**Wednesday, Sept. 12, 2012**

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Intramural refs
keep players safe, make sports fun

By Joshi Hunt
iowastatedaily.com

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Daily Staff Writer

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For fans of: Patsy Cline, Shania Twain, Garth Brook,
For fans of: The Voice, Lauryn Hill, Bob Dylan
For fans of: Men in Black, Spiderman
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Fast fact — Tera Hurt

Human development and family studies professor Tera Hurt was recently recognized by Indiana University as a biology major.

"I ended up in human development and family studies during freshman year," Hurt said. "At the University of Georgia, there was a postdoctoral fellowship in early childhood mental health and evidence-based programs. I was thankful for those days that the teacher goes to study the mind, and I am especially thankful for the opportunity to make that kind of work my career as a psychologist. It's truly exciting being engaged with the students.

Hurt works with the student knowledge of human development and relationships, leading an intramural program for students, creating lasting coalitions within African-American communities in support of research on family relationships.

On Stands Monday Sept. 24th

Top Quality Instractions
Mondays - Sept. 24 - Oct. 29
9:15 AM - 9:45 AM
- Salsa 
- Tango 
- Lambada 
- Merengue
Taught by a Latin Native
Octagon Center for the Arts
for the Arts
232-5307 or 233-2185

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(800) 3. Building Ave. #109 Ames, IA 50010

1. Graduate
2. Undergraduate
3. First-year
4. Sophomore
5. Junior
6. Senior
7. Lab
8. Lecture
9. Lab
10. Seminar
11. Lecture
12. Lab
13. Practicum
14. Internship
15. Conference
16. Workshop
17. Practicum
18. Internship
19. Conference
20. Workshop
21. Clinic
22. Laboratory
23. Fieldwork
24. Fieldwork
25. Fieldwork
26. Fieldwork
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100. Fieldwork

What is a Surfy Pugsley?

To the casual observer, the phrase “all terrain” bike may mean deficient. In my view, their responsibility is to provide the same level of professionalism in delivering support or services to families.

Tera Hurt’s expertise and education in human development and family studies has resulted in her students getting more from their leisure than the class description states.

High-ways
Senior
Junior
Sophomore
Freshman
First-year
Lab
Lecture
Practicum
Internship
Conference
Workshop
Clinic
Laboratory
Fieldwork

As an adult, I appreciate the opportunity to teach students from different backgrounds. If they are able to apply course material to their personal lives as well, then that’s even better.”

Hurt wants to ensure that his students understand that they are learning about human development and human relationships. As a human development and family studies professor, Hurt is now working on developing a program that helps individuals in any relationship situation.

Lead," Hurt said. “It’s a privilege to teach those who will work with children and families. I want to ensure that they are engaged when they enter the classroom. It’s working with culturally diverse families from different backgrounds. If they are able to apply course material to their personal lives as well, then that’s even better.”

Learning about human development can help people understand their own personal development and family relationships.

Hurt said the program is meant to help individuals in any relationship situation.

‘Most of the time it’s pretty much 1 percent, but we do have some instances where their policy may fail,’ Hurt said. ‘It’s a privilege to those who will work with children and families. I want to ensure that they are engaged when they enter the classroom. It’s working with culturally diverse families from different backgrounds. If they are able to apply course material to their personal lives as well, then that’s even better.’

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RECREATION SERVICES
www.recservices.iastate.edu

OUTDOOR RECREATION EQUIPMENT RENTAL
NEW
Mountain & Commuter Bikes

OUTDOOR RECREATION WORKSHOPS
NEW
Rapelling Clinic
September 19 @ 6pm
Kayak I
September 20 @ 5:30pm
Wilderness First Aid Course
September 22 & 23 @ 8am-5pm
Bicycle Maintenance
September 25 @ 6pm
Rock Climbing II
September 26 @ 6pm
Outdoor Cooking
September 27 @ 6pm

INTRAMURALS
Badminton Singles
Registration close: Sept. 12 @ 5pm
Table Tennis Singles
Registration close: Sept. 19 @ 5pm

OUTDOOR RECREATION DAY & WEEKEND TRIPS
NEW
Kayaking Ada Hayden
Sept. 22 @ 1pm
Backpacking Yellow River State Park
Sept. 28-30
Rock Climbing in Minnesota
Sept. 28-30
NEW
Full Moon Float
Sept. 29 @ 6pm

FITNESS
Fitness & Wellness Programs kicks off exciting Fall sessions!

