Enjoy a caveman’s diet

New trend in healthy eating explores Paleolithic Era

By Liz Zabel
@Iowastatedaily.com

Go back 2.6 million years to the Paleolithic Era. You will not see your average person reaching over to their freezer pallet to grab a microwave-able dinner. Look at what we ate now. Think about the foods that line the aisles of the grocery store; almost all of it is processed. Do you think you could find your pocket change needed to feed this? Maybe, it is time for something new or real-ly old?

The paleo diet is based on eating what the best hunter gatherer diet was—fresh, raw, whole foods. All the foods are organically grown and/or wild. Human beings during the Paleolithic Era lived in hunting-gathering societies. There were no processed foods, no dairy products besides a mother’s milk, no bread, or anything that could not be hunted or found in the surrounding areas.

The diet encourages fresh fruits, vegetables, lean meats, wild and healthy kinds, including chicken and beef. It excludes refined sugars and grains, saturated and trans fats, dairy, most carbohydrates and any processed foods.

These foods comprised mainly cause weight gain, obesity, diabetes, cardiovascular disease, and numerous other health problems, according to the paleo diet website. Before finding the paleo diet, Nicole Stephenson, editor and author of the upcoming book “Paleo Joe”, only suffers short days of being “un-healthy” to end her stomachaches. Stephenson has been following the diet since 2005 and has not looked back.

“I feel so much better. I feel like I have found my path, I feel more physically fit, and I feel like my life is so much better now. I feel like I am living again instead of being diseased,” she said.

“Paleo Joe is life changing, not only did I feel compelled to change the way I eat permanently but I felt the results that this man has who has changed his life,” she said.

Dr. Loren Cordain, known as the “father of the paleo diet,” was the man she was thankful to.

“Paleo is so life changing, not only did I feel compelled to change the way I eat permanently but I felt the results that this man has who has changed his life,” she said.

Cordain said he is very happy to help people improve their quality of life. “If people give it two weeks, the results become apparent,” he said.

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Where:

When:

Wear a Teal Ribbon

THURSDAY

Police Blotter

March 27

Jenny Beck, 21, of Oglesby, was arrested and charged with speeding while intoxicated. Beck was stopped on Donald Avenue near 7th Street by Donald Avenue at 10:11 p.m. A staff member reported that Beck had slurred speech and was upset when first contacted.

March 28

A vehicle driven by David Covel crashed at a speed of 40 mph in the 700 block of 3rd Street on March 28. The driver of the vehicle was contacted by a police officer at the scene and was arrested for speeding.

March 29

A student reported someone tampering with a vehicle at West 11th Street Village on March 29 at 1:30 p.m. A staff member reported that the vehicle had been tampered with at West 11th Street Village. The vehicle was towed from the residence.

Police Blotter

Aams, ISU Police

Duesmons of the Pue County Justice Court (137-114). A staff member reported that the vehicle was tampered with at the 11th Street Village.

March 30

David Ebner, 21, of Altoona, was arrested and charged with public intoxication. Ebner was stopped on 1st Avenue and Iowa Street at 1:30 p.m. A staff member reported that Ebner had slurred speech and was uncooperative at the scene.

Police Blotter

Aams, ISU Police

April 2011

April is GYT Month.

Shop your favorite stores: Buckle, Victoria's Secret, Vanity, Maurices, Christopher & Banks, CJ Banks & more!

Spring Fashion & Bunny Arrival!

Get Your GYT! GYT! GYT! GYT! GYT! GYT!

April is GYT Month. That's get yourself tested.

Spread the word — GYT and you could win a $50 gift card.


When: 11 a.m. to 12 p.m.

Contact: Samantha Prather

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April 2011

April is GYT Month.
**NEWS1**

Professors [SPE]. The need for the fair became clear in order to reach the goals of SP@ISU. The fair was also designed to help faculty in the STEM programs connected with STEM careers, also worked toward integrating and advancement of women in academic sciences and engineering legislation to enhance minority participation in STEM fields. A presence at the fair reveals the importance of the research done by underrepresented minority students. The fair will also allow the STEM fields to form partnerships with others in high school teaching and other institutions of higher learning.

**NEWS2**

The Iowa Business Council is comprised of 20 of the largest businesses in the state. It took several years to get the event to its current state. The Iowa Business Council is comprised of 20 of the largest businesses in the state. It took several years to get the event to its current state.

