2-26-2014

Iowa State Daily (February 26, 2014)

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Discussion on Legislature in New bill to possibly bring type fireworks would be—or other similar projectile-skyrockets, Roman candles (R-Ottumwa) earlier this visit the subject. Senate think it is time to re have been banned in the consumer fireworks to indi would legalize the sale of soon consider a bill that Association has discontinued the resi...
Weekly sessions mix up normal workout routine

By Claire Kirk
@claireskiddaily

As spring break quickly approaches, many mind the head to the Rec Center to get their spring break bodies ready. Some of these gym goers enjoy the weekly group workouts provided by the Iowa State Recreation Center. Classes can range from kickboxing, a high intensity class involving kicking and punching movements, to Pilating, a mix of Pilates, holding and dance. “It is a great way to rev up the normal workout that I do everyday,” I’m sure everyone is feeling a little bit stir crazy with this change of pace,” said Samantha Rottman, freshman in business, after attending her first boot camp group workout.

Kathlin Villanueva, freshman in elementary education, who recently attended and enjoyed a kickboxing class, said it was a nice change of pace. “As a college student, it seems that my schedule is always filled with many stressful and demanding tasks each week. Taking a weekly class is a great way to let off some steam, even if you only go once a week,” Villanueva said.

For many students, changing up the normal workout is not only a good way to get that spring break body, but also a great way to meet new people and have a stress free fun experience.

Professor publishes books about women in the workplace

Erin Sikula and Aarika Goodwin kickboxing class at State Gym on Jan. 22. This is one of the many group fitness classes offered free to students through the ISU Recreation program. Other classes offered include yoga, pilates, and zumba. There are a variety of group workouts ranging from kickboxing to yoga to Pilates. 

Lucht provides feminist perspective on Mad Men

By Kelly Schiro
@kellyschirodaily

Tracy Lucht, assistant professor of journalism, published two books within the last year. “2013 was a very busy year. I wrote more pages than I ever could have imagined,” Lucht said. In the beginning, it was hard for Lucht to get used to writing because her instincts told her to look at the stereotypes of women.

They first thought of the idea to write the book after participating on a panel at the annual Association for Education in Journalism and Mass Communication Conference in 2011. The panel discussed the show and its historical accuracy and representations of women in the workplace.

Lucht and her colleagues wanted to take a deeper look into the historical accuracy of the show’s portrayal of women in the workplace. “Mad Men is arguably the best TV show on television. It’s a fan of Mad Men and thinks it’s important to explore how accurate the show’s portrayal of women is, but also her ‘brand,’ and how she overcame the stereotypes of women.” Lucht said.


“The big messages that haven’t changed are about women because they tend to get overlooked by history,” Lucht said.

“Tracy Lucht’s biography about Sylvia Porter ranks as one of the best biographies that I have ever read in the journalism genre. She not only chronicles her life but also her ‘brand,’ and how she overcame stereotypes about women to advance her career,” said Michael Bagraj, director of the Greenlee School of Journalism and Communication.

In the future, Lucht hopes to write on historical figures Lucht found interesting. “I like telling stories that might otherwise never get told,” she said.

Weather

Weekly weather summary

Mostly sunny with areas of blowing snow.

Weekly weather summary

Sunny and cold with wind chills as low as -30.

Weekly weather summary

Chance of snow and cloudy.
ISU sustainability efforts reflect on positive environmental influence

By Justin Lo | @IsuSustainability

Sustainapalooza, Iowa State's annual celebration of environmental stewardship, was held at the Memorial Union Transit Center this spring. It featured full presentations and activities to recognize and promote the sustainability efforts on campus.

The event began with the Supreme Court on Sustainability where the past, present, and future of sustainability were discussed through panel discussions.

Near the conclusion of Sustainapalooza, the 2014 Live Green! Awards for Excellence in Sustainability were given to individuals and groups making an impact in ISU's sustainability efforts.

“...Snell was there for the Supreme Court on Sustainability...”

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"...Snell was there for the Supreme Court on Sustainability..."
Reform Iowa's marijuana laws

Any changes to Iowa's marijuana policies will not come this legislative session. That is according to Iowa State Sen. Joe Bol克man (D-Denver), who recently spoke at the Iowa State University's New Mexico Medical Cannabis Program.

"The Iowa Board of Pharmacy has also been dragged into the medical marijuana debate, after hearing unanimously recommen-ded positions from a group of experts. It seems very well have medical benefits. Currently, however, marijuana is a Schedule 1 drug in Iowa, meaning it has no accepted medical benefits and is considered a banned drug in the state; hence, the law enforcement position.

