Football

Bowl game roulette

By Jake Calvin

With the ISU football team claiming bowl eligibility for the first time in three years under coach Paul Rhoads, ISU fans are much excited about the holiday bowl games.

By Maia Zewert

The search for the new director of the Leopold Center for Agricultural and Environmental Research continues.

By Paige Godden

The Ames City Council on Wednesday, Dec. 1, 2011, set a public hearing on an ordinance to annex a new 140-acre property along 14th Street.

By Jake Calvin

The Iowa State University student union board has offered to cover up a piece of art outside of the Gerdin Business Building.

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Students may notice a little surprise when they walk into the Student Body center on Wednesday. Art all around the world was covered up in honor of World AIDS Day.

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World Aids Day was observed Wednesday on campus with a variety of events and speeches hosted by ISU Health Services.

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A group of students covers up a piece of art outside of Gerdin on Wednesday. This was done all of the future of Campustown people will start pulling away. the community will shrink and not expand a little each year, GSB.p1

without the university.”

Council’s at-large representa-

terest to the community,” said

ment of Republican presidential candidates,

ward to talking about it and bringing awareness

AIDS Day and the AIDS crisis.

also be placing red ribbons across campus to

AIDS crisis.

An AIDS advocacy group at Iowa State will

programs, like the President’s Emergency Plan

both a long term goal and a short term goal.

in global resource systems, said the group has

should contact Premkumar or Clark for further

"We want to give constituents more of a

"It’s really about improving

applications, including neural tissue engineering, controlled drug

Surya K. Mallapragada is chair of the Department of Chemical and

Gene Delivery and Biomineralization

National Science Foundation Early CAREER Award (2009) and distinguished faculty

Dr. Ben Winecoff

in the dining area

Photo: Kendra Plathe/Iowa State Daily

Nancy Grindl, educator of visual literacy and learning at the University Museums, helps students cover up an art outdoor canvas in front of Gerdin on Wednesday afternoon.

Health 1.0

University Museums is holding a “Day Without Art,” a national event in which museums shut down and people visit open campus to help reduce the AIDS Crisis.

GSB 2.0

an AIDS advocacy group and open art

group to help people gain information to people on campus about World

GSB Senator Eric Harms

Because of that, he said,

Don’t look at it as how it is

2 - fer Pork Tenderloins

THURSDAYS

11am-2am

Wednesday, December 7, 2011

What’s the best bar?

What’s the best bar?

Best fitness center?

Best fitness center?

Best professor?

Best professor?

Best professor?

What’s the best bar?

Best professor?

Best fitness center?

Best professor?

2012

Thursday, December 1, 2011

7pm, Cardinal Room, Memorial Union

Nancy Grindl, educator of visual literacy and learning at the University Museums, helps students cover up art on an outdoor canvas in front of Gerdin on Wednesday afternoon.

Audition

for

ISU Theatre’s production of

Harper Lee’s “To Kill a Mockingbird.”

What's the best bar?

Winners published Feb. 28

Funded by GSB

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2fer THURSDAYS

2 - for Pork Tenderloins

2 - for Well Drinks 9pm-1am

Late Night Happy Hour 4pm - 6pm

25% off Domestic Drinks from 11pm-2am

1-25 Combinations only - expires Jan. 2, 2012

2 - for Pork Tenderloins

To sign up for an audition time and receive a copy of audition materials, contact Jane Cox, jcox@iastate.edu, by December 12 for December 6 and 7, Fisher Theatre. Beginning at 7 pm

Fisher Theatre.

Rohrabacher/Cheng

Biomineralization

Self-assembling Polymers for

Gene Delivery and Biomineralization

Self-assembling Polymers for

Gene Delivery and Biomineralization

Surya K. Mallapragada

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These final weeks are hard. Like many things, it simply is what it is. But users must take responsibility and entrust little more than strangers the information on the Internet, even sure that their own information is safe. Numerous lawsuits and fines have been levied against Facebook, and yet while budget cuts happen, Facebook must now get permission from users before they alter the visibility of a user's personal information. In applying for scholarships, in teaching, professional, graduate school or other professional positions in this age of the Internet, we must be mindful of our presentation on social networking sites and the information contained therein. In additional to being a good impression, information posted on social sites like Facebook can also be used against you in an interview or to plan a robbery when you leave for vacation. The current Facebook privacy settings can be set to “public,” “friends” or a customized option for status updates and photos. Furthermore settings can alter who can look up your information, who can write on your wall or who can see your online activity. Most people don’t give much consideration to the privacy settings that Facebook will be doing their part, to the world.

While Facebook will continue to assume that Facebook users have issues as it arise with new changes to the website include the future, it is the responsibility of each user to ensure that their own information is safe and they are satisfied with their visibility on the site.

No one will habit your private information on the Internet if you restrict access to only those that you have friends. Often we add acquaintances to our circle of friends without knowing much about them, entering little more than strangers with our profile. Facebook will be doing their part, but users must take responsibility for securing their own information as well. Like many things, it simply comes down to being smart about what you reveal. Next time you log in, take a minute to check your privacy section and be informed before posting that most status.

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By Jeremiah Davis

The Associated Press

Cyclones fall to in-state rival

PHILADELPHIA — A former Penn State assistant football coach sexually abused a boy when he was a child, according to a lawsuit filed Monday.

The lawsuit, filed in Pennsylvania state court, alleges that the boy was sexually abused by former Penn State assistant coach Jerry Sandusky when he was a child.

Sandusky, who is currently serving a prison sentence for sexual abuse, is not mentioned in the lawsuit.

The lawsuit seeks unspecified damages and does not specify the amount.

The Associated Press

PENN STATE

Sex scandal shakes reputation

The Penn State sex scandal has left the school's football program in disarray.

The program has been hit by multiple allegations of sexual abuse, including one that involved a former coach.

The school's reputation has been damaged, and the team's future is uncertain.

The Associated Press

PHOENIX

Widow of Panamanian baseball player seeks justice

The widow of a Panamanian baseball player killed in a car crash is seeking justice for her husband.

The family of the player, who was 35 years old, is hoping to bring attention to the issue of road safety.

The Associated Press

ILINOIS STATE UNIVERSITY

Student injured in fraternity hazing incident

A student at Illinois State University was injured during an alleged hazing incident.

The incident occurred on campus and involved a fraternity.

The school is investigating the incident, and no further details are available.

The Associated Press

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Saturday, December 1, 2011

Editor: Jeremiah Davis

Contact: jdadley@iowastatedaily.com  |  515.294.2003

Iowa State Daily

Men's basketball

Cyclones fall to in-state rival

Penn State assistant football coach Jerry Sandusky has been accused of sexual abuse.

Sandusky was arrested in November after being accused of sexually abusing boys.

He has pleaded not guilty to all charges.

The Associated Press

By Dan Tracy

The Associated Press

Panthers shapeshifting Babb

The University of Arkansas has announced that Babb will not play against the Panthers.

The Panthers are expected to start senior guard Chris Allen against the Razorbacks.

The Associated Press

Photo Gallery: Gone red by pictures from Wednesday’s game

in a multi-screen, quick ball rotation offensively. They were able to work the ball inside, Royce White — 14 points per game, 11 rebounds per game — was able to get some touches, Northern Iowa’s defense really helped us.

We were able to stop him from getting shots in the first half, but we just couldn’t shake him, Royce White — 14 points per game, 11 rebounds per game — was able to get some touches, Northern Iowa’s defense really helped us.

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What was the worst pick-up line you have heard as a bartender?

"Just call me milk because I'll do your body good."

What is your favorite night to work & why?

ISU Game Days – The bar is always packed with a really busy fun atmosphere!

What is your favorite shot to make?

