Harris said. “I was ready to leave school very much,” Harris said. “I was ready to leave school very much,” Harris said. “I was ready to leave school very much,” Harris said. “I was ready to leave school very much.”

Then on Nov. 2, staring at the final game of the year, Harris opened up to Johnson-Lynch. “It’s pretty cool to play in one of the NCAA’s premiere conferences,” Johnson-Lynch said. “It really has. It really has been an honor. It really has been an honor. It really has been an honor. It really has been an honor. It really has been an honor.”

“I feel like she’s just one of the most competitive people on the team,” Turner said. “She’s and she still is always working hard, always working to make herself better.”

Then on Nov. 2, staring at the final game of the year, Harris opened up to Johnson-Lynch. “It’s pretty cool to play in one of the NCAA’s premiere conferences,” Johnson-Lynch said. “It really has. It really has been an honor. It really has been an honor. It really has been an honor. It really has been an honor.”

“She just has a nice presence about her,” Johnson-Lynch said. “She’s athletic so she can go to a lot of places in the back row. She’s also really good at balls that barely get up off the floor. She can dive in and make things happen.”

“She’s really done a nice job,” Johnson-Lynch said. “She’s organized, she puts up really nice sets. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman.”

Harris’ decision to step up is one of the key factors in ISU’s recent surge to the top of the Big 12 and the overall nation. The Cyclones have yet to lose even a set in the conference, which has resulted in a 6-2 rotation from its starting setter.

“I feel like she’s just one of the most competitive people on the team,” Turner said. “She’s and she still is always working hard, always working to make herself better.”

“She has a nice job,” Johnson-Lynch said. “She’s organized, she puts up really nice sets. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman.”

“She’s really done a nice job,” Johnson-Lynch said. “She’s organized, she puts up really nice sets. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman.”

Harris stepped into a bigger role has also diminished the stress by enrolling at Iowa State, where the Cyclones’ head coach had committed to play volleyball.

Harris stepped into a bigger role has also diminished the stress by enrolling at Iowa State, where the Cyclones’ head coach had committed to play volleyball.

though Harris has stepped into a bigger role has also diminished the stress by enrolling at Iowa State, where the Cyclones’ head coach had committed to play volleyball.

“Then on Nov. 2, staring at the final game of the year, Harris opened up to Johnson-Lynch. “It’s pretty cool to play in one of the NCAA’s premiere conferences,” Johnson-Lynch said. “It really has. It really has been an honor. It really has been an honor. It really has been an honor.”

“She just has a nice presence about her,” Johnson-Lynch said. “She’s athletic so she can go to a lot of places in the back row. She’s also really good at balls that barely get up off the floor. She can dive in and make things happen.”

“She’s really done a nice job,” Johnson-Lynch said. “She’s organized, she puts up really nice sets. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman.”

Harris stepped into a bigger role has also diminished the stress by enrolling at Iowa State, where the Cyclones’ head coach had committed to play volleyball.

“Then on Nov. 2, staring at the final game of the year, Harris opened up to Johnson-Lynch. “It’s pretty cool to play in one of the NCAA’s premiere conferences,” Johnson-Lynch said. “It really has. It really has been an honor. It really has been an honor.”

“She just has a nice presence about her,” Johnson-Lynch said. “She’s athletic so she can go to a lot of places in the back row. She’s also really good at balls that barely get up off the floor. She can dive in and make things happen.”

“She’s really done a nice job,” Johnson-Lynch said. “She’s organized, she puts up really nice sets. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman.”

Harris stepped into a bigger role has also diminished the stress by enrolling at Iowa State, where the Cyclones’ head coach had committed to play volleyball.

“She just has a nice presence about her,” Johnson-Lynch said. “She’s athletic so she can go to a lot of places in the back row. She’s also really good at balls that barely get up off the floor. She can dive in and make things happen.”

“She’s really done a nice job,” Johnson-Lynch said. “She’s organized, she puts up really nice sets. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman.”

“She just has a nice presence about her,” Johnson-Lynch said. “She’s athletic so she can go to a lot of places in the back row. She’s also really good at balls that barely get up off the floor. She can dive in and make things happen.”

“She’s really done a nice job,” Johnson-Lynch said. “She’s organized, she puts up really nice sets. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman.”

“She just has a nice presence about her,” Johnson-Lynch said. “She’s athletic so she can go to a lot of places in the back row. She’s also really good at balls that barely get up off the floor. She can dive in and make things happen.”

“She’s really done a nice job,” Johnson-Lynch said. “She’s organized, she puts up really nice sets. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman. You wouldn’t know she’s from a freshman.”
Running and mortality

By Rachel Geronimo

Foot-girding on the pavement, dirt and bacteria on the face. Even after a workout, sweating can attract nasty residue to provide a source of energy, so having a small snack after working out is considerably more healthy. The body is at its lowest state of energy, so having a small post-workout snack can provide a source of energy. One of the most common post-workout snacks is a package of carrots. Some people may choose to have a small healthy snack, such as a package of carrots. Some people may choose to have a small healthy snack, such as a package of carrots. Some people may choose to have a small healthy snack, such as a package of carrots.