There are those in Iowa that feel the need to reform marijuana laws. I have spoken with some of these groups of Iowa mothers, for example, who have made their loved one's lives better by providing medical marijuana or marijuana products will lead to a stoner's paradise is both misguided and unnecessary. A study shows that half the battle.

It would be impossible to open the discussion and make all the benefits of medical marijuana need to hold sue. Those of us in Iowa who recognize the other Senate republicans are open to the issue at all costs can certainly help create some bad decisions.

This doesn't discount the possibility of an estimated 10 million marijuana users in Iowa. The arguments that "weed" is a form of cancer where tumors grow on the skin or blood or lymphatic vessels, Mackenzie was a patient diagnosed with a cancer.

There are doubts that Mackenzie will ever get to make his case, as he may not live long enough to see any benefits to the medicine that he says was helping him. "He was a loving husband and father who was working hard to keep his cancer at bay," his family said.

The 2010 Des Moines Register poll found that 74 percent of Iowans support medical marijuana. But 97 percent of those pol-

Avoiding the issue at all costs can certainly help keep a legislator out of controversy, but with a 2010 Des Moines Register poll finding that 74 percent of Iowans support medical marijuana, it is perplexing that so few Iowa legislators have signed onto the medical marijuana program.

"It is a fight we should take on, but it is a fight that we've all seen before. The problem is how to get to the core of the issue, so that we can have a 'high abuse' mentality.

"The highest mortality rate is a complication of CBD and its pharmaceutical form, a liquid that does not get users high, but for others. Dunn should have realized that we've all seen one of those teenagers intruded in their car. Dunn and his fiance, for help or to leave the scene of the crime. The irresponsible, de-escalate a problem. Some signs of the "stand your ground" laws.

"If Dunn was so terribly uncomfortable, why doesn't he keep a gun and shoot the individual who isn't going to get out of the car? Dunn's first mistake was considering a "stand your ground" state. The following morning, Dunn and his fiance drove a white Jaguar about a mile down a road, where Dunn saw a car stopped on the side of the road with three teenagers inside.

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Defensive lineman Trent Taylor announces Cyclone commitment

By Alex Gookin

Iowa State Daily

If it were up to Fred Hoiberg, the Big 12 Player of the Year discussion starts and ends with his first-four-year starter.

At this week's news conference, leading into Wednesday night's rematch against West Virginia, the ISU coach made it clear that he wants his senior forward Ejim to be the only Cyclone alone in the race for the league's top individual award.

"When you look at his overall body of work," Hoiberg said "Leading the conference in scoring, second in rebounding, that 40-point game that he had is something people will look at as the highest scoring game ever in the Big 12 Conference. He's having a great year."

After Iowa State's second Big 12 loss in 2014, the Cyclones only probabilistic future was third in the Big 12 Conference. "I'm not going to sit here and wish more people were talking about me. I just want to continue to do what I'm doing and if that means that no one's talking about it at the end of the day, then I'm happy to get the job done." said Ejim.

One job he — or the entire team — did not get done was on Feb. 10 at West Virginia, losing 71-67 in Morgantown.

"They're a legitimate high-level Big 12 team for a reason," said Hoiberg. "They're a legitimate guard who doesn't want to be playing like a senior point guard and Tiffany Bias put up 22 points, four assists and 10 rebounds in each of its 14 wins."

But scoring was not the Cyclones only problem. It was Iowa State defense that could cause problems for Iowa State. Brittney Martin is second in the Big 12 in steals with more than two per game. She also leads the Cowgirls in rebounding — averaging almost eight per game.

In Oklahoma State's win against Iowa State earlier in the season, Martin had four steals and racked up 11 rebounds.

"Their guards are very versatile. They're as quick as they can be, and we just can't get in the backcourt. We bring things just as well as they do," said senior forward Hallie Christofferson.

So how does Ejim feel about the top teams in the nation right now? "I think I do definitely deserve to be held to a high bar and I've been getting it," Ejim said. "But I'm not going to sit here and wish more people were talking about me. I just want to continue to do what I'm doing and it that means that no one's talking about it at the end of the day, then I'm happy to get the job done."

Senior forward Hallie Christofferson celebrates after making a rebound shot during the game against Texas on Saturday, Feb. 22 at Hilton Coliseum. Christofferson had 20 points and 10 rebounds for her seventh double-double of the season.

Iowa State State prepares to battle Oklahoma State again

ISU anticipates challenge from OSU guards

By Maddy Arnold

The last time it played Oklahoma State, the Cyclones women's basketball team was in a very different situation.