The Tank Bomb - which is Smokey, Peach Schnapps, and Clone

Meet Melvin Evans, Cy’s Roost Manager/Bartender

How long have you worked at Cy’s Roost?

1 Year

What is the most ordered drink you make?

Vodka Red Bull or Nobel

What was your most memorable moment as a bartender?

Watching all of the Hawkeye fans leave the bar in a line after Iowa State won.

What is your favorite part of working at Cy’s Roost?

The atmosphere and crowd.
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The atmosphere and crowd.
By Patty Clark
Ames247 Writer

Every three years, ISU Theatre keeps its holiday tradition alive by producing an adaptation of Dickens’ "A Christmas Carol." With more than 50 students and children in the cast, this year’s production involves many small roles that make up the classic Charles Dickensian story.

The show, an adaptation written by director Jane Cox, includes a cast of both returning students from the previous productions and actors new to ISU Theatre. After playing Mrs. Hadley as a freshman in the previous production, junior Ethan Day, senior Vicky Stafford, senior Bri Baltes, junior Willem Arntz, and sophomore Mark Klooster are all signed on to reprise their roles. Klooster will play Ebenezer Scrooge’s assistant who, although poor, remains joyful during the Christmas season. Although Day was not involved in the high school play, he was forced to be a part of ISU Theatre due to his academic schedule.

While Day is focusing primarily on his acting, Baltes said she enjoys playing smaller roles, like Mrs. Hazlitt, because she is able to “have fun with the role.” Sometimes small roles are more fun, Ballates said. “It’s a lot harder to prepare for than a lead character, but you can still get a feel for the character you are playing small roles, like Mr. Hadley, because she is able to "too far outside the circle.”

“Sometimes small roles are more fun,” Baltes said. “It’s a lot harder to prepare for than a lead character, but you can still get a feel for the character you are playing.”

WinterFest

Where: M-Shop

When: 7 and 10 p.m.*

Cost: Free

Student performances include Sam Stearns and the cast of “A Christmas Carol” on Saturday, Nov. 29 at Fisher Theater. The holiday classic opens at Fisher Theater on Friday, Dec. 2, with student tickets available for $6.

By Jeff White
ISU Daily Staff Writer

Jeff White, senior in performing arts, plays the role of Marley the Ghost in ISU professor Jane Cox’s adaptation of Charles Dickens’ classic novel, “A Christmas Carol.”

Three years as a cast member in ISU Theatre's production of "A Christmas Carol" is enough for senior Jeff White.

"It’s a great role because Marley the Ghost comes new students to ISU Theatre. After playing Mrs. Hazlitt as a freshman in the previous production and actors new to ISU Theatre. After playing Mrs. Hadley as a freshman in the previous production, junior Ethan Day, senior Vicky Stafford, senior Bri Baltes, junior Willem Arntz, and sophomore Mark Klooster are all signed on to reprise their roles. Klooster will play Ebenezer Scrooge’s assistant who, although poor, remains joyful during the Christmas season. Although Day was not involved in the high school play, he was forced to be a part of ISU Theatre due to his academic schedule.

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Editor: Julia Ferrell  

**Music**

**Weekend local music artists**

**The Flag** of Yukon Blonde
- **Wednesday** at 8 p.m.
- Where: The M-Shop
- Admission: $5

**General Public**
- **Friday** at 7 p.m.
- Where: DG’s Tap House
- Admission: $12

**Pandemonium** at the Pantheon with The Fusius Formula
- **Friday** at 7 p.m.
- Where: The M-Shop
- Admission: $5

**Creamy Bluegrass w/ WhiteWater Rambler** (21+)
- **Friday** at 8 p.m.
- Where: DG’s Tap House
- Admission: $12

**Jeremy Mearsichart and Jon Drake & The Shakes**
- **Friday** at 7 p.m.
- Where: The M-Shop
- Admission: $15 (Students), $12 (bio shows)

**5:30 a.m.**
- **Saturday** at 9 p.m.
- Where: DG’s Tap House
- Admission: $5

**Old Road Riot**
- **Saturday** at 8 p.m.
- Where: DG’s Tap House
- Admission: $6

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Bathroom Tissue
12 double or 24 regular
rolls

$3.99

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$88

Hy-Vee Butter
quarters or blocks
16 oz | limit 2

$88

My-Vee Flour
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5 lb bag

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TWO DAY SAVINGS!
‘Tis the Season

to PLAY

to GIVE BACK

to EAT & DRINK

for STYLE

to REMINISCE

to THRIVE

to SHOP
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Cover photo: Katie Lovan/Iowa State Daily
Cover model: Alyse Messa
Funded by GSB
Games

As Finals Week draws near, blow off steam by sledding

By Kaleb Warnock
@iowastatedaily.com

As the snow starts to fall, Finals Week draws frighteningly closer and you start digging out the long johns, you know it means only one thing: It's sledding season.

For those who don't have the cash to take a trip out to Vail, Colo., for a downhill adventure this winter, there are plenty of places nearby for some thrills, especially for sledding lovers.

Sledding is a cheap way to get out and enjoy the Iowa winter wonderland and relive childhood when we actually had the luxury of snow days.

For students who are new to Iowa, do the important thing to be prepared for the winter and get out and buy a sled. Whether it's a saucer, toboggan or lunch tray, it's important to find a speedy (and safe) ride appropriate for the sledding location.

Although sledding is one of the more mellow winter sports, there's plenty of opportunity for injury, so be careful and watch out for trees. Even though you're not tearing it up in the Alps, be sure to dress appropriately ... especially because the extra padding from snow pants and the Michelin Man winter coat will help stave off bruises and scrapes from the rougher rides.

**Shred the snow**

**Cemetery Hill**
- Location: East of the cemetery on 13th street, sloping down toward the municipal waterworks
- Grade: Novice
- Perks: Straightforward, mellow and clear of debris
- Dangers: Potentially frozen zombies
- Recommended ride: Saucer sled

**Gateway Hills Park**
- Location: Hole 18 of the disc golf course of Gateway Hills Park
- Grade: Expert
- Perks: One of the largest hills in the area
- Dangers: Occasionally people build ramps, so watch out. It also gets frighteningly quick when it freezes
- Recommended ride: Toboggan

**The Knoll**
- Location: North face of the Knoll hill
- Grade: Intermediate
- Perks: Carved out paths from frequent sledders, warm cookies from the president's wife (Janet Leath will take over next semester)
- Dangers: Sidewalk at the bottom of the hill can be dangerous for both sledders and pedestrians
- Recommended ride: Lunch tray from the MU (be sure to return it when you're done)*

*The *Iowa State Daily* does not endorse stealing from the dining centers.

During the winter months, students find the hill at the Knoll a great place to go sledding. Whether it is a saucer, toboggan or lunch tray, it's important to find a speedy ride appropriate for the sledding location you choose.
Making a perfect snowman takes dedication

By Katherine Klingseis
@iwastatedaily.com

Making a snowman is more than just a childhood activity — it’s an art form. To make the perfect snowman, you must be dedicated, precise and innovative.

Because perfection takes time, you also should be willing to stay out in the cold for a long period of time. But in the end, it will all be worth it because you will have the perfect snowman to show off to all of your neighbors.

How to create the perfect snowman:

1.) Prepare yourself

Emotionally, you need to be in a good state of mind to build the perfect snowman. You need to be passionate for snowman-making because if you are not, then you aren’t going to be nearly as dedicated to making your snowman, which will affect quality of your final product.

Physically, you need to wear proper winter gear (hats, gloves, coats, boots, etc.) and be properly fed and hydrated. You don’t want to be cold, starved and dehydrated when you are trying to create perfection.

2.) Find your gear

When you go outside to make your snowman, you need to have all your snowman-making gear ready (gloves, hats, carrots, coal, etc.). There are few things worse than having to go inside, feel the warmth, and then go back outside and feel the frigid cold air again. That hurts motivation.

