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Daily scoop

News:

Changes to CyCash

Students returning this fall may notice a difference in payment options on campus. The maximum amount of CyCash has been reduced from $500 to $50.

This change will be noticed especially in the checkout lane at the University Book Store. “Students will be able to charge books to their U-Bill during the fall, and we’ve brought the dollar amount from $500 down to $50,” said Joan Piscitello, Iowa State’s treasurer, in explaining the change.

CyCash can still be used at the bookstore, as well as laundry facilities, campus convenience stores, copy centers, vending machines and dining centers.

The information in the log comes from the ISU and City of Ames police departments’ records. All those accused of violating the law are innocent until proven guilty in a court of law.

July 9
Jessica Riedl reported the theft of a bike at Howe Hall (reported at 10:13 a.m.).

An individual reported being harassed by an acquaintance at Pearson Hall (reported at 11:11 a.m.).

July 10
A staff member reported several unauthorized purchases were made on a stolen credit card at Forker Building (reported at 10:54 a.m.).

July 11
Luis Rodriguez-Garcia, 19, of State Center, Iowa, was arrested and charged with operating while intoxicated and possession of a controlled substance at Franklin Avenue and Lincoln Way. A 17-year-old male was taken into custody for possession of drug paraphernalia; he was referred to Juvenile Court Services and then released to the care of a parent (reported at 10:24 p.m.).

July 12
Kelly Moore reported damage to a vehicle tire at East Campus Parking Desk (reported at 8:11 a.m.).

An individual reported the theft of a laptop computer. The incident occurred sometime between June 21 June 24 at Davidson Hall (reported at 11:26 a.m.).

An individual reported a male exposed himself in a men’s restroom at Union Drive Community Center. A suspect was subsequently identified and the investigation is continuing (reported at 6:27 p.m.).

July 13
Michael Ploeger, 24, of 4912 Mortensen Road, Apt 534, was arrested and charged with operating while intoxicated at Mortensen Road and State Avenue (reported at 1:23 a.m.).

A resident reported seeing an unknown male in her apartment at University Village. The individual left the unit after being seen. A crime alert was issued and the investigation is continuing (reported at 3:12 a.m.).

A resident reported the theft of a laptop computer at University Village (reported at 11:56 a.m.).

July 14
Rusty Rhamy, 24, of 4912 Mortensen Road, Apt 322, was arrested and charged with operating while intoxicated at Mortensen Road and Seagrave Boulevard (reported at 2:47 a.m.).

Officers assisted another agency with a criminal investigation at Garfield Avenue and Ontario Street (reported at 6:26 a.m.).

July 16
A staff member reported the theft of a laminated poster at MacKay Hall. A number of lockers were also opened; however, nothing is believed to have been stolen from them (reported at 8:48 a.m.).

An individual reported the theft of a wallet at Gerdin Business Building (reported at 2:33 p.m.).

Sports:

Post-Thanksgiving game against WVU will air on ABC

ISU Athletics announced July 25 the football matchup with West Virginia will be played Nov. 23, the day after Thanksgiving.

The game will be played at 2:30 p.m. and will be televised nationally on ABC.

“We are elated to be in such a great time slot on a day when people all over the country are watching college football,” said ISU head coach Paul Rhoads in a news release. “I’m excited Cyclone football will again be getting such widespread exposure.”

The matchup with West Virginia will be the final game of Iowa State’s 2012 season.

Team PrISUm places second in national race

Team PrISUm and their solar car Hyperion finished the American Solar Challenge in second place July 21.

The team was the fourth car to cross the finish line, but because the results from each day are combined, the team was able to hold onto second place.

The team also received awards for best mechanical and electrical components overall.

The finish marks the team’s highest-ever final standing at the annual event.

The Members Group

Publication: ISU members subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.

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Police blotter

Ames, ISU Police Departments

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isdai.ly/O5xetK

Scan the QR code or find
the story online at
isdai.ly/Q6BSms

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the story online at
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How many hours of the 2012 Olympics do you plan on watching this summer?

Nicole Turkle
Senior
Horticulture

“As much as possible.”

Will Stone
Graduate
Statistics

“About five hours, between track, cycling, basketball and soccer.”

Everardo Alegria
Freshman
Mechanical engineering

“I’ll watch a couple events, so about an hour.”

Ahmad Khairi
Sophomore
Electrical engineering

“Three hours.”

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What State Fair event are you looking forward to?

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One-on-one with Lisa Uhl, Olympic athlete

By Stephen Koenigsfeld
@iowastatedaily.com

ISU graduate Lisa Uhl, former cross-country and track and field athlete for Iowa State, is heading to London for the 2012 Olympic Games as a qualifier in the 10,000-meter run. Currently, she runs professionally for the Oregon Track Club in Portland, Ore. She was formerly known as Lisa Koll before marrying husband, Kiel Uhl.

Lisa took time to discuss with the Daily her thoughts heading into the 30th Olympiad. Lisa Uhl, an ISU graduate, recently qualified for the 2012 London Olympics in the 10,000-meter run. She has been a professional runner for the Oregon Track Club for a number of years. Uhl said she is looking forward to her time in London.

You have been running professionally for a couple of years now. What would you say surprised you the most in your transition from college to professional running?

I knew it would be a transition, but I struggled a little more than I originally thought. I struggled a lot last year with injury, and that was something that I wasn’t prepared for. But when [the transition] actually happened, it was harder to get through. But I think that happens to everyone who makes the transition from college to professional running, and I’m glad to have it be done with, and I learned some things from it.

You are currently running professionally with Nike and the Oregon Track Club. What has your time been like living on the West Coast?

It’s been great. Everyone has been really supportive. I have awesome facilities at Nike. I do most of my training on the Nike campus. Here where I live, in Portland, there are great trails. It’s been great for training.

