Elahi’s next HURDLE

Peterson: Politics just a matter of chemistry
OPINION.p5 >>

Students and faculty study an agricultural revolution in Cuba
NEWS.p6 >>

ISU women’s soccer players go semi-pro
SPORTS.p8 >>
Weather | Provided by weather.gov

Sunny, with a high near 95. Windy, with a south-southwest wind.

A 40 percent chance of showers and thunderstorms, mainly after 1 p.m.

A 20 percent chance of showers and thunderstorms.

This day in 1980:
Several rounds of severe weather pummeled northern, central, and western Iowa throughout the day.

Celebrity News | Notes and events.

‘Jersey Shore’ season 4 to premiere in August
Pump those fists! All-new episodes of “Jersey Shore” will arrive this summer. MTV has announced that the fourth season of the hit reality series, currently filming in Florence, Italy, will premiere August 4, according to the Hollywood Reporter. As usual, expect plenty of drama from the tanned crew.

As Marquee reported last week, Nicole “Snooki” Polizzi had her driver’s license revoked following a fender bender with an Italian traffic patrol car. And according to TMZ, Ronnie Magro and Mike “The Situation” Sorrentino got into a major fist fight with each other after an argument with Sammi “Sweetheart” Giancola.

Reese Witherspoon slams stars who make sex tapes
Paris Hilton and Kim Kardashian might have been blushing as they watched Reese Witherspoon at Sunday night’s MTV Movie Awards. Accepting her MTV Generation award, the Oscar-winning actress slammed stars who have appeared in sex tapes and nude photo scandals, telling them they should be ashamed of themselves.

“I get it, girls, that it’s cool to be a bad girl,” the mom of two told the crowd. “But it is possible to make it in Hollywood without doing a reality show. When I came up in this business, if you made a sex tape, you were embarrassed and you hid it under your bed.”

Witherspoon added, “And if you took naked pictures of yourself on your cell phone, you hide your face, people! Hide your face!” The “Water for Elephants” star concluded her speech with a message of hope.

CNN Wire staff

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Active: Falling head over heels for summer weather

Nick Smith, junior in kinesiology, practices parkour moves over his bike Monday on Central Campus.

Photo: Jordan Maurice/Iowa State Daily

Iowa State Daily
Page 2 | Iowa State Daily | Tuesday, June 7, 2011
The path to a heart healthy breakfast

Fiber. Fiber is associated with a significant reduction in coronary heart disease (CHD) risk by lowering LDL “bad” cholesterol. Soluble fiber forms a gel in your digestive system, which binds to cholesterol and removes it from the body without its being absorbed. Try our heart-healthy Thomas Light English muffin, Sara Lee 45 Calorie & Delightful multigrain toast, Tumaros Low-in-Carbs wrap or Thomas bagel thin to increase your fiber intake.

Omega-3 Fatty Acids. Evidence suggests that EPA and DHA found in omega-3 fatty acids help reduce risk factors for heart disease including high cholesterol and high blood pressure. Ask for a heart-healthy breakfast and you’ll receive Sparboe Omega-3 eggs, which provide 250 mg omega-3 fatty acids per egg.

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Your Lincoln Center and West Ames Hy-Vee casual dining are now offering a heart-healthy breakfast. Look for a Heart-Healthy Breakfast Choices brochure near your Ames Hy-Vee kitchen and upgrade to a heart-healthy breakfast!
By Ted.Sics
@iowastatedaily.com

Professors Steven Fales and Mary Wiedenhoeft of the Iowa State agronomy department took five graduate students to Cuba from May 7 to May 16 to learn about the country's food supply system.

"I had originally thought about taking some undergraduate students down," Fales said. "Then I found out that undergraduates can't go to Cuba unless they spend at least 10 weeks there."

The students who accompanied Fales and Wiedenhoeft are enrolled in Iowa State's sustainable agriculture graduate program, an interdisciplinary offering that attracts students from community and regional planning, landscape architecture, horticulture and other areas of study.

"I was interested in talking to farmers and different people involved in Cuba's food system, because it's very different from ours," said Angéla Carter, graduate in sociology.

The group worked with Global Exchange, a San Francisco nonprofit organization that acts as a middleman between travelers and the U.S. Treasury Department, which oversees travel to Cuba.

Those who enter Cuba without the Treasury Department's approval risk a $70,000 fine, Fales said. "Under the Clinton administration it was a lot easier to get those permissions to go. During the Bush administration it became very difficult to get those permissions."