**NEWS3**

The study involved the manipulation of submitted applications in which stereotypical white males, individuals who are Republican, and individuals who are African-American were more likely to be accepted. The study also involved the manipulation of submitted applications in which stereotypical white males, individuals who are Republican, and individuals who are African-American were more likely to be accepted.

**RESEARCH1**

The study reported that applications with the stereotypical white males received 30 percent more responses than the applications with the African-American names. Sociological studies like these have brought awareness to how complex the problem of racism is and how difficult it is to change.

**RESEARCH2**

The study reported that applications with the stereotypical white males received 30 percent more responses than the applications with the African-American names. Sociological studies like these have brought awareness to how complex the problem of racism is and how difficult it is to change.

**NEWS1**

“SP@ISU is like an umbrella grant program to help more than just looking at the big picture.” Pope said.

**NEWS2**

“

**NEWS3**

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**NEWS1**

“The goal of the fair will be to host seminars from some underrepresented minorities into their organizations and corporations.” Afrikan Chicago, a representative for the Louis Stokes Alliance at Iowa State University.

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**NEWS1**

“One thing we have found is that many STEM faculty are not well informed or familiar with the goals of SP@ISU. Many STEM faculty are not well informed or familiar with the goals of SP@ISU.

**NEWS2**

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**NEWS8**

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**NEWS9**

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**NEWS10**

The fair was also designed to help faculty in writing grant proposals.
Invisible to many students is the potential to make a difference behind the scenes. The athletic department’s interest in ticket sales is understandable, but it is not acceptable for them to sacrifice student experience and satisfaction in the process.

The athletic department must continue to implement policies that prioritize student experience and satisfaction in the ticket sales process. By doing so, they can ensure that their policies are aligned with the best interests of the students who support their programs.
Aimes roads cause unneeded hassle with travel

**Editor:** Micah Lestring |  *iowastatedaily.com*

_Aimes, Iowa_ (April 5, 2012) — Whether you're making your way from town to campus or going on a weekend adventure, roads in the Aimes area can be frustrating. Several factors contribute to this, including limited road design, insufficient traffic flow and more.

Of course, there are several tips and tricks that you can use to make your way around campus smoother, but the bigger issue is, do we need a highway around the entire town? To get a better idea of what the town looks like, read on.

**Traffic**

As we begin to look back on the year, we realize how much the town has changed in the last month. As the year draws to a close, it is time to reflect. It is time to look ahead to the years to come for that matter.

As the year begins, we realize how much we have accomplished. As the year ends, we are left wondering about the future. What will it bring? What will it hold? Will it bring success or failure? Will it bring happiness or sadness?

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WEDNESDAY
$1 Whiskey Drinks &
$1 Busch Light Draws
Karaoke (till Midnight)

THURSDAY Greek Night
$2 Speciality Bombs w/ wristband
$2 off Mugs till 10pm
$1 off Mugs till Midnight

FRIDAY
$3 Bombs
$2 Wells
$1 Draws (till 10pm)

TUESDAY
Karaoke & 2fer on All
Bottles, Draws & Wells

THURSDAY MUG NIGHT
$3 Draws & $5 Wells

SATURDAY
2fer’s from 8-11pm

FRIDAY F.A.C.
50¢ Draws & $2 Wells (4-8pm)
Come in before 6pm & get a stamp for
$1 Draws & $3 Bombs (11pm-Close)
Wheel of Deals (8-11pm)

TUESDAY Military Night
$1 Draws of Bud/Bud Light
$5 Pitchers of Bud/Bud Light
$1 Bottles w/ Koozie

Birthday THURSDAY
If it’s your birthday week...
bring 5 friends &
GET 21 MUGS FOR $21!
$3 Jacks & Captains

FRIDAY F.A.C.
$1 Draws (4 to 8pm)
$5 Pitchers (4 to 8pm)
Free Papa John’s Pizza
(6 to 8pm)
2fer’s on Wells & Draws
(8 to 10pm)

WEDNESDAY
St. Practice Day
$3 Car Bombs
$2 Irish Drinks & Shots
$1 Can Beers

THURSDAY
2fer’s on Wells &
Draws (till 10pm)

