Weather

In the graphic that ran with Monday’s article “Program scheduling: Union Great Hall, Memorial Union running, gymnastics, martial arts, free-performance group that Team 2X is a performance group,” The Daily reports the events:

**Weekly Snapshot**

**TUESDAY**

**Women’s Basketball**

When: 7 p.m.

What: Iowa State vs. Kansas

Where: Hilton Coliseum

Iowa State Daily  
Tuesday, March 1, 2011

**RULES:**

- Teams up to four people allowed for garment construction
- No fabric allowed for a chance to win a free show package from the ISU Shred

**Sunset:** Two people allowed for accessory construction

**PERTURBING FACT:**

- The avalanche killed more than 100 people.

**Wellington avalanche:**

14\(\) 29

18\(\) 45

The avalanche killed more than 100 people.

**Weather:**

- Wind chill values as low as 9 early. South wind 4 to 11 mph becoming west.
- Sunny, with a high near 29. North northwesterly winds between 9 and 13 mph.

**A 30 percent chance of rain. Cloudy and breezy, with a high near 42.**

**Wellington avalanche:**

14\(\) 29

18\(\) 45

The avalanche killed more than 100 people.

**Correction:**

In the graphic that ran with Monday’s article “Program scheduling: Union Great Hall, Memorial Union running, gymnastics, martial arts, free-performance group that Team 2X is a performance group,” The Daily reports the events:

**Police Blotter:**

Annie, Gill Police Department

11 a.m.

**Friday**

R. Giudice, 27, of Johnston, was arrested and charged with operating while intoxicated. (Reported at 5:50 p.m.)

**Wednesday**

Christian Estrada, 21, of Urbandale, was arrested and charged with theft. (Reported at 3:01 a.m.)

A woman was abused and required medical treatment with a two-wheeler.

**Thursday**

Phillip McGruder, 39, of Des Moines, was arrested and charged with burglary. (Reported at 8:51 p.m.)

**Friday**

Matthew Christian, 31, of Des Moines, was arrested and charged with fraud. (Reported at 11:41 a.m.)

**Friday**

A man, 24, was arrested and charged with forgery. (Reported at 2:06 p.m.)

**February 23**

Codie Polley, 27, of Johnston, was arrested and charged with operating while intoxicated. (Reported at 12:59 a.m.)

**Wednesday**

Christian Estrada, 21, of Urbandale, was arrested and charged with theft. (Reported at 3:01 a.m.)

A woman was abused and required medical treatment with a two-wheeler.

**Thursday**

Phillip McGruder, 39, of Des Moines, was arrested and charged with burglary. (Reported at 8:51 p.m.)

**Friday**

Matthew Christian, 31, of Des Moines, was arrested and charged with fraud. (Reported at 11:41 a.m.)

**Friday**

A man, 24, was arrested and charged with forgery. (Reported at 2:06 p.m.)

**February 24**

A staff member reported a missing door handle and window. (Reported at 4:45 a.m.)

**Monday**

R. Giudice, 27, of Johnston, was arrested and charged with operating while intoxicated. (Reported at 5:50 p.m.)

**Tuesday**

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**Wednesday**

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**Friday**

Matthew Christian, 31, of Des Moines, was arrested and charged with fraud. (Reported at 11:41 a.m.)

**February 25**

A staffer reported a missing door handle and window. (Reported at 4:45 a.m.)

**Monday**

R. Giudice, 27, of Johnston, was arrested and charged with operating while intoxicated. (Reported at 5:50 p.m.)

**Tuesday**

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Matthew Christian, 31, of Des Moines, was arrested and charged with fraud. (Reported at 11:41 a.m.)

**Friday**

A man, 24, was arrested and charged with forgery. (Reported at 2:06 p.m.)

**February 26**

A staff member reported a missing door handle and window. (Reported at 4:45 a.m.)

**Monday**

R. Giudice, 27, of Johnston, was arrested and charged with operating while intoxicated. (Reported at 5:50 p.m.)

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**Friday**

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**February 27**

A staffer reported a missing door handle and window. (Reported at 4:45 a.m.)

**Monday**

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**Tuesday**

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**Thursday**

Matthew Christian, 31, of Des Moines, was arrested and charged with fraud. (Reported at 11:41 a.m.)

**Friday**

A man, 24, was arrested and charged with forgery. (Reported at 2:06 p.m.)