New rules issued by the Obama administration are somewhat more relaxed, but tourism is still frowned upon. Fales said the idea to visit Cuba first occurred to him while he was teaching Agronomy 342, which explores issues of worldwide "hunger, poverty, and social justice — or lack thereof — as they relate to people trying to feed themselves." He saw parallels between Cuba and America that he felt would make the trip south worthwhile.

"(Cuba) is a model of what a society did when it reached peak oil," Fales said. "It's a glimpse into what might happen if we lost our energy-intensive systems here in this country, which is not a remote possibility."

After the collapse of the Soviet Union in the early 1990s, Cuba was left without petroleum, fertilizer, and other resources necessary for modern conventional agriculture.

"When those were taken away, they moved to organic production," Fales said. "They radically retooled their economy to become self-sufficient on domestic production of food, which was a huge challenge."

The United States maintains an embargo on trade with Cuba, but an exception is made for Tyson chicken, Fales said. Fales and the others did not sample Cuba's luxurious vacation resorts, nor did they want to. They were solely interested in learning about Cuba's agricultural practices.

"A beach is a beach is a beach," Fales said.

The group spent their first few days in Cuba learning about its government and the structure of its food system. They spent the remainder of their trip touring different farms, schools and historical sites.

"We spent the majority of our time in Havana, and we visited with people who were involved in the government on several different levels," Carter said.

The architect in charge of renovating Havana's 15th and 16th-century Spanish buildings led the group on a walking tour of the city.
CyRide

Budget changes expected

By Ben. Theobald
@iowastatedaily.com

The Ames Transit Agency Board of Trustees, which administers the funds for CyRide, held a public budget service meeting at CyRide headquarters Thursday night.

Transit Director Sheri Kyras discussed and broke down CyRide’s budget for the past fiscal year, as well as the budget for the next, which will begin July 1.

“We’re $55,000 over our budget for this year. We’re looking at that $8.2 million budget and looking at what other areas that we can cut expenses.”

Fuel prices affect the amount at which the budget is set. The purchase of fuel, which is not under contract for four months of next year, could cost more or less than CyRide officials have budgeted for.

“It’s very difficult to see what the price will be in fuel,” Kyras said. “The community would like to maintain the service and fares at CyRide that we have today.”

For CyRide’s coming fiscal year, eight months of fuel will be locked in under contract at an average price of $3.05 a gallon.

Another budgetary issue is that state transit revenues could increase or decrease. Also, dollars paid by passengers through cash fares, tickets or passes could be higher or lower than expected.

Although Kyras and her staff are uncertain about many aspects pertaining to the budget, they do know that next year’s budget for CyRide will be slightly higher than that of recent years.
Remember and honor soldiers’ sacrifices for our country

It wasn’t long after we’d editorialized against any mention of the Westboro Baptist Circus that we discovered its intention to picket the funeral of United States Air Force Staff Sgt. Joseph J. Hamski.

And indeed, the circus ventured to Ottumwa on Saturday — all seven members of it.

They were met by the Ottumwa Police Department, which ensured their observance of the Iowa law requiring them to remain at least 500 feet from churches, processions and cemeteries.

Given the warm reception they received from Ottumwa residents — the TV stations refused to film them, residents who had never met Joe lined the streets around the church to block Westboro from view and some businesses refused them service — we’re sure they were more than thankful for the armed escort.

At the funeral service, more than 100 members of the Patriot Guard Riders stood silently, American flags in hand, paying homage to the 82nd Iowan to give his life since March 2003.

We’ve become far too complacent when it comes to hearing bad news from overseas. It’s become a fact of life for our generation. We’ve grown up on cell phones, social media and war. We’ve grown accustomed to being molested at the airport for “our protection” and accustomed to seeing flags flying at half-staff.

Patriotism has become synonymous with warmongering in certain circles. But it is possible to be anti-war and pro-soldier. Even veterans of the recent conflict can fall into this category.

Those people deserve our reverence and our respect. An all-volunteer military doesn’t undermine the sacrifice, not one bit.

Joseph Hamski died for us. For all of us. You don’t have to pick up a gun, vote in a booth or fly a flag to repay the favor. Just remember.

If you have to change your lifestyle a little to do so, then so be it.

The first step toward respect is attention.

