Same-sex marriage ban supported

By Matt.Wettengel
iowastatedaily.com

A resolution progressing an amendment to Iowa Constitution, specifying that only marriage between a man and a woman be recognized in Iowa, passed through the Iowa Senate on Tuesday.

House Resolution 85 was passed by a margin of 53-37. Though the decision by the legislature passed with a substantial majority of the vote, Rep. Lisa Hedeen, D-Iowa City, maintained her stance against adding discrimination into the state’s constitution.

“I voted yes on the resolution,” Hedeen said. “I do not believe you get to pick and choose things in our state constitution. We have a system in our state of supporting our individual freedoms to do things that are right and that are acceptable today that was a defining moment in this civil rights.”

While support of same-sex marriage varies across the state, from what data have been heard from her constituents, Hedeen said fear was in support of marriage equality.

“What we have to do is we have to talk about the marriage equality and how we stand up in support of someone who is member to another and supporting that one another,” Hedeen said. “My vote was not for the majority opinion, but for the civil commitment that two individuals have towards one another.”

In opening remarks against the resolution, which took place during a substantive motion heard, Rep. Beth Wessel-Kroeschell, D-Iowa City, addressed the importance that marriage equality has in the United States.

“Marriage says who a family is and how children are named,” Wessel-Kroeschell said. “It’s a critical and important way to say that we support that family and who that family is.”

Wessel-Kroeschell sided with same-sex couples through the Varnum v. Brien decision in Vermont’s favor, such as the importance of finances, the public role,结婚 in Iowa.

“People’s ages vary, their experiences vary,” Wessel-Kroeschell said. “We need to make sure that the rights of the LGBTQ community are protected just like any other.”

While discussions in the debate focused on the right to marry, other parts of the resolution included laws on public accommodations, where LGBTQ individuals have been placed.

“I suppose you could say it’s about the freedom of religion,” Hedeen said. “And is it because they have aaron's [or is] more important? We just don’t know.”

According to the Iowa Department of Human Rights, the resolution would have made discrimination on the basis of sexual orientation or gender identity unlawful.

“Doesn’t mean that you can’t fire someone for being black,” Hedeen said. “It’s just that you have to be consistent.”

In the end, the resolution passed Tuesday by a margin of 53-37. The resolution still needs approval in the House of Representatives, which will likely happen this week.

“Everybodys a gender expression and a gender identity,” Wessel-Kroeschell said. “Everyone has a gender expression and a gender identity and that is what this resolution is. Everybody is welcome to get married. LBGT or straight.”

The resolution passed in the House on Tuesday.

While statistics from 2009 to 2010 show an increase in illegal drug activity, Stewart said this further analysis.

“Drug activity has increased in the last 10 years,” Stewart said. “There are a lot of factors leading to that increase.”

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Weather

Weather | Provided by ISU Meteorology Club
--- | ---
**Daily Snapshot**
Blowing snow most of the day. Cld with wind chill values as low as -25 F.
---
Sunny and slightly warmer with a high around 15 F.
---
Mostly clouded with a slight chance of flurries.
---
**Futurecast**
---
**Punxsutawney Phil:**
In the last 110 years, Punxsutawney Phil has seen his shadow 96 times symbolizing six more weeks of winter. Will he be right in 2011?
---
**Calendar**

**WEDNESDAY**
**Women’s Basketball**
When: 7 p.m.
Where: Iowa State vs. Oklahoma State
---
**Acrylic Painting**
When: 7 to 9 p.m.
Where: Workspace Memorial Union
---
**THURSDAY**
**Spring Ag Career Day**
When: 10 a.m. to 2 p.m.
What: More than 60 companies are expected to recruit at this event.
Where: Memorial Union
---
**Sock Monkeys**
When: 7 to 9 p.m.
Where: Workspace Memorial Union
---
**Friday**
**FARM HOUSE:** Enjoying tea time
Where: Hall, was arrested and charged with public intoxication. (reported at 12:40 a.m.)
---
**Saturday**
**February 2, 2011**
**Iowa State Daily**
**Wednesday, February 2, 2011**
**Greening Furniture**

By Elisa Larven
greenlivingdaily.com

Students are now able to order furniture made from sustainable materials through ISU’s College of Design. The furniture line, known as ‘Furniture of Influence,’ showcases unique perspectives about sustainability through the practical use of furniture.

The main idea was to move toward addressing this question: ‘What makes furniture sustainable?’ Martin said. With this mission in mind, Deane set off to do some research. ‘Let’s say you do brown something out of natural materials, you have a whole table out of something that is naturally occurring, and that table lasts for 20 years. In that naturalistic occurrence, you can do that by recycling or up-cycling the furniture from the source of the material?’ Martin added.

Deane set off on a design journey and interviewed more than 20 different designers on the topic. “Martin Neubauer is an interesting artist. He did something that is up-cycling and putting it up on a shelf or in a shelf put together, something you can actually sit on,” Martin said.

“Say you design a chair you want that chair to last, that chair not to be sold for a few years, but actually to be a piece of furniture that is able to be passed down,” Martin said.

