Training the TRAINERS

Student athletic trainers start rigorous coursework, hands on experience and real life situations as training camps for athletics begin.
Runner completes RAGBRAI

ISU alumnus Richard Kresser set out on a mission on July 21 to run the entire length of RAGBRAI. On July 27, Kresser plopped down in the Mississippi River. His journey was complete. “With all the support crews there, it was great,” Kresser said. “The feeling of the crowd there at the end was an absolute incredible experience.” The entire route went smoothly for the most part, Kresser said, with a couple of rough days and a couple of good days to balance the run out. Read the full story online at iowastatedaily.com

Athletics:

Football camp begins Aug. 5

Paul Rhoads and the Cyclone contingent will kickoff the first practice of pre-season camp on Monday, Aug. 5. Practice will begin at 3:15 p.m. Pre-season camp will stretch to Aug. 26, at which time regular season practices will begin. The first game of the season versus Northern Iowa will take place Saturday, Aug. 31. Check back with the Iowa State Daily for coverage as the time regular season practices will begin. The first game of the season versus Northern Iowa will take place Saturday, Aug. 31. Check back with the Iowa State Daily for coverage as

Entertainment:

515 Alive preview

The 11th annual 515 Alive festival plans to bring electronic and urban music to Des Moines, starting on the Saturday, Aug. 3. Check back with the iowastatedaily.com for full coverage.

Opinion:

Media faults contain lesson

Fox News’s interview with writer and historian Reza Aslan demonstrated bias in the media, a result of misunderstanding in the public. Check out the full column at the iowastatedaily.com.
**Faces in the Crowd**

What is your favorite Ames restaurant?

- **Maggie Schildgen**
  Junior
  Biosystem Engineering
  Wally’s
  “I like their sweet potatoes.”

- **Tom Kozlowski**
  Junior
  Industrial Technology
  Buffalo Wild Wings
  “I like their wings.”

- **Malachi Kankam**
  Junior
  Industrial Technology
  Buffalo Wild Wings
  “I love their fried pickles.”

- **Zach Fouck**
  Freshman
  Mathematics
  Hickory Park
  “Just taste good!”

- **Anirudh Pullela**
  Graduate
  Computer Engineering
  Buffalo Wild Wings
  “The wings have many flavors, and the beers are great.”

- **Ignacio Trucillo**
  Graduate
  Plant Breeding
  Hickory Park
  “The barbecue is great!”

- **Alix Moews**
  Junior
  Animal Ecology
  Great Plains
  “The food tastes really good.”

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**Make your choice:**
Go online to vote in next week’s poll at iowastatedaily.com.

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52.3% Hickory Park
2.6% King Buffet
9.2% Great Plains
3.1% Oddfellows
6.2% Wallaby’s

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One-on-one with Director of Academic Technologies Jim Twetten

By Levi.Castle
@iowastatedaily.com

Jim Twetten is a man who has had a long history with technology and with Iowa State. In his 26 years working on campus, he has seen technology go from a simple Tetris game to a full-scale, cloud-computing metropolis. Twetten sat down with the Iowa State Daily to discuss his history with Iowa State, as well as what we can expect to see in its technology-focused future.

What is your position, and what does that mean you do for the university?

I am the Director of Academic Technologies at Iowa State and I work in the Information Technology Services department. Basically that means that my area and my staff have oversight and can impact technology used in the teaching and learning process by faculty all across campus. That's everything from Blackboard to classroom projectors.

What is your relationship history with the university?

[I have a] fairly lengthy history with the university. I am an alumni and I have two degrees from Iowa State. My first degree is in speech communication and I actually was a video producer when I graduated. That was from the telecommunicated arts program that doesn’t exist anymore, but the remnants of it have been folded into journalism. My second degree is again from ISU; it’s a masters in higher education administration. Not including my time as a student, I’ve been working here for 26 years; quite a while.

What's your favorite/most rewarding part about what you do?

I get to work with a lot of great students and faculty. I just so enjoy the teaching and learning process and helping others derive more from both...it's incredibly rewarding.

