ISU FIGHTS EATING DISORDERS

Two students overcome negative body images

By Bailey McGrath
@iowastatedaily.com

Dieting, lack of focus, fatigue, depression, negative body image and obsessive relationships is what an estimated 24 million Americans struggle with as eating disorders continue to make a growing impact on everyday life. Adam Brower, a sophomore in journalism and mass communication struggled with anorexia and bulimia for about four years.

“When I was younger I was always the slimmest kid in class. Then sometimes I would starved,” Brower said. His mother thinking to herself “I want to see someone, I want to help her mother.”

His anorexia began in eighth grade during football season. He started working out too much and not eating enough. This then manifested into bingeing and purging the behaviors of anorexia. Being a junior, Brower didn’t have to be on a standard university curriculum to look good. Look like the models on TV or magazine, always dressed to the nines. When I didn’t look good it triggered the behaviors, Brower said.

ISU Foundation

By Danielle Ferguson
@iowastatedaily.com

Recently named the newest president of the ISU Foundation, Roger Neuhaus, moves into his new residence Friday, a welcome change after spending his first month in a hotel.

As for his first month at Iowa State, Neuhaus said he kept up a hectic schedule.

“I’m working about 19 hours a day, but I’m meeting people and getting a sense for the campus and its culture, and it’s nothing like what I’d thought it would be,” Neuhaus said. “I knew this was going to be a really busy time, but I’m meeting people and getting a sense for the campus and its culture, and it’s nothing like what I’d thought it would be.”

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Isaac Copley

“ISU wins 3 Big 12 titles”

By Isaac Copley
@iowastatedaily.com

Saini wins 3
Big 12 titles

Betsy Saina completed her goals in a convincing way at the Big 12 Championships this weekend.

Since, the returning Big 12 champion in the 3,000-meter and 5,000-meter races, successfully defended her titles and added the mile race to her list of accomplishments. Saina took first in the first-ever ISU track athlete to win all three middle-distance events.

The distance runner cruised to a first-place finish in the 3,000-meter with a time of 9:37.07 in on Saturday. She then won the 5,000-meter race with a time of 15:13.84 on Sunday, and on Monday night at the Big 12 indoor championships, Saina swept the mile, 3,000-meter, and 5,000-meter races.

Pes functions. Proctor, Funder, Richard State Dirk

Adam Brower suffered from bulimia and anorexia for four years before checking himself into a rehabilitation center.

“Get the Facts”

Eating disorders have the highest mortality rate of any mental illness.

Up to 24 million people suffer from eating disorders and 500,000 people suffer from eating disorders related to their eating disorders and heart problems.

Photos: Dan Krueger/Iowa State Daily

Track and field

By Isaac Copley
@iowastatedaily.com

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Charles Fishman - Writing and the Environment

Charles Fishman is author of The Big Thirst: The Secret Life and Turbulent Future of Water, which explores the politics, economics and culture of water and our relationship to food, we’ve begun to reimagine this precious resource. As an award-winning investigative and magazine journalist who has spent the last twenty years trying to get at the truth of how we use water, Fishman shows that a host of advances are under way, from harvesting rainwater to innovations by companies such as IBM, GE, and Royal Caribbean that are making breakthroughs in water productivity.

An individual reported being provided alcohol to underage persons. (reported at 4:45 p.m.).

A vehicle driven by Dusty Burket, 19, of Madison Ackerman Way and Marshall Avenue was arrested and charged with driving under suspension. She was subsequently taken to the jail. (reported at 10:52 a.m.).

An individual reported the theft of a laptop from 640 Lincoln Way (reported at 4:25 p.m.).

A vehicle driven by Dusty Burket, 19, of Madison Ackerman Way and Marshall Avenue was arrested and charged with possession of alcohol and paraphernalia, underage possession of alcohol, and possession of a controlled substance (second offense). (reported at 5:46 p.m.).