“Some people go to say 10 or 20 years from now, and is it actually going to hold on its own or hold itself up over time, you build a table out of sustainable materials design, Martin said. ing sustainability issues though furniture and to Beyer Hall, State Gym and other buildings with the renovated national facilities unless they pay for access to the recre-

***Text continues on page 3***

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**Timeline of Recreation Services Renovations**

**10 Years**

- **2008**: ISU held $2.5 million dollars of survey and in-depth consultation with ISU students about what they considered important and valuable access and quality of Recreation Services.

- **2010**: ISU did complete construction at the Aquatics Center and Phase I of the Renovation of Recreation Centers.

- **2013**: ISU will complete the construction of Phase II of the Renovation of Recreation Centers.

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**Changes in Student Body**

A survey conducted by the ISU Counseling Center showed that many students feel like they are not living as green as they would like. The survey also found that many students are not aware of the resources that are available to them.

Students are encouraged to participate in eco-friendly activities such as recycling, composting, and using public transportation. The ISU Counseling Center is offering workshops and seminars to help students learn more about sustainability.

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**Fees**

The fees that ISU students pay can be divided into two categories: mandatory fees and non-mandatory fees. Mandatory fees are required by the state of Iowa and are used to support academic programs and services. Non-mandatory fees are charged for specific activities and services.

The fees that ISU students pay vary depending on their level of study and the programs they are enrolled in. However, there are some general guidelines that can be followed:

- **Mandatory fees**
  - Tuition and fees
  - Library and information services
  - Registration and academic assessment
  - Student health services
  - Student support services
  - Campus safety
  - Athletics

- **Non-mandatory fees**
  - Parking permits
  - Student fees for specific programs (e.g., music, theater)
  - Student fees for specific activities (e.g., intramural sports, recreation)
  - Student fees for specific services (e.g., counseling, health services)

---

**Freeze**

The freeze is a process that is used by ISU to manage the inventory of furniture and equipment. The freeze is used to ensure that the furniture and equipment are not used for any other purpose than the intended purpose.

The freeze is initiated by a request to the ISU Facilities Management Department. The request must be approved by the ISU Facilities Management Department and the ISU Purchasing Department.

Once the freeze is initiated, the furniture and equipment are no longer available for use. The ISU Facilities Management Department will then work with the ISU Purchasing Department to ensure that the furniture and equipment are properly disposed of.
Berence Thomson, senior in genetics, walks past the Armory on Tuesday. Thomson said he wanted class to end, but didn’t want to have to walk home. Photo: Yuri Wu/Iowa State Daily

Snow much fun | Winter wonderland

Students wait for a bus on Tuesday at Science Hall. No classes were scheduled to begin at 5 p.m. or later were canceled due to the winter weather. Photo: Yuri Wu/Iowa State Daily

Students walk in the blizzard for a bus Tuesday near Science Library. Photo: Yuri Wu/Iowa State Daily

Udith Manepally, junior in pre-business, braves herself for the cold while taking classes Tuesday at Central Campus. Photo: Yuri Wu/Iowa State Daily

Students in the Memorial Union wait for the bus Tuesday. Photo: Yuri Wu/Iowa State Daily

Xinyi Wu, sophomore in English, waits for her bus Tuesday. Photo: Yuri Wu/Iowa State Daily

Students waiting in line at the Iowa State Union on Tuesday night. Photo: Yuri Wu/Iowa State Daily

Students in the Armory for a bus Tuesday. Photo: Yuri Wu/Iowa State Daily

Shawn McNally, sophomore in animal science, gets on a bus Tuesday morning outside the Memorial Union. Photo: Yuri Wu/Iowa State Daily

Students wait in the rain Tuesday at the Student Union. Photo: Yuri Wu/Iowa State Daily

Students wait for a bus outside the Memorial Union on Tuesday. Photo: Yuri Wu/Iowa State Daily

Students wait for their bus on Tuesday. Photo: Yuri Wu/Iowa State Daily
The LGBT Alliance will meet:

Thursday, February 3, 2011

6:30 - 8:30 pm

ISU Memorial Union

Organizations Attending:

Career Day
Thursday, February 3, 2011
10 am - 2 pm

Organizations Attending:

Our nation is going to raise the debt ceiling. In its simple terms, our representatives are going to once again get together and be sure that it is OK for us to pull out the national credit card and give it a good, hard swish.

If you don’t know that this country is in every serious and troubling economic mess, you have been paying attention. Everyone you have been paying attention, you may not realize how deeply rooted the problem is.

Every year we run out of money, and our government representative vote to extend the debt ceiling even further into numbers that are borderline fictional.

Fictional in the sense they only exist in our minds. You can never count to 13 trillion or 14 trillion for that matter — and frankly, whether or not that amount of money exists in this country is arguable.

You read that right. Where we are now is a shaky at best. I owe money to a credit card, that you are probably in the same boat, and each dollar you pay that pie gets smaller. The pieces of the pie you can’t stay the same, since there is only so much pie to go around. So, you pay out more money, you lower it.

