Acceptance encouraged

Multiple churches in Ames welcome LGBT individuals
By Greg Zwiers
gzwiers@iowastatedaily.com

Several Ames churches are part of a new movement called Reconciliation in Christ. The movement encourages acceptance and welcome of all people, especially LGBT individuals.

Each person is commissioned to go into the community and wherever they’re at in the community to be that welcoming person and presence,” said Jim Andreas, pastor at Lord of Life Lutheran Church.

Andreas said that the reconciliation movement is a little different from denomination to denomination. Both the Lutheran and United Methodist movements require a public statement to be written and displayed in the church for the entire community to see.

The ISU hockey team spent four days last week doing that. Thursday morning took them to the base- ment of the athletic department on campus. They will almost always make this trip between 3 and 4 p.m. in the Convocation Center.

The reports were done to raise money for the Call-a-thon. Since hockey is a club team, it’s required to raise its own money to function through the year.

The unofficial pledges that Murdoch got himself totaled up to $44,536, which is a new record.

Coach Al Murdoch makes a phone call to raise funds for the hockey team on April 2. Photo: Huiling Wu/Iowa State Daily

Iowa Senate votes to decline appointment of Lang, Cramer
Candidate Dr. Subhash Sahai approved in 45-5 vote outcome

Board of Regents meets on campus, nominates two candidates for Finance Director

By Danielle Ferguson

Board of Regents nominees Craig Lang, and Robert Cramer, both re- spective nominees nominated, Terry Branstad, have been declined by the Iowa Senate on a vote Monday.

In order to be approved for the board, nominees need two-thirds support of the Iowa Senate; or 24 votes in a majority party split vote. The Board appointed 30-0 and Cramer lost 17-23.

Lang, who served as president of the Board of Regents, received public criticism Monday morning regarding the results, saying he respects, yet is disappointed with, the Senate’s decision.

“I am proud of the accomplishments of the Board of Regents during my term,” Lang said in the letter. “I hope the Iowa legislature keeps the needs of our students at the forefront as they consider the Board’s FY2014 operating appropriations request to allow the Board to freeze tuition for the 2013-14 academic year.”

Although praised for this accomplishment while serving as president of the Board, Lang also received criticism over academic freedom at Iowa State because of a previous comment about the Harkin Institute.

Lang said the university needed to operate under “one voice,” which may have led to greater academic freedom concerns causing this. Even Branstad did not re- PRESS RELEASES & UNIVERSITY LIFE

HOCKEY12 >>

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### Calendar

#### Volunteer

**Food pantry goes mobile**

By Daniel Bush

Volunteer

When: 11 a.m. to 11:30 a.m.

What: The Office of Student Financial Aid will offer food assistance door prizes for ISU students who work off campus.

Where: Beardshear Hall

Creating an inclusive classroom: I’m more than the color of my skin — International student

Where: Great Hall, Memorial Union

### News

#### News

**Look for this ad EVERY WEDNESDAY!**

**www.sub.iastate.edu**

Great Hall, Memorial Union

ISU alumna Miyoko Mancosky said. The event will turn into something bigger, more in pre-diet and exercise.

The Teaching and Learning Center will discuss the learning environment for Iowa State's multicultural students.

**Student Employment Open house: National Student Employment Week**

**Wednesday, April 24**, 2:10 to 5:10 p.m. at Old Orchard (Blankenburg Drive) — only location.

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The Teaching and Learning Center will discuss the learning environment for Iowa State's multicultural students.
Obesity can grow into lifelong bad habit

**Constant movement helps battle your bulging belly**

By Baily McGrath

Students often hear about the dreaded freshman 15, or the extra pounds that gain weight in college. It can happen to anyone, but students should also be cautious about steady weight gain throughout their entire college career, research shows.

After following 125 students throughout their college careers, researchers at Auburn University in Alabama found that 50 percent of those who had just on weight by graduation.

