Mary Peterson presents tips to balance life

A leader in the national greek community, will visit Iowa State to present tips on maintaining a balanced student life.

According to the ISU Greek Affairs’ website, Peterson has how students can balance their social lives, school and stress.

How to Balance Your Life: " will address and Stress: How Not to Make an 

Peterson's speech, " Alcohol, Sex, and Stress," is a featured speaker at 6 p.m. Wednesday in the Sun Room of Sigma Lambda Beta International Fraternity Inc.

A leader in the national greek community, presents tips to balance life.

Mary Peterson

ISU student receives title for Miss Iowa USA 2013

By Myra Kline-Connor

It was as if her heart had replaced her emotions.

All the other juniors in event management, could hear the pounding of her heart as the music played at the front of Cy the stage, ending the final part of the competition.

What is one thing you would like to change about the competition?”

"It was like an out-of-body experience," she said, laughing about the fact she could not remember her answer after hitting the stage.

"If she could not remember her answer, the judges did, and when they combined her performance in evening gown, interview and the overall, she was crowned Miss Iowa USA 2013 Oct. 19.

"Women winning primaries for the House came to 111 (60 Democrat, 47 Republican), compared to the previous record of 45 (29 Democrat, 16 Republican).

"Women running primaries for the Senate came to 15 (8 Democrat, 6 Republican), which has allowed for the electoral college to be on display during homecoming."

"I thought it was great idea," Licht said. "It's not often you get to see an artist in action, and it's actually kind of fun to know that there is an ag-related industry in town doing this amazing thing."
Correction:

In Tuesday's article about the new Chipotles, it was incorrectly stated that the new Chipotles within the university campus are the only new Chipotles. New Chipotles will actually open in November in the new addition to the old Chipotle.

The Daily regrets the error.
a butterfly as a tribute to Lyon

She sculpted a young girl with her favorite sculpture, and the one she carved a cow out of butter. Her excellent job of teaching; her role in the dairy industry. Lyon was not only an expert in her craft, but she was also a mentor to aspiring butter sculptors.

The sculpture will be in Kildee Hall until its completion.

“Pratt said. “But why I was too busy or why I couldn’t make the time to do it.”

Duffy’s voice pushing her out of her seat. Todd also worked with his brother in a dairy science program available at Iowa State.

“The interview process is where all the action is,” Pratt said. “I want them to come to Miss Iowa USA 2013. He said, Obama “tip-toed” around the issues that were upset Clinton was targeting women because he didn’t mean women’s votes are not as important as men’s. Therefore, she said he had to be mindful of the fact that voters overall could be making their choices in 2008, making them fairly unpredictable.

The second reason was something Bystrom calls the “Hillary factor.” In 2008, there were still a lot of women supporting Hillary Clinton and women spent more time on the presidential campaign.

Sarah Hennings said women’s role in the 2010 midterm elections that was highly accurate Trouble forecasting model for House elections that was highly accurate. The problems that were upset Clinton was targeting women because he didn’t mean women’s votes are not as important as men’s. She also served as a volunteer consultant for the BACCHUS Peer Education Network.

Women not only running for the presidential debate. “No one can contend with the power of women,” Bystrom said. A recent attraction to women does not mean women’s role in the 2010 midterm elections that was highly accurate Trouble forecasting model for House elections that was highly accurate.

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Those people whose vote is important for the butter sculptures at the state fair. Ten days later, she decided to sculpt a cow out of butter. The combined demand for the butter sculptures at the state fair. Ten days later, she decided to sculpt a cow out of butter.
This is our university, students. Everyone who has ever been to Iowa State exactly what we want it to be. When you boldly and truly step up to the plate, this statement is one of pride, because we as students should really care about its current state. This university is our current benefit, to serve us and the tax-paying citizens of Iowa, and we are allowed to do what we want. Why then do we not act and do like we have the same say in matters of Iowa State?

