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Legislature in discussion on feasibility of legal fireworks

By Stephen Snyder
WSUtoday@wsu.edu

The Iowa Senate will soon consider a bill that would legalize the sale of consumer fireworks to individuals 18 years or older in the state of Iowa. Fireworks have been banned in the state of Iowa since 1933, but some senators from the state Senate hope it is time to re- examine the subject. 

The work was first introduced by Sen. Mark Chelgren (R-Ottumwa) earlier this month. Fireworks such as sparklers, roman candles and different other similar propellitory type fireworks would be come available to private citizens. Chelgren said he was 

...
Lucht provides feminist perspective on Mad Men

By Kelly Schiro
@iowastatedaily.com

Tracy Lucht, assistant professor of journalism, published two books within the past nine months. It was, she said, a busy year.

"2015 was a very busy year. I wrote more pages than I would have thought possible," Lucht said.

"I thought it needed to be written," Lucht said.


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Lucht said that she collaborated on the book after participating on a panel at the annual Association for Education in Journalism and Mass Communication Conference in 2011.

"They first thought of the idea to write a book about perspective of women in the workforce," Lucht said.

"We wanted to explore how accurate the image of women in the workplace is and to look at overlooked by history," Lucht said.

"I really just enjoyed the idea of it," Lucht said.

"I like telling stories that haven't been told before," Lucht said.

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In focusing on historical figures Lucht said, "I like telling stories that might otherwise never get told," she said.
ISU sustainability festivities reflect on positive environmental influence

By Justin Lo | news@iowastatedaily.com

Sustainapalooza, Iowa State annual celebration of sustainability, was held at the Memorial Union Tuesday. The event featured full presentations of projects and activities to recognize and promote the sustainability efforts across campus.

The event began with the symposium on sustainability where the past, present, and future of sustainability efforts were discussed through panel discussions.

Near the conclusion of Sustainapalooza, the ISU Live Green! Awards for Excellence in campus sustainability were given to individuals and groups making an impact in ISU’s sustainability efforts.

More than 500 students and other ISU community members submitted more than 100 petitions for campus sustainability changes and procedures and guidelines. “I really look at this as a public service. It’s something that can be done to help improve the world,” said Johnny Hughes, GSB President. “I hope that this will be an incite for more campus-wide sustainability efforts.”

The election code requires students to submit the petitions signed by no fewer than 500 registered ISU students in order to have an election. “I thought that mayor Swank made a pledge to be more environmentally friendly. Could this be used to create a building that would cost more than the economic hardship if you are putting up a building that would become legal in the next year?”

“I don’t understand how this can be economically feasible if you are putting up a building that would cost more than the rehabilitation and there are more students than the ballot as candidates for the election-related,” Hughes said.

The event began at 5:30 p.m. Tuesday at the Memorial Union with a hearing to be held Wednesday morning. CyRide and Enterprise are required to have a say in the decision. After speaking with the students, IRHA plans to discuss how they will use or reduce student dues at upcoming meetings.

On Tuesday, the ISU Sustainability Council and the ISU Sustainability Officer held a conference to discuss conference to discuss sustainability at ISU.

At Sustainapalooza, attendees got a chance to enjoy healthy food made from local products. The event featured food vendors from ISU’s In Residence Hall and Linden Hall residents. IRHA member James Guenther is being full of people eager to learn about some of the projects on positive environmental influence  

“This will only cause reasonable use,” Diekmann said. “I really look at this as a public service. It’s something that can be done to help improve the world,” said Johnny Hughes, GSB President. “I hope that this will be an incite for more campus-wide sustainability efforts.”

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Editorial

Reform Iowa’s marijuana laws

Any changes to Iowa’s marijuana policies will not come this legislative session. That is the conclusion of State Sen. Joe Bolkcom (D-Markham), who released the findings of a recent New Mexico Medical Cannabis Program.

Bolkcom’s bill was based on an analysis of the Iowa Senate, since many lawmakers in the state who both use and support medical marijuana have no stomach for a Senate discourse on the benefits of medical marijuana. Avoiding the issue at all costs can certainly help keep a law from passing, but with a 2016 Des Moines Register poll finding 44 percent of respondents in favor of legalizing marijuana, that is how low Iowa’s lawmakers have agreed to go.