The average amount of weight gain in the study was about 15 pounds. Students continued to gain weight all the way until the end of the study, averaging 15 percent of weight gain from the beginning to the end.

“Avoid get-off, naturally we all tend to gain weight,” said Lorraine Lanningham-Foster, associate professor of food science and human nutrition. “As students go to college, they tend to have fewer free times and it might influence how physically active they are, as well as their food choices.

“This could be a strict time for people to make sure whatever choices they are making on their own with their diet and exercise are good ones, and Lanningham-Foster.

“We want to have everybody to strive to be ideally body weight. Its easier to prevent gaining weight than to take it off. Once a person is heavy, it's very hard to lose weight,” said Debbra Fritzsche of Thielke-Student Health.

It is also difficult to keep weight off after a diet. “It seems like once we have gained that weight, it's very difficult to lose that weight, and to maintain weight loss or retention of weight loss,” Fritzsche said.

**Obesity is a major threat to people's health and can cause diabetes, high blood pressure, joint pain in the joints, menstrual irregularity, cardiovascular disease, sleep apnea, some cancers and problems with fertility, said Lanningham-Foster and Fritzsche.

There are some economical aspects of it. Your health care costs are going to be greater if you have obesity and the associated diseases. It's probably going to impact the overall quality of your life,” Fritzsche said.

Students could be developing bad habits now that cause them weight gain that will make it harder for them to keep healthy weight once they get out of college, Lanningham-Foster said.

“Some with diseases there is also immune response to the epigenome associated with obesity. Right now college students are trying to go to college and do something so they can get that great job,” Lanningham-Foster said. “If they go and try to get that great job and they are overweight or obese, they are more likely to be discriminated against even through that hiring process.

The common reasons a person gains weight are they are taking in more calories than they are using, or not getting enough exercise. People don't realize how many calories are burned when they walk or how much exercise it takes to burn less than 100 calories. The amount of time and vigorously working out a couple times a week, said Lanningham-Foster.

**Fast facts**

A study done by researchers at Auburn University found that 50 percent of students who had already gained weight by graduation.

Average of 15 percent was put on by students.

Two percent of students classified as overweight or obese increased 15 percent.

**Body Mass Index**

- Underweight: less than 18.5
- Normal weight: 18.5 to 24.9
- Overweight: 25 to 29.9
- Obesity: 30 or greater

BMI is a weight-to-height ratio, calculated by dividing one's weight in kilograms by the square of one's height in meters. It is used as an indicator of obesity in children and adults.

**Hanging irregular constant movement is better for a person than being sedentary a majority of the time and briefly walking out a couple times a week,” said Lanningham-Foster.**

**“These are simple strategies, but in the end, all these little strategies add up to impact your daily喋喋不休 of calories,”** Lanningham-Foster said.

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*Photo: Student Press Law Center*
Opinion

Remember season’s symbolism

As many 70-degree days and April showers come to pass, some viewers and one can compare the not only things to undergoing change. Each year the news media offers different things to think and not to think. April 2014 seems to be no different. As those and other concerns are addressed, however, success and civilization’s new. As sunny, 70-degree days and April showers tease us into spring, the grass along the sidewalks was not trodden down into dirt, but now we notice that even the sidewalks are not large enough, the grass along the sidewalks was not trodden down into dirt, but now we notice that even the sidewalks are not large enough.

Letter to the editor

ISU men’s disc golf team

By Kevin Doerzman

Iowa State University is a leader in the world of collegiate disc golf and the ISU Men’s Disc Golf Championship is a semiannual event that draws some of the best disc golfers in the world. With the championship’s return this fall, it is important to consider the role and responsibilities of the editorial board.

Club will compete nationally

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Social media bring woes

By Kevin Doerzman

Experts have various opinions on the use of social media and texting. Some would say it makes our conversation skills; others say it ruins our communication skills; others say it ruins our communication skills. We now have cell phones that are not only a means of communication, but also a source of frustration.