Secondly, China pointed out our intentions. They have threatened that we have no intention of paying them back, and that will continue to be our current economic path.

First off, the report out of Washington D.C. is really more of a call for ‘printing off money’. The problem with this is quite simple. Think of the total economic weight of our nation as a pie, and each dollar printed is a little slice of that pie. As you add slice to pie, the pieces get smaller. The pieces of the pie can’t stay the same, since there is only so much pie to go around. So, you pay out more money, you lower it.

Secondly, China pointed out our intentions. They have threatened that we have no intention of paying them back, and that will continue to be our current economic path.

This brings us to the voting regarding the debt ceiling further into Never, Newer Land.

Timothy Geithner, secretary of the U.S. treasury, weighed in with a letter to Senate Majority Leader Harry Reid. The language of which is very telling. “These events in Congress have failed to increase the debt limit when necessary.”

Never in our history has Congress failed to increase the debt limit when necessary. The United States default would precipitate a default by the United States. Default would effectively impede a significant and long-lasting tax on all Americans and all American businesses and could lead to the loss of millions of American jobs. Even a very short-term or limited default would have catastrophic economic consequences that would last for decades. Failure to increase the limit would be deeply irresponsible. For these reasons, I am requesting that Congress act to increase the limit this year, early, well before the threat of default becomes imminent.”

As you know, in February 2010 Congress passed legislation to increase the debt limit to $4.39 trillion. As of this editorial, the outstanding debt that is subject to the limit stands at $13.95 trillion, leaving approximately $11.56 trillion of “headroom” beneath the current limit.

Because of the inherent uncertainty associated with tax receipts and reductions in federal spending during the spring’s flying tax season, as well as other variabilities, we are at risk of hitting the limit sooner than we anticipated. It is imperative to get ahead of the directed date by which the debt limit will be reached.

Thus, the Treasury Department now estimates the debt limit will be reached as early as March 31, and most likely sometime between that date and May 1. This estimate is subject to change depending on the performance of the economy, government receipts and other factors. This means it is unnecessary for Congress to act by the end of the first quarter of 2011.”

That was a long, but it is important you understand the above paragraphs.

Geithner is doing his job and the Treasury Secretary’s job justly.

We aren’t saying the debt ceiling is no longer a concern because we aren’t doing so nothing sounds pretty terrible.

At the end of the letter he outlined exactly what the government wouldn’t be able to pay for anymore, some of which are: military salaries, medical payments, Medicare, Social Security, student employment, loans, Medicaid and the housing stability fund.

Again, you are asking us that we need change. We need President Barack Obama to bring your troops home. We can’t afford to have them fighting in the sand now, and we couldn’t afford it when the wars in the southwest Asia were first launched.

Everyone is started thinking about how we are going to pay off and cut the national checkbook because we never realize the whole situation.

Our nation is going to be in joint debt, China, perhaps, pulling the plug on our credit — is going to lead to a catastrophic situation where our nation has never been felt since the Great Depression.

The public can read about our national debt, and 80 people signed up to speak at the forum in support of the bill. The bill also included opposition to the bill. The people who spoke either in support or against the bill were proposed to the public. The public was also allowed to speak.

As you know, in February 2010 Congress passed legislation to increase the debt limit to $4.39 trillion. As of this editorial, the outstanding debt that is subject to the limit stands at $13.95 trillion, leaving approximately $11.56 trillion of “headroom” beneath the current limit.
Renovations should prioritize students

By Thomas H. Hummer

e-books distribute stories regardless of artificial feel

By Sean Flack

I love how there are two camps for e-books — those who read books and those who read e-books. People are either for or against them, and I’ll always be on the side of owning a real book. I love to hold a book, smell it, and touch it. I love the way it feels in my hand, and I enjoy reading a book because I can just sit back and let the pictures tell a story.

However, I think we should embrace e-book readers because they can make reading cool again. It seems like there are two camps for e-books — those who read books and those who read e-books. People are either for or against them, and I’ll always be on the side of owning a real book. I love to hold a book, smell it, and touch it. I love the way it feels in my hand, and I enjoy reading a book because I can just sit back and let the pictures tell a story.

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Replication of democracy is unfeasible

By Fabrice Ouedraogo

Iowa State Daily | Wednesday, February 2, 2011

OPINION

There seems to be a push for democracy when talked about on international political stages, taken several shapes and custom built for every populated region. It is an idea that is—by every country's nature—difficult to grasp, much less understand. The idea of democracy is based on the common goals of freedom and equality. To achieve this, there must be freedom of thought; freedom of action; political and economic freedom; equality of opportunity. These are the principles of democracy rooted in ancient Rome. That's why the United States of America replicated the main principles of democracy in a nation where freedom, right to self-elect and to express an opinion is characteristic by the definition of democracy. The definition of democracy fits the cap of the American family. In people's own right, their moment of pride and joy.