What is an example of your strangest occurrence while working here?

We had a video production crew from California come out to look at campus. I was the staff member who was supposed to accompany them. The crew was filming in the fall, and it must have been a day where a soybean harvest was going on near campus. In the middle of trying to get students to interview, a sudden plague of Japanese beetles descended over campus. That was pretty much the end of their shoot, because every interview was someone on camera swatting the bugs away. They asked if this happens all the time, but these are the same people who also asked me to turn off the Campanile because it was too loud.

What is ITS working on for the new school year that students can look forward to?

We have a new financial system that was a pretty significant undertaking. We also have an entirely new phone system on campus that is now all cloud-based; we’re one of the first universities in the country to move in that direction. We’re also planning on conducting a campus-wide needs assessment that addresses students as well as staff. We’ll ask for opinions/needs pertaining to services like Blackboard, classroom setups, and Internet access.

What is the greatest accomplishment and greatest hardship you've had to endure at your job?

I visit people who do the same job as I do, and we have national – and sometimes international – meetings with others about our positions and events relating to information technology. We got a group to form that has periodic symposia to discuss technology on campus, and that group still exists today. Additionally, EDUCAUSE, a professional IT organization, has recently asked me to sit on their committee for teaching and learning for the next three years.

Budget cuts are by far the hardest things to go through here, particularly when they lay off staff. They can happen for many reasons, but they always impact staff that have great jobs and are good at what they do. It’s a difficult thing to do.

If there was one thing about ITS at Iowa State you would change, what is it and why?

I'd like to change the perception that campus has on ITS. We're frequently viewed as a utility: Those are the guys that run Blackboard; those are the guys that do email; those are the guys that keep our networks up. Those are all good and important, but there’s so much more that ITS does that is not broadly known. It’s difficult to get information out, in part because we’re an administrative group and not always in the flow of academic activities on campus. ITS currently has a very pivotal role in high-performance computing, and I’m pretty sure the majority of campus doesn’t even know that’s going on.

Jim Twetten is the Director of Academic Technologies in the Information Technology Services department. He has oversight and impact on the technology used in the teaching and learning processes.

He said he loves baseball and will go out of his way to visit any field that happens to be nearby during his travels. Despite his “genetic disorder of being a Cubs fan,” Twetten said he always has a game on the television at his house. “I’m a fanatic,” Twetten said.
Morrill Hall was dreamt up in 1870, only two years after Iowa State opened, when the need for a new building arose. Of course, with the typical political fashion, a library and museum building was approved 20 years later.

Built in 1890 and named after Sen. Justin Morrill, author of the land-grant legislation, Morrill Hall was constructed. It has quite the history of being a chapel, library, museum and gym, as well as home to bats, bees and one camel.

There was a brief segment of time when the southeast corner of the basement was converted to a barbershop dating from 1905-1908, according to the Iowa State Library, only changing when the basement was renovated in to a file and office room – the beginning of the administrative use of Morrill Hall.

Bats were a constant bother. Often flying around the chapel, they would occasionally explore other parts of the building thus requiring faculty members to be called upon to capture and release the creatures back into outdoors. The bats would most likely fly through a hole and return to the interior of the building.

Bees, on the other hand, acquired the most complaints. Many believed they entered the building via deteriorating windows. However, during a minor remodeling project, construction crews found a massive beehive on the third floor of Morrill Hall. The crew then had to call entomology and have the beehive removed – along with a sizeable amount of honey.

Then there was the camel. As a circus was parading through downtown Ames sometime in the 1870’s, a camel keeled over in the middle of the parade. Billy Bryan, a man who loved taxidermy and had a history of the profession, offered to take the carcass off of the circus managers hands free of charge.

Being a hot day in Ames, it didn’t take long to agree to the decision. After being restored and given the presence of what seemed to be a creature in good health, the camel was added to the Morrill Hall museum after Bryan graduated. Unfortunately, the camel experienced another death. Details are still unclear whether a pipe burst or water leaked in to the building. Either way, the stuffed camel was soaked – and exploded.