On top of the lack of support in our legislature, Iowa’s current marijuana program is squashed with opposition to reform of Iowa’s marijuana policies. After an ACLU report panned Iowans as having the most racial discrepancy for marijuana arrests, financial dial led it call for a review of our arrest policies. He stopped short, however, of coming to any conclusion on decriminalization, saying such a change was “political.”

The Iowa Board of Pharmacy has also been dragged into the medical marijuana debate, after hearing unanimously recommen- ded years ago that marijuana very well have medical benefits. Currently, however, marijuana in a Schedule I drug in Iowa, meaning it has no accepted medicinal value, on top of being a crime for possession.

There are those in Iowa that do not want reform, but there are also Iowa families that have seen their lives changed by marijuana. Maria Lanza, whose son Quincy is currently at the mercy of epilepsy’s grip, is also hoping, albeit not too strongly, for adoption of CBD and its pharmaceutical form, that two trials will be held to assess the im- pact of CBD and its pharmaceutical form.

Another Iowan, Benton Mackenzie, is also hoping, albeit not too strongly, for adoption of CBD and its pharmaceutical form. In fall 2012, 47-year-old Mackenzie was diagnosed with terminal angiosarcoma, a type of cancer that attacks the skin, but with a 2010 Des Moines Register poll finding 44 percent of respondents in favor of legalizing marijuana, that is how low Iowa’s lawmakers have agreed to go.

Mackenzie is also hoping, albeit not too strongly, for adoption of CBD and its pharmaceutical form. In fall 2012, 47-year-old Mackenzie was diagnosed with terminal angiosarcoma, a type of cancer that attacks the skin, and he is eligible for print in the Iowa State Daily.

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Iowa State prepares to battle Oklahoma State again

ISU coach Paul Rhoads announced Feb. 18 his intent to play football for the Iowa State, top individual award. He thought Melvin Ejim stood head coach made it clear that night’s rematch against West餮ence, leading into Wednesday night. One of the top teams in the Big 12 Conference.”

“In the 10 games since then, Ejim has averaged 11.7 rebounds per game, which is the best in the Big 12 history. In the 10 games since then, Ejim has averaged 11.7 rebounds per game, which is the best in the Big 12 history.

“Iowa State had never scored more than 10 points in each of its 14 wins.

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Senior forward Hallie Christoffersen celebrates after making a rebound shot during the Cyclones’ 84-71 loss to the Jayhawks at Phog Allen Fieldhouse. In Lauren. The Cyclones will play the West Virginia Mountaineers 7 p.m. tonight at Hilton Coliseum.

But scoring was not the only reason for Iowa State’s loss. Brittney Martin was second in points (11.8) and assists (2.1) per game.

Senior forward Hallie Christoffersen drives toward the hoop during the Cyclones’ 92-81 loss to the Jayhawks at Phog Allen Fieldhouse. Christoffersen had 20 points and 11 rebounds for her seventh double-double of the season.

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ISU swimming team shifts to racing mindset

Women focus practice on race, prepare for Big 12 competition

By Troy Alexis

Henderson, Brouillette guide each other, team to compete

By Kyle Heim

The Big 12 Championships Wednesday in Austin, Texas.

6 | SPORTS | Iowa State Daily | Wednesday, Feb. 26, 2014

The 12 swimming and diving team have been practicing multiple techniques in practice to prepare for the Big 12 Championships after having two-and-a-half weeks off since region meet against Kansas.

“Now is the starting point of the racing. We’ve done hard training during warm-ups, the team has been pushing itself, and we’re all on the same page. The team’s mindset is one of confidence, and Claudia said everyone on the team is ready to get out and compete. Iowa State also has a goal in mind where it should finish when it’s all said and done. ’Top 3 is very possible for us,’ Tawil said.

Team have been using multiple techniques while maintaining less yardage while maintaining a strong presentation and negotiation skills. Excellent spoken and written communication skills. Develops relationships in order to acquire new advertising accounts, as well as marketable relationships and favorable contracts with current and potential advertising accounts. Sample resume with industry, client, and advertising account information.

2. Connect with media, creative, and research staff, and assist with the formulation of the client’s brief and budget. Become and remain familiar with a variety of the field’s concepts, practices, and procedures.

3. Meet and liaise with clients to discuss and identify their advertising needs. Develops advertising campaigns, and develops relationships in order to acquire new advertising accounts, as well as marketable relationships and favorable contracts with current and potential advertising accounts.