3.) Clear your workspace

You need to have a large, clear workspace to make the perfect snowman. You don’t want to be making your snowman and suddenly run out of snow or pick up debris. Try to find an open area with pure white snow.

4.) Roll the snow

The perfect snowman’s figure is that of an inverted pyramid, meaning it has a small head and a large lower body. The best way to construct this figure is to start with the largest part.

You should start the snow-rolling process by packing some snow together in a ball that measures about a foot in diameter. When you have created a snowball, begin rolling it. Stop rolling when the ball is about 4 feet in diameter.

Once you have the largest snowball, start rolling the midsection of your snowman. This should be about 2 to 3 feet in diameter.

The final part of the rolling process is to create the snowman’s head. The snowball for the head should be 1 to 2 feet in diameter.

5.) Build the snowman

You’re done with rolling the snow — the cardio aspect of snowman-making — and now you are ready to put the three different-sized snowballs together, the strength training part of the process.

Depending on how strong you are, you may need a friend to help you lift the second largest snowball on top of the largest. When the snowball has been placed, place a straight stick in both sides of the snowman.

Next, depending on how tall you are, you may need a tall friend to put the smallest snowball on top of the two largest. If you are weak and short, you would probably benefit from making your snowman with a tall, strong friend.

6.) Dress up the snowman

The key to creating the perfect snowman is to make the snowman look human-like while still not losing the essence of a snowman. You do this by dressing the snowballs up in human clothes but not to the extent that you are no longer able to see any snow. If you can’t see snow, your creation isn’t a snowman.

7.) Construct the snowman’s face

When making the snowman’s face, stick with tradition: go with a carrot, some sticks and a few pieces of coal.

The carrot should be a normal carrot — not a baby carrot, but not obnoxiously large. Stick the carrot in the middle of the smallest snowball.

After that, place two pieces of coal above the nose for eyes. Depending on how you want the eyes to look, you can place pieces of coal as near or as far a part as you like.

The final procedure is to make the mouth using twigs. Just place the twigs in the formation of whatever facial expression you deem fit.

8.) Show off the snowman

Be honest, you didn’t spend so much time making your snowman just to let it stand in your backyard. You made it perfect so that you could show it off to your friends, family, neighbors, enemies, etc. So show it off to whoever happens to walk by. Take a picture of it and post it on Facebook or Twitter. Do whatever you can to make sure your perfect snowman gets as much attention as it deserves.
This winter has a wide range of productions to offer the ISU and Ames community to get everyone into the holiday spirit.

There are many productions at Stephens Auditorium, such as Mercy Me, “The Nutcracker,” the Osmond Brothers and Mannheim Steamroller. Across from Stephens, in Fisher Theater, ISU Theatre is putting on a production of “A Christmas Carol.”

The Stephens performance of “The Nutcracker” will be the show’s 31st year running. Originally composed by Pyotr Ilich Tchaikovsky, the ballet tells the story of a young girl who receives a nutcracker from her grandfather. Late at night on Christmas Eve, the nutcracker comes alive and the girl dances with him and enjoys a magical place with sugar plum fairies and other fantasies. But this girl soon struggles between growing up and wanting to stay in this fantasy world and remain young forever.

Ellen Mullen, lecturer of management, has been dancing mainly ballet since she was 3 years old. She started helping with “The Nutcracker” for the first few years and has recently returned to participate again. This year, her duties consist of doing the warm-up classes, and she assists the directors by helping to coordinate the cast, because most actors play more than one character.

Mullen said the show is an Iowa State Center tradition and continues to bring audiences back each year. “The audience grows and changes, but also all the people who have been going for years keep coming back every year to enjoy it,” Mullen said.

Baker, assistant professor of dance, has been working at the university for 30 years and she was in the first production of “The Nutcracker” when Iowa Public Broadcasting first recorded it for television. She said she enjoys the cast and there are a wide range of abilities within the cast.

Baker’s part in this year’s production helps out with larger scenes in Act I and works with the children. She described the experience as being “magnetic” because there are performers who will come back from far away places just to do this production.

“It’s like a huge family that just happens to be putting on a show,” Baker said.

Baker said the story of “The Nutcracker” is timeless and she is proud to be a part of “something that offers a good product” to the Ames and ISU community.

“The Nutcracker” will be performed at Stephens Auditorium at 1:30 and 7:30 p.m. Dec. 10 and at 1:30 p.m. Dec. 11. Ticket price is $20 and $18 for reserved.

By Patty Clark
@iowastatedaily.com

Stephens Auditorium will turn into a Christmas village for Mannheim Steamroller’s 2011 Christmas Tour. The holiday show starts Dec. 20, with tickets starting at $49 from the Stephens Auditorium Ticket Office and Ticketmaster.

Photo courtesy of Iowa State Center

We Have ALL Your Holiday Beverages At One Stop!

Hy-Vee Wine & Spirits

West Location
3800 W. Lincoln Way
515.292.5543

3615 W. Lincoln Way
(Across from West Hy-Vee)
515.292.0817

Lincoln Center
640 Lincoln Way
515.232.1961

Hy-Vee Drugstore
500 Main Street
515.233.9855
Community

Give back to local families, people in need

By Lindsey Schwarck
Daily staff writer

While high-tech gadgets, new cars and trendy clothes top many holiday wish lists, often the best gift you can give is your time. Volunteering captures the true spirit of the season and helps local families and communities enjoy the holidays.

Visit stores

Shopping malls and seasonal stores are especially busy after Thanksgiving and throughout the month of December. Simply grab a group of friends and donate time to help raise funds for a local organization or church in need.

“During the holidays, North Grand Mall supports various community-focused organizations, including Toys for Tots Youth and Shelter Services and Kiwanis gift wrapping,” said Lori Bosley, general manager of North Grand Mall.

Care and support shelters

Many women and children’s programs need assistance during the cold months and holiday seasons. Donate your time by baby-sitting for busy mothers, playing with children after school or even transporting women to complete their shopping. Assault Care Center Extending Shelter and Support of Story County offers different volunteer opportunities on its website.

Food bank

The holidays also are a busy time for food banks and soup kitchens. Contribute a few hours to help inspect and sort donations, serve hot meals or educate families on nutrition and healthy meal options. Mid-Iowa Community Action provides direct services such as dental service and meals to Story County families.

“From helping supply non-perishable items to answering phones, we’re always looking for volunteers. It’s nice to have people help out a couple days a month, or even half-days,” said Clarissa Thompson, of MICA.

Animal shelter

Don’t forget the furry, four-legged community members. Many animal shelters are looking for volunteers to walk and play with animals, help with fundraising events or teach workshops on pet ownership.

When you extend a helping hand, you also are rewarding yourself. Gain self-worth, discover new interests and have fun meeting new friends along the way. Whether it’s a “thank-you,” a smile or simply a wagging tail, the returns of volunteering are gratifying.

Contact these businesses or organizations for more information on ways to volunteer and give back.

She said yes.

So tell everyone about it!

Submit your engagement, wedding, civil union or retirement in the Daily’s next Unions section.

It’s easy and it’s FREE!

Submit your announcement online at iowastatedaily.com/unions or stop into 108 Hamilton Hall for a submission application.
International students

Share traditions with those unable to travel home

By Hanna Johansen
Daily staff writer

Each holiday break, most students have the opportunity to drive or fly home to take a few weeks off from schoolwork and enjoy mounds of food, as well as quality time with their families.

Many students take for granted this ability to be with their loved ones over the holiday season and forget to consider those who are a little further from home.

International students are faced with the challenge of returning home over the long university break.

With tuition much higher than what in-state students pay, being able to fund a ticket back home can be a costly venture that some students just cannot afford.

So what do international students do while the rest of us enjoy the comforts of home?