Being deemed unsafe in 1996, the building was on the brink of demolition before President Gregory Geoffroy announced a private campaign in 2002 to raise funds to save and restore the building. Having more than 3,300 donors, $7.4 million of the $10.3 million of renovation costs was raised, being one of the largest grassroots fund-raising efforts in Iowa State history.

In 2008, the renovated Morrill Hall became the first building as an Iowa State regent institution to achieve LEED certification as well as being the seventh building in Iowa with the designation. Achieving the LEED is a benchmark for the design, construction and operation of high-performance sustainability of the building.
Students stranded by apartment leases

College students are nomadic creatures by necessity. Moving from high school hometown to campus is the first move most experience, one that may relocate an individual a few scant miles or all the way across the world. From there, we students travel back and forth from home to campus for vacations and holidays several times a year.

At the end of the year, a student may relocate yet again to a job or internship, and when they return to school they move from dorms to apartments. With all this relocation, it’s no wonder most students do not get too attached to any one location.

However, the dangers of such a nomadic lifestyle surface when a situation arises when an individual has no place to call home. At the end of a semester or in the weeks before the beginning of an internship, a student may be forced to crash on the couches of his or her closest friends, clogging their living rooms with cardboard boxes and bins.

Such is the case with students who move between apartments and find themselves stranded for a number of days between leases.

Obviously, if someone is living in one apartment and will continue to live there for the next lease year, there is no need to move out. However, many students who sub-lease over the summer or decide to move to a different apartment run into trouble.

Maybe being forced to sleep on couches and move all your belongings is not exactly the worst fate for a college student, but it is irritating and time-consuming, as well as potentially avoidable.

The easiest “fix” to the problem is for students to be aware of it before signing a lease. Instead of simply assuming everything will work out, examine the details of the lease, especially move-in and move-out dates. If a person’s lease has a move-out date of July 24 but they don’t move into a new apartment until August 6, then he or she should be planning ahead for potential solutions, or find different leasing options.

A harder solution to the “homeless student” situation is to improve communication between leasers and those who run the apartment complexes. In many cases, the reason for the early move-out date is so the apartment management has time to have carpet cleaners come in and undo the damage done throughout the lease year.

Undoubtedly, it’s easier for carpet and floor cleaners to do their job if absolutely everything and everyone is out of the apartment. However, it’s not entirely necessary. If apartment management and leasers could schedule a couple days at the beginning of a lease for cleaners to come through (and for all leasers to be out of the way) then the handful of “homeless” days could be avoided.

At this point, such a solution isn’t in the immediate future. Many larger complexes will be resilient to the pleas or negotiations of leasers. But without awareness and negotiation, the problem will never be solved. Apartment management in Ames needs to be aware that leasers are unhappy.

But in the meantime, the best thing to do is find a kind friend with a comfortable sofa.
Almost everyone has been told about the “freshman 15” before entering college, but does anyone heed the warning it presents? Even after seeing the huge amount of weight my older brother put on while in college, I was still certain that I would be untouched by the clutches of college chubbiness.

Unfortunately, this was not the case. I came to college weighing a slim 150 pounds. After my first year I had reached a weight of 170 pounds. I was still comfortable at this weight as I had previously been thinner than is healthy for my height, but after my first summer working on campus I weighed in at 190 pounds. I gained a total of 40 pounds while at school for a whole year, an incredible amount and obviously a much larger number than 15.

I am not the only one that was affected by this “freshman 15,” or in my case “freshman 40.” Many have been affected by this unhealthy weight gain while attending college. They developed many bad and unhealthy eating habits that most of them carried with them through adulthood. Many of us get in the habit of snacking when studying or doing homework. Additionally, many social activities center around food or drinking. No wonder we put on weight in our first year of college.

The truth is that many students transitioning from high school to college need a reinforcement course in maintaining a healthy lifestyle.

In elementary school and high school, everyone was required to participate in gym. This made most of the students healthy, or at least educated students on healthy lifestyles, but once they entered college fitness was no longer an important subject. For this reason, many college students fall victim to the freshman 15.