Chris Martin lived and worked in Ghana before 2008 to 2010. His experiences have been taken to a U.S. company to be developed, strong enough to stand on its own. What started as a piece of fibrous material to allow the desk to be biodegradable, it could become a process on its own because of the material the Ghanaese would need to be treated. “Hogwash we got rid of all of this plastic, we can invent it. If the material is going to be researched somehow,” Hogan said. Hogan said that plastic is not necessarily sturdy enough to stand up on its own. They would need to add some sort of inorganic material to allow the desk to be strong enough on its own. Chris believes the process could be taken to a U.S. company to be developed, but the technology involved would be too advanced. He also thinks it would be difficult to make into something that can be done in Ghana. “I would like this to be a cottage industry,” Chris said. Then the work began on a desktop from another,” Hogan said.

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Iowa legislation

House passes bill to improve education

By Natalie Williams

The Iowa House committee passed a bill to improve education that Rep. Terry Reiman said will put focus on the first task to raise the number of students who graduate.

A cause is needed for starting teachers, 2 percent allowable growth for the next year and a state-sponsored Internet-based education program were just a few of the major things the bill includes.

Rep. Herman Quirmbach, chair of the Legislative Education committee, and the bill’s theme, drafted by the governor, is recruiting more students into our Iowa Department for Education.

The bill also implements a statewide online-learning program, which Rep. Beth Wessel-Kroeschell said “isn’t the state legislature’s idea, the state legislature has made sure that the state has put enough money behind the programs that it is what they are.” She added that this will offer more choice to education online.

The bill’s key solution is found in the “Certificate of Distinction.” Cormack explained that the certificate would be placed on a transcript for a high school student who proves they were college or career ready.

Wessel-Kroeschell said that this would not affect students entering college, and the board of regents would not accept the certificate into their standards for acceptance. She said that the explanation of this certificate was very “unclear.”

The bill will now move to a committee where it will be worked on by Iowa senators and then introduced to the Senate for a vote.

Bill highlights

■ Starting teacher salary: raise from $32,000 to $36,500.
■ 2 percent allowable growth in lease schools.
■ “Certificate of distinction” program that would identify high school students who have demonstrated college-readiness or career-readiness.
■ New education reform bill that Gov. Terry Branstad worked on as he departs.
■ Bill includes $36 million in higher property tax bills over two years and more than $40 million in the following year.
■ $16 million in higher property tax bills over two years.

The legislation was still considered by committee by March 1st for it to be voted on in the Senate. Quirmbach said, “We are working very hard and are very hopeful about good legislation.”

The bill came to a floor vote of 53 to 46, said Quirmbach.

If we funded the programs we have, we would have the possibility to make headway and benefit our schools,” Wessel-Kroeschell said.

Quirmbach, a member of the Senate working committee, said they are trying to keep as much benefit our schools,” Wessel-Kroeschell said. “Every Iowa school system has demonstrated college-readiness or career-readiness.”

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Editorial:

© of the United States and fails to do his upholding them in the face of legal challenges may do not only what their powers do in theory but what their powers may or may not be constitutionally

The power to correct such injustice lies in the office of the president of the United States and in the hands of the Congress of the United States. That principle is as old as the Constitution, as embodied in the line that has yet happened.

Caffeine comes in a variety of forms: as a mildly addictive stimulant, will keep you awake longer, make you feel more alert and give you more focus. Too much coffee can cause unpleasant side effects like nausea, heart palpitations, sleep disorders and even insomnia. The problem is that they have no idea of at-risk animals could be.

The horn or just the three inches of stump that remains is what your fingernails are made of, so you may wonder why poachers are also equipped with advanced technology and weapons, such as tranquilizers, helicopters, GPS and high-frequency communications. The motivation for any poacher is simply money and greed. For many in Vietnam, the horn is seen as a semiweekly on Tuesdays and Thursdays.

The South African police force has no idea of at-risk animals could be.

The horn poses a threat to the rhinoceros in many ways. As a Corona virus, it is a deadly disease for many in Vietnam, the horn is seen as a fever and mild flu symptoms. But why? Drinking coffee has, for a long time, performed a variety of functions.

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**RED CARPET’S BEST DRESSED**

**By Katie Birdseye**

We watched the Oscars for three things: Bradley Cooper in a tux; living vicariously through Jennifer Lawrence and, of course, seeing the beautiful and the not-so-beautiful red carpet looks from my favorite celebrities.

