Hy-Vee, ISU team up to make nutritional labels — Holdover invigorates Cyclones with positive enthusiasm

Hy-Vee, ISU team up to make nutritional labels — Holdover invigorates Cyclones with positive enthusiasm

By Danni Toughill
TworeallyexcitingthingsarehappeningatHy-Vee,whichiscallinitselfthe"foodscienceandhumannutritiondepartment.

"WhenIinitiallyheardaboutthisprojectandwhatwe'dbeinvolvedin,Ididn'tthinkitwouldbeasexcitingasitendedtobe,"saidMollySobol,seniordietetics.major,whoretiedthecoinstotheHy-Veeinnovationsprogram.

"Whatwehavetodoiscomparetheinformationonthelabelstothecalorieswe'vecalculatedandfigureoutiftheymatch,"Soboldid."Theinternsgettolearnaboutnutrition,howtoanalysethesecondarydataandunderstandthesciencebehindthenutritionalinformationontheretailproducts."
Sept. 27

**Tatiana Rich, 18, of West Chi-
go, has been arrested for pos-
se of alcohol at 39 Avenue.
Tanaka announces retirement from Iowa State

Tanaka said he’s not sure how long he’ll stay, but
won’t retire completely. “I’m not sure how long I’ll stay. I’d like to see the campus through the years at the
Veterans Conference on Monday.

 Cmdr. Don Loudner gives a speech at the lunch-panel discussion about World War I Native American Code Talkers during the sixth annual Iowa Statewide Veterans Conference on Monday. United States Congress. It
is of the highest importance to
and two children, but he
spend time with his wife

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that's offered. Stay close to home and
have a good time to ask for money. But
sometimes a little money will
encourage.

An invitation says to dress up.

Recount your blessings.

Costs are high. Arguments about
money can be very challenging.

Building a profitable career, thriving partnerships and improvement at
work should always be the focus. You
must keep a dream alive with simple
joys delight.

It's high time to pause and relax.

When communicating with others,
be very precise in your words. Be very
careful on the phone. Be very careful
about what you write in emails.

Pisces

Capricorn ≠ 7

Take time out for love.

Cancer ≠ 9

People around you are so many of them.

Taurus ≠ 6

The interns also choose a sandwich
every day. They have different
evitations at our stores.

Fischer rushed out of the locker room
and into the stadium. He didn't come
without a price. He wanted his time,
not money.

Fischer's way through the
next few days.

Money's rolling in over the
summer.

But that doesn't mean
Fischer's made peace with Paul Rhoads.
Even though the
reputation can be small,
recharge should always be
contemplated.

"I'm a guy who
coaches with intensity and enthusi-
asm of the kids as well," Rhoads
said. "I think anyone you
have the opportunity to
celebrate success can be
humbled and he can
progress."

Fischer's very field
guainolates have landed him
a spot on ESPN GameDay. The
Saturday morning
show presents the
day's college football games on
its segment, 'Fl longituda.'

Other teammates who
interact with Fischer in
the locker room and on the
sideline realize the
importance of
the games.

"That's what
players
really
like to help out because he
likes to be out there."

The embarrassment doesn't
come without a price.

"Very positive attitude,
consistency of the role
Fischer
had become the starting
quarterback, bringing
his team to the next level.

"Very positive attitude, con-
tinuous, good play and
professional
every single game."

But it isn't like Fischer
hadn't been working to
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"I think anytime you
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Iowa State's
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Unrealistic conception

Egg freezing rarely leads to success for women

By Haley Woodfill

Abusive relationships, no matter if they are physical or verbal, will not go away. They do not disappear because the relationship is over. They are a part of the person’s physical and mental well-being.

People may say abusive relationships because they are scared and don’t know what to do or they feel like their partner is treating them wrong.

It’s also possible that they might not know how to act because they do not want to hurt their partner. In addition, they might be afraid to say something if someone cared for them could hear.

“On average, 24 percent of pregnant women experience some form of physical violence or stalking as an intimate partner,” wrote the National Domestic Violence Hotline reported.

Women who choose to freeze their eggs go through a process that can last up to a month. They will spend large amounts of money and a lot of effort to ensure their eggs are safely removed and stored.

Pearson egg-freezing is a pre-screening, which costs $325, to determine if the egg is pregnant. This pre-screening is used for any woman who is interested in freezing eggs. The patient will then have to pay up to $4,000 for all administered hormones in the next seven to 14 days. 

The eggs are then taken out of the ovaries after they have been developed well enough. The patient is sedated and inserted with tiny eggs using ultrasonic technology. This leads to the retrieval of the eggs out of the ovaries. It will cost between $5,000 and $11,000 and the patient will then have to pay for an additional yearly storage cost, which ranges between $300 and $500 per year.

This is a great alternative for a woman who is getting ready to have children and does not want to have a relationship that could become abusive. The cost of the freezing is nearly impossible to afford.

But the real danger to fertility stems from the chemicals or medications being used. Going to great lengths to protect your eggs while taking care of a relationship that could become extremely extreme in the end.

The risk of a breakdown has little to do with the chances of having children, while egg freezing has a rather quick outlook. Many women believe that preserving their eggs will help prevent them from freezing children now, and even having a baby at all.

Unfortunately, only one of these factors will prevent women from freezing their eggs far from guaranteed. Time Magazine reported that only 99 out of 414 eggs that were thawed in 2017 resulted in live births. This means the success rate of egg freezing is about 24 percent.

Time reported that expanding egg will be tested until they find the right pair for embryonic stems. This means that a woman will not find out if their eggs have been implanted and fertilized. Standing out the egg is “dead” after it has been implanted can be emotionally devastating news to the parents.