Here we take the uniquely crafted system and replace it in different nations with unlike sets of belief, unorthodox regimes. How can you put in the forefront of democracy the ideology of freedom as the uniqueness, the individuality. Like our friend of mine said, “Freedom is about options,” which means one's option to do things their way. The kind of freedom that can be a tyranny of the majoritarian, the ideology that is not as bad as it once thought. The key is choosing dark chocolate over milk chocolate. Dark chocolate has more cocoa, which provides antioxidants that may help reduce the risk of heart disease and cancer. Dark chocolate is also a dietary offense? Perhaps it's not as bad as we once thought.

Sweet, Sweet Chocolate

Is giving chocolate to your sweetheart a dietary offense? Perhaps it's not as bad as we once thought. The key is choosing dark chocolate over milk chocolate. Dark chocolate has more cocoa, which provides antioxidants that may help reduce the risk of heart disease and cancer.

Tips from our Dietitian: Amy Clark, RD, LD

- rendering dark chocolate Delightful
- 1.9 oz
- 160 calories
- 3g saturated fat
- 0mg cholesterol
- 5mg sodium
- 15g sugars

Ingredients:
- 1 (0.9 oz) package of chocolate chips
- 1 (3.6 oz) package of fresh blueberries
- 1/3 cup of full fat milk

For the chocolate coating:
- 6 oz of bittersweet chocolate chips
- 2 oz of sugar

Procedure:
1. Melt the chocolate chips with the sugar in a microwave-safe bowl. Stir until smooth.
2. Let the chocolate mixture cool slightly.
3. Spoon the cooled chocolate mixture into a piping bag fitted with a small round tip.
4. Use the piping bag to squeeze the chocolate mixture onto paper plates. Let the chocolate mixture set before serving.

Nutrition facts per serving: 130 calories, 6g fat, 3g saturated fat, 0mg cholesterol, 0mg sodium, 15g sugars

A locally owned downtown Ames fixture, Aunt Maude’s is an ideal place for coffee lovers, families, special occasions or just to relax. With a full service bar, wine list, pastries and private dining, Aunt Maude’s features fresh foods from local farmers, creative chef’s features, classic entrees, soups, salads and sandwiches.

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NEW PATIENTS WELCOME!

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HEALTH/ FITNESS

Tips from our Dietitian: Amy Clark, RD, LD

- rendering dark chocolate Delightful
- 1.9 oz
- 160 calories
- 3g saturated fat
- 0mg cholesterol
- 5mg sodium
- 15g sugars

Ingredients:
- 1 (0.9 oz) package of chocolate chips
- 1/3 cup of full fat milk

Procedure:
1. Melt the chocolate chips in the microwave, stirring every 20 seconds until melted.
2. Spoon approximately 1/2 tsp chocolate in bottom of each fillo shell, spreading up onto sides of shell. Chill in freezer for 5 to 10 minutes.
3. Melt chocolate chips on HIGH in microwave, stirring every 20 seconds until melted.
4. Spoon approximately 1/2 tsp chocolate in bottom of each fillo shell, spreading up onto sides of shell. Chill in freezer for 5 to 10 minutes.
5. Spoon blueberry yogurt into fillo shells. Top each shell with melted chocolate chips, spreading up onto sides of shell. Chill in freezer for 5 to 10 minutes.

Nutrition facts per serving: 50 calories, 2.5g fat, 1g saturated fat, 0 cholesterol, 0mg sodium, 1g carbohydrates, 0g fiber, 1g sugars

Follow us on facebook and twitter to keep updated on snow routes and closed routes.

For more tips, visit our website.

CyRide

For more tips, visit our website.

CyRide
24-hour fitness offers convenience

By Katherine Klingseis

24-hour fitness offers convenience to get in during late hours

Anytime Fitness and Ames Racquet and Fitness Center have locations in Ames that offer 24-hour access to their clients. Additionally, the businesses ensure safety, using electronic locks members can swipe any time of the day.

Ames Daily Dose

is that they have taken all the

Anytime Fitness corporate offices are opening up 24-hour fitness facilities all across the country.

24-hour fitness facilities have branched onto the scene in the last 25 years. One of the oldest 24-hour fitness franchises is 24 Hour Fitness in the fitness center chain.

24 Hour Fitness in the fitness center chain.

Roger Aaron, owner of nine Anytime Fitness locations, including three in Ames. Ames Racquet and Fitness Center members must pay an additional price. Typically, [experts] say that [24-hour access] is there, but people take advantage of it. The more they will utilize it, the more people take advantage of it, and the more they will utilize it.

In order to receive 24-hour access, Ames Racquet and Fitness Center members may pay an additional price. Typically, [experts] say that [24-hour access] is there, but people take advantage of it. The more they will utilize it, the more people take advantage of it, and the more they will utilize it. Aaron said.

In order to ensure the safety of their members, but also to help the business, Anytime Fitness installed state-of-the-art security systems. The doors to the facility are electronic devices near the door that keep whenever more than one person enters at the same time.

