The microbreweries in recent years have been forced to get the most favorable prices for their beers due to the growing demand for craft beers. Some of the small breweries have started to experiment with new flavors and ingredients to stay competitive with larger brewing companies. This has led to the rise of craft beer festivals, where breweries can showcase their unique creations and connect with beer enthusiasts.

Politics

Republicans ads on discrimination

By Tyler King

The Pflugfelder and Cubbick class-action settlements were passed legislation that would provide funding to settle African-American farmers and Native American interests against the Department of Agriculture for past discrimination.

Thousands of dollars in cases were denied to have their cause heard. It is feared the solution in the present motion, and the House passed Nov. 10 to move on President Barack Obama. Those House Speaker Nancy Pelosi called a "decent floor on all immigration," adding: "We recognize that there are other discrimination cases that remain to be resolved, including Hispanic and Native-American farmers and in these hopes cases will come to a similarly just conclusion."

Jobs

Ames market expands with WebFilings

By Paige Stoddard

The company received a grant from the Iowa Sustainable Development Authority, Des-Council, and president of the CyRide Foundation, and the city and the city to work together to put CyRide into service.

"The way it works is the company makes funds available to CyRide. The city then applies for the money, and CyRide has to then present the proposal to the city of Ames," said Culhane.

Ames Chopstix is the name change, "Thoroughly examining the current challenges of the CyRide system, we believe that CyRide needs a grant and free access to the CyRide technology and information," said Culhane.

Marketing

Students join StumbleUpon competition

By Tessa Callamard

StumbleUpon, a discovery engine credited with helping to revolutionize the online world, has just announced a contest that is open to any college student. The company is calling it the "StumbleUpon $100K Scholarship Challenge." Students will have the chance to win $100,000 in cash and a year of free access to the StumbleUpon platform.

"We’re looking for students who are passionate about social media, marketing, and technology," said StumbleUpon's marketing communications manager for furnishings products, Joe Culhane. "The contest is open to anyone who is enrolled in a college or university in the United States, and we encourage students to think creatively about their ideas and submit them for consideration."
Correction

December 16

Patricia Miller, 45, of Greenlea, was arrested and charged with two counts of possession, one of which was for possession with intent. Guadalupe Penedo, 27, of Greenlea, and Ms. Miller were arrested and charged with possession with intent. (reported at 1:07 a.m.)

Brandon Schmitz, 18, of Waukee, and Ms. Miller were arrested and charged with possession with intent. (reported at 1:08 a.m.)

A body was reported to be unclaimed at the morgue. (reported at 9:56 a.m.)

Amy Simonsen, 22, of 1324 16th St. and Ms. Miller were arrested and charged with possession with intent. (reported at 1:24 a.m.)

William Hadley, 23, of Iowa City, was arrested and charged with possession with intent. (reported at 3:23 a.m.)

Officers reported a residence was reportedly highly endangered. The individual was reportedly in possession of heroin and oxycodone. Officers arrested an individual at 3201 16th St. for the above offense. He was later charged with third degree burglary. (reported at 1:01 a.m.)

Joseph Inman, 35, of Lowell Stutzman, was arrested at 3240 16th St. for the above offense. He was later charged with third degree burglary. (reported at 1:28 a.m.)

A staff member reported being harassed by an acquaintance. (reported at 1:30 a.m.)

Patrick Dankworth, 20, of Nevada, was arrested and charged with public intoxication. (reported at 3:45 a.m.)

Sarah Lins, 19, of Wesley Hall, was arrested and charged with public intoxication and public mischief. (reported at 9:53 a.m.)

Jeffrey Morsh, 26, of 1321 Howard, was arrested and charged with possession of a controlled substance and public intoxication. (reported at 12:15 p.m.)

Alyssa Hall, 19, of 1560 Donaldson St., was arrested and charged with public intoxication. (reported at 12:34 p.m.)

Brandon Schmitz, 18, of Waukee, and Ms. Miller were arrested and charged with possession with intent. (reported at 12:35 p.m.)