Lana Seiler, administrative specialist at the International Students and Scholars Office, said many of the students who don’t go home find comfort being with one another.

“A lot of students who don’t travel home will spend the holiday season with others of the same nationality,” Seiler said. “Many students find comfort from shared tradition.”

Another option some international students take advantage of is the Friendships International program.

This program pairs students with other students or families from the community and allows them to learn about the true American culture.

“The Friendship International program promotes social connections with American families,” said GP Foote, team leader for Bridges International program and community coordinator for the Friendships International program.

“This program gives students the opportunity to become immersed in American culture and can help give a more accurate picture of American families, as many of the ideas international students get are from the media.”

Although the traditions of these families may be different than what international students are used to celebrating, many international students find this as an opportunity to learn.

“Many international students who wouldn’t normally celebrate these holidays want to get involved and experience them,” Seiler said.

About 60 international students take part in the Friendships International program each semester.

Families can “adopt” international students who do not have the option to go home for the holidays and welcome them into their home to take part in American traditions. The Friendship International program pairs student with Ames community members.

The group’s website at www.isso.iastate.edu also provides more information about the program and what to do to participate.

Charities

Shop outside the box this holiday season with gifts that give back to community

By Jolie Monroe
Daily staff writer

On the wedding invitations, guests were invited to donate to ministries of the couple’s choice.

Some people brought donations to the wedding to drop off, while others donated money in the couple’s name online.

“We were overwhelmed by people’s generosity. We were able to contribute more than $5,500,” Kristen said.

This year, instead of giving a common gift, pick someone’s favorite charity or choose one of these other unique gifts:

1) Many websites offer the opportunity to adopt an animal by making a donation. Choose your friend’s favorite animal and “adopt” it for them. The World Wildlife Fund offers more than 100 choices including tigers, pandas or polar bears. You can even purchase a gift adoption card and let them choose their own animal.

2) For the environmentally conscious, adopt a tree or two as a gift. Different websites accept small donations and in return, a tree is planted in someone’s name.

Unique presents such as the ones listed above provide gift-givers a chance to give back during the holiday season.
Faith Directory

**Lutheran Campus Ministry**  
Iowa State University  
invites you to a candlelight service  
for Advent and Christmas  
Wednesday, December 14, 2011 at 9:00 pm  
Evangelical Lutheran Church in America  
University Lutheran Center • 2126 Gable Lane  
(515) 292-7960

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**Bethesda Lutheran Church**  
GATHER...GROW...GO  
11-23 ............... Thanksgiving Eve Worship Service ........... 7:00 pm  
12-18 ............... “Gloria” by Antonio Vivaldi @ Worship ........... 8:15 & 10:45 am  
12-24 ............... Christmas Eve Family Worship Service ........... 5:00 pm  
12-24 ...... Christmas Eve Worship (Music starts . . . 10 pm) ........... 10:30 pm  
12-25 ............... Christmas Day Worship Service ........... 10:00 am  
All are welcome!  
1517 Northwestern Ave. • Ames • 232-6256 • www.bethesdanet.org

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**Trinity Christian Reformed Church**  
Sunday Morning Worship - 9:30 am  
Church School - 11:00 am  
Sunday Bible Study - 6:00 pm  
Christmas Eve Candlelight Service December 24, 2011 8:00 pm  
Christmas Morning Worship December 25, 2011 9:30 am  
Apologete Campus Ministry • tsu-apologyus.org  
3626 Ontario St. Ames, IA • amestrinity.org  
(515) 292-8476

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**University Baptist Church**  
www.amesubc.org  
Special Christmas Services  
Dec 24, Christmas Eve service: 6:00 p.m.  
Dec 25, Christmas Day service: 10:15 a.m.  
2400 Mortensen Parkway  
Ames, IA 50014  
515.292.5052  
pastorubc@isunet.net

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**Unitarian Universalist Fellowship of Ames**  
December 24 Services:  
5:00 pm, Service for All Ages  
“Shepherdly - The Unitarian Universalist Christmas Quiz”  
9:00 pm, A Traditional Christmas Eve Service  
Carols, Readings and Candlelight  
Single December 25 service at 10:00 am  
Non-holiday services at 9:15 and 11:00 am  
515-292-5960  
www.uufames.org  
1015 N. Hyland Avenue

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**Body of Christ Church**  
114 5th Street, Ames, IA  
Everyone is significant and loved by God  
everyone.org  
Sunday Worship: 10:30 am

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**St. Andrew’s Lutheran Church**  
ELCA  
“Reaching out with Christ’s Love”  
Holiday Services  
Christmas Program Dec 18, 10:15pm  
Christmas Eve Service Carols at 6:30 pm  
Candlelight service at 7 pm  
Christmas Day Service 10:15 am  
Sunday Worship Service 10:15 am  
Come Join Us!  
Location: West Lincoln Way behind Colorado Junction just one block north of the Red Cy-Ride Route  
209 Colorado Ave. Ames, Iowa 515.292.2131  
www.standrewsames.org
Substitutes

Healthify your holiday meal

By Elsey Hartman
AmesEats Flavors Writer

With winter quickly approaching and the holidays just around the corner, the thought of gaining extra pounds over the holidays is something college students have a hard time avoiding. Forget the butter, salt and cream in your favorite dishes and make a few of these all-time favorite holiday comfort foods into a healthier choice. Try a few of these ideas your family is sure to love.

Pumpkin
Pumpkin is a super-food ideal for autumn, rich in antioxidants and the perfect ingredient to any recipe.

- Substitute pumpkin for the eggs and butter in your baked goods, like cookies and cake batters
- Add pumpkin puree — canned or fresh — to your favorite pancake mix. Scratch the butter and sugary syrups, add a dollop of whipped cream and enjoy.
- Combine fresh pumpkin, chicken broth and fat-free half-and-half with nutmeg, other spices and vegetables or even fruits for a delicious pumpkin stew.
- Mix pumpkin puree in a crock pot with a broth of your choice, vegetables, garlic powder, onion powder and sage for a creamy, nutritious pasta sauce.
- Try this delicious recipe for a sweet holiday dessert: Substitute and combine vanilla Greek yogurt with pumpkin puree or pumpkin pie puree, add apple pie spice or pumpkin spice, mix and fill Filo shells with the mixture to make bit size pumpkin bites. Chef Andrew at Hy-Vee suggested this relationship.

Turkey
Turkey is the center of attention at a Thanksgiving feast. Turkey is a lean meat containing less fat, especially saturated fat (the bad kind) than its other holiday meaty counterparts and is also rich in protein, which helps build muscle.

- Turkey chili is a great way to use leftover turkey from the holidays. Add beans — black, kidney, and garbanzo — with tomato sauce (try the no-salt-added versions of beans and tomato sauces) and add your favorite fresh peppers, tomatoes, mushrooms and vegetables of your choice. Top with your favorite spices, such as crushed red pepper, cayenne pepper, chili powder, oregano and a touch of hot sauce to add some spice.
- Turkey tacos are an easy meal for your Turkey Day leftovers. Add spices to flavor the turkey (Cajun adds a zesty flavor) on a whole-grain flour tortilla, and top with lettuce, tomatoes, your choice of cheese and a mixture of plain Greek yogurt with salsa and chili powder for a sour cream-like sauce.

Sweet potatoes
Sweet potatoes are a great substitute for mashed potatoes, which are normally filled with butter and cream. They are delicious and easily prepared, rich in antioxidants to keeping your immune system in check for the cold months ahead, full of fiber to fulfill your appetite and taste great sweet or spicy.

- Boiled or mashed sweet potatoes topped with cinnamon and nutmeg add the perfect extra sweetness for a wonderful side dish.
- Combine sweet potatoes into your chili with black beans for a Southwest kick.
- Add half sweet potatoes to your regular potatoes mash and serve a super food for your family.