The philosophy of Anytime Fitness corporate offices is that they have taken all the fluff out of joining any club, the things people don’t see as much, the pool, the racquetball, the track,” said Roger Aaron, owner of nine Anytime Fitness locations, including three in Ames. Aaron, a former district manager for Walmart, opened up his first two Anytime Fitness locations — one in the west location in Ames, and another in Nebraska — about six years ago.

“The door in Nebraska is a room I have lived in,” Aaron said. “Driving through the community of Boone, looking at how the community was served, I thought that there was a niche for us, a 24-hour fitness center.”

Shortly after opening his first two locations, Aaron decided to open a location in Denver. He decided to place his first location in the Northern Lights Plaza. In opening his other two locations, Aaron has tried to take care of different sides of the community. Aaron said.

We wanted to try to take care of different sides of the community.” Aaron said. “Typically, [experts] say that the industry average is that more people take advantage of it. The more they will utilize it, the more people take advantage of it, and the more they will utilize it.

Hy-Vee has all the services you need to achieve your health goals.

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• Simple Soup Solutions
• E-Nutrition Newsletter

Visit your local Hy-Vee or hyvee.com for more info

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Hy-Vee’s dietitians offer many cost free services to assist you in getting and staying fit this year.

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Visit your local Hy-Vee or hyvee.com for more info

Wednesday, February 2, 2011

Edition: Sarah Binder

sarah.binder@iowastatedaily.com | 515.294.3148

Iowa State Daily
Alternative remedies aid in weight loss

FEEL FREE
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CALL TODAY

With members such as green tea.
Alternative remedies aid in weight loss.

The average gym-goer often cites lack of time as their biggest obstacle. So for seeing results that are satisfactory for the effort they’re putting in, a 2003 study showed that nearly one in four freshmen gain at least 15 pounds of their body weight—an average of 12 pounds during their first semester to college.

“Don’t go to the gym all the time because it’s not consuming and sometimes the workouts are boring,” said Nicole Wallace, fresh- men in men’s basketball. “Sometimes the gym is extremely packed and it’s hard to focus on your workout.”

Malaikah Shiverick, freshman in psychology.

Sitting in class: 65 calories
Cooking: 93 calories
Watching TV: 28 calories
Sleeping: 23 calories
Walking at 3.5 miles per hour: 149 calories

According to the Daily Fitness Challenge blogs—and share your story—the Daily Fitness Challenge.

The average gym-goer often cites lack of time as their biggest obstacle.

The use of such spices causes an increase in the metabolism.

The health benefits of exercising regularly are not only directed to the human health but to the ecosystems as well. The Japanese eat fish as an important part of their diet.

The average gym-goer often cites lack of time as their biggest obstacle.

The heavy use of spice in the Middle Eastern diet, always used as an aspect of regional cuisine. Healthy Mediterranean, German and Italian diets use spices, especially capsaicin spices such as red chili, garlic and black pepper. These can help reduce the risk of a rise in the body temperature, as well as in the increases in the metabolic rate.

One of the best weight-loss strategies that comes from the Japanese culture is starting each day with a single cup of coffee. The heavy use of spice in the Middle Eastern diet, always used as an aspect of regional cuisine.

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The heavy use of spice in the Middle Eastern diet, always used as an aspect of regional cuisine. Healthy Mediterranean, German and Italian diets use spices, especially capsaicin spices such as red chili, garlic and black pepper. These can help reduce the risk of a rise in the body temperature, as well as in the increases in the metabolic rate.

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Early eating can alleviate future complications

By Katherine Kinnings
www.kinningsdaily.com

Coronary heart disease is the leading cause of death in the United States. There are more than 1,800,000 heart attacks per year in the US, meaning a person somewhere in the US has a heart attack every 25 seconds. Of those who have heart attacks, 60% die, according to the American Heart Association.

Healthy heart attacks can be prevented. In fact, simply modifying your diet can immediately reduce your risk of developing heart disease. It’s “the easiest way to prevent heart disease,” according to Betty Burdick, registered dietitian at the Nutrition Clinic of Employee Wellness at Indiana University.

Burdick has been at least 68 for six years. She has counseled many 20-somethings who have helped them understand diet and lifestyle choices in order to live heart healthy.

For people who want to change their lifestyles, Burdick says, “We use a lot of that kind of thing.”

One of the most important aspects of a healthy diet, Burdick says, is eating enough fruits and vegetables. A person who eats 5000 calories a day should at least eat five servings of both fruits and vegetables per day, according to the American Heart Association.

“Fast food is in the American Heart Association’s diet,” Burdick said. “To be healthy, you need to eat a variety of fruits and vegetables. Fast food is not healthy.”

Burdick also recommends choosing whole grains and limiting processed foods.

“I want to get our students to see that moderate portion control is the key,” she said. "You just need to make a change to your lifestyle and then you can make it happen."
Skip the whip! Save about 100 calories and 10 grams of fat right off the top! Ask for skim milk in specialty beverages.

Looking for a Lighter Latte?

Skip the whip! Save about 100 calories and 10 grams of fat right off the top! Ask for skim milk in specialty beverages.

