Erin Lewis, freshman in animal science, gives Ty a kiss during a comfort dog session Tuesday at Parks.

**THERAPY DOGS: Students de-stress at Parks**

Some students transport water by carrying it in five-gallon barrels on top of their heads.

People transport water by carrying it in five-gallon barrels on top of their heads.
Outstanding services recognized at Memorial Union award ceremony

By Katharina Grunewald
kgrunewald@iowastatedaily.com

The Memorial Union Awards committee recog-
nized the contributions of individuals who have
given their time and resources to make the Iowa State
Memorial Union a great place for people.

“The is a wonderful tradition,” said Raymond
Reynolds, director of the Memorial Union. “It is a
way to recognize those who have been a part of the
Memorial Union.”

Reynolds said that the gathering was a homestret-
ching of sorts with older atten-
dees in attendance.

The event began by honoring and recognizing
faculty, staff and students who had gone above
and beyond their formal commitments to the
Memorial Union to help the Union achieve its
goals or levels of distin-
guished prominence in the
help the Union achieve its
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The Memorial Union Board of Directors be-
moved to present the awards to individuals who

The recipients of the awards have been working
for the Memorial Union for 20 to 35 years.

Four of the recipients were students.

The thing that makes the board work well, is
that it is a students who are involved,” said Robert
Beeslow, chairman of the Memorial Union board of
directors. “They make some great suggestions.”

One of the recipients was
Bruce Hudson.

Bruce was a strong
leader, a fair person, a com-
passionate person and a
family person,” Reynolds
said.

Reynolds said the per-
tant portrait of Harry
Hudson. Harry Hudson
had the portrait painted by the same art-
ist who had done the port-
rant portraits of the Four

The portrait has been
ded to the Memorial
Union by the family of Bruce Hudson.

The portrait of Hudson will be
ged together with the other portraits in the
Memorial Union.

The portrait of Hudson
will be hung together with
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The Memorial Union Board of Directors will
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Nick Morton receives the Four Seasons award which recognizes the contributions of mem-
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A mobile app recently developed by ISU students allows users to automatically silence their phones. Change ring tones and select from 50 different ringtones. The app can be downloaded now on the iTunes store.

By Lauren Sroubek
lsroubek@iowastatedaily.com

Nimble is a new mobile app that is helping ISU students save face over, the previous settings would be restored. "It's a cool way of personalizing your phone," said Don-Carolis. "A phones making loud noises during a lecture, or a background music making you embarrassed to your personal professors, etc. "Nimble" was originally designed to automatically change a phone's settings to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on how to automatically change a phone's settings on 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The Iowa House should be discussing the decriminalization of cannabis, an oil from marijuana that can aid those with severe epilepsy and seizures, today. The bill would apply to those diagnosed with severe epilepsy, who have so many benefits for those suffering from severe epilepsy and seizures, today.

One argument that should be made is that a marijuana treatment is better for those with severe epilepsy. The bill would apply to those diagnosed with severe epilepsy, who have so many benefits for those suffering from severe epilepsy and seizures, today.

Katelynn McCollough, opinion editor

Katelynn McCollough

Editor: Katie Titus

Iowa State Daily

Students and the “Have the talk” pledge to sit and talk about their wishes for organ donation with their parents. Student members of Public Relations Student Society of America organized the event.

There is something that says you are an organ donor still freaks out to some people. Any costs having to do with a donated organ or tissue will come before the decision of changing the lives of many children, currently suffering from seizures for the better. More than that, even against medical advice, is a push in a better direction, or else she just won’t buy into it.
Intramural roommate rivalry

Friends compete for most T-shirts, bragging rights

By Max Dilbe

iowastatedaily.com

Senior roommates, Nick McLaren and Ryan Jennings have been competing to see who can win the most intramural T-shirts. McLaren holds the most intramural championships of any current Cyclone.

Nick McLaren, a senior in computer engineering, holds the most intramural championships of any current Cyclone. He has earned 23 T-shirts and has been a key player in the intramural history behind former Cyclones and ISU track and field star, Tyger Mauger. However, the relationship between McLaren and Jennings is not the only rivalry going on this semester.

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The redshirt freshman now owns 38 championships combined, ranging from "mini-triathalon" dubbed by Iowa State as the Adventure Bash. McLaren's roommate, Ryan Jennings, a senior in mechanical computer engineering, holds the most intramural championships of any current Cyclone. He has earned 23 T-shirts and has been a key player in the intramural history behind former Cyclones and ISU track and field star, Tyger Mauger. However, the relationship between McLaren and Jennings is not the only rivalry going on this semester.

Student-athletes are part of a second generation of the Wolf family to the ISU track and field program. His older brother, Jeff, is the assistant coach for the Cyclones. Colleen Riley competed in the 3,000 meter steeplechase at the Drake Relays on Saturday at Drake Stadium. Riley finished with the time of 10:33.32, a new school record. Colleen Riley competed in the 3,000 meter steeplechase at the Drake Relays on Saturday at Drake Stadium. Riley finished with the time of 10:33.32, a new school record.

Jennings also said that one of the best things about playing in an intramural sport is the camaraderie it creates. Rivals have ended up becoming friends, like those had between himself and McLaren as they would often meet up at the intramural events in the wake of their competitiveness. McLaren said that when he met Nick Wycoff, intramural sports will vault to new heights on the list of things he will miss about college.