ISU men’s disc golf team

ISU State Daily

Editor-in-Chief: Katerina Kingsley
editor@iowastatedaily.com
Phone: (515) 294-0061

Letters to the editor

Letters to the editor are subject to editing, and opinions expressed in letters are not necessarily those of the ISU State Daily. Letters may be published online or in print. The ISU State Daily is not responsible for the accuracy of information contained in letters. Letters should be submitted electronically to letters@iowastatedaily.com or mailed to the ISU State Daily, 250-A Upper Main, Ames, IA 50011. The ISU State Daily reserves the right to refuse to publish any letter.

Technology

Social media and texting have brought face-to-face chats and texting with family is doing, what the plans are for the weekend, how the weather is, and what the plans are for the weekend. It’s a world where that kind of texting lingo will occasionally receive a paper cut or a phone call, and make long-lasting bonds with the user a quick and effective way to shut ourselves up in our rooms and never see our friends again.

Social media bring woes

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First Amendment Day

Freedom of press could be taken away without problem

All five parts of amendment not necessary for privilege

Assembly: one freedom I could live without

First Amendment Day

Wednesday, April 10, 2013 | Iowa State Daily | OPRINON | 5

Iowa. This essay won third place in the First Amendment Day essay contest.

Iowa of the press, the government could choose to censor the news about how the floods happened or someone would possibly make the government look bad for not helping out as much as they could.

If I have to choose one freedom that I could live without, it would be freedom of the press. This freedom could be taken away without much notice. These stories take an incredible amount of work to be written. The government would have sole control over these stories, which is very concerning. These stories take an incredible amount of work to be written. The government would have sole control over these stories, which is very concerning.

New York Style Hand Tossed Pizza

Newspaper folding could be a very tough decision for me to make as I myself am a very proud Catholic. I couldn’t imagine living in a world without freedom of assembly, it is also their job to march and protesting, which can disturb the government and sports. I’m also a very good Catholic, I couldn’t imagine having to live in a world where religion is prohibited and the freedom to practice the religion would be nonexistent.

I am currently the web-editor for the Kennedy Torch. Without these freedoms, it would be very difficult for me to create something. Every day I use one of these freedoms to write opinion columns or editing stories to publish on our website.

All of these freedoms make America the greatest country in the world. Everything is in proportional to one another, they all work in sync and protect our lives and our freedom. I would not have as much power; I couldn’t imagine having to live in a world where religion is prohibited and the freedom to practice the religion would be nonexistent.

Without assembly, some of the greatest feats in American history may not have happened. The Civil Rights movement may not have happened if the First Amendment was not protected. I couldn’t imagine having to live in a world where religion is prohibited and the freedom to practice the religion would be nonexistent.

This freedom has been put to positive use. It may be used for positive causes, but the fear of it being used for negative purposes is also very concerning. It would be okay if it was taken out. I do this by often writing about my political opinions, whether my opinions are good or bad. In the absence of the press, I wouldn’t be able to talk about our government in a cognizant manner. This would be a problem, as my opinions are good or bad.

Without freedom of the press, we could be censored by the government likely wouldn’t get published unless those stories were published in newspapers. News shows would be censored to start to ignore all of the bad things going on in the world. Without the first freedom of the press, our government likely wouldn’t get published unless those stories were published in newspapers. News shows would be censored to start to ignore all of the bad things going on in the world.

Generally, living in a world without freedom of assembly would be a nightmare as stories about our greatest country in the world wouldn’t be reported. I felt that by often writing about my political opinions, whether my opinions are good or bad. In the absence of the press, I wouldn’t be able to talk about our government in a cognizant manner. This would be a problem, as my opinions are good or bad.
Sports

DEFENSIVE ENDS BUILD CONTINUITY

McGee ends season first nationally in 3-pointers

BY JACOB JONES

Iowa State Daily

McGee ends season first nationally in 3-pointers

McGee remains atop the NCAA leaderboard for 3-pointers. With the conclusion of the NCAA men's basketball season Monday night, McGee's spot on the leaderboard became a certainty in a statistical category that usually includes more than one player vying for the title.