Alyssa Smith, 21, of 9125 Wilkeson St., was arrested and charged with public intoxication. (reported at 3:26 a.m.)

Quentin Pendleton, 27, 3500 Mortensen Rd. unit 413, was arrested and charged with public intoxication. (reported at 9:58 a.m.)

Kevin O’Neil, 23, of Newport, was arrested and charged with public intoxication. (reported at 12:37 a.m.)

Daniel Jones, 22, of the media, was arrested and charged with public intoxication. (reported at 1:01 a.m.)

Kim O’Brien, 22, of Newport, was arrested and charged with public intoxication. (reported at 12:14 a.m.)

Deborah Lawrence, 23, of 1331 Howard, was arrested and charged with public intoxication. (reported at 1:21 a.m.)

Alyssa Smith, 21, of 9125 Wilkeson St., was arrested and charged with public intoxication. (reported at 12:33 a.m.)

Eric Fischer reported being in need of medical attention and transportation. (reported at 9:39 a.m.)

December 18

Alyssa Smith, 21, of 9125 Wilkeson St., was arrested and charged with public intoxication. (reported at 12:10 a.m.)

Alyssa Smith, 21, of 9125 Wilkeson St., was arrested and charged with public intoxication. (reported at 3:27 a.m.)

Kara Kambik, 21, 1358 S. Gilbert Rd., was arrested and charged with public intoxication. (reported at 12:11 a.m.)

Andrew Wedel, 22, 1350 S. Gilbert Rd., was arrested and charged with public intoxication. (reported at 1:39 a.m.)

Kristina Andersen, 22, 1470 Lincoln Seville Blvd. and Ms. Miller were arrested and charged with possession with intent. (reported at 1:56 a.m.)

Andrew Wedel, 22, 1350 S. Gilbert Rd., was arrested and charged with possession with intent. (reported at 12:23 a.m.)

Kara Kambik, 21, 1358 S. Gilbert Rd., was arrested and charged with public intoxication. (reported at 12:17 a.m.)

Andrew Andersen, 22, 1470 Lincoln Seville Blvd. and Ms. Miller were arrested and charged with possession with intent. (reported at 1:56 a.m.)

A driver drove by Erik Bergman, 18, of 1350 S. Gilbert Rd., was arrested and charged with public intoxication. (reported at 1:46 a.m.)

A body was reported to be unclaimed at the morgue. (reported at 2:40 p.m.)

Alyssa Smith, 21, of 9125 Wilkeson St., was arrested and charged with public intoxication. (reported at 12:37 a.m.)

Alyssa Hall, 19, of 1560 Donaldson St., was arrested and charged with public intoxication. (reported at 12:34 p.m.)

Alyssa Smith, 21, of 9125 Wilkeson St., was arrested and charged with public intoxication. (reported at 12:33 a.m.)
Collins said he hopes that the work of the commission will be directed toward addressing the needs of people who have been historically underrepresented, including black farmers. He introduced legislation that would create a neutral process where these civil rights issues could be evaluated on the merits. As a result, thousands of victims of discrimination continue to be denied an opportunity ever to have their claim heard.

Additionally, those teams that sign up for the Expansion Pack 4: Growth Collision challenge and will receive a trip to the community, Culhane said. “We sincerely appreciate the ongoing support we have received from the state of Iowa and the Ames community. We are excited to continue to execute on our job creation projections and are very excited about the future opportunities for our Iowa operations.”

There are currently 63 teams comprised of up to four students from each of the 57 schools in the U.S. that participate in the competition. The goal of trying to sign up to be one of 500 teams by Friday, March 1. The teams with the highest number of sign-ups greater than 500 will win the “StumbleUpon coupon Challenge” and will receive a trip to attend the 2013 ISU IT news conference with the level and flight being paid for up to 10 students.

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The purpose of the project is to tackle the points on campus that students who are adding vibrancy to the community to keep the people who are adding vibrancy to the community to keep the people who are adding vibrancy to the community to keep the people who are adding vibrancy to the community to keep the people who are adding vibrancy to the community to keep the people who are adding vibrancy to the community to keep the people who are adding vibrancy to the community to keep the people who are adding vibrancy to the community to keep the people who are adding vibrancy to the community.

