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Gifts

By Megan.Shirley @iowastatedaily.com

With Christmas and the holiday seasons just around the corner, gift-giving is in the front of everyone's mind. Whether it is for your brother or best friend, this gift guide is sure to find the gift they have been waiting for.

For women, Kindle e-readers have shot to the top of many Christmas lists. The Kindle Fire is the perfect gift, especially if the receiver travels a lot. The device can hold up to 15,000 books, articles and magazines.

For men, the iPad is definitely admirable. With the new retina display and more applications than ever, the iPad is on almost everyone's Christmas list. iPads are great for people on the go. You can read, surf the web, send emails and so much more. With the iPad mini coming out next year, there will be even more options to accommodate anyone's preference.

For teens, the iPhone 5 takes the cake. This new iPhone differs from the previous its previous models because of its style, new applications and faster data. The iPhone 5 is slightly longer than the previous iPhone 4, but also lighter and thinner. With its new features, such as passbook, maps and the panoramic picture feature, the iPhone 5 passes the previous models with flying colors.

There are plenty of other various gifts that would make perfect gifts for your friends and family. Other top gifts for this year include designer watches, iPods, DVD movies, digital cameras, laptops and gift cards. You can never go wrong with any of these gifts as they are sure to please.
Gifts

Cookie mix Mason jars — a gift on a budget—

By Kelsey Roehrich
@iowastatedaily.com

If you are running short on cash this year, Pinterest is here to help you with all of your holiday gift giving.

Pinterest has thousands of great ideas for inexpensive homemade gifts, such as cookie mix-filled Mason jars.

This gift is perfect for those on a tight budget because you can create it using things you might already have laying around the house.

Your first step is to find an empty Mason jar. The jar should be clear and relatively large.

Next, think about the person you are giving the gift to; what is their favorite type of cookie?

Look up the recipe for these cookies and then search for the dry ingredients in your home, such as: sugar, flour, chocolate chips, brown sugar, oats, etc.

Measure out all of the dry ingredients and pour them into the Mason jar, layering them in an order that will look appealing.

You might have to lower the recipe amounts based on how large your Mason jar is.

Once all of the ingredients are placed in your Mason jar, your last step is to decorate the outside of the jar.

You can make it holiday-themed or decorate it in a way that represents the person you are giving the jar to.

You can use supplies such as ribbons, stickers, fabrics, cards, bows, glitter and whatever other fun things you can dig out of your craft supply drawer.

This gift is perfect for those gifting on a budget this holiday season.

It allows you to be creative, make a gift personalized to each person, give something that you know will be used and best of all — save money.

Budgets can be tight during the holiday season. Luckily, Pinterest has an idea that is both sweet and affordable, made mostly of things that can be found in and around the home.

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DIY: Infinity Scarf

Make something new and warm for winter

By Korrie.Bysted
@iowastatedaily.com

The other day I was on Pinterest and I saw a lace and T-shirt infinity scarf. When I clicked on the picture it took me to a website that was selling the scarf. It makes me angry when I think something is going to be a DIY tutorial and it ends up being something you have to buy.

So I thought to myself: “This can’t be that hard,” and I decided to try it. It turned out just how I wanted so I created my own little tutorial for it.

This should help you make a cute infinity scarf that’s cheap and great to give as a gift come this holiday season.

Materials
- Old T-shirt
- Lace (can be purchased at fabric stores or crafts stores
- Sewing machine
- Scissors/fabric shears

Instructions
Lay T-shirt flat on the ground
Cut a straight line from underneath one sleeve to the other
Take your lace and measure the width
Cut the T-shirt horizontally; make sure it’s the same width as the lace
Now cut one of the side seams open on the T-shirt
After that cut your lace two-thirds the length of your T-shirt piece
Now line up the shorter edge of both pieces and sew a straight stitch; make sure to backstitch at the beginning and end
Do the same on the other side

You should now have a cute infinity scarf to give as a great gift this season. Your family and friends will love it — it’s super cute and it’s homemade so they know you put extra time and effort into their gift.
Cyber shopping provides options and convenience

By Ashley Hunt
@iowastatedaily.com

Online shopping

Online shopping is more popular than ever. With nearly everyone owning a smartphone, tablet, or laptop, the ability to purchase a gift is constantly at our fingertips. There are a few online sites that are really popular and very user-friendly to consider when purchasing gifts for family and friends online.

eBay

eBay is a website that allows users to sell things online to other users. The seller will list the item on eBay — this item can be anything from cars to books, clothing items, or antiques. The seller will then accept bids only or offer a “Buy It Now” option. The bid style allows users to bid on the item in auction-style online. The “Buy It Now” option allows the user to purchase the item immediately at a fixed price.