Drinks

Liven up party with cocktails

By Stephanie Rupp
AmesEats Flavors writer

Food and drinks bring people together and are always anticipated for the holidays. As the holiday season nears, here are a few ideas to liven up the party.

Candy Cake Cooler
- 1 oz. peppermint schnapps
- 1 oz. cake vodka
- 1 oz. white creme de cacao

Ginger Treat
- 1 oz. spiced rum
- 1 oz. ginger schnapps
- 4 oz. light eggnog

Holiberry Punch
- 2 oz. citrus-flavored soda
- 1 oz. 100 percent cranberry juice
- 1 oz. 100 percent pomegranate juice

Stir and serve.

Gently shake, strain and serve with a mini candy cane.

Photo: Claire Powell/AmesEats Flavors
Dietary concerns

Alternative recipes allow everyone to enjoy meals

By Steph Ferguson
AmesEats Flavors writer

Vegetarian and vegans need not fret about missing out on the large holiday feasts complete with turkey, ham and casserole. There are ways you can enjoy the large meals and have a satisfied feeling just like everyone else.

Pot pies are classic dishes and great on a cold winter’s day. This recipe has a vegan twist using “faux chicken” to replace the protein in the meal. You can also omit the fake chicken if that’s not your style.

**Savory Chicken Pot Pie**
- 1/4 cup vegetable bouillon or faux chicken broth powder
- 2 1/2 cups hot water
- 1/2 cup nutritional yeast flakes (available at health-food stores)
- 1/2 cup flour
- 1/2 cup oil
- 1 teaspoon garlic salt
- 1/2 teaspoon pepper
- 1 1/4-inch slice can white potatoes, drained and cut into small pieces
- 1 1/2 cups frozen or canned and drained mixed corn kernels, peas and diced carrots
- 1/2 pound faux chicken, cut into tiny cubes
- 4. Dump onto a sheet of wax paper and shape into pieces
- 5. Bake for about 25 minutes, until the edges begin to brown. Move cookies to a sheet of wax paper and allow to cool to room temperature.

**Orange-Cranberry Upside Down Cake**
- 1/2 cup sugar
- 1/2 cup sugar for greasing the pan (try Earth Balance brand)
- 1 1/2 cups diced pecans

1. Preheat the oven to 350 degrees F, making sure the rack is in the center. Generously grease the pan (try Morningstar Farms’ Meal Starters Chik’n Strips).
2. Whisk together 1/2 cup of the sugar with the cinnamon, allspice and orange zest. Sprinkle evenly over the bottom of the pan. Arrange the cranberries in a single layer on top and set aside.
3. In a large bowl, cream the 6 tablespoons of margarine and the remaining 1/2 cup of sugar for several minutes with an electric mixer until well blended. Add the egg replacer, vanilla and orange juice. Beat again.
4. In a separate bowl, sift together the flour, baking powder and salt. With the mixer on low speed, add the flour mixture to the margarine mixture in three batches, alternating with the soy milk and blending well after each addition.
5. Pour over the cranberries and smooth the top. Place on a baking sheet on a rack in the center of the oven and bake until the toothpick inserted in the center comes out clean, approximately 30 to 35 minutes. Remove from the oven and let cool on a wire rack for 30 minutes. Run a knife around the edge of the cake and invert onto a plate.
6. Bake for about 25 minutes, until the edges begin to brown. Move cookies to a sheet of wax paper and allow to cool to room temperature.

1. In the bowl of an electric mixer fitted with a paddle attachment, mix together butter and sugar until smooth. Add the vanilla extract and butter flavoring.
2. In a medium bowl, sift together the flour and salt, then slowly add to butter/sugar mixture.
3. Add the pecans and 1/2 cup caramel bits and mix on low speed until dough starts to come together.
4. Dump onto a sheet of wax paper and shape into a flat disk. Refrigerate dough for 30 minutes.
5. Preheat oven to 350 degrees F. Use hands or a rolling pin to flatten dough to 1/2 inch thick. Cut into desired shape and place on ungreased cookie sheet.
6. Bake for about 25 minutes, until the edges begin to brown. Move cookies to a sheet of wax paper and allow to cool to room temperature.
7. Meanwhile, in a small saucepan add the rest of the bag of caramel bits and 2 tablespoons of water.
8. Cook on medium-low until completely melted, stirring constantly. Drizzle caramel on top.

Photo: Claire Powell/AmesEats Flavors

Baking

Butter pecan shortbread cookies provide winter treat

By Lauren Ingebrand
AmesEats Flavors writer

This recipe is for butter pecan ice cream lovers. As temperatures keep dropping outdoors, this is a great way to enjoy the flavor without the chill.

These cookies pair well with tea or cider. Shortbread is used as the base as it is a dryer cookie, perfect for dipping into hot drinks.

**Butter Pecan Shortbread with Caramel**
- 1 1/2 cups unsalted butter
- 1 cup sugar
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon imitation butter flavoring
- 3/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1 1/2 cups diced pecans
- 1 eleven-oz. bag caramel bits

1. Prick the bottoms of two 9-inch pie dishes with a fork. Place one of the pie crusts in the bottom of each dish.
2. Bring a large pot of lightly salted water to a boil. Add the sweet potatoes and cook until tender, for about 30 to 40 minutes. Drain well.
3. Peel the hot sweet potatoes, using a kitchen towel to protect your hands. Return the potatoes to the warm pot, add the cider, margarine, brown sugar and salt and mash until well blended.
4. Garnish and serve hot.

No holiday meal is complete without dessert. Chances are most pies, brownies, cookies and other treats do contain eggs and milk, though. Try this cake that incorporates fall flavors for a tangy treat.

**Orange-Cranberry Upside Down Cake**
- 2 cups sugar
- 1/2 cup sugar for greasing the pan (try Earth Balance brand)
- 1 1/2 cups diced pecans

1. Prick the bottoms of two 9-inch pie dishes with a fork. Place one of the pie crusts in the bottom of each dish.
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4. Garnish and serve hot.
Be inspired by 1940s in warm winter looks

By Erin Amend
ISD Style writer

When winter rolls around, we tend to start bundling up, and though we might not want to, fashion sometimes takes a backseat. This year, try out these trends and you’ll be sure to stand out.

These winter trends go way back to the 1940s. You’ll see long skirts paired with fitted tops. This style goes for an elegant silhouette created with bold shoulders and a slimmer fit along the waist and hips. This look is complimented with over-exaggerated feminine pieces such as pussy bow tops.

If you don’t want to try out the long skirt, try wide-legged pants. Flip through albums of your great-grandmother or try watching “It’s a Wonderful Life” or “Miracle on 34th Street” for holiday inspiration.

Top five winter trends
- 1940s-inspired attire
- Maxi dresses
- Chunky knits
- Faux fur
- Bold prints and colors

Going along with the long, elegant skirts, maxi dresses are back this season. This time, they’re looking a little more intricate with jewels, sequins and a draped look. Try wearing one with different textures and patterns. This season, try combining several colors in daring combination.

Texture, texture and more texture is popping up everywhere. Going along with the ‘40s style, you’ll see lots of silts, pleats and lace. Instead of sticking to one pattern, try combining multiple pieces for an edgy look.

Faux Real is something you’ll see a lot of. Whether it’s natural looking, in a bold color, on a vest or on a bag, make sure to add some fur for a warm, winter look.

Another way to add texture to your attire is with a chunky knit sweater. It is the perfect way to stay warm and fashionable. There are several varieties of knit sweaters, from the classic cable-woven look to bold colors and patterns.