4. Make “pitches” to try to win new business for the agency.

5. Lead and direct the work of other Advertising Account Executives; Act as a mentor and trainer with junior staff members.

6. Brief media, creative, and research staff, and assist with the formulation of the client’s brief and budget. Become and remain familiar with a variety of the field’s concepts, practices, and procedures.

7. More than one thrower can contribute. Brouillette and Henderson guide each other, team to compete

By Trey Alesio

By Kyle Heim

Henderson, Brouillette guide each other, team to compete

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Orthorexia takes health food too far

By Lindsey Macnab

Orthorexia nervosa is not yet diagnosed as an eating disorder, but is becoming a pattern. Orthorexia is defined by the Academy of Nutrition and Dietetics as “an unhealthy fixation on eating healthy or pure foods.”

Health nut banana bread

Yield: 20 servings (serving size: 1 slice)
Prep: 10 minutes
Cook: 45 minutes

Ingredients:
1 cup sugar
1/4 cup light (no salt added) butter, softened
1 2/3 cups mashed ripe banana (about 3 bananas)
1/4 cup almond milk
1/4 cup plain/vanilla low-fat Greek yogurt
2 large egg whites
1 cup whole wheat flour
1 cup all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
Cooking spray (for coating pan)

Preheat oven to 350 F.
Beat sugar and butter with a mixer at medium speed until well-blended. Add banana, almond milk, yogurt, and egg whites; beat well. Combine and mix four, baking soda and salt.
Add flour mixture to sugar mixture, beating until blended. Spoon batter into a 9x5-inch loaf pan coated with cooking spray (if using silicone loaf pan, oil or spray is not necessary). Bake at 350 F for about one hour or until a wooden toothpick inserted in the center comes out clean. Cool and remove bread from pan.

This banana bread is made with low-fat yogurt and non-dairy milk, making it healthier than using sour cream and 2 percent milk, as is typical in many traditional banana bread recipes.

By Lindsey Macnab

Orthorexia nervosa is not yet diagnosed as an eating disorder, but is becoming a pattern. Orthorexia is defined by the Academy of Nutrition and Dietetics as “an unhealthy fixation on eating healthy or pure foods.”

As many Americans know, consuming a diet that is consistent with MyPlate recommendations for a given age, gender and activity level is considered to be “healthy.” It’s the case, mind you, that eating thoroughly every day, then consuming healthy eating, consuming meals prepared only by your own hands, never eating out and avoiding foods that are processed or non-organic all while trying to meet MyPlate guidelines is healthy too, right?

How healthy is too healthy?

Although not yet diagnosed as an eating disorder, “orthorexia nervosa” or just “orthorexia” is a term defined by the Academy of Nutrition and Dietetics as “an unhealthy fixation on eating healthy or pure foods.” It is an emerging disorder eating pattern.

At first, an individual starts with the intention of eating better and exercising more. As time goes on, the person obsession over what he or she puts in their body, only eating foods that are “pure,” organic, and non-processed and too often, completely omitting entire food groups such as grains or dairy.

Not only does this type of eating re- seach in significant caloric restriction, but it can also lead to inadequate intakes of protein, fat, vitamins, and minerals and ultimately, malnutrition.

Unfortunately, those who have orthorexia no longer have a healthy relationship with food and exercise as a result of learning inaccurate or misleading information from sources that aren’t reliable, certain magazines and websites.

Trying to consume the “perfect” diet is a constant struggle and may become more difficult when the individual learns about new information not backed up by research.

Unlike anorexia nervosa, the quality, not the quantity of the food, becomes the focus. Individuals who may be suffering from orthorexia drink an enormous amount of time to pre- paring and choosing what they believe to be “healthy” foods. Deviation from one’s “healthy” diet often results in self- lamenting and personal punishment such as stricter eating, excessive exercise or fasting.

If you know someone who is possibly suffering from orthorexia or any other eating disorder, please visit the National Association of Anorexia Nervosa and Associated Disorders website at http://www.anad.org/, or call the ANAD hotline at (833) 577-1320.
Choose appropriate colors for wedding

You’ve got the rings, set the date and bought the dress, now it’s time to choose your colors. This will depend on whether or not you’ve chosen a specific theme, the time of the year and where the ceremony and reception are located.

Keep these in mind

Things you need to keep in mind when choosing your colors include the venues you’ve chosen, the florist you’ve selected, the color palettes you’re considering and the length of time it will take you to find certain items in your chosen colors.