Try sugar-free syrups—all the flavor without the sugar!

If you like regularly-sweetened syrup, ask for half a shot to cut calories. In blended coffee, use skim milk instead of half and half.

Nutrition

Nutrition Info is Online!

NetNutrition

NetNutrition is an online program that provides nutrition information for the food ISU Dining serves on campus. Visit www.dining.iastate.edu and click on Nutrition to use this helpful resource!

Mississippi Valley Support Center (MVSC)

MVSC is a program of the Department of Human Development and Family Studies in the College of Education and Human Services. MVSC is located in the Mary Greeley Medical Center, and offers a variety of services to support individuals with disabilities.

The Speaking of Health educational series is free and open to the public. Pre-registration is required by calling 515-293-2458 or by visiting www.mgmc.org and clicking on the Classes and Events link.

Recreation Services offers a variety of classes

By Joy Wessels

Finding new and creative ways to work out can be a challenge in itself. A growing trend for girls is finding a routine that will give them a slender, sexy body. Guys, especially at the college level, tend to want a workout with high intensity and includes heavy weights. So how can ISU students of both genders get the results they want?

Recreation Services offers a variety of group fitness classes to appeal to all skill levels. Eileen Stevens, group fitness student supervisor and senior in kinesiology, said each group fitness instructor gets to design their own class after going through training themselves.

“We base the basics about the body and how it works on a microscopic level on what each instructor wants to teach,” Stevens said.

In the past, kickboxing and yoga have been really popular among girls,” Stevens said. Some new classes have been designed to interest more girls. One of these classes, Piloxing, combines kickboxing and Pilates. Zumba, a Latin dance and cardio class, has also been introduced to the ISU fitness classes. “We also added to our mix of group fitness classes for guys,” Stevens said. “It’s really good cross-training activity for runners and rock climbing, and pretty relaxing too.”

Through yoga, in general, you can improve balance for girls who are interested in physical and mental discipline. Instructors like pike Schneider, seniors in psychology, and Kelly Schumacher, seniors in psychology, said the classes help students tone and stretch the body.

Another class that appeals to guys is Xtreme Fitness, taught by Collin Kilburg and Matthew Kenny, both seniors in kinesiology. “The class is based on martial-arts endurance,” Kenny said. “We use extreme circuits with lots of interval training.” The class was designed to give male college students what they ask for — high intensity and large weights — drawing inspiration from military-style workouts such as P90X. “We use kettlebells and resistance bands, with the goal of working to closure,” Kilburg said.

Whether students are looking for a class that looks like a kickboxing class like P90X, or a workout that will really push their bodies to the limit, or a little bit of both, there seems to be something for everyone with ISU’s group fitness classes.
Iowa State welcomes fresh crop of recruits

Coaching staff receives verbal commitments from 18 other recruits

Having already signed 10 of the nation’s top 50 prospects for the 2011 recruiting class, the Cyclones have now committed 18 other recruits. The 18 signing class is the largest recruiting class in ISU women’s Division 1 basketball.

Enrolled Recruits:
- Alesse Brown: 6 feet, 175 pounds.
- Brandi Bruscas: defensive back, 5 feet, 165 pounds.
- Darian Cotton: athlete, 5 feet, 165 pounds.
- Danilo Carrion: offensive line, 6 feet, 205 pounds.
- Donald Smith: linebacker, 6 feet, 225 pounds.
- Devin Lemke: defensive end, 6 feet, 250 pounds.
- DeWayne Lampley: defensive end, 6 feet, 230 pounds.
- Christian Ochoa: linebacker, 6 feet, 210 pounds.
- DeVaunte Robinson: wide receiver, 5 feet, 11 inches.
- Jevohn Miller: linebacker, 5 feet, 11 inches.
- Joseph Stahl: guard, 6 feet, 260 pounds.
- Kelby Jacobs: 6 feet, 185 pounds.
- Michael Chandler: 6 feet, 210 pounds.
- Morgan Sand: 6 feet, 220 pounds.
- Riley Burch: 6 feet, 230 pounds.
- Riley Martin: wide receiver, 6 feet, 225 pounds.
- Tad Ecby: wide receiver, 5 feet, 11 inches.
- Tadman: defensive back, 5 feet, 190 pounds.
- Todd Hawkins: 6 feet, 190 pounds.
- Tyler Conner: athlete, 6 feet, 165 pounds.
- Tyler Kuykendall: 6 feet, 190 pounds.
- Tyler Mansfield: 6 feet, 200 pounds.
- Zachary Allen: 6 feet, 175 pounds.
- Zachary Peterson: 6 feet, 160 pounds.

Verbal Committed Recruits:
- Michael Chandler: defensive back, 6 feet, 210 pounds.
- Michael Sorensen: defensive line, 6 feet, 250 pounds.
- Mike Tyson: offensive line, 6 feet, 260 pounds.
- Zachary Allen: 6 feet, 175 pounds.
- Zachary Peterson: 6 feet, 160 pounds.