This site is a good place to purchase gently used items or items that aren’t very expensive. It can be risky, so before buying, make sure to look at the ratings and comments on the user from whom you are buying. Users with good ratings will have comments from users who have purchased from them before.

Amazon

Amazon is a Fortune 500 company and the global leader in e-commerce. Similarly to eBay, Amazon offers a wide variety of products such as sports equipment, jewelry, and probably most common, books.

Amazon allows users to buy from retailers and individual sellers.

This site does not have a bidding option, but rather just purchasing goods at fixed prices. However, there is still the option to purchase used and gently used items for cheaper prices than you would find at a normal retailer.

Pinterest

Pinterest is a website that is not known for online shopping. However, users can explore the site and find products they like, and then easily reproduce the products themselves. Pinterest is known for having a wide variety of do-it-yourself projects that one can easily copy for a homemade gift for little cost.

Etsy

Etsy is an online store specializing in handmade and vintage craft items.

Etsy as a website gets inspiration from the tradition of open craft fairs. Sellers are given personal storefronts, and Etsy will list these goods for a small fee.

PayPal

If you plan on relying on the Internet for a good amount of your gift shopping, consider creating a PayPal account. PayPal accounts allow users to enter in their information — credit cards, debit cards and so on. Similar to a “digital wallet,” PayPal is a secure place for users to keep all their methods of pay in one spot.

PayPal offers security for its users. Using the industry’s most secure data encryption technologies, you can be sure your information is private. Sellers will never be able to see your financial details, as it is kept privately by PayPal.

Millions of online stores accept PayPal payments. If you see the PayPal button when you check out, you know the site is PayPal friendly.

Creating an account is easy and free, so users have nothing to lose and everything to gain — especially security and convenience.

Nov. 30 and Dec. 1, 7, and 8 at 7:30 p.m.; Dec. 2 at 1 p.m. and Dec. 9 at 2 p.m.
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Adults $16, seniors $14, students $8.

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Creative ways to wrap your gifts

Surprise with these ‘out of the box’ ideas

By Megan Shirley

With the holiday season just around the corner, there is a Christmas shopping craze buzzing everywhere, and with lots of gifts comes lots of wrapping.

Now, of course there is the traditional wrapping of presents that is always a good standby, but if you are looking for something a little out of the box, these are a few ways to spice up the space beneath your tree.

Use paint samples as gift tags

This is a super simple and inexpensive way to add a little something extra to your gifts. As shown, it creates a simple but put together look for all your presents. It showcases your creativity without breaking your bank account.

Wrap your gifts in a blanket

This technique is a two in one by using part of the gift as the wrapping. If you have little ones that you will be gifting to, this is a great way to present the gift and saving you some wrapping paper.

Gifts

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Wrap your gift with newspaper

Wrapping presents with newspapers is both eco-friendly and makes for an one-of-a-kind package. Furthermore, using newspapers as wrapping paper is cheaper than buying wrapping paper at department stores, meaning you will have extra money to spend on actual gifts, not on the wrapping paper.

However, not knowing how to properly utilize newspaper wrapping paper could lead to a badly wrapped gift.

To prevent creating a gift-wrapping catastrophe, choose newspaper with nice photos or graphics. Also, tailor your newspaper choices to whose gifts you are wrapping.

For instance, if you are wrapping a gift for a sports fan, choose to wrap the gift with the sports section. If you are wrapping a gift for a political junkie, wrap the gift in political stories and photos.

Furthermore, you can make ribbons and bows out of newspaper too.

Use a Mason jar

Mason jars have the ability to make any gift look more vintage and homemade. An easy gift to give is Mason jar mixes. You add all of the dry ingredients for your favorite cookie or bread and attach the baking directions to the jar with ribbon. You can also put smaller gifts inside of Mason jars as a unique way to showcase your present.
Gift baskets can make cheap and thoughtful gifts

By Korrie.Bysted @iowastatedaily.com

As students trying to pay our way through college, which we all know isn’t cheap, it might be hard to find the right gifts for our loved ones that fall into our budgets.

How about putting together a gift basket? It’s thoughtful and can be cheap. Here are some ideas for five different baskets and directions on how to make them. The item recommended using as the basket will say “use as basket” next to it or something similar to that.

The rest of the items you can put inside the basket and place them in an organized manner.