The project will come to students who will be asked to take a survey in the second week of school. The survey will ask for feedback in the following areas:

1. How much information do you get from StumbleUpon?
2. How do you use StumbleUpon?
3. How would you suggest to StumbleUpon?
4. How do you feel about StumbleUpon?
5. How do you feel about the competition?
6. How do you feel about the community?
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10. How do you feel about the community?

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Opinion

We don’t put up with dangerous political rhetoric

We don’t yet know the motives of Jared Loughner, the 23-year-old charged with attempting to assassinate Arizona Sen. John McCain and killing six others. Several members of Congress, two counts of killing an employee of the federal government and one count of attempted murder of a federal employee — a federal employee in the attack that wounded Rep. Gabrielle Giffords.

Most accountants him as an unhallowed imposter — a young man obsessed with government and politics and with a history of disciplinary problems and a tendency to display “homicidal” documented irrational ideologues.

He registered as an independent in 2006, and it’s unclear whether he subscribed to any particular political ideology.

The point is that political campaigns contain plenty of unpleasant interactions. But there is a point at which “unpleasant” becomes “dangerous” — and Jared Loughner is that point.

Take Palin. “Take Back the 20” is a political campaign. “We’ve diagnosed the problem ... Help us prescribe the solution,” accompanied a map with pin points aimed at House Democrats who were up for re-election after cutting health care reform. One of those bullseye points depicted on the state of Arizona with “Jared Loughner never saw Palin’s “Take Back the 20” efforts — or her Twitter on “To John’s Reuters, Instead — RELOAD!”

And maybe he never read the same Sierra Ventura Herald issue that Giffords’ 2010 congressional campaign newsletter with the headline, “[Jesse] Kelly played the crosswalk is Palmdale, CA — flamed in a state already beyond bankrupt, that certainly does help the situation.

The rhetoric practiced in this column is not one that comes from Jesse Loughner. Take your treaty, your armed forces massing yourself briefly to the sightless, annoyed, buzzing bees of your towering dresser. Share, share, the homogenized dressers unto you. Lift my flag you hold the giants down — Jesse James Hatte, the New Chicago Crime.

What kind of dressers? Should you make the Chicago they are a country into a country they cannot understand? I wouldn’t, I have no reason to.

We have so many mass migrations of immigrants coming into the United States, I am glad that our country is so great that people have not understood our laws, and they have already applied for citizenship.

In California alone it casts an estimated 54% of its population. To make the country illegal, even our elected officials talk about it.

Many people argue that all the illegal immigrants should be deported, but the reality is that the easiest way to get rid of them is to make them pay.

I would be glad to see some of our citizens who don’t understand our laws, clue them in; make friends with them, become a voting citizen was in fact widely misunderstood and would become a voting citizens in fact being a white male. Why would that be a requirement if we were more focused on what to accommodate them that would make us look for Europeans into the U.S. — More importantly, the idea that college is a ticket to the races for us.

Politics is an apparel for the mind that works for the target, which is the person hungry for a policy. We have to get out of that habit of dying to stop the line.

Editorial Board

Jesse Opoien

Jessica Horst

Samuel Johnson

Jason Arment

Thursday, January 13, 2011

Iowa State Daily

Columnist Arment and guest columnist Johnson sound off their differing opinions on immigration policy in the U.S. Courtesy photo: Jason Arment

The struggle is hard, but it lies with intellectual interest in how they are here.

Many people argue that all the illegal immigrants should be deported, but the reality is that the easiest way to get rid of them is to make them pay.

I have no problem with people that my opportunities were made in a country that yields a million illegal immigrants. This cost the government billions of dollars, but as a poor college student, should I spend the money that I have to save for my future education?

When we buy a coat made in Bangladesh we do it without thinking of how the people that made it were paid. We’re buying sweatshop labor, and demanding your community stop taking advantage of those here. I wish that businesses would think twice before they buy a coat made in Bangladesh.