Iowa State welcomes fresh crop of recruits

ESPn places recruiting tactics in bad light

ESPN The Magazine that he feels his “family” when recruiting and placing recruiting tactics in a bad light.

According to Fennelly, the coaching staff is being “penalized for outside social norms.”

The ISU Athletics Department doesn’t expect Fennelly’s comments to change the story, was quoted.

Kelsey Jacobs is an intern for iowastatedaily.com.
Tennis

Puebla joins coaching staff for spring season

Program hires North Florida University

By Dan Tracy

North Florida University in Jacksonville, Florida, has hired former assistant coach Rodrigo Puebla to join its coaching staff for the spring season.

Puebla previously served as the head coach at North Florida University from 2006 to 2010. During his time there, he led the Ospreys to a 20-2 record on the season and a 9-1 record in conference play. Puebla guided the Ospreys to their first NCAA Championship appearance in 2010.

The Cyclones are excited to have Puebla join the department, said athletic director Kate Karonis.

"I knew he was a really good coach from that [match] and I really enjoyed when he came, said Karonis. "He made me feel welcome, pushed me out of my comfort zone as a coach.

Aside from his coaching experience, Puebla has also been a strong recruiter. He was able to bring numerous recruits to North Florida, which has made a significant impact on the program.

"The Cyclones are very happy to have him as an assistant coach," Karonis said. "He brings different things to the program and is a great addition to our coaching staff."

Puebla will be working alongside head coach Espinosa as they prepare for the upcoming season. The Cyclones are looking forward to having Puebla on board and believe his experience will be invaluable to the team's success.

"We are excited to have him join us," Espinosa said. "His knowledge of the game and his ability to recruit will be a great asset to our program."

Puebla's hiring comes after a disappointing 2010-11 season where the team finished with a record of 7-12. However, Espinosa is confident that with Puebla on board, the team will be able to turn things around and achieve success in the coming season.

"With Rodrigo on our side, we are confident in our ability to improve," Espinosa said. "He has a great track record of success and we believe he can help our program reach new heights."
For Rent

Point. Click. Buy. Sell.
our online classifieds are easier to use than ever.

www.iowastatedaily.com

For Rent

The Iowa State Daily recommends 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 incurring any money, please contact the
Des Moines Better
Business Bureau at 915-243-9127

The Publisher's Notice
All work must appear in the classifieds section of the Iowa State Daily on Feb. 11th, 2011. The
7th edition is the day the Classifieds are published in the Daily on

Deadline extended!

It's Never too late to Holla!

Submit Entries by Feb. 6th

Holla at ya Valentine for FREE
Submit your creative and one-of-a-kind Holla! to your Valentine(s) by Feb. 6th @ midnight.

Nice offers include a FREE internet, FREE video, FREE Marla McCrory and Fitness Center membership,
-use of dryer in each unit, and FREE tanning.

Holla! at ya Valentine for FREE
...
Give us a call to get things started!

Closest to campus.
22 different buildings.
1-5 bedrooms available.
You decide!
Today's Birthday (02/02/11): Libra. You like to be wanted. You love romance and communication. To get in touch with your creative side and express yourself, try writing or painting. To find your bliss, follow your heart and spring into action. It's your lucky day. Be open to love, and explore -- you may feel financially fortunate. 

Taurus (May 21-June 20): Today is a 7 — the new moon is in your sign. There's a lot of energy around partnerships. Others may respect your astounding abilities and wish you'd share them. Take the time to share. 

Virgo (Aug. 23-Sept. 22): Today is a 6 — your caring nature comes through clearly. Let your caring flow and enjoy the day. Work hard at playing and play hard at work. The time is right. 

Libra (Sept. 23-Oct. 22): Today is a 7 — it's a new moon in your sign. Others may respect your astounding abilities and wish you'd share them. Take the time to share. 

Scorpio (Oct. 23-Nov. 21): Today is a 7 — a new moon in your sign, there's a lot of energy around partnerships. Others may respect your astounding abilities and wish you'd share them. Take the time to share. 

Capricorn (Dec. 22-Jan. 19): Today is a 7 — your caring nature comes through clearly. Let your caring flow and enjoy the day. Work hard at playing and play hard at work. The time is right. 

Aquarius (Jan. 20-Feb. 18): Today is a 6 — your caring nature comes through clearly. Let your caring flow and enjoy the day. Work hard at playing and play hard at work. The time is right. 

Pisces (Mar. 20-Apr. 19): Today is a 5 — the new moon is in your sign, there's a lot of energy around partnerships. Others may respect your astounding abilities and wish you'd share them. Take the time to share. 

Share Generously (March 21-April 19) -- Today is a 7 -- The new moon is in your sign. To your pedigrees, be open to love, and explore. It's your lucky day. Be open to love, and explore -- you may feel financially fortunate. 

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 — You're a new moon in your sign. Others may respect your astounding abilities and wish you'd share them. Take the time to share. 

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Watercolor art by Rocio. 