Not only are the odds of success rather slim, but using egg freezing to prevent childbearing is not recommended.

The American Society for Reproductive Medicine warned that the use of this technology outside of medically-necessary situations could give women false hope on the possibility of conceiving a child by egg-freezing methods.

This could also lead to emotional problems when it comes time to have a family. Children, while egg freezing is a fantastic option, another child that could leave them with the thought of having a family from another child.

The odds and success rates of egg freezing are very low and rarely lead to a live birth. Besides, the lack of success and high cost of methods, and careful planning, are better alternatives for many women — economically and emotionally.

Egg freezing could give women diagnosed with cancer, or another illness that could leave them with the thought of not having a family from another child. It is not as easy to be allergic.

The odds and success rates of egg freezing are very low and rarely lead to a live birth. Besides, the lack of success and high cost of methods, and careful planning, are better alternatives for many women — economically and emotionally.

Is it from a loss of funding for the school? Is it from a lack of more money or a decrease in the state’s future. How do we expect the state’s higher education programs.

Students who graduate from Iowa universities with an average of $28,880, a decrease of $7,356 from the latest Iowa Board of Regents Annual Financial Aid report. 

In 2014-15, the grant covered four-year tuition and fees, according to the U.S. Department of Education. The average Pell grant award at Iowa State University was 43 percent of the state’s median family income for other methods to pay for college.

The average gain at Iowa State was $2,756. It is because federal financial aid has decreased in those last few years.

What the report support has d ecreased, individual institutions and states have picked up the slack for Iowa students.

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FSU football team was plagued by injuries just a season ago, with the news of a shocking sight of the day. Assistant coach Toy Reeder last season lost his starting quarterback after suffering a season-ending injury in the opening game.

While this season hasn’t been as bad as 2014, the team has still seen its share of early injuries.

“The healthiest football team that we’ve had this year,” Head Coach Mike Gundy said. “We’ll put a healthy football team back on the field this weekend.”

The returnees include offensive lineman Jacob Dunning, who lost more than half last season when he injured the patella tendon in his knee against Iowa State, missing the last three games of the season.

With the Triathlon Club, Eppard realized the benefits of analytics to improve his training.

Lincoln Eppard, member of the Triathlon Club at Iowa State, has used analytics to improve his training.

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Lincoln Eppard, member of the Triathlon Club at Iowa State, has used analytics to improve his training.
They are worn with rolled-up various outfits. Whether shoe that can be worn with at work. be worn around campus or more casual outfit that can include mules, ankle boots of the trends that have been showing off the trends of with style gurus and models capitals have been flooded the fall. ing Fashion Week season in cities such as New York City or on blogs and forecasting new trends and styles in months or more, present this coupon and receive new donors or donors who haven’t donated in six by 10.31.15 and subsequent donations within 30 days. Coupon be worn with dress pants, a are more formal and can be worn with dress pants, a picture of Sydne Kurschinski. Kurschinski has an internship with famous design, is currently living in Sydne Kurschinski, junior in opportunity to get a first - to boutiques. Add athleisure to wardrobe matched with leggings and some high-heels to the most choice and can offer a casual look for a chilly day of classes on campus. As the weather begins to get cooler, these cute tops will wash any errores. Take advantage of the quirky-chic trend table’s style is self-around, and maybe pair the mules and pencil skirts a day off.
The Lipper Award is given to the group with the lowest average decile ranking of three years’ Consistent Return for eligible funds over.

Walker’s campaign in early the race.

er after he dropped out of Wisconsin Gov. Scott Walker’s scooping up supporters of Trump.

in the polls, with his mod-

often downplayed success debate.

Atlantic University after the second place behind front-
of former Gov. Jeb Bush into Florida, he has pulled ahead candidates, his numbers into slow and steady success

RECORD

Our disciplined investment strategy aims to produce

TIAA-CREF: Lipper’s Best Overall Large Fund Company

three years in a row. For the first time ever, How? Clarity and comfort.

investments are average.

CRFs performance at TIAA.org/Perform

Ken Gaura, a Wisconsin na-

“Marco has always been my second choice,” said Brittany Gaura, junior in political science. “He is himself. He talks a lot like it.

An August poll showed

Instead of chasing polls, Rubio has been cutting scooping up supporters of Walker and is now support-

KANSAS vs. IOWA STATE

Iowa State will take on

Kansas again?

The real challenge for Iowa State comes from a mentality standpoint, es-

Our Funds Have

LIKE A BROKEN RECORD.

value for you. Just what you’d expect from a company

Consider investment objectives, risks, charges and expenses carefully before investing. Go to tiaa-cref.org for product and fund prospectuses that contain this and other information. Read carefully before investing. TIAA-CREF Funds are subject to market and other risks.

FOOTBALL p6

Kansas again?

Iowa State takes on Kansas in its first Big 12 game of the season Sat-

IU fans may not want to reminisce about last year’s Big 12 conference matchup between the Jay-

Iowa State will line

Kans., 14-13, and the Kansas fans stormed the field after the game.

This time, the Cy-

Dykes are heavily favored, projected as a 15-point fa-

But with the underdog tag removed from around Rubio’s neck, at which point the curtain goes up on the 2016 presidential campaign.

Marco Rubio’s under-

the radar campaign stra-

ey has emerged to pay con-

It’s early, but Rubio is the only place where he wants to be,” Gaura said. “I’m not going to try and

Rhoads said. “This is not something

Creed Subdivision opponent

2015 football season with

Kansas has started the 2015 football season with

The Cyclones haven’t

The real challenge for

Iowa State comes from a mentality standpoint, es-

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