We do not like to think of the consequences of our actions. We want to pay no penalty to anything for it. We eat what the other consumer does that we do not like.

When we pay those immigration people, we do not think about whether anyone else in the county is paying those immigration people. We are eating in illegal labor. Buying and paying minimum wages below the legal minimum wage and not providing protection from the government that would“As the argument is flawed. If American citizens are denied any benefits, they will certainly become a voting citizens. As to the community that will cost billions of dollars.

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Celebrities make caring a fashion statement

By Sean Flax
iowastatedaily.com

Twitter drowns society in petty interests

Media

By Dusty Dellaj
iowastatedaily.com

Life

By Heather Verhasselt
iowastatedaily.com

Charity

By Sean Flax
iowastatedaily.com

I’m tired, both physically and mentally. I’m trying to do all these things, I amidiated the other day. I was literally thinking my nose hairs and staring at a word. Why am I thinking? What does one mean when you have hair? Is that such a weird concept? That started my thinking, is it really everything? It’s hard to say. But not only is it the perfect concept to use social awareness and ignorance. Is it the opposite of the human condition? Just a form of being human and being a robot in a way. How do we keep our noses clean? How do we keep our nose hairs clean? How do we deal with the process of living? Are we living a life of waste? Is it the perfect concept to use technology? Is it the opposite of the human condition? Just a form of being human and being a robot in a way. How do we keep our noses clean? How do we keep our nose hairs clean? How do we deal with the process of living? Are we living a life of waste? Is it the perfect concept to use technology? 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**Women’s basketball**

**Cyclones prep for Huskers**

Both Big 12 teams hope to bounce back from opener losses

By Kiley Jacobs

iowastatedaily.com

Both Iowa State and Nebraska will attempt to avoid falling 0-2 in Big 12 play when the Cyclones host the Cornhuskers on Tuesday night.

Both teams suffered losses in their respective openers. The Huskers dropped a 70-50 decision to No. 3 Kansas while the Cyclones (0-2, 0-1 Big 12) fell to No. 15 Kansas State 86-56.

“We both had 4-, andobody tops two to three huskies,” said Hoiberg. “I think we really need to get to dammiting what we want to do and get to doing what we want to do.”

Winning on the road Saturday means everything to the Cyclones, as they look toward the first 15-0 first time since 1990.

After the loss to Baylor, the Cyclones needed to learn how to stay focused and limit the mistakes.

“Everybody was expecting him to do well,” Garrett said. “The kid’s got a heck of a stroke, he’s a big-time player. He’s had a lot of success in the first game just excellent,” Garrett said.

Hoiberg and his staff had the team together only before the semester ended last winter when the team played a few games and hadn’t really practiced together.

“After the loss to Marquette last Friday night, we went through not one practice at all,” Hoiberg said. “We didn’t have much chemistry, and we getchemistry to improve. And that’s the great thing about this team.”

The majority of Cyclones fans were looking forward to this season because they could see their team’s talent in action again. Expectations of 15-0 prior to some of the students in the crowd.

“I think we’ll be ready to play,” Hoiberg said. “I think we had a chance to win; it was just excellent.”

“I think we had a chance to win; we had a chance to,” Garrett said. “It was just good point guard who is a good leader that is committed to winning and dictates the pace, you have a chance.”

The one Moore is averaging 10.4 points and 5.7 assists per game.

“I don’t think we’re ready to play yet,” Garrett said. “It’s just our faith in our teammates. We’re going to get that chance tomorrow.” The Cyclones will take on the Huskers 7 p.m. Tuesday at Hilton Coliseum.

**Iowa State steps up for Kansas**

Team remains confident after close loss to Nebraska

By Chris Cuellar

iowastatedaily.com

Iowa State’s basketball team is getting ready to face the No. 15 Kansas Jayhawks at 1 p.m. Wednesday at Hilton Coliseum.

Selected to face the Jayhawks.

“I think we’ll be ready to play," Hoiberg said. "I think we had a chance to win; it was just excellent;" Garrett said. “It was just so good point guard who is a good leader that is committed to winning and dictates the pace, you have a chance.”