Cozy/comfort basket
This basket is great for a mom or grandma or anyone who needs to remember to pamper themselves.
- Blanket
- Fuzzy socks
- Candle
- Cookie mix
- Chocolate
- Cookie bin — Use as basket

Approximate cost: $21

Dog-lover’s basket
Maybe you know someone who just recently got a dog or loves their current dog. This gift is great for every dog lover out there. This basket can be personalized for a cat lover or any other pet owner.
- Dog toys
- Dog collar
- Drinking bowl
- Tennis balls
- Fleece doggy blanket
- Basket of your choosing

Approximate cost: $12

Tailgating/sports basket
This gift basket is perfect for every football lover or Cyclone fan. This gift basket can easily be personalized for any favorite sports team.
- ISU sweatshirt
- ISU tumbler or water bottle
- Football
- Face stickers
- Gloves
- Hat
- Cooler* — use as basket

Optional items — these items will make the basket more expensive:
- Safety pouch
- Travel outlet converter
- Language dictionary

Approximate cost: $25

Traveler’s basket
Does your father travel for work a lot? Is your sister obsessed with visiting new places? This gift basket is perfect for a traveler, whether they travel for business or for play.
- Light weight messenger/laptop bag — use as basket
- Travel-size toiletries
- Hand sanitizer
- Travel pillow
- Luggage tags

Optional items — these can make the basket more expensive:
- Hand-weights
- Yoga mat
- Granola bars (or any other healthy snack)
- Reusable water bottle
- Workout videos
- Small- to medium-size duffle bag — use as the basket

Approximate cost: $40

Workout/fitness basket
This basket will be a great gift for your friend who loves to stay fit, especially over the holidays when we’re away from our regular gyms and surrounded by delicious junk food. This gift will keep even the workout-phobe in the swing of things.
- Hand-weights
- Yoga mat
- Granola bars (or any other healthy snack)
- Reusable water bottle
- Workout videos
- Small- to medium-size duffle bag — use as the basket

Optional items — these can make the basket more expensive:
- Safety pouch
- Travel outlet converter
- Language dictionary

Approximate cost: $25

*All item prices are based off of prices from Target and Wal-Mart.
Activities

There are many ways you can give back during the holidays. Many people enjoy volunteering to be a bell ringer for the Salvation Army.

Every year since I can remember, my mom, my sister and I have done this. It’s a great way to spend time with your family and give back. To make it a little more fun, we like to wear silly holiday-themed hats and sing festive songs.

Bell ringing starts in mid-November and goes all the way through December. It is a great opportunity, according to Ringbells.org.

“The Red Kettle Christmas Campaign enables the Army to provide food, toys and clothing to over 6 million people during the Christmas season and helps more than 34 million Americans recovering from all kinds of personal disasters nationwide,” the website says.

Another great opportunity through the Salvation Army is the Christmas meal and toy distribution. Volunteers will sort and distribute toys and gift cards to families in need. This will take place from Dec. 18-22. More information is available at goo.gl/b4b6w.

Youth and Shelter Services, Inc., also offers many volunteer opportunities for the holiday season.

You can serve a meal, adopt a youth to shop for, go grocery shopping for those who might need help, help at events or just hang out with the kids.

All of these opportunities plus many others are listed on the Youth and Shelter Services’ website, which is yss.ames.is.us.

There are many other great opportunities to give back here in Ames. In your hometowns, you just have to put forth a little effort and search for them.
Activities

Top 10 activities to try this winter season

By Kelsey Roehrich
@iowastatedaily.com

If you think the weather in the winter limits the amount of activities you can do, here is where you are wrong.
The winter season offers more activities than ever. You can never be bored.
Here are 10 things that you should take advantage of this winter:

1. Ice skating
   Pull out your ice skates and gather up a few of your friends or a special someone and head over to the ice rink. Don’t settle for an indoor ice rink; to get the full effect, find an outdoor rink. You can also get two teams together and play a game of ice hockey. Even if you think you are the most uncoordinated person in the world, ice skating is always a great winter experience.

2. Make a gingerbread house
   You can try making gingerbread in the summer, but it just wouldn’t taste the same. This cookie is a signature winter food. Get your family together; split up into teams, and have a gingerbread house making competition. Have one family member be the judge. A little friendly competition can make for a fun holiday activity.

3. Holiday movies
   To truly get into the holiday spirit, watch some of your favorite holiday movies such as “Elf,” “Rudolf the Red-Nosed Reindeer,” “The Santa Clause,” “How the Grinch Stole Christmas,” “The Polar Express” and of course, “A Christmas Story.” Snuggle up on the couch with a mug of hot chocolate and enjoy these movies with family and friends.

4. Go skiing or snowboarding
   You may feel like the weather in the winter limits outdoor activities, but you may just have to try something new. If you have never gone skiing or snowboarding, this is the year to give it a try. It is a good source of exercise and is...
Activities

Building a gingerbread house can be fun even if you include your whole family. Make a competition out of who can make the best house.

5 Decorate the tree

Decorating your Christmas tree doesn’t have to be a chore or the thing you rolled your eyes at every year when your parents brought it up. This year students might be living away from home and have their very own Christmas tree. It’s time for you to get creative; pick a theme to decorate your tree. This theme could be Iowa State, your favorite sports team, your fraternity or sorority, your favorite color, etc. Have fun with your tree this year. Maybe, you will create a lasting tradition.