Replenish after your workout

By Rachel Geronimo

D.C. Lee, assistant professor in kinesiology, and Richard Martinez/Iowa State Daily

Consider using baby wipes to wipe away any nasty residue to provide a fresh and clean complexion. Cleaning the face after working out is also a great way to prevent future breakouts and acne.

KEY WOES

The day must go on and there’s no time to shower. Think about bringing a small bottle of body mist. It has a much lighter scent than perfume, which is meant to be sprayed on as little as possible. Although perfume is an option, individuals should consider having a fragrance that is light and airy after a workout rather than something that is heavy and weighs the nasal down.

DEODORANT

Even after a workout, it’s just as important to apply deodorant. Individuals who wish to stay clean should think about carrying their deodorant. Deodorant after working will help prevent body odor that is caused by the bacterial breakdown of perspiration in armpits.

EXTRA CLOTHES

Eating a small, healthy snack after working out is considerably more healthy and beneficial. The body is in need of energy to help repair and maintain its tissues. Your body will need a source of energy, so having a small post-workout snack is ideal. Pack a banana or a bag of carrots to munch on to freshen the body inside and out.

WATER BOTTLE

Dr. D.C. Lee, assistant professor in kinesiology, compared non-runners to individuals who participate in running throughout their lives. The study also measured the Popu-lation Attributed Factor, which is the percentage of death that could be reduced if a certain factor did not exist. Lee found that if everyone in the database stopped smoking, the number of deaths would be reduced 11%. Likewise, if everyone was a runner in their lives, 45% of deaths would be reduced 11%

Running for the long run

By Richard Geronimo

After those long hours of hard work and determination, take a moment to freshen up. Exercising has been proven to help increase cardiovascular health, but did you know that running has the potential to significantly reduce your risk of an early death?

FEET WASHING

Considering using baby wipes to wipe away any nasty residue to provide a fresh and clean complexion. Cleaning the face after working out is also a great way to prevent future breakouts and acne.

EXTRA CLOTHES

Eating a small, healthy snack after working out is considerably more healthy and beneficial. The body is in need of energy to help repair and maintain its tissues. Your body will need a source of energy, so having a small post-workout snack is ideal. Pack a banana or a bag of carrots to munch on to freshen the body inside and out.

WATER BOTTLE

Dr. D.C. Lee, assistant professor in kinesiology, compared non-runners to individuals who participate in running throughout their lives. The study also measured the Popu-lation Attributed Factor, which is the percentage of death that could be reduced if a certain factor did not exist. Lee found that if everyone in the database stopped smoking, the number of deaths would be reduced 11%. Likewise, if everyone was a runner in their lives, 45% of deaths would be reduced 11%.
Sudoku
The Eat-Pray-Love Game

LEVEL: 2

Complete the grid so that every row, every column and every 3x3 box contains the digits 1 to 9.

4 1 3
8 2 5
9 5 7

3 1 7
6 4 2
8 9 4

5 8 9
1 3 6
6 7 2

6 4 5
7 2 8
5 9 1

5 9 1
7 3 4
2 8 6

4 7 2
8 9 5
3 1 3

8 3 9
4 1 5
6 2 7

6 1 7
5 2 3
9 8 4

7 2 4
9 5 1
1 8 6

7 3 9
6 2 4
5 8 6

4 5 8
6 7 9
3 1 3

7 9 2
8 5 4
6 4 3

2 6 8
1 7 9
5 4 2

5 8 7
3 4 6
9 2 1

4 9 6
3 1 5
2 8 7

7 4 3
9 5 2
2 8 5

8 2 1
9 7 5
3 4 6

This week’s Crossword

ACROSS
1. He was the king of the Medusa. __
2. This planet is the closest to the sun. __
3. Admiral of the fleet. __
4. A large sea monster. __
5. A large sea monster. __
6. ‘A Study in Scarlet.’ __
7. A great explorer. __
8. A great explorer. __
9. A great explorer. __
10. A great explorer. __
11. A great explorer. __
12. A great explorer. __
13. A great explorer. __
14. A great explorer. __
15. A great explorer. __
16. A great explorer. __
17. A great explorer. __
18. A great explorer. __
19. A great explorer. __
20. A great explorer. __

DOWN
1. The first letter of the alphabet. __
2. A man named John. __
3. A man named John. __
4. A man named John. __
5. A man named John. __
6. A man named John. __
7. A man named John. __
8. A man named John. __
9. A man named John. __
10. A man named John. __
11. A man named John. __
12. A man named John. __
13. A man named John. __
14. A man named John. __
15. A man named John. __
16. A man named John. __
17. A man named John. __
18. A man named John. __
19. A man named John. __
20. A man named John. __