Colleges should require courses in physical fitness. These courses should teach students the importance of healthy eating habits along with healthy life choices. When entering a new type of freedom, such as college, many young people face life-changing decisions. Too many students fall victim to drug and alcohol abuse, along with poor diet and exercise.

According to the American College Health Association, the percentage of overweight and obese college students increased from 24.7 percent in fall 2006 to 29.2 percent in fall 2011. This increase shows that more and more college students are falling victim to unhealthy choices. If colleges create a course that teaches basic health, then the percentage of overweight and obese college students would decrease.

A study done by Harvard shows that 56 percent of students who enroll in America’s colleges and universities graduate within six years but only 29 percent of people who enter two year programs graduate in three years. Some of this could be due to the rising cost of tuition, but it could also be due to new college students embracing poor eating habits and life choices.

Poor health often results in a lack of energy. As a result, students will find themselves oversleeping or not paying attention in class. A lack of energy can also cause students to do poorly on homework and not study for tests. It is important for students to maintain a healthy lifestyle in order to succeed in school.

Colleges that require their students to take a course showing them the importance of healthy habits will also show parents that they care about their children and their success and well-being. Iowa State provides students with gymnasiums paid for through student fees. If students aren’t taking the opportunity to use what they pay for, their money would be completely wasted.

If more schools provided students with an easily accessible gym and the knowledge of healthy eating, it may result in fewer dropouts and will definitely result in a healthier lifestyle.

Michael Doody is a senior in mathematics from Chicago, Ill.
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**West Lincoln Way** 3800 West Lincoln Way 292-5543
Broken bones, sprained knees and wrists, twisted ankles and concussions. It’s all in a day’s work.

Student trainers at Iowa State are given the unique opportunity to stand on the sidelines with players, coaches and other trainers in a crash course because, I don’t want to say it’s the staple of the profession but a lot of athletic trainers want to do football and a lot of first year students into football, so it’s kind of the staple of the profession. However, before student trainers at Iowa State can mend the wounds of the injured, they must be accepted into the program.

Prospective students hoping to gain admission into the athletic training program must first complete their freshman year as a pre-athletic training major. During this time, students must maintain a grade point average of at least 2.5, gain 75 hours of on site observation and complete required courses.

After the completion of their freshman year, students must then apply for admission into the athletic training program where a selection committee will interview them.

Junior Matt Geren will be entering his first year in the athletic training program and said the rigors of the program do not stop with admission.

“Iowa state is actually a pretty unique scenario because they throw their first year students into football, so it’s kind of the crash course because, I don’t want to say it’s the staple of the profession, but a lot of athletic trainers want to do football and a lot of other programs won’t do that,” Geren said.

Preparing for the worst

On March 31, 2013, the sports world was rocked by an injury so gruesome that many media outlets refused to show the footage. Kevin Ware, a guard for the Louisville basketball team, suffered a compound fracture in his right leg while trying to block a shot against Duke during the NCAA Tournament.

The following moments were tense as fans turned away and players buckled to the floor in horror. As trainers took to the court to treat Ware the best they could, one could only imagine how to react in such a situation.

“Mentally, you got to be ready for any situation that could happen because at any time, anybody could go down with a knee injury or someone could get a concussion, so you have to be on your toes at all times,” said Jordan Hayes, a junior in athletic training.

However, before student trainers at Iowa State can mend the wounds of the injured, they must be accepted into the program.

Preemptive action is something student trainers at Iowa State go through before every game. Each trainer is given a job in case of an injury such as Ware’s.

“We do a lot of practicing. Before the football season last year, we went through our emergency action plans. We have those set up and we know who’s going to be doing what in case of an emergency,” Hayes said. “We have everything planned out before the game even starts of what would happen in case of an emergency.”

Strictly business

With so much pageantry and action happening inside Jack Trice Stadium or inside Hilton Coliseum, it’s easy for one’s mind to wander into the fan realm. Something athletic trainers cannot afford to let happen.

“The standard ankle wrap is used to prevent and stabilize the ankle from inversion ankle sprains.