Global relations just a matter of chemistry

The United Nations and affairs in the Middle East or North Africa couldn’t seem more distant from Ames and Iowa State. That’s until the local gas stations are pumping gas at $4 a gallon and the news fills up with humanitarian crises. Even then we fail to understand how these situations originated or the implications of our solutions.

International relations can be daunting. With 192 countries in the world and each with its own properties, the task of following international news quickly becomes a professional activity. Those of us who don’t study the subject are left unconcerned. What matters each day are stock and oil prices.

However complex international relations may be, and however distant it may seem, it’s important. Like the composition of chemical reactions, states can react with one another in various ways, among various groups, and in various environments.

Carbon, hydrogen, oxygen and nitrogen are the building blocks for life and stability, and they might easily be compared with the five permanent members of the UN Security Council: China, France, Russia, the United Kingdom and the United States. Mixed correctly, these states provide security and stability in the world. However, just as carbon, hydrogen, oxygen and nitrogen can be used to provide the compounds of life, they can also be mixed to create an explosive compound known as TNT.

The complex relationships between global powers can be easily likened to the interactions of chemical compounds. Graphic: Dani Harris/Iowa State Daily

The actions of other states will affect us. It’s our responsibility as ‘particles’ attracting and repelling one another, interacting to create our state, to understand how our actions will affect international affairs. But unlike chemical reactions, we do not exist in a closed system.

The United States and Russia might formulate an explosive reaction, but that reaction is by no means predetermined. Explosive reactions in international relations, unlike in chemistry, are not matters of course. By understanding the larger international environment we can better protect ourselves from violent reactions and help sustain stability.

There seems to be little we can do as individuals. Within the composition that is the United States, we constitute the forces that hold it together, and our actions determine the levels of attraction and repulsion between us and other states. Our relations with other countries.

Even though India is 8,000 miles from Iowa, and it’s 7,000 miles from here to Pakistan, the actions of these states are more important than they appear. What happens in international relations matters, even to those of us living in Ames. Maintaining stability between nations such as India and Pakistan is critical to everyone living in this nuclear age. Perhaps more important is the fact that the behavior of all of us impacts the international scene.

States are constructions of their citizens, not atomized political units. This state of affairs gives us choice. We can choose to comply passively with the laws of physics like the electrons devoid of free will, or we can act to affect the international scheme and ensure stability and order.

Unlike the elements, we do not necessarily have to make TNT or even any kind of destructive reaction. We can choose to support any kind of international reactions we want. All we have to do is get active in our own public and stay tuned into the world of international relations.
The Iowa caucuses are traditionally early affairs. Because of that, candidates must campaign extensively in Iowa. So when other states move their caucuses and primaries to earlier dates, candidates must pay attention to them as well. They must attend to and tour several states instead of just one or two.

Iowans tend to favor more conservative candidates in the caucuses. Iowa’s stature as a state able to weigh in on the ultimate quality of presidential aspirants could be damaged if we choose a socially conservative candidate who does not win the Republican Party nomination.

Our position is the result of good Iowa judgment, not partisan correctness. Candidates who were favored and who went on to win did so because of their ability to see to the heart of matters and offer working solutions agreeable to the whole public, not because of the moral, ethical or religious correctness of their positions.

Iowa voters, Tea Party Republicans, social conservatives, or even “establishment” Republicans, should choose a candidate able to win the presidency.

Alexander Hamilton wrote that “It is easy to sacrifice the substantial interests of society by a strict adherence to ordinary rules.” It does no good to have high-minded debates during election season about ideas that cannot be realized. We exclude ourselves from post-election politics if we continually choose only the candidates we agree with instead of the candidates who can actually do the most for this country.

Iowans will preserve their position as people whose political analysis should be listened to if they ask the hard questions. It is highly disturbing, for instance, that Newt Gingrich refuses to answer what he calls “gotcha” questions — those queries from news reporters who have dug up something from his past that seems incompatible with the ideas he or she currently espouses.

Iowans should feel insulted at that kind of refusal. Difficult questions should be asked; our politicians and candidates should be compelled to either explain away past sins or to reconcile seemingly conflicting beliefs. The hard questions should be asked by everyone who intends to vote at the Straw Poll, in the caucuses or in general election.

Apparently, candidates think that they can give their speeches to cheering audiences, one after another, and wait for the public’s verdict, without being challenged by their past statements. We grant free rein to the polarization of America when we are forced to choose among candidates before talking about the issues. Gingrich and all the rest should want to be president of all Americans, not only those who elected them.