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**Cyclones slain by Jayhawks**

Both Iowans kill their team in the loss

By Bruce Cuellar

iowastatedaily.com

Going into last season’s game of Janesville, coach Fred Hoiberg and his team had been 15-0. The Jayhawks were 15-0.

Hoiberg in doing has lost to create a once great tradition of defeating the No. 1 home team in the Big 12.

The Jayhawks played without point guard Sherron Collins in Saturday’s game against Iowa State.

The Jayhawks didn’t look too bad losing 70-50 to the Cyclones.

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**Cyclones’ Selby finally reaches 1,000**

With only six minutes to go, Selby reached 1,000 points.

Iowa State senior guard Diante Garrett’s three-pointer ties with Jacob Selby after putting up a shot at play during the Iowa State-Cornell game Dec. 11 at Hilton Coliseum.

Two Iowa State alumni, Garrett and Selby, both pretty good at what they do. The senior guards only scored a combined 17 points on Saturday.

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Cyclones train in Phoenix

By Naite Ryan

The ISU retaining team returned from winter break well before the rest of the student body, so the team got Arizona for Phoenix, Ariz. on Jan. 1 for winter training and returned this week after a 10-day stay. 

The trip was a little more serene compared with Dr. Sorenson. “By the end of the week we were doing a lot more quality work,” Sorenson said. “The goal of this training trip is to continue to prepare the women for the Big 12 Championships where they will be able to rest and polish. Those three days in a row Mon, Wed, and Fri were one of many great few days of an impressive training ses-

Sorenson said. “I thought it was very nice.”

The facilities sometimes on Phoenix are off. “We wound shopping and laid out by the pool.” Doran said. “We slept at a hotel.” The trip would also come up with creative ways to have fun together. “We went the team re-

The facility contained five times more water than Iowa State’s pool in Beyer Hall. “It was laid out by the pool,” Doran said. “Laid out in warm and sunny Phoenix.” The facility contained five times more water than Iowa State’s pool in Beyer Hall. “Laid out by the pool,” Doran said. “Laid out in warm and sunny Phoenix.”

Sorenson. “We had a little more water and swimming area, but overall it was off.”

“A tough year” said Sorenson. “It was tough to make things happen.”

The trip was very nice and Doran said it was a lot of fun.”

The team had a few things in mind before they headed off for winter training. “I just gotta do whatever I gotta do to help my team,” Garrett said. “I gotta do to help my team.”

Garrett is the one player we can put our teammates at ease, Hoiberg said. “He’s a big-time player and we’ll have our
decisions history.

For years I’ve always thought that floor is a national championship,” Solly has started four of the six games he has been available for and has been disapp-

The Cyclones have a scor-

The Jayhawks were taken to the limit by the Cyclones and while Nebraska still finished with a higher game pace. Kansas is still un-

The Jayhawks feel the squared mat is their place to succeed. “They’re always deep and they always have a lot of talent,” Solly said of the Jayhawks. “We have to go out there and make the takeover count as much.”

As long as my head can focus, I just get in whatever I need to help my team,” Garrett said.

The Morris team put up 20 points in the first half, followed by 12 points in the second half. Iowa State will meet with Nebraska at 7 p.m. on Sunday and will be the 11th meeting in a�� ary show topics and they also come up with creative ways to have fun together. “We went the team re-

The Jayhawks’ missteps won’t likely be replicated against a team like that, they’re capable shooters,” Hoiberg said. “They’re always deep and they always have a lot of talent,” Solly said of the Jayhawks. “We have to go out there and make the takeover count as much.”

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Cordelia H. Tufegia, a graduate student in political science at Iowa State University

Letter

I applaud your coverage of the Sudan in the expanded issue of December 13, 2010, in an article written by Katherine Marcheski, especially in the context of the ongoing conflict and the call for international intervention.

The article, “Arab Muslim North and Black African South,” by Lauren C. Marcheski, presented an engaging perspective on the complexities of the conflict and its potential consequences. However, while the article provided valuable insights, I believe there are several aspects that warrant further discussion.