“It’s very exciting and being on the sideline is great, but you have to make sure that you keep your game face on and remember that you are there for the players and not to watch the game,” Hayes said. “We got to make sure that we’re there mentally. You want to be there, you want to make a good impression.”

Keeping a relationship with the players is important in building trust for injury scenarios, but keeping it a business relationship is important, said Sokol.

“When you first see some of the athletes you know, that you’ve seen on TV, you kind of get star struck, but you have to keep that business mentality because it is your job,” Sokol said. “You can talk to them and make them comfortable, but you can’t be a crazy person on the sidelines.”

The hands-on experience is something the trainers value as a critical learning experience for their futures, not only as trainers, but also as members of society.

“Iowa State athletic training does have a high reputation and giving students that sort of exposure the first year really does help with the quality of the people it produces,” Geren said. “I’m proud to be apart of that.”
In many ways, Fairfield, Iowa, was no different than most overnight stops for RAGBRAI riders: decorations galore, vendors lining the downtown area, and tents in every other yard. But something hairy was going on in this small town of less than 10,000 people on the evening of July 26.

With a “Cirque de Fairfield” theme, everything from volunteers to local statues to building fronts were decked out in handlebar mustaches. But it was the RAGBRAI participants who made the facial hair more than just a memory and a part of history.

By early afternoon, the south side of the Jefferson County courthouse lawn was cordoned off with orange snow fencing for an event that brought a whole new meaning to “Hold on to your handlebars.” For the first time in RAGBRAI history, participants were attempting a world record: the most people wearing fake mustaches.

“Another community had done this mustache world record and because we had the mustache as part of our logo we thought that would be kind of a fun idea,” said organizer Terry Baker.

Baker was on the committee that brainstormed ideas for Fairfield’s hosting of RAGBRAI before forming a smaller committee to focus on the world record attempt in April. It was there that the seemingly simple task of assembling 4,000 of the 25,000 bikers to wear fake mustaches became a big undertaking.

“It turned out to be a lengthy process,” Baker said. “There is a lot involved in working with Guinness, obviously it’s a world record so they have high standards.”

Soon it was apparent the event was going to be an all-or-nothing attempt with the committee making sure to jump through all the hoops to make it happen. Photographers, videographers, timers, and official witnesses were assembled per Guinness protocol.

The rules stated every person was to wear the faux mustaches handed out at the event for five consecutive minutes without removing the mustache or leaving the area. Young children were discouraged to participate, as each person who violated the rules was to be disqualified.

As RAGBRAI approached, Guinness sent their approval to go ahead with the attempt. Fairfield was now in the driver’s seat to break the record of 1,532 people donning fake facial hair at Gilda’s LaughFest in Grand Rapids, Mich., earlier in 2013.

As bikers rolled into Fairfield on July 26, the volunteers were hard at work organizing wristbands, fake mustaches, and section numbers for a smooth event. Volunteer June Lowenberg estimated more than 70 volunteers worked the event, helping direct people to where they needed to go.

As 5:30 p.m. approached, word had got around about the record-breaking attempt, and a line stretching back for blocks had formed. When the gates opened, the line flowed constantly onto the front lawn of the courthouse for 20 minutes.

“There were times where it was like, ‘OK, are we going to pull this off?’” Lowenberg said. “It’s one of those events that is so scientific and you can get disqualified for something very simple.”

Mustaches were handed out and volunteer Michael Halley started shouting instructions through a megaphone. After all mustaches were applied, the event was about to start.

“I will blow the horn to start the 6 minutes ... and the second horn will signify us making history,” Halley announced through the megaphone.

The horn blew, and time ticked away. “The wave” was started multiple times as a street corner band played a song to help pass the time. Even the scaled-down Statue of Liberty on the courthouse lawn was given a mustache.

Finally, it was announced that only 10 seconds remained, and the whole crowd joined in counting down. As the participants yelled “One!”, a loud cheer, followed by many congratulations and mustache-aided smiles filled the area. For the first time in RAGBRAI history, a world record had been set.