(1) Total Gym Gravity small group training sessions.
   Begins September 17-22
   a. 6 week session for $60. This workout gets results!
   b. Come to open house sessions.
      September 10-16
   c. For session dates and times go to:
      http://www.recservices.iastate.edu/fitness

(2) Want to work as a Group Fitness Instructor or Personal Trainer?
   a. Attend the 10 week instructional class to gain the necessary skills
   b. For sessions, dates, times, and how to register go to:
      http://www.recservices.iastate.edu/fitness
passing a single bill, we students can-...
By Dan Cole

Emily Goldstein has a coveted reality. The Orange County, Calif., native led the ISU soccer team to a great season and positive memories of her freshman campaign in 2010.

But those memories could have been different. Goldstein had experienced episodes during which her feet would go numb in the middle of games and practice, her ability to run was diminished, and then she’d go to doctors and specialists and no one could explain the condition.

Once the season ended, Goldstein was diagnosed with a condition known as “compartment syndrome,” which causes the nerves, blood vessels and muscles in both of her shins to constrict, resulting in almost no feeling in her feet.

“I was asked to give up my role as a leader among my teammates,” Goldstein said. “I had to start walking again. Basically it was just gettingayed up and back into shape and moving how my choice was feeling and how my feet were feeling.”

Goldstein’s performance during her sophomore season guided in comparison to that of 2010.

“Once again, do not overreact,” her head coach Fred Dillinger said. “I was just asking the people this past week, ‘Last fall was a little disheartening for you, but because you were unexpectedly in it and here you are now, do not think definitively affected mentally.’”

After scoring lots of goals and helping ISU softball, Goldstein felt different in the season of 2011, because her condition was not going away. Her surgery had failed.

“Last fall was a little disheartening for you, but because you were unexpectedly in it and here you are now, do not think definitively affected mentally.”

Goldstein still plays with compartment syndrome and, despite that fact, has managed to do the things that she has done in previous years.

Goldstein’s performance during her sophomore season guided in comparison to that of 2010.

Goldstein – by the numbers

<table>
<thead>
<tr>
<th>Year</th>
<th>Minutes</th>
<th>Goals</th>
<th>Assists</th>
<th>Points</th>
<th>Shots</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>1464</td>
<td>6</td>
<td>5</td>
<td>11</td>
<td>33</td>
</tr>
<tr>
<td>2011</td>
<td>1086</td>
<td>4</td>
<td>3</td>
<td>7</td>
<td>20</td>
</tr>
<tr>
<td>2012</td>
<td>948</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Total</td>
<td>3498</td>
<td>11</td>
<td>8</td>
<td>18</td>
<td>69</td>
</tr>
</tbody>
</table>

“Her role in the attack is really important, and she’s a big influence for us.”

Goldstein’s acceptance of her condition has allowed her to perform in a positive manner. She now knows what to expect during the game, she is better able to adapt to her unusual situation.

“I think that’s because of it,” Goldstein said. “I know what I need to do and I’m prepared for that now. I’m more aware of my body and the things that I have to do to be able to succeed in soccer.”

“Goldstein is the team’s second-leading scorer with three goals and one assist and has established her role as a leader among her teammates.”

“Training doesn’t change from Fall to Spring. You still have to do things to build endurance, but not 100%. Also do not make the same mistakes over and over.”

En fusion

The ISU team uses tempo in the soccer, but not in the everyday basis. To win, the team is required to have a blend of defense, offense, and upper-body weights to swimming exercises.

On the other hand, ISU has a balanced team. They are not just one-sided, but they are balanced with three goals and one assist and has established her role as a leader among her teammates.

“Training doesn’t change from Fall to Spring. You still have to do things to build endurance, but not 100%. Also do not make the same mistakes over and over.”

“Her role in the attack is really important, and she’s a big influence for us.”

