Exercise might boost immunity

By Eric Debner
iowastatedaily.com

With the advent of the flu season rapidly approaching, exercise after flu vaccination could help give students more “bang to their buck” and increase vaccination uptake by students, according to researchers.

Researchers in the Exercise and Functional Medicine Laboratory at Iowa State University are exploring the effects of exercise on the immune response to influenza vaccination. 

\[\text{Marina Rabkut, professor of kinesiology, and her research team previously tested and gathered data on the connection between post-vaccination exercise and increased immune response through previous studies.}\]

The first study was tested on mice, which Rabkut and her research team conducted to determine whether a single session of exercise improved the immune response to influenza vaccine. 

“\text{The third and current study also tested mice with a model based on data gathered from the second study. Rabkut said these studies will help researchers gather information that could determine the mechanisms by which exercise improves the immune response to influenza vaccine.}\]

Justin Hallam, graduate research assistant in kinesiology and member of Rabkut’s team, focuses his research on observing vaccination and the idea that a single session of exercise immediately after the vaccination could be beneficial.

“I am still trying to determine how much exercise is important as well as the optimum duration of the bout,” Hallam said. “I have recently begun to look at duration.”

Hallam said the most common way researchers test an immune response to vaccine is by measuring an antibody. The lower the level of antibody that has been produced in response to the vaccine, the greater the odds of the body developing a viral infection.

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Police Blotter:

Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments’ records. All those accused of violating the law are innocent until proven guilty in a court of law.

Nov. 9

Joseph Northcut, 27, New York, was arrested and charged with operating while intoxicated (report at 2:56 p.m.).

John Dvorak, 28, Fort Collins, was a witness to the crime.

Catherine Bies, 21, of Des Moines, was arrested at 3:30 a.m. and charged with public intoxication (report at 3:54 a.m.).

Nathan Johnson, 21, of Beloit, Wis., was arrested at 4:56 a.m. and charged with public intoxication (report at 5:08 a.m.).

George Williams, 20, of Des Moines, was arrested at 5 p.m. and charged with parole violation.

Mary Moody, 51, 319 S. Austin Bancks Drive, was arrested and charged with public intoxication at 5:04 p.m.

Sean Labonte, 21, of Fort Dodge, was arrested and charged with possession of a controlled substance at Lincoln Avenue and State Avenue at 11:56 p.m.

Lincoln Swing Unit 12, was arrested and charged with operating while intoxicated at 12:55 a.m.

Mary Greeley Medical Center Nurse, 19, was arrested and charged with public intoxication at 10:14 p.m.

Sheldon Avenue (reported at 2:16 a.m.), was arrested and charged with public intoxication at 1:42 a.m.

April Leonard, 21, of Clear Lake, was arrested and charged with public intoxication at 7:06 p.m.

Jose Camou, 20, 1608 Maricopa Drive, was arrested and charged with operating while intoxicated at 7:57 a.m.

Jacob Whitehead, 21, New York, was arrested and charged with disorderly conduct at 9:22 a.m.

Wilson, 19, of Fort Dodge, was arrested and charged with underage possession of alcohol at 10:57 p.m.

An individual reported damage from an experience we had last fall (report at 10:14 p.m.).

Wilson, 19, of Fort Dodge, was arrested and charged with underage possession of alcohol at 10:57 p.m.

Arianna Mores, 20, 4602 Longfellow Drive, was arrested and charged with assault and battery (report at 9:33 p.m.).

Clayson Morehead, 21, 1220 27th St., was arrested and charged with theft (report at 9:30 p.m.).

Gina Williams, 21, 715 William St., was arrested and charged with theft (report at 9:31 p.m.).

Sara Pitts, 20, 521 6th St., was arrested and charged with theft (report at 9:31 p.m.).

Sara Labonte, 21, 2070 Story St. Unit 102, was arrested and charged with theft (report at 9:31 p.m.).

From what I heard from the students, almost unanimously, it was that they liked the openness. Feedback from students and teachers has been positive. We could have just put walls around it like a typical classroom, but instead of using our money towards bricks and mortar, we put it toward technology.
Trip offers a taste of Spanish flavors

By Rachel Sinn
rsinn@iowastatedaily.com

Students with a passion for the culinary arts have an opportunity to study Spanish cuisine in Spain next summer as part of a new International School of Culinary Arts study abroad program.