The 2014-15 Cyclones went into last Wednesday's game winning streak and off to the best start in school history but the Cyclones put an end to all that. Oklahoma State handed Iowa State its first loss of the season on Jan. 11.

The Cyclones (18-8, 7-5 Big 12) went in deep January to Oklahoma State, and they played that look-off again on top 25 soon after. Now, Iowa State will face Oklahoma State (21-6, 10-2 Big 12) Wednesday, hoping for the same result this season.

"Probably the biggest difference in our loss vs. the Cyclones," Hoiberg said. "We didn't do a good job guarding them. But Oklahoma State had a great team, and they did a great job from start to finish from different points. We talk about that, but sometimes figuring out who to put on who, defensively, they always do something to make it difficult for us." said senior forward Tyler Brown.

Brown had a team-high 11 rebounds in the game and committed 15 turnovers.

In the loss, the Cyclones held the Cowboys to just 42 points and committed 15 turnovers in the 71-67 loss.

In the Cyclones loss, Osby and Brown played a combined 33 minutes.

The senior forward and the Cyclones have been able to get off to a good start and continued to improve.

"I have a pretty good memory of how we've prepared the last three seasons?" Hoiberg said. "I think we've been getting it, we've served it a little bit more and I've been getting it." He also led the conference in scoring, second in rebounding, "Leading the conference in scoring, second in rebounding, that 40-point game that he had is something people will look at as the highest scoring game ever in the Big 12 Conference. He's having a great year."

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So how does Ejim feel about being a team leader? "I'm not going to sit here and wish more people were talking about me. I just want to continue to do what I'm doing and if that means that no one's talking about it at the end of the day, then I'm happy to get the job done." said Ejim.

Senior forward Hallie Christofferson drives to the hoop during the Cyclones' 64-51 loss to the Jayhawks on Feb. 26. Cyclone forward Tyler Brown played football together in high school.

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ISU swimming team shifts to racing mindset

Women focus practice on race, prepare for Big 12 competition

By Tori Alexos Ramadhas

The ISU swimming and diving team has been practicing multiple techniques in practice to prepare for the Big 12 Championships after having two and a half weeks off since regionals against Kansas.

"We're getting into the mindset of racing. We've done hard training throughout the season, now it's time to focus on the race, " said senior Elyse Brouillette.

While Hillman didn't put up her best score, she was still pleased with her results.

The ISU swimming and diving team has been enjoying the competitive aspect. If someone doesn't do well, we kind of feed off each other and enjoy the sport we love, and it's all said and done. It's a fun time to be with both, negotiating with clients and agency staff about the details of the field's concepts, practices, and procedures.

"I'm not going to talk about what I hope I should score, so what place I place to finish them to finish," Warrick said.

Hillman finishes in sixth place at USA Indoor Championships

By Chris Wolff

Christina Hillman made her home return to Ames this past weekend as the lone Cyclone to compete at the USA Indoor Track and Field Championships.

"I love watching some of these girls compete," said Brouillette. "Some have been going on 'what's coming up next?' with their focus on the next meet, I think this weekend is just a preview of what's to come," Warrick said.

"That will take care of them to finish in," Warrick said. "Not only are you feeding off the positive things, you're at.

Hillman officially qualified for her NCAA-leading sophomore 5-meter diving title experience.

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Brouillette, Henderson guide each other, team to compete

Drivers prepare for the Big 12 Championships

By Blake Azlin

@iowastatedaily.com

The ISU diving team is making its second-to-last stop of the 2013-2014 season in Austin, Texas, for the Big 12 Championships. The Cyclones have included high stress with each week and split with each find to "stay fresh" and be ready for the Championship meet.

They have also been enjoying more time to prepare for the Big 12 as they prepare for the Big 12 Championships after having to focus on the race, " said senior and diving team captain Jessica Henderson.

"It's a time to come together and enjoy the sport we love, " Henderson said. "This is a time to focus on the race, " said senior diving captain Jessica Henderson.

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Orthorexia takes health food too far

By Lindsey Macnab

As many Americans know, consuming a diet that is consistent with MyPlate recommendations for a given age, gender and activity level is considered to be “healthy.” But in the case of eating disorders, “orthorexia nervosa” or just “orthorexia” is a term defined by the Academy of Nutrition and Dietetics as, “an unhealthy fixation on eating healthy or pure foods.” It is an emerging disordered eating pattern.

At first, an individual starts out with the intention of eating better and exercising more. As time goes on, the person Obsesses over what he or she puts in their body, only eating foods that are raw “pure” organic, and non-processed and too all all too often completely omitting entire food groups such as grains or dairy.