6 Build a snowman

Snowman building was a childhood favorite activity for many people. Just because we’re “grown-ups” now doesn’t mean we can’t participate. Grab a couple friends on one of your days off from school and make a snowman. For an extra good time with your friends, have each person try to make a snowman clone of another.

Snuggle up with a mug of hot chocolate to watch some classic Christmas movies, such as “A Christmas Story.”

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Portobello Road is named after Portobello Market, one of the world’s largest flea markets. It is located in London, England and began in the 19th century. Shoppers have always counted on the Portobello Road Market for unique finds. Portobello Road Market was once a hub for the newest, most rare finds. Now today, it is known for its antiques, street vendors and fashion. The architecture and aesthetic also make Portobello Road Market very popular.

Portobello Road in Ames provides that same feeling of shopping the London Streets. Inside you will find ever changing fashion, vintage and decor. Shoppers are able to count on Portobello Road for unique fashion and gift finds, while also providing a unique atmosphere that makes you feel like you’re shopping the streets of the Portobello Market in London.

Activities

7. **Have a snowball fight**
   - Even as adults we love some good competition. Get as big of a group together as you can and head out to an open field for your very own snowball fight. If you have some friends who are afraid of flying balls of snow, appoint some referees. Just make sure to play fair. Losing team takes the winners out for some hot chocolate to warm up after the fight.

8. **Organize a Secret Santa exchange**
   - On a college student budget it might be difficult to afford fun gifts for all of your friends. Get everyone together and put your names in a hat. Pull out names and organize your own Secret Santa Exchange. This way, everyone gets a gift and no one has to feel left out. Set a price limit, even a $5 limit can get you a really thoughtful gift.

9. **Go caroling**
   - Around the holidays, radios and speakers everywhere will be blasting holiday music. It’s impossible to not know at least a few of these favorite Christmas tunes by heart. Get together with your family around Christmas and go caroling around your neighborhood. You might pick up some new carolers on the way and even make some new friends. At the very least, you’ll bring the Christmas spirit to someone else.

10. **Adopt a needy family**
    - Spread the holiday spirit and the spirit of giving with a family in need. Places like Wal-Mart offer you families to “adopt.” You can buy the products the families want or need and help them out. Otherwise, other programs like Operation Christmas Child let you put together whatever you want in a shoe box to then send to them. The program will then send the box to kids or families who have signed up. Visit the Operation Christmas Child website for more information. Either way, you will be able to help a family and you can feel good about spreading the Christmas spirit beyond your own home.

A Secret Santa exchange is a one way to get gifts (and give gifts) for those who are on a budget.
Did You Know?

Students living on campus are more likely to report encouraged contact with people of diverse backgrounds and getting the support they need to help them succeed academically and socially.

On-campus first-year students self-report being significantly more likely than off-campus students to attend a student function including sporting events, plays and art exhibits.

Did You Know?

On-campus students achieved higher GPAs

- Freshmen
- Sophomores
- Juniors
- Seniors
- On Campus
- Off Campus

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Easy slow-cooker recipes for any holiday meal

By Ashley.Hunt@iowastatedaily.com

As the temperature drops, and the ground turns white with snow, we turn to our favorite holiday foods to keep us warm. Using a slow cooker is a great and easy way to make those warm, tasty foods we crave each winter.

**Baked potato soup**

This hot potato soup will warm you and your friends even on the coldest of days.

**Ingredients**
- 3 1/2 pounds potatoes, peeled and cut into 3/4-inch cubes
- 1 small sweet red pepper, seeded and chopped
- 1 package (10 ounces) frozen chopped broccoli
- 4 cups low-sodium chicken broth
- 1/3 cup half-and-half
- 1/3 cup reduced-fat sour cream, additional for garnish
- 1 tablespoon corn starch
- Salt and pepper
- 4 scallions, trimmed and thinly sliced
- 4 slices bacon, cooked and crumbled
- Shredded cheddar cheese (optional)

**Directions**

Combine potatoes, red pepper and broccoli in slow-cooker bowl. Pour broth over the top.

Cover and cook for three hours on high or for six hours on low, or until potatoes are tender.

In a small mixing bowl, stir half-and-half, sour cream, corn starch, salt and pepper together into a smooth blend of ingredients.

Remove cover from slow cooker and lightly mash the potatoes. Add the half-and-half mixture and scallions to the slow cooker, stir together. Spoon soup into bowls.

Divide crumbled bacon into serving bowls and dollop each with sour cream. Sprinkle with cheddar cheese, if desired.

**French toast casserole**

This French toast casserole is perfect for your family breakfast or brunch.