I’ve got a couple awesome teammates — Shalane Flanagan and Kara Goucher. And a bunch of other guys in the group. So it’s been really good because it’s almost like a little college atmosphere. We have a group of 11 athletes all training together with the same goals and the same focus. It’s been really nice. It’s like a little college team that we have out here.

The weather is great; it rains a lot in the winter, but it’s really mild and manageable for working out outside all the time. It’s been a great transition.

In your most recent competition, you qualified for the 2012 Olympics. Take me through your emotions when it finally hit you that you were going to be an Olympic athlete.

It was kind of interesting, because the way it was this year was there were only four women in the field that had the Olympic A-standard. And if no one else ran the Olympic A-standard in the Olympic Trials, then those four would be going to London. And I knew one of those four was my teammate Shalane, and I knew she wasn’t going to take the spot because she’s doing the marathon. Basically, long story short, we got halfway through the race, and I knew no one else was going to run the time that was needed to make the team, so I knew I just had to finish the race to be on there, to make the Olympic team. So, about four miles into the race, I knew I was going to make the team, that I was going to be an Olympian.

It was a weird way to go about it because four miles into it I was thinking “I’m on the team, I’m going to be an Olympian,” and you can’t let yourself celebrate it because you’re still in the middle of a race. So, I really didn’t let myself think about that moment until I crossed the finish line. ...

... I thought I would be crying and be a wreck, but I was so happy and so relieved because it’s such a stressful experience. But, it was more of a relief more than anything.

It still doesn’t feel real. I think it’ll feel more real once I get on the plane and go to London. It’s unbelievable.

What are you looking forward to most about the Olympics?

I’m looking forward to being around a bunch of world-class athletes. Going to the Olympic Village and being in that atmosphere is going to be a once-in-a-lifetime experience. There are only really two ways you get to represent your country, and that’s to be an Olympian or to be in the military. So to be able to represent your country... Just that in itself is what I’m looking forward to.

Learn more: Read the Daily’s entire interview of Lisa Uhl at iowastatedaily.com/sports
The time for the Olympics is finally upon us and that means the world’s attention will be focused on London for the next 17 days. All that London coverage may certainly stir up some ideas to hop across the pond and see the historical city yourself. And why not? With so many things to do, London is truly the vacation spot of a lifetime.

London makes for a great city to visit for those traveling abroad for the first time ever. There are no language barriers; the money and public transportation systems are easy to figure out; and it is one of the most diverse cities in the world.

As I am currently visiting London myself, I can tell you firsthand life in this city is not cheap. But don’t worry, the city boasts of enough free things to do that you won’t be able to see them all in a week.

To begin your adventure in London the first thing to do is make your way to one of three places: Leicester Square, Trafalgar Square or Piccadilly Circus.

These three areas of London are what many refer to as proper London, or the heart of the city. You can easily find any major landmark from these points including Westminster Abbey, Buckingham Palace, Big Ben and Parliament, the London Eye, St. Paul’s Cathedral, the Tower of London, Tower Bridge, and a large variety of museums.

The best part? They are all within walking distance of each other and the majority of them are free to see, though donations are often requested.

You didn’t have to pay to close attention in school to pick up on just how long and rich the history of England is, a history you can see on every street while in London. The old and the new are everywhere and quite intermixed, meaning there is truly something for everyone.

With the help of their wide range of museums, including the British Museum, the Natural History Museum, the Imperial War Museum, the National Portrait Gallery and Tate Modern art gallery, you can also see artifacts from across the globe. One of the most fascinating being the Rosetta Stone.

If museums aren’t really your thing, then head to Victoria or Hyde Park for some scenic views.

Oxford Street is not far from Hyde Park and can fulfill all of your shopping needs, though going to a market such as the ones in Camden,
Portobello or Spitalfields can offer better prices and less tourist shops.

There is no shortage of food in London, but it's also not what the city is known for. A traditional English meal will be bangers and mash, or to an American, sausage and mashed potatoes. Expect a serving of baked beans with your meal, no matter if it's breakfast, lunch or dinner. Also, afternoon tea with a tart is a must at least once on a trip to London.

The nightlife is always quite lively in the city. Start early at a pub, for they do last call at 11 and close by midnight. It is quite common to begin drinking immediately after work. From there head to a club, but be prepared to pay a hefty cover to get in.

The most important thing to remember about going out at night is the last tube is at 12:30 a.m. If you miss this, your only way home is a taxi or the night bus.

London will be more crowded for this year's Olympics, which will be the third time London has been host to the Games. In fact, London is the only city in the world to host the Olympics that many times.

The events will be held across England, with most taking place around the city or within Olympic Park in Stratford, an area in east London.

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Catch the Olympic spirit of Team USA

Join fellow Americans to support every athlete under the flag with pride

Friday will see the beginning of the games of the 30th Olympiad in London.

For the following two weeks, over 10,000 athletes from all around the world will compete in virtually every summer sport imaginable, from synchronized swimming to marathons, from boxing to basketball. Between now and Aug. 12, people all around the world will watch games they don’t understand, governed by rules they haven’t a clue about.

But perhaps most importantly, we will all root and cheer for men and women we have never heard of, just because they compete underneath the flag of our country.

The major defining characteristic of the Olympics is they are amateur in nature. The competing athletes are, for the most part, nonprofessionals in their sports. They pay for their own coaching, equipment and training, which are usually terribly expensive. They often hold down real jobs on the side, training when they’re off the clock. The only support they have, until they actually make the Olympic team, comes simply from equally dedicated friends and family.

The character of this amateurishness completely forges the particular bond we have to the Olympics and our Olympians. With professional athletes, who are typically paid excessively for their efforts, whose full-time job is their sport, and who receive the best training money can buy for free, our relationship with them is different.