“We [had] well over 2,000 people,” Baker said of the crowd. “It will be in Guinness’ hands soon to be given the official determination.”

The record will have to be reviewed through official witness accounts, photographs and videos. The process could take months to become official, but for now, organizers and participants alike are happy with the event.

“The feedback has been really positive,” Baker said. “The RAGBRAI staff said we did everything they ever asked for, so we are really happy with everything.”
Big names at Iowa State Fair’s Grandstand Stage

By Maggie McGinity
Ames247 writer

The 2013 Iowa State Fair is right around the corner and is lined up to provide multiple highlight-ed concerts. Throughout its 10-day appearance, the 159th state fair will have daily Grandstand Stage event, which range from derby shows to rock concerts. The fair’s biggest shows at its largest venue are detailed below.

Thursday, Aug. 8
Who: Casting Crowns feat. Jeremy Camp
When: 8:00 p.m.
Cost: $30
Synopsis: As a Christian band that has sold more than 8 million albums and won three Grammy Awards, Casting Crowns has spent the last eight years performing in front of nearly one million fans. Jeremy Camp has had 25 No. 1 songs and will be joining the Casting Crowns on stage to kick off the first night of the Iowa State Fair.

Friday, Aug. 9
Who: Happy Together Tour - 2013
When: 8:00 p.m.
Cost: $25
Synopsis: Happy Together consists of multiple artists and groups, each of whom have a history with the music industry. The Turtles feat. Flor & Eddie, Gary Puckett and the Union Gap, Chuck Negron of Three Dog Night, Gary Lewis and the Playboys, and Mark Lindsay of Paul Revere and The Raiders are all performing.

Saturday, Aug. 10
Who: Saturday Night Live’s Dana Carvey, Dennis Miller & Kevin Nealon
When: 8:00 p.m.
Cost: $38
Synopsis: Carvey, Miller and Nealon have each been critically recognized for their acting talent, some in movies as well as TV shows. The three will be on stage Saturday night for the first comedic show of the fair.

Sunday, Aug. 11
Who: Dierks Bentley feat. Justin Moore
When: 8:00 p.m.
Cost: $49
Synopsis: Toby Keith’s career has spanned more than 20 years and includes 19 No. 1 hits such as “Beer for My Horses,” “As Good as I Once Was,” and “I Love this Bar.” Keith has sold over 40 million records worldwide, including many multi-platinum albums. Joining Keith is Kip Moore, best known for his No. 1 single “Somethin’ Bout a Truck.”

Friday, Aug. 16
Who: Train feat. Matt Nathanson
When: 8:00 p.m.
Cost: $39
Synopsis: In nearly 20 years, Train has experienced stardom and near-collapse. Now, with more than four million total albums sold, a loyal fan base keeps the group on the radio and on tour. Matt Nathanson’s success in contemporary songwriting has lead to 9 studio albums and his appearance on many television shows like “One Tree Hill” and “The Vampire Diaries.”

Saturday, Aug. 17 - Sunday Aug. 19
For the complete listing of the final weekend of the Iowa State Fair Grandstand stage, and other fair venues, go to the iowastatedaily.com for a complete list.
Crossword

Across
1 Shake, as one’s tail
6 Apple polisher
11 "Ri-i-ight!"
14 Patient’s share
15 Els only about six feet above the ground
16 Big name in kitchenware
19 Animation collectible
20 "Double Fantasy" artist
21 Carnation spot
22 Booked solid
23 Bugs
26 Says it isn’t so
29 Annual Queens sports event
32 Seals, as a deal
33 One may be given to a detective
36 ___ diet
37 Bugs
41 "Don’t Bring Me Down" rock gp.
42 Hits the trail
43 Mongolian tent
44 Try to better understand, as difficult prose
46 Bandleading brothers’ name
48 Bugs
52 Moo juice
54 Lofty nest
55 Get-up-and-go
58 Kerfuffle
59 Bugs
62 X, at times
63 “Peer Gynt” playwright
64 Lincoln’s side
65 Withered woman
66 With 67-Across, San Diego Zoo attraction
67 See 66-Across