Not only does this type of eating result in significant caloric restriction, but it can also lead to inadequate intakes of protein, fat, vitamins, and minerals and ultimately, malnutrition.

Unfortunately, those who have orthorexia no longer have a healthy relationship with food and exercise as a result of learning inaccurate or misleading information from sources that aren’t credible—certain magazines and websites.

Trying to consume the “perfect” diet is a constant struggle and may become more difficult when the individual learns about new information not backed up by research.

Unlike anorexia nervosa, the quality, not the quantity of the food, becomes the focus. Individuals who may be suffering from orthorexia devour an overwhelming amount of time preparing and choosing what they believe to be “healthy” foods. Deviation from one’s “health diet” often results in self-punishment such as stricter eating, excessive exercise or fasting.

If you know someone who is possibly suffering from orthorexia or any eating disorder, please visit the National Association of Anorexia Nervosa and Associated Disorders website at http://www.anad.org/ or call the ANAD hotline at (833) 557-1230.

Health nut banana bread

Yield: 20 servings (serving size: 1 slice) Prep: 10 minutes Cook: 45 minutes

In 3 cups sugar

■ 1/4 cup light (no salt added) butter, softened
■ 2 large egg whites
■ 1 cup plain/vanilla low-fat Greek yogurt
■ 1 cup whole wheat flour
■ 1 cup all-purpose flour
■ 1 teaspoon baking soda
■ 1/2 teaspoon salt
■ Cooking spray (for coating pan)

Preheat oven to 350 F.

Beat sugar and butter with a mixer at medium speed until well-blended. Add banana, almond milk, yogurt, egg whites and mix four, baking soda and salt. Add flour mixture to sugar mixture, beating until blended. Spoon batter into a 9x5-inch loaf pan coated with cooking spray (if using silicone loaf pan, oil or spray is not necessary). Bake at 350 F for about one hour or until a wooden toothpick inserted in the center comes out clean. Cool and remove bread from pan.
Find appropriate colors for wedding

You’ve got the rings, set the date and bought the dress, so now it’s time to choose your colors. This will depend, whether or not you’ve chosen a specific theme, the time of the year and where the ceremony and reception are located.

Keep these in mind:

- Things you need to keep in mind when choosing your colors include the venues you’ve chosen, the flowers you’ve chosen for your wedding, the color of your dress, whether or not you’ve chosen a specific theme, and the length of time it will take you to find certain items in your chosen colors.
- Considering the decor of the venues is important when it comes to choosing the colors for your wedding. It doesn’t matter if you have colors that work well with the decor of the venue, especially if the one chosen for your reception. You don’t want your bridalmaids and the walls to be in the same color or have them completely clash.
- Sometimes the flowers you want are not available in the colors you want. Also, some colors are not naturally available for certain flowers so it may cost more to have the flowers dyed. Make sure to do your research and talk to your florist or wedding planner before becoming dead set on the flowers you want.
- Certain skin tones and hair colors look better with certain colors. You don’t want your bridalmaids to look washed out because they have lighter skin tones and you’ve chosen a darker color dress. This is when incorporating different shades of the colors you’ve chosen will come in handy.
- If you have chosen some less common colors, be prepared to have a difficult time finding certain items in those colors. If you absolutely have to have those colors, give yourself plenty of time to search for the items you want since this may take longer to find. Look to prepare to pay a little more for items in colors. If you absolutely have to have those colors, give yourself plenty of time to search for the items you want since this may take longer to find.

A splash of color:

Here are the top 10 color trends that made a splash in 2013 according to Kimberly Holmes Formica:

1. Tangerine Tango and hot pink
2. Dusk pink and porcelain gray
3. Blue sapphire and white
4. White on white
5. Red and pink
6. Coral and white
7. Teal and dark gray
8. Fuchsia and white
9. Champagne and black
10. Peach and silver

Elegant Wedding Invites said these colors are already trending for 2014:

- Navy blue
- Shades of pink
- Gray
- Silver
- Aqua
- Coral

If you plan to order invitations that match your colors, as many people do, talk to the printer before ordering. Some pieces will give you samples of what your colors will look like on certain types of paper.

Color palettes:

The season in which you’re getting married can play a role in the colors you choose for your wedding. Some people even set the date based on the color palettes they want until the season those colors correspond with. Better Homes and Gardens suggests these color combos for different seasons.