When someone from Nigeria is chosen to play for the New York Knicks, Knicks fans don’t care he’s from Nigeria. When a Honduran plays for the Boston Red Sox, Sox fans don’t concern themselves about his non-citizenship. And Detroit Red Wings fans definitely don’t care when a Russian or a Frenchman plays hockey for their team either.

When a professional athlete signs...
What makes the Olympics so special is that the littlest guy or gal in the most marginalized sport can make it to the top, unite us into a single 300-million-person team and lead us as one Team USA.

his contract, his nationality or state of birth becomes irrelevant. Their identity is suddenly inexorably infused, overwritten even, with the identity of their new adopted home. With Olympians though, the case is reversed.

The Nigerian living in New York goes home to compete for Nigeria, the Puerto Rican living in Boston goes home to Puerto Rico, and so forth. Expatriated Americans return home to compete in our trials to earn the honor of representing the very place they’re from. The Olympics, then, are a great expression of national pride, opposed to the celebration of the highest bidder.

And when a week from now the question around the water cooler will be, “Hey, did you see that we got gold in women’s fencing?” “Yes!” will be the reply. “I’m so excited she won!”

Americans who have never touched a fencing foil or sabre will suddenly give a damn about the girl in the white suit, whose face is covered by that bulbous black mask, her long blonde hair peeking out a little from underneath serving as the only suggestion of the identity of the competitor. For a few days, we will become fencing fanatics, archery aficionados and shot put supporters.

Michael Phelps will indeed get his share of the spotlight; the next Shawn Johnson will rise to the top and grace Wheaties boxes for months or years to come. But so will the currently unknown athletes in the currently unknown sports.

The classical liberal philosophy that gave birth to our nation speaks to us about the virtues of the individual. As a country, we believe that with enough hard work and determination, anyone can do anything. And that’s what Olympic competition is all about: even the littlest guy or gal in the most marginalized sport can make it to the top, unite us into a single 300-million-person team and lead us, the entire United States of America.

We cry with them as the national anthem plays and the Stars and the Stripes are hoisted into the air. We love them because they are one of us, and, at least spiritually and philosophically, we’re right there on that podium with them.

Certainly sports tropes are done to death and are clichés of clichés by now. But maybe, just maybe, in an election year immersed in the most polarized time in American history since the Civil War, there’s something we can learn about government from a javelin thrower.

Enjoy the games, Iowa State. Republican, Democrat or otherwise, we’ll be cheering right along with you.
Danny Harris cannot quite describe the feeling of participating in the Olympics.

“Trying to describe what that feels like is trying to describe what it’s like to walk on the moon,” Harris said. “Unless you actually did it, it’s really hard to articulate.”

It was 1984, and at just 18 years old after his freshman year at Iowa State as a two-sport athlete in football and track, Harris found himself in Los Angeles for the Olympic Games.

Harris had been recruited to Iowa State primarily for football, and he was fast. In just his third 400-meter hurdle race during his first season, Harris broke the World Junior Record.

At the Olympic Trials, Harris would fall to legendary 400-meter hurdle runner, Edwin Moses.

At that point, Moses was in the midst of a 122-race winning streak. But Harris would qualify for the Olympics too and have another shot to beat his now fellow U.S. teammate. At the time, the moment was hard to believe.

“As an 18-year-old, sometimes we go into things not fully recognizing the magnitude of the situation, we just do the next thing that’s in front of us,” Harris said. “That’s what it was like for me.”

That next thing found Harris at Los Angeles Memorial Coliseum in that summer of 1984. The moments that followed would put Harris in awe. He remembers getting fit for his uniform, walking into the stadium and the arches of the coliseum.

Of course, Harris remembers the race. In that race, Harris would finish second again to Moses, accounting for just his second and final loss that year. But Harris, as a teenager, was standing on the podium with a silver medal in hand.

The moment was special, as Harris thought back to the people who had made his journey possible.

“That was for me and for my elementary school teachers for recognizing my athletic talent, my high school coach, my coach at Iowa State, Bill Bergan. And that moment right there I thought about all of them,” Harris said. “All those people that contributed to me to get to that moment.”

Knocking off Moses

After Harris took silver at the Olympics in 1984, he returned to Ames for his sophomore season on the football field. Prior to the game against Iowa, Harris hurt his knee.

Eventually, the decision was made that Harris should no longer play football. Instead, his focus shifted solely to track.

Through his Cyclone career, Harris won three national championships in the 400-meter hurdles, going 37-0 and never losing a collegiate match.

In 1987, Moses’ unbeaten streak in the race had stretched to 122 400-meter races. In Madrid, the two met on the track.

“My last practice that I had [before the race] was the best practice that I had ever had up to that point,” Harris said. “I ran 500 meters in 58 seconds and came back and ran 300 meters in 33 seconds and came back and ran 200 meters in I think 21 seconds.”

“Coach [Steve Lynn] looked at me and said, ‘you’re ready to run 47.5,’” Harris said. “I went out and ran 47.56.”

And finally someone — Harris — had beat Edwin Moses.

“That was a culmination of three years,” Harris said. “A lot of time spent at the Southwest Athletic Complex with Steve Lynn, a lot of strategizing, a lot of tough workouts, a lot of discipline, a lot of sweat, a lot of effort.”

Between his 37-0 collegiate career in the 400-meter hurdles, his Olympic silver and now his defeating of Moses, Harris was atop the track world. He was now well under the national spotlight.

Times of difficulty

Now that Harris had knocked off Moses, he was a favorite for...
the next year’s Olympics in 1988. But prior to the qualifier, Harris hurt his knee. He would run, but finished fifth and missed the cut.

As another Olympic opportunity neared in 1992, Harris tested positive for cocaine. He was banned.

When the next Olympics approached in 1996, Harris ran the world’s best 400-meter hurdle time while in Brazil. But after the race Harris tested positive for cocaine a second time and was banned from professional track for life.