There are several varieties of knit sweaters, from the classic cable-woven look to bold colors and patterns.
Seasons Greetings!
From: Professional Property Management

DIY
Make your own ugly sweater

By Mollie Shirley
ISD Style writer

The holiday season is full of fun traditions: baking cookies, caroling, visiting Santa and, yes, wearing ugly sweaters. The only thing better than wearing a hideous holiday sweater is knowing you created it yourself. Break out your most outrageous sparkles, felt and puffy paint, because it's DIY ugly sweater time.

Basic
Simply iron an iron-on transfer onto a solid-colored cotton sweatshirt.

Tic-Tac-Ho
Glue two strips of felt horizontally and two strips vertically onto a sweater using strong fabric glue. Next, glue a small square of Velcro onto the center of each open square area. Stick a pom-pom ball onto each Velcro square. Cut out the words “tic-tac-ho” in felt, decorate with glitter glue and secure onto the sweater with glue.

Tinsel vest
Cut the sleeves off of a men’s polo to form a vest. Using a hot glue gun, glue tinsel onto the vest in any pattern you would like.

Plain Ugly
Glue pom-poms, sequins, pipe cleaners and anything else you can find onto a cotton T-shirt or sweatshirt. Go crazy. The tackier, the better.

Like model Madeline Chalgren, use a pop of red, mix classic cuts such as a black cocktail dress or a pencil skirt, or pick out a sequined dress this holiday season to stand out from the crowd at a party or gathering.

Crimson crush
Rich and vibrant, tones of red can add flare and fun to any look. After all, what color screams “it’s the holidays” more than red? Different shades of red flatter almost any complexion. Mix it up with a bold red dress, or combine a few of these trends such as the classics with a red blazer. This red blazer takes a simple black dress from ordinary to extraordinary.

All clothes from Ayden Lee.
ISU Theatre Presents
A Christmas Carol
By Charles Dickens
Adapted by Jane Cox

December 2, 3, 9 and 10 at 7:30 pm
December 4 at 1 pm
December 11 at 2 pm
$16 Adults, $14 Seniors, $8 Students
Purchase Tickets at the Iowa State Center
Ticket Office
or Ticketmaster 1-800-745-3000

Faces in the Crowd
What’s your favorite holiday tradition?

Cady Longnecker
Senior
Journalism and mass communication
“Every holiday season, my family gets together and makes lefse. It is a Norwegian dish somewhat like a taco shell that we smother in butter and sugar.”

Emily Woodruff
Junior
Apparel merchandising, design and production
“Every year, my family and I go to Christmas Eve service. Afterward, we get B-Bops and drive through Jolly Holiday Lights at Water Works Park.”

Lance Porter
Senior
Agronomy
“My family all gets together and does some deer hunting.”

Miranda Menke
Junior
Elementary education
“Each year, we bake goodies and deliver them as a family to the shut-ins and elderly of my hometown, Churdan. We all wear Santa hats, of course.”

Faces in the Crowd
What’s your favorite holiday memory?

Emily Shares
Junior
Management
“My family was playing poker. My 6-year-old cousin wanted to play but didn’t know the rules. He kept raising the bet. Eventually, it got to the point where the only way he would win was if he had an ace. ... When they flipped cards, he did have the ace and won 250 chips. It was a total fluke.”

Alyse Messa
Freshman
Kinesiology and health
“When all of my sisters and brothers were finally all together for a Christmas.”

Aaron Gottl
Senior
Music
“Watching ‘A Christmas Story’ marathon and building Legos.”

Cameron Knights
Senior
Mechanical engineering
“Going to Mexico for the holidays. It was fun and warm. I got to go ATV-ing, zip lining, scuba diving and parasailing while celebrating with my family.”

Funded by GSB
Iowa State Center Fisher Theater
Winter Beverages are back!

Candy Cane Mocha
Egg Nog Latte
Macadamia White Cocoa

Courtyard, Business, Bookends, Design, Gentle Doctor and the MU Market & Cafe!
Winter Open House
Friday, December 2nd
7am - 7pm

Don’t miss out! Come early to
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Keep holiday weight off by sticking to food plan

By Jenna Miller
@iowastatedaily.com

The holiday season has arrived — the time of the year when nutrition guidelines tend to go out the door and unhealthy holiday sweets and fats sneak into our diets. Here are some tips to help you avoid these mistakes during the holidays.

"Plan ahead," said Rose Martin, senior lecturer of food science and human nutrition. "It's hard when you have a little bit of a lot of things. That can be too much."

If you go in with a plan of what you want to eat, stick with that, Martin said.

Martin also recommended that people avoid foods in which they can't tell what was added.

"If I don't know what is in them, I'm just not going to get them," she said.

If it's hard to tell, then just avoid them and eat something that is plain and the full ingredients are known, Martin said.

Along with that, if something has one healthy ingredient, don't just assume that it is good for you.

"Because [people] know that one ingredient is healthy, [people] think they can have as much of it as they want," said Sally Barclay, registered dietitian at the Nutrition Clinic for Employee Wellness.

Some of these deceiving foods include pumpkin pie, vegetable pizza and fruit pizza. Try to eat these things in moderation, or just avoid them altogether, Barclay said.

At most holiday parties, crackers and dips are a huge part of the menu. The problem is that these dips are high in fat and are usually cream cheese- or sour cream-based, she said.

"We encourage people to use the healthier versions with lower fat," Barclay said.

Holidays also are notorious for the desserts. Barclay said it's important to eat these foods in moderation.

"Pick your favorite. You don't have to try them all," Barclay said. "Pick a couple and have a small serving, or pick your favorite one and savor and enjoy it."

Another big part of holiday parties are alcoholic drinks and punches.

"[Drinks] don't spread out in our stomach ... and so you don't get the sense of fullness you get when you eat solid food," Barclay said. "So people don't think to eat less when they are drinking more."

Drinks also are loaded with calories and often sugar, Barclay said. She said to try to avoid drinking a lot of these. If you do decide to drink an alcoholic drink, try to use a diet soda or flavored water to mix the alcohol with.

"Realize that the food is just a part of it and there are other enjoyable parts of the holiday too," Barclay said.

Immunization

Protect yourself against flu

By Jenna Miller
@iowastatedaily.com

Every year, many students catch the flu bug. Here are some things the Centers for Disease Control and Prevention suggest you do to stop the spreading of the flu.

First of all, how do you know if you have the flu? According to WebMD, "Flu, or influenza, is a contagious respiratory infection caused by a variety of flu viruses. Symptoms of flu involve muscle aches and soreness, headache and fever."

Health providers follow the CDC guidelines to help prevent the flu. At the center's website, the center lists three things that people can do to prevent the flu from spreading to others. The first tip is to get the flu vaccine.

"Immunization is the primary medical intervention for the prevention of influenza to the individual and of the public as a whole," said Dr. Scott Meyer, physician at Thielen Student Health Center.

According to the CDC website, "The 2011-2012 vaccine will protect against an influenza A H3N2 virus, and influenza B virus and the H1N1 virus that emerged in 2009 to cause a pandemic."

Students can get a flu shot at the Student Health Center on Wednesdays and Saturdays from 9:30 to 11 a.m, or they can call and make an appointment. It is $20 for the shot, and it will go onto your U-bill.

The second tip listed in the CDC guidelines is to "take preventive actions to stop the spread of germs." That includes hand washing, covering your mouth when you sneeze or cough and if you use a tissue, make sure you throw it away.

"The No. 1 method of preventing flu and other viral illnesses is handwashing," said Laura Knowles, nursing and patient services supervisor at the Student Health Center.

The CDC also recommends that people stay home for at least 24 hours after their fever is gone.

"It is recommended that if someone is ill with influenza-like symptoms, avoid contact with the public while they are ill," Meyer said.

The third and final step is to take drugs prescribed by your doctor. These are antiviral drugs, not antibiotics.

"Antiviral drugs are different form antibiotics. They are prescription medicines [pills, liquid or an inhaled powder] and are not available over-the-counter," the CDC website said.