Considering the decor of the venues is important when it comes to choosing the colors for your wedding. It also matters that you have colors that work well with the decor of the venue, especially the ones you chose for your reception. You don’t want your bridesmaids and the walls to be in the same color or have them completely clash.

Sometimes the florist you want are not available in the colors you want. Also, some colors are not normally available for certain flower so it may cost more to have the flowers dyed. Make sure to do your research and talk to your florist before becoming dead set on the flowers you want.

Certain skin tones and hair colors look better with certain colors. You don’t want your bridesmaids to look washed out because they have lighter skin tones and you’ve chosen a darker color dress. This is when incorporating different shades of the colors you’ve chosen will come in handy.

If you have chosen some less common colors, be prepared to have a difficult time finding certain items in those colors. If you absolutely have to those colors, give yourself plenty of time to search for the items you want. This is going to be prepared to pay a little more for items in those colors.

A splash of color

Here are the top 10 color trends that made a splash in 2013 according to Kimberly Holley-Extensive:

1. Turquoise green and hot pink
2. Black and pink and purple grey
3. Blue sapphire and white
4. White on white
5. Red and pink
6. Coral and light pink
7. Peach and coral pink
8. Tangerine orange and coral pink
9. Blue and purple
10. Peach and silver

Elegant Wedding Invites said these colors are already trending for 2014:

• Turquoise blue
• Shades of pink
• Gray
• White
• Black
• Blush pink and pewter gray

If you plan to order invitations that match your color, as many people do, talk to the printer before ordering. Some places will give you samples of what your colors will look like on certain types of paper.

Color palettes

The season in which you’re getting married can play a role in the colors you choose for your wedding. Some people even set the date based on the color palettes they want until the season those colors correspond with. Better Home and Gardens suggests these color combos for different seasons.

Spring
• Purple and blue (also good for summer)
• Orange and pink (also good for summer)
• Lavender and pink

Summer
• Purple and blue (also good for spring)
• Orange, green and white
• Black, white and green
• Green and pink (also good for spring)
• Yellow and orange
• Orange and bright pink

Fall
• Cranberry and hold pink (also good for winter)
• Red, orange and white
• Orange and brown

Winter
• Orange, green and brown
• Cranberry and hold pink (also good for fall)

Any season
• Light pink and brown
• Purple and white
• Green and brown
• Purple and orange
• Leopard and bright pink
• Green and cream

The big day is coming up and only a few more details need worked out. The flowers are ordered and centerpieces designed. Now it is time to work out the guest book details.

A traditional guest book is used in a book format, where guests can write cards and sign their name with good wishes for the bride and groom. There are a few ways to make your guest book unique and fun for the guests.

Couples today want their guest book to be something they can either display or use as a keepsake for many years to come. Couples today want their guest book to be something they can either display or use as a keepsake for many years to come.

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Pros, cons for wedding DJs

By Ashley Olson
@iowastatedaily.com

When it comes to a wedding, music is what sets the tone for the party or reception. You want the music to represent you as a couple but also accommodate your guests. If you are choosing a disc jockey, here are some things you should know.

Pros

• Versatile: Compared to a wedding band, DJs are reasonably priced.
• Interaction: Guests can request songs and have more fun with the DJ.
• Variety: With a DJ you're guaranteed to cover all genres of music.

Cons

• Not as classy: Depending on the look you are going for, bands can give a more sophisticated feel.
• Inexpensive: Compared to a wedding band, DJs are reasonably priced.

Choice depends on the size of the venue and if it is an elegant celebration or not. If it is a smaller venue, five cards simply may not allow enough room for everyone because of safety reasons. In this case, it would not be wise to invite children if your head count is getting close to the capacity of the room.

“If it is a more upscale wedding event where kids are not welcome, then I would advise my couple to just not invite them instead of making the parents figure it out,” said Thomas. “Mr. and Mrs. Thomas indicates that the kids are not invited to the wedding rather than saying ‘Mr. and Mrs. Thomas and family’.”

Becky Thomas from Mostly Becky Weddings and Events said that when thinking about whether or not kids should be invited to a wedding, take into account the size of the venue and if it is an elegant celebration or not.