“When you fall down, you have to continue to get back up. And that’s what I’ve always done,” Harris said of his difficulties. “It took a little bit longer than I would have liked, but my journey is not unique.”

In 1999, Harris was diagnosed with colon cancer. Harris would get better, and his life would begin to move in a positive direction.

Finishing what he started

In 2008, Harris returned to Ames more than two decades after he had first arrived.

“In his particular case, he had fallen on a lot of hard times but clearly was one of the greatest athletes ever at Iowa State,” said Jamie Pollard, director of ISU Athletics. “He had an interest [in returning to Iowa State], and so we wanted to help facilitate that.”

Harris’ main focus was to finish what he had started. Previously, Harris had ended his Cyclone tenure after three seasons on the track.

“It was to finish what I started,” Harris said with a pause. “I promised my grandmother that I would graduate from college.”

Harris credits several people with helping him turn his life around and helping him get back to Iowa State. He said Pollard; Tom Hill, ISU vice president of Student Affairs; and many others played big roles.

“Our early conversations were that I wanted him to focus on the task at hand, and that was getting his degree,” Hill said. “Everything else was secondary.”

But during his time back in the Midwest, Harris also became an assistant coach for the ISU track team and helped mentor inner-city youth on staying on the right path.

In May 2010, Harris added college graduate to his achievements next to his long list of athletic accolades. He had finished what he had set out to complete.

“To have my degree from Iowa State means a lot to me, it meant everything to me, I didn’t want to take it from anywhere else,” Harris said.

Today there is no doubt Harris’s trip to Ames was well worth the several-year trip from his home in California.

“It was worth it,” Harris said. “Every second was worth it, the 1,800 miles that I drove was worth it, every day in class was worth it.”

The ISU athletic department continues to bring back former athletes like Harris to help them finish what they started. Pollard said seeing Harris and others graduate is rewarding.

“Td say it’s neat because we talk about student athletes when we recruit them: ‘Once a Cyclone, always a Cyclone,’” Pollard said. “Not all of them make it. Many times when they don’t make it, they don’t make it not because they can’t.

“To give them a second chance at it is really rewarding.”

In 1984, Danny Harris lost only two 400-meter races, both to Edwin Moses. One of those was during the Olympics, where Harris would take home a silver medal at the age of 18.

Despite any difficulties in his life, Harris is content with how it has turned out. After all, he is an Olympian and completed the promise he made his grandmother.

“When everything is said and done,” Harris said. “I went through what I needed to go through in order to get to where I am now.”

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It was like something out of a book, where you could see him go back and mentally relive each step of the race. Each hurdle. Each fan cheering for the red, white and blue.

Tom Hill, vice president of Student Affairs, relived a memory that day. A day where Hill was selected to represent the United States in the '72 Summer Olympics in Munich.

A smile took him back to the final race where he said he could remember every emotion in his body. “The nerves began to take over,” Hill said. “But it didn’t happen until the final race. And you talk about drama: It’s a huge production.”

It broke the concentration Hill said he needed to have. He started thinking about the fans and crowd. And then a shot. “We got started, and I was so nervous,” Hill said. “I was so nervous, that everybody got out of the blocks before me. If you can see somebody’s back, they’re clearly ahead of you.”

That’s when Hill said he was worried. He thought to himself he had come all the way to Germany to get last. But in a 110-meter hurdle race, the race doesn’t end in 10-meters — luckily for Hill. “So by the last hurdle, you don’t dare look over, [or] you’ll break your stride,” Hill said. “I managed to keep my head straight, and run like the dickens.”

“When I got to the finish-line, ... I turned my head as I leaned to my left.” Here is where teammate Willie Davenport and Hill locked eyes as they crossed the finish-line. Rob Milburn and Guy Drut had already taken the gold and silver medals, respectively. After getting across the line, Hill said he and Davenport went back and forth saying the other claimed the bronze medal.

“Then they started with the results and put Rob Milburn, first. Guy Drut, second. And then they stopped,” Hill said. “And there was this long pause which felt like 10 hours.” “Then they flashed Hill, third. And I jumped about 10 feet in the air.”

The excitement flooded over Hill like he was experiencing it all over again.

But there’s a darker, more external side to this story. One that haunts some when the Summer Olympics roll around every four years.

Just outside of the arena where Hill was competing, foreign policy was undergoing change, and the world was witnessing a crime many hadn’t seen before.

Charles Dobbs, ISU professor of history, said a lot has changed since the Munich Massacre during the ‘72 Olympics. “Security costs have gone over the top,” Dobbs said. “The private security firm [at] the
The other side

There was more to the 1972 Munich Olympics than just sports. Charles Dobbs, ISU professor of history gave an idea of what the political tensions were like.

— Berlin had hosted the games in 1936, and German dictator Adolph Hitler wanted the games to serve as a kind of coming out party for the new Germany.

— The Cold War was going strong. The Soviets had replaced Nikita Khrushchev in October 1964 largely because he had backed down before John F. Kennedy in the Cuban Missile Crisis of October 1962.

— The Palestinian Liberation Organization planned to take advantage of lax security to seize hostages among Israeli athletes, force the West German government to give them a plane in order to fly to a secure location to barter these athletes for hundreds of Palestinian terrorists held in Israeli jails.

Olympics failed to hire enough security personnel, and the British government provided thousands of British troops to augment security.”

Dobbs said the hype of security takes away from the event and from the athletes that spend so long training for the Olympics.

Also being in the height of the Cold War, Dobbs said the Munich Massacre was only a slight influence in change in foreign policy.

“The Cold War made foreign policy somewhat simple,” Dobbs said. “There were good guys and bad guys and few in between. One only had to decide who were the good guys and who were the bad guys.”