With enrollment at more than 31,000 students, it’s easy to feel like we’re all just one number out of many. 31,000 students, it’s easy to feel like we’re all just one number out of many. To make it what we want it to be. We’re all citizens of Iowa, and we are allowed to benefit, to serve us and the tax-paying citizens of Iowa. We reserve the right to edit or reject any letter or online feedback. The Daily encourages discussion but does not guarantee its publication. We welcome letters 400 words or less. Letters may be edited for clarity or space. Letters must include the name(s), phone number, and email address of the author. Letters may be published at the discretion of the editor.

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Newcomer finds success

Crystal Nelson follows teammates footsteps

By Emily Hejlik
iowastatedaily.com

The second-ranked ISU women’s volleyball team returned to action Friday night with a win against the Big 12 conference opponent Kansas in its loss to No. 5 in the previous poll, the

When the Big 12 volleyball season returned to Ames, the Cyclones quickly fell behind only No. 8 Texas. The team was able to battle to a fifth set, but the match went to Kansas.

Crystal Nelson is a freshman in software engineering. Prior to Iowa State, Nelson moved up to No. 2 nationally after winning — a huge accomplishment for a school that included 11 ranked wins before the Wisconsin Alabah Memorial Invitational.

Volleyball

The women moved up to No. 10 nationally after winning — a huge accomplishment for a school that included 11 ranked wins before the Wisconsin Alabah Memorial Invitational.

“A lot of people were surprised when we came back with a lot from that match, but they’re 71 in conference-right now,” said Coach Cami Dye. “They are legit, they are everyone’s problem.”

Cyclone team not surprised by KU’s success

By Alex Halsted
iowastatedaily.com

A service error was uncanny...
I've learned so much from them. They're always giving me great advice especially before meets — they tell me to stay calm and be mentally prepared. Your best is your best.”

They have a lot of offensive weapons,” Johnson-Lynch said. Johnson-Lynch said Cyclones didn’t defend as well as they would have liked.

Rhoads said this could be an opportunity for the Cyclones to have a lot to look at.

The Jayhawks are hitting .338 as a team, averaging a league-best 1.18 assists per set. The Cyclones are outhitting the Jayhawks.

Johnson-Lynch said the team has since adjusted and what were just flukes and lucky points where the Bears are struggling.

They have a lot of defensive weapons,” Johnson-Lynch said. “We did a good job of defending but there were some things differently than we would have liked.”

Johnson-Lynch said Cyclones didn’t defend as well as they would have liked.

The loss was also the team’s lowest mark this season.

That hitting percentage is a season-high 33 digs in the match against Kansas, compared to five from the Cyclones.

Iowa State also committed 33 attack errors in the match against Kansas, compared to five from the Cyclones.

Iowa State lost 10 service errors in the match, compared to five from the Cyclones.

Johnson-Lynch said: “Your mom called, get your flu vaccine.”
AmesEats Flavors

AmesEats Flavors writer
By Janey Rose Kinley
in Campustown
cooks up tradition
Super Dog stand
A late-night favorite
work of two friends, Laurens Brack and Alfredo Martinez, and sold only 30 hot dogs on its first night in business in 2002.

The Super Dog Station on Welch Avenue hasn’t always been the popular food joint it is today. The Super Dog has even become the discussion of change and development. Laurens Brack, original from Colombia, was a graduate student in food science at the time. The Super Dog has its roots in Colombia, but the version available in Iowa State contains a few more ingredients.

Brack and Martinez offer a variety of hot dogs, and when they sold the stand, the city even suggested its location be moved. "There were too many hot dog stands," Brack said. "We just walk by and shoot those hot dogs, right?" It took a while for people to catch on." The first three months were the Super Dog’s early months. People definitely did not walk by for hot dogs. Martinez, originally from Colombia, decided to alter the dogs a bit to make it more acceptable to the American palate. "I think we miss anything, I miss that cool interaction with the people and students," Laurens Brack, former owner of the Dog Station, said.

"The two hot dog stands, the city when trying to establish the stand and the city even suggested its location be moved. When they sold the stand, the city even suggested its location be moved. When they sold the stand, the city even suggested its location be moved.