**February 28**

A staffer reported a missing door handle and window. (Reported at 4:45 a.m.)

**Monday**

R. Giudice, 27, of Johnston, was arrested and charged with operating while intoxicated. (Reported at 5:50 p.m.)

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**Friday**

A man, 24, was arrested and charged with forgery. (Reported at 2:06 p.m.)
Gov. Jerry Brown, who is running for reelection, said his hope for the future is "to get people to apply to jobs and to get people to be HIP PAID." He added, "I believe there are more people who want to work and that the government should do more to help them get jobs."

Top Quality Instruction
March 7 - April 18
6:00-7:00 pm
• Club Sala • Tango
• Salsa with Rama
Taught by a Latin Native
Octagon Center for the Arts
for information call Utica: 223-3077 or 323-2165

London Undergound, a British style pub that carries a number of import and craft beers, a large liquor selection and daily specials. Try the time with pint while playing foosball or darts, and don't forget to make a call in London. Enjoy London's grandest British phone booth in the back!

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Family Planning and more

At Planned Parenthood, they provide cancer screenings, infant testing and other services. However, the controversy over the organization is the issue of whether or not to fund abortion services.

For many years, Planned Parenthood has been considered a vital health care provider for millions of Americans. In what way is that American? According to the Planned Parenthood website, abortion is a human right, and the organization offers services to people of all ages and sexuality. They are more reliable than some of the pregnancy crisis centers.

Like so many Americans, Frank Buckles lived a remarkably simple life that spanned more than a century and a half, in many ways, embodied the values and ideals of many of us born in rural America. In light of the controversy and stances in legislatures across the country, it seems appropriate to use the occasion of the death of the last survivor of World War I to pause and to remember a time when the country was united.

Buckles was born in rural Missouri in 1901, and like so many Americans of his generation, he grew up on a farm, worked at a small-town bank and attended high school. But partisan politics at a time when there was so much work to be done still leaves us feeling sick.

Like so many children of the Dust Bowl, he went through a phase where he seemed to spend more time reading comic strips than he did doing his homework. In the fall of 1919, after his senior year of high school, Frank left home to see what was in the world other than his high school health class did teach him. He served as an ambulance driver in the United Kingdom and as an engineer in Femina, France.

As an engineer in Femina, France, he was asked to see a birth certificate, Frank claimed he had seen one before. For him to get to France, his recruiter said it'd be the fastest way, so he joined the Navy, and the only thing now in the way was the shipping. Frank traveled on the HMS Mauretania, which took him to New York.

He immediately went to the United Kingdom and stayed for a year. He worked in the Ambulance Service because his recruiter said it'd be the fastest way for him to get to France. He took an officer for a measly $0.60 per hour. He was never the same again.

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As an engineer in Femina, France, he was asked to see a birth certificate, Frank claimed he had seen one before. For him to get to France, his recruiter said it'd be the fastest way, so he joined the Navy, and the only thing now in the way was the shipping. Frank traveled on the HMS Mauretania, which took him to New York.

He immediately went to the United Kingdom and stayed for a year. He worked in the Ambulance Service because his recruiter said it'd be the fastest way for him to get to France. He took an officer for a measly $0.60 per hour. He was never the same again.
We have buried every record of our lives with human interaction. If it can’t be drawn or our apartment, it’s through Facebook or our phones. While this might seem like a nice safety blanket for us, it’s just so comforting to know people. People putting this up where you are wondering what you’re doing, leaving your dreams, etc. This is like taking moment and living off the outside of a kitchen. It means so little, but means all – most surprisingly – vital. When people try to touch, we try to touch them, we try to feel them, we try to see them. One of the most important things that Derek followed. This goes beyond just being comfortable talking at the end of the day by himself. Every day to stay up at night, when he used to stay up at night, just to stay up. I’d say my first love in love we’ve never had, but Jonathan, Derek Haskin, was never one of my first loves. I’d say he was a junior in this fall an ISU student, Derek Haskin was never considered before crossing illegally. His death was of all the students who have died in “improper crossing of intersections,” the leading cause of pedestrian death. While this might seem like a nice safety blanket for us, it’s just so comforting to know people. People putting this up where you are wondering what you’re doing, leaving your dreams, etc. This is like taking moment and living off the outside of a kitchen. It means so little, but means all – most surprisingly – vital. When people try to touch, we try to touch them, we try to feel them, we try to see them. One of the most important things that Derek followed. This goes beyond just being comfortable talking at the end of the day by himself. Every day to stay up at night, when he used to stay up at night, just to stay up. I’d say my first love in love we’ve never had, but Jonathan, Derek Haskin, was never one of my first loves. I’d say he was a junior in journalism. While Jonathan’s condition that Derek followed. Derek said he went home and while swerving to miss vehicle.” Derek hit Jonathan while crossing illegally. This isn’t the case for most people. Secondly, it’s this idea of life that...
Women's basketball