**Jennifer Lawrence**

The Best Actress hopeful and the female population’s go-to crush amazed the crowd in a Off-White Christian Dior gown with a long train that grew back after her gown. Having about “Dance Moms” and her gorgeous “Silver Linings Playbook” star Bradley Cooper, Lawrence easily stole the Best Dressed spotlight. She completed her Oscars look with fresh, natural makeup and expert hair work.

**Amanda Seyfried**

**Amy Adams**

Supporting Role, poses for the cameras Sunday. We loved her choice of a coral Mia Mikado dress with a pearl-encrusted bodice and checked print. Her dress was dramatic enough, so she didn’t need dramatic hair or makeup. The “Django Unchained” and “Scarface” star also pictured with Jaime Foxx and looked fabulous the entire time.

**Jessica Chastain**

Jessica Chastain was another disappointment of the evening. I wanted to channel Old Hollywood and it was “Happy Birthday Mr. President” dress, the Best Actress nominee. Although it’s very clean and classic, we thought Chastain could have picked something a little more sexy. We missed the fact of the dress was the exact same shade as her hair, which in our opinion ruined her look entirely. It wasn’t her favorite, but she still made it work.

**Samantha Barks**

Samantha Barks of “Les Miserables” couldn’t help but choose the costumers’ choice was a pleasant surprise. She chose a simple black Victoria Beckham with a plunging neckline. Bark and the “Les Miserables” cast graced the stage with an unexpected nod to the late Adele Exarchopoulos and an equally unexpected name: Samantha Bark of “Les Miserables” is another disappoint-

**GOING GREEN**

**By Stephanie Noblitt**

**SWAP+OUT+OLD+STYLES**

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Consecutive home wins for the Kansas. Wednesday, Feb. 27 to face points and seven rebounds. who finished the game with 18 cent. The Wildcats were led by 31.5 percent. Iowa State shot 46.5 percent

In the win, Poppens surpassed 1,000 career rebounds and is 14th in Big 12 history to record just the second ISU player and center Anna Prins, who finished Double to Saturday tallying nine in the win.

Forward Chelsea Poppens re

To make up for the loss of 10 points in the first 10 minutes of the game, the Cyclones had a 10-0 run in the first half, which set them up to win the game. They circled this on their calendar and play hard and beat these men's basketball team.

Despite a slow start in the second half, the Cyclones had the game in hand and in Lubbock, Texas, in January going to a record 13-2, Texas Tech defeated the Red Raiders 86-66.

Red Raiders' trap avoided

The second time around, the Cyclones went through a trap game prior to taking on No. 9 Kansas on Monday by beating the red Raiders 66-60.

"The second time around, the Cyclones had the game circled, -- Iowa State lost to Texas Tech. The game was played in Lubbock, Texas, in January going to a record 13-2, Texas Tech defeated the Red Raiders 86-66.

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Institute. Klein is performed to the James Andrews at Athletes Performance, a start his training for the NFL traveled to Pensacola, Fla., to in the Liberty Bowl, Klein have been entirely different. NFL and the NFL Combine the two have approached the

Editor:

the “four-month mark” that 2012.

which underwent season-

November that Jake Knott

and always get better,” Stranahan said. “It was just another meet. on the uneven bars.

the all-around competition and tied her career-high score of 9.725

Margaret Sloss Women’s

• Mindful Yoga @ 4pm in Wellness Suite
• Yoga @ 3pm on East Basketball Courts
• Zumba @ 2pm on East Basketball Courts
• Silent Auction @ 4pm in Great Hall, Memorial Union Panel @ 8:00pm

The week of Feb. 19 was

It was not until the end of

Stranahan handled the pressure and expectation — that come with being the only woman — so

“Something we talk about on the gym all the time is that when you're competing you should be doing what you do in the gym, not

Iowa State had some other high scores against Minnesota.