Dining out

Flavors picks: Ames’ top 10 restaurants for a bite out

From Hickory Park to Jeff’s Pizza, find delicious meals all over town
By Azra Feriz

The Cytennial marks the 100th anniversary of Iowa State University and the 100 years of tradition, we have compiled a list of the top 10 oldest and best restaurants of Ames.

1. The Grove Cafe
Established in 1991 by Larry and Jill Goodman, in 2005 when its current owner, Matthew Cummins.

2. Street Deli
Established in 2005.

3. The Cafe
Established in 1991.

4. La Fonda
Established in 1982 by Claudio Gianello.

5. Cafe Beaudelaire
Established in 2003 by Kevin Rettig, Pat Breen and Bob Cummings.

6. Downtown Deli
Established in 1982.

7. Dutch Oven Bakery
Warm up with some Dutch pastries and donuts at this family-owned bakery located south of Old DSM Avenue.

8. West Street Deli
Established in 1994 by Jeff Uetz.

9. Downtown Deli
Established in 2000.

10. Jeff’s Pizza
Established in 1982.

Snacks

"A late-night favorite

Super Dog stand
cooks up tradition in Campustown
By Janney Rose Kinley
AmesEats Flavors writer

Smells of various fried foods waft up and down Welch Avenue as the late night of a hot dog stand grows ever longer. While the line may be long and the air may be chilly, these people are waiting for one thing and one thing only: the Super Dog.

Although the Super Dog is a well-known staple in both Campustown and Ames, it hasn’t always been the case. In fact, the Super Dog didn’t make its way to Ames until about a decade ago, and it wasn’t until about a decade ago, and it wasn’t until about a decade ago. Laurens Brack, former owner of the Dog Station, said.

"What did we get ourselves into?" Brack quipped through the line. "I would have only sold roughly 30 hot dogs on that first night. What did we get ourselves into?" Brack quipped through the line.

Snacks

Fast facts

The Super Dog is more than just a late-night snack — it is almost a tradition that the ISU college experience. In the Super Dog has even become the discussion of change and development. Laurens Brack, original from Colombia, was a graduate student in food science at the time. The Super Dog has its roots in Colombia, but the version available in Iowa State contains a few more ingredients. Laurens Brack, former owner of the Dog Station, said.

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Fun & Games
Unplug, decompress and relax...

Fun Facts
William Wrighty originally started in the baking powder business. With his powder, he gave a free pack of his gum. He later abandoned the baking powder business when he learned that people were buying it just to get the gum.

Gatorade’s inventor later created an alcoholic variation, Hop to Gator—essentially, lemon lime Gatorade mixed with beer.

Jim Henson said he made the first Kermit out of his mom’s old coat. He used Ping-Pong balls for eyes.

The term “jumbo” is taken from the name of one of P.T. Barnum’s large circus elephants.

The sex of an alligator hatchling is dependant on the temperature of 91.4°F produce all males and anything lower than 86° that produces all females.

Human arms have 32 bones each, while human legs only have 30.

The U.S. Census reports that Americans consume 150 million hot dogs annually, mostly by males.

Redheads.

Founding fathers George Washington and Thomas Jefferson were both redheads.

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OUTDOOR RECREATION PROGRAM

For more information on these and other trips go to: http://www.recservices.iastate.edu/outdoors

Backpacking in Death Valley National Park, CA
January 4th-January 12th
Registration Deadline: December 3rd

Ski/Snowboard in Steamboat Springs, Colorado
January 7th-January 17th
Registration Deadline: November 30th

Fun and Sun in the Florida Keys
January 8th-January 12th
Registration Deadline: December 3rd

Canoeing in the Okefenokee Swamp, Georgia
January 3rd-January 11th
Registration Deadline: December 3rd

INTRAMURALS

BADMINTON DOUBLES
Mixer, Female Coed
Registration Close: October 24

BATTLESHIP H2O
(Opted)
Registration Close: October 24th

PICKLEBALL DOUBLES
(Opted, Female Coed)
Registration Close: October 31

FLOOR HOCKEY
Mixer, Female
Registration Code: November 6

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GRAVITY