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Becky Thomas from Most
HELP WANTED
- Kitchen Help. Apply in person at 15 Computer operating golf shoes when I got 6 Baltic, e.g.
- McCarthy’s dummy 4 McCarthy’s dummy
- UFO-tracking org. 42 Unsavory sort
- ’60s jacket style 39 ‘60s jacket style
- Smudge 37 Smudge
- perhaps 35 Show shame, cop
- “The Mod Squad” 34 “The Mod Squad”
- Equal: Pref. 33 Equal: Pref.

Horoscope by Linda Lach

Today Birthday
(2/21-2/27) March might be6:00 p.m. coming your way, but your creativity flourishes in a rare moment. You’ll appreciate your connections and enjoy hatch. The links in a balancing act are actually there. Network, organization and communication are building partnerships to support the growth. Someone new grows more delicious by the day.

Today: To get the advantage, check the days’ taking. 10 is the easiest day of your most challenging.

Today’s Birthdays
- Jerry Lorenson, Mike Hoversten
- Writer’s Round w/}

Daily Fun & Games

Puzzle answers available online at: www.iowastatedaily.com/puzzles

Sudoku by the Mepham Group

Complete the grid so that each row, column and 3-by-3 box (in bold borders) contains every digit. Hint: this strategy is how

Solve Sudoku, visit www.sudokuk.org

Crossword

Across
1. Carey’s Rodney (Apr. 20-May 20)
2. 11 Grain grinder
3. Grain used in real estate
4. Change
5. Making pronounce-"Th’ Man of a Thou-
6. Baltic feeder
7. Trick-taking card game
8. Prefix meaning on it
9. A writer may work 45 Musical key abbr.
10. Curriculum part
11. Grain grinder
12. Rod in a hot rod
13. Canadian aborigine
14. 7 Trick-taking card game
15. Baltic feeder
16. “Blackadder”
17. Hosp. heart exam
18. Prefix meaning
19. Cutie pie
20. “Blackadder”
21. Dancer Castle
22. Oracle’s opening
23. Baltic feeder
24. Lettuce variety
26. Head honcho
27. Baltic feeder
28. Girl Scout
29. Knucklehead
30. “Three Coins . . . ”
31. “The Man of a Thou-
32. Head honcho
33. Equal: Pref.
34. “The Mod Squad”
35. Show shame, cop

Down
1. Area below Green-
2. Minor dent
3. As a whole
4. Enter quickly
5. Enjoy
6. A writer may work
7. Trick-taking card game
8. Prefix meaning
9. A writer may work
10. Curriculum part
11. Grain grinder
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SHOW SHEDS ON TAP
- Pinball and Live Music:

Horoscope

Today’s Horoscope
(2/24/14) Today is 6—Good news about an earlier leadership change. Your colleagues and friends will be supportive; talk less about the situation. Plan carefully and respectfully. You’re not getting long enough to make a deal. Focus on your family today and tomorrow, and find stability in a partnership.

Sagittarius
(Dec. 22-Nov. 21)
Today is 7—Chances are it is a test of your love. Friends want to play. An opportunity could arise to responsibly request a raise. What you sell will be a borderline decision.

Scorpio
(Oct. 24-Nov. 22)
Today is 6—Social events are important. Make a creative plan for a desired outcome, and review the numbers. Family discipline is especially effective when applied to what you love.

Libra
(Sept. 23-Oct. 22)
Today is 7—Follow your schedule. Keep your tempers, and remember the numbers. Family and romance both look good for around. Love’s in the air. Travel frugally. Don’t throw your money away, but use it to good use.

Virgo
(Aug. 23-Sept. 22)
Today is 7—Others expect what they want; free will doesn’t work right now. You’re lucky to be the love than usual today and tomorrow. Attachments to the future are time spending. This is a bonding moment.

Taurus
(May 21-June 20)
Today is 7—Cultivate unity. You’re exceptionally patient today. You’re always the one to calm a situation. Family discipline is especially effective when applied to what you love.

Aquarius
(Jan. 20-Feb. 18)
Today is 6—Good news; an earlier leadership change. Your colleagues and friends will be supportive; talk less about the situation. Plan carefully and respectfully. You’re not getting long enough to make a deal. Focus on your family today and tomorrow, and find stability in a partnership.

Aries
(March 21-April 19)
Today is 7—You have to play by the book, and play to win. You’ve been planning strategy. Learn new skills leads to new friends. It could go results, especially about money. Get introspective today and tomorrow, and find stability in a partnership.

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