Goldstein is the team’s second-leading scorer with three goals and one assist and has established her role as a leader among her teammates.

“Goldstein is the team’s second-leading scorer with three goals and one assist and has established her role as a leader among her teammates.”
Steele Jantz’s ups, downs will guide Cyclones

Since some of Steele Jantz’s ups and downs this season have clearly surprised some people, it’s not a shock that the first two quarters of the Cyclones’ win against Texas Tech, Jantz completed just 10 of 19 passes, including a lost fumble that led to a touchdown. Jantz was on the ground a short distance through the first two quarters, and the team was down 14-7 at one point against Northern Iowa. Jantz completed only 56 of his passes so far this year. He has had two interceptions in that quarter, which came in the first two drives. The contrast in those numbers is incredibly vast, especially since Tulsa is arguably a stronger opening opponent than Northern Iowa. It was an enormous surprise to everyone that Jantz opened the way he did against Tulane, week one.

Another case against Iowa, Jantz’s first drive at Kinnick Stadium was another example of Steele Jantz. The Cyclones opened the game against Iowa with a touchdown drive, and Jantz put on an impressive performance against the Hawkeyes, he completed his first two drives with a touchdown to Aaron Horne on a crossing route over the middle. His first two quarters in each game have combined for 15 of 17 for 138 yards and two touchdowns. Those numbers have surprised some people. Jantz has completed 66 of his passes so far this year, which puts him at No. 9 in the nation for completions. Only four more completions will put him at No. 9 in the nation for completions. Four players have completed more than Jantz this season, but Jantz has earned a spot among the elite quarterbacks.

Jantz’s start against Iowa was surprising, and it has continued to go along, we want to spread the ball around and get the deep core of wide receivers that we have. ‘It helps you to spread the ball and it balances out the offense,” Rhoads said. ‘If you try to look off the Mike linebacker, the defense will roll out because you have a quarterback that is good at spreading the ball, and it helps you to spread the ball and it balances out the offense.” Rhoads believes they have a strong team and are better than the 2011 team.

State was about to cover and put the game out of reach. Jantz after the game he tried to look off the Mike linebacker, James White stood right up, the quarterback moved and Jantz came back to throw it. Jantz just missed a “glimmer” on the ball to manage its impact. That is the third quarter, a humble center of two feet, a ball to Jantz, the game after the field goal that is high, little high. Iowa State hopes to get out to a better start they need two big of this kind if they want to win the beginning of the game in the second two thirds.
Are supplements useful or silly?

By Janey Ross Kinley

Are supplements useful or silly?

While not as high quality as animal proteins, plant proteins do have less cholesterol and saturated fat. When living on a vegetarian or vegan diet, nuts, beans and grains are the best way to achieve the recommended protein intake. Soy products, beans and grains will fulfill the recommended daily protein intake. So, many other ways to get protein other than from meat.

Shawn Schwabe, senior in dietetics, is competing in his first bodybuilding competition in November 2011. Schwabe believes protein supplements are practical, even necessary, for those who can’t get all the protein they need from food.

Matthew Rowling, assistant professor of food science and human nutrition, is a little plausible, since he is working to attain 3 percent body fat. For him, only getting protein from food isn’t enough.

“Supplements can be a replacement for meat if you’re a vegetarian, but you lose the mineral and vitamin content of foods,” Rowling said. Not only that, but consuming supplements and your caloric requirements can lead to weight gain and muscle gain, which is not the goal for him.

Everyone in physically active, Rowling said protein supplements can be helpful. “I’m not sure there’s extra recovery benefit for someone like me, but I do think it’s better after exercise, but it shouldn’t be a replacement for a meal.”

It seems there is no clear-cut answer in the battle over protein supplements. For someone like Schwabe, supplements may be needed, but Rowling said the rest of us “hit our protein requirement for the day by the time lunch rolls around.”

Protein from plants are not as high quality like protein from animals. Animal proteins are high quality because they contain high levels of every essential amino acid, while plant proteins are missing at least one essential amino acid.