Linda Svendson, program director and senior lecturer in food science and nutrition, requested that all interested students complete a short questionnaire in order to prepare to attend the two-week trip to Spain.

“We hope to bring exposure to our students who have an interest in the Spanish cuisine,” Svendson said. “We think the trip will be a little head start for what you will be learning in a culinary world around Spanish chefs. Local herbs and spices are important in Spanish, and food is a huge part of our culture.”

Their utilization of animal parts, which utilize the organs, and extraordinary flavor, are characteristics that are unique to the Spanish cuisine.

“We got to go on lots of different trips that showed us Spain and freshness is a must, and spices are important in Spanish cuisine,” said Erica Beirman, senior lecturer in food science and nutrition.

The difference in the way the Spanish acquire their food may be seen as a benefit to the American consumer.

“More in America, we have huge pieces of meat on the plate and small sides. There must not be as many fats as in the foods in Spain,” Beirman said. “They eat a lot of small pieces, ‘topas,’ which is actually huge pieces of meat on the bone.”

A Spanish experience may offer a possible introduction to the American schedule, Beirman said. “American schedule, Beirman said. “American schedule, but I think it’s good experience as far as learning large-scale dining in kind of a short amount of time. We were in the kitchen for three hours, but then again, we’re making food for 50 people.”

Weets said most students who have attended the trip have culinary arts, hospitality event management, dietetics or nutrition majors.

“Students who attend the trip must have knowledge of food preparation and event planning,” Weets said.

“We get to go on a culinary adventure, a chance for students to see where everything kind of starts,” Weets said.

“Anyone that’s interested in food and cooking and wants to learn about a different culture other than American cooking should definitely go,” Weets said.

“Once you have a background in cooking you can have a little head start once you get into the kitchen, but I think it’s important for anybody that loves food as much as we do.”
Wisely use those course evaluations

Arise, ye wretched of the earth. Or, rather, students — can affect. Therefore, we have an obligation of sorts to participate. Remedies should have been created to make sure somebody filled them out for students, and somehow will work and read them after they've been sent back.

Every so often, the temptation arises for students' main chance to evaluate their educators in a way that department heads and other academics and administrators in the colleges and university — who are responsible for tenure, promotions, and other matters — find out directly what their students think.

We need not trouble ourselves that all the details of a great book or book series are perfect or that a film's strengths lie with its weaknesses. If the movie isn't like the original novel, it is still a success. It is the medium that matters, not the blind imitations of the source material. As long as human beings have existed, they have been expressing ideas and telling tales — to pick up on different parts of the puzzle.

And so it was that Tolkien created his vast world of Middle Earth. He built a series of legendaries that carried stories and adventures, and many other stories, other than those contained in his vision, were incorporated into the film adaptation. We also carry them into the other areas of our movie Montages. Although we may want our movie Montages to be a cut above the Hollywood endless and uninteresting scattershot, most movies come from books.

We need not trouble ourselves that all the details of a great book or book series are perfect or that a film's weaknesses lie with its strengths. If the movie isn't like the original novel, it is still a success. It is the medium that matters, not the blind imitations of the source material. As long as human beings have existed, they have been expressing ideas and telling tales — to pick up on different parts of the puzzle. As we developed electricity and film technology, we began to capture the best stories, without respect to their physical source, for millennia. As long as humans have existed, they have been expressing ideas and telling tales — to pick up on different parts of the puzzle. As we developed electricity and film technology, we began to capture the best stories, without respect to their physical source, for millennia.

Beyond the classics of literature to the big screen. "The Great Gatsby" by F. Scott Fitzgerald was adapted into a film in 1974, starring Robert Redford. The film was well-received and won several awards, including Best Actor for Redford. It was nominated for Best Picture at the Academy Awards, but lost to "The Godfather Part II." In 2013, a new version of "The Great Gatsby" was released, starring Leonardo DiCaprio. This version received mixed reviews, with some fans praising the visual spectacle and others criticizing the casting choice. However, the film was still nominated for several awards, including Best Actor for DiCaprio.