Down
1 Letter before Foxtrot
2 Pork purchase
3 Bridesmaid’s coif
4 “American ___!”; animated sitcom
5 Ornamental embroidered hole
6 Bait
7 Projecting window
8 Popular tat spot
9 Conk out
10 "It’s a go!"
11 Words before disappearing, perhaps
12 Fires
13 First word from Robin
18 Laddie’s turndowns
22 "My man!"
23 Pedestal sculpture
24 8 or 64, e.g.
25 “Ri-i-ight!”
26 Choir support
27 Place for élèves
28 Any day now
30 ___ nous
31 Vile
33 Object of Indy’s quest
34 Sea side
35 Tags on bags
38 Impact sound
39 Camp staffer
40 Rochester’s bride
45 Antlered critter
46 Place of honor
47 Like small coofermakers
49 Madame Gorbachev
50 Atomic number of nitrogen
51 Bush adviser Scowcroft
52 It has roots and branches
53 Think tank output
55 Unable to merely walk past a mirror, say
56 Brand that once sported a reptile
57 Flying talker
59 “Get it, man?”
60 Slugger’s stat
61 Transfer ___

Thursday’s solution

Sudoku by the Mepham Group

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

Sudoku Solution

LEVEL: 1 2 3 4

Over 140 DIFFERENT liquors to choose from...
Including Maker’s Mark • Tanqueray • Grey Goose • Patron • Glenlivet • Midori

So Many Choices

Every Liquor We Carry: $2.50/Single and $5/double
Try Our Martinis! $5
Weekly Horoscope by Jennifer Shepherd

Aries
March 21–April 19
Seeds that you planted months ago are finally starting to bear fruit. The sun is bringing you evidence that you’re doing the right things in your personal life. Your relationship with a long-term honey is getting better, or you’re finally meeting nice people.

Cancer
June 22–July 22
If you’ve been waiting for a career breakthrough or financial improvement, this could be your week. Jupiter is helping you to receive more abundance on the physical plane. You might want to celebrate by treating your honey to a nice dinner.

Libra
Sept. 23–Oct. 23
A bouncy moon is making you restless. You could decide to take a day trip or a weekend getaway. Put yourself in a setting that inspires and uplifts you. See if you can bring your romantic partner along for a fun adventure.

Capricorn
Dec. 22–Jan.19
Don’t get discouraged if it takes you a little longer to accomplish your goals. Mars is telling you to be persistent. In love, you might run into scheduling conflicts as you arrange a hot date. In your career, you could be forced to wait to find out about that raise or promotion.

Taurus
April 20–May 20
You could be getting closer to someone as the moon puts you in a tender and intimate mood. You’ll enjoy sharing your hopes and dreams with a special honey. It’s a great week for you to spend quality time with a soulmate.

Leo
July 23–Aug. 22
Sparks will fly as you encounter someone who is your exact opposite. The moon is creating some flirtatious but intense moments with this person. You’ll have to decide whether you want to pursue a romance or keep your distance.

Scorpio
Oct. 24–Nov. 2
Pay attention to small details. Saturn is showing you that you might be missing out on some important information that could affect your personal life. Custody agreements, alimony, or housing contracts might need further scrutiny.

Aquarius
Jan. 20–Feb. 18
Someone who is a good friend to you might develop a strong romantic interest in you. Sometimes you keep those emotional lines blurry and you act flirty with people when you really would prefer to just remain buddies. The moon says be honest with this person.

Gemini
May 21–June 21
You need to learn to trust your intuition more. Neptune is reminding you that you’re pretty good at picking up vibes about people around you. You just don’t pay attention to those impressions. This week you could perceive something important about your mate.

Virgo
Aug. 23–Sept. 22
You’re not usually a group person, but Pluto is encouraging you to mix and mingle this week. You’ll enjoy yourself at a summer party, music concert, or outdoor fair. Do something that allows you to chat and flirt a little.

Sagittarius
Nov. 22–Dec. 21
You could be drawn to someone who is your intellectual equal. You’ll have fun chatting and sharing ideas with someone who is ferociously intelligent like you are. The sun is creating a feeling of instant connection with someone.