Every politician should understand that “there is not a liberal America and a conservative America — there is the United States of America.” “E pluribus unum” is emblazoned across our money and serves as our national motto for a reason. The phrase is what our country, Constitution and all, is supposed to be about: “Out of many, one.”

Stifling people during a political campaign just because their questions ask for a reconciliation of past and present is wrong.

Austin Locke, 18, of Des Moines, said he was “fired up” after voting for Barack Obama in his first caucus. Locke led fellow supporters in cheers before Obama’s victory speech at Hy-Vee Hall in Des Moines. File photo: Iowa State Daily

America.” “E pluribus unum” is emblazoned across our money and serves as our national motto for a reason. The phrase is what our country, Constitution and all, is supposed to be about: “Out of many, one.”

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Do you mindlessly run with the herd?

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Elahi to race for national title

By Darrin.Cline
@dowastatedaily.com

Kianna Elahi has been a high school state champion and a Big 12 conference champion. She now has the opportunity to showcase her talents on the national stage.

Elahi, a junior from Omaha, has established herself as one of the premier performers for the Iowa State women’s track team.

The hurdler will be making her second appearance at the NCAA Outdoor Track and Field Championships, which will be held from June 8 to June 11.

Despite her strong performance as a relay runner, Elahi has performed the strongest in individual events. She has earned several honors, including 2010 Big 12 Outdoor champion in the 400-meter hurdles, All-Big 12 Indoor selection and All-Big 12 Outdoor selection. She also holds the ISU record in the 600-yard run.

Elahi qualified for the national meet thanks to her performance at the regional meet. Elahi said the top 48 performers from each region are selected for the regional meet.

The top 12 times from both the West and East Regional meets determine the national qualifying field.

At the West Regional meet, Elahi secured a seventh-place finish in the 400-meter hurdles to qualify for the national meet. Elahi was also part of the ISU 4x400 relay team that failed to advance beyond the regional round.

One key advantage that the Cyclone sprinter will enjoy is being a “hometown favorite.” The 2011 meet is being held at Drake Stadium in Des Moines. The short trip from Ames to the renowned blue oval will offer Elahi an edge that few athletes will get to enjoy.

“I’m so happy it’s at Drake. Drake always has such a good atmosphere and there’s a lot of support for Iowa schools. That’s just so refreshing to see that,” said Elahi. “The fact that it’s at home is comforting and I feel a little more comfortable running it. I feel a little pressure being an Iowa athlete competing but it’s not a bad thing. Maybe it helps push me.”

The two-time Academic-All Big 12 athlete laid down her personal best time in the 400-meter hurdles at the Relays this year with a time of 58.72. Additionally, Elahi came in second in the 400-meter hurdles and was part of a distance medley relay team that took first place at the 2010 Drake Relays.

Elahi is proud of her accomplishments to this point and has claimed gold at multiple meets this season, but she is keeping a level head and being realistic heading into the final meet of the year.

“There’s some very, very fast girls in this country, and I’m not to that training level yet. I know that I’m capable of that, but they’ve just been doing it longer and a lot more consistently,” Elahi said. “But my goal is mostly to improve the times I’ve been running, and to be an All-American.”

In order to reach her goals, Elahi has been working on her mechanics and fine-tuning her stride.

“One thing I’ve really needed to solidify is my stride progression. I’m supposed to go through six or seven hurdles on my left leg, but in my past few meets I’ve only made it through five. So that’s something we are really working on,” Elahi said.

Despite the talents and times of her competitors, Elahi is only focused on one runner: herself.

“I don’t look up a lot of stats. I don’t like to ask too many questions about who I’m running against or what lane they’re in. Usually, it’s a little more positive for me to try and focus on my own race,” Elahi said.

With her combination of technique, expertise and mental toughness, Elahi is ready to capitalize on the opportunity that awaits her and climb to the top of collegiate track.
Small department does a big job

By Brian Spaen
@iowastatedaily.com

If you are a Cyclone fan and have never heard about the Iowa State University compliance department, it probably is a good thing.

As fans of Ohio State University football are finding, the word “compliance” can be a scary one. Still, ensuring compliance is essential to keeping ISU athletics running smoothly.

Dustin Gray, assistant athletic director, has an NCAA rulebook that contains over 500 pages of regulations.