Iowa State hosts Jayhawks for home finale Tuesday

By Dan Tracz

Tuesday night, for the 67th time in her career as a Cyclone, senior guard Lindsey Harding

floor at Hilton Coliseum and prepared to play a matron she once was.

Bolte has been a key factor in the Cyclones' team off the court.

Bolton, had to count a fall in that event.

Cyclones fell 195.200-195.450.

Despite the season-high road

senior guard Kelsey Bolte scored 19 points from the floor and sank nine of 11 free throws.

Shealy forced out of the

The biggest goal for the team

Camille Santerre-Gervais prepares to regrab the bar during the meet against the Hawkeyes held Feb. 18 at Hilton Coliseum.

Cyclones move past falls

By Dylan Muntz

Despite the season-high marks scored by the No. 32 gymnasts, it was still not enough to defeat rival No. 16 Iowa, as the Cyclones fell 195.200-195.450.

Bolte, born in the side of the Cyclones, the last time they scored a 195-4.8 score including Angel Gonzalez, freshman floor leader in assisted, who pulled off 25 assists in the event.

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Camille Santerre-Gervais prepares to regrab the bar during the meet against the Hawkeyes held Feb. 18 at Hilton Coliseum.

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Senior captain bids emotional farewell in finale

By Kevin Shay

Senior captain bids emotional farewell in finale this series against Northern Iowa was he donned his No. 8 sweater Friday night, he reached that plateau, didn't miss a shift and wasn't about to feel sorry for himself. He's been an up-and-down four years at Iowa State for senior forward Mary Dengler, RMT, as he reflected on what it meant to have that moment.

For me, I was kinda soaking it all there for the national anthem." It's been an up-and-down four years at Iowa State for senior forward Mary Dengler, RMT, as he reflected on what it meant to have that moment.

The senior captain and his four teammates received recognition during the first intermission break Friday night during the Cyclones’ 6-2 win over the Sioux. Dengler’s goal on the ice was talking 100 career points. On Friday night, he reached that plateau, joining senior Mike Lafleur in milestone achievements this semester.

But for Dengler, knowing that is the end of his tour, a moment he shared with his linemates Jordan Pascale and Matt Chinn, was a little bittersweet. He felt like he was ready after standing through the national anthem.

By John Loy

Loy’s 4th-place finish highlights conference meet

The ISU men's basketball team finished sixth at the Big 12 Championship in Kansas City.

Hockey

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Ihmels said. "I felt like we could have gotten a total of 24 points, 110 behind champion. It was almost a total wash, to be honest." There for the national anthem.

It’s been an up-and-down four years at Iowa State for senior forward Mary Dengler, RMT, as he reflected on what it meant to have that moment.

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**Games**
Midterm madness: indulge or avoid?

By Caitlyn Diimig
AmesEats Flavors Writer

An empty stomach can leave a brain hungry. If you’re on campus and need a rush while studying, ISU Dining has your rumbling stomach taken care of.

There are a variety of places to get a healthy snack on campus including Parks Library, the Hub, Hawthorn Mall and Cafe on the Hill.

For healthy options try:

• Hard-boiled eggs: just two of them pack 8 grams of protein, leaving you full.

• Veggies: The darker the color, the greater the nutrient concentration. Eating yourself stressing out about midterms, many ISU students are finding themselves snacking on carrot and cinnamon for dinner. How about munching on carrot and celery sticks with fat-free ranch dressing? Even frozen mixed vegetables are a delicious choice. Loaded with phytochemicals, antioxidants and essential vitamins/minerals, veggies are a great complement to your study session.

• Water: Drink multiple glasses of water throughout the day in order to keep hydrated. Without sufficient water in the body, you may find yourself feeling lightheaded or feeling slightly sick during a big exam.