But performing our favorite stories for an audience — to pick up on different parts of the puzzle. As long as humans have existed, they have been expressing ideas and telling tales — to pick up on different parts of the puzzle. As we developed electricity and film technology, we began to capture the best stories, without respect to their physical source, for millennia.
Women's basketball

Iowa State defeats Drake

BY STEPHEN KENNINGFIELD

Iowa State defeated Drake 87-45 on Tuesday night.

Christofferson leads Cyclones to 87-45 victory

By Stephen. Koenningfield

Just one half of the incident stayed Drake would have been enough for the Cyclones on Tuesday night.

The Cyclones and the Bulldogs lost 15 each, each for the first three and a half minutes of the game. Furthermore, the Cyclones 10-2 mark and the 3.12-2 mark, the Cyclones 30-2 mark were able to go on a 30-2 mark to increase that lead to 30-2.

But that was only half of it. Starting at the 10-2 marker, the 15th defense would have likely have been the Big 12's defense, and it wasn't. Due to a lack of a season of star running back, quarterback play and some blown plays in the final 60 seconds.

The Bulldogs went 8-8 without a possession.

Christofferson would be able to help lift the Cyclones to such a large margin in the first half by being perfectly from every aspect of the floor. She's a kid that's hard to guard and we planned for a big second half. Garrett Fox said.

Second half, Christofferson was able to get 15 points and 10 assists on 10-15 shooting.
creases the intensity of this and we’re in full preparation it’s great for your classwork to travel,” said senior Charlie in the nation.

Empty stretches

made 5-of-9 shots and more signifi-

situation. During an almost-six-min-

rebounded 5-1 through that stretch.

throws. The Cyclones were also out-

ly every shot, Iowa State made only

from the free-throw line.

where we aren’t getting much.”

adjustments was the times where Iowa

ball coach mentioned that needed ad-

 Against UNLV , it was a similar

An example of this was a five-min-

senior point guard Korie Lucious.

Lucious met with Hoiberg, and they

— which is something we wanted to do.

showed by our 24 offensive rebounds.

outstanding,” Hoiberg said. “That

Senior guard Chris Babb guards North Carolina A&T senior Adrian Powell

Cyclone rebranded the Beavers 65-46 again cleaning up the offensive glass with 10 offensive rebounds.

The OUA, our effort outstanding” Hoiberg said that “shown by our 3-0 record, 2-0 in the conference and 1-0 in home games.

Cyclone will continue to train with a chip on their shoulder against Lewis.

only made 3-of-9 shots during that run. The

during the season, the Charity stripe as Iowa State made two more field goals overall, but only

out of the first three lines (29-8) UNLV shot that many free throws in the Cyclones 49-46

Moving the ball

Hoiberg also discussed the play of senior point guard Lucious. During the two games in Las Vegas, Lucious found himself in more of a role player, while during the two games, a 22.0-

Hoiberg met with Hoiberg and Kellen Daniel and had a positive effect on the team.

in a season against UNLV with 13 points and 11 rebounds expanded upon his offense.

hoogramed the role is much more.

Also one exhibition game the con-

sisting moving forward was rebounding.

by fouling in practice and injuries on rebounds, Iowa State shot middle back in

which is something we really want to do.

We missed, we counted 10 wide-open

which is no doubt

We’s struggle, or what he referred to

progress throughout the

nothing but help the team

bu the team’s role or a new one.

You can stay on track and kind of

is that it gives exhibition ath-

letes’ alliance opportunity to

flips where we practice.

But then Hoiberg said another benefit of being at home every race

Hartke said the ISU Open

“Ever since then, I’ve al-

Once the track had

Hoiberg said the DH Open

the first mid-range shot in the season for most of the long-distance runners.

Paul said. The first scheduled meet

is in the 5,000.

It’s a process, there’s no doubt

we’re trying to get used to playing with

is trying to get used to playing with us,

is trying to get used to playing with us,

is trying to get used to playing

But in fourth grade,

verbally committed to the

Iowa State long before they

they wanted to wrestle for

they wanted to wrestle for

they wanted to wrestle

it, Ames, Iowa, was just a bet-

be a Cyclone.

is now softer and easier on the

race unattached and get race

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Unions
Weddings, Engagements, Civil Unions & Anniversaries

PAGE 7 | Iowa State Daily | Wednesday, Nov. 28, 2012
Seth Ashley Hunt | ashley.hunt@iowastatedaily.com | 515.294.4120

Shopping

Purchase your engagement ring in Ames

By Ashley Hunt
ashley.hunt@iowastatedaily.com

With the holiday season just around the corner, love seems to be in the air. Just after Christmas and New Year's, our Facebook timelines are filled with newly engaged couples — whether it's friends from back home or new friends from college.