**Ingredients**
- 2 whole eggs
- 2 egg whites
- 1 1/2 cups 1 percent milk (almond or soy will also work)
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 9 slices whole grain bread

**FILLING**
- 1 cup finely diced uncooked apple pieces
- 3 tablespoons honey
- 1 teaspoon lemon juice
- 1/3 cup diced raw pecans
- 1/2 teaspoon cinnamon

**Directions**

Add eggs, egg whites, milk, honey, vanilla extract and cinnamon together in a mixing bowl. Whisk ingredients together until blended.

Spray the inside of the slow cooker lightly with nonstick cooking spray.

Add all filling ingredients in a small mixing bowl and stir, coating the apple pieces, then set apples aside.

Cut bread slices in half, making triangle-shaped slices.

Place one layer of bread on the bottom of the slow cooker, and add half of the filling. Repeat this process until there are three layers of bread. Add the remaining filling to the top.

Pour the first mixture, the egg mixture, over the bread. Cover and cook on high for two to two and a half hours or low for four hours, or until the bread has soaked up the liquid.

Drizzle with 100 percent, pure maple syrup, if desired.

**Apple crisp**

This delicious dessert will be the perfect end to any holiday dinner.

**Ingredients**
- 1/2 cup flour
- 1/4 cup light-brown sugar
- 1/4 cup granulated sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 pinch salt
- 4 tablespoons cold unsalted butter, cut into pieces
- 1/2 cup chopped pecans

**TOPPING**
- 3 tablespoons sugar
- 2 teaspoons lemon juice
- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cinnamon
- 6 large apples, peeled, cored and cut into 1/2-inch wedges (10 cups)
- Vanilla ice cream (optional)

**FILLING**

In a large mixing bowl, whisk together the sugar, lemon juice, cornstarch, ginger and cinnamon. Stir in the apples. Toss to coat.

Spoon the apple mixture into slow cooker and sprinkle the topping over it. Cover and cook on high for two hours or low for four hours, or until apples are tender. Serve with vanilla ice cream, if desired.

**Directions**

Coat the slow-cooker bowl with nonstick cooking spray. Set aside.

**TOPPING**

In a small mixing bowl, mix the flour, sugars, cinnamon, nutmeg and salt. Add butter; blend until coarse crumbs form. Stir in pecans, set aside.

**FILLING**

In a large mixing bowl, whisk together the sugar, lemon juice, cornstarch, ginger and cinnamon. Stir in the apples. Toss to coat.

Spoon the apple mixture into slow cooker and sprinkle the topping over it. Cover and cook on high for two hours or low for four hours, or until apples are tender. Serve with vanilla ice cream, if desired.
Candy cane Christmas cookie recipe

By Ashley.Hunt
@iowastatedaily.com

A spin on the traditional Christmas cookie, this candy cane kisses cookie will have your family and friends begging for more. They won’t look bad on Santa’s plate come Christmas Eve, either.

Ingredients:
- 1 bag Hershey’s Kisses brand Candy Cane Kisses
- 1/2 cup softened butter
- 1 cup granulated sugar
- 1 1/2 teaspoons vanilla extract
- 1 egg
- 2 cups all-purpose flour
- 1/4 teaspoon salt
- 2 tablespoons milk
- Red- and green-colored sugar

Before you begin baking, you can make your own red and green sugar by simply adding food coloring. Combine the food coloring with the sugar in a Ziploc Bag, then shake until the sugar is completely colored. Complete this task the night before to allow the sugar time to dry.

Red and green sugar can also be bought at the store, should you forget to precolor your own.

When you’re ready to start baking, begin by heating your oven to 350°F. Next, you’ll want to remove approximately 35 candy cane kisses from their wrappers.

Beat the butter, sugar, vanilla and egg in a large bowl. Continue beating until blended.

In another bowl, stir the flour, baking soda and salt until well-blended.

Add the dry mixture to the wet mixture. Alternate adding the dry mixture with milk into the wet mixture. Continue to do this, slowly, until your ingredients are well blended.

You should now have a dough-like mixture. Shape the dough into 1-inch balls, then roll the dough into the red or green colored sugar. Alternate colors to get an even amount of each color.

Place the dough balls onto an ungreased cookie sheet and bake for eight to 10 minutes or until the edges of the cookies are lightly browned.

Remove from the oven and let cool two to three minutes.

Press a candy cane kiss into the center of each cookie.

Let the cookies cool completely, and enjoy your Christmas treats.

Christmas caramel corn recipe

By Ashley.Hunt
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You might want to make more than one of this tasty batch of green-and red-colored caramel corn, because once you start, you won’t want to stop.

Ingredients:
- 3 bags buttered and salted popcorn, popped (remove unpopped kernels)
- 3/4 cup butter
- 1 1/2 cups brown sugar
- 3/8 cup light corn syrup
- 3/8 teaspoons baking soda
- 1 teaspoon vanilla extract
- Red and green food coloring
- Three 9-by-13-inch pans

Preheat the oven to 250°F.