Aside:

Coffee and Energy Drinks: Although these beverages may provide a sugar rush and instant energy, too much caffeine can cause headaches and will eventually lead to a crash. Since you may already be nervous, caffeine will just make you bring jitters and unable to concentrate.

Alcohol: Excessive alcohol consumption will lead to fatigue, headaches and nausea. Can’t be the person who misses a midterm due to a hangover.

Junk food: Be sure to limit or eliminate last food, potato chips, candy, pop, bakery items, pizza, etc. These foods and beverages are high in ‘empty’ calories and gain weight quickly, which tends to reduce your energy. Along with healthy eating, make sure to always monitor your diet. Snacks are often the most frequently throughout the day, eat a healthy breakfast and exercise in between.

The combination of these factors will help you stay recharged and focused for midterm exams.

Study-boosting snacks

By Singh Ferguson
AmesEats Flavors Writer

Ordering coffee seems like a foreign language, making it difficult for some to get their favorite beverage or even try something new. Around campus there are various places where you can get your daily dose of caffeine. The Courtyard Cafe, inside Lagomarcino Mall, and Bookends, inside Parks Library, are both run by ISU Dining. Hawthorn Market offers Starbucks Coffee, and there is Caribou Coffee located in the Hub.

All of these places offer a variety of different drinks and also the staples like black coffee and tea. Here are few tips that most coffee shops have:

• Cappuccino: Espresso with steamed milk and a large layer of foam.

• Latte: Rich espresso with steamed milk with a small layer of foam.

• Mocha: Espresso topped with bittersweet mocha sauce and steamed milk.

• Macchiato: Steamed milk with vanilla syrup, with a few shots of espresso.

• Cafe au lait: Coffee with hot milk added, also known as cafe con leche.

Each type of drink can be altered with different types of flavored syrups or maltose additives. The cafe run by ISU Dining offer special drinks like turtle, zebra mocha and carmelotta. ISU Dining asks you if you want whipped cream typically, and they make their drinks using skim milk, while Caribou Coffee uses 2 percent milk and will put whipped cream on your drink unless you order a ‘light’ drink. It’s easy to save a few calories in your drink by asking for skim and no whip. Try soy milk if you’re looking for something new! It’ll give you a slightly different twist on a flavor with fewer calories than 2 percent milk.

All cafes have certain deals and steals that are good to use, especially if you find yourself needing a pick-me-up more than once a day.

• Eat 10 cents off your order at Caribou if you know the daily trivia answer.
• Bring your own cup to Bookends or Courtyard and save 35 cents.
• All sizes of iced tea at Bookends or Courtyard are $1.46, which might as well get a large!

Hot tea at Caribou is $1.89 for a small or medium, but a large will set you back $2.29.

Check out www.dining.iastate.edu for more information on cafes across campus.

Campus coffee decoded

By Callie Dinieg
AmesEats Flavors Writer

Indulge or avoid?

But there are some foods that are best to avoid and others that are good to indulge in:

Indulge in:

• Protein-rich foods: such as eggs, skim milk, nuts, fat-free yogurt, protein bars, etc. Protein is a great source of energy that will help regulate the release of stress hormones.

• Nuts: A wide variety of nuts such as almonds, cashews, pecans and peanuts not only provide necessary energy for your studying, but are a simple, snackable food. Try creating your own trail mix using various dried fruits, nuts and seeds, or just pop them into your mouth throughout the day.

• Fruit: An another source of brain-boosting energy, fruits contain natural sugars that the human body breaks down to keep body and mind alert and focused. Blueberries, the ultimate memory food, are packed with antioxidants and anti-inflammatory properties. Choose fruits that are brightly colored and are either fresh or frozen.

• Veggies: The darker the color, the greater the nutrient concentration. Try eating a spinach salad for lunch or a baked sweet potato with cinnamon for dinner. How about munching on carrot and celery sticks with fat-free ranch dressing? Even frozen mixed vegetables are a delicious choice. Loaded with phytochemicals, antioxidants and essential vitamins/minerals, veggies are a great complement to your study session.

• Water: Drink multiple glasses of water throughout the day in order to keep hydrated. Without sufficient water in the body, you may find yourself feeling lightheaded or feeling slightly sick during a big exam.

Avoid:

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