- Spring
  - Purple and blue (also good for summer)
  - Red and pink (also good for summer)
  - Lavender and pink
- Summer
  - Purple and blue (also good for spring)
  - Orange, green and white
  - Black, white and green
  - Green and pink (also good for spring)
  - Yellow and orange
  - Orange and bright pink
- Autumn
  - Cranberry and bold pink (also good for winter)
  - Red, orange and white
  - Orange and brown
- Winter
  - Orange, green and brown
  - Cranberry and bold pink (also good for fall)

Color palettes:

When choosing your colors, keep these in mind:

- Keep in mind the colors you want.
- Make sure to research and talk to your florist or wedding planner before becoming dead set on the flowers you want.
- Certain skin tones and hair colors look better with certain colors. You don’t want your bridalmaids to look washed out because they have lighter skin tones and you’ve chosen a darker color dress. This is when incorporating different shades of the colors you’ve chosen will come in handy.
- If you have chosen some less common colors, be prepared to have a difficult time finding certain items in those colors. If you absolutely have to have those colors, give yourself plenty of time to search for the items you want since this may take longer to find. Look to prepare to pay a little more for items in colors. If you absolutely have to have those colors, give yourself plenty of time to search for the items you want since this may take longer to find.

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Pros, cons for wedding DJs

By Alesha Olson
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When it comes to a wedding, music is what sets the tone for the party or reception. You want the music to represent you as a couple and also accommodate your guests. If you are choosing a disc jockey, here are some things you should know.

Pros

• Inexpensive: Compared to a wedding band, DJs are reasonably priced.
• Variety: With a DJ you’re guaranteed to cover all genres of music.

Cons

• Not as classy: Depending on the look you are going for, bands can give a more sophisticated feel.

Public announcements

In this case, it would not be wise to invite children if you are going for an elegant celebration or not. If it is a more upscale wedding venue where kids are not welcome, then I would advise my couple to just not invite them instead of making the parents figure it out,” said Thomas.

Thomas said if just the parents are invited, then a babysitter should be arranged. “Mr. and Mrs. Thomas indicates that the kids are not invited to the wedding rather than saying ‘Mr. and Mrs. Thomas and family.’”

Thomas also said she has recommended couples with babysitters so the kids can be in a separate room with snacks, games or movie with the sitter. “If there is more than 10 and 20 children, we strongly suggest to hire a babysitter,” said Cynthia Betts from Weddings in Iowa. “We often suggest a children’s table at the reception.”

Betts said to provide colors, pencils and magic tricks on the table. She also suggested having board games or pillows in case the kids get tired.

“If they can fit their seating chart in, that’s great,” said Candy Gaedke from University Community Childcare. “If you would like to have kids there or not.”

If you decide you would like to have kids in attendance, there are many ways to keep them entertained so they do not disturb the celebration.

Consider options to entertain kids

By Lindsey Wanninger
lwanninger@iowastatedaily.com

The day of a wedding should be as stress-free as possible. Including kids in the wedding celebration does not have to be an added stress.

Becky Thomas from Mostly Becky Weddings and Events said that when thinking about whether or not kids should be invited to a wedding, take it into consideration the size of the venue and if it is an elegant celebration or not.

“If it is a smaller venue, fire code simply may not allow enough room for everyone because of safety reasons. In this case, it would not be wise to invite children if your head count is getting close to the capacity of the venue,” said Thomas.

“Mostly Becky Weddings and Events said that when addressing the invitations accordingly. For example, if the kids are invited to a wedding, take the kiddos play.”

If there is more than 10 and 20 children, we strongly suggest to hire a babysitter, said Cynthia Betts from Weddings in Iowa. “We often suggest a children’s table at the reception.”

Betts said to provide colors, pencils and magic tricks on the table. She also suggested having board games or pillows in case the kids get tired.

“If it can fit into their planning, that’s a great idea,” said Candy Gaedke from University Community Childcare in regards to a kids’ table with activities. “If you know the child is between two and eight years old, usually you have markers or paper and crayons that they can draw and write with.”

It is your wedding and your decision if you want to have kids there or not. If you decide you would like to have kids in attendance, there are many ways to keep them entertained so they do not disturb the celebration.

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The ultimate goal is to make the bride and groom happy.

Steve Saltzman from Steve’s Mobile Music said DJs are great in that couples can personalize their music. DJs really can make everyone happy.

“We want to make it comfortable for the couples, we can make altered versions of songs,” Saltzman said.

DJ’s can also take requests from the wedding guests, but they always have a list of songs the couples do not want played on hand.

If you are worried about music for the ceremony, DJ services can be incorporated in the wedding to play background music until the ceremony starts.

“The ultimate goal is to make the bride and groom happy.” Saltzman said.

If there is a song a DJ does not have, you can bring your phone or iPod to the booth and play the song yourself.

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