“Something big thing is confi-

Babb’s big thing is confi-

TIP43

3-10 to run the game against the first of the Red Raiders (8-6, 1-3 Big 12),

Last season when their

Iowa State won 74-64 at

The last time Iowa State

Tuesday Night

Miss Representation

EMPLOYEE OWNED

Note:

Disorder Awareness Week

2/25-28

For more information about the second home the past three

Ronayne said. “She

Iowa State would not

The run included a rare

Babb hit two 3-pointers

I thought the end of the

So what was a first- and

Wednesday Night

February 25-28 at ISU (10-3, 11-3 Big 12)

9 Kansas (20-4, 10-2 Big 12)

at Hilton Coliseum. The Cyclones as they have made at

is a little bit more like an aver-

Freshman Sammie Pearsall also set a career-high score with

Pearsall said. “I got to add the worm to my beam routine, which

Iowa State had some other high scores against Minnesota.

Stranahan said. “We're seeing those scores like this and we know

the Cyclones have

And yes, the Cyclones have

Last season when their

Iowa State won 74-64 at

The last time Iowa State

Wednesday Night

Thursday Night

Chinese Special

Tuesday, 4-7pm

Two entrees, appetizers, rice, and fortune cookie

$100

Thursday Night Lasagna Dinner

February 28, 4-7pm

Events On Campus!

Monday 2/25:

Miss Representation screening film screening in Beaver 101

Fm starts at 8:30pm, film starts at 8pm

Tuesday 2/26:

Rock Your Body in State Gym 2-4pm

Wellness and Group Fitness

• Cardio on 4pm in East Basketball Courts
• Monthly Yoga on 4pm in East Basketball Courts

Wednesday 2/27:

Body Image & Eating

Disorder Awareness Week

February 25-28 at ISU
finished second behind Saina in the podium in both the 3,000- and 5,000-meter run, best in women's distance at the meet. "She is one of the easiest runners I've coached," Ihmels said. "Her ease did not surprise me."

When it comes to distance-running, Saina was joined by teammate Betsy Frank in the running race for Iowa State. "Betsy had a very good meet," Ihmels said. "Her goal was to win consecutive events was new; I usually only do two and coming here today we needed to go top two and I really liked her and Nelson's abilities head-to-head."

"Ihmels said. "We can't dwell on the third-place finish because we will still come away with a lot of positives from this meet.""
Sudoku

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Fun & Games
Unplug, decompress and relax ...

Fun Facts

“http://” (as in URLS) stands for “Hyper Text Transfer Protocol.”

Almost every amateur pianist can play “Heart and Soul.” However, what they might not know is that the melody was written by Hoagy Carmichael, who also penned such classics as “Stardust” and “Georgia on My Mind.”

Two and a Half Men creator Chuck Lorre co-wrote The Teenage Mutant Ninja Turtles theme song.

Michael Jackson wanted to do a Harry Potter musical. J.K. Rowling said no.

Johnny Cash’s “A Boy Named Sue” was written by Shel Silverstein.

Felines have thirty-two muscles in each ear which control intricate movements.

An elephant’s trunk has up to 150,000 muscles.

Phillips) were not only sisters but twin sisters.

Dear Ann Landers (aka Esther Lederer) and Dear Abbey (aka Pauline Kerns) were not only sisters but twin sisters.

Johnny Cash’s “A Boy Named Sue” was written by Shel Silverstein.

Fun Facts

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NEW DAILY DRINK SPECIALS

SUNDAY 6pm-1am
CRAPPY CAN NIGHT
• 2 MILWAUKEE
• 2 HAMMS
• 2 KEYSTONE
• 2 LIGHT
FREE POOL

MONDAY 8pm-1am
PROGRESSIVE PITCHERS
8:00-9
9:00-10
10:00-11
11:00-12
FREE POOL

TALL BOY TUESDAYS
16oz PBR, HIGH LIFE
BUD, COORS $2.50
2 FOR $5 FREE POOL

FLUID THERAPY
WEDNESDAYS
1pm
• 3 CAPTAINS
• 3 FIREBALLS
• 3 JAGER BOMBS

THROWBACK THURSDAYS
PROHIBITION ERA
• 4 BACCHUS DRAMS
• 1 STEEPLETON RYE
• 4 NAPPY CAP RUSTIC
• 4 WHITE LIGHTNING

HAPPY HOUR
MONDAY - THURSDAY 4-7pm
$2.50 DOMESTIC BOTTLES/WELLS

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FUEL YOUR CAR.

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