In a medium saucepan, melt the butter, brown sugar and corn syrup. Bring the mixture to a boil, stir frequently. Boil the mixture over a low heat setting for approximately five minutes. Remove the mixture from the heat.

Add the baking soda and vanilla to create a caramel mixture.

Coat the 9-by-13-inch pans with cooking spray and pour one full bag of popcorn into one pan. Pour the other two bags in the remaining pans. Next, pour approximately one-third of the caramel over one pan of popcorn. Toss to coat.

Add green food coloring to the remaining caramel and press a candy cane kiss into the center of each cookie.

Let the cookies cool completely before serving.
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Cheers to the holiday season

By Ashley Hunt
@iowastatedaily.com

Make your holiday party something no one will forget with these winter, holiday and Christmas-themed drinks.

**White Christmas**
- 1 ounce amaretto
- 1 ounce heavy cream
- 1 ounce white rum
- 1/2 ounce milk

Mix together. Add cinnamon or nutmeg for a final touch.

**Peppermint martini**
- 1 ounce vodka
- 1 ounce peppermint schnapps
- A splash of grenadine
- Ice

Shake ingredients together. Strain into a martini glass and add a candy cane for a garnish that looks and tastes good.

**Christmas tree**
- 1 1/2 ounce Midori
- 1/2 ounce vodka
- A splash of lime juice
- Ice

Shake ingredients together. Strain into a martini glass and add candied cranberries for garnish.

**Candy cane soda**
- 1/2 ounce peppermint schnapps
- 1 ounce vodka
- 1 ounce simple syrup
- Club soda

Mix the first three ingredients together and pour into a glass. Top the drink off with club soda and serve with a candy cane for a fun look.

**Mint eggnog**
- 1/2 cup eggnog
- 1/2 ounce peppermint schnapps
- 1/2 ounce rum

Mix ingredients together thoroughly.

**Flying reindeer**
- 1 ounce vodka
- 1 ounce gin
- 1 ounce spiced rum
- 1 ounce butterscotch schnapps
- Dr Pepper or Mr. Pibb

Mix the first four ingredients and pour into a glass. Top off with Dr Pepper or Mr. Pibb.

A candy cane soda includes peppermint schnapps, vodka, syrup and club soda, served with a candy cane. Enjoy the holiday season this winter with Christmas-themed drinks.
Deck the halls with Christmas cheer

By Justin Mattingly and Emily Walvocord | iowastatedaily.com

Lyla's

“For the woman in love with life” is the motto of Lyla’s boutique on Main Street. Featuring clothing and accessories from many unique brands, this one-of-a-kind store is the perfect place to get a gift that you won’t find at any other store in Ames.

Each item in the store is different and the store strives to keep variety in their clothing, setting them apart from other retailers.

Evert’s

Walk into Evert’s Flowers, Home & Gifts and you will be greeted with Christmas decorations, every color of flower, and even candles and chocolates. Celebrating 90 years of business this year, this seasoned flower shop can be trusted for any floral arrangements you need, as well as decorations perfect for any home and garden.

Cupcake Emporium

The funky and eclectic vibe is what makes the Cupcake Emporium stand out from other shops in town.

With popular seasonal cupcakes in flavors like pumpkin and dark chocolate mint, this shop is a must stop place on your walk down Main Street. Many also come for other lunch items, such as walking tacos and soups.

The Loft

Unlike many other consignment shops in the area, The Loft tailors its clothing to college kids. Staffed mainly by ISU students, the employees are very relatable making The Loft a fun place to stop and shop while on Main Street.

They offer brand names perfect for all young adults, at less than half the price they would pay for new.

The Loft also sells new accessories, such as jewelry and scarves, making it a great option to find gifts for any trendy friend or family member without breaking the bank.

Rieman Music

This one stop shop for all things music offers something for every musician, whether beginner or veteran. Rieman Music provides repair services and sells drums, guitars, audio equipment, sheet music and much more. It also has music lessons available for all ages, and for those who are looking for alternative options, Rieman’s is your place for instrument rentals, too.

Chocolaterie Stam

If you’re looking for some European flavor in your day, stop at Chocolaterie Stam...

SHOP.p26>>
**Main Street**

**Chocolaterie Stam**
The chocolate shop gives customers a taste of European style when they stop in to try some delicious gelato, get a truffle or even grab a cup of coffee.

With tables and couches, this shop also makes a great relaxing place to study.

They also have chocolates for every season, making this a great place to grab a gift for that person with a sweet tooth on your list.

**Cafe Diem**
Cafe Diem is a shop which draws in people from the entire community, not just students, making it a staple shop on Main Street.

The popular seasonal peppermint mochas paired with some of the homemade soups make this a perfect place to stop after a long day shopping to unwind, relax, and enjoy some quality food and drink.