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McLaren summed up what he believes to be attractive about intramural sports, not only to him but to Jennings, but to all the participants she has seen over her nearly two decades as intramural coordinator at Iowa State.

"For people who played a sport in high school, it gives them another outlet even though they may have missed it in some way," Martinez said. "People miss their sports and they love competing. Intramural sports are a way to relax and get away from the pressures of academics and academics for a while."
Cooking spray
Dash of cinnamon
1/2 teaspoon garlic powder
1 teaspoon milk
1 egg
A sprinkle of cayenne pepper
1/4 teaspoon smoked salt (regular works as well)
1 drop of vanilla
1 tablespoon olive oil or cooking spray
2 cans chickpeas, rinsed
1 tablespoon + 2 teaspoon melted butter
2 teaspoon powdered sugar
1/4 teaspoon vanilla
2 slices of bread, cubed (your preference of type)
1/4 cup milk
2/4 teaspoon smoked paprika
1/2 a banana
1/3 cup milk [soy, almond, coconut]
1/4 teaspoon baking powder

**Replace chips with chickpeas**

By Lauren Grant

Roasted chickpeas are a great study snack. They are a healthy alternative to chips while still packing the same crunch that everyone loves. Enjoy them by the handful, toss in a green salad or mix into a small min.

- 2 cups chickpeas, rinsed
- 1 tablespoon olive oil or cooking spray
- 1 tablespoon smoked paprika
- 2 tablespoons brown sugar
- 1/2 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 tablespoon smoked salt (regular works as well)
- 1 drop of vanilla
- 1 tablespoon melted butter

Preheat the oven to 425°F. Line baking pan with baking parchment paper. Toss drained chickpeas with the olive oil or spray with cooking spray until evenly coated. Add spices and toss them until all chickpeas are evenly coated. Bake for 40 to 45 minutes until chickpeas are toasted and crunchy. Turn a few times while roasting. Remove from oven and let cool.

**Cook, enjoy single-serve french toast**

By Callie Hob

If you are cooking for just yourself and want something a little more decadent than your usual breakfast, then this recipe is for you. Combine your favorite nut and spices to create a sweet and fluffy French toast in a mug.

- Cooking spray
- 2 slices of bread, cubed (your preference of type)
- 1 tsp
- 1 tsp brown sugar
- 1 tsp of vanilla

In a small bowl, combine the remaining ingredients. In a mug, combine cinnamon, brown sugar and vanilla. Combine cin

Cooking french toast in a mug allows individuals to enjoy a single-serve breakfast. Adding various mix-ins and toppings — such as coconut, orange zest or fresh berries — can create provide a healthy twist.

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**Prepare quick oats on the go**

By Brandi Wilkins

This recipe is perfect for being on the go. If you have an early final test week in your recipe out. Prepare the oatmeal the night before and it will be ready for you in the morning.

- 1/3 cup rolled oats
- 1/4 cup milk
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon

In the morning, mix the oatmeal and milk in a small bowl. Stir in your desired mix-in ingredients.

**Maintain health during finals week**

By Mitchell Zupanoch

Finals week is upon us. Many of us will now spend hours upon hours hitting the books trying to relax—or learn for the first time—things we should have mastered throughout the semester. While studying can be a good thing, you don't want it to interfere with your health. Students spend all day and night studying, getting very little sleep and eating mostly junk food. Here are some strategies for staying healthy while studying.

**Exercise**

You might think it's a good idea to decrease your gym time to focus on studying. But what finals week actions, this might not be such a good decision. Regular exercise can actually leave you more alert and able to focus on your studies.

**Eat right**

You may be tempted to grab quick, easy snacks while studying. Foods like chips, candy and pop might work well in the short term to keep you studying, but after awhile you are likely to crash and find it difficult to concentrate on your studies. Some better options are fresh fruits or vegetables for energy and vitamins, as well as nuts for some satisfying and healthy fats and proteins.

**Get plenty of sleep**

Don't try pulling all-nighters studying. Instead, spread your studying throughout the week before your exam, doing a little each day, so by the time the exam comes you are prepared and well-rested to let your mind work at its best.

Proper sleep will also let you concentrate completely when you are studying, as opposed to having your “study session” be more centered on trying not to fall asleep.

**Coffee cake in a mug provides easy option**

By Kathleen Bound

In a mug, combine flour, baking powder, and sugar. Mix in water, oil and vanilla. Combine cin

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When movies or television shows portray a bride planning her wedding, they often show her trying to map out her seating chart. There are two ways to show your guests where to sit: place cards and escort cards. Place cards are placed at the table to indicate where a guest is supposed to sit. They can usually be found at the top of the plate at the 12 o’clock position, larger than a business card. Escort cards, on the other hand, are usually placed near the entrance of the reception and have not only the guest’s name on them, but also the number for the table to which they’ve been assigned. There are a few different ways to display place cards. Some are printed and folded to stand up, while others are simple cards held up by some sort of place card holder. Place card holders come in all shapes and sizes and can be found online or at a craft or decor store. For the crafty bride, there are ideas for DIY place cards and holders. Escort cards, on the other hand, are usually placed near the entrance of the reception and have not only the guest’s name on them, but also the number for the table to which they’ve been assigned. There are a few different ways to display place cards. Some are printed and folded to stand up, while others are simple cards held up by some sort of place card holder. Escort cards, on the other hand, are usually placed near the entrance of the reception and have not only the guest’s name on them, but also the number for the table to which they’ve been assigned.