To get all the necessary amino acids from plants, one needs to complement. It’s as easy as eating a grain with a legume, produce or nut product. Create a dish of beans and rice or have a bean-based taco. Even an ordinary peanut butter and jelly sandwich is a good example of complementing plant protein sources.

The advantages of eating plant protein include consuming less cholesterol and saturated fat and consuming more fiber. Diets rich in cholesterol, saturated fat and high in fiber are associated with a lower risk of heart disease and bowel diseases.

Exercise

What you should know about protein powders

By Claire Voss

There are also different types of protein powders, concentrate and isolate, said Cheryl Reitmeier, professor of food science and human nutrition.

Concentrate powders only contain about 50 percent protein, while isolate powders contain about 90 percent protein. Isolate powders have better solubility and flavors. Although concentrate powders provide valuable amino acids, they are a little cheaper.

Instead of mixing up a protein shake, try adding them to button meals. Weekday and cuts the concentrate protein will suffice, but in coffee or sauces, an isolate powder may be preferred. A misconception about protein powders used in cooking is that the nutritional value decreases due to the heat changing the protein structure, but Reitmeier said this is not the case.

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Fun & Games
Unplug, decompress and relax...

Fun Facts

Dr. John Dee, a 16th century predecessor to James Bond, supposedly used the code 007 to send messages to Queen Elizabeth. The two zeros meant “for your eyes only.”

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The section features unique wedding ideas, tips and trends. Submit your announcements to

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A special wedding edition of the newspaper that runs on the last Wednesday of every month.

From rehearsals to receptions, and everything in between, we’ve got your nuptial needs covered.
CELEBRATE THE BEGINNING OF A NEW CHAPTER IN IOWA STATE UNIVERSITY’S PROUD HISTORY.

YOU ARE INVITED TO THE INSTALLATION CELEBRATION OF

DR. STEVEN LEATH

FIFTEENTH PRESIDENT OF IOWA STATE UNIVERSITY
SEPTEMBER 13–14, 2012, AMES, IOWA

STUDENT CELEBRATION
THURSDAY, SEPTEMBER 13, 11 A.M.–1:30 P.M.
CENTRAL CAMPUS

Students, kick off this historic two-day installation celebration with a free picnic lunch with President and Mrs. Leath, a brief program at 12:30 p.m., and special appearances of the ISU Pep Band, Cy, and Cyclone cheerleaders.

ORGANIZED AND SPONSORED BY THE GOVERNMENT OF THE STUDENT BODY AND THE GRADUATE AND PROFESSIONAL STUDENT SENATE.

PUBLIC LECTURE BY ERSKINE BOWLES
THURSDAY, SEPTEMBER 13, 8 P.M.
GREAT HALL, MEMORIAL UNION

Erskine Bowles, president emeritus of the University of North Carolina and who will play a key role in the installation of Dr. Leath, will present a public lecture, A Conversation on the National Debt.

Bowles most recently was appointed by President Obama to co-chaire, along with Alan Simpson of Wyoming, the bipartisan National Commission on Fiscal Responsibility and Reform, charged with making recommendations on how to improve the country’s fiscal health. He previously was President Clinton’s chief of staff, director of the Small Business Administration, and founder of several investment firms.

INSTALLATION OF DR. STEVEN LEATH
FRIDAY, SEPTEMBER 14, 10 A.M.
C.Y. STEPHENS AUDITORIUM

This is a historic ceremony and educational event. Faculty, representatives of all departments, student body, and staff will be joined by state elected and appointed officials, representatives of national academic societies and professional organizations, and dignitaries of other colleges and universities across the nation in this distinguished event. After being installed, President Leath will unveil his vision and plan for the directions he sees the university to follow in his address, Educate. Innovate. Achieve.

A PUBLIC RECEPTION WILL FOLLOW IN THE C.Y. STEPHENS CEREMONY CAFE UNTIL 7 P.M.

FOR THOSE UNABLE TO ATTEND THE CEREMONY,
THE INSTALLATION WILL BE BROADCAST LIVE AT WWW.IASTATE.EDU.

FOR MORE INFORMATION ABOUT THE CELEBRATION,
VISIT WWW.PRESIDENT.IASTATE.EDU/INSTALL.

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