**Lynn’s Car and Pet Wash**
Lynn’s Car and Pet Wash on Clark Ave. is a 24-hours-a-day, seven-days-a-week option for all of your vehicle’s needs, featuring automatic and self-serve wash bays as well as a vacuum stations.

Voted Best Car Wash for eight years running, Lynn’s is a local favorite. “We strive for quality car washes,” owner Ryan Davis said.

With gift certificates that can be used at any of the services, Lynn’s is a great place to stop for a gift for a busy person on your list.

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Miss Meyer's Clothing Consignment
www.MissMeyersConsignment.com

**SHOP.p23**

Chocolaterie Stam has an assortment of chocolates, coffee and gelato available in their shop. Stop in to listen to its live piano player while enjoying a treat or studying.

**SHOP.p25**

www.lynnscarwash.com
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Photo: Justin Mattingly/Iowa State Daily
Main Street

>>SHOP:p24
London Underground

Take your mind off of this chaotic time of year and check out Ames’ unique British-style bar, the London Underground. With its friendly staff, large selection of imported beers, and cozy quarters, it is an atmosphere fit for a distinctive time whether you choose games, enjoy the tunes, or simply catch up with an old friend.

Corner Pocket

Corner Pocket, located at 125 Main St., is a pool hall that offers affordable drinks and a friendly atmosphere.

The pool hall has more than a dozen pool tables, a dart board and electronic games. It also has a snooker table, which is a cue sport similar to pool that it commonly played in India and England.

Corner Pocket also has pool leagues and often hosts pool tournaments.

Moorman Clothiers

From holiday get-togethers and formal events to the everyday hustle and bustle, Moorman Clothiers has apparel that will satisfy your every need. This Main Street boutique offers a unique selection of men’s clothing, from tuxedos and suits to T-shirts, shorts and ISU merchandise.

Among the many quality clothing brands are Southern Tide, Tommy Bahama, and Polo Ralph Lauren. Moorman’s also sells a great selection of women’s wear and all of the essential winter accessories to stay warm this holiday season.

Octagon Center for the Arts

If you’re looking for a touch of art to add to your home or someone else’s, the Octagon Center for the Arts offers an array of gifts. The center features the work of local artists, from personal accessories to one-of-a-kind arts and crafts. Located in the soul of the

Ames Silversmithing, voted best jeweler in Ames by the Iowa State Daily’s 2012 Student Choice Awards, is located at 220 Main Street. The store offers jewelry, including necklaces and rings, for all of life’s occasions.

SHOP:p26 >>

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cultural district, the Octagon center has a retail store and gallery.

**Sportsman Lounge**

Take a break from the holidays to enjoy a cold beverage at the Sportsman Lounge. The large selection of both domestic and imported beer combined with holiday drink specials make this bar a great place to catch up with friends and co-workers or for a night on the town. If you are looking for some relaxation accompanied by a welcoming staff, this is the spot for you.

**Miss Meyer’s Clothing Consignment**

Voted the Best Consignment Shop and Best Women’s Clothing store in Story County, Miss Meyer’s is a place making consignment store shopping feel like a boutique. Also featuring jewelry from local artists, accessories, Miss Meyer’s aims to provide quality clothing at a lower price.

With all the options available, owner Katherine Kerns said: “You can really create your own look.” Whether shopping for an outfit for yourself or for a gift for someone else, Miss Meyer’s is a great option for quality clothing.

**Gilger Designs**

Have you been searching for that one-of-a-kind jewelry creation this winter? If so, Gilger Designs could be your first and last stop. This shop offers stunning handcrafted creations from necklaces and charms to earrings and rings.

Not only does Gilger have unique premade jewelry, they are also able to make just about anything you can dream of. The combination of a trusted team of professionals and new daily designs will not disappoint.

**Ames Silversmithing**

Voted best jeweler in Ames by the Iowa State Daily’s 2012 Student Choice Awards, Ames Silversmithing has brought the community quality jewelry pieces since 1976. Its designs range from custom to classic to contemporary and each piece is formed with expert craftsmanship and attention to detail. Whether it is for an engagement, a gift, or just because, Ames Silversmithing offers jewelry to celebrate all of the occasions of life.

**The Salon**

This beauty salon on Main Street is a great destination for all ages looking for anything...
Moorman Clothiers offers every type of clothing, from formal wear to ISU gear, for men and women. A couple of their quality brands include Polo Ralph Lauren and Tommy Bahamas.

from a trim to a new look.

The Salon offers the latest hair and beauty products, as well as today’s trending hair styles. If you have been looking for a steady hairdresser, look no further; the professionals at this establishment bring a qualified, motivated and courteous attitude to every client they work with.

The Salon also features affordable prices for both college students and families alike.