The CDC website also said it is better to use these drugs earlier rather than later. The earlier you use them, the more effective they will be.
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Safety

Store emergency kit in your car to get out of trouble

By Katherine.Klingseis
@iowastatedaily.com

You're driving on a long gravel road and it begins to lightly snow — producing a picturesque winter scene. However, the light snow soon becomes heavier and the wind starts gusting. Before you know it, you are forced to pull over to the side of the road.

Your cellphone is dead, your car is going to run out of gas in less than a half hour, you only have an extra hooded sweatshirt in your backseat and you have no light or heat source. You're in trouble.

Having an emergency kit in your car would help you get out of this trouble. Here are some items that should be in your emergency kit.

Cell phone
Be prepared for technological malfunctions by keeping an extra fully charged cellphone in your glove box. A prepaid cellphone will likely be the cheapest option.

First Aid
As a precautionary measure, keep a First Aid kit in your car at all times. You don't need to buy an expensive first aid kit, but the kit should at least have Band-Aids, gauze, medical tape, scissors, aspirin and rubbing alcohol.

Nutrition bar
Always carry some food in your emergency kit. Nutrition bars are good options because they are nutritious and easy to store and will not spoil.

Coffee can, matches and a candle
Iowa winters are generally cold. If you pack water in your emergency kit, it will likely be frozen when you try to drink it. So for drinking water, use a lit candle to melt snow in a coffee can.

Cat litter
If your vehicle gets stuck on some ice, pour cat litter near your wheels to provide traction.

Extra clothing and blankets
Hypothermia is a potentially fatal condition that occurs when a person's core body heat drops below the temperature required for the body to function normally. To prevent hypothermia, you need to make sure your body's temperature stays above 95 degrees. Having extra clothing and blankets in your emergency kit will help you stay warm.

By Katherine.Klingseis
@iowastatedaily.com

Tell us why it’s important to give back.

The Iowa State Daily will donate $50 to winner’s charity or cause of choice.

Entries are due by Dec. 5 at 5pm

www.iowastatedaily.com/games/contests/giveback

'Tis the season to THRIVE

Thursday, December 1, 2011 | Iowa State Daily | HOLIDAILY | 21
Wellness

Stay fit this winter with a personal trainer

By Joy Wessels
Daily staff writer

As winter approaches many things occur: The weather gets colder, darkness comes sooner and people find themselves getting more tired.

The reason for this is that our bodies produce more melatonin, a hormone that helps control our sleep and wake cycles and is affected by the amount of light in a given day.

If you find yourself unmotivated to work out during the winter, this might be the reason why. But here are some tips on how to keep a consistent, healthy workout schedule throughout the dreary months of winter.

One way to start improving your health is to figure out where you stand fitness-wise, said Nora Hudson, the assistant director of fitness and wellness at ISU Recreation Services.

“We offer free wellness assessments,” Hudson said. “It’s a survey that takes about 20 minutes to fill out.”

After you’ve filled out a wellness assessment, you can figure out what you want your workout to result in. Adam Becker, a certified personal trainer and senior in kinesiology and exercise science, suggests three basic things to focus on.

“The most important thing to work on is your nutrition,” Becker said. “The next two are core strength and working with circuits.”

Planks are an example of working your core, and working with circuits can be done using free weights.

“Find five to 10 workouts that will target both your core and include circuits,” Becker said. “Then do about 10 reps with light weights five days a week.”

This will help you maintain a healthy fitness level. If you’re just starting out, try doing these things three days a week for 20 to 30 minutes.

Becker also recommends that for men interested in using mainly weights, they use the “push-pull” method.

“If you’re doing an upper-body workout focused on the chest, make sure you work your back as well,” said Becker. “This will give you more balanced results. Do the same on a legs workout by working both your quads and hamstrings.”

Hudson said mixing it up can help you stay consistent with your routine.

“As winter comes, everyone is confined to the indoors to work out,” Hudson said. “Try out a group fitness class or hire a personal trainer who will help you progress through different fitness levels.”

If motivation is all you need, find an accountability partner who will go to the gym with you three nights a week and plan out healthy meals that will help fuel you for your workouts.

Don’t let this season’s weather get you down and drive you inside. Get out with friends and stay active so when Spring Break rolls around you’ll be ready to show off the body you worked on all winter long.

Lied Recreation Athletic Center offers personal training services that cater to a student’s personal wellness and fitness goals.

Winter Break Hours:

December 19-20, 22: 7:30am - 4:00pm
December 21: 8:30am - 4:00pm
December 23 & 26: University Holidays
December 24: Closed on Saturday
December 27, 29-30: 7:30am - 4:00pm
December 28: 8:30am - 4:00pm
December 31: Closed on Saturday
January 2: University Holiday
January 3, 5-6: 7:30am - 4:00pm
January 4: 8:30am - 4:00pm
January 7: Closed on Saturday
January 9: Resume regular clinic hours

515-294-5801 • Corner of Union Dr. & Sheldon Ave
‘Tis the season

to shop on Main
Main Street offers gifts for everyone

By Hanna Johansen and Lindsey Schwarck
Daily staff writers

Gifts
Wild Birds Unlimited

With gift ideas for every age and budget, Wild Birds Unlimited offers advice and events to help create a bird-feeding habitat in your own backyard.

“We’re focused on backyard and nature, but we also carry handmade items such as candy, jellies, jewelry and ornaments,” said Linda Thomas, owner of the Ames location.

Whether you’re looking for stocking stuffers, bird feeders or something in-between, this specialty store also provides shipping and free gift-wrapping for your holiday needs.

Chester’s Coin and Gifts

Chester’s Coin and Gifts is the perfect place to shop for the hobby enthusiast on your list. In addition to buying, selling and appraising coins, Chester’s has unique gifts found only on Main Street.

“We are the only place in town that sells wine- and beer-making kits,” said owner Scott Nichols.

The store offers 25 varieties of wine and beer and provide necessary ingredients, bottles and keg and corks and equipment.

Skunk River Cycles

Whether you’re in search of bicycles, fitness equipment or apparel, Skunk River Cycles is a one-stop shop. This full-service bike store is a leading dealer in Cannondale, Marin, Raleigh and Schwinn bicycles, and also repairs any other make, model or year.

Jared Morford, assistant manager, suggested bike lights as a practical gift to help keep you safe.

“Chrome messenger bags are also popular, because they’re durable, waterproof and hold ice for long trips,” he said.

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DOWNTOWN.p25 >>

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Photo: Hanna Johansen/Iowa State Daily
This fun snowman-shaped bird feeder is just one of many gifts Wild Birds Unlimited has for nature lovers this holiday season.

Photo: Katie Lovan/Iowa State Daily
These chrome messenger bags, available at Skunk River Cycles, are stylish and functional for bikers and those who enjoy taking outdoor trips.
**DOWNTOWN.p24**

**Rieman Music**

“Whether you’re just starting out or have been playing for a while, we’ve got something for you,” said Derrick Gorsch, manager of Rieman Music.

From drum sets to bass guitars, Rieman Music retailers offer instruments, audio equipment and sheet music for any musician on your list. It also provides rentals, repairs or music lessons for all ages and experience levels.

**Worldly Goods**

This nonprofit retail store features handcrafted gifts made by artisans around the world. More than 70 volunteers meet with artists to purchase crafts for resale. “Everything is fair trade and handmade,” said manager Melanie Christian. “There’s a unique story behind every item.”

**Cycle Source Group**

Cycle Source Group serves the cycling industry through a variety of retailers, importing quality bicycles and equipment for outdoor enthusiasts. “We have the most affordable bikes in town and offer a variety of accessories,” said Matt Nims, vice president of sales.