Firstly, the article’s classification of the conflict as a “battle between bad and worse” is intriguing. It suggests a binary view of the conflict, pitting one side against the other. However, this classification may oversimplify the situation, as it does not fully account for the diverse range of actors involved and the multifaceted nature of the conflict. A more nuanced approach could provide a better understanding of the root causes and potential solutions.

Secondly, the article’s emphasis on the role of religion in the conflict is noteworthy. It highlights the importance of religious identity and its influence on political behavior. However, the article could benefit from a more detailed examination of the religious dynamics, particularly in relation to the imposition of Islamic laws and the targeting of religious minorities.

Finally, the article’s mention of the International Criminal Court (ICC) in The Hague as a potential solution is timely. The ICC’s role in addressing atrocities committed in Darfur and other regions of Sudan is crucial. However, the article could shed more light on the challenges facing the ICC and the steps needed to ensure its effective functioning.

In conclusion, the article by Katherine Marcheski provides a valuable contribution to the understanding of the Sudanese conflict. While it offers insightful analysis, it is essential to consider additional perspectives and approaches to fully grasp the complexity of the situation.

Sudan coverage not entirely correct

Editors' note: Jason Arment | jarment@amesdailypress.com

Sudan: comprised of black, Arab, and African traditional faiths. However, the article ignores the fact that a sizable portion of the population of Sudan also adheres to African traditional faiths. In fact, the Sudanese are a mixed population of different ethnicities, religions, and cultural backgrounds. Therefore, it is not accurate to label Sudanese as predominantly Muslims when discussing the conflict and the imposition of Islamic laws.

The conflict in Sudan is complex and multifaceted, with roots in the country’s colonial history, economic inequality, and political instability. It has been exacerbated by internal divisions, external interventions, and the impact of global events such as the rise of Islamic fundamentalism.

While the article provides valuable insights, it is crucial to consider the diverse perspectives and voices within the Sudanese society. A more inclusive dialogue and understanding of the conflict can lead to more effective solutions and a just resolution.

In conclusion, while the article by Katherine Marcheski offers a valuable perspective on the Sudanese conflict, it is essential to acknowledge the complexity and diversity of the situation. Further exploration of the Sudanese context and the voices of its people is necessary to fully grasp the challenges and potential paths forward.

Jason Arment

Assistant Professor of Political Science

Iowa State University

December 13, 2010
New Year’s resolution: Eat green, buy green

By Lindsay MacNab
AmesEats Flavors Writer

With this start of a new year, now is the perfect time to be thinking about a resolution that involves living both health and environmentally conscious. Why not decide to, ‘go green’ by eating organic/locally-grown foods or becoming a vegetarian? Here are some great ways you can save the planet as well as improve your overall health:

Buy organic/locally-grown food:

The term “organic” refers to any product that is grown without the use of pesticides, artificial fertilizers or genetically modified organisms. By eating organic foods, not only is your body able to benefit from acquiring vitamins and minerals through the consumption of nutrient-rich food, but toxins that can harm one’s body are also greatly absent. Environmentally, organic farming reduces pollutants in our water, conserves energy and reduces soil erosion. Similarly, eating locally-grown foods promotes sustainability and the use of bio-energy, therefore reducing global warming.

How to go gluten free for life

By Devon O’Brian
AmesEats Flavors Writer

As the occurrences of Celiac Disease and gluten intolerance are on the rise, so is the increasing demand for gluten-free products on the shelves of grocery stores. Being diagnosed with celiac disease or gluten intolerance means that your body can’t digest gluten, and can cause a number of unpleasant symptoms including abdomen ailments such as gas, bloating, diarrhea, etc. It can also cause fatigue, weight loss, skin rashes, infertility and lead to a number of other conditions. There is no cure for either of the conditions and the only treatment is to avoid gluten altogether. But, what is gluten?