Quilting Connection

Providing a variety knitting supplies, Quilting Connection is a full-service company that can satisfy your every sewing need. This niche store offers everything from needle working necessities and equipment to fabric goods and more.

Upon visiting you will find that the Quilting Connection delivers rich and specialized knowledge on behalf of each staff member. It also has classes and clubs available.
Health

Stay fit during the holidays, exercise at home

Follow these in-home cardio and strength and conditioning exercise routines to keep off the upcoming holiday calories. Don't over-exert yourself and take short pauses between each repetition.

By Ashley.Hunt @iowastatedaily.com

Cardio

This quick, four-minute workout is based on the Tabata protocol, a training method developed in the '70s by Japanese Olympians.

Studies have shown this workout can have even more aerobic benefits than running an entire hour on the treadmill.

The best part? It's perfect for an at-home workout.

You'll be doing 20 seconds of rigorous activity, followed by a 10-second resting period. Make sure you have a reliable timer or stopwatch. Most iPods and smartphones have their own timers and stopwatches.

1. Do mountain climbers for 20 seconds. What is a mountain climber?
   - It is an exercise where you get down into a push-up position and move one foot up on the ground next to your hand — right foot to right hand and left foot to left hand.
   - It will have a sort of running on the ground effect, like you are climbing a mountain.

   Following your mountain climbers, take a 10-second break

2. After your 10-second break, do 20 seconds of high knees. Stand in place and alternate lifting your knees as high as you can, similar to running in place.

   Take another 10-second break.

3. Do 20 seconds of burpees. If you don’t know what a burpee is, it’s easy.
   - Begin by standing up straight and reaching your hands above your head.
   - For added difficulty, add a vertical jump during this part. Next, get down into a bug position, or a squatting position.
   - Bend your knees so you are nearly sitting on the ground. From here, go into a push-up position.

   Take another 10-second break.

4. Your last activity is 20 seconds of jumping jacks.

   Follow this with another 10-second break.

After your 10-second break, repeat the entire workout a second time.
Health

>>EXERCISE.p28

This will result in eight intervals of rigorous activity and a total of a four-minute cardio workout.

Strength and conditioning

This simple exercise will work your arms and your abdominal muscles. It’s called a pyramid workout.

1. Do one full situp, not a crunch. Follow it immediately by one pushup.
   You can do a knee pushup if a regular one is too difficult.

2. Do two full situps and follow them immediately with two pushups.
   Continue this process until you get to 10.

3. Do 10 situps followed by 10 triceps pushups. Repeat this all the way back down to one.
   These two simple exercises will get your blood flowing and your muscles sore.
   If anything is too difficult, slow down or cut back your reps.
   Do this exercise every day or at least every other day to keep off the extra pounds these holiday months.

Pyramid workouts strengthen abs and arms. Doing this exercise during break will fight off those extra pounds.

Health
The holiday season can be a tough time of year for vegans. With all of the treats being served, it might be hard to resist temptation or find something to fulfill your cravings.

If you are vegan or you have a vegan member in your family, there are many recipes that are completely vegan and can replace all of the delicious desserts you have to resist.

After a cold day out in the snow, everybody just wants to snuggle up with a cup of hot chocolate; with some substitutions, vegans can enjoy a cup as well.

**Vegan hot chocolate**
- Unsweetened almond, rice or soy milk
- Unsweetened cocoa powder or vegan chocolate chips
- Sugar
Mix these ingredients, heat them up and enjoy.

If you want a real holiday treat, something with peppermint couldn’t be more festive. Peppermint bark can be made by replacing regular butter with coconut butter.

**Vegan peppermint bark**
- 1/2 cup coconut butter
- 12 or more drops peppermint extract
- 1 1/2 teaspoon sweetener
- Crushed vegan candy canes
Mix all of these ingredients together and spread the mixture across wax paper. Put this in the refrigerator and leave it until it hardens and becomes bark.

If you are vegan, you probably want to show Santa Claus what being a vegan is all about. This year, make some delicious vegan sugar cookies to put out for Santa Claus on Christmas Eve.

**Vegan sugar cookies**
- 2/3 cup shortening
- 1/2 cup sugar
- 1/4 cup brown sugar
- 1/2 teaspoon vanilla
- 1/4 cup applesauce
- 4 teaspoon nondairy milk
- 2 cups flour
- 1 1/2 cups baking powder
- 1/4 teaspoon salt
Mix together the shortening, sugar, brown sugar and vanilla. Afterward, add the applesauce and nondairy milk to the mix.

After chilling the dough for one hour, you can roll out the dough and create your favorite holiday shapes by using cookie cutters.

Put the cookies in the oven at 375 F and bake for about six minutes. When the cookies are done, you can decorate them using vegan frosting and sprinkles for your holiday festivities.

These recipes, and many more, make it very easy for vegans to have a holiday filled with treats and a lot of fun baking and trying new things.
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