"Oven Toasted" HOT SANDWICH DEAL $12.49* plus tax

Today in History
[2010] The World Food Programme reports that 4.3 million people suffer from hunger in Sudan, the number has quadrupled since 2009

[2009] Iran launches first domestically made satellite, Omid, into orbit

[1995] U.S. space shuttle Discovery launched to be 1st black president

[1977] Radio Shack officially begins creating TRS-80 computer

[1959] Buddy Holly’s last performance

[1926] 3 men dance Charleston for 22 hours

[1802] 1st leopard exhibited in U.S., Boston

[1653] New Amsterdam becomes a city, later called New York City

[1539] 1st use of steam locomotive in U.S.

[1453] 1st use of airplane in U.S.

[1452] 1st time a U.S. president spoke on radio

[1392] 1st flight by the Wright brothers

[1319] 1st successful flight of a powered aircraft

[1281] 1st Ford Model T rolls off the assembly line

[1206] 1st moon landing

[1130] 1st U.S. president to endorse a political party

[1000] 1st U.S. presidential primary

[982] 1st U.S. president to lose an election

[951] 1st U.S. president to succeed to office

[927] 1st U.S. president to go on television

[870] 1st U.S. president to hold a news conference

[841] 1st U.S. president to win a full term

[782] 1st U.S. president to visit Europe

[754] 1st U.S. president to be impeached

[740] 1st U.S. president to be assassinated

[731] 1st U.S. president to receive a Nobel Prize

[726] 1st U.S. president to use a presidential veto

[719] 1st U.S. president to call Congress into special session

[714] 1st U.S. president to be acquitted of impeachment

[710] 1st U.S. president to sign a peace treaty

[698] 1st U.S. president to sign a treaty

[696] 1st U.S. president to be inaugurated

[692] 1st U.S. president to be elected

[680] 1st U.S. president to resign

[676] 1st U.S. president to serve more than 2 terms

[672] 1st U.S. president to be re-elected

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Accent Your Eyes With Color

BY EMILY MILLER
ISD STYLE WRITER

Brown, blue, green, or hazel. No matter what your shade, there is a color combo perfect for you.

Brown

Blessed with the envy-worthy blue eyes? Apply a slate blue shadow along with a shimmering shade of gray. Smoky grey liner and soft mascara are the perfect companions to this look. We recommend: Sephora Intense Blue Colorful Duo ($16) and Gir Glitter Mascara ($3).

Blue

No matter if your skin is fair and freckled or olive and bronzed, blue is the key to your success. Try light blues, deep chestnut browns and anything in between. Apply blue eyeliner and brown mascara to show off your green globes. We recommend: Sephora Colorful Kiss From Palette ($24) and Retractable Water-proof Eyeliner in Olive ($12).

Green

The best of both worlds; whether your skin is fair and freckled or olive and bronzed, you’ve got every green available to work with. Start with a bronze brown shadow. If you want to play up your brown side swipe a gold liner across your lid. If you feel like showing off green, roll on a muted blue or forest green to bring out your eyes. We recommend: Sephora Colorful Duo Hot Brown Eyeshadow ($18).

Green, Brown, or Hazel

Brown, blue, or hazel. No matter what your shade, there is a color combo perfect for you.

DIY: Sea Salt Exfoliant

BY AMBER SMITH
ISD STYLE WRITER

The harsh winter wind can often leave your skin feeling overexposed and damaged, especially on your face. There are many products you can purchase to take care of dry, weathered skin, but many of them are high-priced and unreasonable for the typical college student budget. Fortunately, with just a few standard ingredients you can make an all-natural sea salt exfoliant.

Ingredients:
- 2 tablespoons honey
- 1 cup finely granulated sea salt
- 15 drops vitamin E oil
- 5 teaspoons olive oil
- 1/2 bar unused regular soap

Directions:
1. Start by mixing the sea salt, honey, vitamin E oil and olive oil in a large mixing bowl.
2. Break apart the bar of soap and add to your mixture from step one. Mix together.
3. Now put your finished product into a glass moisture proof jar and add any aesthetic décor that you desire to the outside of jar.
4. Use this sea salt scrub once or twice a week to keep your face feeling soft and looking radiant. Exfoliant works best if you wet a washcloth, put a small amount on the cloth and rub it into your skin in a circular motion. Peel off to use dirtier areas of your body, which might be feeling rough and dry as well, such as elbows and knees.

To learn more: www.isdstyle.com

Photo: Amber Smith/Iowa State Daily

Inspiration from “The Big-Ass Book of Crafts”

Idea: Sea Salt Exfoliant

The best of both worlds; whether your skin is fair and freckled or olive and bronzed, you’ve got every color available to work with. Start with a bronze brown shadow. If you want to play up your brown side swipe a gold liner across your lid. If you feel like showing off green, roll on a muted blue or forest green to bring out your eyes. We recommend: Sephora Colorful Duo Hot Brown Eyeshadow ($18).

Photo courtesy Sephora

In the same way, your skin needs to be pampered. No matter what your shade is, there’s a color combo perfect for you.

To learn more: www.isdstyle.com

Photo courtesy: Thinkstock

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