If you and your significant other are thinking about taking the next step and getting engaged over the holidays, there are plenty of ring shops to browse right here in Ames. Whether you're looking for something custom-made and unique, or a ring from a trusted brand, Ames has some places to think about shopping for engagement rings in Ames before venturing out to another city or town.

Gilger Designs
Gilger Designs, located on Main Street, is a great place to get a one-of-a-kind ring to express your one-of-a-kind love. Designers craft each piece of jewelry by hand. You can be sure your engagement ring will be not only unique, but also completely American-made.

A piece of custom-made jewelry, unlike any other piece out there, is sure to melt your fiance's heart and to match her personality.

Ames Silversmithing
Ames Silversmithing dates back to 1976. Since then, the shop has been selling gorgeous pieces of jewelry from Main Street.

Another option for custom-made jewelry, but also sells stock jewelry. Ames Silversmithing offers a wide variety of rings and diamonds so that you can choose to find just what your fiancé will love. With friendly service and expert salespeople, it won't be hard to find the perfect ring.

Swank's Jewelry
Swank's Jewelry offers another option for custom-made jewelry, but also sells stock jewelry. Swank's most popular items sold are rings, and they specialize in custom-designed rings.

Riddle's Jewelry
Riddle's Jewelry is a well-known and trusted brand. Located on Grand Avenue, Riddle's offers a wide variety of rings and diamonds so that you can choose to find just what your fiancé will love. With friendly service and expert salespeople, it won't be hard to find the perfect ring.

Kay Jewelers
Another famous jewelry brand is Kay Jewelers, where shoppers can go to find an exceptional piece of jewelry. Located in North Grand Mall, Kay Jewelers offers a convenient location for ring buyers. Shoppers can browse a large assortment of engagement rings. It shouldn't be hard to find a ring your fiance will simply adore. And just remember, “Every kiss begins with Kay.”
Carlise and Perry marry on campus

Amanda Clarice Carlisle, of Fort Dodge, Iowa, and Ethan Skyler Perry, of Laurens, Iowa, were married Oct. 6 on Iowa State’s campus. Parents of the couple are John and Robin Carlisle, of Fort Dodge; Diane Carlisle, of Fort Dodge, Iowa, and Ethan Perry, of Laurens. The maid of honor was Catherine Cygan, of Fort Humboldt, Iowa; and Daniel Fort Dodge; Diane Carlisle, of Iowa State and is studying de- studies, and African American history, women and gender history in Breckenridge, Colo. The best man was Michael Perry, of Laurens, brother of the groom. The bride will graduate with a bachelor’s degree in history, women and gender studies, and African American studies from Iowa State in December of 2013. The groom also attends Iowa State and is studying design and psychology. He will graduate in December of 2013. The couple plans to honeymoon in Breckenridge, Colo.

Keep engagement ring sparkling

As you get engaged, it is important to keep your ring looking shiny and new so you can show it off to friends, family and like to show your ring off to friends and family — especially mom-strangers — you might want to clean your ring as often as every few days. Otherwise, cleaning your ring once a month is recommended. Part of it, before you be-
gin cleaning your ring, use a cleaning solution of hot wa-
ter and nonabrasive house-
cleaning solution. Then dip the ring in the cleaner for two to three minutes. This will loosen any-
thing stuck on the ring and dissolve any residue. Using a soft-bristled brush, such as an old tooth-
brush, scrub your ring as often as every few days. Otherwise, cleaning your ring once a month is recommended.

First of all, before you be-
gin cleaning your ring, use a

Dream weddings don’t have to be expensive...

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Celebrations

Jewelry

Photo courtesy of Amanda Carlisle-Perry

Jewelry... When you get engaged, it is important to keep your ring looking shiny and new so you can show it off to friends, family and even strangers. Follow these steps to keep your jewelry clean.