McGee scored 94-of-207 from beyond the arc this past season, giving him the third-best percentage. McGee was 96-of-207 from beyond the arc this past season, which set another all-time ISU single-season record for the most 3-pointers made. McGee finished his career with 290 3-pointers, the second-best mark in school history.

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Josue Avila practiced on the punching bag during boxing club practice at State Gym on Kansas.

"I think we have a good coach and I think we have the personnel to be pretty successful," Rasmussen mentioned.

Both of the transfer students agreed that Iowa State is different than their previous schools.

At Wartburg, Rasmussen had four men competing for a spot.

Lee Gealow is excited to be a part of the ISU club baseball team and participate in the rest of the club’s upcoming season.

"I’m looking forward to how the team will do," Rasmussen said. "And hopefully we can make it to the postseason."

Lee Gealow practiced on Friday at the softball field. He is excited to be a part of the ISU club baseball team and participate in the rest of the club’s upcoming season.

The Cyclones added an insurance run in the bottom of the sixth inning when Miller hit a sac-fly to bring home Hawrlyuk.

The victory pushes Iowa State's winning streak to four games.

The team has a lot to look forward to as they started off the spring with a 3-0 series win over Minnesota State-Mankato on March 31.

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We hope you will too.

This award was established in 1987 and is awarded to a senior student. Clayton Long, W. Robert Parks' son, established the award in memory of his father, a mechanical engineering professor who served as director of residence at Iowa State University for 30 years before retiring in 1996. It honors Charles (Chuck) Parks who studied engineering at Iowa State and served as the university's 15th president from 1968 to 1973.

This award was established in memory of Tze-Yen Davis, who served as director of residence at Iowa State University. The award honors students who have demonstrated exemplary leadership and potential for future leadership.

The excellence of our university community is the result of the combined efforts of our students, faculty and staff. These students have demonstrated their commitment to excellence through their selection by their peers and or their selection for a university leadership award. We congratulate them for their pursuit of excellence. We hope you will too.

Student Leadership Awards

Kappe Alpha Theta High-Pearl Award

A service organization established in 1946 which gives to its members in 2013 a Senior who demonstrates outstanding leadership in university affairs.

Sanda and Lynn Davis Leadership Award

This award, established by Sanda and Lynn Davis, is given to a Freshman who has demonstrated academic and professional excellence.

Plamen and Olga N. P. Newkirk Leadership Award

This award, established by Plamen and Olga N. P. Newkirk, is given to a Junior who has demonstrated leadership.

Claude M. Fredricksen Leadership Award

This award, established by the family of Claude M. Fredricksen, is given to a Senior who has demonstrated leadership in the College of Liberal Arts and Science.

SchoLar Awards

High Scholarship Award

The highest academic achievement recognized by the university. The award includes academic excellence, campus involvement and leadership.

Iowa State University is pleased to announce the recipients of the 2013 University Leadership Awards and SchoLar Awards.

Pursuing Excellence These Iowa State students are doing it.
**Make your own barbecue sauce**

By Morgan Casey
AmesEats Flavors writer

For the sauce to have the flavor of the grill that has been stored in your garage all winter and sharpen up your barbecue skills.

- **1 cup ketchup**
- **1 1/2 teaspoons Worcestershire sauce**
- **1 teaspoon liquid smoke**
- **1/2 cup brown sugar**
- **2 tablespoons black pepper**

For medium-sized sq. oz. into a saucepan and bring to a slow boil. Simmer slowly to heat your summer time gift. Lovers can be mixed in the refrigerator or can be put into containers and sent home with your friends as a great summer time gift.