**DOWNTOWN.p26**

Handmade flower hair pins from Worldly Goods make a great gift this holiday season. More than 70 volunteers from the store meet with artists to purchase crafts for resale at the nonprofit retailer.
Octagon Center for the Arts

Experience the holiday season with a visit to the newly renovated Octagon Gallery Shop in the heart of the Ames cultural district. The shop features unique, handcrafted fine art and crafts by area artists.

“From a large selection of ornaments, fashion accessories, and items under $25, you can find special gifts in all media and price ranges,” said Ruth Wiedemeier, manager of the gallery shop.

The Octagon Center for the Arts is dedicated to promoting artists and their work in the surrounding area through its retail store, public art education programs and art exhibits.

BARS
The London Underground

This English-style pub features a large selection of imported beers on tap and nightly drink specials. If you’re looking for music, games or simply to enjoy a conversation, the relaxing atmosphere of the London Underground draws in a diverse crowd.

“If you’re in town over the holidays, stop by with your friends and family,” said Kris Olds, London Underground bartender. “We’re open by 4 p.m. daily, and would be happy to have you.”

Sportsman Lounge

Put down the shopping bags and relax with a drink from the friendly staff at Sportsman Lounge. With holiday drink specials and large selection of beer, this bar is a great spot for meeting up with co-workers or to catch the big game.

“Our signature drinks are the ‘bullshot’ and apple pie shots,” said manager Jon Hack. “Stop in and have a round with friends.”

Corner Pocket/DG’s Tap House

With 15 pool tables, a full-size English snooker table and

DOWNTOWN.p27 >>

DG’s Tap House offers more than 175 imported beers — one of the widest selections in Ames. The tavern also features live bands and entertainment throughout the week and Friday and Saturday nights.
Keep fit on your bike all year round with indoor cycle trainers
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**ERRANDS**

**Lynn’s Car and Pet Wash**

Open 24 hours a day seven days a week, Lynn’s Car Wash has your vehicle needs covered. It features two automatic wash bays, seven self-serve bays, a large vehicle station and eight powerful vacuums.

Lynn’s also has a pet wash with a high tub, soap and flea treatments to make washing your pet easy. Dry it off with a “clean pet” vacuum and load your dog into a clean car.

“We have ‘clean cards’, which are gift cards that can be purchased online or at the shop,” said owner Ryan Davis.

These make for a practical gift or stocking stuffer, especially during slushy winter months.

**JEWELRY**

**Gilger Designs**

Looking for a unique, beautiful piece of jewelry that is sure to melt that special someone’s heart? Look no further than Gilger Designs.

Co-owner Judy Gilger encourages students to make the trip to Main Street to check out their custom creations. “We have such a variety of items, all high-quality and unique to what customers are looking for,” Gilger said.

Not only does Gilger have...
Shari K’s Estate Jewelry offers gift options for students on a budget. The story also buys gold and sterling silver for top dollar.

breath-taking wedding sets and high-end casual jewelry, they also sell a variety of Iowa State-inspired pieces. Campaniles, ISU logos and mini Cyclones can all be custom ordered in earrings, cufflinks or pendants, depending on your need.

Shari K’s Estate Jewelry

Shari K’s Estate Jewelry is Ames’ primary location for estate, previously owned jewelry. With prices as affordable as Shari K’s, students can’t afford not to stop in and grab some holiday gifts from this quality jewelry supplier.

Shari Busse, owner of Shari K’s, encourages students to come stop by for all their gifting needs.

“We have something for every style and every budget,” Busse said.

If you are looking to make some extra cash for your holiday shopping, Shari K’s buys gold and sterling silver for top dollar. Bring in your Iowa State ID and receive 10 percent extra for your item.

Ames Silversmithing

Ames Silversmithing is a family-owned business that has been around for 35 years.

The store is known for its well-informed staff who are excited to share their knowledge and its one-of-a-kind jewelry, some of which are designed right in the store.

No matter what your budget, Ames Silversmithing is sure to have something to fit. From $25 to an astonishing $350,000 ring, Ames Silversmithing is a great place for all your jewelry needs.

Kyle Youngberg, manager at Ames Silversmithing, said silver is the hot item this season. “When gold isn’t in the budget, look to silver,” Youngberg said.

Ames Silversmithing has a wide variety of inexpensive, high-quality silver and pearl items that are guaranteed to please buyers.

FOOD

Olde Main

Located at the heart of Main Street, Olde Main Brewing Co. is known for its hand-crafted beer and delicious dishes that are sure to leave guests’ bellies full.

“We are releasing two beers this December,” said Jeff Irvin, Brew Master at Olde Main. “One is Reindeer Fuel, which...
is a double chocolate porter infused with 45 pounds of chocolate, as well an imperial brown beer that will be one of our strongest beers yet,” Irvin said.

Heather Courtney, marketing director at Olde Main, noted that their growlers are a great gift idea. These bottles, which hold 64 ounces, can be purchased for $4 and filled any day of the week for $9 and only $5 on Thursdays.

**Ames Cupcake Emporium**

Looking for a sweet way to wrap up your day of shopping? Ames Cupcake Emporium is the perfect place to stop and enjoy a freshly made cookie or cupcake.

Ames Cupcake Emporium bakes seven different flavors each day, so there is sure to be one to fit your taste.

Tawnya Verr, owner of Cupcake Emporium, is excited to bring in some holiday flavors that are sure to keep you in the holiday mode.

“We offer flavors such as peppermint, eggnog and gingerbread, as well as our traditional flavors during the holiday seasons,” Verr said.

Verr said they are also excited to introduce mini pies that will be offered in a variety of flavors. The shop also offers lunch items, such as soup and sandwiches.

**APPAREL**

**The Loft**

The Loft is known for its wide selection of resale clothing, but what many shoppers don’t know about are the other hidden treasures that can be found within the doors of The Loft. New, wholesale jewelry as can be found.

With most items costing less than $20, these items, as well as the trendy resale clothing and shoes, can fit just about any budget.

“We have tons of great items at extremely reasonable prices,” said Tim Bolar, manager at The Loft.

If you are looking to make some extra cash for the holiday season, The Loft is also a great place to bring in trendy jeans, sweaters, winter coats, dresses and shoes you no longer wear. Another big ticket item that can bring in some extra cash is prom dresses, which will be accepted throughout December and January.

**Moorman Clothiers**

If you have a formal event coming up this holiday season, Moorman Clothiers is the perfect place to find all your attire. Moorman Clothiers, known for its unique selection and top-notch customer service, is the only place in Ames that sells men’s dress wear of its kind.

“We sell high quality brands such as Tommy Bahama, St. Croix and Lacoste,” said Mary Moffitt Anderson, sales associate at Moorman Clothiers explained.

She also noted they sell a great selection of women’s wear and winter accessories.

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Casual Revolution is a new boutique on Main Street that offers handcrafted, repurposed and refashioned apparel and accessories. The store strives to sell items that could not be found in a department store.

Moorman Clothiers is the perfect place to purchase high-end, one-of-a-kind men’s and women’s apparel and accessories. The store has a large selection of new clothing and accessories, and offers a large selection of hats and gloves.

Miss Meyer’s Consignment is a great location to find unique, one-of-a-kind gifts that are sure to please. Not only does Miss Meyer’s offer consigned clothing and accessories, it has a large selection of new accessories.

Casual Revolution

Miss Meyer’s is currently accepting winter apparel, jeans, outdoor wear and business attire. Sellers receive 40 percent of the selling price.

Casual Revolution, a new boutique on Main Street, is the perfect place to purchase handcrafted and vintage wear. The store has a large selection of apparel for all ages, infant to adult. The store takes pride in having a wide variety of items all handcrafted, repurposed or refashioned.

“Our goal is to not have any item that you could find in a department store,” said Brian Foddrill, owner of Casual Revolution.
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