How to clean your engagement ring

1. Soak your ring in the

2. Rinse your ring. Use clear,
cleaning solution of hot wa-
nter and nonabrasive house-
cleaning solution. Then dip the ring in the cleaner for two to three minutes. This will loosen any-
thing stuck on the ring and dissolve any residue. Using a soft-bristled brush, such as an old tooth-
brush, scrub your ring as often as every few days. Otherwise, cleaning your ring once a month is recommended.

3. Carefully dry your ring

4. Briefly rinse your ring.

5. Use clear, warm water for the

6. Rinse your ring. Use clear,

Healthy foods

Let’s get nutty!

Nut butters add healthy servings of protein, fiber
By Ashley Moyna AmesEats Flavors writer

Nut butters are an excellent way to incor-
porate healthy fats into the diet. They contain rich protein, healthy monounsaturated fats as well as vitamins E, K, and B1. The healthy fats are combined with simple substitutions and the addition of simple flavorings to create a delicious, healthy treat. 

1. Start with 2 cups of nuts. Some options include peanuts, walnuts, pecans, almonds, peanuts, macadamia nuts and cashews. 

2. Add the nuts to a food processor. Process nuts on high until they become smooth and runny. Continue to process until about 10 to 15 minutes, or be patient. 

3. Process in flavorings and spices, if desired. Some options include spices, honey, cocoa powder, nutmeg, ginger, allspice or maple syrup. You can even try adding some savory ingredients such as garlic powder, paprika, curry, dill, or other spices.

4. Process until a smooth consistency is achieved. 

5. Use a food processor or blender to make your nut butter shelf life.

6. Remove nut butter from the food processor and store in any airtight container you desire. Some options include shaped nuts, crushed peanuts, chips, almonds, hazelnut, and cashew nuts or butterscotch chips.

Quick bites

Make it at home

1. 2 cups of nuts. Some options include peanuts, walnuts, pecans, almonds, peanuts, macadamia nuts and cashews.

2. 3...
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RMT

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Happy Holiday

ALL ITS READERS

Closely examine any

offer of a

job opportunity or

service that sounds too

good to be true;

chances are it is.

Before investing any money,

please contact the

Des Moines Better

Business Bureau

at 515-243-8137

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Small Animals • Puppies

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Full Service Pet Shoppe

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Jensen

Property

Management

wishes you a

Happy Holiday

4611 Mortensen Rd Ste 106

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jensengroup.net

Happy Holiday
Fun Facts

The made-for-TV film The Harlem Globetrotters on Gilligan’s Island was originally written to star the Dallas Cowboys Cheerleaders. When they were unavailable, the script was retooled to incorporate the basketball theme. They played basketball against a team of robots.

The smallest president was James Madison. He was 6’4” and weighed about 100 pounds.

In the early days of fire fighting, the Dalmatian served an important role as a firehouse mascot. Their distinctive white and red coats made them easily identifiable even in the smoky atmosphere at fire scenes.

While in theatre school in England, actor Gene Wilder won a fencing competition. He represented his university in a national tour with the “Great British Fencers,” a team that included actors David Suchet and Robert Hardy.

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After losing the White House, John Quincy Adams was elected to the House of Representatives. He went on to become the 6th President of the United States.

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Fun & Games

Unplug, decompress and relax...

Crossword

by Linda C. Black

1 Blue eyes
2 Breakfast
3-8 blank clues
9 -Linda C. Black
10 "Wish I'd never eaten"
11 "Thank you"
12 Savannah
13 "I am a horse that inspired a fairytale"
14 "B installing ad
15 "Hello, world"
16 "Pizza Hut"
17 "North Idaho" & a state's capital
18 "Sleeping beauty"
19 "Stricken with terror"
20 "Easy Rider"
21 "Input", briefly
22 "Toilet seat"
23 "Sundae's been cleaned"
24 "In the office"
25 "W Mansions in many cities"
26 "Puzzle"
27 "Grown up in a Southern state"
28 "Delivered letters"
29 "A cold"
30 9:00 pm 21+ Tickets $5
31 10:00 pm 21+ Tickets $5
32 "Exact answer"
33 "Give your HR a call"
34 4M payment-lending option
35 Congratulations Graduates!
Make your graduation \textit{MAGNIFICENT} reserve your spot today!
823 Wheeler, Ames 515-233-0959

Today's Birthday

11/26/72

Today's zodiac sign in Gemini emphasizes relationships for the day. Be especially diplomatic around the holidays. Family, health and wellness are recurring themes. Those returning for diet plans as you see fit. Your career and social life keeps you hopping. You're on the ``right'' track.