The Olympics have always been a time where countries showcase their best athletes, come together with other countries around the world and put aside governmental differences for 16 days every two years. Much has changed, but the core of the Games remains the same.
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<td>Bounty Basic Paper Towels</td>
<td>2.99</td>
<td>6 big or 8 regular rolls</td>
</tr>
<tr>
<td>Era Laundry Detergent</td>
<td>4.99</td>
<td>select varieties, 50 fl. oz</td>
</tr>
</tbody>
</table>

Prices effective 7/26 - 7/31

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  - Hy-Vee Butter
    - select varieties
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- 14.99
  - Busch or Busch Light
    - 24 pk cans 12 fl. oz

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  - Driscoll's Strawberries
    - 2 lb. package

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  - Charmin Basic Bath Tissue
    - 12 double rolls

- 4.99
  - Bounty Basic Paper Towels
    - 6 big or 8 regular rolls

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  - Era Laundry Detergent
    - select varieties
    - 50 fl. oz

Prices effective 7/26 - 7/31
IOWA STATE PRIDE IN LONDON:
Four Cyclone athletes make 2012 Olympics

By Alex Halsted  
@iowastatedaily.com

The ultimate test. The pinnacle of an athletic career. For many athletes, the Olympics are the dream of a lifetime, something they work toward from the time they first step foot on the court, field, track or other area of competition. From the opening ceremonies to the games themselves, many athletes often struggle to pinpoint an explanation of how special the moment is to represent their country, and with it often times their school, family and other supporters.

Since 1928 when four ISU athletes qualified for that year’s Olympics in Amsterdam, an ISU athlete or coach has taken part over 70 times and in 17 different Olympiads. Many have brought home gold for their country while representing Iowa State.

This year, as the Olympics kick off in London, four Cyclones — three former and one current — have qualified. Over the next several days, they will attempt to add their names to the list of ISU athletes who have won gold.

No matter what, their name has already been added to the short list of those who have had the chance to chase that feat.

Lisa Koll won four Big 12 Championships and another four national championships on the track during her time as a Cyclone. While at Iowa State, Koll became one of the best ISU athletes of all time, setting school records seemingly with every lap.

Now her name is Lisa Uhl, after marrying former ISU runner Kiel Uhl.

But today, at 24 years old, Uhl is still chasing her dream as she heads to London for the 2012 Olympic Games.

Uhl, a native of Fort Dodge, Iowa, headed to Eugene, Ore., in late June to attempt to qualify for the Olympics. With rain and a shoe issue, Uhl battled more than just the competitive field for her shot at making her first Olympics.

Just four laps into the 10,000-meter, 25-lap race, Uhl’s shoelace came untied. She pulled to the side, tied it and began playing catch up. With a time of 32:03.46, Uhl officially joined the U.S. Olympic track team and added yet another accomplishment to her long list.

Ian Warner has been running all his life. Growing up, he and his older brother Justyn would play games in the cul-de-sac near their house. Now, the two will be able to compete together yet again, only this time it’ll be at the Olympic Games.

Ian, a senior next season, earned All-Big 12 honors during the 2011-12 indoor season after finishing third in the 60-meter dash and seventh in the 200-meter dash at the 2012 Big 12 Indoor Championships. During the outdoor season, Ian qualified for the NCAA Championships in June, finishing 15th in the nation with a time of 10.24 seconds.

On June 29, Ian and Justyn, natives of Markham, Ontario, competed in the Canadian Olympics Trials. It was here the two would make their dreams reality.

Justyn, with a time of 10.15 seconds, finished first, ahead of Ian, who finished second with a time of 10.20 seconds, just .02 seconds off the Olympic “A” standard time of 10.18.

Ian would not qualify for the 100-meter dash at the 2012 Olympics with his brother, but his time put him in the Olympics nonetheless as the current Cyclone joined his brother on the Canadian team in the 4x100-meter relay team headed to London.
The name Jake Varner can be put with some of the greatest wrestlers in ISU history. After all, during his four years as a Cyclone, Varner earned enough accolades to deserve the honor. Varner was a four time All-American, a four time NCAA finalist, and a two time NCAA Champion in his time on the mat at Iowa State. During that period, Varner was coached by Cael Sanderson, who himself went undefeated in his college career and won Olympic gold in 2004. When Sanderson left Iowa State, Varner went with to train alongside his college coach as he attempted to earn a spot in the Olympics for the United States. Last spring Varner did just that, qualifying for the U.S. freestyle team. As Varner takes the mat in London, he’ll be the 14th Cyclone to wrestle freestyle in the Olympics, and he will be hoping to become the sixth Cyclone to win gold, joining Glen Brand, Dan Gable, Ben Peterson, Kevin Jackson and his coach, Sanderson.

Guor Marial was a teenager when he found refuge in the United States. After 28 members of his family died in the Sudanese civil war and he ran for his life to escape imprisonment, Marial found home in the United States. In 2011, Marial graduated from Iowa State, where he had been a cross-country runner. During his time as a Cyclone, Marial became an All-American runner. Now 28 years old, Marial has long held aspirations of running in the marathon at the Olympics. In a marathon in June in San Diego, Marial ran a time of two hours, 12 minutes and 55 seconds. But, remembering his family’s tragedies and his own escape from war, he rejected Sudan’s offer to run under its flag. His Olympic dreams appeared lost. In late July, though, the International Olympic Committee cleared Marial to compete at the 2012 Olympics in London independently under the Olympic flag. Marial is now headed to the Olympics, where he will compete in the marathon, representing Iowa State along the way.