The rulebook covers recruiting, scheduling, hiring and student education. A database also shows the many different interpretations of these rules.

The compliance department at Iowa State is made up of four members and is the second-smallest department in the Big 12 conference, with Kansas State having three.

Gray described the operation of the compliance department as a pyramid. The bottom level is education. Gray said that education is the biggest part of the process because this teaches all the coaches, boosters and university staff about NCAA rules.

Because rules can be interpreted differently, clarification is also done at this level.

The next level of the pyramid is monitoring. This encompasses everything from how many students can participate on a team to their eligibility to play. All the information is not solely with the athletic department.

To retain a proper balance, Gray gave the example of finding out the eligibility of athletes through the registrar’s office. This shows that the athletic department is not keeping any information to itself.

“What the NCAA doesn’t want is the athletic department to just run on its own,” Gray said. “There needs to be checks and balances.”

The top — and smallest — level is enforcement. The handling of any violation, minor or major, is delegated to a staff member.

Minor violations result in letters being sent to the transgressing athlete, coach or official.

Major violations are made public in the news, like the tattoo-for-memorabilia incident at Ohio State University.

As important as compliance officials are to every university, fans prefer to see them do as little work as possible.
**Economy**

**Workforce woes continue**

By Ben Theobald
@iowastatedaily.com

U.S. unemployment is currently close to nine percent. A recent Time Magazine article reported that companies won’t hire or even consider hiring employees if they are currently unemployed.

“There are a large number of companies that have a lot of slack in their current workforce,” said David Swenson, associate scientist of economics. Swenson said firms will bring back their laid-off workers, since they are already trained and will be productive in the workforce right away.

“The fact that firms are expressing a preference for people already working, I think, is a red herring,” Swenson said. “There is always a certain amount of job turnover regardless of a recession, and for firms looking to fill key positions, an already-working candidate may very well possess the skills needed by the hiring firm.”

Market firms can directly affect the value of a service.

“Market firms can make a bid to steal talent from existing firms,” Swenson said.

The longer someone is unemployed, the more their chance of becoming employed declines.

“I think that what we do find is that the longer people are unemployed there tends to be some stigma attached to them,” said Peter Orszag, university professor of economics.

People who are unemployed can use that circumstance to their advantage when they are searching for a job.

“As long as you claim to be seeking employment, you can drag out your unemployment benefits for a longer time,” Orszag said.

The period of time a person spends job shopping depends on the strength of the labor market.

“It’s easier when the labor market is strong,” Orszag said. “When it’s weak, job shopping decreases and the likelihood of being laid off increases.”

According to data released by the Bureau of Labor Statistics, the average amount of time a job-seeker was unemployed was about 10 weeks. Before the recession in 2007, it was seven weeks.

It is expected that as the economy recovers, firms will start adding new employees.

“Those workers must come from the ranks of the unemployed for net employment to increase,” Swenson said. “If the economy is expanding and jobs are being created, then those jobs must be filled, in the main, by persons who are not already working.”

A 2010 survey of 3,471 ISU alumni who’d recently earned bachelor’s degrees found that 68.6 percent of respondents were employed. 7.9 percent said they were seeking employment.

Graphic: Dani Harris/Iowa State Daily

A 2010 survey of 3,471 ISU alumni who’d recently earned bachelor’s degrees found that 68.6 percent of respondents were employed. 7.9 percent said they were seeking employment. A 2010 survey of 3,471 ISU alumni who’d recently earned bachelor’s degrees found that 68.6 percent of respondents were employed. 7.9 percent said they were seeking employment.

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FAST FACT: STUDENT LIVING

ISU students have a variety of living options available to them: 21% live in residence halls
8% live in university owned apartments
12% live in fraternities or sororities
61% live in off-campus housing

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<table>
<thead>
<tr>
<th>Off Campus</th>
<th>Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>4404 Lincoln Swing</td>
<td>307 Ash</td>
</tr>
<tr>
<td>3418, 3404 Coy</td>
<td>131 Hyland</td>
</tr>
<tr>
<td>4325 Todd</td>
<td></td>
</tr>
<tr>
<td>101 Riverside duplex</td>
<td></td>
</tr>
<tr>
<td>1125 Kellogg duplex</td>
<td></td>
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<tr>
<td>420 S. 4th St.</td>
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SOLUTION TO SATURDAY'S PUZZLE

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