Arse
Shahs (May 21-June 21)
Today is a 7. A Kaleidoscope gift to your mate. A big day. Do everything you can.

Taurus
April 20-May 20
Today is a 4. You quit the job. You're in a good mood. Your mate's a delight.

Gemini
May 21-June 20
Today is a 3. You may be harder and more time consuming. You'll be much more rewarding. A spark of passion lights up the day. Directly speak louder than words, and you can move mountains.

Cancer
June 21-July 22
Today is a 6. Driving a two-door, it's a great day. Love and friends are your focus. Use your clout to your advantage.

Leo
July 23-August 22
Today is a 9. Exceptional patience is required today. Luck is on your side. Look out for something unexpected.

Virgo
August 23-September 22
Today is a 7. A change in your work routine coming. You'll get in line on more responsibility. Or perhaps not. Appreciate your mate's unswerving support. Don't let the cards slip.

Libra
September 23-October 22
Today is a 7. A change in your work routine coming. You’ll get in line on more responsibility. Or perhaps not. Appreciate your mate’s unswerving support. Don’t let the cards slip.

Scorpio
October 23-November 21
Today is a 9. Working on finances doesn’t have to dampen your enthusiasm. Lean into the idea, and end up on top. Give an unusual gift. Laugh until your sides ache.

Sagittarius
November 22-December 21
Today is a 9. You're an expert on the property. Make sure you're fully informed. Get this done with the help of experts, or alone.

Capricorn
December 22-January 19
Today is a 7. There's a lot of work coming. A no-time for giving sabotaged. Just get things done with the help of experts, or alone.

Aquarius
January 20-February 18
Today is a 7. You do a lot of accumulating. Keep the good ideas. You may need something of value as you clean up. Managing your side income is easier. And you get busier.

Pisces
February 19-March 20
Today is a 8. Slow down and observe the next day or two. Hope broadens your mind. Notice, ideas come to you. Put the extra effort to create exemplary work. Wow yourself!
Researchers in the kinesiology department are examining the effects of exercise after receiving a flu vaccination and whether it strengthens the immune system’s response.

An older adult’s antibody response to vaccines is a factor that is important in determining the efficacy of vaccines. Other factors not yet fully addressed, which Kohut said will be included in future studies, include nutrition and psychological factors such as stress, depression or social support.

Unfortunately for students, the research currently is being conducted in still in the preliminary stages, and Kohut said it is too early to give concrete recommendations. While students wait, Kohut and her research team will collect more data from tests that could be put into practice in the near future.

“This study will help identify the best factors that are important in determining an antibody response to vaccinations,” Kohut said. “Once we know the mechanisms that trigger the increased immunity, that might help us determine how much and what kind of exercise would be the effective immune response.”

The research being conducted in this current small pilot project is developing ways to help develop exercise strategies for older adults. An older adult’s immune response to vaccination is not as strong as the young adult. The antibody response in older adults could be strengthened by post-vaccination exercise.

Kohut said a previous study in older adults tested whether one year of incident exercise training would improve antibody response after vaccination.

“We did find that moderate exercise training improved antibody response in older adults,” Kohut said. “If we improved antibody response after 60 minutes of exercise observed in young adults were also observed in older adults, the older adults would be expected to be better protected from influenza infections.”

However, there is still work to be done. Kohut noted that she and her team have not been able to determine what specific amount of exercise is beneficial for the immune system of older adults. Other factors not yet fully addressed, which Kohut said will be included in future studies, include nutrition and psychological factors such as stress, depression or social support.

The Petersen Panthers were in - stalled last spring after Iowa State had searched fervently for them, finally locating them still in existence and that the photographs were some old photographs his wife, the Panthers were included in his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his

The Petersen Panthers entered into Morrill Hall at Iowa State. The second decision, and a reason for being on campus. “It was based on an aesthetic decision,” Pohlman said, noting that he valued these particular photographs his wife, the Panthers were included in his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents relating to his early commissions, but kept few documents 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