### When are they competing?

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>TV</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women’s 10,000-meter run</strong></td>
<td><strong>Who:</strong> Lisa Uhl, USA&lt;br&gt;3:25 p.m. Aug. 3&lt;br&gt;TV: Live on NBC</td>
<td></td>
</tr>
<tr>
<td><strong>Men’s 4x100-meter relay</strong></td>
<td><strong>Who:</strong> Ian Warner, Canada&lt;br&gt;1:35 p.m. Aug. 10&lt;br&gt;Not televised</td>
<td></td>
</tr>
<tr>
<td><strong>Men’s 4x100-meter relay</strong></td>
<td><strong>Who:</strong> Ian Warner, Canada&lt;br&gt;3 p.m. Aug. 11&lt;br&gt;TV: Tape delay from 7 to 11 p.m., NBC</td>
<td></td>
</tr>
<tr>
<td><strong>Men’s freestyle wrestling — 96 kg</strong></td>
<td><strong>Who:</strong> Jake Varner, USA&lt;br&gt;2:30 to 7:45 a.m. Aug. 12&lt;br&gt;TV: 6 to 7:30 a.m., MSNBC</td>
<td></td>
</tr>
<tr>
<td><strong>Men’s marathon</strong></td>
<td><strong>Who:</strong> Guor Marial, Independent&lt;br&gt;5 a.m. Aug. 12&lt;br&gt;TV: 5 to 8 a.m., NBC</td>
<td></td>
</tr>
</tbody>
</table>
**Thursday**

**Workshop: Sustainable Agriculture**
What: Mobile greenhouse tour and demonstration of the vegetable oil-powered engine and presentations on Compass Green and global sustainability
When: 10 a.m. to 12 p.m.
Where: Reiman Gardens

**Floral Design Series “Monochromatic”**
What: Learn basic floral design skills and make an arrangement to take home.
When: 2 and 6:30 p.m.
Where: Reiman Gardens

**Retirement reception: Annette Forbes**
What: Reception for the Daily’s general manager, who is retiring after 17 years at the paper.
When: 2-4 p.m.
Where: Seminar Room, Hamilton Hall

**Beep Baseball World Series**
What: The Beep Baseball World Series is in Ames this summer, and 16 teams are vying to win the championship
When: 9 a.m. to 2:30 p.m.
Where: Southeast Intramural Complex, Ames

**Friday**

**Beep Baseball World Series**
What: The Beep Baseball World Series is in Ames this summer, and 16 teams are vying to win the championship
When: 9 a.m. to 2:30 p.m.
Where: Southeast Intramural Complex, Ames

**2012 Olympics Opening Ceremonies**
What: The 2012 Olympics will officially kick off with the Opening Ceremonies. Four athletes from the Cyclone family will compete in various events.
When: 1 p.m. (7:30 p.m. tape delay)
Where: London (viewable on NBC)

**Saturday**

**Olympic Coverage**
What: Events in primetime will be men’s and women’s swimming, men’s gymnastics and beach volleyball
When: All day
Where: NBC Networks and streaming online at NBCOlympics.com

**Downtown Farmer’s Market**
What: The original Downtown Farmers’ market has 200 vendors and around 18,000 visitors each Saturday.
When: 7 a.m. to noon
Where: Downtown Court Avenue, Des Moines

**Ames Main Street Farmers’ Market**
What: Vendors sell locally grown produce, baked goods and crafts.
When: 8 a.m. to noon
Where: 400 block of Main Street

**Kids’ Co’Motion 2012: Dance performance**
What: Free dance social organized by the ISU Ballroom Dance Club
When: 7:30-9:45 p.m.
Where: Gallery Room, Memorial Union

“Rent” will be performed at the Des Moines Playhouse. The musical was the production put on by the 2012 Stars Over Veishea, seen here, in April.
Discovery Station: Build a Birdhouse (or Beehive, Batcave, Bug Bungalow)
What: Family-oriented activities based on current exhibits at Reiman Gardens
When: 10 a.m. and Noon
Where: Reiman Gardens

All-Star Summer Concert
What: The first Star 102.5 All-Star Concert will have acts including Neon Trees, Train and Adam Lambert
When: Doors open at 1 p.m.; show begins at 3 p.m.
Where: Des Moines Water Works Park & Arboretum

Gallery Walk of the Brunnier Art Museum
What: Enjoy summer exhibits with various museum staff
When: 10 a.m. and Noon
Where: Brunnier Art Museum, 295 Scheman Building

Simon Estes will perform along with other ISU music faculty and students in a memorial concert honoring Joey Wilgenbusch, an ISU music alumnus who passed away this past December.

Olympic coverage
What: Events in primetime will include men’s swimming and diving, as well as men’s gymnastics
When: All day
Where: NBC Networks and streaming online at NBCOlympics.com

Game Day at the Brunnier
What: Play board games, card games, and more on Sundays throughout the summer.
When: 1-4 p.m.
Where: Brunnier Art Museum, 295 Scheman Building

Memorial Concert: Honoring Joey Wilgenbusch
What: Bass-baritone Simon Estes and various ISU music faculty, students and alumni will present a gala honoring ISU alumnus and tenor Joey Wilgenbusch, who passed away December 26, 2011.
When: 2 p.m.
Where: Martha-Ellen Tye Recital Hall, Music Hall

Argentina Tango with Valerie Williams
What: Lessons and open dancing in the style of the Argentine tango
When: 4-7 p.m.
Where: Workspace at the Memorial Union

Monday

Olympic coverage
What: Events in primetime will include men’s swimming and diving, as well as men’s gymnastics
When: All day
Where: NBC Networks and streaming online at NBCOlympics.com

‘Rent’
What: “Rent” is a musical set in New York City and has won the Tony Award for Best Musical and the Pulitzer Prize for Drama.
When: Start times vary
Where: Des Moines Playhouse

Tuesday

Olympic coverage
What: Events in primetime will include women’s swimming and diving finals along with men’s swimming finals
When: All day
Where: NBC Networks and streaming online at NBCOlympics.com

Wednesday

Olympic coverage
What: Events in primetime will include swimming and diving finals, men’s gymnastics finals and a U.S. beach volleyball match.
When: All day
Where: NBC Networks and streaming online at NBCOlympics.com