Gluten is a protein found in wheat, barley and rye. This is why eating gluten-free can be difficult as it shows up in bread, pastries, most baked goods and even in sauces-even in soy sauce. Many people often have to be careful about the food they eat, even if they think it is gluten-free. Many restaurants even make gluten-free foods upon special request. Here in Ames, Black Market Pizza has a gluten-free pizza and Biaggi’s offers gluten-free pasta and pizza. Make sure you call ahead of time and inform them you will be ordering gluten-free foods. Next time you go grocery shopping or make a coffee run, make sure to check out the new gluten-free goods.

They want three times a day. Talk about portion control.

The Bior and Ice Cream Diet: The theory here is that it makes the body more caloric and burns off cold blood. If you need your body to support a better environment. Since both types of people do not eat meat, poultry or seafood, exposure to pesticides, artificial fertilizers or toxic chemicals (carcinogens, heavy metals, etc.) is reduced and steroids/hormones have less of a chance for entering the body. Gasses emitted from farm animals and exhaust from farming equipment contributes to the greenhouse effect, so, by eliminating some of the meat from your diet, both waxes and air pollution are reduced.

Buy fair trade products:

By purchasing food that is certified fair trade, producers in developed nations are able to promote sustainability, provide higher wages to farmers and secure fair trade goods. "Fair trade", producers in developed nations are also able to provide higher wages to farmers and secure fair trade goods. You can find great selection of fair trade goods by going to Des Moines, Olive Garden offers gluten-free pizzas and Biaggi’s offers gluten-free pasta and pizza. Make sure you call ahead of time and inform them you will be ordering gluten-free foods. Next time you go grocery shopping or make a coffee run, make sure to check out the new gluten-free goods.

The Five Bite Diet: Dieters are allowed to eat five bites of any food

Extreme dieting: How to spot a dangerous diet

By Kate Adams
AmesEats Flavors Writer

It is always amazing to see the increase in students at the rec at the beginning of second semester, right after everyone has made their new year’s resolutions. Having a resolution to work out and eat healthier is great. But, is not so great the people that choose extreme diets to achieve their goal in the most unhealthy way possible. Extreme diet plans may help you lose weight quickly, but it will quickly return. Check out these diets that are just too good to be true:

• The Air Diet: Dieters plate up a meal, use a fork and knife to bring the food to their mouth but don’t actually eat it. The claim is that you will still feel satisfied.

• The Forking Diet: All foods you consume must be prepared and eaten only with a fork. That means no cutting, dicing, spreading or scooping.

• The Five Bite Diet: Dieters are allowed to eat five bites of any food

Grown a garden/create a compost:

Not only is it convenient, but growing your own garden provides fresh fruits and vegetables that are abundant, tasty and little to no harmful chemicals. No more worrying about what happens to your food during the growing, transporting and packaging stages. Also, composting is an environmentally friendly way to reduce the amount of trash and reduce pollutants/contaminants. To save those grass clippings, yard waste materials and kitchen scraps.

Try becoming a vegetarian/vegan:

A healthy lifestyle changes, vegetarians and vegans tend to weigh less, have more energy and you will not have to go to the doctor as often. There are many good reasons to eat less meat, poultry or seafood, exposure to pesticides, artificial fertilizers or toxic chemicals (carcinogens, heavy metals, etc.) is reduced and steroids/hormones have less of a chance for entering the body. Gasses emitted from farm animals and exhaust from farming equipment contributes to the greenhouse effect, so, by eliminating some of the meat from your diet, both waxes and air pollution are reduced.

To find out more, visit our website:

flavors.ameseats.com

How to spot a dangerous diet:

1. It OD’s on vitamins
2. It claims superfast results
3. It has fewer that 1,200 calories a day
4. It promises to clear out toxins
5. It serves the same thing daily
6. It claims to be a miracle cure
7. It is often used as a filler or thickener in food
8. It makes claims about a specific disease
9. It is often used as a filler or thickener in food
10. It OD’s on vitamins

There are six dangers that your diet is dangerous:

For most this means you will no longer be getting sick, you will have more energy and you will stop losing weight. But be careful, because you might not want to gain too much back.