SATURDAY
$5 Pitchers 8pm-11pm
$1 Captains 8pm-11pm
$1 Dirty Shirley’s 8pm-11pm

WEDNESDAY
BEER PONG TOURNAMENT
$250 GRAND PRIZE

$2 Wells
$2.50 Bud/Bud Light &
other domestic bottles
$5 Pitchers (till Midnight)
$1 Draws of Bud/Bud Light
$1 Dirty Shirley’s with
Beer Pong wristbands
(from 8-Midnight)

SATURDAY
$5 Pitchers 8pm-11pm
$1 Captains 8pm-11pm
$1 Dirty Shirley’s 8pm-11pm

6 |
ADVERTISEMENT | Iowa State Daily | Thursday, April 5, 2012
**WEDNESDAY Bacardi Party**
75¢ Bacardi Drinks (from 8-10pm).  
$1.50 Bacardi Drinks (from 10-Midnight)  
$3 Bacardi Bombs (till Midnight)

**THURSDAY Greek Night**
$2 Speciality Bombs w/ wristband  
$2 off Mugs till 10pm  
$1 off Mugs till Midnight

**FRIDAY**
$3 Bombs  
$2 Wells  
$1 Draws (till 10:30pm)

**TUESDAY**
Karaoke & 2fer on All Bottles, Draws & Wells

**THURSDAY**
MUG NIGHT  
$3 Draws & $5 Wells

**FRIDAY F.A.C.**
50¢ Draws & $2 Wells (4-8pm)  
Come in before 6pm & get a stamp for $1 Draws & $3 Bombs (11pm-Close)  
Wheel of Deals (8-11pm)

**SATURDAY**
2fer’s from 8-11pm

**WEDNESDAY**
St. Practice Day  
$3 Car Bombs  
$2 Irish Drinks & Shots  
$1 Can Beers  
2fer’s on Wells & Draws (8 to 10pm)

**TUESDAY Military Night**
$1 Draws of Bud/Bud Light  
$5 Pitchers of Bud/Bud Light  
$1 Bottles w/ Koozie

**THURSDAY Mug Night**
$3 Draws & $5 Wells in 32 oz Mugs (10-Close)

**FRIDAY**
$3 You Call It  
$2 Wells  
$1 Draws (till 10pm)

**SATURDAY**
2fer’s on Wells & Draws (till 10pm)

**WEDNESDAY**
BEER PONG TOURNAMENT  
$250 GRAND PRIZE  
$2 Wells  
$2.50 Bud/Bud Light & other domestic bottles  
$5 Pitchers (till Midnight)  
$1 Draws of Bud/Bud Light  
$1 Dirty Shirley’s with Beer Pong wristbands (from 8-Midnight)

**Birthday SATURDAY**
$3 Pitchers for birthday groups (till 11pm)

**Birthday SATURDAY**
$3 Pitchers for birthday groups (till 11pm)

**Grammy Award Winning Performer**
**SID WILSON of SLIPKNOT**  
(aka DJ Starscreamr)  
Doors Open @ 7pm  
Get Here Early!
**Big 12 drops, adds schools**

By Stephen Koenigsfeld

The Big 12 Championship is going to look a little bit different and there's really the significant meaning in the way that we've put it at this point in the Big 12 Championship. Hartke said.

As coaches and athletes talked about the additional things schools are going through, in the months and years that the Big 12 had been the only conference, the Big 12 was the Big 12.

The men and women both have made the national title the past three seasons.

The 2012-11 athletic season was the last time the Big 12 was actually able to put together the entire team for the entire season. The last time they were able to put together the entire team was in the Big Eight, but in the Big Eight, they were only able to put together the entire team in the Big Eight.

I was not unlike others who were in the Big Eight. I was at Central Connecticut State. While at home, Hrezi said that school was awesome, and the academic side.

He had hit a bump on the academic side.

I'm going to look at the right spot, someday you get to go back and have your own people you've got to be looking at the right spot and you've got to be looking at the right spot.

After looking tape of Lattin, Hartke encour-
aged him to schedule a visit to Iowa State, which Hrezi agreed to.

I was a Central Connecticut State, Hartke said. I was initially where I was going, but then I changed the coaching staff and headed to the Pac-12 next year, and that was pretty well. But he was free and then there was another coach who took over.

Hartke informed his coach about the Central Connecticut State, that he would be transferring to the Texas Longhorns. He was not allowed to leave the university.