Iowa Cubs game
What: The Iowa Cubs will take on the Colorado Springs Sky Sox
When: 7:05 p.m.
Where: Principal Park in Des Moines

Moon Float
What: Float under the full moon on Gray’s Lake. All non-gas boats welcome.
When: 8:30-11 p.m.
Where: Gray’s Lake Des Moines

Funny Bone presents Mike Vechionne
What: A comedy act by comedian Mike Vechionne, who has appeared on NBC’s “Last Comic Standing” and “The Tonight Show with Jay Leno” and on Comedy Central, among others.
When: 7:30 p.m.; performances continue through Saturday
Where: Funny Bone Comedy Club, Des Moines
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The body of a Korean student visiting Iowa State’s campus was found in a Frederiksen Court apartment. Check back with the Daily for continuing updates on the investigation.

iowastatedaily.com/news

Wind energy at sea

ISU engineering professors dive into research with an international team on new ways of creating “green” energy with off-shore wind turbines. (July 28)

iowastatedaily.com/news

Powered by more than solar energy

Team PrISUm gives inside look into what helped them garner the highest placing in team history in the American Solar Challenge. (July 29)

iowastatedaily.com/news

Olympic coverage

Keep track of the Cyclone athletes competing in the 2012 Olympic Games.

iowastatedaily.com/sports
Money

Affordable attire: Boutiques on a budget

By Lindsay Schwarck
Daily Staff Writer

Many brides dream of their wedding day from the time they are little girls. When it comes down to shopping for the real deal, however, sticking to a bridal budget can be a nightmare. Rita Gartin and Kayse Carter of Pure Bridal in Ames offer advice on selecting a memorable wedding gown without breaking the bank.

Research retailers
You've committed to the man, but marrying to a wedding retailer can also take time and dedication. Attend bridal shows, compare coupons and ask wedding vendors what discounts or special services they offer. For example, Pure Bridal offers a free honeymoon package to brides who spend $1,700 or more on their dresses and accessories. Brides can also sign up for the Pure Bridal VIP Text Club to stay in the know of upcoming sales or events. Investing your time can result in a big financial payoff.

Shop the sales racks
Many bridal boutiques hold periodic or semiannual sales to sell sample gowns at a discounted price. Representative of the latest season's fashions, these gowns haven't left the store but have rather just been tried on by clients or displayed on mannequins or in advertisements. If you're not the sample size, costs are associated with alterations but often outweigh the designer price tag and ensure a custom fit.

Get it early
Gartin recommends shopping early for the dream dress. It often takes four to six months for gowns to be ordered and altered. Waiting until just a couple months, or even weeks, before your big day can result in added driving, scrambling or expensive rush-delivery fees. Carter recommended having your dream dress ordered six to nine months in advance.

Outfit your bridal party

Once you have your dream dress...
dress, ask your bridal boutique about mark-downs for purchasing the groom’s tux, bridesmaids’ dresses or the groomsmen’s suits.

“We try to take care of our brides through the entire process, with discounts for bridesmaids’ gowns and tuxedos,” Carter said.

Affordable accessories

Add some sparkle to a simple dress with a beaded belt or other standout accessories. Carter suggests buying beads and rhinestone glue from an arts and crafts store to add your own touch of bling to a dress, shoes or veil.

If you opt for salon accessories, buy the “bling” together to ensure colors and styles match to avoid unnecessary purchases.

Other tips

1. Buy colored shoes that you can wear again for other events. Department or outlet stores such as Designer Shoe Warehouse and Zappos have a wide selection of heels for less.

2. Check with family and friends for accessories, such as a vintage veil or jewelry. This can also double as something old or borrowed.

3. Don’t buy online. Many dresses are designer imitations, and what shows up in the mail may not match the online photos.

“Buying directly from a store makes someone accountable for any needed revisions and offers customer service,” Carter said.

On July 5 and 6 the industry’s leading bridal salon, The Bridal Connection, teamed up with nonprofit organization Brides Across America to help deliver dream wedding experiences by providing military brides across the country with free designer wedding gowns.

This was the sixth annual event for Brides Across America, whose main goal is to help provide a dream wedding experience to military brides whose wedding plans were challenged due to military deployment.

In order to qualify for this event, a bride or the bride’s fiancé must be on active duty in the military and either currently deployed or deployed within the past five years to Iraq, Afghanistan, Bahrain, Libya or Japan. Identification and deployment papers must be presented at the event to qualify.

To date, Brides Across America has donated over 7,000 wedding gowns from high-end designers all over the country. The donated gowns range in price from $500 to $4,000.

“Our continued efforts as an organization are to bring awareness to our communities. My goal is to make sure we don’t forget all the service-men and women overseas fighting for our freedom,” said Heidi Janson, founder of Brides Across America.

For more information on how to get involved in future events, please contact The Bridal Connection at 515-964-5683, visit their website at www.bridalconnectiondsm.com or visit www.bridesacrossamerica.com directly for more on the Brides Across America organization.

Nonprofit organizations

Brides Across America hosts sixth annual event in Ankeny

By Shalee Hanson

Daily staff writer

Photo: Lindsey Schwarck/Iowa State Daily

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Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

ACROSS

1 Throw
6 Capts.’ inferiors
10 Homeric outburst?
14 Toiletry product endorsed by pitcher
Mariano Rivera

16 Great __
17 Calm and kind
18 Era units: Abbr.
20 Bygone AT&T rival
21 Heady qualms
22 Utah landscape features
24 Earn a living
26 Algebra subject
29 Posting often seen in a window
30 ___ Goldfinger: 007 enemy
31 Suva is its capital
34 Code letters
37 Completely different situation
41 Farm enclosure
42 Movie mogul
Marcus
43 Insight provider?
44 Schoolyard comeback
47 Like some Latin nouns
48 Suddenly stopping
53 “I’m all ears!”
54 Sister of Terpsichore
55 NASDAQ or NYSE
58 Thumb in folklore
59 Ones responsible from what’s missing from certain puzzle answers?