**Homemade Barbecue Sauce**

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<th>$1 Cupcake Week!</th>
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Dining 2013 | Wednesday, April 10, 2013 | Iowa State Daily | AmesEats Flavors |

**Bake beans at home with lots of variety**

By Ryalh Bratok
AmesEats Flavors writer

With every great grill-out there needs to be a great side dish to accompany the main entrée. If you enjoy any type of beans, make sure to check out the recipe below for a baked bean recipe with much variety.

**Ingredients**
- 1 1/2 pound bacon
- 1 medium onion
- 1/2 cup brown sugar
- 1/3 cup brown sugar
- 1/4 cup ketchup
- 1/4 cup mustard

<table>
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<th>Accessories</th>
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| 1 teaspoon salt |

Preheat oven to 350 degrees Fahrenheit. Brown bacon and chopped onions in a skillet. Add brown sugar, mustard, ketchup and salt to the pan, stir together and bring to a boil. Reduce heat and simmer 15 minutes.

**Appetizers**

**Bake beans at home with lots of variety**

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Preheat oven to 350 degrees Fahrenheit. Brown bacon and chopped onions in a skillet. Add brown sugar, mustard, ketchup and salt to the pan, stir together and bring to a boil. Reduce heat and simmer 15 minutes.

**Appetizers**

**Bake beans at home with lots of variety**

By Ryalh Bratok
AmesEats Flavors writer

With every great grill-out there needs to be a great side dish to accompany the main entrée. If you enjoy any type of beans, make sure to check out the recipe below for a baked bean recipe with much variety.

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Fun & Games
Unplug, decompress and relax...

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Crossword
by Linda C. Black

Today’s Birthday
81% 14% 1.5% 0.2%

Today is an 8
Aries
(March 21-April 19)
You’re feeling more patient. You’re taking action. There’s more work than you can handle. Demands attention. There’s an air of nervousness.

Taurus
(April 20-May 20)
Your actions improve a situation considerably. Your confidence in yourself.

Gemini
(May 21-June 20)
Group efforts are super-motivating action and growth. Communications fly, creative actions occur.

Cancer
(June 21-July 22)
There’s a completion and transformation. Your confidence increases.

Leo
(July 23-Aug. 22)
People in your life are looking for a new beginning at work, or at home. Group efforts are super.

Virgo
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Sudoku
by the Mepham Group

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Every Wednesday...No Coupon Needed

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The Iowa Senate voted against the nominations of Robert Sahai and Craig Lang after the decisive vote on Monday.

Senators and regent university students feel welcome when bringing issues to student leaders, it is our priority to ensure all campuses have a place. I think it’s very unfortunate for here in the politicized Washington-style event that took place. I think it’s very unfortunate for here in the Senate, to have to deal with that kind of partisan bickering,” Shirbroun said.

Senators and regent university students have expressed concerns in regard to Cramer’s conservative views on homosexuality and gay marriage.

Democratic Sen. Herman Quaintel, of Ames, has acknowledged an university has “certain core values” to maintain open access environment for all students.

In a letter written to the Senate by student body representatives, the three major Iowa regent universities, Iowa State, the University of Iowa and University of Northern Iowa, students expressed their appreciation.

“Mr. Cramer has abnormally opposed the mesearchment for the rights for the lgbt, gay, sexual, transgender (GBTI) community, as student leader, it is my priority to ensure all students feel welcome when bringing issues to the Senate attention,” Winters the Iowa State Student Senate Constitution and Bylaws say that they like to hear from the students, Regent University students have been let down in May 2013 when the Reconciling in Christ movement for Methodism were let down, but Lord of Life Lutheran churches reach out to everyone. We want to see that they are welcome in Christ, and we take a stand to know exactly who you are, what your struggles are and we take a stand with you in that struggle.”

Shirbroun said that the LGBT Student Services and they like to help with the human stories.

Some of those human stories are being told through the little capitol in our community, the Iowa Capitol, where the Senate and House of Representatives meet every two years. The Senate meets every two years.

Or House, there are 50 members of the Iowa Senate, 99 members of the Iowa House, 30 senators and 99 representatives. The Senate meets every two years.

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