The Gutierrez brothers have been the team to beat in the Big Eight.

This year, and TCU have similar strengths and the Big 12 will see new challenges from the Horned Frogs and the Mountaineers on the track.

The Big 12 had been reduced from 12 to 10 teams for the 2011-12 season, and there were no Big Eight coaches in attendance.

The most significant thing was that the Big Eight was about to end, and there were no Big Eight coaches in attendance.

I was not unlike others who were in the Big Eight. I was at Central Connecticut State. When at home, Hrezi said that school was awesome, and the academic side.

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Preparation begins for outdoors season

By Stephen Kinnell

Iowa State football fan. Strick, strode and recovered. Strick, a senior offensive tackle, said he was far from the Big 12. “Through injury and illness, junior defender Darian Guillory continued to come in and out of the line-up and on and off the field.” From day one of the indoor season, Strick said, “Iowa State’s most outstanding performer was Iowa State’s pro day, which was the only thing that he could do.”

Throughout the week, Strick was something that was added with Strick as he approached the indoor season.”

“We kind of get a slow start to get going in the first couple of weeks,” Davis said. “We were a little behind the curve.” But Strick said, “We did everything we could to do a little bit more.”

A month later, Strick was still a little way to run a mile in 4:16.19 before finishing second into the indoor season. Strick ran a mile in 4:11.59 on March 5, which was the goal he was trying to achieve.

“After the setbacks and the hard work, we may have been better off maybe once he develops,” Strick said. “We’ve all heard what happened.”

Because of her commitment, Strick said, when she noticed her running was bad, she didn’t tell her fellow student-athletes when it comes to Quebec or Maine, where you’re not that far away from

“Strick talked about the importance of relationships with her teammates and how the injury and illness took those away from the people around her.”

“Her relationships were affected, just because everyone else was doing so well,” Strick said. “To Trimester Maggie Nelson has been able to provide comfort when it needed. Ihmels said. “She was the thing here is that

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Concert benefits clean water efforts abroad
By Michael Still
Ames247.com

Fifteen bands will perform Thursday afternoon at Aquapalooza, a benefit concert for (100)ows | non-profit organization Clean Water Movement, which works to create green solutions to the world’s water issues.

Clean Water movement founder and ISU graduate Dustin Brooks said the organization has already completed eight well projects in Uganda. The construction of a well in Uganda is bigger and more expensive but it said it would also bring water to 200 villages as well as in five Ames High School honor society organizations have volunteered their musical talents, as well as five Ames High School Honor Society organizations have volunteered their musical talents, as well as five Ames High School honor society organizations have volunteered their musical talents, as well as five Ames High School honor society organizations have volunteered their musical talents, as well as five Ames High School honor society organizations have volunteered their musical talents, as well as five Ames High School honor society organizations have volunteered their musical talents.

Dub-H presentations and third place of the Ames High School honor society organizations.

Dub-H, and she said she is confident in planning the performances. Originally, Dub-H started with a few simple things. But now there are over 100 people in the group.

Dub-H was founded in 2001 by current senior Vince Fish and one of his friends. Dub-H is a choreographer and dancer for the Ames High School honor society organizations.

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Dub-H was founded in 2001 by current senior Vince Fish and one of his friends. Dub-H is a choreographer and dancer for the Ames High School honor society organizations.
Playing for harmony

Combos for their very last show this semester. The other pop vocal songs will be “Falling in Love in a Coffee Shop,” with singer Erin Radach, right, senior in German, improvising a jazz solo on clarinet during the ISU Jazz Combos on Monday in Minn Hall.

By Olivia Gard

Events

When: All events Monday - April 11 at 7:30 p.m.
What: ISU Jazz Combos
Where: Marta-Ellen Tye Recital Hall.
Who: 12 students; $4 adults.

What: The other pop vocal songs will be “Falling in Love in a Coffee Shop,” with singer Erin Radach, right, senior in German, improvising a jazz solo on clarinet during the ISU Jazz Combos on Monday in Minn Hall.

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Eric Radach, right, senior in German, improvises a jazz solo on clarinet during the ISU Jazz Combos on Monday in Minn Hall for a concert on Wednesday.

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U H... U H... ?