11 Non-dorm resident
12 State bordering Thuringia
15 “Kickboxer” actor Jean-Claude Van __
23 Bard’s time of day
24 Brolly carrier
25 Forget to mention
26 Barnyard bleats
27 Family gathering visitor
28 Super Bowl XXVII MVP
31 Do that’s picked, briefly
32 Much-like prez
33 Yeshiva student
35 Botanical knot
36 Way in the distance
38 Morlock prey
39 2012 animated movie promoted by IHOP
40 Clamorous
45 “Rhoda” production co.
46 Forbes, for one
47 “__ chance!”
48 Country once known for pearl diving
49 East Coast rte.
50 Part of UNCF
51 “Madame Curie” star Garson
52 Like some gossip
55 “Those are my principles. If you don’t like them I have others” speaker
56 Joint with a cap
57 Baker’s amts.
60 It’s legal to poach one
61 Pocatello’s st.

DOWN

1 Hail, with “down”
2 Far from the front
3 1953 Pulitzer-winning playwright
4 Highland denial
5 Newt with a large vocabulary
6 Dryer place
7 Shorthand pioneer
8 Give one star, say
9 Family nickname
10 Non-dorm resident
11 Queen of Talk
12 State bordering Thuringia
15 “Kickboxer” actor Jean-Claude Van __
18 Rabbit’s food?
22 Utah landscape features
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Did you know?

Immune to charges of “looking goofy,” basketball player Rick Barry shot his free throws underhanded. The technique was as successful as it was dorky: Barry retired in 1980 with a combined ABA/NBA rate of success of 89.3% at the free-throw line, which at the time was the best in history.

Dimples may be cute, but they are an inherited genetic flaw. They are caused by a fibrous band of tissue that connects the skin to an underlying bone.

Bone cells are constantly renewed, so every ten years you have a “new” skeleton.

The northern border of Delaware is curved, with all points being exactly 12 miles from the old court house in New Castle.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

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32 Much-like prez
33 Yeshiva student
35 Botanical knot
36 Way in the distance
38 Morlock prey
39 2012 animated movie promoted by IHOP
40 Clamorous
45 “Rhoda” production co.
46 Forbes, for one
47 “__ chance!”
48 Country once known for pearl diving
49 East Coast rte.
50 Part of UNCF
51 “Madame Curie” star Garson
52 Like some gossip
55 “Those are my principles. If you don’t like them I have others” speaker
56 Joint with a cap
57 Baker’s amts.
60 It’s legal to poach one
61 Pocatello’s st.

DOWN

1 Hail, with “down”
2 Far from the front
3 1953 Pulitzer-winning playwright
4 Highland denial
5 Newt with a large vocabulary
6 Dryer place
7 Shorthand pioneer
8 Give one star, say
9 Family nickname
10 Non-dorm resident
11 Queen of Talk
12 State bordering Thuringia
15 “Kickboxer” actor Jean-Claude Van __
18 Rabbit’s food?
22 Utah landscape features
23 Bard’s time of day
24 Brolly carrier
25 Forget to mention
26 Barnyard bleats
27 Family gathering visitor
28 Super Bowl XXVII MVP
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Did you know?

Immune to charges of “looking goofy,” basketball player Rick Barry shot his free throws underhanded. The technique was as successful as it was dorky: Barry retired in 1980 with a combined ABA/NBA rate of success of 89.3% at the free-throw line, which at the time was the best in history.

Dimples may be cute, but they are an inherited genetic flaw. They are caused by a fibrous band of tissue that connects the skin to an underlying bone.

Bone cells are constantly renewed, so every ten years you have a “new” skeleton.

The northern border of Delaware is curved, with all points being exactly 12 miles from the old court house in New Castle.
A Close Shave

A man enters a barbershop for a shave. While the barber is foaming him up, he mentions the problems he has getting a close shave around the cheeks. “I have just the thing,” says the barber, taking a small wooden ball from a nearby drawer. “Just place this between your cheek and gum.”

The man places the ball in his mouth and the barber proceeds with the closest shave the man has ever experienced. After a few strokes the client asks, “What if I swallow it?”

“No problem,” says the barber. “Just bring it back tomorrow like everyone else does.”

Who could it be?

This man dissed the Catholic church as an “Asian monarchy” in the pamphlet The Vatican Decrees in their Bearing on Civil Allegiance. During his ministry, the Cardwell Reforms abolished peacetime flogging and Lord Cavendish was stabbed to death by the “Invincibles.” He was Prime Minister when “Chinese” Gordon was killed by the Mahdi’s forces at Khartoum, and he unsuccessfully introduced both the First and Second Irish Home Rule Bills in the 1890’s.

ANSWER: William Gladstone

in order to take the throne, this ruler killed some relatives but spared his brother Tissa. His son was blinded thanks to the jealousy of his wife and that son later showed up at this man’s court with his own son, Samprati. This husband of Tishyaaraksha had his name attached to a sculpture of four lions standing back to back now located in the Sarnath Museum. During one war this man won, the Daya River was said to have turned red with blood. This ruler ordered the construction of his namesake pillars inscribed with moral edicts. After the bloody Kalinga War, this man became sickened by death and adopted a more peaceful ideology.

ANSWER: Ashoka

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FLING  SGTS  DOH
LAMA  ARRID  APE
AIGENT  LEASA  YRS
GTE  GROGS  MESA
BRINGHOM  THE
MATURE  MENU
AURIC  FIJI  DNA
ANOHER  RKT  LEOFF
STY  LOE  HONDA
AMSO  NEUTER
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Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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Who could it be?

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