Pisces
Feb. 19–March 20
You’re experiencing powerful healing. This could be a family member you’ve been fighting with or a romantic partner who has been stressing you out lately. The moon will help to lighten the energies and provide more comfort and happiness with this person.

Fun Facts

Before Beverly Hills was home to the rich and famous, the area was better known for its lima beans.

Fish can taste with their fins and tail as well as their mouth.

-40 degrees Fahrenheit and -40 degrees Celsius are identical. That’s the point at which both temperature scales converge.

In 1959, the USSR launched a craft called the Mechta towards the Moon. It missed, and instead became (inadvertently) the first man-made satellite to go into orbit around the Sun.

The gestation period of some species of opossum is less than two weeks.

“Pretty Boy” Floyd might have been one of America’s most notorious bank robbers, but he couldn’t have been too bad a guy: On bank heists, he was known for destroying mortgage papers, consequently freeing hundreds of people from property debt.

Moe and Larry were committed husbands. Moe was married for 50 years, Larry 41!

The 1904 Summer Olympic Games, held in St. Louis, included greased pole climbing, rock throwing, and even mud fighting.
Thursday

“Dig Into Transportation”
What: Want to learn about planes, trains, automobiles and more? Come to the Octagon center to learn all sorts of cool facts.
When: 2 p.m.
Where: Octagon Center for the Arts 427 Douglas Ave, 3rd Floor

Central Iowa Symphony Pops Concert
What: Enjoy a free performance by the Central Iowa Symphony!
When: 8 p.m.
Where: Durham Bandshell

Friday

Reiman Gardens After Hours: Tomato
What: Kick back and relax at Reiman Gardens’ After Hours and enjoy good company and live music in a beautiful garden setting!
When: 6:30 p.m. to 8:30 p.m.
Where: Reiman Gardens

Live Music at Snus Hill Winery!
What: Make your way to Snus Hill Winery to enjoy an evening of live classic rock and variety music with Planet Passenger!
When: 6:30 p.m. to 9:30 p.m.
Where: Snus Winery Hill, Madrid

Saturday

Story County Conservation Photo Scavenger Hunt
What: Say “Cheese!” Looking for a fun way to explore the great outdoors with your family or friends? Grab your camera or phone and join!
When: 9 a.m.
Where: McFarland Park

North Grand Farmers’ Market
What: Shop fresh, local goods and products at the North Grand Farmers’ Market every Wednesday and Saturday from April through October
When: 8 a.m. to 1 p.m.
Where: North Grand Mall

Live Music in the Vineyard at Prairie Moon Winery
What: Make your way to Prairie Moon Winery to enjoy an afternoon of live Rock music with Trouble No More.
When: 3 p.m. to 6 p.m.
Where: Durham Bandshell

Sunday

Live Music at Snus Hill Winery!
What: Make your way to Snus Hill Winery to enjoy an afternoon of live traditional American string band music with The Barn Owls!
When: 2 p.m. to 5 p.m.
Where: Snus Winery Hill, Madrid

Food in the Gardens
What: Join Reiman Gardens as they host chefs and nutrition experts from across central Iowa to show you how to make the best healthy dishes from the foods found in your own garden!
When: 6 p.m. to 8 p.m.
Where: Reiman Gardens

Tuesday

Kids’ Story Time at Reiman Gardens
What: Enjoy a morning of fun story sharing, crafts and activities for kids ages 2-7! Each session features a theme with two or three books read aloud followed by a related craft or activity.
When: 10 a.m.
Where: Reiman Gardens

Wednesday

North Grand Farmers’ Market
What: Shop fresh, local goods and products at the North Grand Farmers’ Market every Wednesday and Saturday from April through October
When: 10 a.m. & 1 p.m.
Where: Reiman Gardens

Monday

Monday’s at The Garden
What: Join us in the garden! Children can learn how to help keep the garden healthy and beautiful with guidance and hands-on experience.
When: 8 a.m. to 9 a.m.
Where: Squaw Creek Community Garden.