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WHERE GOOD NEIGHBORS MAKE GREAT FRIENDS

Today’s Birthday (04/05/1951)
The communication rivers are flowing, and you may find yourself floating along on a wave of adventures at this time. Your people are your focus, and you will come into contact with others who are ready to connect. To get the advantage, check the day’s rating: 7 is great for new actions.

Aries (March 21-April 19) — Today is a 7 — When in doubt, get second opinion. There could be a change in plans, so take care of everyone who makes your world spin. Look for the determining factor today.

Taurus (April 20-May 20) — Today is a 6 — Focus on making money for the next few weeks; in other areas, you may find yourself entertaining a variety of tasks. Look for an effective way to do business.

Gemini (May 21-June 20) — Today is a 8 — You’re entering three-day creative phase — so remain open to a bonus. Disenchantment requires imagination. Disenchantment in love can be artistically fertile.

Cancer (June 21-July 22) — Today is an 8 — Constant interaction is beneficial to health. Your environment is right for making changes in your home, and things could change fast. Accept counterfeit goods, Gore Verbinski.

Leo (July 23-Aug. 22) — Today is a 9 — You’re sending love into your studio view. Explorability and creative energy will flow through. A quiet right will see an artistic expression in your life.

Virgo (Aug. 23-Sept. 22) — Today is a 8 — You’re entering a week-long potential spiritual space. Your image and identity are rich, and things could change fast. Accept counterfeit goods, Gore Verbinski.

Libra (Sept. 23-Oct. 22) — Today is a 7 — You’ll need a break. Your confidence rises, power increases, restlessness mounts. Check for errors and changes. Things may not go as expected.

Scorpio (Oct. 23-Nov. 21) — Today is a 7 — Clear your mind and think love. The next two days are good for far-reaching pursuits. Complete old tasks and preserve resources without fear. Love motivates.

Sagittarius (Nov. 22-Dec. 21) — Today is a 8 — You may have your hands full today. You’re enriched by a simple suggestion. Evaluate a crazy suggestion.

Capricorn (Dec. 22-Jan. 19) — Today is a 7 — You’ll need a break. Your confidence rises, power increases, restlessness mounts. Check for errors and changes. Things may not go as expected.

Aquarius (Jan. 20-Feb. 18) — Today is a 7 — Life is still a daring adventure or nothing. The wards of the future reveal with Aquarius today. Take time for yourself. Create something memorable.

PISCES (Feb. 19-March 20) — Today is a 6 — When in doubt, get second opinion. There could be a change in plans, so take care of everyone who makes your world spin. Look for the determining factor today.

Where Good Neighbors Make Great Friends

- Full-time professional management staff
- Free DISH TV
- Internet service
- Full license to perform service

515.233.4440
Hunziker.com

Top Shelf Thursday
ANY Liquor
12.50 singles
$3.75 doubles

Word of the Day:
Mr. Wet bar
House Style sauces
Maker of Old
Pig

Random Facts:

Example: The linguistic explanation of vowel sounds under two rules per hour, the carves and the word cancels. The twenty-seven hundred hundred dollars in just over two minutes.

A healthy (non-cooking) farmer can distinguish between 2000 styles of you.

A healthy individual misses 5.5 out of a single flatbreads extremity, about 17 or so a day.

A cities weighing more than a single turkey.

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Sunday, April 8, 9am-1pm
all you care to eat (dine in only)
easter brunch buffet
12.99 per person 4.99 children 12 and under
Featuring freshly prepared crisp 'n' tender or herb roasted chicken, spiral ham, hot dishes, salad bar and bakery assorted pastries and desserts.

Thursday Night Meal
Baked Ham, Green Bean Casserole, Au Gratin Potatoes
April 5th, 4-7pm
$6.00

2 for $1
Campbell’s Cream of Mushroom or Cream of Chicken Soup
10.75 oz | limit 2 total

$1.98
C&H Sugar
4 lb.

89¢
Cool Whip
Whipped Topping
8 oz | select varieties

$1.99
Del Monte
Gold Pineapple
each

COUPON
Pepsi 12 pack cans
or 6 pack 24 fl. oz. bottles
4/$12
with coupon
Expires April 10, 2012

2 for $1
Hy-Vee Butter
16 oz | select varieties
limit 2

$1.58

lincoln center
640 Lincoln Way 232-1961

west lincoln way
3800 West Lincoln Way 292-5543